

Begin exercising at a light pace for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of light exercise or stretching will allow the body to cool down.

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. TL5.0

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	37	1	Formed Washer
2	1	Safety Key/Clip	38	1	Earclip
3	1	Handrail Upright	39	1	Clothes Clip
4	1	Lock Knob	40	1	Electronic Monitor
5	1	Lock Knob Washer	41	1	Speed Crank
6	1	Handlebar	42	2	Hex Head Screw
7	2	Foam Grip	43	1	Motor Retainer
8	1	Sensor Wire/Reed Switch	44	1	Incline Bubble
9	1	Long Handrail Screw	45	1	Motor Pulley
10	1	Hinge Bolt	46	1	Fastener Strip
11	4	Hinge Washer	47	4	Flat Washer
12	10	Small Screw	48	2	Handlebar Locknut
13	1	Front Roller Adjustment Bolt	49	1	Circuit Breaker
14	5	Roller Adjustment Washer	50	1	Roller Lock
15	1	Power Cord	51	1	Hinge Nut
16	2	Swivel Shaft Bolt	52	1	Motor Hood
17	1	Short Handrail Screw	53	4	Hood Mounting Screw
18	2	Hitch Pin	54	1	Safety Cover
19	2	Side Rail	55	1	Walking Platform
20	1	Frame	56	1	Handrail
21	6	Large Screw	57	1	Adjustment Tool
22	2	Rear Foot	58	1	Tool Clamp
23	1	Right Roller Bracket	59	1	Cable Lock Bolt
24	2	Rear Roller Adjustment Bolt	60	1	Sensor Magnet
25	1	Left Roller Bracket	61	8	Phillips Screw
26	1	Walking Belt	62	1	Star Washer
27	1	Roller Bushing	63	1	Left Front Leg
28	4	Sensor Wire Clip	64	1	Right Front Leg
29	1	V-Belt	65	4	Rear Leg Screw
30	1	Front Roller/Pulley	#	1	Owner's Manual
31	1	Rear Roller	#	1	Monitor Operation Guide
32	1	Speed Adjustment Assem.			
33	2	Tension Swivel			
34	3	Tension Swivel Nut			
35	1	Motor Assembly			
36	1	Clamp			

Note: "#" indicates a non-illustrated part.

EXPLODED DRAWING - Model No. TL5.0

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*Specifications are subject to change without notice.

