

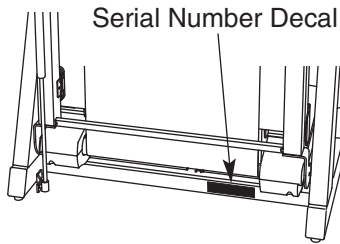
# CARDIO TRAINER<sup>®</sup> 1000

Patent Pending

**Model No. CTTL078040**

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

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



## QUESTIONS?

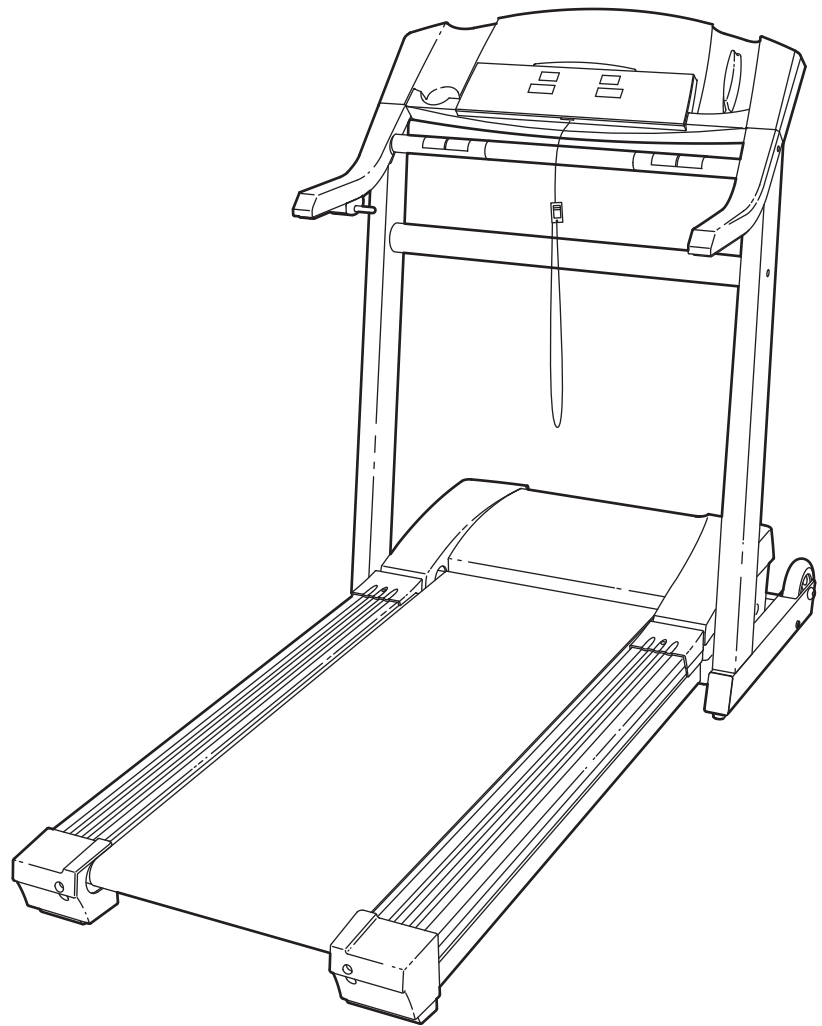
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-866-311-9111**

Mon.-Fri., 6 a.m.-6 p.m. MST



## CAUTION

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

# USER'S MANUAL

# CARDIO TRAINER® 1000

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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 in this manual.
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 300 pounds.
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 10), 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 10. To purchase a surge suppressor, see your local **CARDIO TRAINER** dealer or call 1-866-311-9111 and order part number 146148, or see your local electronics store.
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 **BEFORE YOU BEGIN** on page 5 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 move 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 circuit breaker.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 17.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

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

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

24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures de-

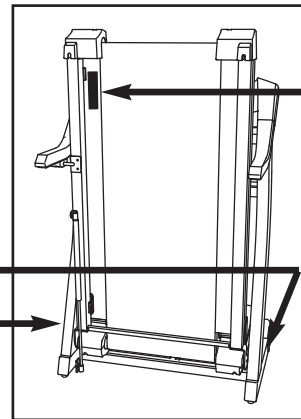
scribed in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this 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 below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, and order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



Note: The decal shown at the right is 50% of 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.

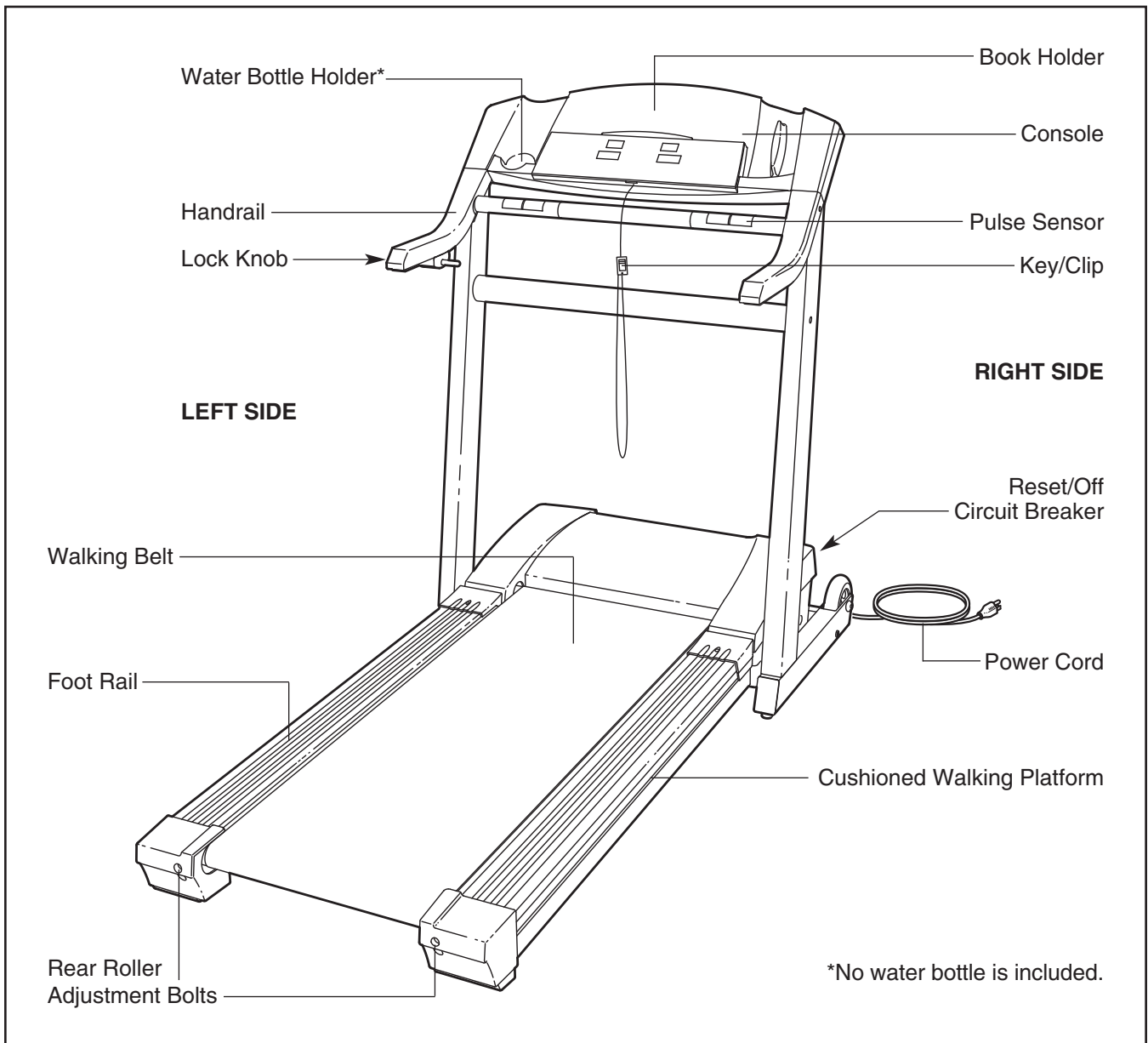
# BEFORE YOU BEGIN

Thank you for selecting the new **CARDIO TRAINER® 1000** treadmill. The **CARDIO TRAINER 1000** treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the **CARDIO TRAINER 1000** 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 reading this manual, call our Customer Service Department

toll-free at 1-866-311-9111, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is CTTL078040. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).


