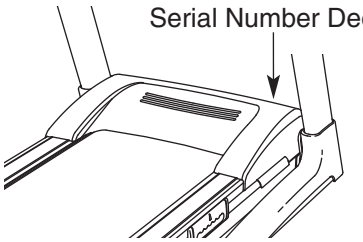
EPIC™ VIEW 700

Model No. EPTL14106.0
Serial No. _____

Write the serial number in the space above for reference.



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.

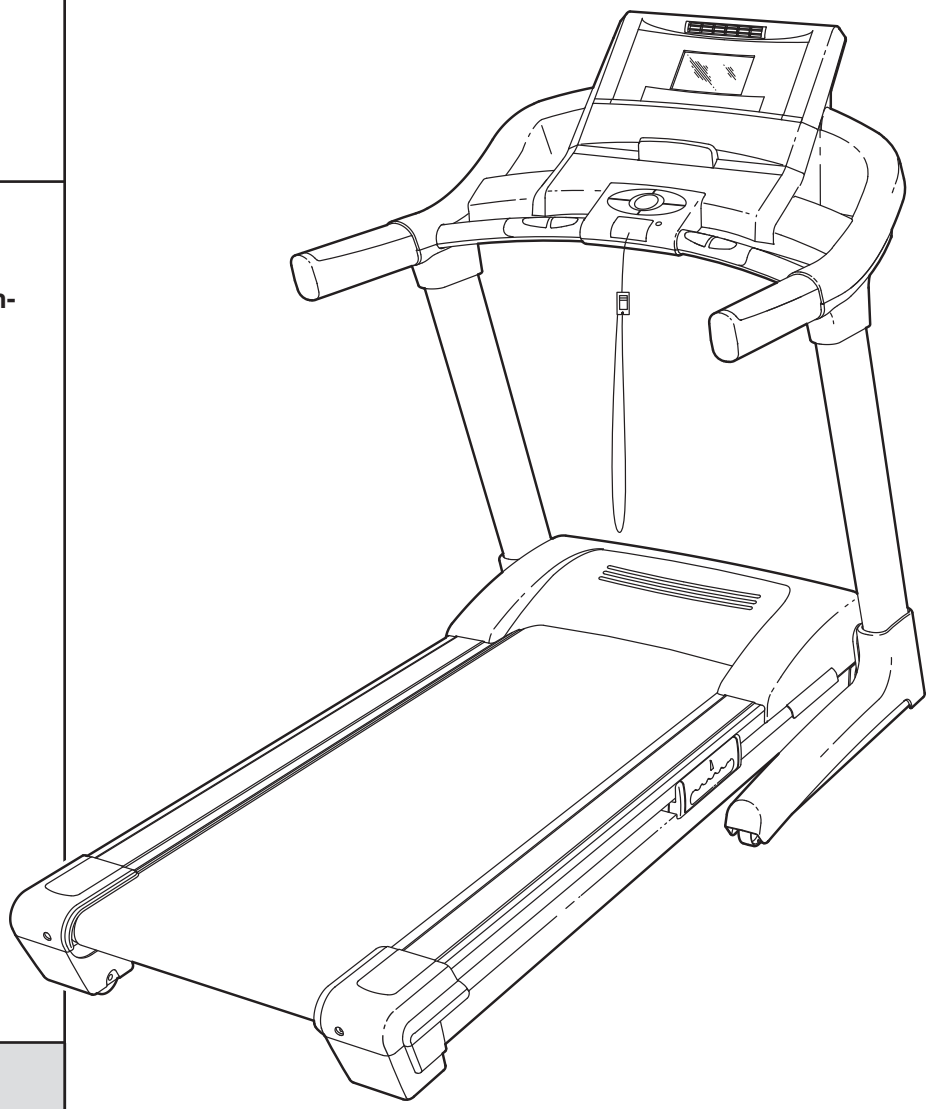
CALL TOLL-FREE:
1-866-997-6999
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.iconservice.com

⚠ CAUTION

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

USER'S MANUAL



EPIC™

VIEW 700

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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.**
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 350 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 13), plug the power cord into a surge suppressor (not included). 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 13. To purchase a surge suppressor, see your local EPIC dealer or call the toll-free telephone number on the front cover of this manual 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 TROUBLESHOOTING on page 26 if the treadmill is not working properly.)**
15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**
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 sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids 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 6 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 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 25.) You must be able to safely lift 45 pounds (20 kg) 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 frame is held securely by the pin on the latch knob.

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

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

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. 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.

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

27. If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.

28. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.

29. To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.

30. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.

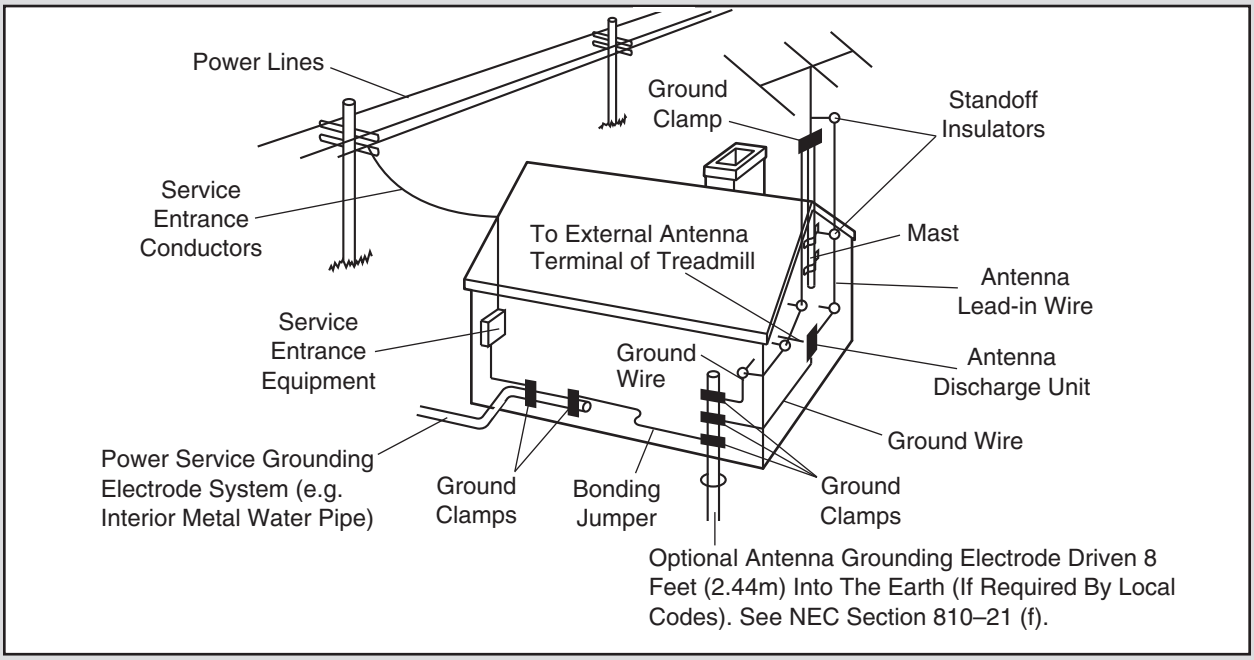
    - Use No. 10 AWG (5.3mm^2) copper, No. 8 AWG (8.4mm^2) aluminum, No. 17 AWG (1.0mm^2) copper-clad steel or bronze wire, or larger as a ground wire.

    - Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83m) apart.

    - Mount an antenna discharge unit as close as possible to where the lead-in enters the house.

    - Use a jumper wire not smaller than No. 6 AWG (13.3mm^2) copper, or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).

Note to CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



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

SAVE THESE INSTRUCTIONS

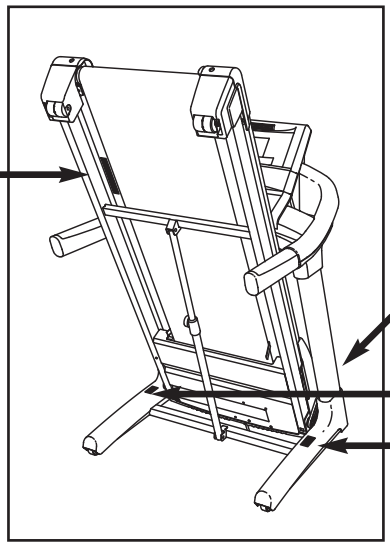
⚠WARNING:

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.



The decals shown here have been placed on the treadmill. If a decal is missing or illegible, 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 decals may not be shown at actual size.

