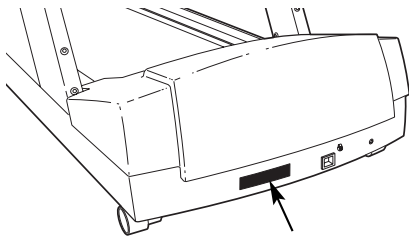


# **NordicTrack**<sup>®</sup> *9600 Treadmill*

Model No. \_\_\_\_\_

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

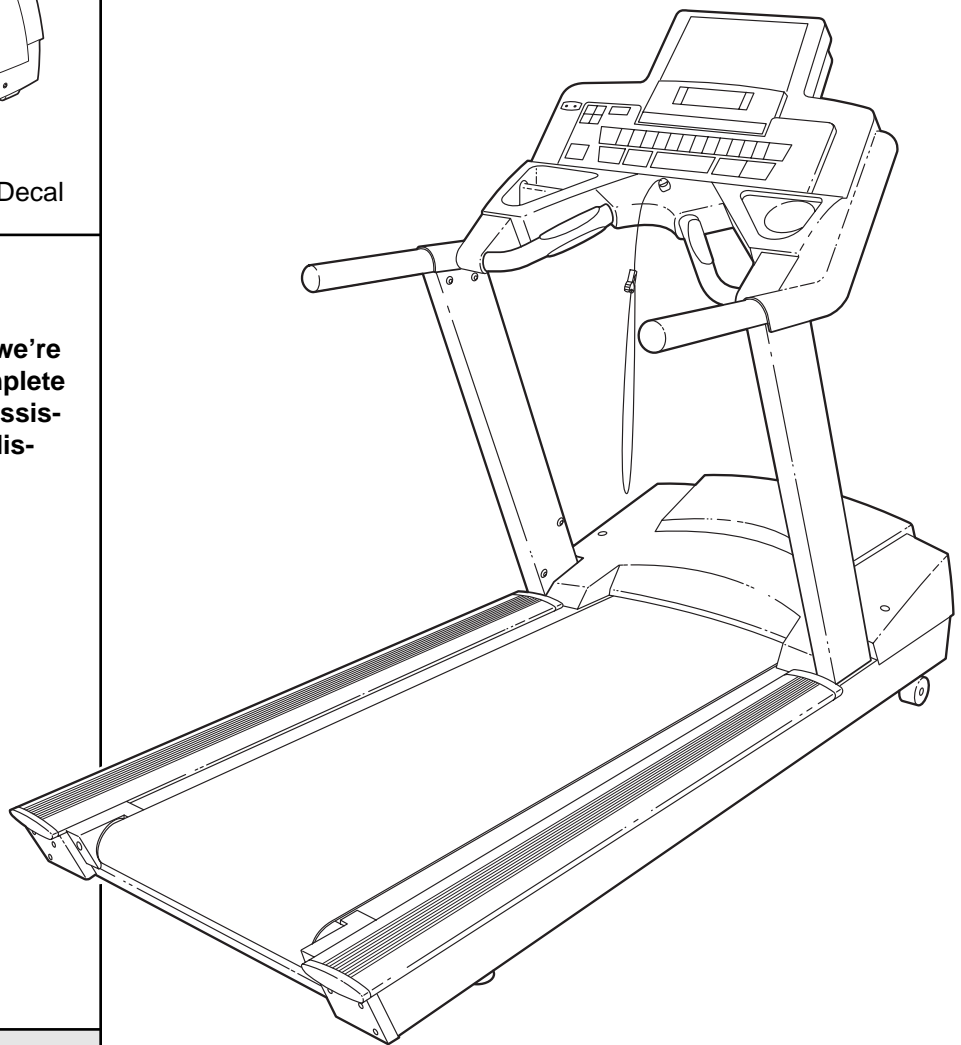
The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.



Serial Number Decal

## QUESTIONS?

At FreeMotion Fitness Inc., we're committed to providing complete customer satisfaction. For assistance, please contact your distributor.



## CAUTION

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

**USER'S MANUAL**



# NordicTrack<sup>®</sup>

## *9600 Treadmill*

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# 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 the treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 2 m (8 ft.) of clearance behind it. 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 place 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. Do not operate the treadmill until it is properly assembled (see HOW TO SET UP THE TREADMILL on page 7).
7. Regularly inspect and tighten all parts of the treadmill.
8. Keep children under the age of 12 and pets away from the treadmill at all times.
9. The treadmill should not be used by persons weighing more than 160 kg (350 lbs.).
10. Never allow more than one person on the treadmill at a time.
11. 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.*
12. When connecting the power cord (see page 10), plug the power cord into a grounded circuit capable of carrying 10 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
13. Keep the power cord 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 BEFORE YOU BEGIN on page 6 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the on/off circuit breaker to the off position when the treadmill is not in use.
19. Do not change the incline of the treadmill by placing objects under it.
20. When using iFIT.com CDs, you will be alerted by an electronic "chirping" sound when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.
21. When using iFIT.com CDs, you can manually override the speed and incline settings at any time by pressing the SPEED and INCLINE buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD program.

22. Always remove iFIT.com CDs from your CD player when you are not using them.
23. Never insert or drop any object into any opening.
24. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so may result in damage to the treadmill.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

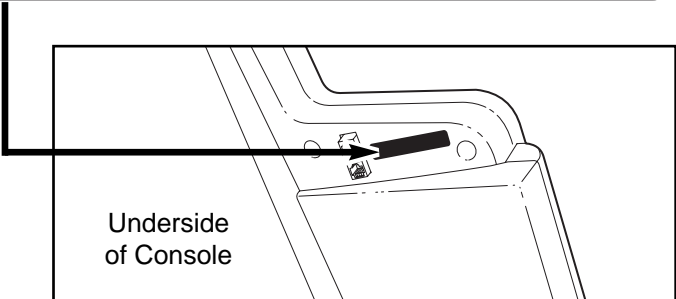
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SAVE THESE INSTRUCTIONS**

# WARNING DECAL PLACEMENT

The decals shown below are found on the treadmill. If any decal is missing or illegible, please contact your distributor to order a free replacement decal. Apply the decal in the location shown.

<b>⚠ WARNING</b>	<b>⚠ WARNUNG</b>	<b>⚠ ATTENZIONE</b>	<b>⚠ AVERTISSEMENT</b>	<b>⚠ ADVERTENCIA</b>
Do not remove or insert this plug while the key is inserted in the console. Static sensitive components	Dieser Stecker darf nicht entfernt oder eingesteckt werden während der Schlüssel im Computer eingesteckt ist. Statik empfindliche Komponente könnten beeinflusst werden.	Non rimuovere o inserire questa presa mentre la chiave è inserita nella consolle. I componenti statico-sensibili potrebbero essere compromessi.	Ne retirez pas ou n'insérez pas la prise si la clé est insérée dans la console. Certaines des pièces électroniques peuvent être sensibles à la statique.	No quite o inserte este enchufe mientras que la llave esté insertada en la consola. Componentes sensibles a la estática pueden ser afectadas.



**⚠ WARNING: HIGH VOLTAGE!**

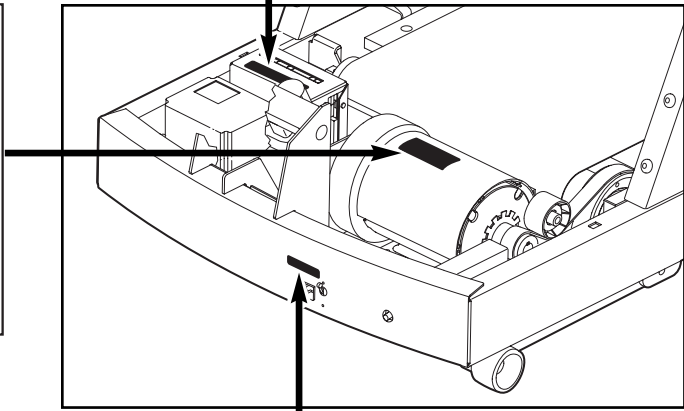
Please do not attempt to service this unit without contacting distributor.

**⚠ WARNING**

**HAZARDOUS VOLTAGE**

Disconnect power before servicing.

Note: This decal is shown at 85% of actual size.



**⚠ CAUTION: HIGH VOLTAGE**

Disconnect line cord from outlet before servicing.

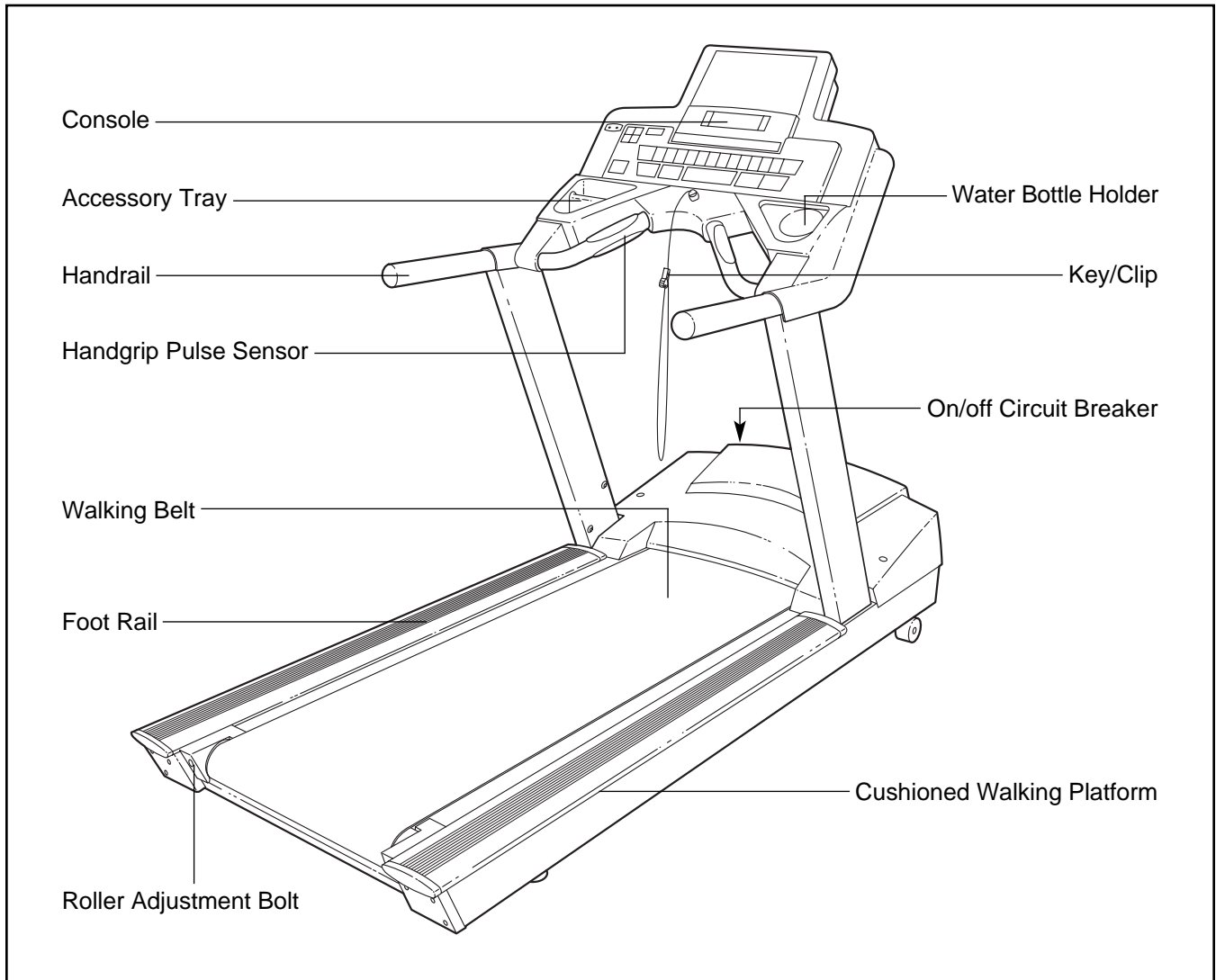
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NordicTrack® 9600 treadmill. The NordicTrack 9600 treadmill offers an impressive array of features to make your workouts more effective and enjoyable.