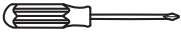

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



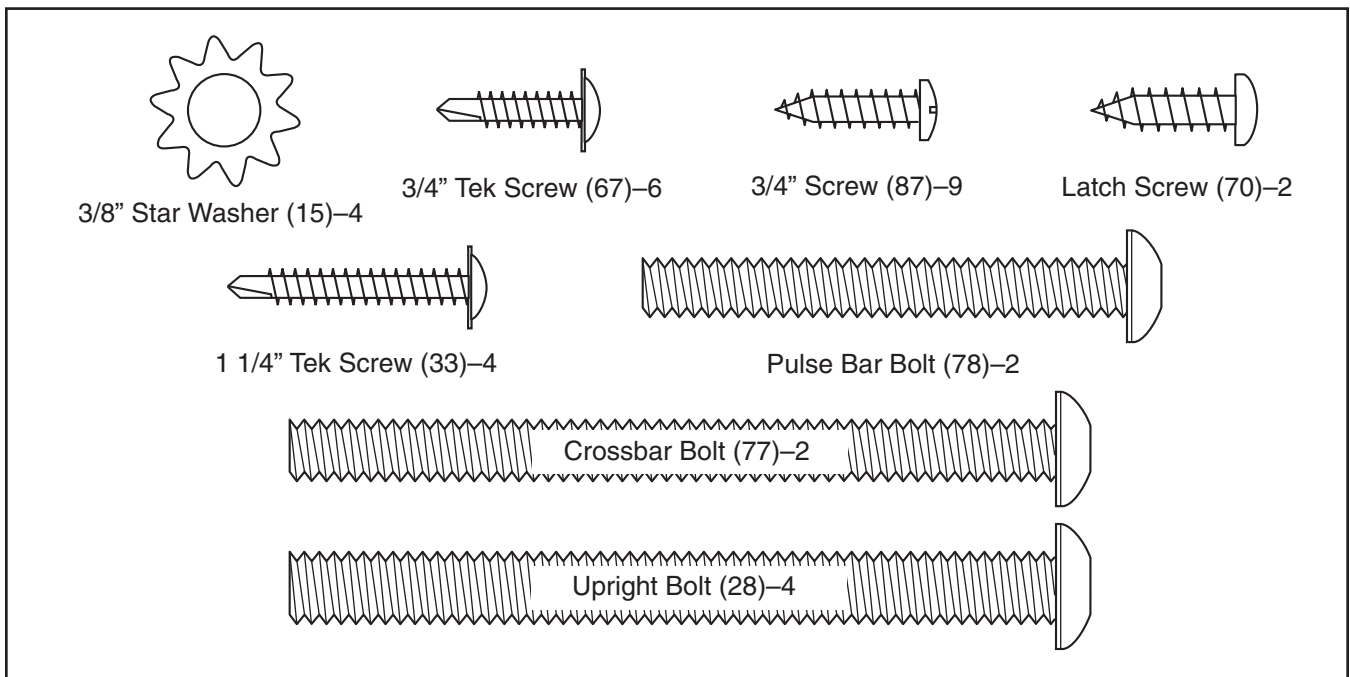
# ASSEMBLY

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

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, the sides of the walking platform, or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt or on the sides of the walking platform, 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**  **and rubber mallet** .

**For help identifying the assembly hardware, see the drawings below.** If a part is not in the parts bags, first check to see if it has been preassembled.

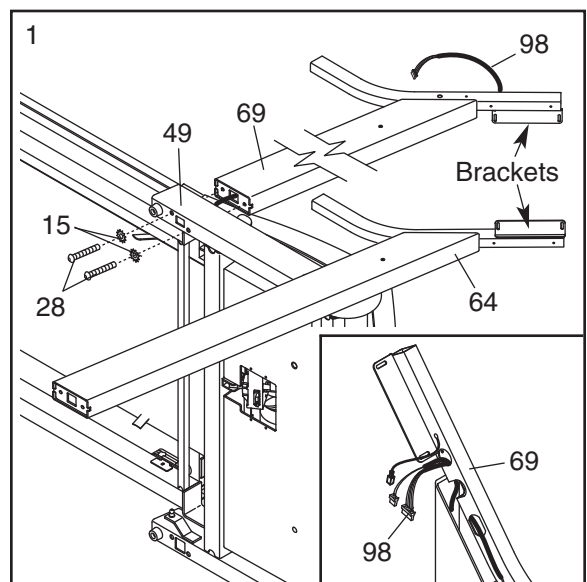


1. Identify the Right Upright (69) and the Left Upright (64) by observing the positions of the indicated brackets.

Straighten the Wire Harness (98), and feed it into the lower end of the Right Upright (69) and out of the hole in upper end as shown in the inset drawing.

Hold the Right Upright (69) against the right side of the Base (49), with the bracket on the side shown. Hand tighten two Upright Bolts (28) with two 3/8" Star Washers (15) into the Base and the Right Upright; **be careful not to damage the Wire Harness (98). Do not tighten the Upright Bolts yet.**

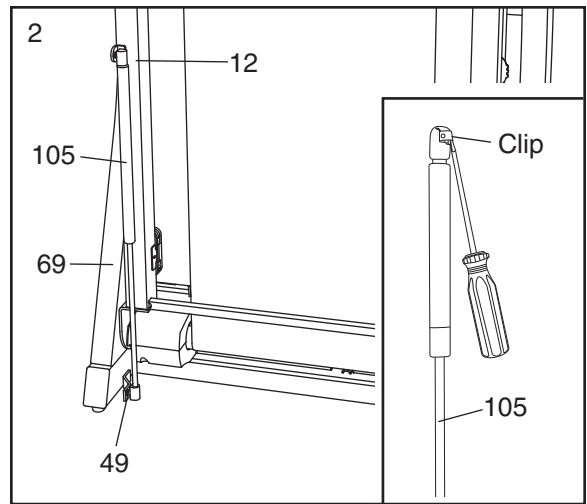
With the help of a second person, carefully tip the treadmill onto its other side. Attach the Left Upright (64) as described above. Note: There is not a wire harness on the left side.



- With the help of a second person, raise the Left Upright (64) and the Right Upright (not shown) to a vertical position. Raise the Frame (105) to a vertical position.

Press the indicated end of the Shock (105) onto the bracket on the Base (49) as shown. Press the other end of the Shock onto the bracket on the Frame (12). Note: It may be necessary to move the Frame forward or backward to align the Shock with the bracket. It may be helpful to use a flat head screwdriver (see the inset drawing) to lift the metal clip on the Shock as you press the Shock onto the bracket. **Do not remove the clip.**

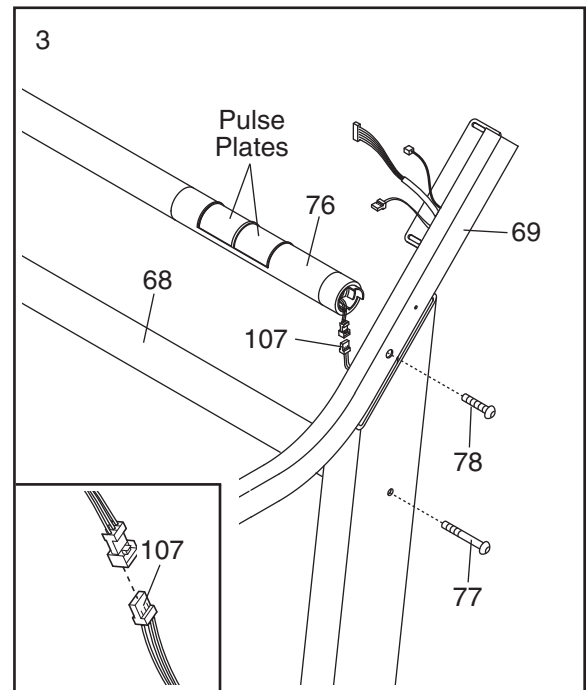
Carefully lower the Frame (12).



