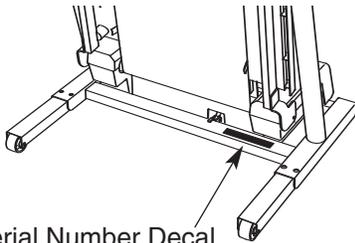


# **NordicTrack**<sup>®</sup> C2200

Model No. 30600.0

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

Find the serial number in the location shown below. Write the serial number in the space above for reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

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

CALL TOLL-FREE:

**1-888-936-4266**

Mon.–Fri., 8:00 until 17:00 EST  
(excluding holidays)

OR E-MAIL US:

[customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)



### CAUTION

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



Visit our website at

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



---

## TABLE OF CONTENTS

IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	5
ASSEMBLY .....	6
OPERATION AND ADJUSTMENT .....	9
HOW TO FOLD AND MOVE THE TREADMILL .....	23
TROUBLESHOOTING .....	25
CONDITIONING GUIDELINES .....	28
PART LIST .....	30
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

Note: An EXPLODED DRAWING is attached in the center of this manual.

# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 136 kg (300 lbs.).
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT on page 9).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. 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.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.

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

23. When using iFIT.com programs, an electronic “chirping” sound will alert you 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.

24. When using iFIT.com programs, you can manually override the speed and incline settings 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 or video program.

25. Always remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

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

27. Never insert or drop any object into any opening.

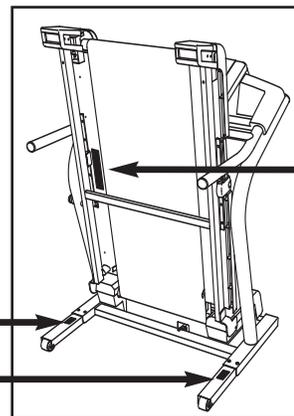
28. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

29. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

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

## SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decal may not be shown at actual size.



### ⚠ WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :



•Stand only on the side rails when starting or stopping treadmill.

•Change speed in small increments.

•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

•Stop if you feel faint, dizzy, or short of breath.

•Fully engage storage latch before treadmill is moved or stored.

•Reduce incline to its lowest level before folding treadmill into storage position.



•Never allow children on or around treadmill.

•Remove key when not in use.



•Keep clothing, fingers, and hair away from moving belt.

•Never try to adjust or fix the belt while it is moving.

•Always wear athletic shoes while operating treadmill.

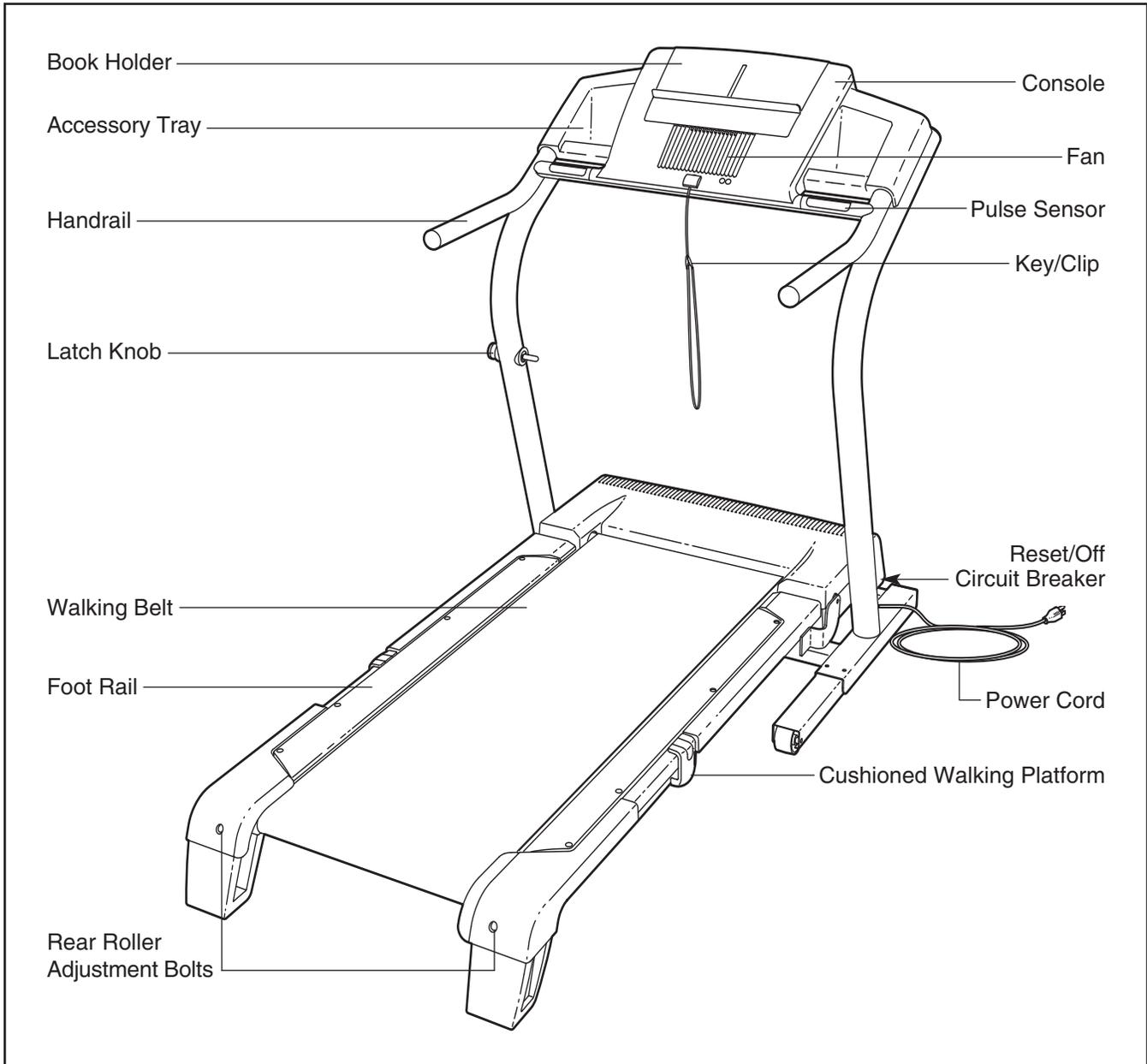
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® C2200 treadmill. The C2200 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique C2200 treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-

ing this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 30600.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

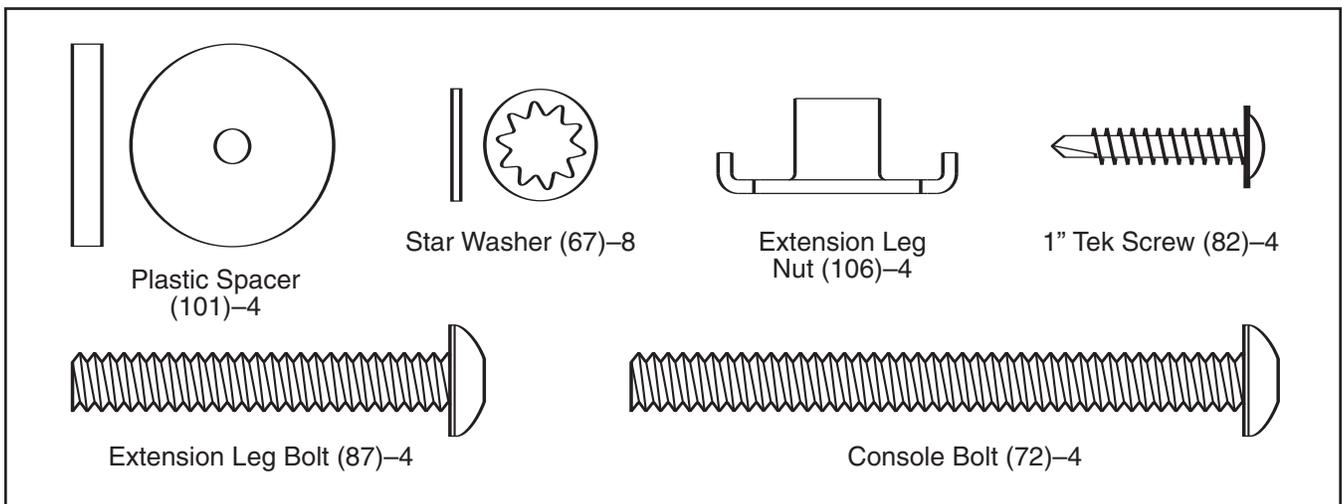


# ASSEMBLY

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

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, 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.