⚠CAUTION

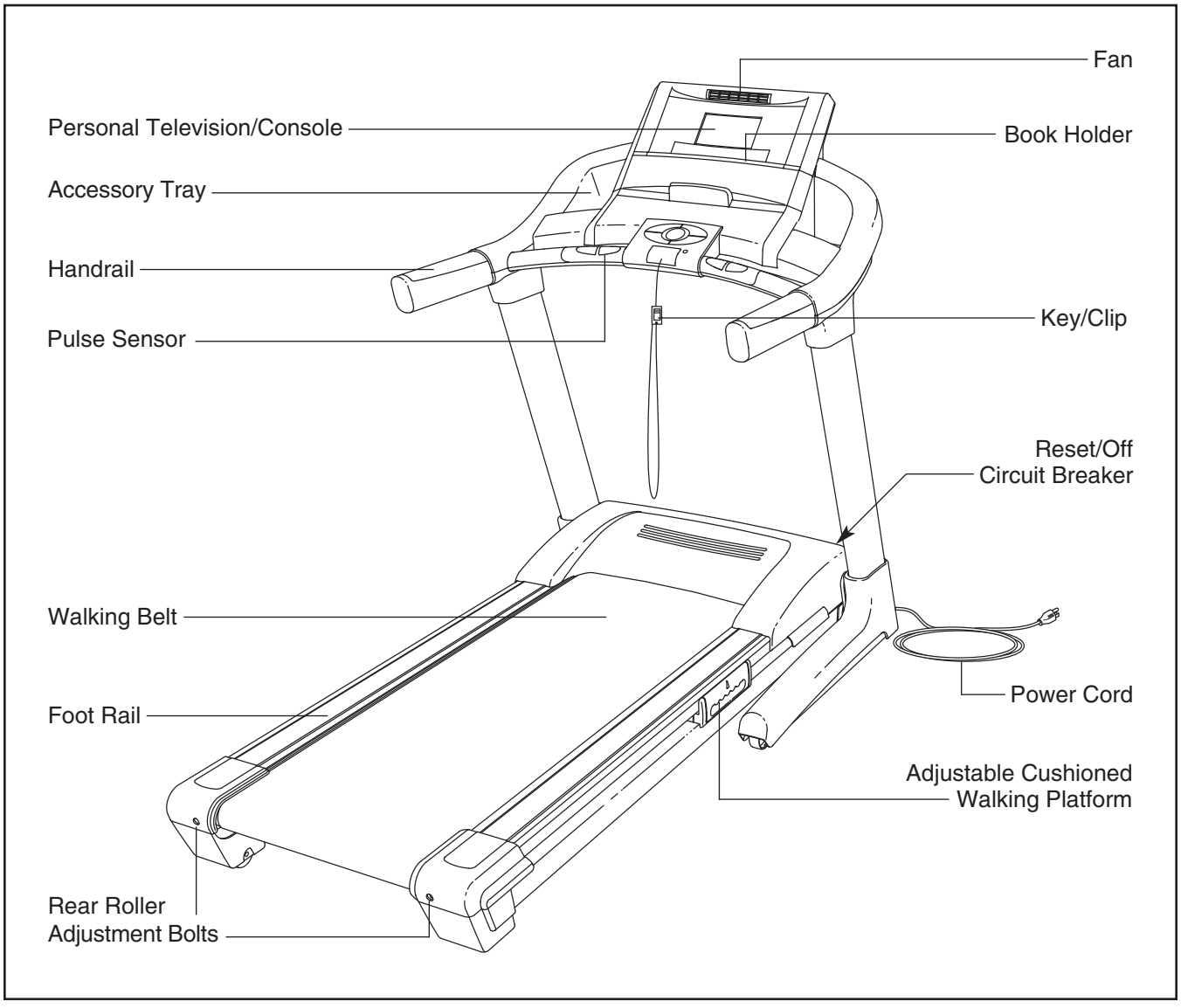
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary EPIC™ VIEW 700 treadmill. The VIEW 700 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique VIEW 700 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is EPTL14106.0.0. 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 review the drawing below and familiarize yourself with the labeled parts.

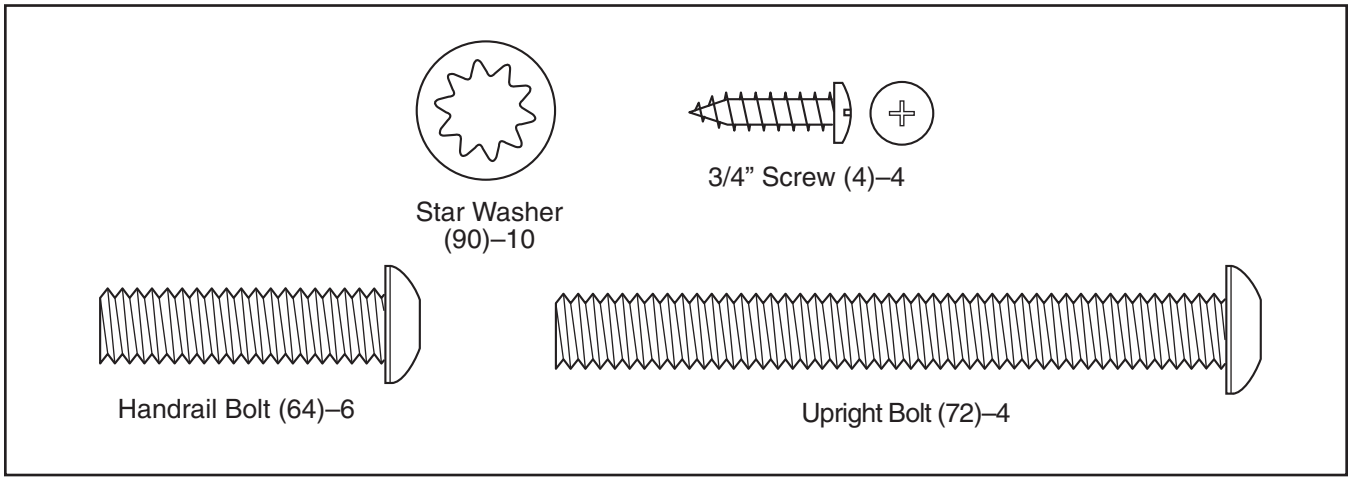


ASSEMBLY

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.

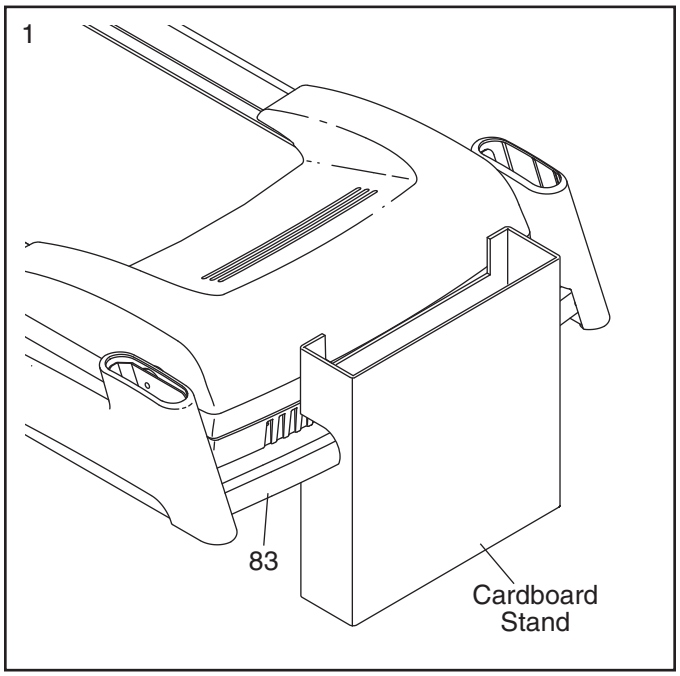
Assembly requires the included hex key **and your own phillips screwdriver** **. For help identifying the assembly hardware, see the drawings below.** The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 30 and 31. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled. 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, raise the front of the treadmill and insert the crossbar on the Base (83) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward until assembly step 2 is completed.**

⚠WARNING: Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stand. A second person must hold the treadmill until assembly step 2 is completed to prevent the treadmill from moving, tipping, or falling.



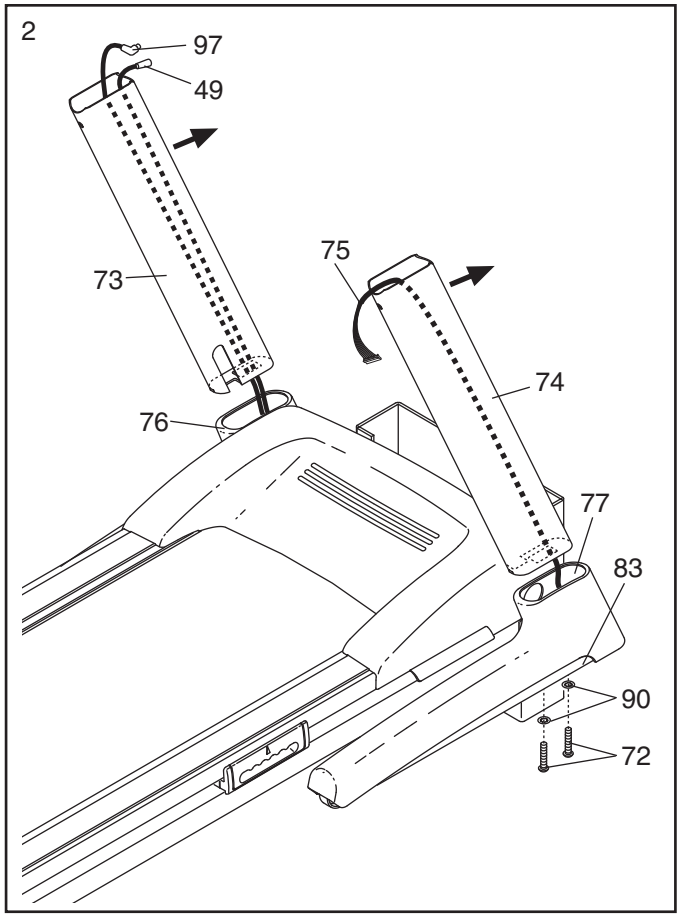
2. Identify the Left Upright (73) and the Right Upright (74). Hold the Right Upright near the Right Base Cover (77) as shown. Insert the Upright Wire Harness (75) up through the rectangular hole in the bottom of the Right Upright and out of the top of the Right Upright.