- Have the other person hold the Pulse Bar (76) near the Right Upright (69). Remove the band securing the Pulse Wire (107) to the Right Upright, and connect the Pulse Wire to the wire in the Pulse Bar. **The connectors should slide together easily and snap into place; if they do not, turn one connector and try again.** Insert the wires into the left side of the Right Upright.

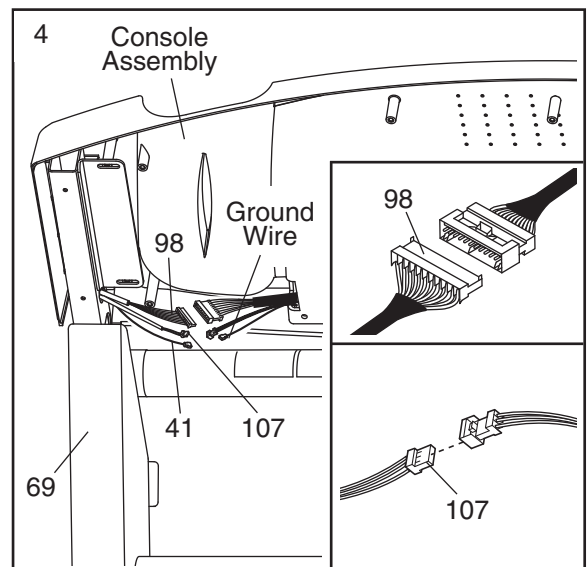
Hold the Pulse Bar (76) against the Right Upright (69) and the Left Upright (not shown) with the pulse plates up as shown. Attach the Pulse Bar with two Pulse Bar Bolts (78) (only one side is shown). **Be careful not to pinch the wires. Do not tighten the Pulse Bar Bolts yet.**

Hold the Crossbar (69) against the Right Upright (69) and the Left Upright (not shown). Attach the Crossbar with two Crossbar Bolts (77). **Do not tighten the Crossbar Bolts yet.**



- Have a second person hold the console assembly near the Right Upright (69). Connect the Upright Wire Harness (98) and the Pulse Wire (107) to the wires extending from the console assembly. **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Insert the connectors into the Right Upright.

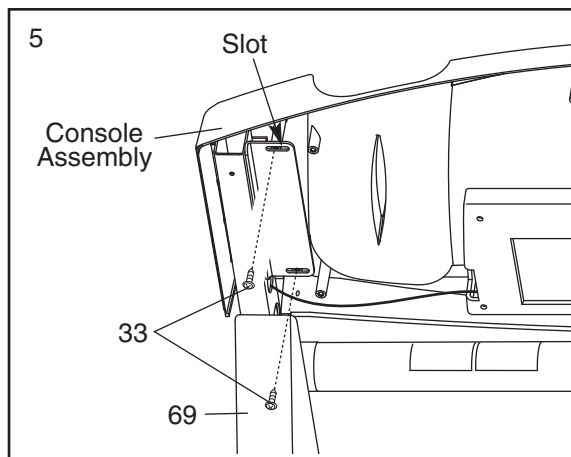
Connect the Upright Ground Wire (41) to the ground wire extending from the console assembly. **Make sure that the wires are fully connected to each other.** Insert the ground wires into the console assembly.



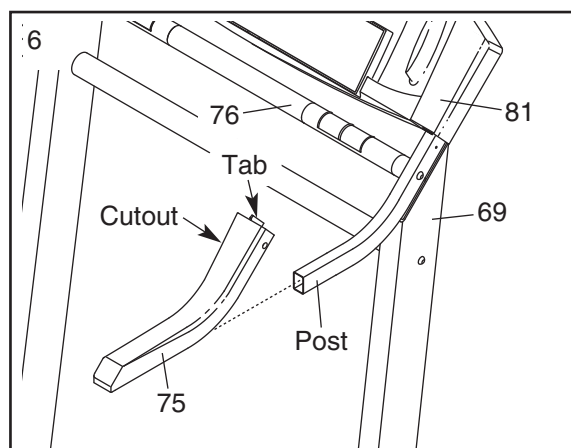
- Set the console assembly on the Right Upright (69) and the Left Upright (not shown). **Be careful not to pinch any wires.** Start all four 1 1/4" Tek Screws (33) (two are shown) into the console assembly, but **do not tighten them yet.**

**See step 3. Firmly tighten the two Pulse Bar Bolts (78) and the two Crossbar Bolts (77).**

Position the console assembly so that when the four 1 1/4" Tek Screws (33) are tightened, they will be centered in the slots. Tighten the four Tek Screws; **be careful not to overtighten the Tek Screws.**

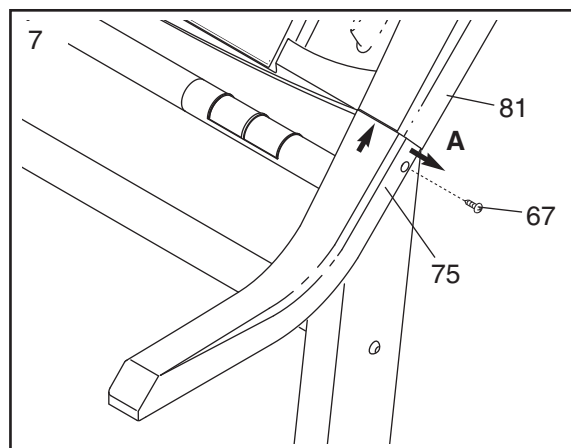


- Identify the Right Foam Grip (75), which has a **large** cutout in the left side for the Pulse Bar (76). Slide the Right Foam Grip as far as possible onto the post on the Right Upright (69). (Note: It may be helpful to apply soapy water to the post.) **Make sure that the tab on the Right Foam Grip is inserted into the Console Base (81).**

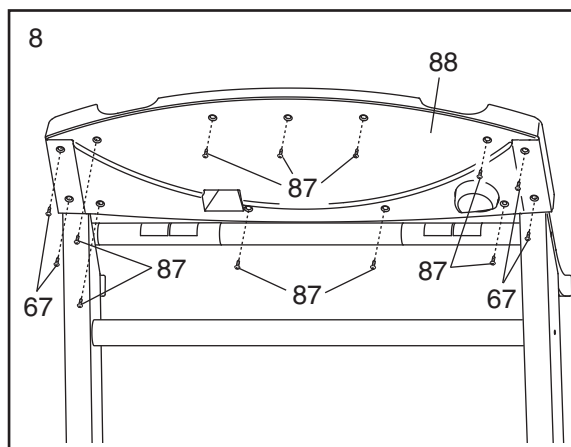


- Make sure that the front edge of the Right Foam Grip (75) is under the Console Base (81) as shown.** Tighten a 3/4" Tek Screw (67) into the right side of the Right Foam Grip. Note: It may be necessary to pull the Right Foam Grip outward slightly (see arrow A) to align the Tek Screw with the hole in the post.

Attach the Left Foam Grip (not shown) as described in step 5 and this step.