**Assembly requires the included allen wrench** , **and your own phillips screwdriver** , **adjustable wrench** , **and rubber mallet** . **For help identifying the assembly hardware, see the drawings below.** The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 30 and 31. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled. To avoid damaging plastic parts, do not use power tools for assembly.**



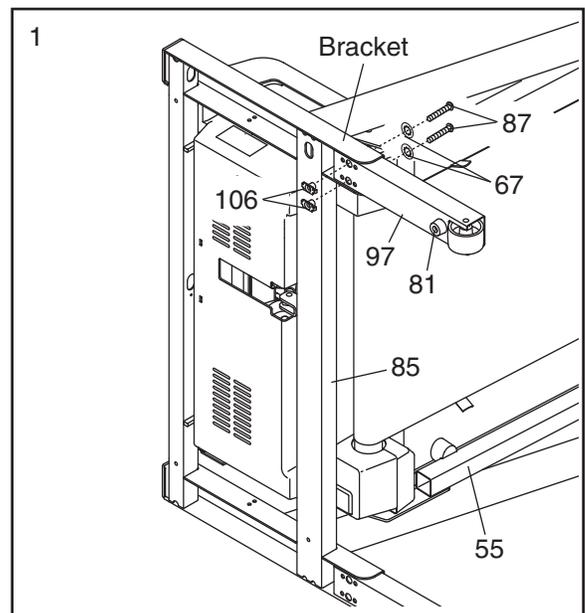
## 1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its side as shown. Partially fold the Frame (55) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

Orient an Extension Leg (97) so the Base Pad (81) is in the position shown, and insert the Extension Leg into the indicated bracket on the base of the Uprights (85). If necessary, use a rubber mallet to align the holes in the Extension Leg with the holes in the bracket.

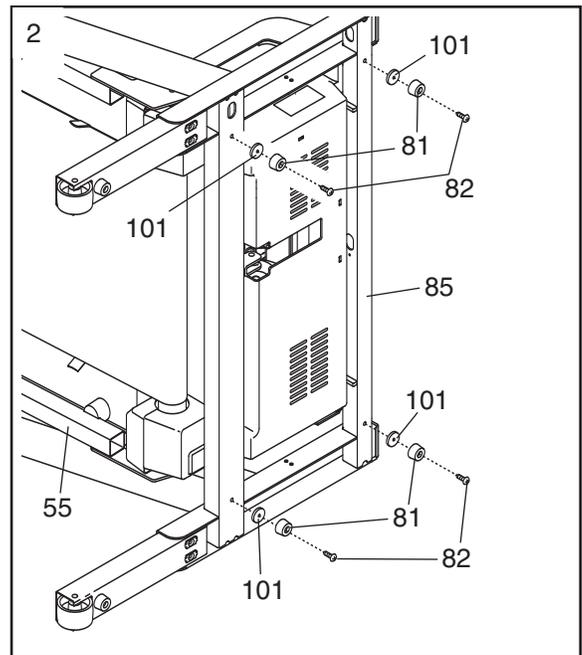
Attach the Extension Leg (97) with two Extension Leg Bolts (87), two Star Washers (67), and two Extension Leg Nuts (106) as shown. **Firmly tighten the Bolts.**

With the help of a second person, carefully tip the treadmill onto its other side. Attach the other Extension Leg (97) as described above.



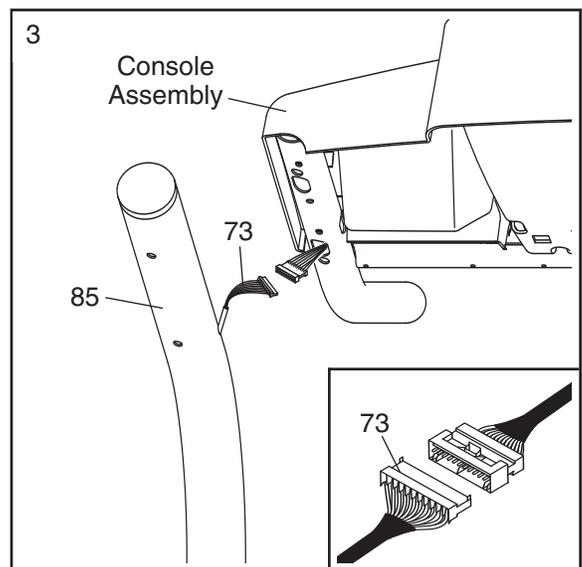
2. Attach the four Base Pads (81) to the base of the Uprights (85) in the indicated locations with four 1" Tek Screws (82) and four Plastic Spacers (101). Note: One replacement Base Pad may be included. Use the Base Pad to replace any Base Pad that becomes worn.

With the help of a second person, carefully tip the treadmill down so the four Base Pads (81) are resting on the floor and the Uprights (85) are in the vertical position.

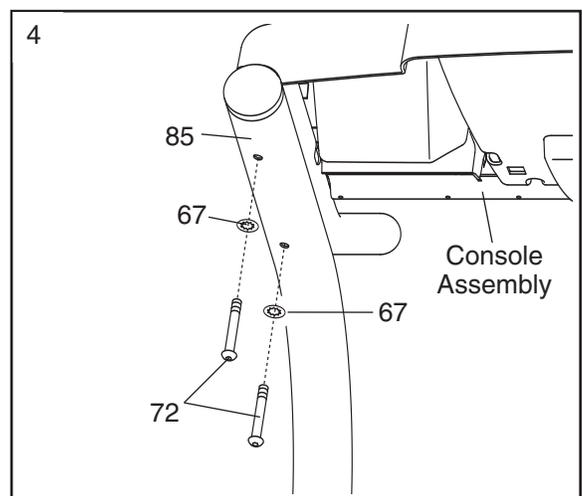


3. Remove the band securing the Upright Wire Harness (73) to the right Upright (85). Have a second person hold the console assembly near the right Upright.

Connect the Upright Wire Harness (73) to the wires extending from the console assembly. **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors into the right Upright (85).

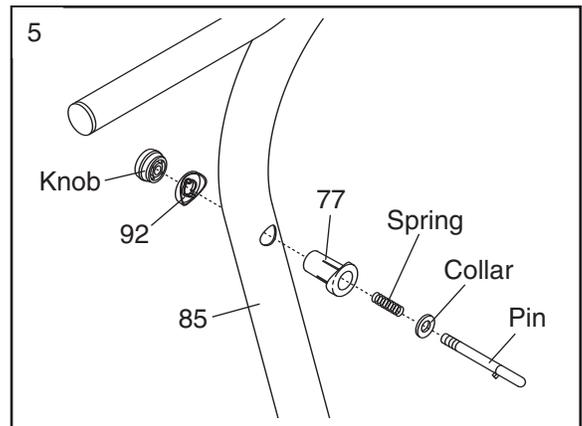


4. With the help of a second person, set the console assembly on the Uprights (85). **Make sure that no wires are pinched.** Attach the console assembly with four Console Bolts (72) and four Star Washers (67) (only one side is shown). **Start all four Console Bolts before tightening any of them.**



5. Remove the knob from the pin. Make sure that the collar and the spring are on the pin.

Press the Latch Insert (77) into the right side of the left Upright (85), and press the Knob Insert (92) into the left side of the left Upright. Use a rubber mallet, if necessary. Next, insert the pin into the Latch Insert, and tighten the knob back onto the pin.