   Gently pull up on the Upright Wire Harness (75) as you set the Right Upright (74) on the Base (83) inside the Right Base Cover (77). **Be careful not to pinch the Upright Wire Harness.**

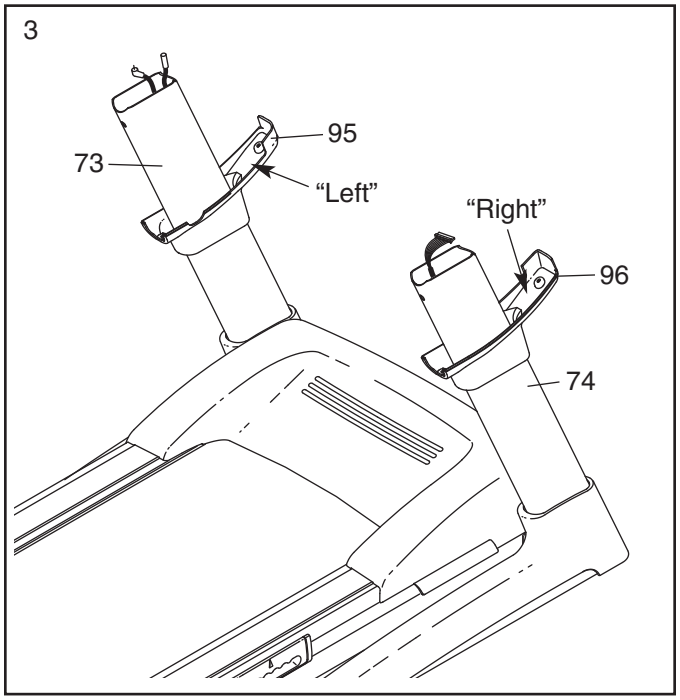
   Attach the Right Upright (74) to the Base (83) with two Upright Bolts (72) and two Star Washers (90). Note: It may be necessary to tip the tops of the Uprights forward slightly as you thread the Upright Bolts (72) into the Uprights.

   Hold Left Upright (73) near the Left Base Cover (76), and insert the TV Cable (49) and the AV Cable (97) up through the rectangular hole in the bottom of the Left Upright and out of the top of the Left Upright. Attach the Left Upright to the Base (83) with two Upright Bolts and two Star Washers (not shown).

   With the help of a second person, lower the treadmill off the cardboard stand.

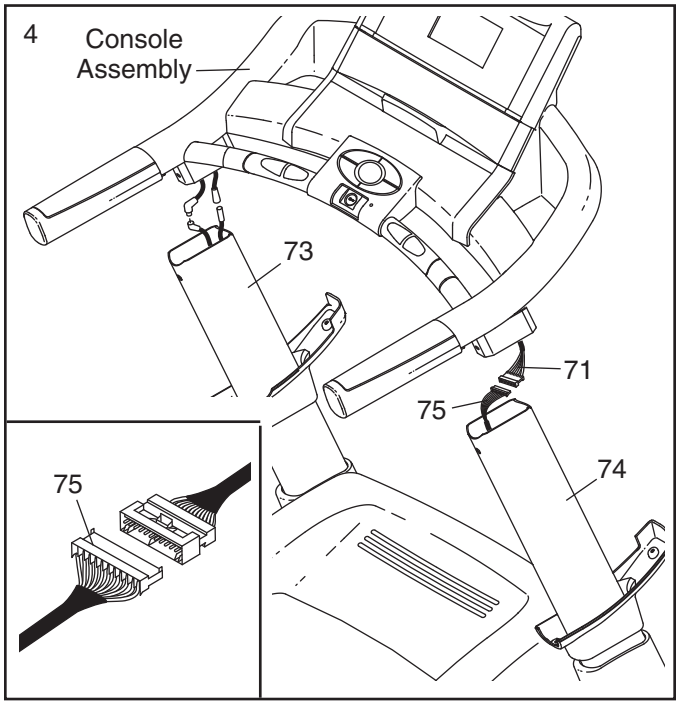


3. Identify the Right Upright Sleeve (96) and the Left Upright Sleeve (95). Slide the Right Upright Sleeve onto the Right Upright (74), and slide the Left Upright Sleeve onto the Left Upright (73).



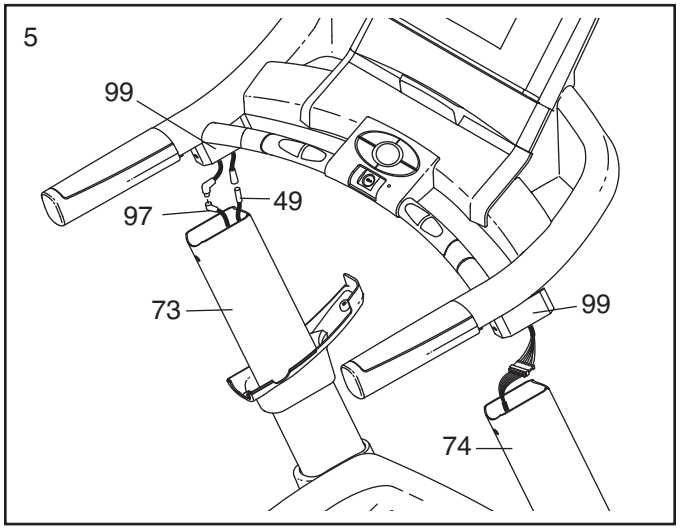
4. With the help of a second person, hold the console assembly near the Uprights (73, 74).

   Connect the Upright Wire Harness (75) to the Console Wire Harness (71). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

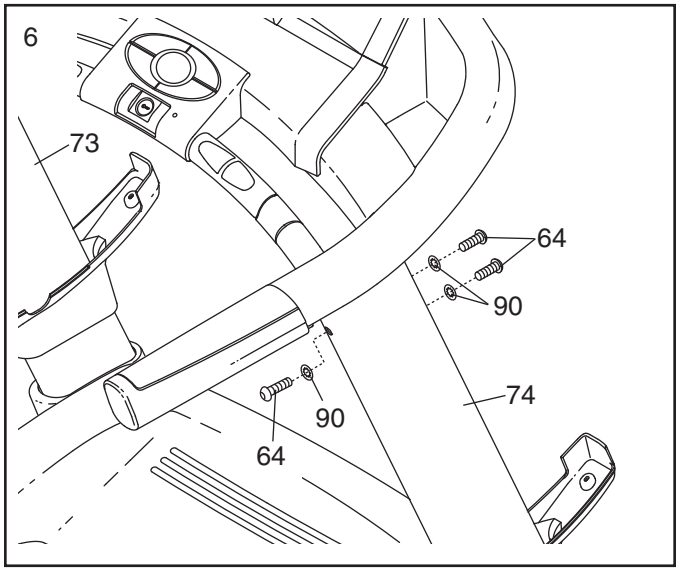


5. Connect the TV Cable (49) and the AV Wire (97) to the cables extending from the console assembly. Then, insert the connectors down into the Uprights (73, 74).

   Next, insert the brackets on the Handrails (99) into the Right Upright (74) and the Left Upright (73). **Make sure that no wires are pinched.**

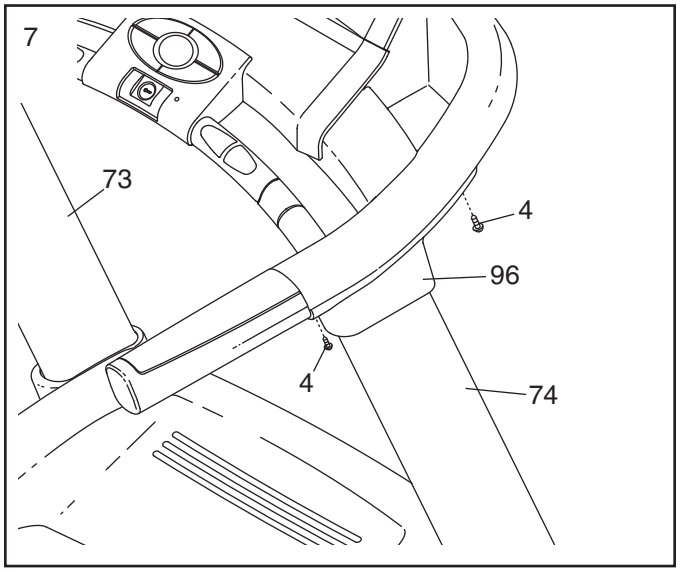


6. Finger tighten three Handrail Bolts (64) with three Star Washers (90) into the Right Upright (74). Next, finger tighten three Handrail Bolts with three Star Washers (not shown) into the Left Upright (73). Then, firmly tighten the six Handrail Bolts.

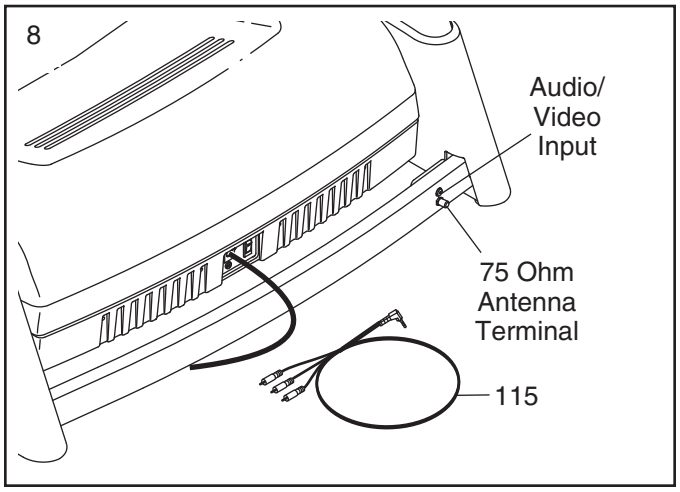


7. Slide the Right Upright Sleeve (96) up against the console assembly. Attach the Right Upright Sleeve with two 3/4" Screws (4).

   Attach the Left Upright Sleeve (not shown) to the Left Upright (73) as described above.



8. Note the location of the 75 ohm antenna terminal and the audio/video input jack on the treadmill. For the television to operate, the included Audio/Video Wire Harness (115) and your DVD player or VCR must be connected to the audio/video input jack on the treadmill, a personal audio/video player must be connected to the audio/video jack on the console, or an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal (see page 11).