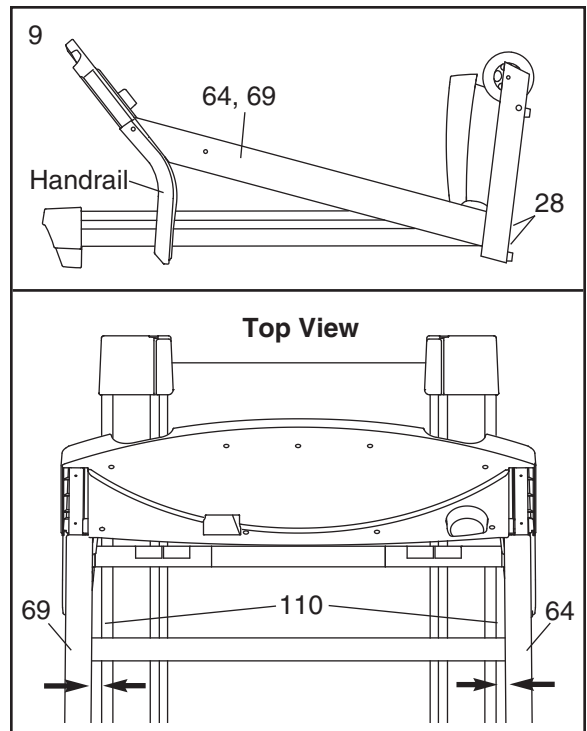
- Attach the Console Back (88) with nine 3/4" Screws (87) and four 3/4" Tek Screws (67) as shown. **Start all of the Screws before tightening any of them; be careful not to overtighten the Screws.**



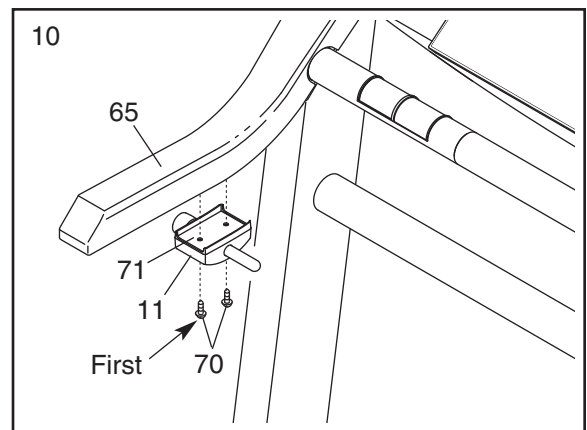
9. Lower the Uprights (64, 69) until the handrails are touching the floor.

See the lower drawing. Position the Uprights (64, 69) so that the treadmill Frame (110) is centered between the Uprights.

Firmly tighten the four Upright Bolts (28). Then, raise the Uprights (64, 69) back to the vertical position.



10. Attach the Latch Assembly (11) and the Latch Spacer (71) to the Left Foam Grip (65) with the two Latch Screws (70) as shown; **tighten the indicated Latch Screw first.**



11. **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 20). To protect the floor or carpet from damage, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

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

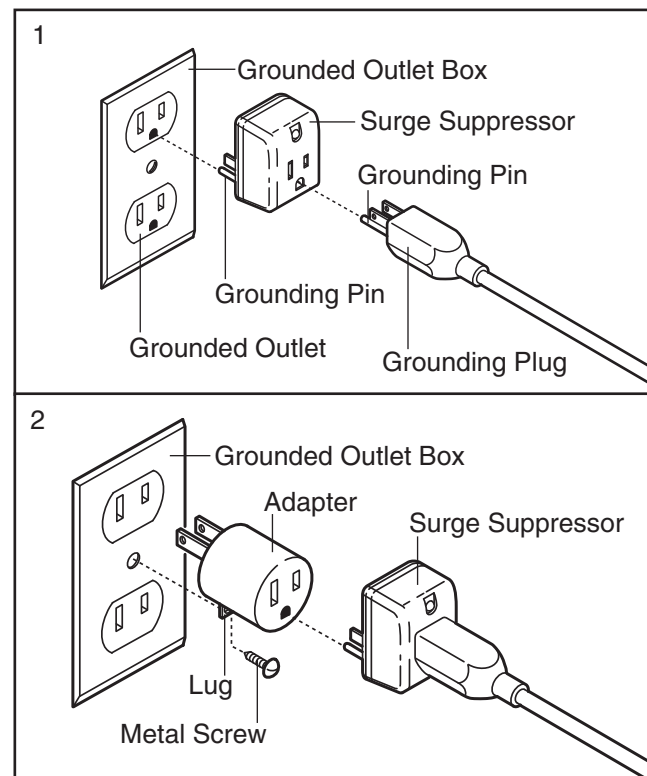
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local **CARDIO TRAINER** dealer or call 1-866-311-9111 and order part number 146148, or see your local electronics store.

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 elec-

tric 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.**

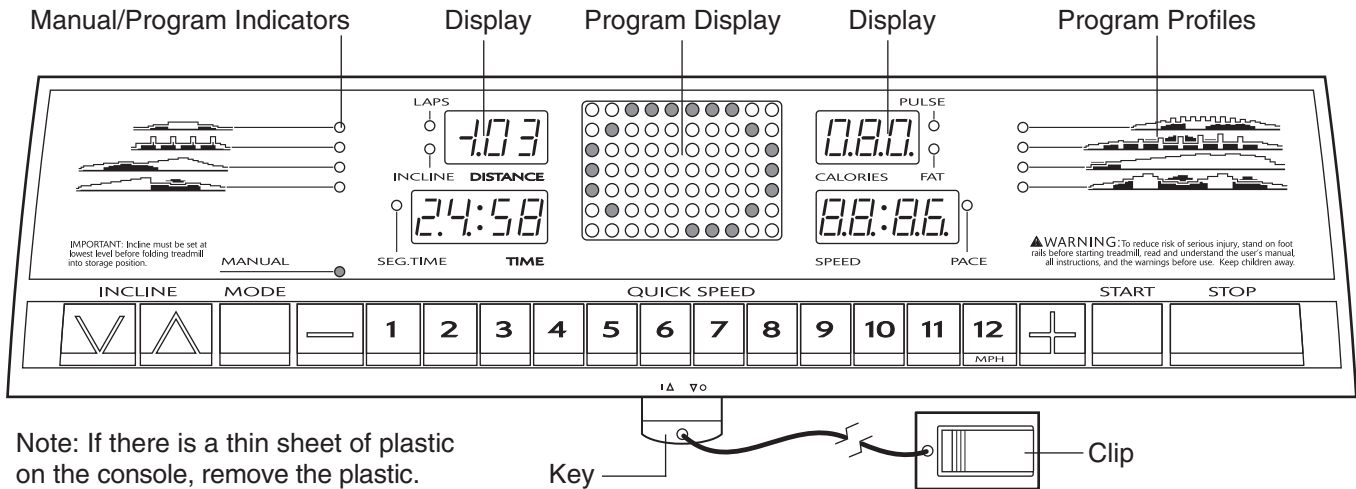
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if 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.**

## CONSOLE DIAGRAM



### **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 above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- 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.

## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed 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 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. Note: See page 16 for information about an optional chest pulse sensor.

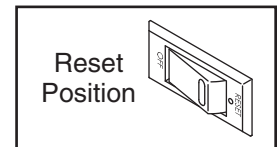
Eight preset programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout.

To use the manual mode of the console, follow the steps beginning on page 12. To use a preset program, see page 14.

### HOW TO TURN ON THE POWER

**1** Plug in the power cord (see page 10).

**2** Locate the reset/off circuit breaker on the front of the treadmill near the power cord. Make sure that the circuit breaker is in the reset position.



**3** Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators will light. **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 of the clip.**

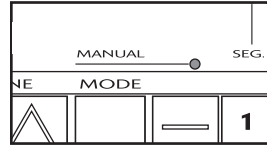
## HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on page 11.