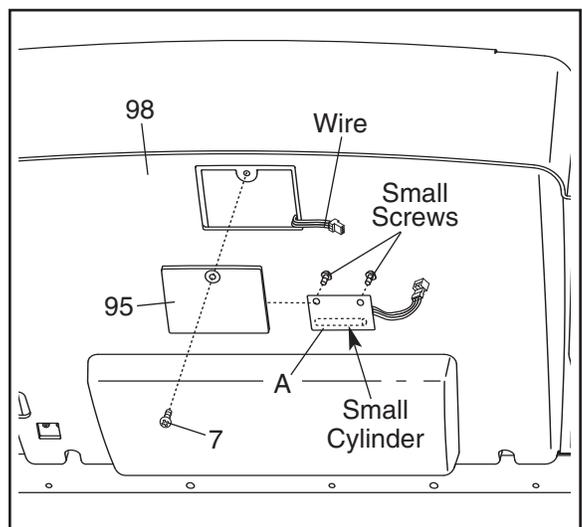


6. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 26). **To protect the floor or carpet from damage, place a mat under the treadmill.**

---

**If you purchase the optional chest pulse sensor (see page 22), follow the steps below to install the receiver included with the chest pulse sensor.**

1. **Make sure that the power cord is unplugged.** Remove the indicated Screw (7) and the Access Door (95) from the left side of the Console Back (98).
2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Back (98). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Back.** Attach the receiver to the plastic posts on the Access Door (95) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (95) with the Screw (7). Discard the other wires included with the receiver.



# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

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

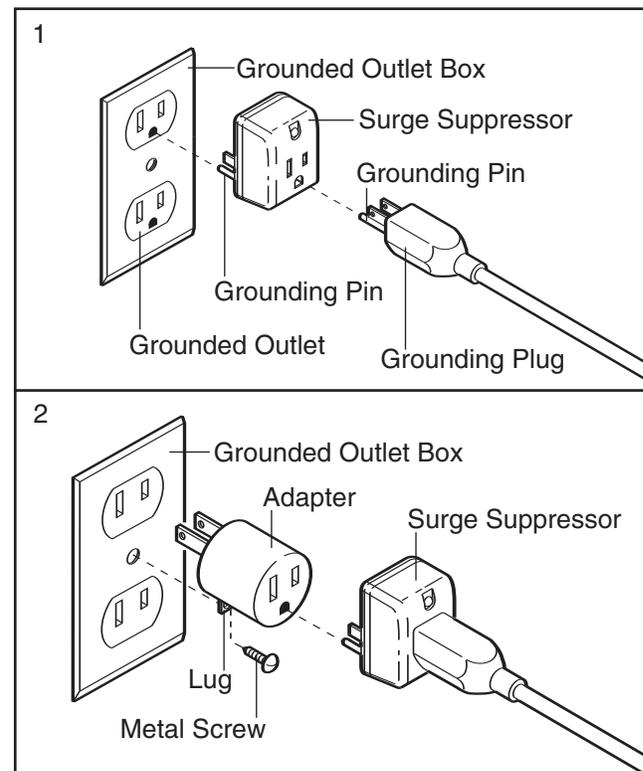
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding

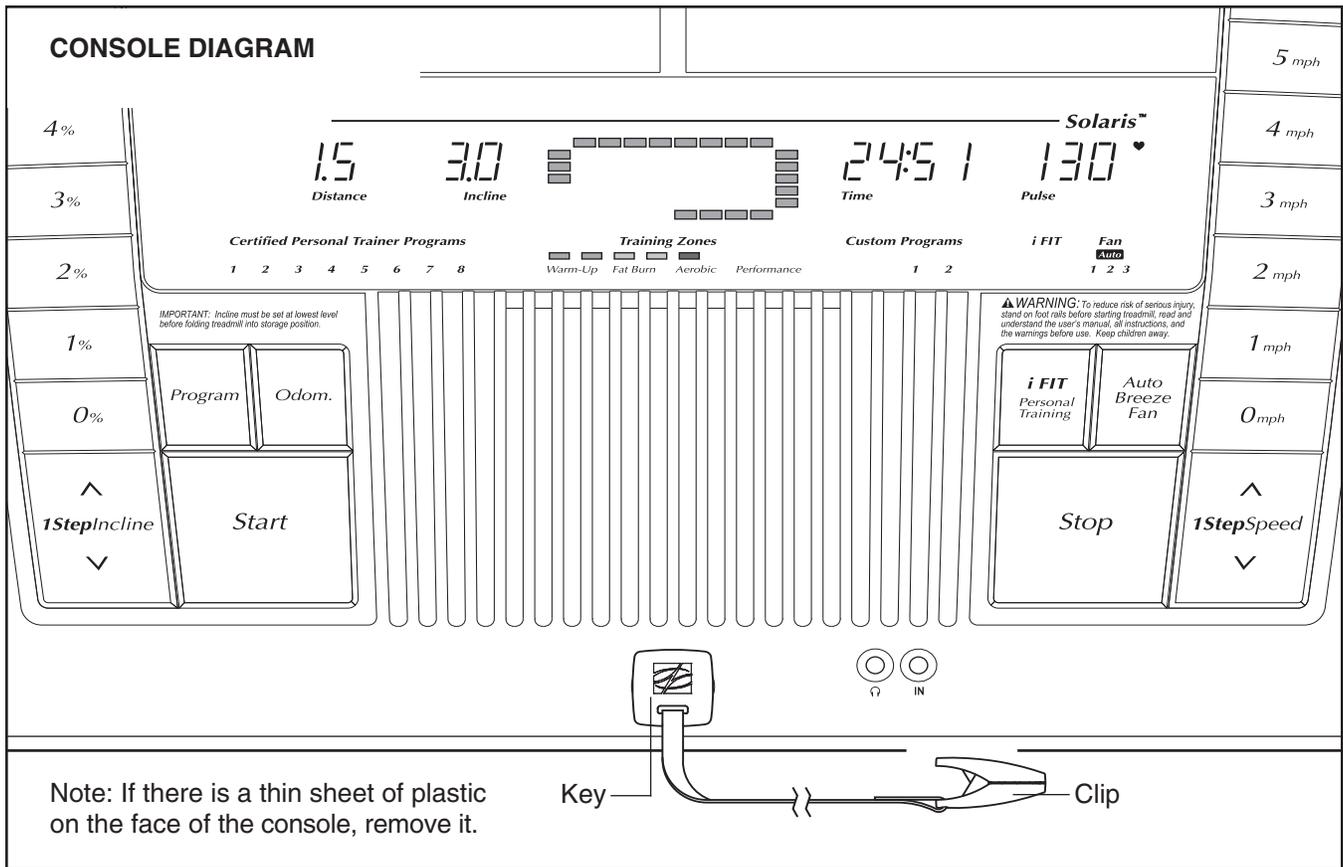
plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

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



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

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



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 22).