**For your benefit, read this manual carefully before using the NordicTrack 9600 treadmill.** If you have

questions after reading the manual, please contact your distributor.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# HOW TO SET UP THE TREADMILL

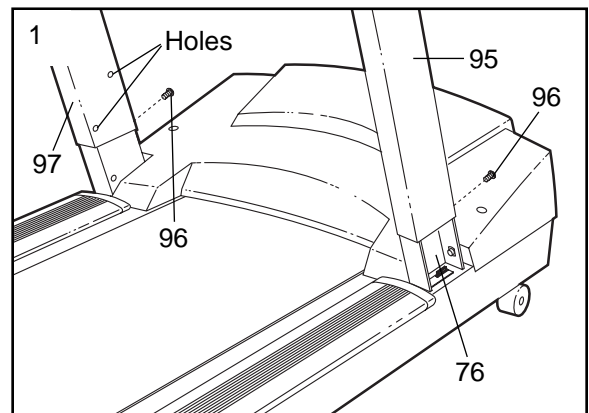
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the included allen wrenches.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. Slide the Right and Left Uprights (95, 97) onto the brackets near the front of the Frame (76). **Make sure that the Uprights are on the correct sides; the indicated holes must be facing inward as shown.**

Raise the Right Upright (95) until the lower hole in the front of the Upright is aligned with the upper hole in the bracket. Thread an Upright Bolt (96) into the Upright and the bracket. **Do not fully tighten the Upright Bolt yet.**

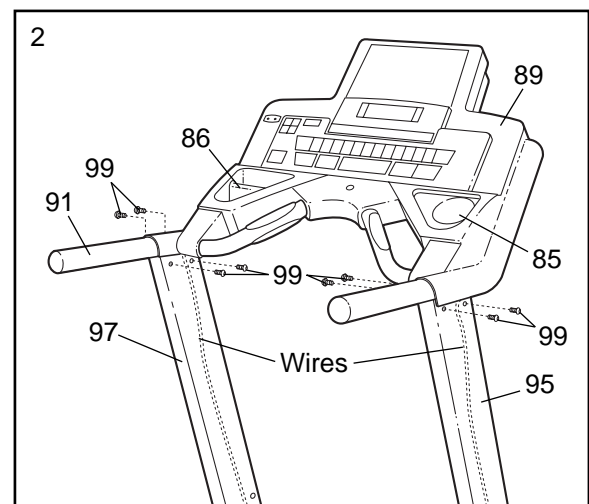
Repeat this step with the Left Upright (97).



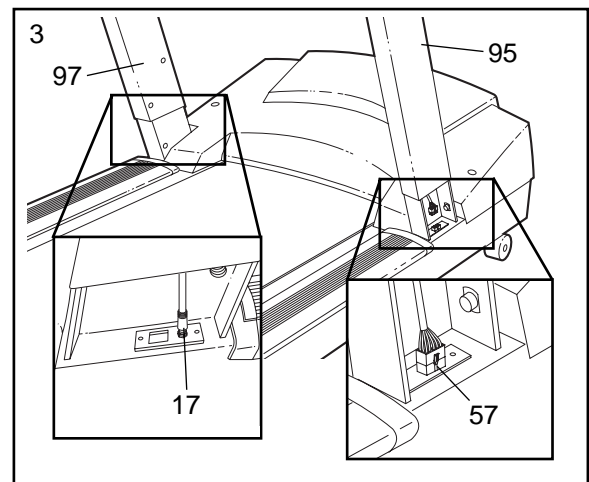
2. While a second person holds the Handrail (91) near the Uprights (95, 97), feed the wires in both sides of the Handrail down into the Uprights. Pull the ends of the wires out of the lower ends of the Uprights. If there are wire ties on the ends of the wires, remove them.

Finger tighten eight Handrail Bolts (99) into the Uprights (95, 97) and the Handrail (91). **Do not tighten the Handrail Bolts yet. Be careful to avoid pinching the wires.**

Note: The CD Holder (86) and the Cup Holder (85) are replaceable. If these parts become dislodged from the Console Base (89), simply press them back into place.



3. Connect the TV Cable (17) and the Right Power Wire Harness (57) in the indicated locations. Push all of the excess wire up into the Uprights (95, 97). **Make sure that all wires are fully connected. Note: Regardless of which console your treadmill has, connect all wires so that the console can later be upgraded if desired.**

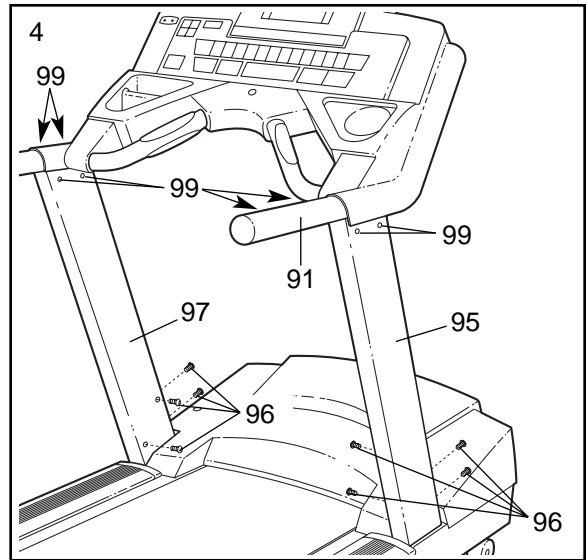




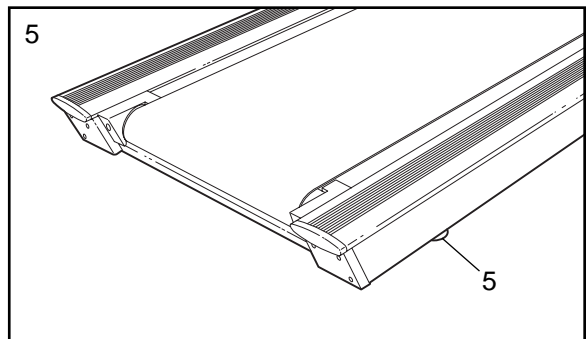
4. Refer to step 1. While a second person holds the Uprights (95, 97), remove the two Upright Bolts (96).

Slide the Uprights (95, 97) fully onto the brackets on the Frame (not shown). **Be careful to avoid pinching your hands or the wires.** Attach each Upright with four Upright Bolts (96) as shown. **Firmly tighten all eight Upright Bolts.**

Firmly tighten the eight Handrail Bolts (99).



5. After the treadmill is placed in the location where it will be used (see HOW TO MOVE THE TREADMILL on page 9), make sure that both Rear Feet (5) and both front Wheels (not shown) are resting firmly on the floor. If the treadmill rocks even slightly, turn the right Rear Foot clockwise or counterclockwise until the rocking motion is eliminated.

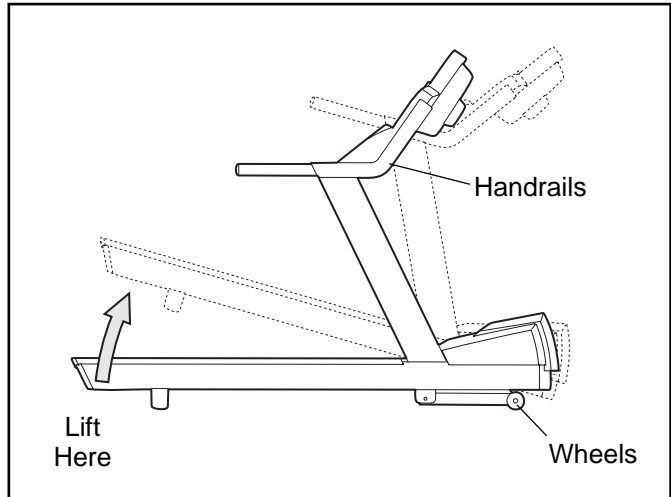


6. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrenches for adjustment purposes. To protect the floor or carpet from damage, place a mat under the treadmill.

# HOW TO MOVE THE TREADMILL

Before moving the treadmill, make sure that the power cord is unplugged. Note: It may be necessary to disconnect the CATV cable from the treadmill, depending on how far the treadmill will be moved.

Due to the size and weight of the treadmill, moving it requires two persons. While one person lifts the indicated end, firmly hold the handrails and tip the treadmill forward until it rolls on the front wheels. Carefully move the treadmill to the desired location and then lower it back to the level position. Note: It may be helpful to change the incline of the treadmill to 5% before moving the treadmill. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**



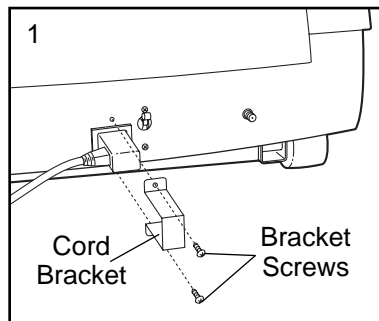
# HOW TO CONNECT THE TREADMILL

## HOW TO CONNECT THE POWER CORD

**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. **Note: These instructions describe how the power cord should be connected in the UK, Germany, Italy, Spain, or France. To connect the power cord in other countries, refer to the instruction sheet accompanying this manual.**

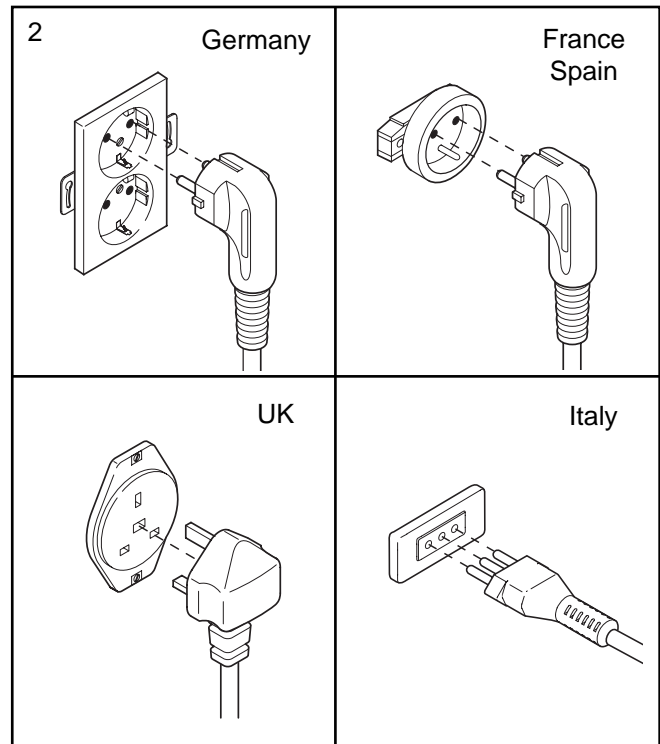
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a dedicated circuit. **In the UK, Germany, Italy, Spain, or France, use a dedicated 10-amp, 240-volt circuit.** No other appliance should be on the same circuit. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug one end of the cord into the treadmill as shown in drawing 1.



1. Attach the cord bracket over the cord with two bracket screws.

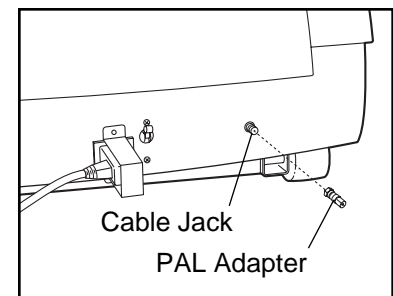
Next, plug the grounding plug into a receptacle as shown in drawing 2 at the upper right. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord.



## HOW TO CONNECT A CATV CABLE

**If your treadmill has the Workout TV console, a CATV cable must be connected to the treadmill for cable TV stations to be viewed.** Locate the cable jack on the front of the treadmill.

Connect the CATV cable to the cable jack using the PAL adapter.



A satellite receiver, VCR, or DVD player can also be connected to the treadmill. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the treadmill.

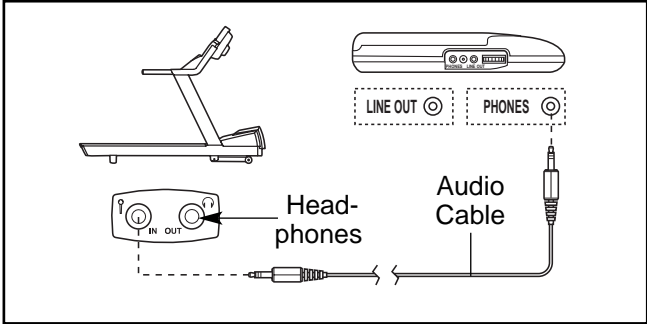
**Note:** Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly with the treadmill. RF modulators are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual for the equipment you wish to connect to determine if an RF modulator is needed.

# HOW TO CONNECT YOUR CD PLAYER TO THE TREADMILL

With the **Basic console** or the **Workout TV console**, you can connect a portable CD player to the treadmill and use iFIT.com CDs. (Refer to page 22 for instructions about using iFIT.com CDs.)

## HOW TO CONNECT YOUR PORTABLE CD PLAYER

Plug one end of the included audio cable into the indicated jack on the left side of the console. Plug the other end of the audio cable into the PHONES jack on your CD player. Plug your headphones into the other jack on the console.