### 2 Select the manual mode.

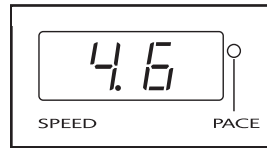
When the key is inserted, the manual mode will be selected and the Manual indicator will light. If a program has been selected, press the Mode button repeatedly to reselect the manual mode.



### 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 1 mph. 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 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons. **Note: The console can display speed and distance in either miles or kilometers (see SPEED/PACE display on page 13). For simplicity, all instructions in this section refer to miles.**



To stop the walking belt, press the Stop button. The Time/Seg. Time display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 20).

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

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

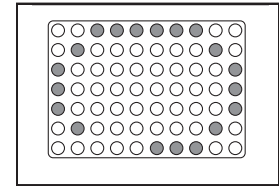


### 5 Follow your progress with the displays.

#### The program display—

When the manual mode is selected, the program display will show a track representing 1/4 mile.

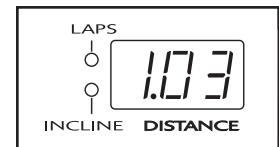
As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



#### Distance/Incline/

#### Laps display—

This display shows the distance that you have walked or run, the incline level of the treadmill, and the number of 1/4-mile laps you have completed. The display will change from one number to the next every few seconds. The Incline indicator or the Laps indicator will light when the incline level or the number of laps is shown. Note: Each time the Incline buttons are pressed, the display will show the current incline setting for several seconds.



#### Time/Seg. Time

display—When the manual mode is selected, this display will show the elapsed time. When a

preset program is selected, the display will show both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every few seconds. The Seg. Time indicator will light when the segment time is shown.



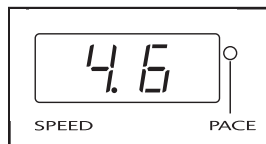
**Calories/Fat Calories/  
Pulse display**—This display shows the approximate numbers of *calories* and *fat calories* you have burned (see

FAT BURNING on page 21). The display will change from one number to the other every few seconds. The Fat indicator will light when the number of fat calories is shown. This display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.



**Speed/Pace display**—

This display shows the speed of the walking belt and your current pace (pace is measured in *minutes per mile*). The display will change from one number to the other every few seconds. The Pace indicator will light when your pace is shown.



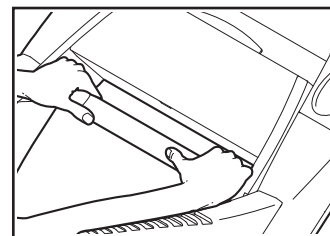
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Speed/Pace display. Press the Speed + button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.



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

## 6 Measure your heart rate if desired.

Note: Before using the handgrip pulse sensor, make sure that your hands are clean. If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handgrip pulse sensor—**avoid moving your hands**. When your pulse is detected, the Pulse indicator beside the Calories/Fat Calories/Pulse display will light, two or three 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 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 displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. see page 16 and turn off the demo mode.**

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

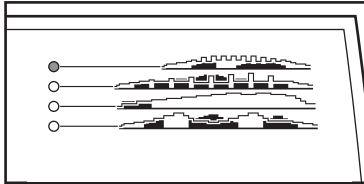
## HOW TO USE A PRESET PROGRAM

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

See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the preset programs.

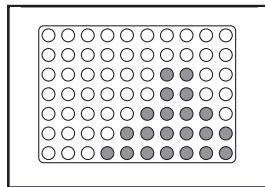
To select a preset program, press the Mode button repeatedly until one of the eight preset



program indicator lights. When a preset program is selected, the Distance/Incline/Laps display will flash the maximum incline setting for the program, and the Speed/Pace display will flash the maximum speed setting, for six seconds.

The eight profiles on the left and right sides of the console show how the speed and incline of the treadmill will change during the programs.

The program display will show the first seven speed settings for the program. The Time/Seg. Time display will show how long the program will last.

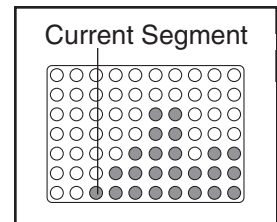


### 3 Press the Start button or the Speed + button to start the program.

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

Each program is divided into several time segments of different lengths. The Time/Seg. Time display will show both the time remaining in the program and the time remaining in the current segment. One speed setting and one incline setting are programmed for each segment. (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 program display. (The incline settings are not shown in the program display.) The speed settings for the next seven segments will be shown in the seven 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 incline of the treadmill is about to change, the Speed/Pace display and/or the Distance/Incline/Laps display will flash 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 of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings will move downward* so that only the highest indicators appear in the program display. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

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.)

**Note: When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The Time/Seg. Time display will begin to flash. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

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

See step 5 on page 12.

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

See step 6 on page 13.

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

When the program has ended, **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 displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 16 and turn off the demo mode.**

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

## THE INFORMATION MODE/DEMO MODE

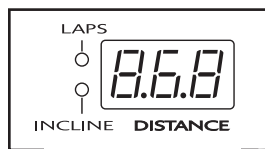
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition, the information mode allows you 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. When the information mode is selected, the following information will be shown:

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



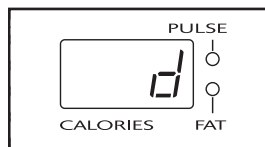
The Distance/Incline/Laps display will show the total number of miles (or kilometers) that the walking belt has moved.



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



**IMPORTANT: The Calories/Fat Calories/Heart Rate display should be blank.** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended

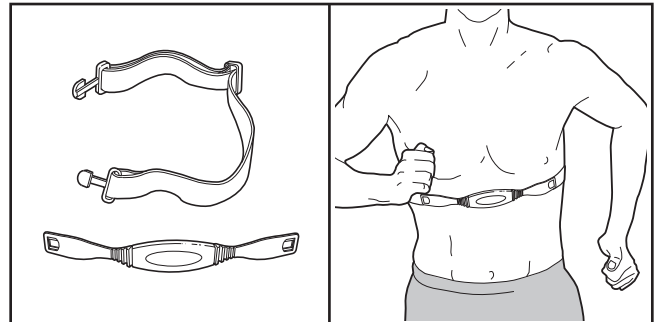


to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Calories/Fat Calories/Heart Rate display when the information mode is selected, press the Speed – button so the display is blank.**

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

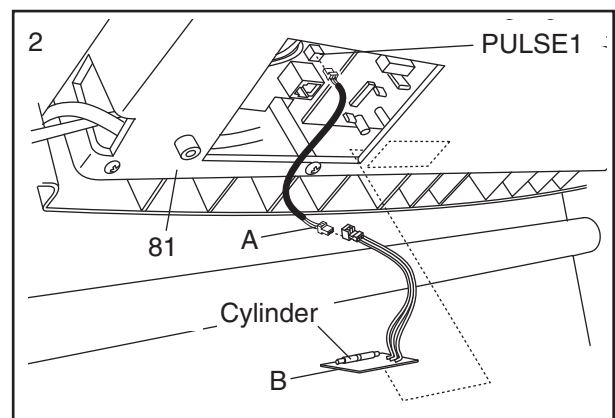
## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase a chest pulse sensor, call toll-free 1-866-311-9111.**



**If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.**

1. **Make sure that the power cord is unplugged.** See assembly step 8 on page 8. Remove the indicated 3/4" Screws (87) and 3/4" Tek Screws (67) from the Console Back (88). Remove the Console Back.
2. Connect the included short jumper wire (A) to the wire on the receiver (B). Connect the other end of the short jumper wire to the PULSE1 jack on the underside of the Console Base (81). Peel the paper off the pad on the bottom of the receiver, and **turn the receiver so the small cylinder is in the indicated position.** Next, hold the receiver **inside** of the Console Base (81) in the location shown by the dotted line, and firmly press the receiver onto the Console Base. Note: The other wire included with the chest pulse sensor may be discarded. Use the wire tie (not shown) to tie wires if needed.