In addition, the console features eight preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom workout programs and save them in memory for future use.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special

iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com 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. **To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

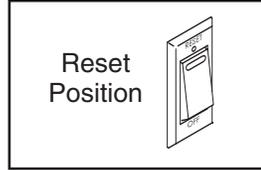
With the treadmill connected to your computer, you can also go to [www.iFIT.com](http://www.iFIT.com) and access iFIT.com programs directly from our Web site. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, follow the steps beginning on page 11. **To use a preset program**, see page 14. **To create and use a custom program**, see pages 15 and 16. **To use an iFIT.com MP3, CD, or video program**, see page 19. **To use an iFIT.com program directly from our Web site**, see page 21.

## HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 10) and attach the clip to the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

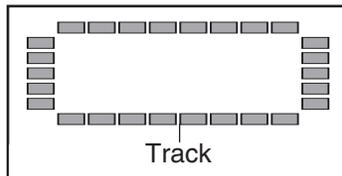
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program button repeatedly until a track appears in the center of the display and the iFIT indicator is **not** lit.

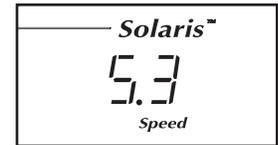


### 3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 through 10.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed in-

crease and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



If one of the speed buttons numbered 1 through 10 is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 through 10.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 26).

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

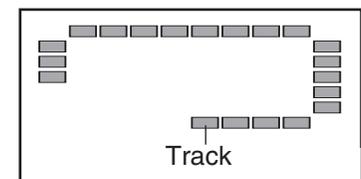
To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline quickly, press one of the incline buttons numbered 0 through 12. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



### 5 Follow your progress with the matrix and the displays.

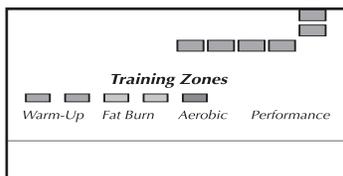
**The matrix—** When the manual mode or the iFIT.com mode is selected, the matrix will show a 1/4-mile track. As

you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



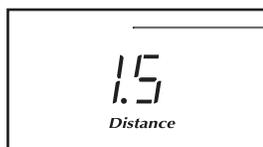
### The Training Zones

**display**—This display indicates the approximate intensity level of your exercise. If five or six indicators are lit, for example, the display shows that your pace is ideal for aerobic exercise.



### The Calories/Distance

**display**—This display will show the approximate number of calories you have burned and the distance that you have walked or run during your workout. The display will change from one number to the other every few seconds.



To see the number of miles that the walking belt has moved during the last week, the last month, or another period of time, press the Odometer (Odom.) button; the words “My Miles” and the total number of miles will appear in the display. To reset this number, hold down the Odometer button for a few seconds.

To see the total number of miles that the walking belt has moved since the treadmill was purchased, press the Odometer button again; the words “Total Miles” and the total number of miles will appear in the display.

To see only the number of calories that you have burned, press the Odometer button again.

To see only the distance that you have walked or run during your workout, press the Odometer button again.

To again see the number of calories that you have burned and the distance that you have walked or run during your workout, press the Odometer button again. The words “Calories” and “Distance” and the word “SCAN” will appear in the display for a few seconds.



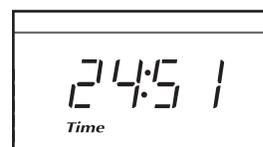
### The Carbs/Incline

**display**—This display will show the approximate number of grams of carbs you have burned

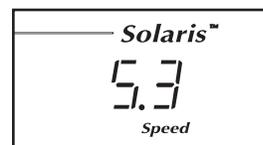


and the incline level of the treadmill. Note: Each time the incline changes, the display will show the incline setting.

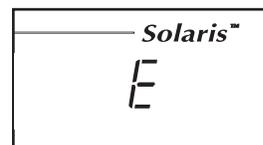
**The Time/Pace display**—This display will show the elapsed time and your pace (pace is measured in minutes per mile). Note: When a program is selected (except for a custom program), the display will show the time remaining in the program instead of the elapsed time.



**The Pulse/Speed display**—This display will show the speed of the walking belt. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.



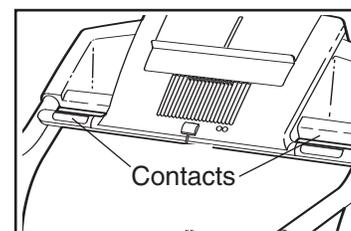
Note: The console can display speed and distance in either miles or kilometers. To determine which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Pulse/Speed display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key. **Note: For simplicity, all instructions in this section refer to miles.**



## 6 Measure your heart rate if desired.

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

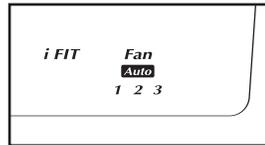
**your heart rate accurately. Before using the handgrip pulse sensor, remove the clear plastic film from the metal contacts. In addition, make sure that your hands are clean.**



To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol beside the Pulse/Speed display will flash, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

To turn on the fan at low speed, press the Auto Breeze Fan button. To turn on the fan at medium speed, press the button a second time. To turn on the fan at high speed, press the button a third time. To select the auto mode, press the button again; the word “Auto” will appear in the display. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.



To turn off the fan, press the Auto Breeze Fan button again. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 22 and turn off the demo mode.**

**When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord.**

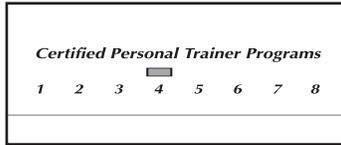
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key into the console.

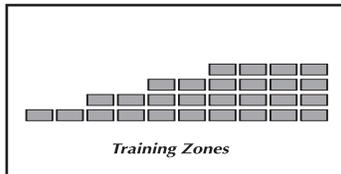
See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the preset programs.

To select one of the eight preset programs, press the Program button repeatedly until one of the eight Certified Personal Trainer Programs indicator lights.



As each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Pace display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

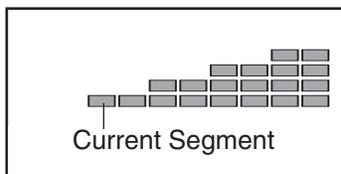


### 3 Press the Start button or the Speed increase button to start the program.

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 either 30 or 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column



of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all seven indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

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

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

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

See step 5 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 13.

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

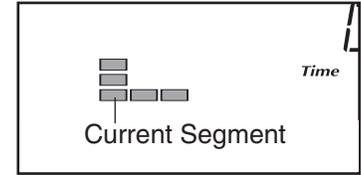
When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 22 and turn off the demo mode.**

**When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord.**

**3 Press the Start button or the Speed increase button and program the desired speed and incline settings.**

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

See the matrix. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment.



The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.

When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

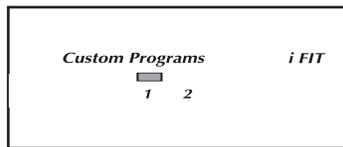
**HOW TO CREATE A CUSTOM PROGRAM**

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

See HOW TO TURN ON THE POWER on page 11.

**2 Select one of the custom programs.**

To select a custom program, press the Program button repeatedly until one of the two custom program indicators lights.



**Note: If the custom program has not yet been defined, only three columns of indicators will scroll across the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 19.**

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

See step 7 on page 15.

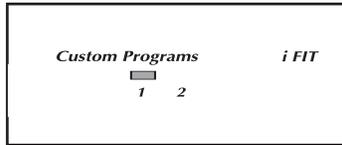
## HOW TO USE A CUSTOM PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the custom programs.

To select a custom program, press the Program button repeatedly until one of the two custom program indicators lights.