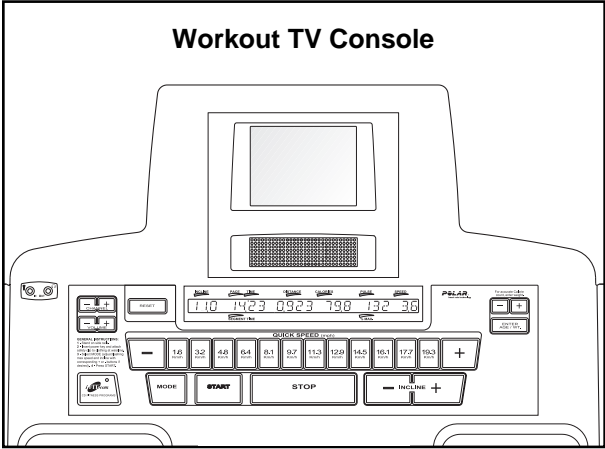
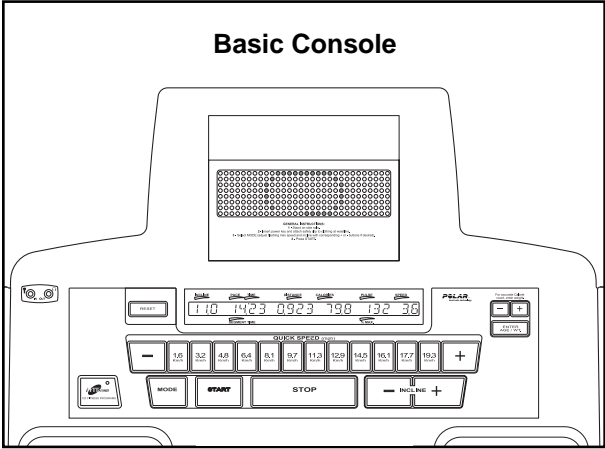


# HOW TO UPGRADE YOUR CONSOLE

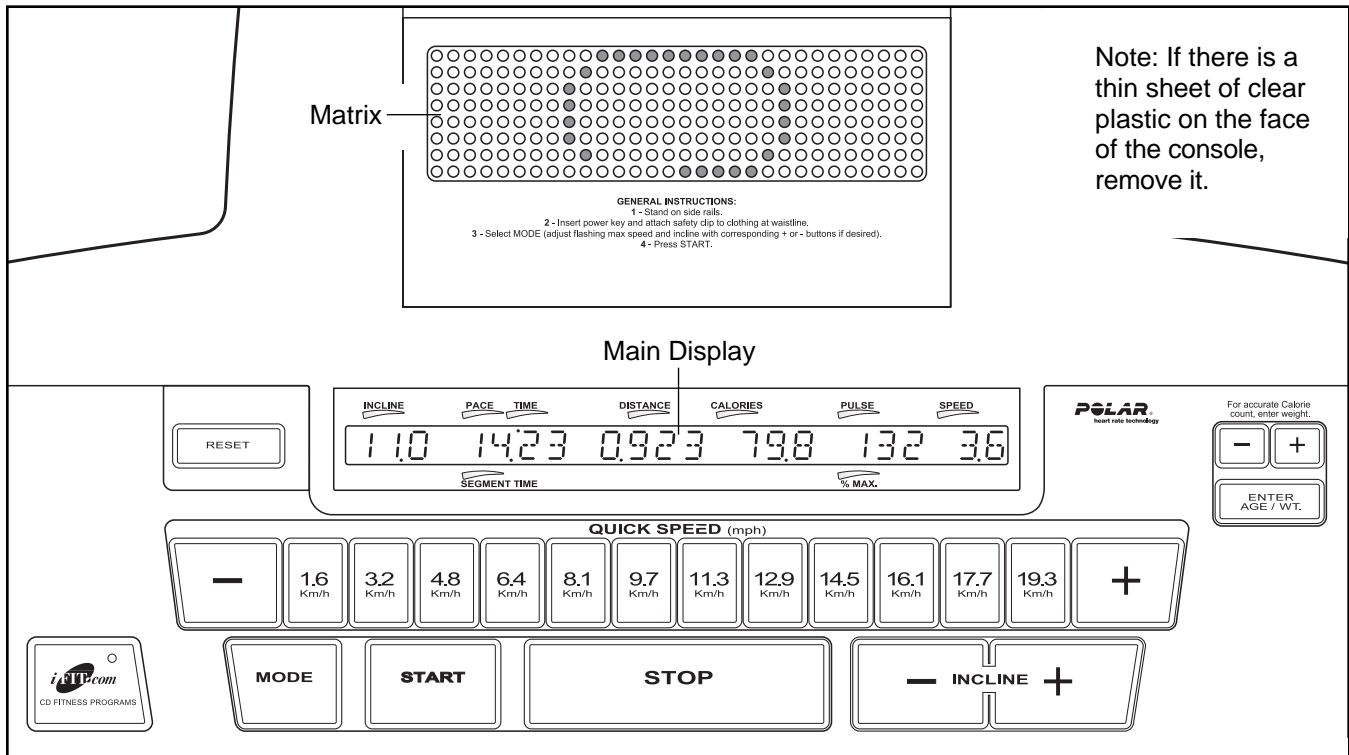
Your treadmill has been pre-configured to operate with the Basic console or the Workout TV console (see the drawings below).

To upgrade your console and expand the capabilities of your treadmill whenever you choose, please contact your distributor.

For information about the features of the Basic console, refer to page 13; to learn about the state-of-the-art Workout TV console, refer to page 26.



# HOW TO USE THE BASIC CONSOLE



## FEATURES OF THE CONSOLE

The Basic console offers an impressive array of features to help you get the most from your exercise.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Six preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout.

In addition, the console offers three pulse-driven programs that adjust the speed and incline of the treadmill to keep your heart rate near target levels during your

workouts, and a unique fitness test program that measures your relative fitness level. Note: The pulse-driven programs and the fitness test program require the use of a Polar®-compatible chest pulse sensor (not included).

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right at your side. Using the included audio cable, you can connect your portable CD player to the treadmill and play special iFIT.com CD programs (iFIT.com CDs are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers. **To order iFIT.com CDs, please contact your distributor.**

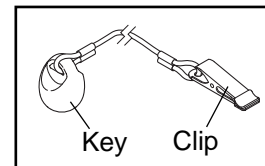
**⚠ CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing at the right) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- 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.
- If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse-driven programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

### 3 Insert the key into the console.

Note: The console can be set to be used without the key. Refer to step 11 on page 24 for instructions. **If the console has been set to be used without the key, go to step 4.**

Find the key and the clip on the console and attach the clip to the waistband of your clothes.



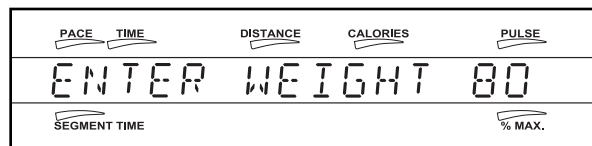
Next, insert the key into the console.

**Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position as needed.**

Insert the key into the console again. After a moment, various displays and indicators on the console will light.

### 4 Enter your weight.

Although you can use the console without entering your weight, if you enter your weight the console will more accurately count the Calories that you burn. To enter your weight, first press the ENTER AGE/WT button. The words ENTER WEIGHT and the current weight setting will appear in the main display.



Press the + and – buttons above the ENTER AGE/WT button to enter your weight. The buttons can be held down to enter your weight quickly.

**To use the manual mode of the console,** follow the steps beginning on page 15. **To use a preset program,** refer to page 17. **To use a pulse-driven program,** refer to page 19. **To use the fitness test program,** refer to page 20. **To use an iFIT.com CD program,** refer to page 22. **To use the maintenance mode,** refer to page 23.

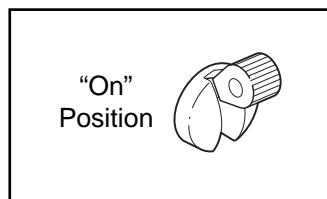
## GETTING STARTED

### 1 Plug in the power cord.

Refer to HOW TO CONNECT THE POWER CORD on page 10.

### 2 Move the on/off circuit breaker to the on position.

Locate the on/off circuit breaker on the treadmill near the power cord. Switch the on/off circuit breaker to the on position.



## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

Refer to GETTING STARTED on page 14.

### 2 Select the manual mode.

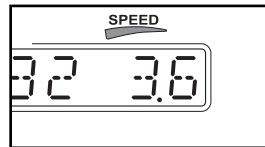
When the key is inserted, the manual mode will automatically be selected. If a program or the iFIT.com mode has been selected, press the MODE button repeatedly until the main display appears as shown below.



### 3 Press the START button or the SPEED + button to start the walking belt.

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

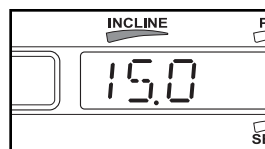
As you exercise, change the speed of the walking belt as desired by pressing the SPEED + and - buttons. Each time a button is pressed, the speed setting will change by 0.1 kph; if a button is held down, the speed setting will change in increments of 0.5 kph. To change the speed quickly, press the QUICK SPEED buttons. The speed range is 0.8 kph to 19.3 kph. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.



To stop the walking belt, press the STOP button. The time will begin to flash in the main display. To restart the walking belt, press the START button or the SPEED + button and then adjust the speed as desired.

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

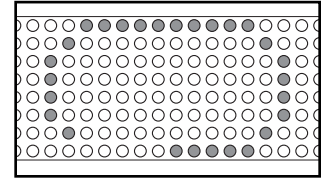
To change the incline of the treadmill, press the INCLINE + and - buttons. Each time a button is pressed, the in-



cline will change by 0.5%. The incline range is 0% to 15%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

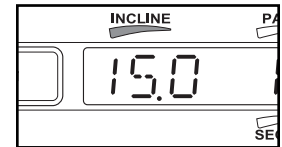
### 5 Follow your progress with the matrix and the main display.

**The matrix**—When the manual mode or the iFIT.com mode is selected, the matrix will display a 400-metre track. As you exercise, the indicators around the track will light in sequence to show your position on the track. Each time you complete a 400-metre lap, a new lap will begin.



**The main display**—The main display will show the following information:

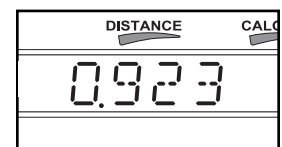
**Incline**—The left end of the main display will show the incline level of the treadmill.



**Pace/Time**—When the manual mode or the iFIT.com mode is selected, this section of the main display will show the elapsed time. When a preset program or a pulse-driven program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program. The display will change from one number to the other every seven seconds. During the fitness test program, the display will show the elapsed time and the time remaining in the current segment of the program. Note: Any time that the speed setting changes, the display will show your current pace (in *minutes per kilometre*) for seven seconds.



**Distance**—The center section of the main display will show the distance that you have walked or run.

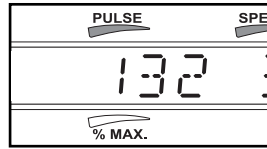




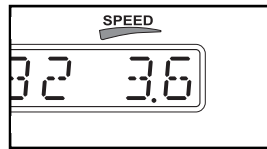
**Calories**—This section of the main display will show the approximate number of Calories you have burned.



**Pulse/% Max**—When you are using the handgrip pulse sensor or a Polar®-compatible chest pulse sensor (not included), this section of the main display will show your heart rate (refer to step 6). When a pulse-driven program is selected, the display will show your heart rate and the *corresponding percentage* of your *estimated maximum heart rate*. (Refer to step 5 on page 19 for an explanation of your estimated maximum heart rate.) The display will change from one number to the other every seven seconds.



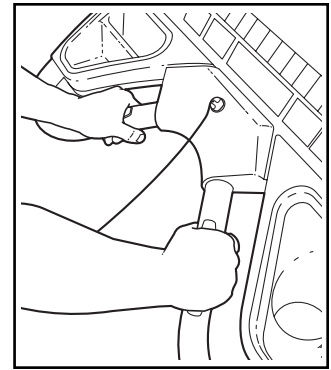
**Speed**—The right end of the main display will show the speed of the walking belt.



To reset the displayed time, distance, and Calories at any time, press the RESET button.

## 6 Measure your heart rate if desired.

To measure your heart rate, **stand on the foot rails** and hold the handgrip pulse sensor with both hands. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts—



**avoid moving your hands.** When your pulse is detected, the words ACQUIRING PULSE will appear in the main display 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.**

## 7 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and press the STOP button. Next, remove the key from the console and put the key in a secure place.

When the treadmill is not in use, switch the on/off circuit breaker near the power cord to the off position and unplug the power cord.

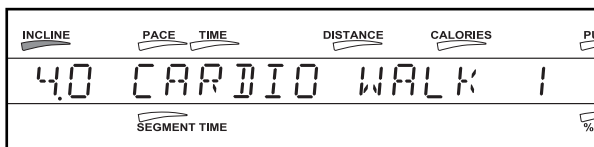
## HOW TO USE PRESET PROGRAMS

### 1 Insert the key into the console.

Refer to GETTING STARTED on page 14.

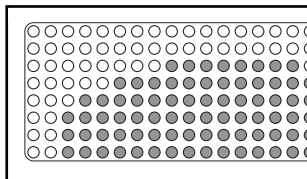
### 2 Select one of the six preset programs.

When the key is inserted, the manual mode will automatically be selected. To select one of the six preset programs, press the MODE button repeatedly until the words **CARDIO WALK 1**, **CARDIO WALK 2**, **ENDURANCE 1**, **ENDURANCE 2**, **FINISH LINE 1**, or **FINISH LINE 2** appear in the main display. Note: **CARDIO WALK 1** is a level one (low-intensity) walking program; **CARDIO WALK 2** is a level one running program; **ENDURANCE 1** is a level two (medium-intensity) walking program; **ENDURANCE 2** is a level two running program; **FINISH LINE 1** is a level three (high-intensity) walking program; and **FINISH LINE 2** is a level three running program.