**Make sure that no wires are pinched.** See step 1. Reattach the Console Back (88) with the 3/4" Screws (87) and the 3/4" Tek Screws (67).

# HOW TO FOLD AND MOVE THE TREADMILL

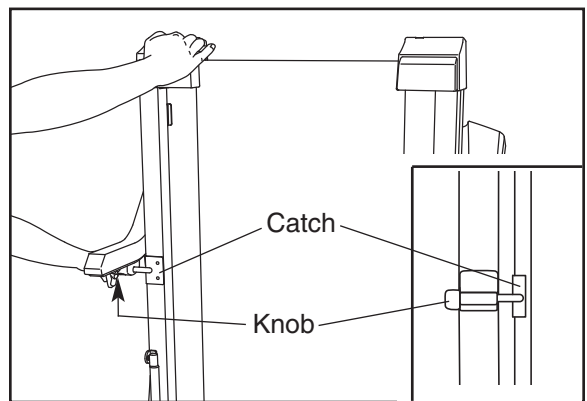
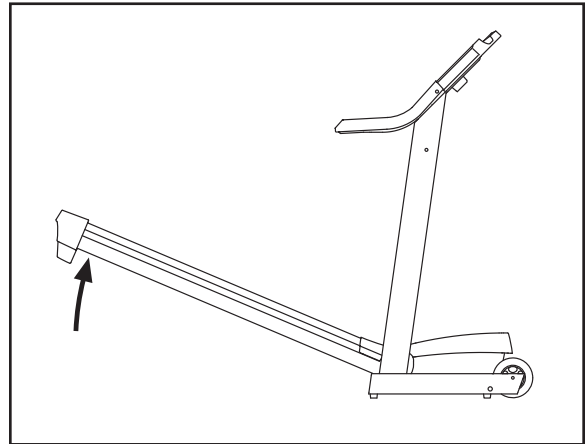
## HOW TO FOLD THE TREADMILL FOR STORAGE

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

1. Hold the treadmill with your hands in the locations shown by the arrow. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill 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 catch is past the latch pin. Release the latch knob. **Make sure that the catch is resting against the latch pin.**

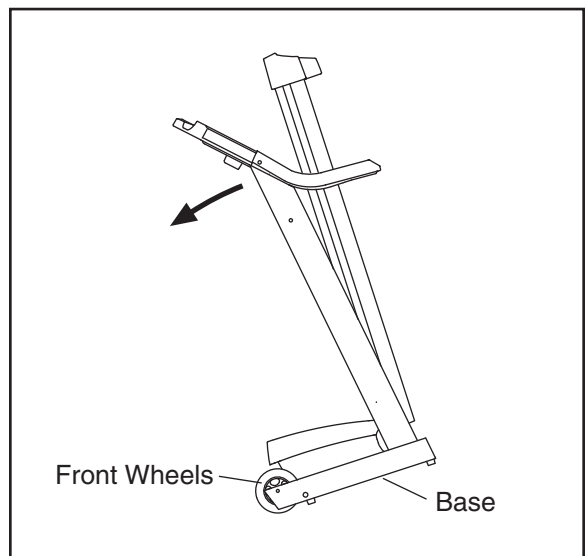
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

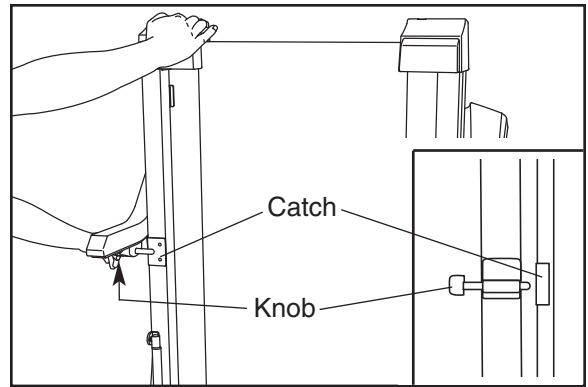
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

1. Hold the handrails and place one foot against a front wheel as you tip the treadmill.
2. Tilt the treadmill back until it rolls freely on the front 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 a front wheel, and carefully lower the treadmill until it is resting in the storage position.

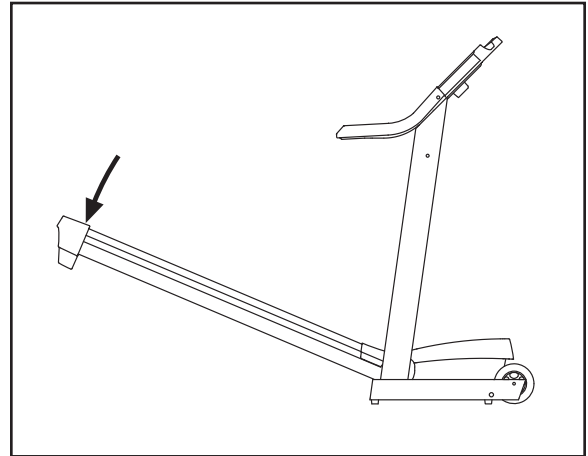


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the lock knob. Note: You may need to push the handrail to the side slightly.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLESHOOTING

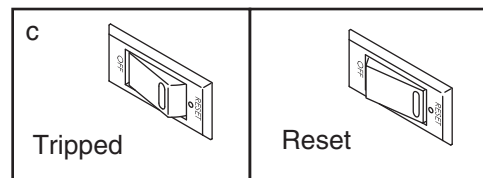
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-866-311-9111, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

**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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. 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 fully 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 back in.



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

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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.

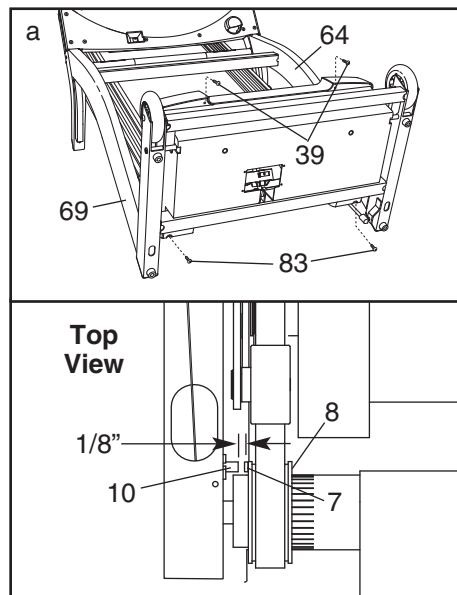
c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the reset/off circuit breaker is in the reset position.

e. If the treadmill still will not run, please call our Customer Service Department, toll-free.

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

**SOLUTION:** a. Remove the key from the console and **unplug the power cord**. Carefully tip the treadmill down as shown in drawing a. Remove the Screws (39, 83) from the hood. Raise the Uprights (64, 69) and carefully remove the hood.

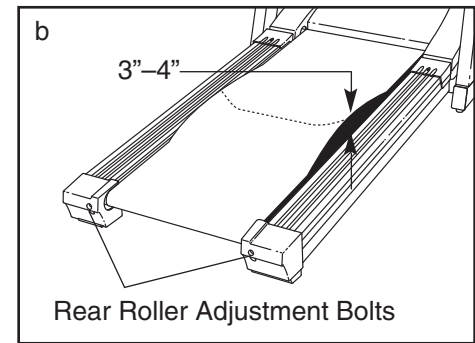


Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, use a slotted screwdriver to move the Reed Switch slightly. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

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

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

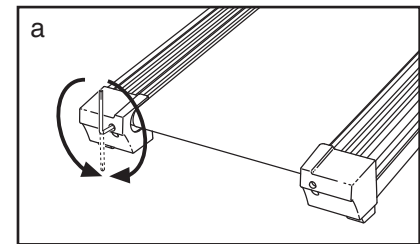
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful 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.