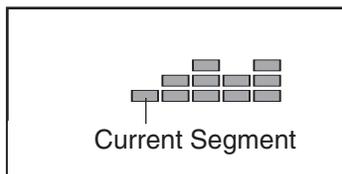
As each custom program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Pace display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix. **Note: If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 15.**

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

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix.



(The incline settings are not shown in the matrix.) The speed settings for the next few segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment

column and the column to the right will flash and a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

When the first segment is completed, *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

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

### 4 Follow your progress with the displays.

See step 5 on page 11.

### 5 Measure your heart rate if desired.

See step 6 on page 12.

### 6 Turn on the fan if desired.

See step 7 on page 13.

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

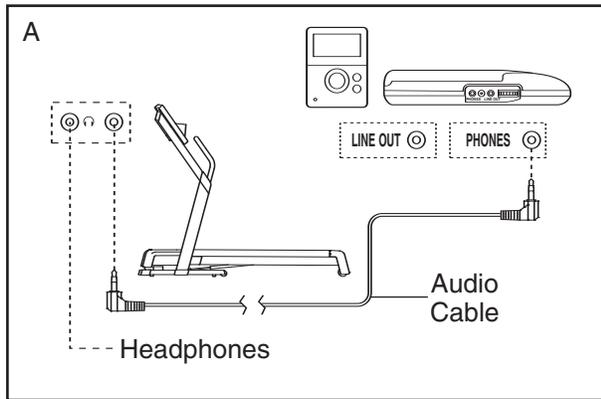
See step 7 on page 15.

## HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 17 and 18 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your computer. See page 18 for connecting instructions. To use iFIT.com video programs, the treadmill must be connected to your VCR. See page 19 for connecting instructions.

## HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

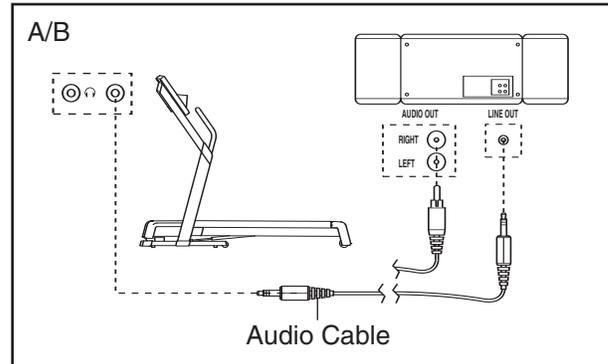
- A. Plug one end of the included 1/8" to 1/8" stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



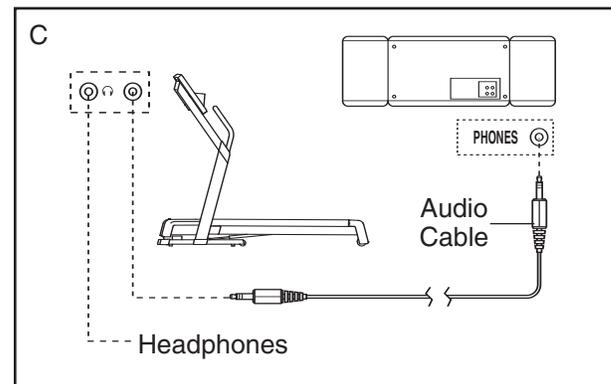
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.**

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



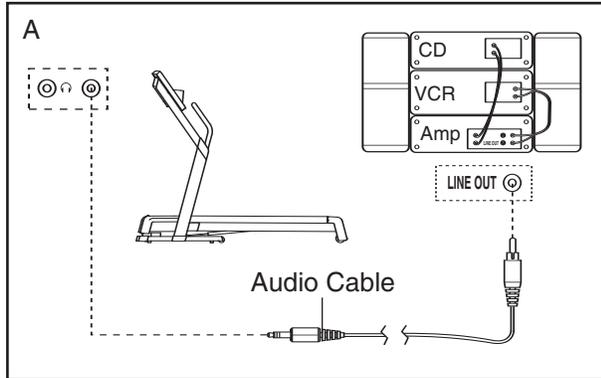
- B. See the drawing above. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.
- C. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



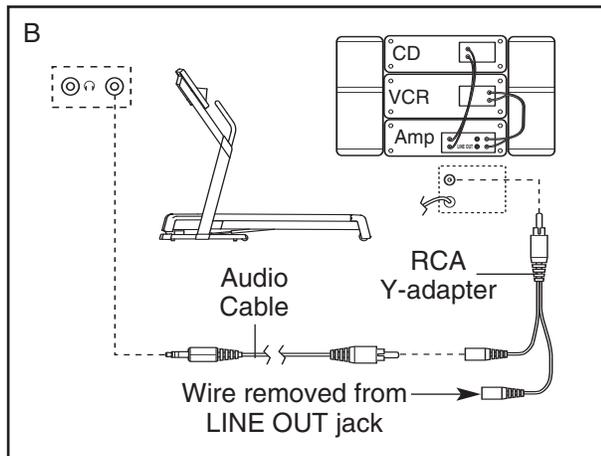
## HOW TO CONNECT YOUR HOME STEREO

**Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.**

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

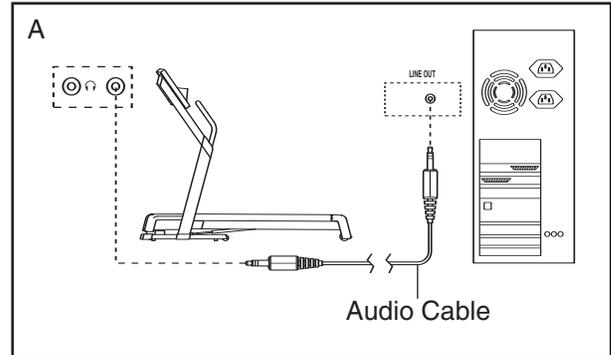


- B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR COMPUTER

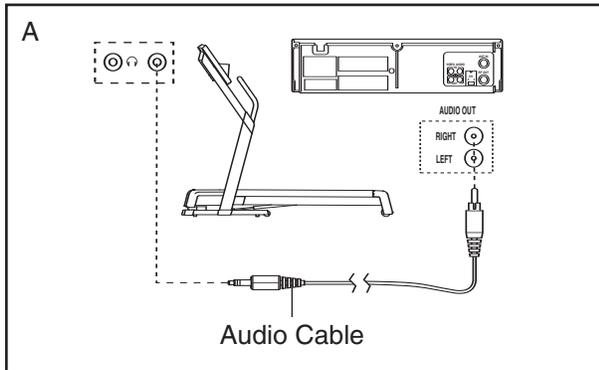
- A. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



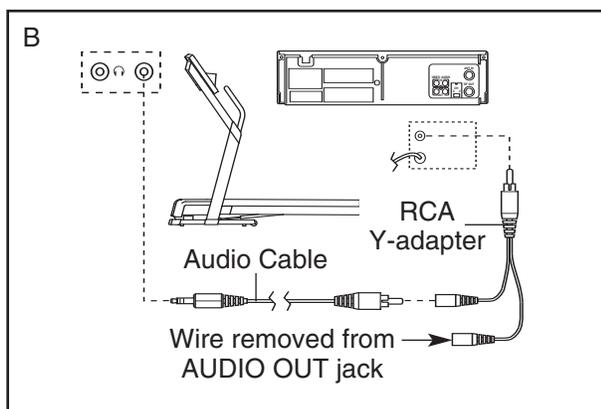
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 18.

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE AN iFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS** on pages 17 to 19. **To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

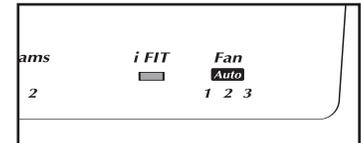
Follow the steps below to use an iFIT.com MP3, CD, or video program.