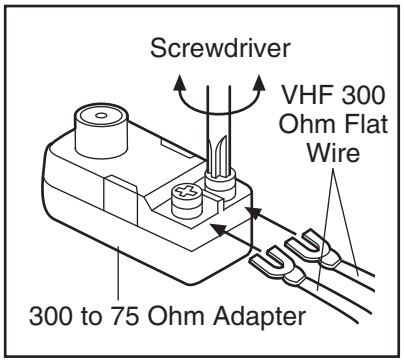
9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 27). **To protect the floor or carpet from damage, place a mat under the treadmill.**

Before operating the television, you must connect an antenna, a 75 ohm CATV cable, or a VCR to the 75 ohm antenna terminal on the treadmill; a VCR or DVD player to the three audio/video RCA jacks; or a personal audio/video player to the audio/video jack below the television on the console. Note: No antenna, cable, or adapter is included.

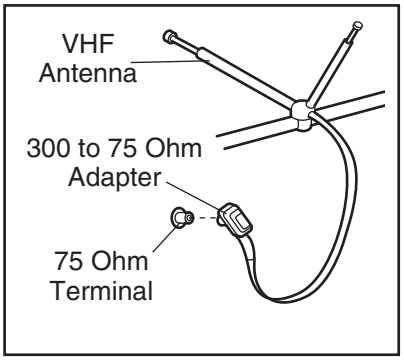
HOW TO CONNECT AN ANTENNA

Indoor Antenna

1. Place a VHF antenna in the desired location. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.

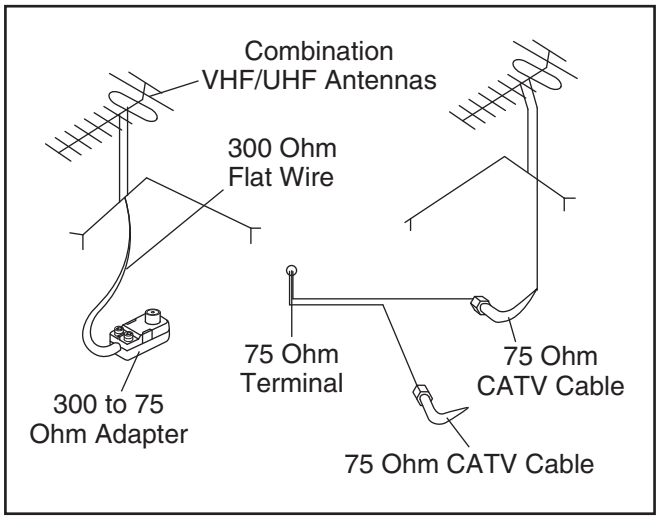


2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm antenna terminal on the treadmill frame near the power cord.



Outdoor Antenna

Note: Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your antenna and the lead-in wiring before connecting the antenna.



300 Ohm Flat Wire

1. See the drawing near the bottom of this page. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.

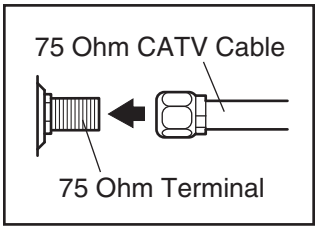
2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm antenna terminal on the treadmill frame near the power cord.

75 Ohm CATV Cable

1. See the drawing near the bottom of this page. Connect the 75 ohm CATV cable from the antenna to the 75 ohm antenna terminal on the treadmill frame near the power cord.

HOW TO CONNECT A 75 OHM CATV CABLE

1. Connect a 75 ohm CATV cable to the 75 ohm antenna terminal on the treadmill frame near the power cord.



HOW TO CONNECT A VCR

1. Connect one end of a 75 ohm CATV cable to the video output jack on your VCR.

2. Plug in the power cord of your VCR. See your VCR user's manual for proper grounding instructions.

3. Connect the 75 ohm CATV cable to the 75 ohm antenna terminal on the treadmill frame near the power cord.

HOW TO CONNECT A DVD PLAYER OR VCR

Plug the three-pronged end of the included audio/video wire harness into your DVD player or VCR, and plug the other end into the audio/video input jack on the treadmill frame near the power cord.

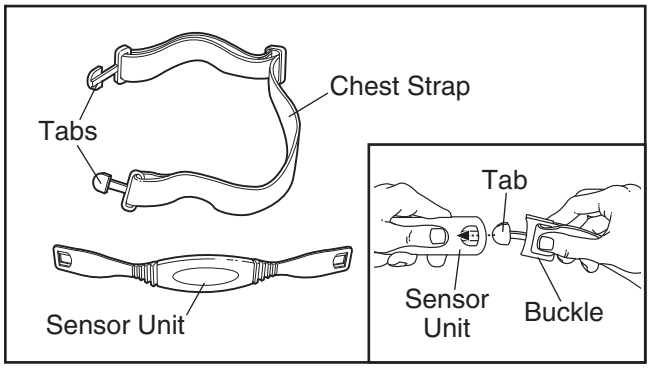
HOW TO CONNECT A PERSONAL AUDIO/VIDEO PLAYER DIRECTLY TO THE CONSOLE

Locate the audio/video jack below the television on the console, and plug it into a jack on your MP3 player, CD player, or personal audio/video player.

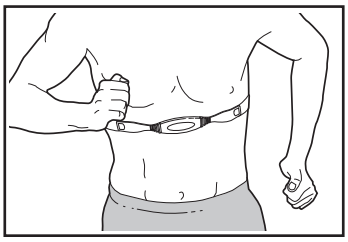
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components—the chest strap and the sensor unit.



Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing above. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

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

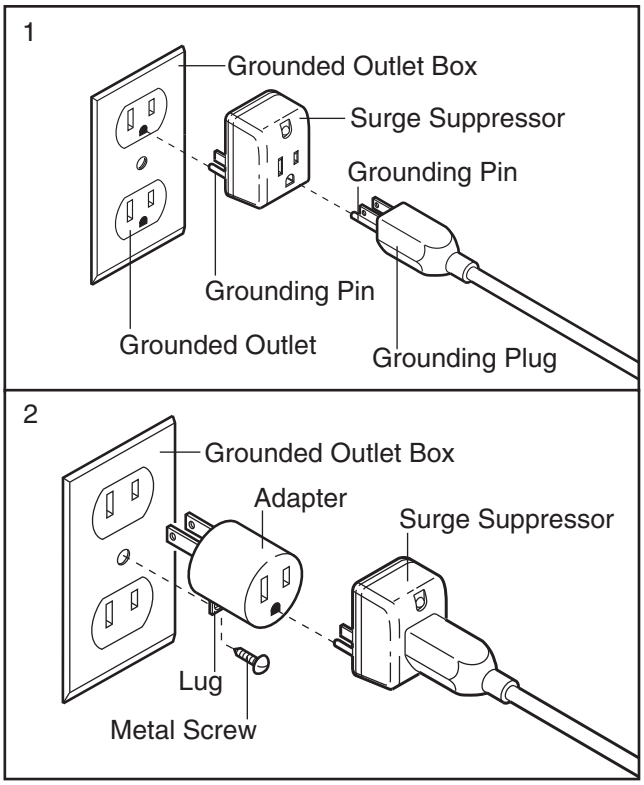
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit 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 EPIC dealer or call the toll-free telephone number on the front cover of this manual 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.

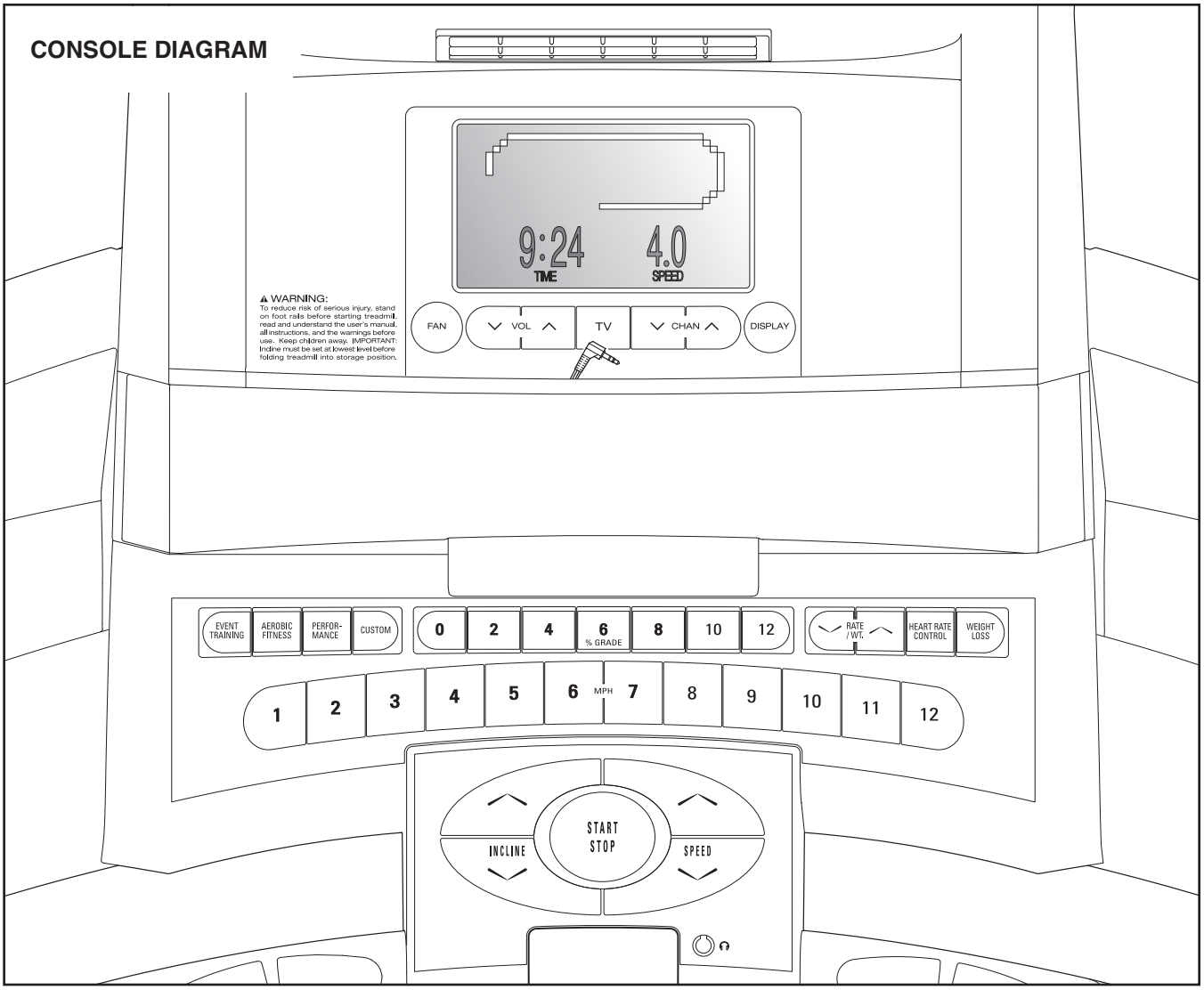
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into 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 make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the screen will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

The console also offers four event training programs. Each program counts down the distance as you complete a 5 kilometer, 10 kilometer, half marathon, or full marathon run.