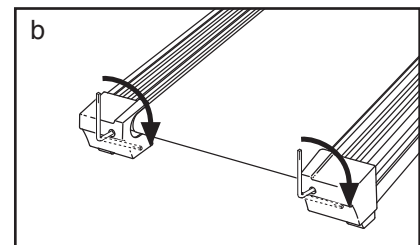
c. If the walking belt still slows, please call our Customer Service Department, toll-free.

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

**SOLUTION:** a. If the walking belt is off-center, first 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 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 side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. 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.

# 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. Remember—these are general guidelines only. 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.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	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.

To measure your heart rate during exercise, use the handgrip pulse sensor.

## 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 en-

ergy. 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

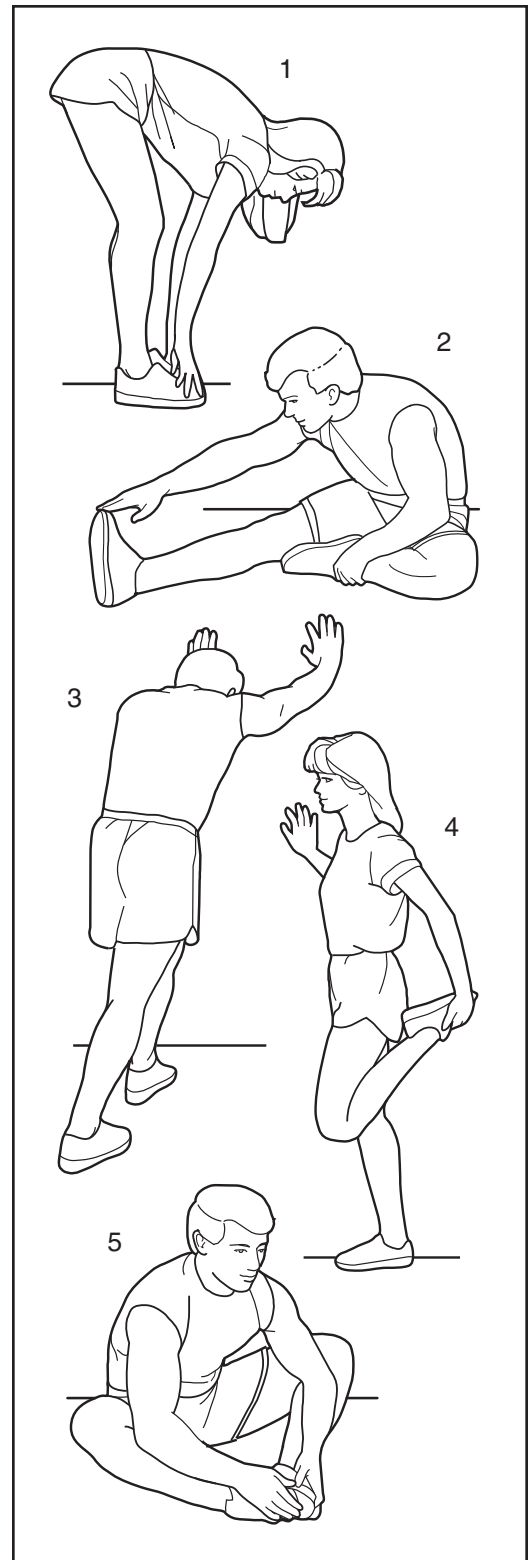
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. CTTL078040