### 1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 11.

### 2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT.com button. The iFIT indicator will light.



### 3 Press the Play button on your MP3 player, CD player, or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the Time/Pace display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing.

During the 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 your 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 program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 19.

**Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard:**

- **Make sure that the iFIT indicator is lit and that the time is not flashing in the Time/Pace display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. 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.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

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

See step 5 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 13.

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

See step 7 on page 15.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.**

## HOW TO USE AN iFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

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

See HOW TO TURN ON THE POWER on page 11.

### **2** Select the iFIT.com mode.

See step 2 on page 19.

### **3** Go to your computer and start an internet connection.

### **4** Start your web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### **5** Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### **6** Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### **7** Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move.

Hold the handrails, step onto the walking belt, and begin walking. During the 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.**

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 for the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT indicator is lit and that the time is not flashing in the Time/Pace display. In addition, make sure that the audio cable is properly connected.**

### **8** Follow your progress with the matrix and the displays.

See step 5 on page 11.

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

See step 7 on page 15.

## THE INFORMATION MODE/DEMO MODE

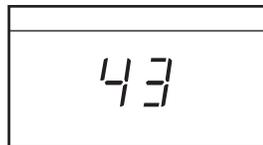
The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console.

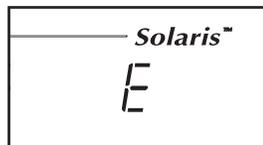
The Calories/Distance display will show the total number of miles (or kilometers) that the walking belt has moved.



The Time/Pace display will show the total number of hours that the treadmill has been used.



An "E" for English miles or an "M" for metric kilometers will appear in the Pulse/Speed display. Press the Speed increase button to change the unit of measurement.

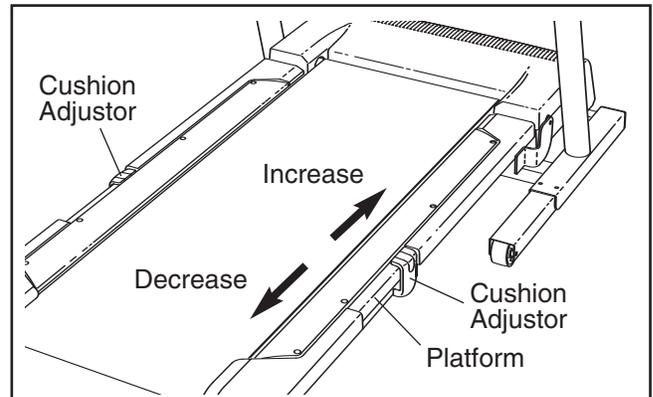


**IMPORTANT:** If a "d" appears in the Carbs/Incline display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

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

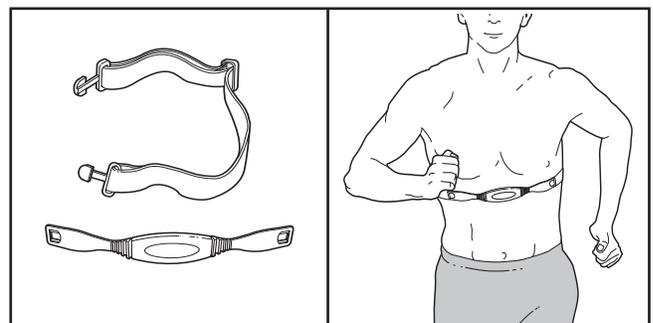
## HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the cushion adjusters toward the front of the treadmill. To decrease the firmness, slide the cushion adjusters toward the back of the treadmill. **Note: It may be helpful to lift on the platform as you slide the adjusters. Make sure that both adjusters are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor offers hands-free operation, and enables you to use the two heart rate programs. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**



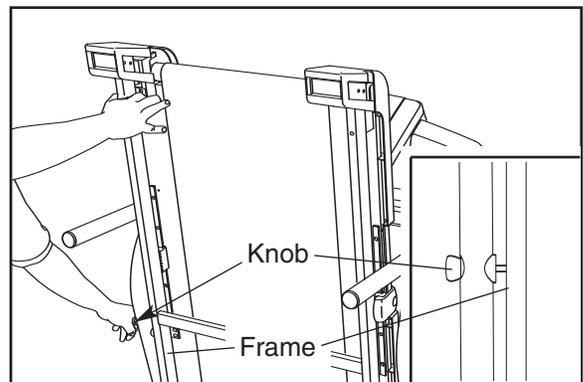
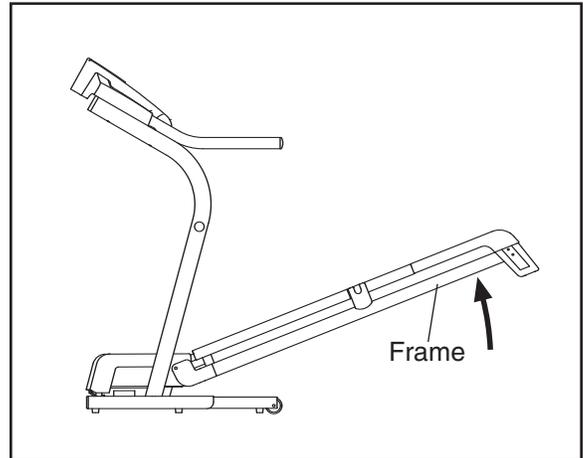
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill about halfway to the vertical position.
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the pin is between the frame and foot rail. Then, carefully release the latch knob. **Make sure that the frame is held securely by the pin.**

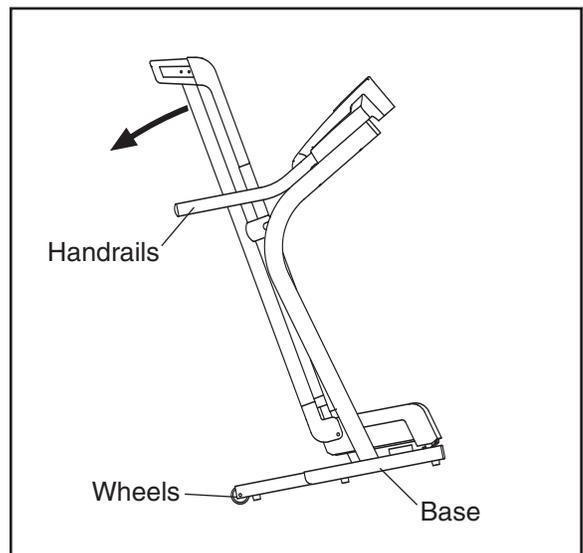
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



## HOW TO MOVE THE TREADMILL

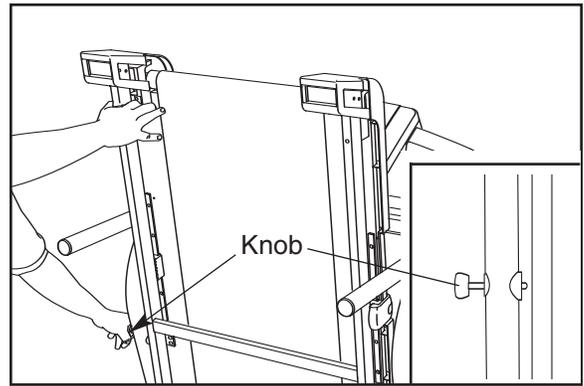
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is held securely by the pin on the latch knob.**

1. Hold the handrails and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on wheel, and carefully lower the treadmill until it is resting in the storage position.