When a preset program is selected, the maximum incline setting for the program will flash at the left end of the main display and the maximum speed setting will flash at the right end of the main display. After three seconds, the name of the selected program, the level of the program, and the total program time will begin to scroll across the main display. If desired, you can change the maximum incline setting or the maximum speed setting by pressing the INCLINE or SPEED buttons. If you increase either setting, the difficulty level of the entire program will increase; if you decrease either setting, the difficulty level of the entire program will decrease.

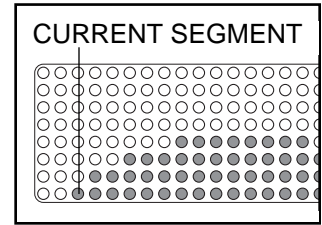
When a preset program is selected, the matrix will show a graph representing the speed settings for the program.



### 3 Press the START button or the SPEED + button to start the program.

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

Each program is divided into several time segments of different lengths. The main display will show both the time remaining in the program and the time remaining in the current segment of the program. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment is shown in the flashing **CURRENT SEGMENT** column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for upcoming segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the **CURRENT SEGMENT** column and the column to the right will flash, a series of tones will sound, and *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the **CURRENT SEGMENT** column and the treadmill will automatically adjust to the speed and incline settings for the second segment. The program will continue until the speed setting for the final segment is shown in the **CURRENT SEGMENT** column and no time remains in the program. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move to the left, *if all of the indicators in the **CURRENT SEGMENT** column are lit, the speed settings may move downward so that only the highest indicators in the columns appear in the matrix*. When the speed settings move to the left again, if not all of the indicators in the **CURRENT SEGMENT** column are lit, the speed settings will move back up.

Note: You can manually override the speed or incline setting for the current segment by pressing the SPEED or INCLINE buttons. Every few times a SPEED button is pressed, an additional indicator will light or darken in the **CURRENT SEGMENT** column. (If any of the columns to the right of the **CURRENT SEGMENT** column have the same number of lit indicators as the **CURRENT SEGMENT** column, an additional indicator may light or darken in those columns as well.) **Important:** **When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program, press the STOP button. The time will begin to flash in the main display. To restart the program, press the START button or the SPEED + button. The walking belt will begin to move at 3 kph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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

Refer to step 5 on page 15.

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

Refer to step 6 on page 16.

**6 When the program is completed, remove the key.**

Step onto the foot rails. Remove the key from the console and put the key in a secure place.

When the treadmill is not in use, switch the on/off circuit breaker near the power cord to the off position and unplug the power cord.

## HOW TO USE PULSE-DRIVEN PROGRAMS

Pulse-driven programs automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. Follow the steps below to use a pulse-driven program.

### 1 Put on a Polar®-compatible chest pulse sensor (not included).

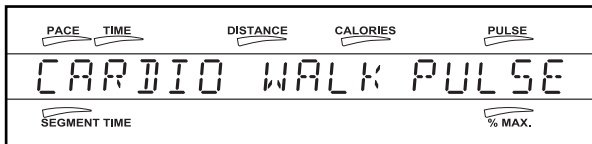
You must wear a chest pulse sensor to use a pulse-driven program. Refer to the instructions included with your chest pulse sensor.

### 2 Insert the key into the console.

Refer to GETTING STARTED on page 14.

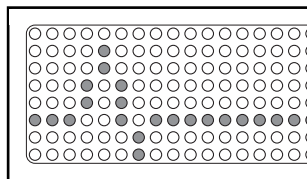
### 3 Select one of the three pulse-driven programs.

When the key is inserted, the manual mode will be selected. To select one of the three pulse-driven programs, press the MODE button repeatedly until the words **CARDIO WALK PULSE**, **ENDURANCE PULSE**, or **MANUAL PULSE** appear in the main display. Note: The **CARDIO WALK PULSE** program will keep your heart rate near 65% of your *estimated maximum heart rate* (refer to step 5 at the right for an explanation of your estimated maximum heart rate). The **ENDURANCE PULSE** program will keep your heart rate near 80% of your estimated maximum heart rate. The **MANUAL PULSE** program will keep your heart rate near a percentage that you select.



When a pulse-driven program is selected, the name of the selected program and the total program time will scroll across the main display. The words **ENTER AGE** and the current age setting will then be shown.

During pulse-driven programs, the matrix will show a moving graphic that represents your heart rate. Each time a heart-beat is detected, an additional peak will appear in the graphic.



### 4 Enter your age.

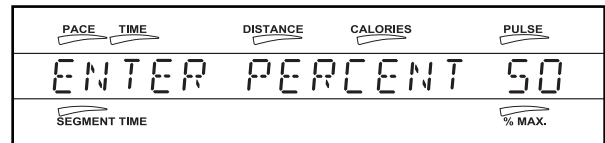
You must enter your age to use a pulse-driven program. To enter your age, press the + and – buttons above the **ENTER AGE/WT** button. The buttons can be held down to enter your age quickly. The age range is 20 to 80 years. When your age is shown, press the **ENTER AGE/WT** button.



If you have selected the **CARDIO WALK PULSE** or **ENDURANCE PULSE** program, go to step 6. If you have selected the **MANUAL PULSE** program, go to step 5.

### 5 Enter a target heart rate setting.

After you have entered your age, the words **ENTER PERCENT** and the target heart rate setting for the program will be shown in the main display. The target heart rate setting represents a *percentage* of your *estimated maximum heart rate*. Your estimated maximum heart rate is 220 minus your age. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ). If you are 30 years old, a target heart rate setting of 50 is equal to 95 beats per minute (50% of 190 is 95).



If desired, you can change the target heart rate setting by pressing the + and – buttons above the **ENTER AGE/WT** button. The buttons can be held down to change the target heart rate setting quickly. The target heart rate setting can be from 50% to 85% of your estimated maximum heart rate.

### 6 Press the **START** button or the **SPEED +** button to start the program.

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

Each pulse-driven program is divided into one-minute segments. (The main display will show both the time remaining in the program and the time remaining in the current segment of the program.) One target heart rate setting is programmed for each segment. (During the MANUAL PULSE program, the same target heart rate setting will be programmed for all segments.)

When only three seconds remain in the first segment of the program, a series of tones will sound and then the speed and/or incline of the treadmill will change, if needed, to bring your heart rate closer to the target heart rate setting for the next segment. The speed and/or incline setting will flash in the main display to alert you before the speed and/or incline changes. The program will continue until no time remains in the program. The walking belt will then slow to a stop.

If the speed and incline setting for the current segment is too high or too low, you can adjust the setting with the SPEED or INCLINE buttons. However, if you *decrease* the speed, the incline will automatically *increase*; if you *increase* the speed, the incline will *decrease*. If you *increase* the incline, the speed will *decrease*; if you *decrease* the incline, the speed will *increase*. *The treadmill will always attempt to keep your heart rate near the target heart rate setting for the current segment.* Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

If your pulse is not detected during the program, the letters PLS will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, refer to the instructions included with your chest pulse sensor.

To stop the program at any time, press the STOP button. Pulse-driven programs should not be stopped temporarily and then restarted. To use a pulse-driven program again, reselect the program and start it at the beginning.

**7 Follow your progress with the main display.**

Refer to step 5 on page 15.

**8 When the program is completed, remove the key.**

Refer to step 6 on page 18.

**HOW TO USE THE FITNESS TEST PROGRAM**

The fitness test program measures your relative fitness level. For the best results, the program should be used at a time when your energy level is high; the program should not be used if you have already exercised during the day. Follow the steps below to use the program.

**1 Put on a Polar®-compatible chest pulse sensor (not included).**

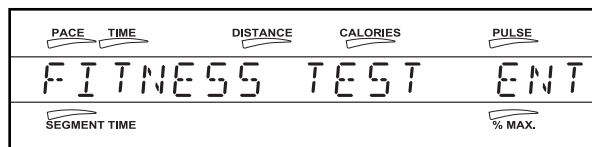
**You must wear a chest pulse sensor to use the fitness test program.**

**2 Insert the key into the console.**

Refer to GETTING STARTED on page 14.

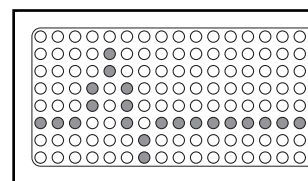
**3 Select the fitness test program.**

When the key is inserted, the manual mode will be selected. To select the fitness test program, press the MODE button repeatedly until the words FITNESS TEST appear in the main display.



When the fitness test program is selected, the words FITNESS TEST will scroll across the main display. The words ENTER AGE and the current age setting will then be shown.

During the fitness test program, the matrix will show a moving graphic that represents your heart rate.



Each time a heart-beat is detected, an additional peak will appear in the graphic.

**4 Enter your age.**

**You must enter your age to use the fitness test program.** To enter your age, refer to step 4 on page 19.



**5** Press the **START** button or the **SPEED +** button to start the program.

When the button is pressed, the main display will show the words LEVEL 1, indicating that the first four-minute level of the fitness test program has begun. The incline of the treadmill will then automatically adjust to 3% and the walking belt will begin to move at 2.4 kph. Hold the handrails and begin walking.

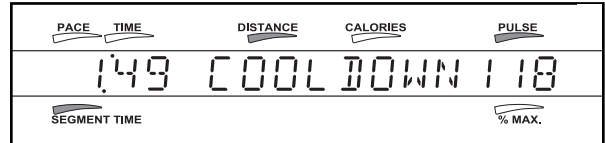


The fitness test program is divided into seven, four-minute levels. One speed setting and one incline setting are programmed for each level. At the end of each minute of the program, a tone will sound; when the first four-minute level is completed, a tone will sound and the main display will show the words LEVEL 2, indicating that the second four-minute level has begun. The incline will then change to 4% and the speed of the walking belt will increase to 4 kph.

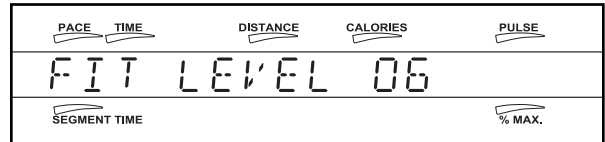
At the beginning of each four-minute level, the speed and/or incline of the treadmill will automatically increase. The fitness test program will continue in this way until your heart rate reaches 70% of your estimated maximum heart rate and the current four-minute level is completed. *The fitness test program will then end, regardless of how many levels remain.*

When the fitness test program is completed, the words COOL-DOWN will be shown in the main

display and a two-minute cool-down period will begin. The speed and incline will then decrease.



When the cool-down period is completed, the walking belt will slow to a stop and your fitness level will be shown in the main display. There are ten fitness levels; fitness level 10 is the highest.



Note: The SPEED and INCLINE buttons will not function while the fitness test program is selected. If your pulse is not detected during the program, the letters PLS will flash in the main display. If your pulse is not detected at the end of any four-minute level, the fitness test program will end and the main display will show a fitness level of 0.

The fitness test program cannot be stopped temporarily and then restarted. However, the program can be stopped at any time with the STOP button. The main display will then show an estimated fitness level.

**6** When the program is completed, remove the key.

Refer to step 6 on page 18.



## HOW TO USE iFIT.COM CD PROGRAMS

To use iFIT.com CDs, your portable CD player must be connected to the treadmill. See HOW TO CONNECT YOUR CD PLAYER TO THE TREADMILL on page 11.

Follow the steps below to use an iFIT.com CD program.

### 1 Insert the key into the console.

Refer to GETTING STARTED on page 14.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.COM button. The indicator on the button will light.



### 3 Insert an iFIT.com CD.

Insert the iFIT.com CD into your CD player.

### 4 Press the PLAY button on your CD player.

A moment after the button is pressed, a recorded personal trainer will begin guiding you through your workout. Simply follow the personal trainer's instructions. Note: If the time is flashing in the main display, press the START button or the SPEED + button on the console. The treadmill will not respond to a CD program while the time is flashing.

During the CD program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any

time by pressing the SPEED or INCLINE buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD program.**

To stop the walking belt at any time, press the STOP button on the console. The time will begin to flash in the main display. To restart the program, press the START button or the SPEED + button. After a moment, the walking belt will begin to move at 3 kph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD program.** The program can also be stopped by pressing the STOP button on your CD player.

When the CD program is completed, the walking belt will stop and the time will begin to flash in the main display. Note: To use another CD program, press the STOP button or remove the key and go to step 1.

**Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:**

- Make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. If the time is flashing, press the START button or the SPEED + button on the console.
- Adjust the volume of your CD player. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

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

Refer to step 5 on page 15.

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

Refer to step 6 on page 16.

### 7 When the program is completed, remove the key.

Refer to step 6 on page 18.

## HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access information and to view and change various default settings. Follow the steps below to use the maintenance mode.

### 1 Insert the key into the console.

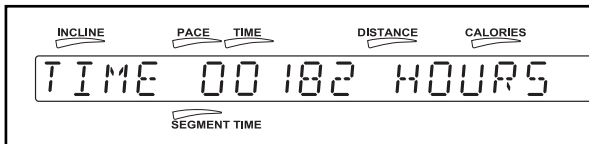
Refer to GETTING STARTED on page 14.

### 2 Hold down the ENTER AGE/WT button and the RESET button simultaneously for two seconds to select the maintenance mode.

When the maintenance mode is selected, the words MAINTENANCE MODE will appear in the main display.