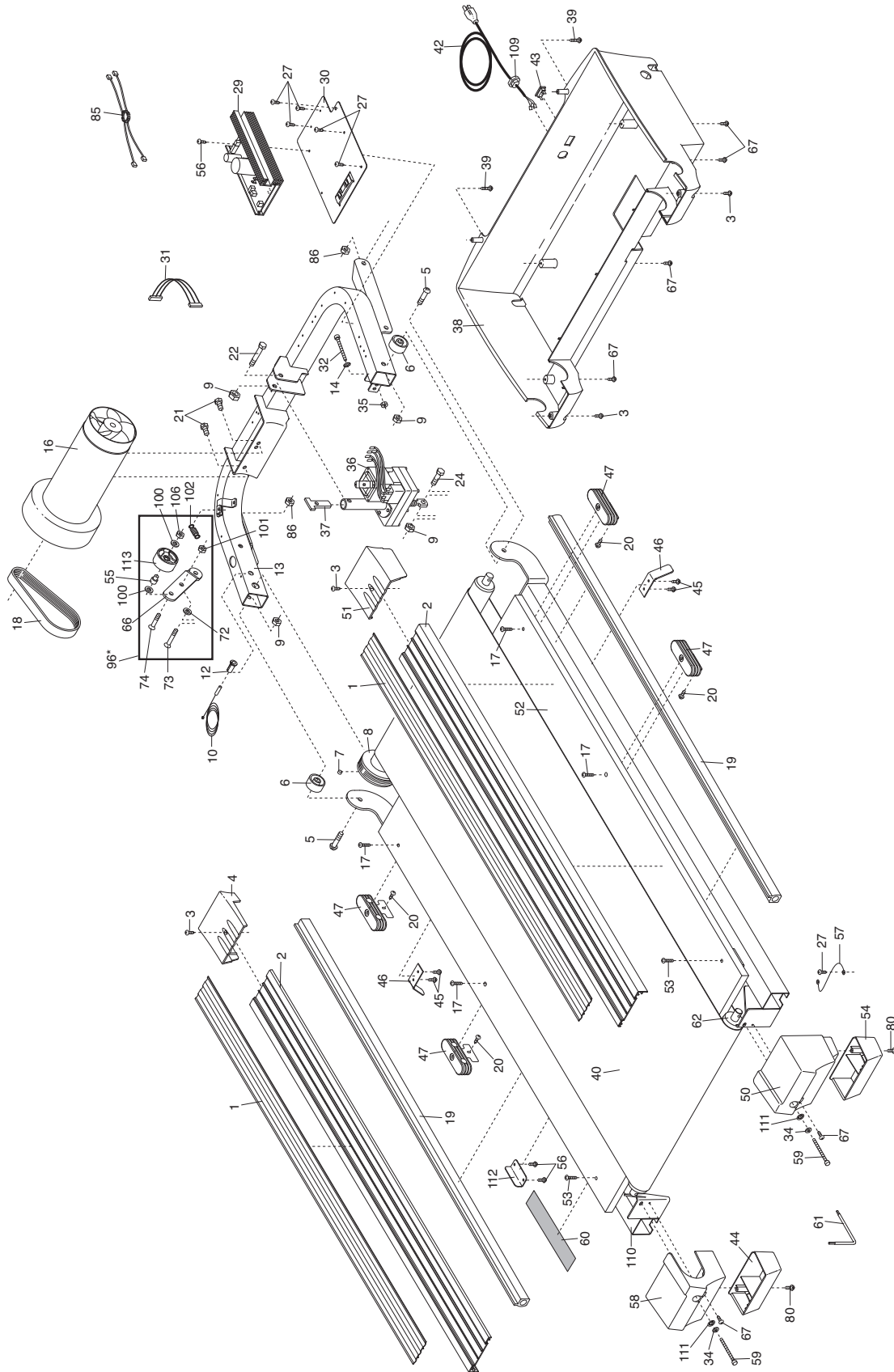
R1104B

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	Key No.	Qty.	Description
1	2	Foot Rail Insert	41	1	Upright Ground Wire	81	1	Console Base
2	2	Foot Rail	42	1	Power Cord	82	1	Console
3	4	Foot Rail Cap Screw	43	1	Reset/Off	83	8	Console Screw
4	1	Left Foot Rail Cap			Circuit Breaker	84	1	Key/Clip
5	2	Frame Pivot Bolt	44	1	Left Foot	85	1	Filter Wire
6	2	Frame Pivot Spacer	45	4	Belt Guide Screw	86	2	Lift Frame Pivot Bolt
7	1	Magnet	46	2	Belt Guide	87	13	3/4" Screw
8	1	Front Roller/Pulley	47	4	Isolator	88	1	Console Back
9	7	Frame Pivot Nut	48	2	Pulse Bar Cover	89	1	Releaseable Tie
10	1	Reed Switch/ Sensor Wire	49	1	Base	90	4	Cable Tie Screw
11	1	Latch Assembly	50	1	Right Rear Endcap	91	4	Cable Tie Clamp
12	1	Reed Switch Clip	51	1	Right Foot Rail Cap	92	4	8" Cable Tie
13	1	Lift Frame	52	1	Walking Platform	93	2	Lift Pivot Bolt
14	1	Star Washer	53	2	Rear Platform Screw	94	2	Wheel Bolt
15	4	3/8" Star Washer	54	1	Right Foot	95	2	Wheel
16	1	Drive Motor	55	1	Pulley Spacer	96*	2	Idler Assembly
17	2	Front Platform Screw	56	5	Controller Screw	97	1	Grommet
18	1	Motor Belt	57	1	Ground Wire	98	1	Upright Wire Harness
19	2	Cushion	58	1	Left Rear Endcap	99	4	Base Pad
20	4	Isolator Screw	59	2	Rear Roller Adj. Bolt	100	2	Idler Washer
21	2	Motor Bolt	60	1	Warning Decal	101	1	Tension Nut
22	1	Long Incline Motor Bolt	61	1	Allen Wrench	102	1	Idler Spring
23	1	Hood	62	1	Rear Roller	103	2	Upright Endcap
24	1	Incline Motor Bolt	63	1	Frame Guide	104	2	Incline Warning Decal
25	1	30" Wire Harness	64	1	Left Upright	105	1	Shock
26	1	25" Wire Harness	65	1	Left Foam Grip	106	1	Pulley Nut
27	7	3/4" Screw	66	1	Idler Arm	107	1	Pulse Wire
28	4	Upright Bolt	67	16	3/4" Tek Screw	108	1	Book Holder
29	1	Controller	68	1	Crossbar	109	1	Power Cord Grommet
30	1	Electronics Plate	69	1	Right Upright	110	1	Frame
31	1	Motor/Controller Wire	70	2	Latch Screw	111	2	Roller Star Washer
32	1	Front Roller Adj. Bolt	71	1	Latch Spacer	112	1	Catch
33	4	1 1/4" Tek Screw	72	1	Tension Washer	113	1	Idler Pulley
34	2	Roller Washer	73	1	Tension Bolt	#	1	12" Green Wire, 2/Ring
35	1	Front Roller Nut	74	1	Idler Arm Bolt	#	1	14" Blue Wire, 2F
36	1	Incline Motor	75	1	Right Foam Grip	#	1	User's Manual
37	1	Incline Motor Stop	76	1	Pulse Bar			
38	1	Belly Pan	77	2	Crossbar Bolt			*Includes all parts shown in the box.
39	2	Belly Pan Screw, Long	78	2	Pulse Bar Bolt			#These parts are not illustrated.
40	1	Walking Belt	79	2	Frame Guide Screw			Specifications are subject to change without notice.
			80	4	Belly Pan Screw			

# EXPLODED DRAWING—Model No. CTTL078040

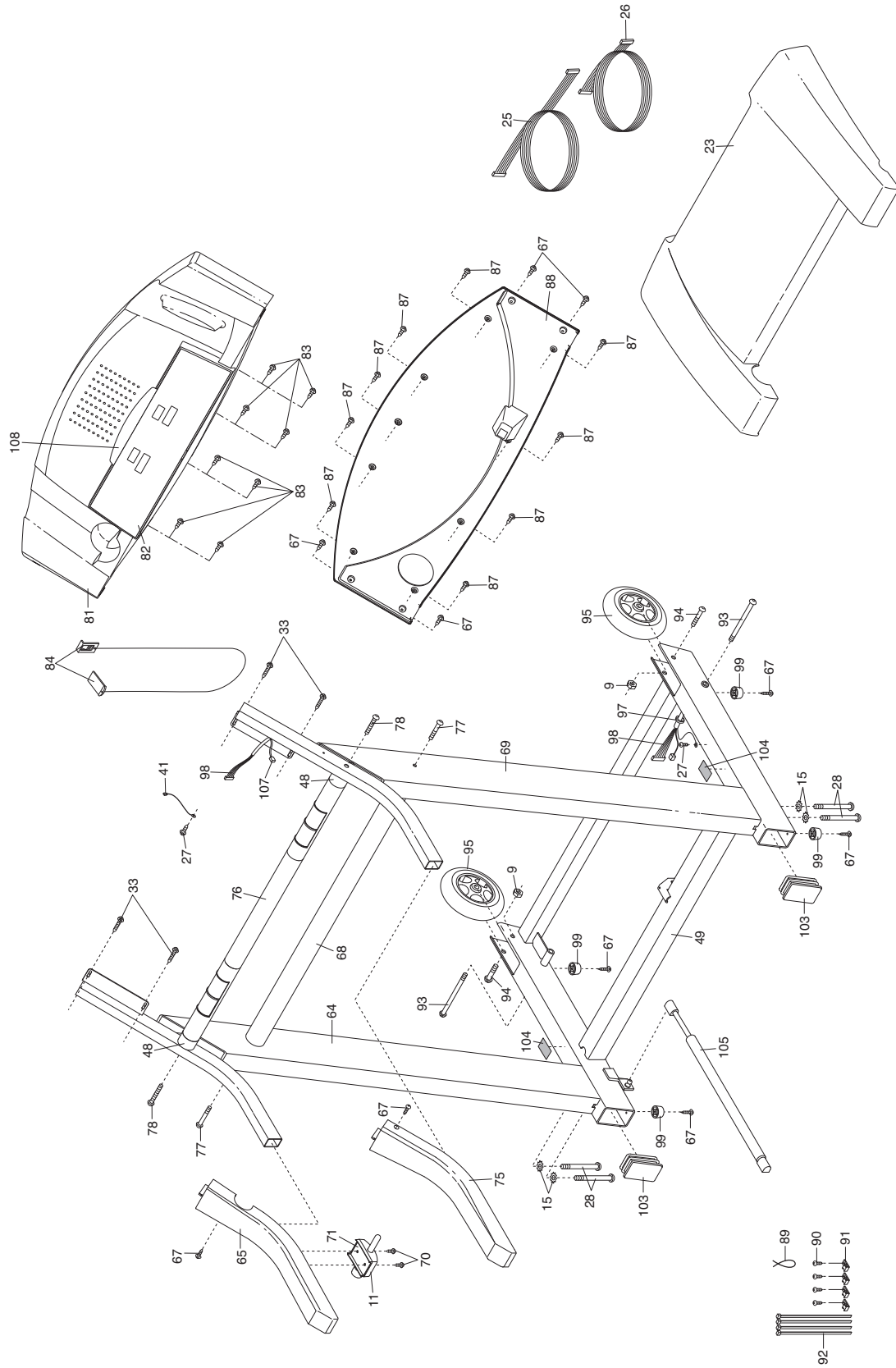
R1104B



To identify the parts shown on this exploded drawing, see the PART LIST on page 23 of the User's Manual.

# EXPLODED DRAWING—Model No. CTTL078040

R1104B



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-866-311-9111, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (CTTL078040)
- The NAME OF THE PRODUCT (CARDIO TRAINER 1000 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 page 23 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 drive motor is warranted for twelve (12) years after the date of purchase. The parts and labor are warranted for ninety (90) days 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 preauthorized by ICON. 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 states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

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

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**