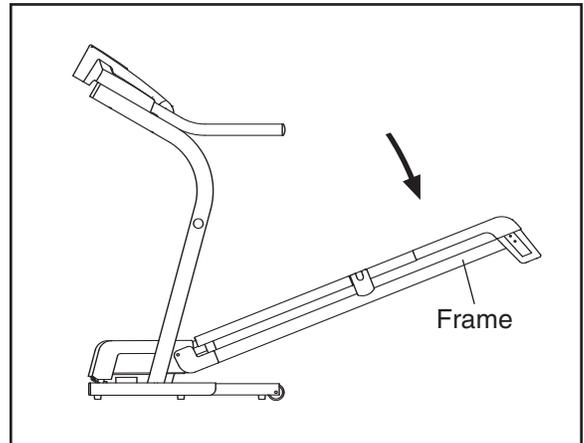


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the latch knob.



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



# TROUBLESHOOTING

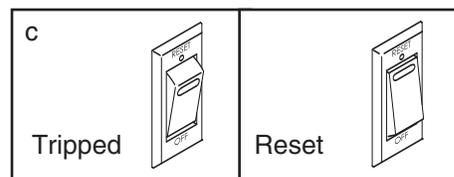
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch to the reset position.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

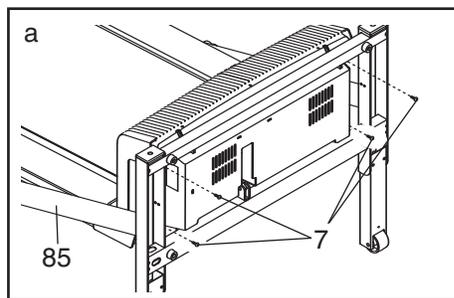
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

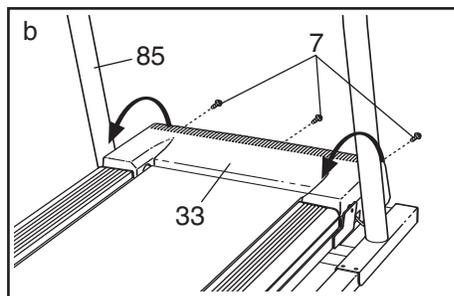
d. If the treadmill still will not run, see the front cover of this manual.

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

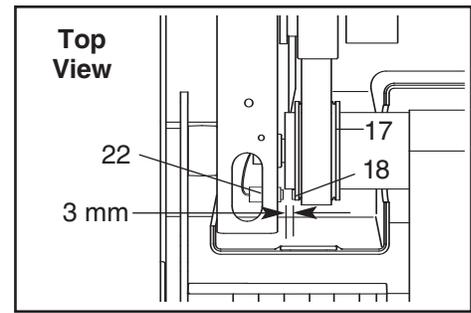
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, carefully lower the Uprights (85). Remove the four indicated 3/4" Screws (7). Note: A phillips screwdriver with an 8" shaft is needed.



b. Raise the Uprights (85) to the vertical position. Remove the three 3/4" Screws (7) from the Hood (33), and carefully pivot the Hood off.



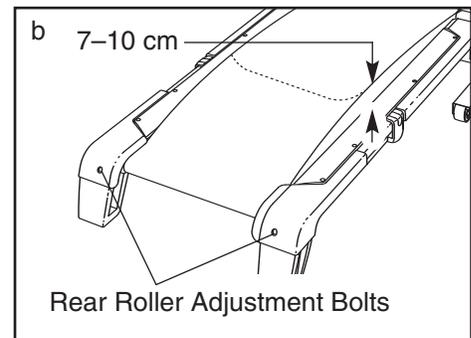
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8").** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Motor Hood (33), making sure that the 3/4" Screws (7) are inserted into the same holes from which they were removed. Then, run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

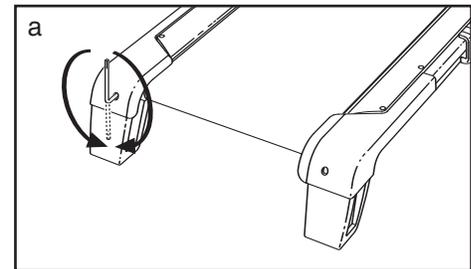
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 7 to 10 cm (3 to 4 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



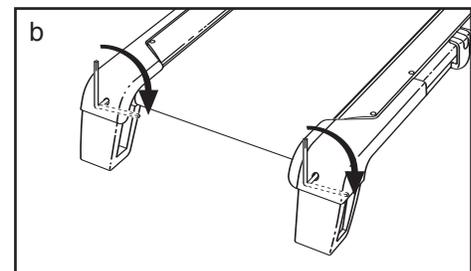
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

**SOLUTION:** a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 7 to 10 cm (3 to 4 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

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

# CONDITIONING GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal

is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

## Aerobic Exercise

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

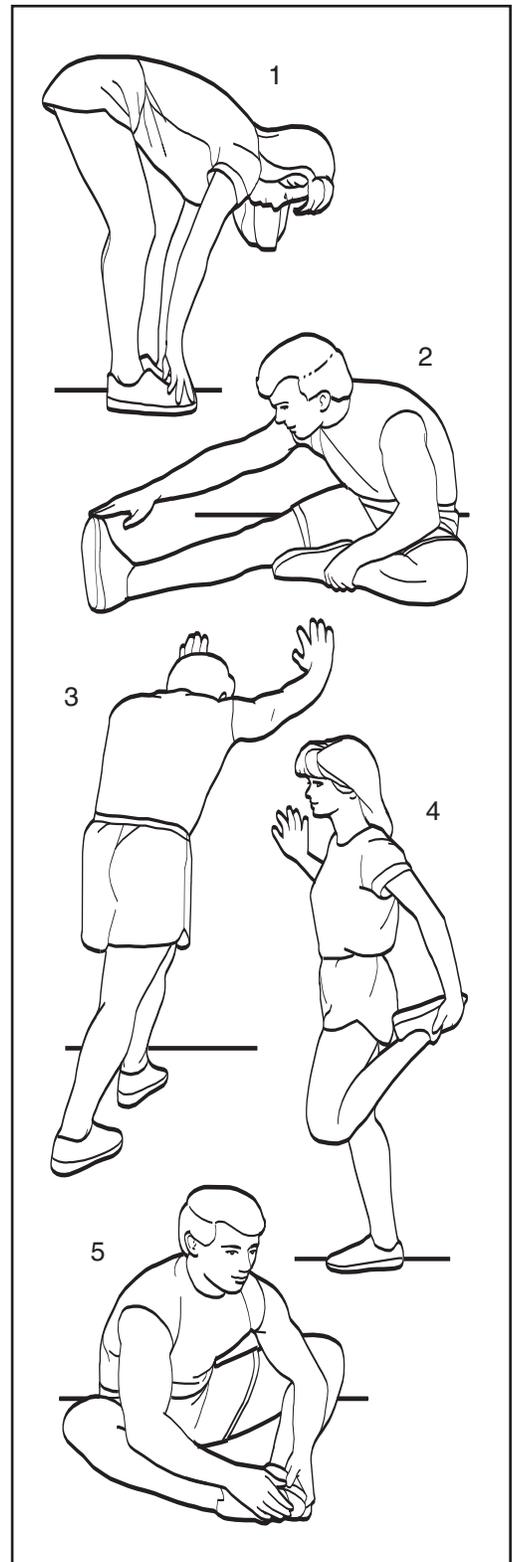
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. 30600.0