### 3 Press the ENTER AGE/WT button to view the total number of hours that the treadmill has been used.



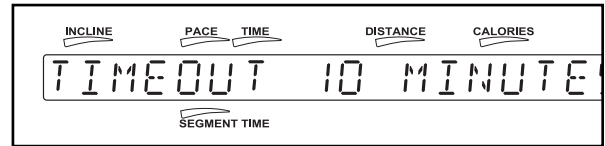
### 4 Press the ENTER AGE/WT button again to view the total distance that the walking belt has moved.



### 5 Press the ENTER AGE/WT button again and set the delay time for the timeout mode.

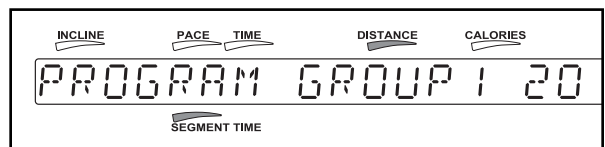
Any time that the treadmill is not used for several minutes, the console will enter a timeout mode and the words PUSH ANY BUTTON TO START A NEW PROGRAM will begin to scroll across the main display. To set the number of minutes before the console will enter the timeout mode, press the

+ and – buttons above the ENTER AGE/WT button. The delay time can be from 1 to 15 minutes.



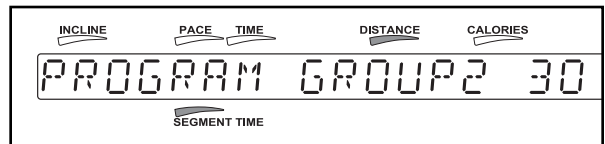
### 6 Press the ENTER AGE/WT button again and set the program time for the CARDIO WALK 1, ENDURANCE 1, and FINISH LINE 1 programs.

The CARDIO WALK 1, ENDURANCE 1, and FINISH LINE 1 programs can be set to last for 20, 30, or 40 minutes. To change the setting, press the + and – buttons above the ENTER AGE/WT button.



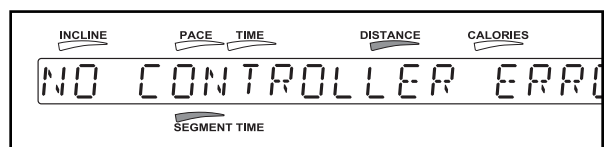
### 7 Press the ENTER AGE/WT button again and set the program time for the CARDIO WALK 2, ENDURANCE 2, and FINISH LINE 2 programs.

The CARDIO WALK 2, ENDURANCE 2, and FINISH LINE 2 programs can be set to last for 20, 30, or 40 minutes. To change the setting, press the + and – buttons above the ENTER AGE/WT button.



### 8 Press the ENTER AGE/WT button again to check for controller errors.

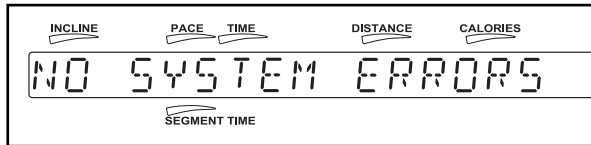
If there are no controller errors, the words NO CONTROLLER ERRORS will appear in the main display. If there is a controller error, the name of the error will appear in the main display. If this occurs, press the RESET button. If the same controller error appears repeatedly, please contact your distributor.





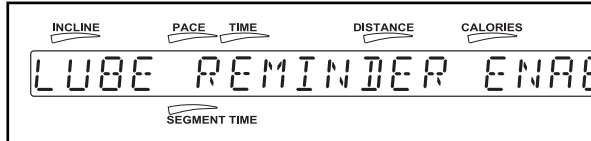
**9** Press the ENTER AGE/WT button again to check for system errors.

If there are no system errors, the words NO SYSTEM ERRORS will appear in the main display. If the words LUBRICATE DECK appear in the main display, the walking platform should be checked for adequate lubricant. Follow the instructions in step 4 on page 29 to lubricate the walking platform if necessary. Then, refer to HOW TO RESET THE LUBE REMINDER on page 25.



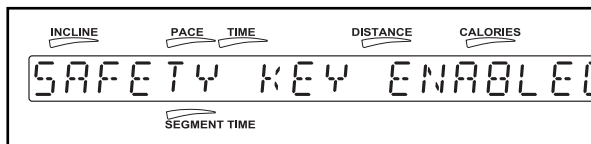
**10** Press the ENTER AGE/WT button again and enable or disable the lubrication reminder.

The console can be set to display the words LUBRICATE DECK every five minutes when the walking platform needs to be lubricated. Press the + or – button above the ENTER AGE/WT button until the words LUBE REMINDER ENABLED appear in the main display. To turn off the lubrication reminder, press the + or – button until the words LUBE REMINDER DISABLED appear.



**11** Press the ENTER AGE/WT button again and enable or disable the safety key.

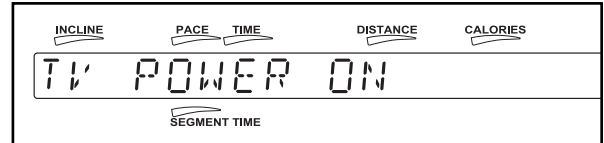
To require the use of the safety key with the console, press the + or – button above the ENTER AGE/WT button until the words SAFETY KEY ENABLED appear in the main display. To allow the treadmill to be used without the key, press the + or – button until the words SAFETY KEY DISABLED appear.



If you have the Basic console, go to step 16. If you have the Workout TV console, go to step 12.

**12** Press the ENTER AGE/WT button again and enable or disable the TV.

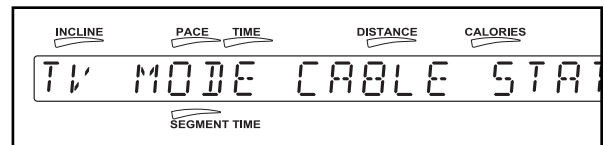
To make the TV available for use, press the + or – button above the ENTER AGE/WT button until the words TV POWER ON appear in the main display. To prevent the TV from being used, press the + or – button until the words TV POWER OFF appear.



If you have disabled the TV, go to step 16. If you have enabled the TV, go to step 13.

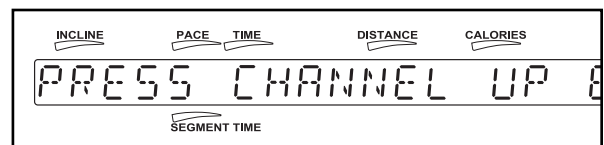
**13** Press the ENTER AGE/WT button again and select a cable TV connection or an antenna connection.

If you are using a cable TV connection, press the + or – button beside the ENTER AGE/WT button until the words TV MODE CABLE STATIONS appear in the main display. If you are using an antenna connection, press the + or – button until the words TV MODE AIR STATIONS appear.



**14** Press the ENTER AGE/WT button again and program TV channels.

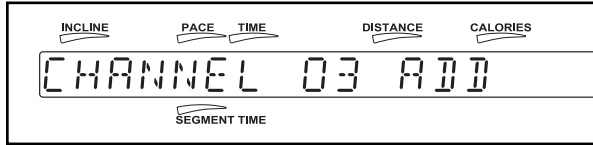
The console has the capability to find and store in memory all of the valid TV channels in your area. While the words PRESS CHANNEL UP TO SCAN TV CHANNELS are scrolling across the main display, press the CHANNEL + button to start the channel scanning process.



The console will begin scanning all TV channels. If no broadcast signal is detected on a channel, the channel will be skipped; if a signal is detected, a tone will sound and the channel will be stored in memory. This process will continue until the highest channel is reached. The lowest channel stored in memory will then appear in the main display.

**15** Press the ENTER AGE/WT button again and delete or add TV channels.

After all valid TV channels have been stored in the console's memory, you can delete unwanted channels or add other channels. To delete or add a channel, first press the CHANNEL + and – buttons until the channel appears in the main display.



Next, press the + or – button above the ENTER AGE/WT button until the words DELETE or ADD appear in the main display. Then, select the next channel that you want to delete or add. Repeat this process until you have finished deleting or adding channels.

**16** Hold down the ENTER AGE/WT button and the RESET button simultaneously for two seconds to exit the maintenance mode.

To exit the maintenance mode at any time, hold down the ENTER AGE/WT button and the RESET button simultaneously for two seconds.

## HOW TO RESET THE LUBE REMINDER

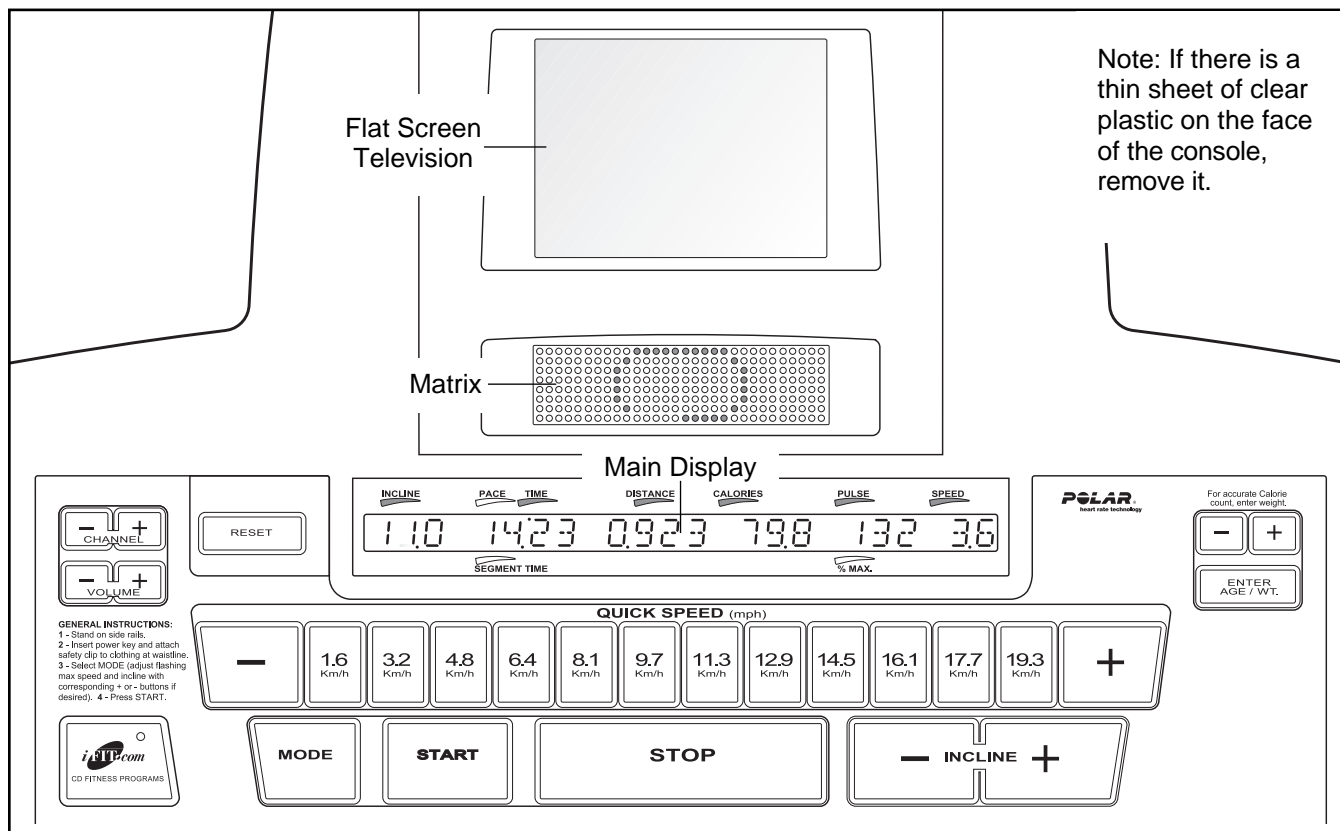
If the words LUBRICATE DECK appear in the main display when the maintenance mode is selected (refer to step 9 on page 24), follow the steps below to reset the lube reminder.

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

Refer to GETTING STARTED on page 14.

**2** Hold down the STOP button and the RESET button simultaneously for three seconds.

# HOW TO USE THE WORKOUT TV CONSOLE



## FEATURES OF THE CONSOLE

The state-of-the-art Workout TV console offers an impressive array of features to make your workouts more effective and enjoyable.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide instant exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Six preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. In addition, the console offers three pulse-driven programs that adjust the speed and incline of the treadmill to keep your heart rate near target levels during your workouts, and a unique fitness test program that measures your relative fitness level. Note: The pulse-driven programs and the fitness test program require the use of a Polar®-compatible chest pulse sensor (not included).

No matter which mode or program you select, the personal TV will allow you to watch the television program of your choice while you exercise.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right at your side. Using the included audio cable, you can connect your portable CD player to the treadmill and play special iFIT.com CD programs (iFIT.com CDs are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers. **To order iFIT.com CDs, please contact your distributor.**

**To upgrade your treadmill with the Workout TV console, contact your distributor.**

## HOW TO USE THE WORKOUT TV CONSOLE

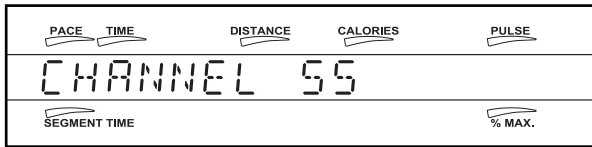
The Workout TV console offers exactly the same features as the Basic console, but also incorporates a built-in personal TV. Note: The console has the capability to find and store in memory all of the valid TV channels in your area. You can even screen out unwanted channels. Refer to pages 23 to 25 for instructions.