In addition, the console features twenty-three preset programs—eight Aerobic Fitness programs, seven Performance programs, and eight Weight Loss 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 programs and save them for future use.

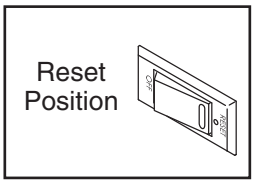
The console also offers four heart rate programs that control the speed and incline of the treadmill to help you keep your heart rate near target heart rate settings.

Whether you select the manual mode or a program, you can enjoy the shows of your choice on the personal television while you get in shape. You can even listen to your favorite workout music or audio books with the console's premium stereo sound system.

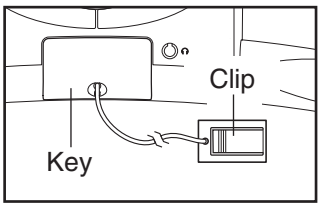
To turn on the power, follow the steps on page 15. **To use the manual mode**, see page 15. **To use an event training program**, see page 17. **To use a preset program**, see page 18. **To create and use a custom program**, see pages 19 and 20. **To use a heart rate program**, see page 21. **To operate the personal television**, see page 22. **To use the stereo sound system**, see page 22. **To use the information mode**, see page 23.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 13). 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.



2 Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Next, insert the key into the console. **The console will require about seven seconds to boot up.**



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.

Note: If there is a sheet of clear plastic on the console, peel off the clear plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 27).

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on this page.

2 **Select the manual mode.**

Each time the key is inserted, the manual mode will be selected. If you have selected a program, press any of the program buttons (Event Training, Aerobic Fitness, Performance, Custom, Heart Rate Control, or Weight Loss) repeatedly until a track and the word “Manual” appears on the screen.

3 **Start the walking belt and adjust the speed.**

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered speed (MPH) buttons.

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 increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if you keep your finger on the button, the speed setting will change in increments of 0.5 mph. If one of the numbered speed (MPH) buttons 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. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed (MPH) buttons.

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

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline (% GRADE) buttons.

Each time the Incline increase or decrease button is pressed, the incline will change by 0.5%. If one of the numbered incline (% GRADE) buttons is pressed, the incline will gradually increase until it reaches the selected incline setting.

5 Select a display mode and follow your progress with the exercise information on the screen.

As you walk or run on the treadmill, the screen can display the following exercise information:

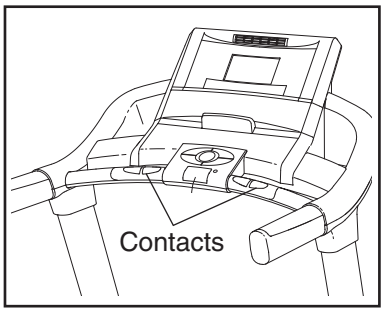
- The elapsed time. Note: When a program is selected, the screen will show the time remaining in the program instead of the elapsed time.
- The distance that you have walked or run. Note: The console can display distance and speed in either miles or kilometers (see HOW TO USE THE INFORMATION MODE on page 23). **For simplicity, all instructions in this section refer to miles.**
- The speed of the walking belt.
- The approximate number of calories you have burned.
- The incline level of the treadmill. Note: The incline level of the treadmill will be displayed only when you press the Incline buttons.
- Your heart rate. Note: Your heart rate will be displayed only when you use the handgrip pulse sensor or the chest pulse sensor.
- When the manual mode is selected, the screen can show a track that represents 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

While the television is off, you can select either of two display modes—a track and some of the exercise information, or all of the exercise information. While the television is on, you can select any of three display modes—the information can be displayed on the right side of the screen, on the bottom of the screen, or the information can be turned off while you watch the television. Press the Display button repeatedly to select the desired display mode.

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

6 Measure your heart rate if desired.

You can measure your heart rate using either the chest pulse sensor (see page 12) or the handgrip pulse sensor. Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the display will not show your heart rate accurately.



To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the handgrip pulse sensor. Next, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, your heart rate will appear on the screen. **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 high speed, press the Fan button. To turn on the fan at low speed, press the button a second time. To turn off the fan, press the Fan button again. Note: If the fan is on when the walking belt stops, 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 become damaged.** Next, remove the key from the console and put it in a secure place.

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 AN EVENT TRAINING PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2 Select an event training program.

To select an event training program, press the Event Training button repeatedly; the name of the program and a track will appear on the screen.

3 Press the Start button to start the program.

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

Near the end of the second minute of the program, the speed setting will flash on the screen and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

Near the end of the third minute of the program, the speed setting will flash on the screen and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the fourth minute of the program, the speed setting will flash on the screen and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

During an event training program, the screen will show the number of kilometers or miles still to be run.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the numbered speed (MPH) buttons.

Note: When you have completed an event, your total time and the words “Cool Down” will appear on the screen. If the speed of the walking belt was greater than 5 mph when you completed the event, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4 Select a display mode and follow your progress with the exercise information on the screen.

See step 5 on page 16.

5 Measure your heart rate if desired.

See step 6 on page 16.

6 Turn on the fan if desired.

See step 7 on page 16.

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 secure place.

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

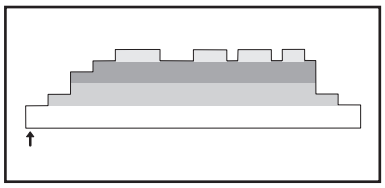
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2 Select a preset program.

To select a preset program, press the Aerobic Fitness button, the Performance button, or the Weight Loss button repeatedly.



When a preset program is selected, the screen will show the maximum speed setting and the maximum incline setting of the program, and the workout time. In addition, a diagram of the workout intensity settings of the program will be displayed. The arrow below the diagram will indicate your progress during your workout.

Note: When a weight loss program is selected, the screen will also show the calorie goal for the program. **Important: The calorie goal is an estimate of the number of calories that you will burn during the program. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of treadmill during the program, the number of calories you burn will be affected.**

3 Enter your weight.

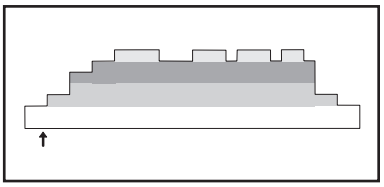
For the most accurate calorie count, enter your weight by pressing the Rate/Wt. increase and decrease buttons repeatedly. Note: Once you have entered your weight, it will be saved in memory.

4 Press the Start 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 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for two or more consecutive segments.

When only three seconds remain in the first segment of the program, a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the new speed setting and/or incline setting will appear on the screen to alert you.



When the first segment ends, the arrow below the program diagram will move one position to the right. Note: The program diagram can be displayed only when the television is in Console mode. To select the Console mode, press the TV button repeatedly until the word “Console” appears on the screen.

When the first segment ends, the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the arrow reaches the right end of the program diagram. The walking belt will then slow to a stop.

If the speed and/or incline settings of the program are too high or too low, you can override the setting by pressing the Speed or Incline buttons; however, when the next segment begins, **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. To restart the program, press the Start 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.

5 Select a display mode and follow your progress with the exercise information on the screen.

See step 5 on page 16.

6 Measure your heart rate if desired.

See step 6 on page 16.

7 Turn on the fan if desired.

See step 7 on page 16.

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

See step 7 on page 17.

HOW TO CREATE A CUSTOM PROGRAM

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

See HOW TO TURN ON THE POWER on page 15.

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

To select a custom program, press the Custom button repeatedly. When a custom program is selected, the name of the program (CUSTOM: 1, CUSTOM: 2, CUSTOM: 3, or CUSTOM: 4) will appear on the screen.

Note: If the custom program has not yet been designed, a workout time of three minutes will appear on the screen. If the workout time is more than three minutes, see HOW TO USE A CUSTOM PROGRAM on page 20.

3 **Press the Start 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.

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

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. 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 and then the Speed decrease button. The speed and incline settings that you have programmed and the program time will then be saved in memory.

4 **Select a display mode and follow your progress with the exercise information on the screen.**

See step 5 on page 16.

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

See step 6 on page 16.

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

See step 7 on page 16.

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

See step 7 on page 17.

HOW TO USE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2 Select one of the four custom programs.

To select a custom program, press the Custom button repeatedly. When a custom program is selected, the name of the program (CUSTOM: 1, CUSTOM: 2, CUSTOM: 3, or CUSTOM: 4) will appear on the screen.