R0706A

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Foot Rail	52	1	Plastic Tie
2	8	Foot Rail Screw	53	1	Front Roller Bushing
3	2	Cushion Adjustor	54	1	Right Foot Rail
4	2	Adjustor Guide	55	1	Frame
5	2	Rear Platform Screw	56	1	Roller Ground Wire
6	1	Latch Warning Decal	57	2	Platform Nut
7	18	3/4" Screw	58	1	3/8" Washer
8	10	Adjustor Guide Screw	59	1	Idler Pulley
9	1	Latch Catch	60	2	Rear Roller Star Washer
10	2	Isolator	61	4	Wheel Spacer
11	2	Front Platform Screw	62	2	Rear Roller Bolt
12	2	Belt Guide	63	1	Hood Foam, Right
13	7	Belt Guide Screw	64	1	Rear Roller
14	2	Frame Pivot Bolt	65	1	Filter Wire
15	1	Walking Platform	66	1	Idler Pulley Bolt
16	1	Walking Belt	67	8	Star Washer
17	1	Front Roller/Poulie	68	1	Idler Arm Bolt
18	1	Magnet	69	1	Idler Arm Spacer
19	2	Frame Spacer	70	1	Handrail
20	5	Nut	71	2	Round Upright Endcap
21	1	Reed Switch Clip	72	4	Console Bolt
22	1	Reed Switch	73	1	Upright Wire Harness
23	9	Electronics Screw	74	1	Idler Arm
24	2	Bracket Screw	75	1	Idler Arm Spring
25	1	Drive Motor	76	1	Latch Assembly
26	1	Motor Belt	77	1	Latch Insert
27	4	Rear Foot Bolt	78	2	Handrail Endcap
28	1	Right Rear Foot	79	2	Square Upright Endcap
29	1	Left Rear Foot	80	2	Lift Frame Pivot Bolt
30	1	French Latch Warning	81	6	Base Pad
31	2	Motor Bolt	82	6	1" Tek Screw
32	2	Lift Frame Nut	83	4	U-nut
33	1	Motor Hood	84	2	Caution Decal
34	3	Hood Clip	85	1	Upright
35	1	Hood Foam, Left	86	1	Book Holder
36	1	Upper Clevis Pin	87	4	Extension Leg Bolt
37	2	Cotter Pin	88	2	Front Wheel Bolt
38	1	Front Roller Adjustment Bolt	89	2	Front Wheel
39	4	Rear Foot Nut	90	1	Frame Ground Wire
40	1	Incline Motor	91	2	Rear Roller Bracket
41	1	Incline Motor Pin, Lower	92	1	Knob Insert
42	1	Transformer	93	1	iFIT Cable
43	1	Controller	94	1	Lift Frame
44	6	3/4" Screw	95	1	Access Door
45	1	Belly Pan	96	2	Small Foot Rail Screw
46	1	Static Decal	97	2	Extension Leg
47	1	Power Cord Assembly	98	1	Console Base
48	1	Incline Wire Harness	99	12	Screw
49	1	Allen Wrench	100	1	Console Fan
50	2	Tie Holder	101	6	Plastic Spacer
51	1	Releasable Tie	102	1	1/4" Flat Washer

Key No.	Qty.	Description
103	1	Key/Clip
104	1	1/4" Nut
105	1	Console
106	4	Extension Leg Nut
#	1	12" Blue Wire, 2F
#	1	8" Blue Wire, M/F

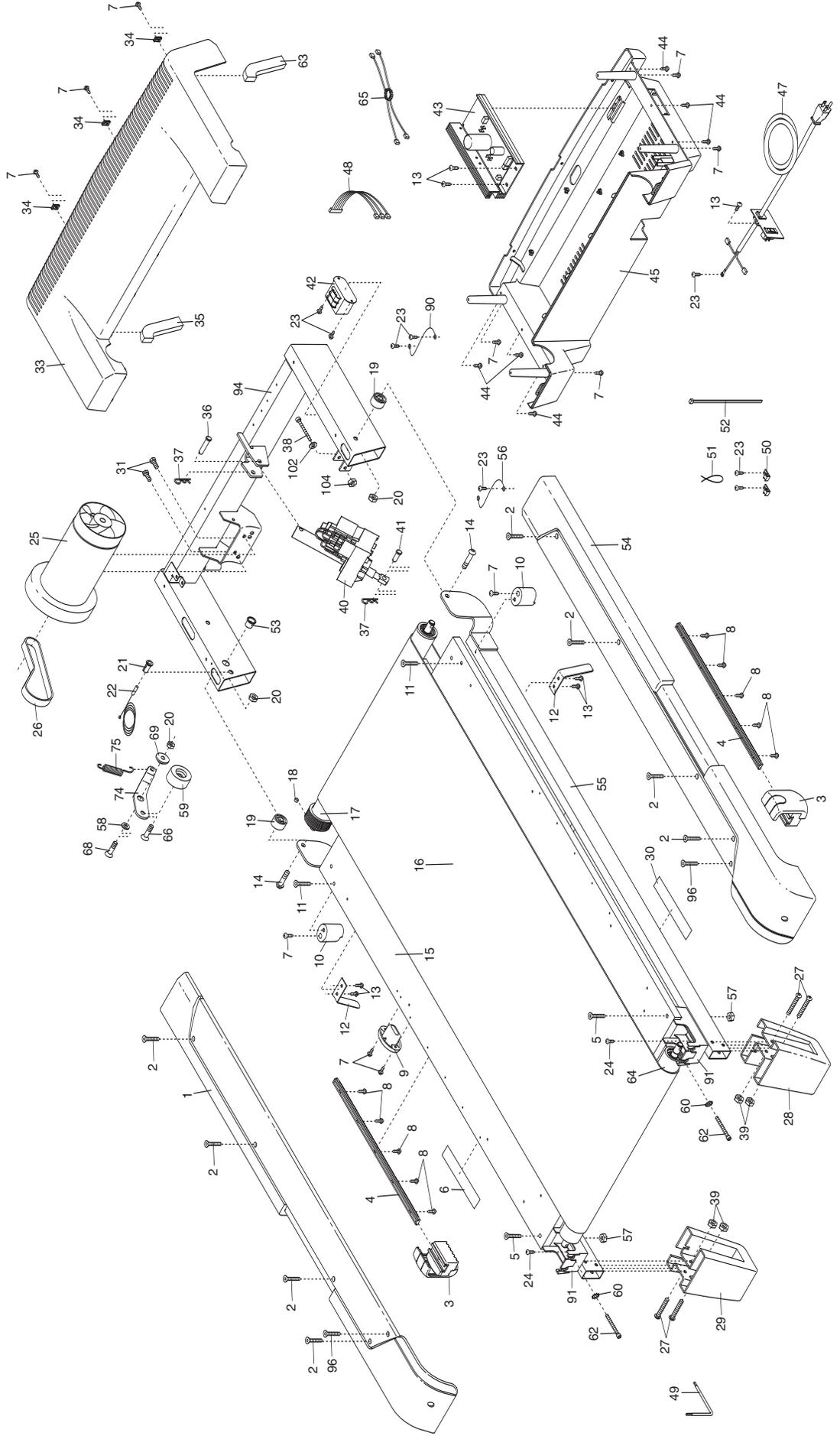
Key No.	Qty.	Description
#	1	8" Green Wire, F/Ring
#	1	4" Red Wire, M/F
#	1	User's Manual

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

# EXPLODED DRAWING—Model No. 30600.0

R0706A

To identify the parts shown on this exploded drawing, see the PART LIST on pages 30 and 31 of the USER'S MANUAL.





---

# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER OF THE PRODUCT (30600.0)
- the NAME OF THE PRODUCT (NordicTrack C2200 treadmill)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 30 and 31 and the EXPLODED DRAWING attached in the center of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years after the date of purchase. The drive motor is warranted for three (3) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

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

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

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

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

**ICON OF/DU CANADA, INC., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**