**Note: A CATV cable must be connected to the treadmill in order for cable TV stations to be viewed.** Refer to HOW TO CONNECT A CATV CABLE on page 10 for instructions.

To use the Workout TV console, follow the instructions on pages 14 to 25 of this manual. To use the personal TV, follow the instructions below.

### 1 Select the desired channel.

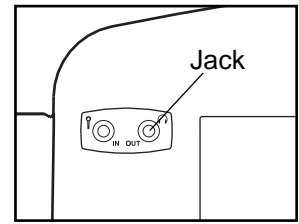
Press the CHANNEL + and – buttons to select a channel. The selected channel will appear in the main display.



Note: If a satellite receiver, VCR, or DVD player is connected, the channel must be changed at the satellite receiver, VCR, or DVD player.

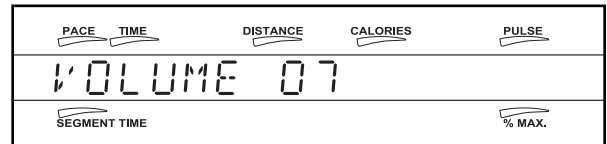
### 2 Put on headphones (not included) if desired.

To listen to television programs using headphones, plug your headphones into the indicated jack on the left side of the console.



### 3 Adjust the volume.

Press the VOLUME + and – buttons to select the desired volume. The selected volume setting will appear in the main display.





# PREVENTIVE MAINTENANCE

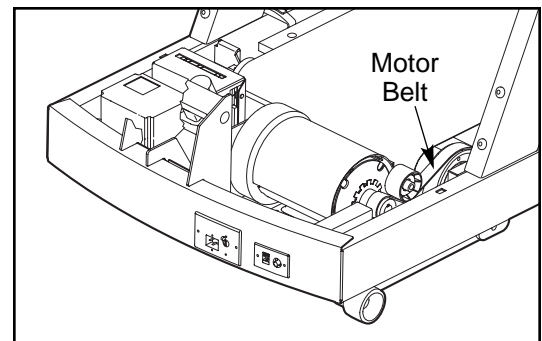
Regular maintenance is necessary for optimal performance and long treadmill life. Please read and follow all instructions below. If the treadmill is not maintained as described, components may wear excessively and the treadmill may be damaged. If you have questions about maintenance, please contact your distributor. **CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

## WEEKLY MAINTENANCE

1. Inspect and properly tighten all external parts of the treadmill.
2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, uprights, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not wipe under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console and the screens. **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**
3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, refer to pages 33 and 34.

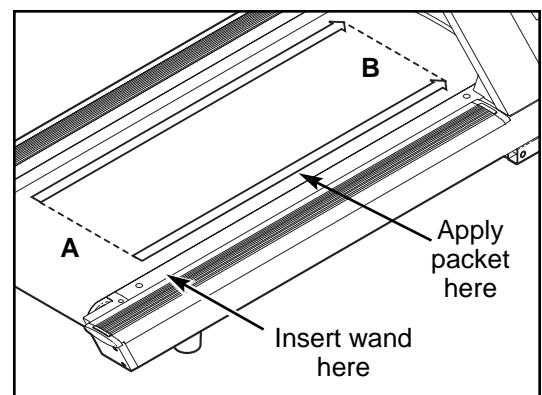
## MONTHLY MAINTENANCE

1. Remove the two screws attaching the motor hood and lift off the motor hood. Using a hand-held vacuum, clean the area covered by the motor hood. **Be careful to avoid touching any components.**
2. Check the motor belt for wear and cracks. If the motor belt needs to be replaced, refer to page 42 to order a new motor belt.
3. Plug in the power cord and insert the key into the console. Press the START button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothing cannot become caught in moving parts.** While the walking belt is moving, check the motor for arcing. Next, check the treadmill for unusual noises or odors. If any of these problems exists, contact your distributor. **Remove the key and unplug the power cord.** Reattach the motor hood with the two screws.



4. The walking platform should **not** be lubricated before the treadmill is used. However, lubricant should be applied at least once per month. To purchase a lubricant pump or lubricant packets, contact your distributor. **CAUTION: Before applying lubricant, remove the key and unplug the power cord.**

**To use a lubricant pump**, first prime the pump. Insert the wand under the walking belt in the location shown by dotted line A. Center the nozzles under the walking belt and apply lubricant as you slide the wand forward to dotted line B. Then, pull the wand back out. **To use lubricant packets**, open one packet, reach under one side of the walking belt as far as you can, and apply the entire packet between dotted line A and dotted line B. Then, apply a second packet under the other side of the walking belt in the same way. **After you have applied lubricant using a lubricant pump or lubricant packets, plug in the power cord, insert the key, adjust the speed to 5 kph, and walk on the walking belt for two minutes to spread the lubricant.**

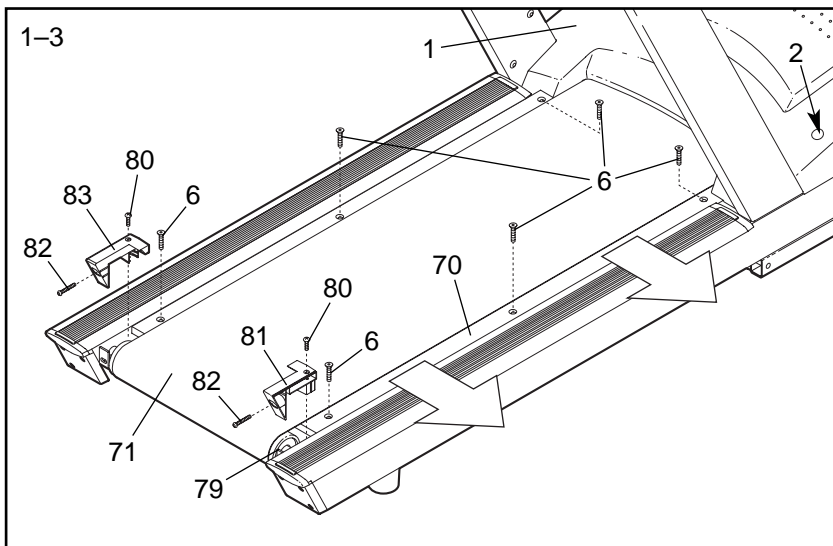


## TURNING THE WALKING PLATFORM

Both sides of the walking platform are designed to be used as walking surfaces. Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be turned over. The walking platform will need to be turned over after every 9,500 to 12,000 kilometres. Follow the instructions below to turn over the walking platform.

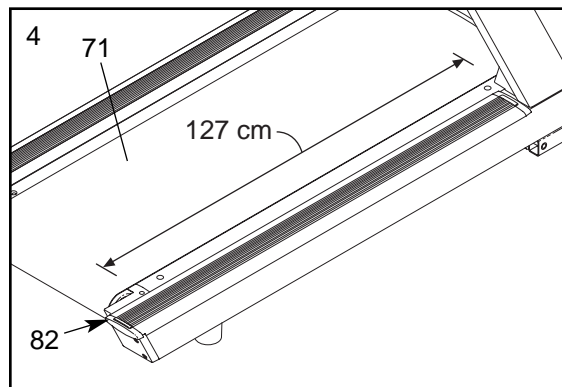
1. **Remove the key and unplug the power cord.** Remove the two Hood Screws (2) and lift off the Motor Hood (1). Next, remove the two Rear Roller Bolts (82), the two Roller Guard Screws (80), and the Right and Left Roller Guards (81, 83).

2. Remove the six Platform Screws (6). Lift the Rear Roller (79) and slide it out of the Walking Belt (71). Lift the Walking Platform (70) a few inches, slide it out of the Walking Belt, turn it over, and then slide it back into the Walking Belt. Slide the Rear Roller back into the Walking Belt. Reattach the six Platform Screws (6).



3. Reattach the Right and Left Roller Guards (81, 83) with the two Roller Guard Screws (80). Insert the Rear Roller Bolts (82) into the Roller Guards and thread them into the Rear Roller (79). Reattach the Motor Hood (1) with the two Hood Screws (2).

4. Next, the Walking Belt (71) will need to be adjusted to the proper tension. Using chalk, make two marks exactly 127 cm apart on the Walking Belt, as shown in the drawing. Tighten both Rear Roller Bolts (82) until the two chalk marks move apart an additional 5 mm to 6 mm. Make sure to keep the Walking Belt centered.



## REPLACING THE WALKING PLATFORM

When both sides of the walking platform become worn, the walking platform should be replaced. The walking platform will need to be replaced after every 19,000 to 24,000 kilometres. Refer to page 42 to order a new walking platform. Follow the instructions above to replace the walking platform.

## REPLACING THE WALKING BELT

When the walking belt becomes worn, it should be replaced. The walking belt will need to be replaced after every 19,000 to 24,000 kilometres. Refer to page 42 to order a new walking belt.

# SIX-MONTH PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the treadmill. Each copy of the form can be used for six months (26 weeks). When maintenance is performed, write the date in the appropriate spaces. **Make sure to perform each maintenance procedure as described on pages 29 and 30. If the maintenance procedures are not performed as described, components may wear excessively and the treadmill may be damaged.** Note: An extra copy of this form is found on page 32.

	Weekly Maintenance			Monthly Maintenance			
	Inspect and tighten all external parts of the treadmill.	Clean the treadmill.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.	Lubricate the walking platform.
Week 1	/ /	/ /	/ /				
Week 2	/ /	/ /	/ /				
Week 3	/ /	/ /	/ /				
Week 4	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /				
Week 6	/ /	/ /	/ /				
Week 7	/ /	/ /	/ /				
Week 8	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Week 9	/ /	/ /	/ /				
Week 10	/ /	/ /	/ /				
Week 11	/ /	/ /	/ /				
Week 12	/ /	/ /	/ /				
Week 13	/ /	/ /	/ /	/ /	/ /	/ /	/ /
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Week 22	/ /	/ /	/ /				
Week 23	/ /	/ /	/ /				
Week 24	/ /	/ /	/ /				
Week 25	/ /	/ /	/ /				
Week 26	/ /	/ /	/ /	/ /	/ /	/ /	/ /

Walking Platform Turned/Replaced	/ /	/ /	Walking Belt Replaced	/ /
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# SIX-MONTH PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the treadmill. Each copy of the form can be used for six months (26 weeks). When maintenance is performed, write the date in the appropriate spaces. **Make sure to perform each maintenance procedure as described on pages 29 and 30. If the maintenance procedures are not performed as described, components may wear excessively and the treadmill may be damaged.**

	Weekly Maintenance			Monthly Maintenance			
	Inspect and tighten all external parts of the treadmill.	Clean the treadmill.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.	Lubricate the walking platform.
Week 1	/ /	/ /	/ /				
Week 2	/ /	/ /	/ /				
Week 3	/ /	/ /	/ /				
Week 4	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /				
Week 6	/ /	/ /	/ /				
Week 7	/ /	/ /	/ /				
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Week 14	/ /	/ /	/ /				
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Week 22	/ /	/ /	/ /				
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Week 25	/ /	/ /	/ /				
Week 26	/ /	/ /	/ /	/ /	/ /	/ /	/ /

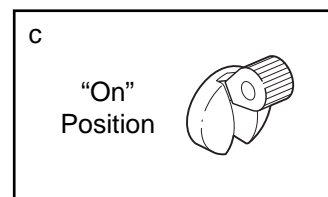
<b>Walking Platform Turned/Replaced</b>	/ /	/ /	<b>Walking Belt Replaced</b>	/ /
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# TROUBLESHOOTING

Most treadmill problems can be solved by following the steps outlined in this section. Find any symptoms that apply, and follow the steps listed. If further assistance is needed, please contact your distributor.

## 1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a properly grounded outlet. (Refer to page 10.)
- b. Make sure that the key is inserted into the console.
- c. Check the on/off circuit breaker located on the treadmill near the power cord. Make sure that the on/off circuit breaker is switched to the on position.

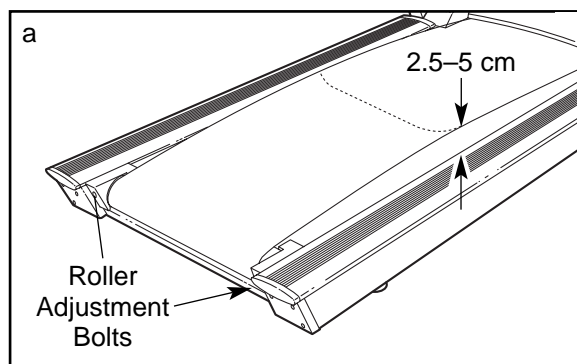


## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the on/off circuit breaker located on the treadmill near the power cord. (See drawing 1. c. above.) Make sure that the on/off circuit breaker is switched to the on position.
- 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 power still turns off during use, please call Customer Care toll-free.