In addition, the maximum speed and incline settings of the program, the workout time, and a profile of the intensity settings of the program will appear. **Note: If the workout time is only three minutes, see HOW TO CREATE A CUSTOM PROGRAM on page 19.**

3 Press the Start 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 custom program will function in the same way as a preset program (see step 4 on page 18).

If desired, you can redesign the program while using it. **To change the speed setting or the 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 and then the Speed decrease button. **To decrease the length of the program,** press the Stop button and then the Speed decrease button at any time before the program is completed.

To stop the program temporarily, press the Stop button. To restart the program, press the Start 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 programmed for the next segment.

4 Select a display mode and follow your progress with the exercise information on the screen.

See step 5 on page 16.

5 Measure your heart rate if desired.

See step 6 on page 16.

6 Turn on the fan if desired.

See step 7 on page 16.

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

See step 7 on page 17.

HOW TO USE A HEART RATE PROGRAM

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a heart rate program.

1 Put on the chest pulse sensor.

Note: You must wear the chest pulse sensor to use a heart rate program.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

3 Select one of the four heart rate programs.

To select a heart rate program, press the Heart Rate Control button repeatedly. When a heart rate program is selected, the name of the program (HEART RATE: 1, HEART RATE: 2, HEART RATE: 3, or HEART RATE: 4) will appear on the screen.

If heart rate program 1 is selected, a track will appear on the screen.

If heart rate program 2, 3, or 4 is selected, a profile of the heart rate settings of the program will appear on the screen. The arrow below the profile will indicate your progress during the workout.

4 Enter a target heart rate setting.

If heart rate program 1 is selected, the target heart rate setting for the entire program will appear on the screen beside the words “Max Target BPM” (beats per minute). If desired, press the Rate/Wt. increase and decrease buttons to change the target heart rate setting **(see EXERCISE INTENSITY on page 29).**

If heart rate program 2, 3, or 4 is selected, the maximum target heart rate setting of the program will appear on the screen beside the words “Max Target BPM.” If desired, press the Rate/Wt. increase and decrease buttons to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 29).** Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

5 Press the Start 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.

Heart rate program 1 is divided into one-minute segments. The same target heart rate setting is programmed for all segments (except for the first two segments). Heart rate programs 2, 3, and 4 are divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

During each segment of the program, the console will compare your heart rate to the target heart rate setting for that segment. If your heart rate is too far below or above the target heart rate setting, the speed and/or incline will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash on the screen to alert you, regardless of which display mode is selected.

If heart rate program 2, 3, or 4 is selected, a series of tones will sound when the first segment of the program ends. The arrow below the program diagram will then move one position to the right. The program will continue in this way until the arrow reaches the right end of the program diagram. The walking belt will then slow to a stop.

If the speed settings and/or incline settings are too high or too low, you can change the intensity level of the program at any time by pressing the Speed and Incline buttons; however, when the console compares your heart rate to the target heart rate for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting for the current segment of the program, the speed and/or incline of the treadmill will automatically change to bring your heart rate closer to the target heart rate setting.

6 Select a display mode and follow your progress with the exercise information on the screen.

See step 5 on page 16.

7 Turn on the fan if desired.

See step 7 on page 16.

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

See step 7 on page 17.

HOW TO OPERATE THE PERSONAL TELEVISION

IMPORTANT: Before operating the television, you must connect an antenna, a 75 ohm CATV cable, or a VCR to the 75 ohm antenna terminal on the treadmill; a VCR or DVD player to the three audio/video RCA jacks; or a personal audio/video player to the audio/video jack below the television on the console. See page 11 for instructions.

Follow the steps below to operate the television.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2 Press the TV button to select a television source or the Console mode.

Select a television source or the Console mode by pressing the TV button repeatedly.

If you have connected an antenna, a 75 ohm CATV cable, or a VCR to the 75 ohm antenna terminal on the treadmill, select the Tuner source. If you have plugged a DVD player or VCR into the three audio/video RCA jacks, select the Input 1 source. If you have connected a personal audio/video player to the audio/video jack below the television on the console, select the MP3 source. If you do not wish to use the television, select the Console mode.

3 Press the Channel buttons to select the desired channel.

When the television is turned on, the screen will show the last channel that was selected. To select a different channel, press the Channel (CHAN) buttons. The selected channel number will appear on the screen for a few seconds. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See HOW TO USE THE INFORMATION MODE on page 23.

4 Press the Volume buttons to adjust the volume.

When either Volume (VOL) button is pressed, the volume level indicator will appear on the screen for a few seconds.

To use earphones or headphones (not included), plug them into the headphone jack beside the key on the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or personal audio/video player to the console. Locate the audio/video jack below the television on the console, and plug it into a jack on your MP3 player, CD player, or personal audio/video player. **Make sure that the audio/video cable is fully plugged in.**

Next, select the MP3 source on the console by pressing the TV button repeatedly until "MP3" appears on the screen.

Then, press the Play button on your MP3 player, CD player, or personal audio/video player. Then, adjust the volume on your MP3 player, CD player, or personal audio/video player. You can also adjust the volume on the console by pressing the Volume (VOL) increase and decrease buttons.

If you are using a personal CD player or DVD player and the CD or DVD skips, set the CD player or DVD player on the floor or another flat surface instead of on the console.

HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view treadmill usage information, select a system of measurement for the console, and turn on and turn off the demo mode. The information mode also allows you to adjust the settings of the television and to save channels into the television's memory.

Follow the steps below to use the information mode.

1 Press the Rate/Wt. decrease button while inserting the key into the console.

When the information mode is selected, the lower part of the screen will show the total number of miles or kilometers that the walking belt has moved (Distance) and the total number of hours that the treadmill has been used (Time).

In addition, the center of the display will show the word "English" for English miles or the word "Metric" for metric kilometers. Press the Speed increase button to change the unit of measurement if desired.

IMPORTANT: If the words "Demo On" appear in the center of the display, the "demo" mode is selected. This mode is intended to be used only when a treadmill is displayed in a store. When the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the displays on the console will automatically light in a preset sequence. The buttons on the console will not function. **If the words "Demo On" appear on the screen when the information mode is selected, press the Speed decrease button so the words "Demo Off" appear.**

While the information mode is selected, you can select an equalizer setting to optimize the sound of your personal music if desired. To select an equalizer setting, first press the Start/Stop button. Next, press the Speed increase and decrease buttons to choose among Default, Classic, Country, Techno, or Rock. When you have selected a setting, remove the key from the console. Then, press the Rate/Wt. decrease button while reinserting the key into the console.

2 Press the TV button and adjust the brightness, contrast, color, sharpness, and/or hue of the television.

When the TV button is pressed, the brightness level indicator will appear on the television screen. Press the Volume (VOL) buttons to adjust the brightness setting if desired.

Next, press the Channel (CHAN) buttons until the contrast, color, sharpness, or hue level indicator appears. Adjust the settings, if desired, by pressing the Volume buttons.

3 Press the TV button again and add or delete channels.

After all valid channels available in your area have been saved into the television's memory (see step 5 on this page), you can manually add channels or delete unwanted channels.

To add or delete a channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume increase button to add the channel, or the Volume decrease button to delete the channel. Continue this process until you have added all desired channels and deleted all unwanted channels.

4 Press the TV button again and select an antenna connection or a cable connection.

After the TV button is pressed, press the Volume decrease button to select the Antenna setting, the Volume increase button to select the Standard Cable setting, the Channel decrease button to select the Cable IRC setting, or the Channel increase button to select the Cable HRC setting. If you have connected an antenna to the treadmill, the Antenna setting should be selected. If you have connected a CATV cable, one of the three Cable settings should be selected; try all three Cable settings, if necessary, to find the optimal setting.

5 Press the TV button again and save channels into the television's memory.

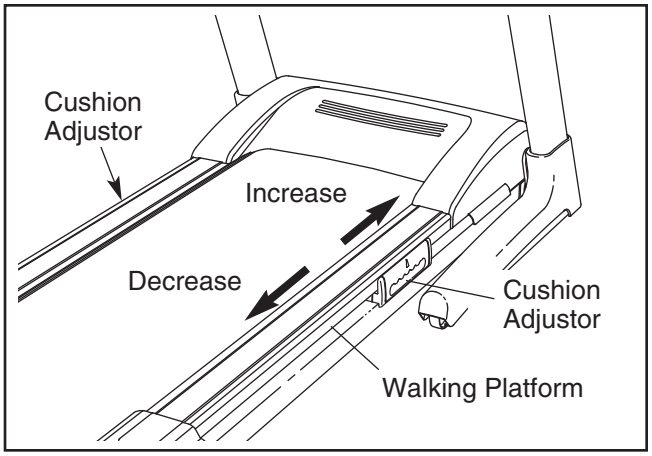
When the TV button is pressed, the television will begin scanning all of the channels available in your area. When no broadcast signal is detected on a channel, the channel will be skipped. When a broadcast signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel is reached. **Do not remove the key while the television is scanning channels.**

6 When you are finished using the information mode, remove the key from the console.

To exit the information mode at any time (except while the television is scanning channels), remove the key from the console.