## 3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

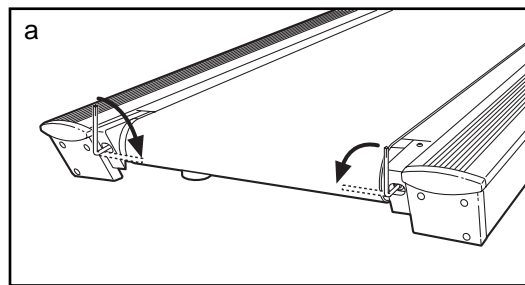
- a. If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each side of the walking belt 2.5 cm to 5 cm off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using the included allen wrench, turn both roller adjustment bolts counterclockwise 1/4 of a turn. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



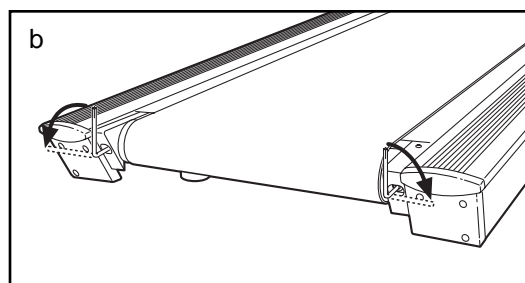
- b. If the walking belt still slows when walked on, contact your distributor.

#### 4. SYMPTOM: THE WALKING BELT IS OFF-CENTER

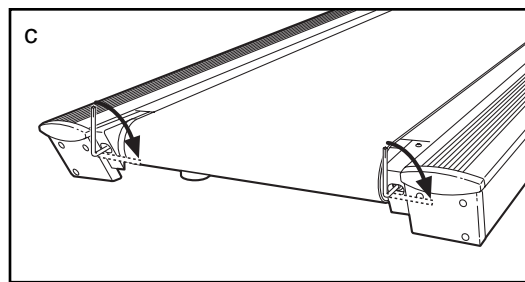
a. **If the walking belt has shifted to the left: Remove the key and unplug the power cord.** Using the included allen wrench, turn the roller adjustment bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and use the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using the included allen wrench, turn the roller adjustment bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and use the treadmill for a few minutes. Repeat until the walking belt is centered.



c. **If the walking belt slips when walked on: Remove the key and unplug the power cord.** Using the included allen wrench, turn both roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 inches off the walking platform. The center of the walking belt should just touch the walking platform. Make sure to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



#### 5. SYMPTOM: THE WALKING BELT STOPS OR THE INCLINE CANNOT BE ADJUSTED EVEN THOUGH THE CONSOLE REMAINS LIT

a. This indicates that a controller error may have occurred. To correct the problem, refer to step 8 on page 23.

#### 6. SYMPTOM: THE TREADMILL DOES NOT APPEAR TO BE AT THE INCLINE LEVEL SHOWN IN THE MAIN DISPLAY

a. The incline system may need to be calibrated. To initiate the calibration routine, hold down the SPEED + button and the SPEED – button simultaneously for two seconds. During the calibration routine, the treadmill will automatically rise to the highest incline level and then return to the lowest incline level.

#### 7. SYMPTOM: THE WORDS LUBRICATE DECK APPEAR IN THE MAIN DISPLAY

a. If the words LUBRICATE DECK appear in the main display, the walking platform should be lubricated. Follow the instructions in step 4 on page 29 to lubricate the walking platform. After you have lubricated the walking platform, hold down the STOP button and the RESET button simultaneously for two seconds to reset the service distance. **If this is not done, the words LUBRICATE DECK will continue to appear.**

# EXERCISE GUIDELINES

## FACTORS IN A SENSIBLE DIET

- Choose high-fiber, low-fat, and low-sugar foods: fruits, vegetables, and whole grains.
- Eat at least five servings of fruits and vegetables daily.
- Reduce red meat consumption; eat lean meat, white meat, and fish.
- Choose healthful snacks; bring healthful foods with you to work or in the car.
- Eat regular meals or mini-meals. Control your portion size—don't binge or overeat. Eat slowly.
- Reduce fast food and pre-packaged meals.
- Pay attention to fat content and calories.
- Limit alcoholic beverages and caffeine.
- Drink at least eight to ten glasses of water daily.

## EXERCISE STEPS

The following nine steps for designing your exercise program were developed by exercise physiologists at NordicTrack. The actual exercise you perform is only a part of a safe and effective training program. There are many other aspects to developing a life-long commitment to physical fitness.

### 1 Consult your physician before beginning any exercise program.

A medical examination or consultation with your physician is essential.

### 2 Establish personal fitness goals.

Set attainable, realistic goals. Reward yourself when you meet your goals. Remember, your goals should act as a guide for your workout program.

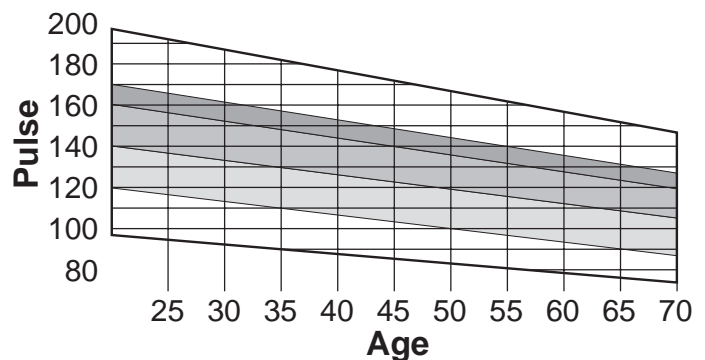
### 3 Determine your target heart rate.

Your *target heart rate* (THR), is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your *maximum heart rate* (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your MHR—only clinical stress testing can provide an actual MHR reading.

Once you have determined your MHR, you can establish your target heart rate zone. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. This level is called the *Health* level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic, or cardiovascular level—the *Fitness* level. Advanced exercisers, or those wishing to do sports, athletic conditioning, or interval training workouts should exercise at 80 to 85 percent of the MHR for short periods of time. The chart below shows Target Heart Rate Zones for Health, Fitness, and Advanced exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

**TARGET HEART RATE ZONES**



Health	Fitness	Advanced
Beginner, low-intensity + long duration = fat burning	Optimal training, aerobic or cardiovascular	Sports, athletic conditioning, interval training

## WEIGHT LOSS TIPS

At least four, 30-minute workouts per week, along with a reduced-calorie diet, are recommended if you are trying to lose weight. However, be sure to stay within your target heart rate zone and exercise a maximum of 5 days per week for 60 minutes per workout.

Good posture is the key to safe, comfortable workouts. Keep your chin up and your head facing forward. Align your head and shoulders with your hips. Avoid leaning forward. Keep your back straight.

### 4 Warm up before you begin.

A warm-up routine prepares your body and mind for vigorous exercise. It also helps provide insurance against injury and soreness. Warm up with two to five minutes of slow exercise, at minimal intensity.

### 5 Stretch after your warm-up.

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface.

The correct form for several stretches is described below (refer to the drawings at the right). Be sure to move slowly as you stretch—never bounce.

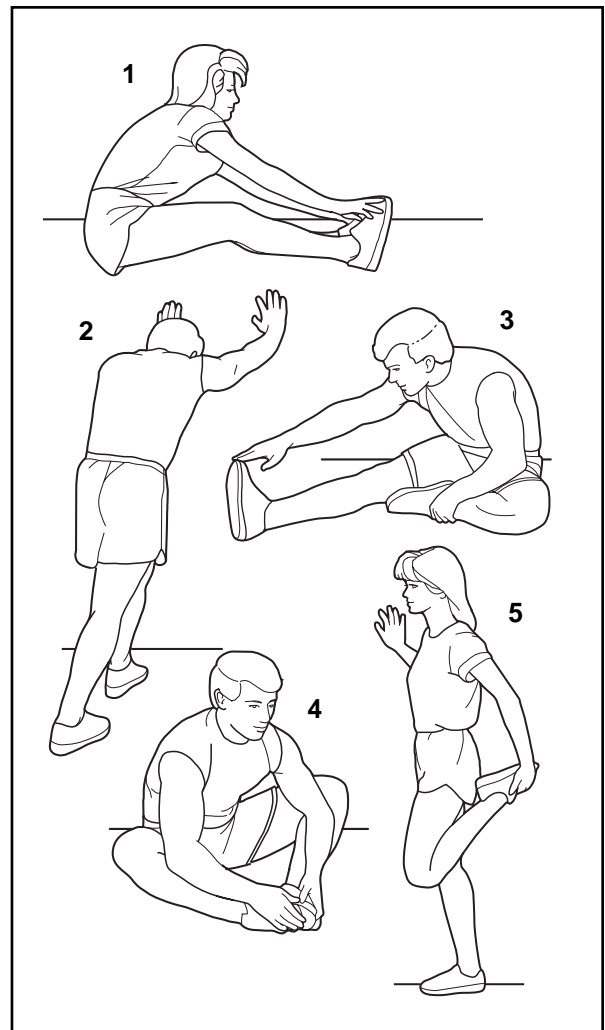
**1. Toe Touch Stretch**—Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

**2. Calf/Achilles Stretch**—With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

**3. Hamstring Stretch**—Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back, and groin.

**4. Inner Thigh Stretch**—Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

**5. Quadriceps Stretch**—With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



## BENEFITS OF AEROBIC EXERCISE

- Effective weight loss and management
- Added protection from heart disease
- Increased strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure-packed day
- Greater intellectual capacity and productivity

### 6 Get fit with NordicTrack

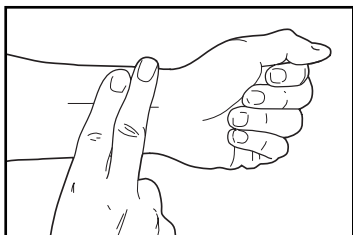
Effective aerobic exercise has three major components: *frequency*, *intensity*, and *time*:

**Frequency**—Three to five workouts per week are recommended. Exercise at least four times a week for weight loss.

**Intensity**—Check your heart rate at least twice during your aerobic exercise session: once during the session and once again at the end. Maintain a workout intensity level within your Target Heart Rate Zone. You can measure your heart rate using the handgrip pulse sensor or the method described below:

1. Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.

2. Using the index and middle fingertips of your right hand, touch your left wrist, one-fourth inch from your wrist joint, at the base of your thumb.



3. Apply minimal pressure with both fingers—let the beat come to your fingers. If you can't find your pulse, use the opposite wrist and hand.

**Time**—Beginning exercisers may wish to start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight, should exercise for 30 to 60 minutes. The key is to maintain your target heart rate for the duration of the workout period.

Remember to take it slowly. Fitness is a lifelong commitment. If you can't go the full 20 minutes from the start, which is common, try to exercise for five minutes at a time, a couple of times a day. Recent research indicates that several short workouts in one day can also provide fitness benefits. Gradually, your stamina will increase and it will become easier to exercise for longer periods of time.

### 7 Cool down after aerobic exercise.

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart. Keep your legs moving on the treadmill at a slower pace for at least five minutes following the aerobic phase.

### 8 Stretch again at the end of your exercise session.

Stretching after exercise reduces muscle soreness. See step 5 on page 36.

### 9 Participate in strength training.

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today."

—Kenneth Cooper, M.D., M.P.H., founder of The Cooper Institute For Aerobic Research, Dallas, Texas.

A strength-training program increases your lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

## WORKOUT TIPS

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new NordicTrack routine.

- Begin and end each exercise session with the stretches on page 36. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseated, stop exercising immediately and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine, or prescription drugs.

## WORKOUT PROGRAMS

The *Health* level typically lasts four to six weeks. At this level you should be concerned with slowly improving your fitness level and endurance.

Take it slowly. Set mini-goals for yourself. You may want to begin your fitness routine with three or four short, 5- or 10-minute workouts in a day.

Move on to the *Fitness* Level only when you feel ready and your heart rate has moved below your target heart rate zone.

The *Fitness* level usually lasts 12 to 20 weeks. (It may last longer, depending on your fitness goals.) At this level you should strive to achieve your fitness goals.

Set realistic short- and long-term goals for yourself. Frequently re-evaluate your fitness goals and reward yourself as you are successful.

Move on to the *Advanced* Level when you have reached your fitness goals and your heart rate has moved below your target heart rate zone.

Work out at the *Advanced* level once you have reached your desired fitness goals. It is intended to be a maintenance program and should continue on a regular, long-term basis.

You may wish to add *Interval Training* to your maintenance program as well. Interval training will add variety to your workout routine and further condition your cardiovascular system. Interval training has been shown to promote higher levels of aerobic conditioning. It consists of spurts of high-intensity activity followed by active rest periods of exercise at a lower intensity. For example, a one-minute spurt of high-resistance, fast exercise is followed by a two- to three-minute active rest period of low-resistance, slow exercise. The duration of these periods should be based more on how you feel rather than time. A sequence such as this should be repeated 5 to 20 times during your workout session.

Heart Rate Intensity								
HEART RATE INTENSITY	Age	20	30	40	50	60	70	80
60% - 70% HEALTH	b.p.m.	120-140	114-133	108-126	102-119	96-112	90-105	84-98
70% - 85% FITNESS	b.p.m.	140-170	133-162	126-153	119-145	112-136	105-128	98-119
80% - 85% ADVANCED	b.p.m.	160-170	152-162	144-153	136-145	128-136	120-128	112-119



# PART LIST

R0502A

To locate the parts listed below, refer to the EXPLODED DRAWING on pages 40 and 41.