HOW TO ADJUST THE CUSHIONING SYSTEM

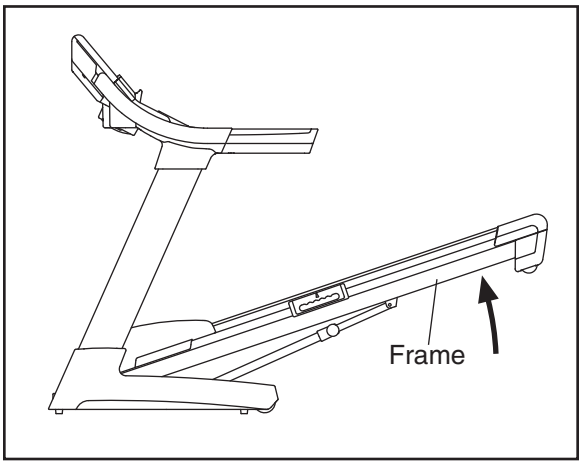
The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the cushion adjusters toward the front of the treadmill. To decrease the firmness, slide the cushion adjusters toward the back of the treadmill. **Note: 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.**



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

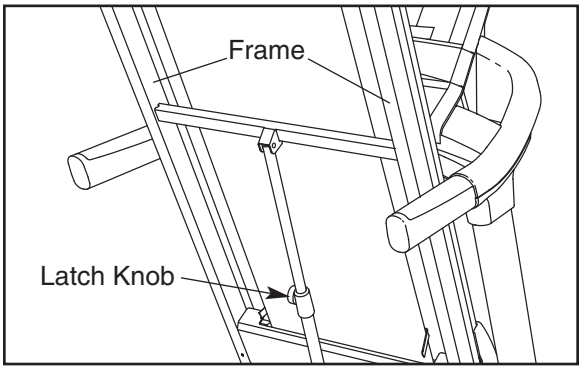
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs.** Raise the frame about halfway to the vertical position.

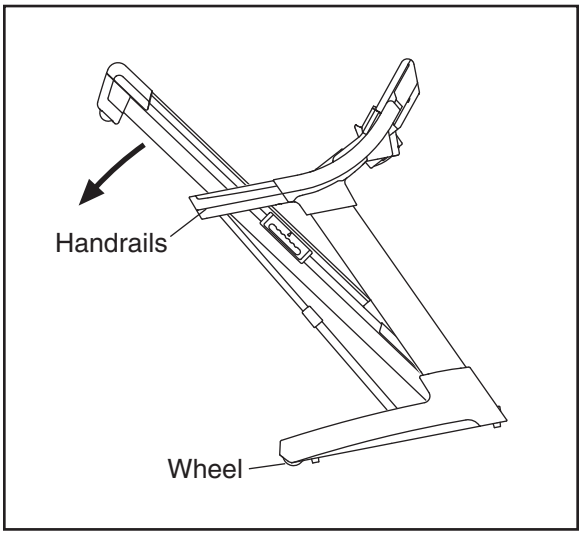
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   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 latch knob is locked in the storage position.**



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 against one of the wheels, 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 left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and release the latch knob. Note: To release the latch knob, it may be necessary to push the frame forward as you pull the latch knob to the left.

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

TROUBLESHOOTING

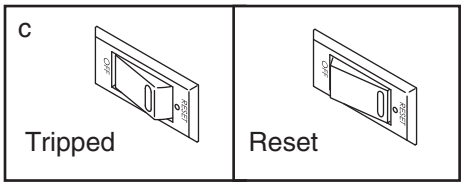
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **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.

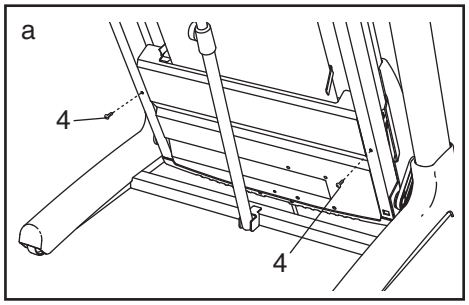
c. Remove the key from the console. Reinsert the key into the console.

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

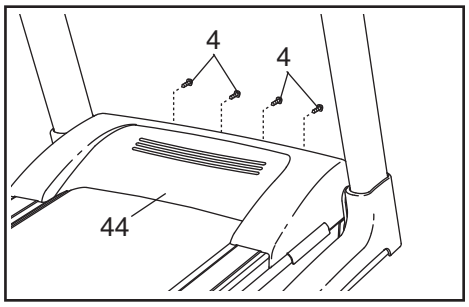
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 25).

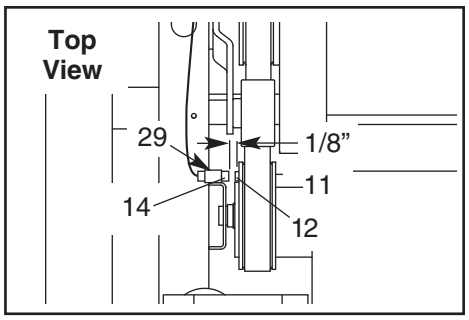
Next, remove the two indicated 3/4" Screws (4).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 25). Remove the four indicated 3/4" Screws (4), and remove the Hood (44).



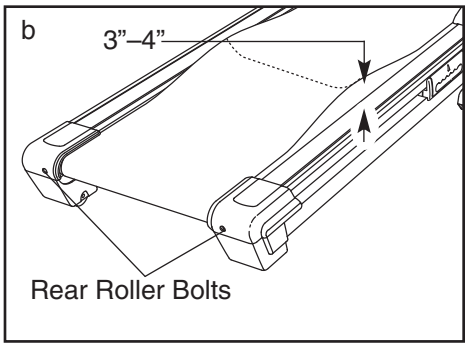
Next, locate the Reed Switch (14) and the Magnet (12) on the left side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the indicated Screw (29), move the Reed Switch slightly, and then retighten the Screw. Then, reattach 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 13.

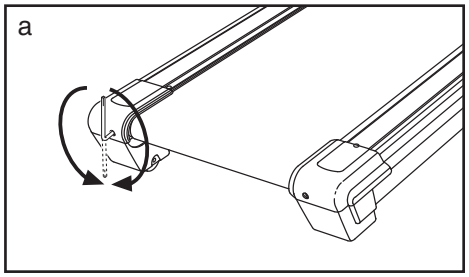
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be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



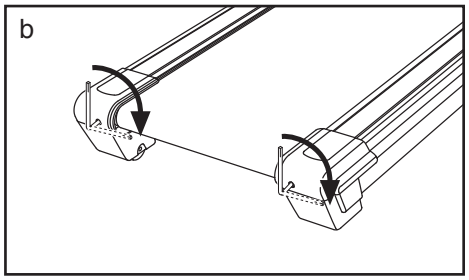
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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 hex key 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 hex key, 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 3 to 4 inches 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.

PROBLEM: Television reception is poor

SOLUTION: a. For the television to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. (See HOW TO CONNECT AN ANTENNA on page 11.)

b. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.

- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.

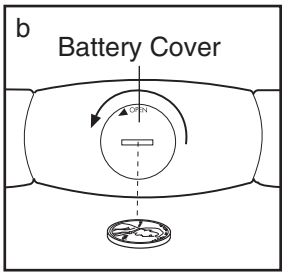
- Blue Screen—If the treadmill is located in the fringe area of a television station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.

Note: If one of these symptoms appears when the cable from a CATV company is connected, the symptom may be caused by the local company broadcast.

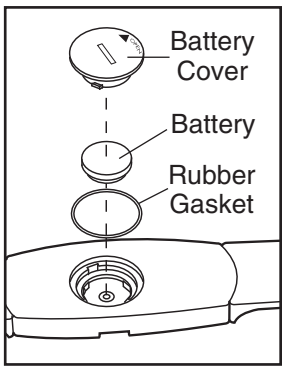
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 12.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the “open” position. Remove the cover.



Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



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.

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.

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.

PART LIST—Model No. EPTL14106.0

R1006A

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

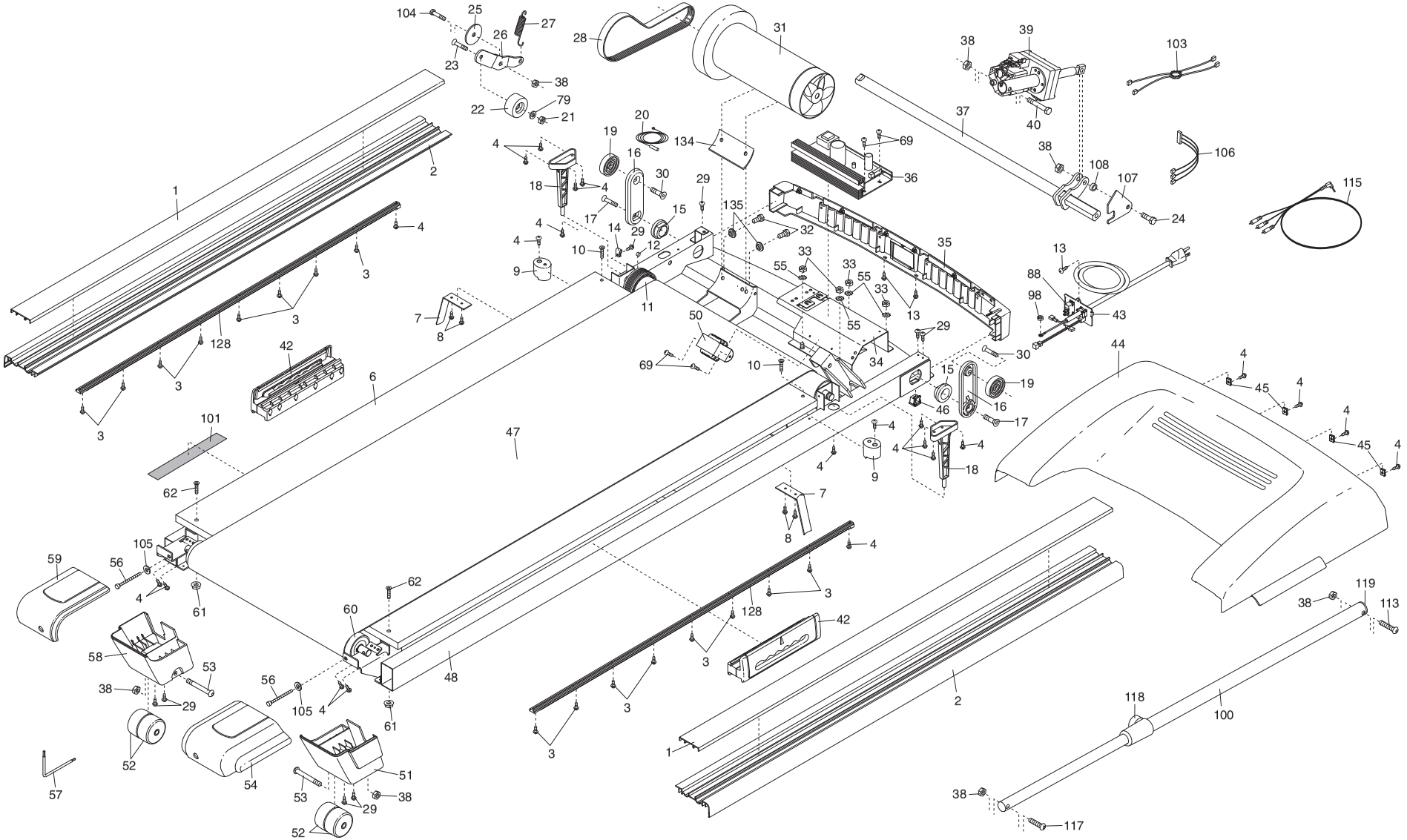
Key No.	Qty.	Description
1	2	Foot Rail Cover
2	2	Foot Rail
3	16	Cushion Track Screw
4	62	3/4” Screw
5	9	3/4” Tek Screw
6	1	Walking Platform
7	2	Belt Guide
8	4	Belt Guide Screw
9	2	Front Isolator
10	2	Platform Bolt, Front
11	1	Front Roller/Pulley
12	1	Magnet
13	13	1/2” Screw
14	1	Reed Switch Clip
15	2	Incline Rod Bushing
16	2	Lift Arm
17	2	Lift Pivot Bolt
18	2	Hood Mount
19	2	Lift Arm Spacer
20	1	Reed Switch
21	1	Idler Wheel Nut
22	1	Idler Wheel
23	1	Idler Wheel Bolt
24	1	Lift Motor Bolt, Bottom
25	1	Idler Arm Spacer
26	1	Idler Arm
27	1	Idler Arm Spring
28	1	Motor Belt
29	9	3/4” Tek Screw
30	2	Lift Pivot Bolt
31	1	Drive Motor
32	2	Motor Bolt
33	4	Electronic Bracket Nut
34	1	Electronic Bracket
35	1	Front Endcap
36	1	Controller
37	1	Incline Rod
38	11	Nut
39	1	Lift Motor
40	1	Lift Motor Bolt, Top
41	1	AV Cover
42	2	Platform Cushion
43	1	Power Cord Assembly
44	1	Hood
45	4	Hood Clip
46	2	Grommet
47	1	Walking Belt
48	1	Frame
49	1	TV Cable
50	1	Transformer
51	1	Right Rear Foot
52	4	Rear Wheel
53	2	Rear Wheel Bolt
54	1	Right Rear Endcap
55	4	Bracket Star Washer
56	2	Rear Roller Adj. Bolt
57	1	Allen Wrench
58	1	Left Rear Foot
59	1	Left Rear Endcap
60	1	Rear Roller
61	2	Platform Nut
62	2	Platform Bolt, Rear
63	1	Console Fan
64	6	Handrail Bolt
65	1	Console Base
66	1	Console
67	1	TV Console
68	1	Jack Ground Wire
69	6	Electronics Screw
70	1	Pulse Receiver Cover
71	1	Console Wire Harness
72	6	Upright Bolt
73	1	Left Upright
74	1	Right Upright
75	1	Upright Wire Harness
76	1	Left Base Cover
77	1	Right Base Cover
78	6	Washer
79	1	Idler Wheel Washer
80	4	Console Crossbar Star Washer
81	4	Base Pad
82	4	1” Tek Screw
83	1	Base
84	3	Pulse Bar Ground Screw
85	2	Wheel Bolt
86	2	Wheel
87	2	Caution Decal
88	1	Reset/off Circuit Breaker
89	1	Key/Clip
90	10	Star Washer
91	3	Releasable Tie
92	1	Tie Clamp
93	12	Plastic Tie
94	2	Handrail Cover
95	1	Left Upright Sleeve
96	1	Right Upright Sleeve
97	1	AV Wire
98	1	Ground Nut

Key No.	Qty.	Description
99	1	Handrail
100	1	Latch Assembly
101	1	Latch Warning Decal
102	1	AV Wire Nut
103	1	Filter Wire
104	1	Idler Arm Bolt
105	2	Rear Roller Washer
106	1	Incline/Controller Wire
107	1	Incline Stop Bracket
108	1	Stop Bracket Spacer
109	1	Static Decal
110	1	Console Plate
111	2	TV Cable Nut
112	1	TV Cable Star Washer
113	1	Lower Latch Bolt
114	4	Handrail Cover Fastener
115	1	Audio/Video Wire Harness
116	2	Console Clamp
117	1	Upper Latch Bolt
118	1	Latch Knob
119	1	Latch Endcap
120	1	Left Pulse Grip
121	1	Right Pulse Grip
122	2	4” Ground Wire
123	1	Console TV Cable
124	1	Speaker Cover
125	1	Speaker
126	4	Speaker Screw
127	1	Caution Decal, Base
128	2	Cushion Track
129	1	Chest Pulse Sensor
130	1	Chest Pulse Strap
131	1	Chest Pulse Receiver
132	1	Chest Pulse Receiver Screw
133	4	Console Clamp Screw
134	1	Motor Isolator
135	2	Motor Mount Bushing
#	1	8” Blue Wire, 2 F
#	1	User’s Manual

#These parts are not illustrated

EXPLODED DRAWING—Model No. EPTL14106.0

R1006A



EXPLODED DRAWING—Model No. EPTL14106.0

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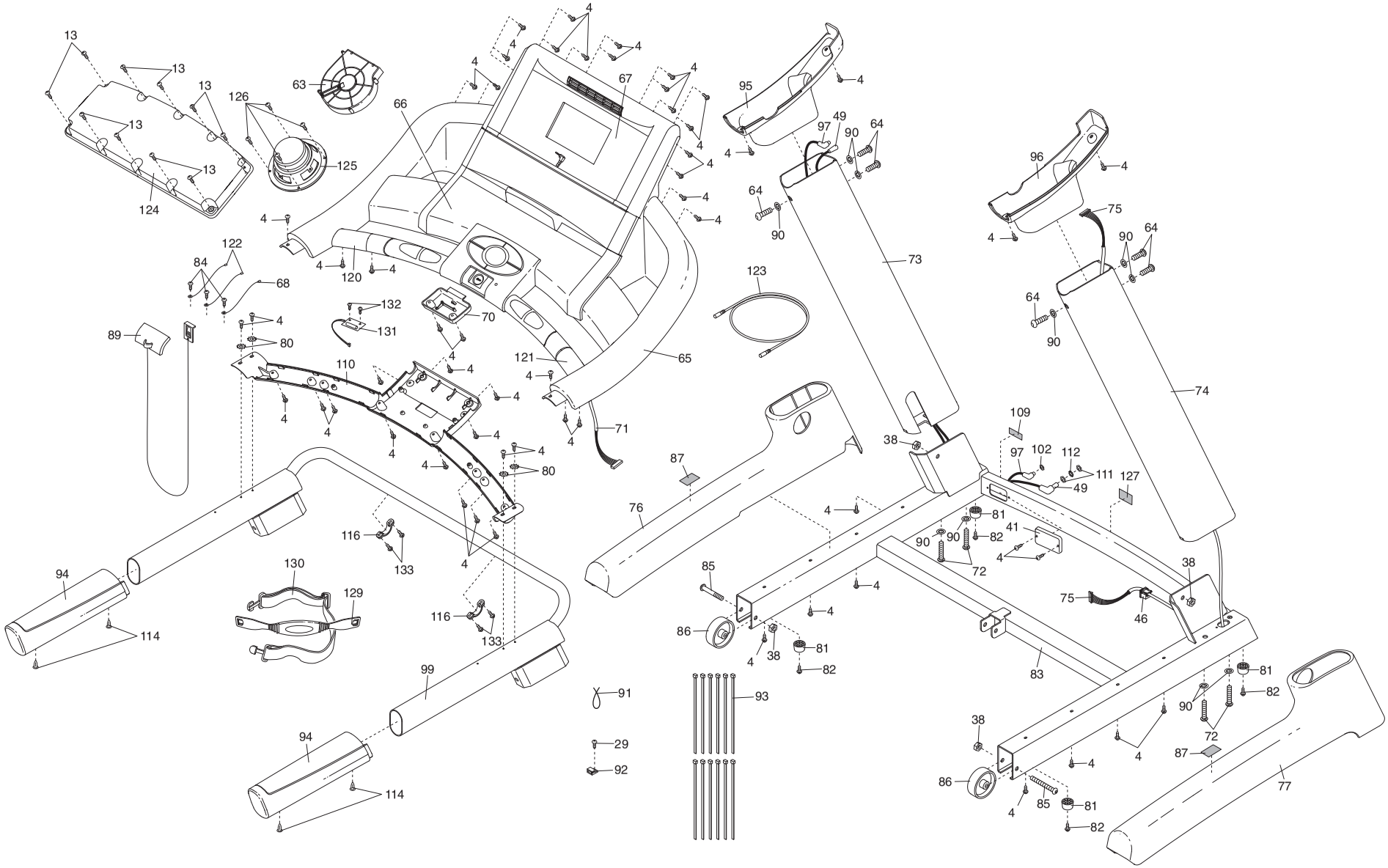

ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (EPTL14106.0)
- the NAME of the product (EPIC VIEW 700 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 a lifetime. The drive motor is warranted for twenty (20) 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 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

Part No. 246830 R1006A

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