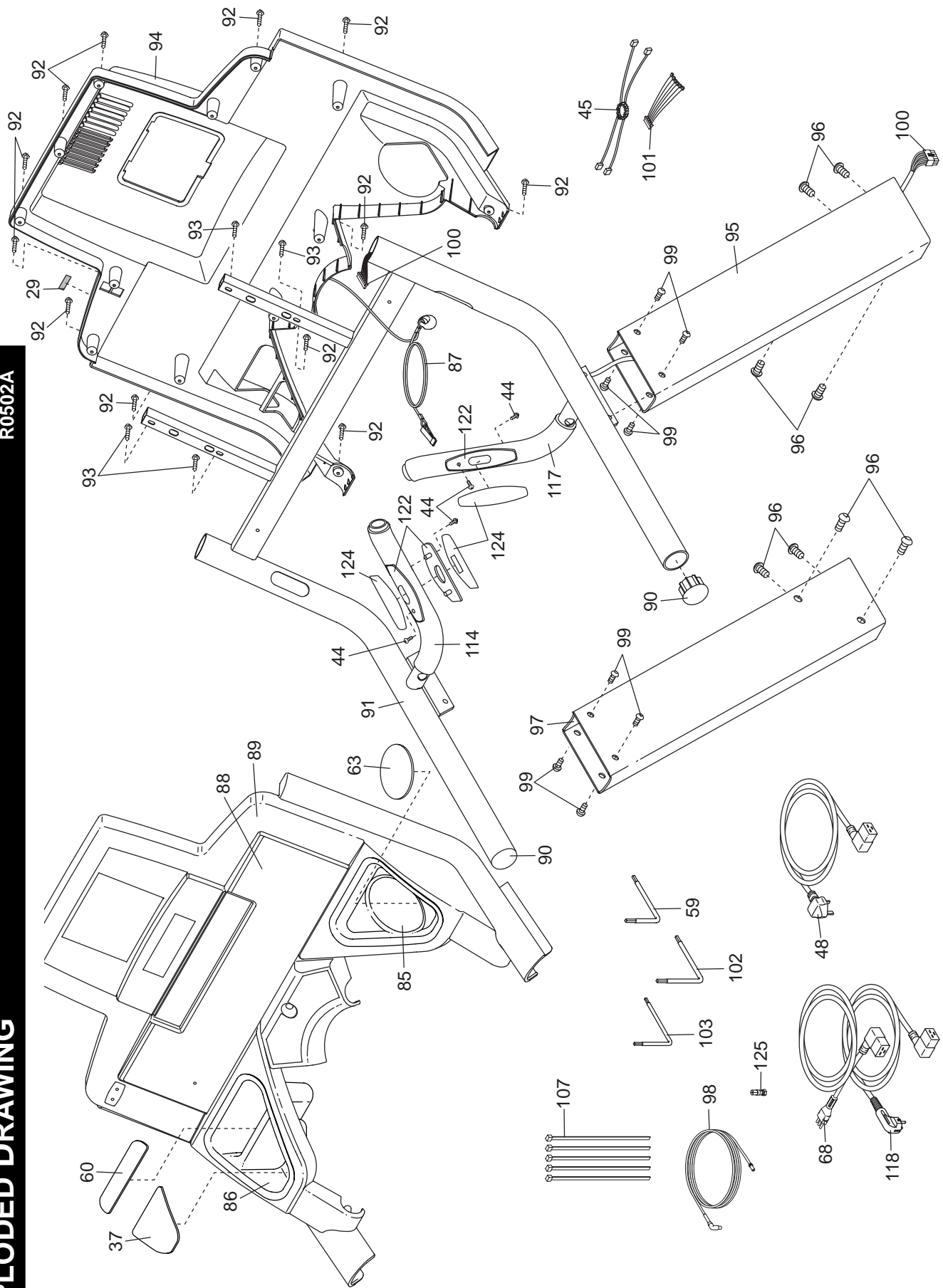
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	51	1	Warning Decal	101	1	Controller Wire
2	2	Hood Screw	52	4	Motor Bushing	102	1	Allen Wrench (7/32")
3	2	Sensor Bracket Screw	53	4	Motor Mount Washer	103	1	Allen Wrench (5/16")
4	2	Hood Mounting Clips	54	1	High Voltage Decal	104	1	Tie Block
5	2	Rear Foot	55	4	Motor Bolt	105	2	Belt Guide Bolt
6	6	Platform Screw	56	1	Power Supply Box	106	1	Voltage Decal (Small)
7	6	Isolator	57	1	Power Wire Harness	107	5	Cable Tie
8	2	Breaker Screw	58	1	Wiring Plate (Right)	108	2	Belt Guide
9	6	Isolator Nut	59	1	#10 Screw Allen Wrench	109	1	Motor Controller Box
10	1	Foot Rail (Left)	60	1	CD Holder Foam (Long)	110	1	Rear Endcap (Right)
11	2	Foot Rail Inset	61	1	Incline Motor	111	1	Motor Flywheel
12	1	Wiring Plate (Left)	62	1	Incline Motor Bolt (Lower)	112	1	Motor Pulley
13	1	Front Endcap (Left)	63	1	Cup Holder Foam	113	1	Rear Foot Locknut
14	1	Belt Tension Bolt	64	2	Wheel Bolt	114	1	Foam Grip (Left)
15	4	Pulley Screw	65	2	Wheel	115	2	Rear Roller Adj. Washer
16	2	Outlet Bolt	66	2	Incline Leg Bolt	116	2	Wheel Washer
17	1	TV Cable (Short)	67	2	Incline Leg Nut	117	1	Right Foam Grip
18	1	Power Cord Bracket	68	1	Italian Power Cord	118	1	Euro Power Cord
19	2	Bracket Screw	69	1	Incline Leg	119	2	Ground Screw
20	1	Motor Belt	70	1	Walking Platform	120	2	Hood Bracket (Back)
21	1	Idler Bolt	71	1	Walking Belt	121	1	Incline Motor Spacer
22	2	Outlet Nut	72	1	Front Endcap (Right)	122	4	Pulse Sensor Base
23	1	Belt Tension Nut	73	1	Front Roller/Pulley	123	2	Lock Washer
24	2	Frame Inserts	74	22	Foot Rail Screw/ Power Box Screw	124	4	Pulse Sensor
25	1	Belt Tension Wheel	75	1	Foot Rail (Right)	125	1	PAL Adapter
26	1	Front Roller Bolt	76	1	Frame	#	1	41" Wire Harness
27	2	TV Cable Grommet	77	14	Small Insert	#	1	28" Wire Harness, 3 Wire
28	2	Ground Nut	78	8	Endcap Screw	#	1	29" Wire Harness
29	1	Static Decal	79	1	Rear Roller	#	1	22" Wire Harness
30	1	Belt Tension Spring	80	2	Roller Guard Screw	#	1	20" Wire Harness, 8 Wire
31	4	Motor Nut	81	1	Roller Guard (Right)	#	1	20" Wire Harness, 3 Wire
32	1	Belt Tension Bracket	82	2	Rear Roller Adj. Bolt	#	1	12" Green Wire F/Ring
33	1	Speed Disk	83	1	Roller Guard (Left)	#	1	12" Green Wire, 2 Ring
34	3	Speed Disk Screw	84	1	Rear Endcap (Left)	#	1	4" Green Wire F/Ring, 14Ga
35	2	Sensor Screw	85	1	Cup Holder Insert	#	1	4" Black Wire, 2F
36	1	Speed Sensor	86	1	CD Holder Insert	#	1	8" White Wire, 2F
37	1	CD Holder Foam	87	1	Key/Clip	#	1	4" White Wire, 2F
38	1	Sensor Bracket	88	1	Console	#	1	8" Blue Wire, 2F
39	2	Sensor Bracket Nut	89	1	Console Base	#	1	Wire w/Resistor
40	1	Motor	90	2	Handrail Endcap	#	1	Optional Console
41	1	Motor Isolator	91	1	Handrail	#	1	User's Manual
42	2	Incline Motor Nut (Top)/ Idler Nut	92	13	Console Back Screw			
43	1	Incline Motor Bolt (Top)	93	4	Console Back Screw			
44	4	Pulse Sensor Screw	94	1	Console Back			
45	1	7" Filter Wire	95	1	Upright (Right)			
46	2	Hood Bracket (Front)	96	8	Upright Bolt			
47	1	On/Off Circuit Breaker	97	1	Upright (Left)			
48	1	UK Power Cord	98	1	TV Cable			
49	1	Power Cord Outlet	99	8	Handrail Bolt			
50	2	Wheel Spacer	100	1	Upright Wire Harness			

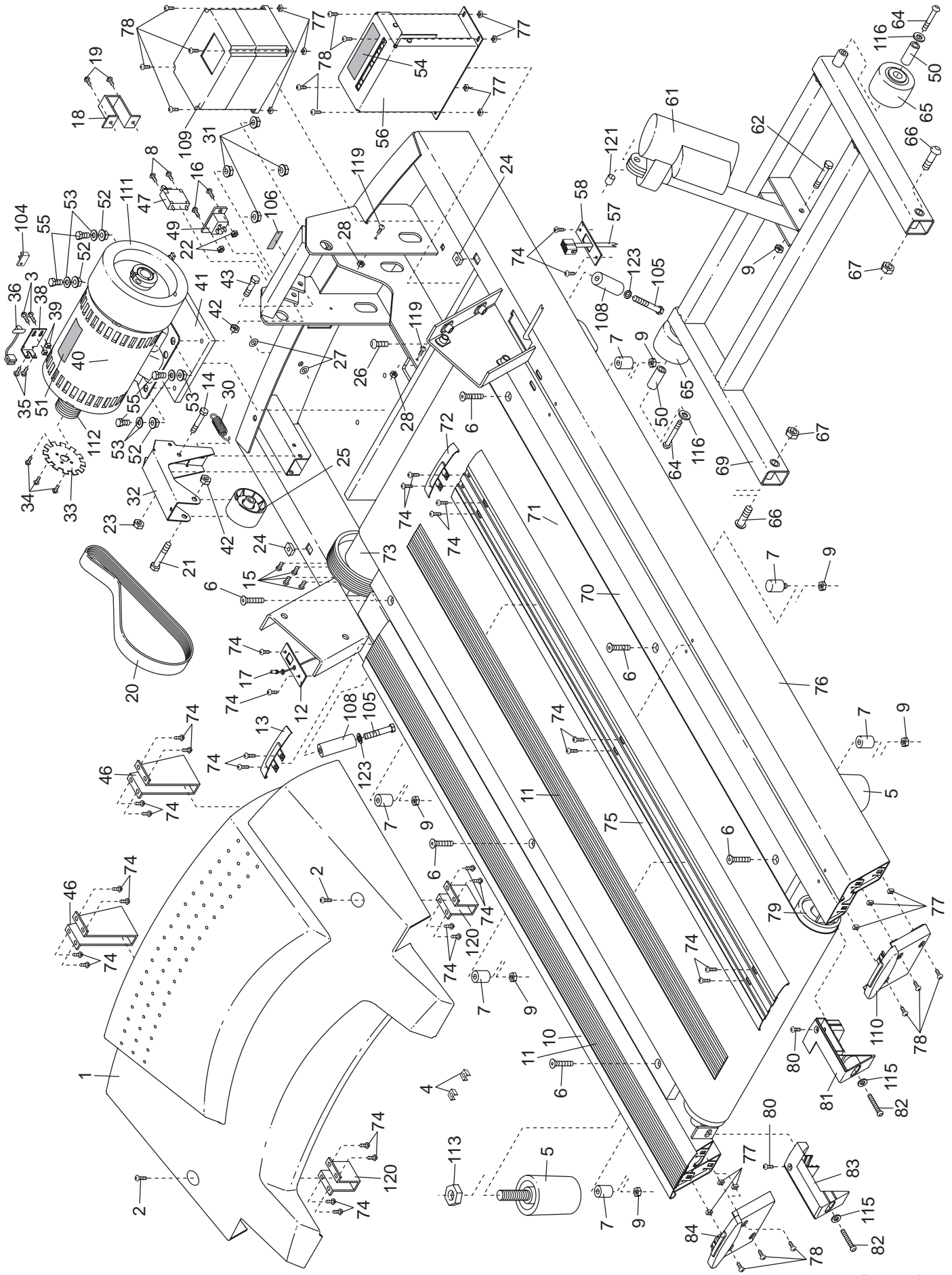
\* Includes all parts shown in the box  
# These parts are not illustrated



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EXPLODED DRAWING





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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, please contact your distributor. Be prepared to give the following information:

- The **MODEL NUMBER OF THE PRODUCT** (see the front cover of this manual)
- The **NAME OF THE PRODUCT** (NordicTrack® 9600 treadmill)
- The **SERIAL NUMBER OF THE PRODUCT** (see the front cover of this manual for the location)
- The **KEY NUMBER and DESCRIPTION OF THE PART(S)** (see the **PART LIST** and the **EXPLODED DRAWING** on pages 39 to 41).

**FREEMOTION FITNESS INC™**

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