

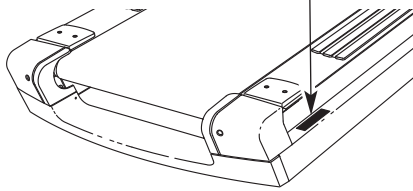
# FREEMOTION® *Reflex t 11.4*

Model No. FMTL39809.0

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

Write the serial number in the space above for reference.

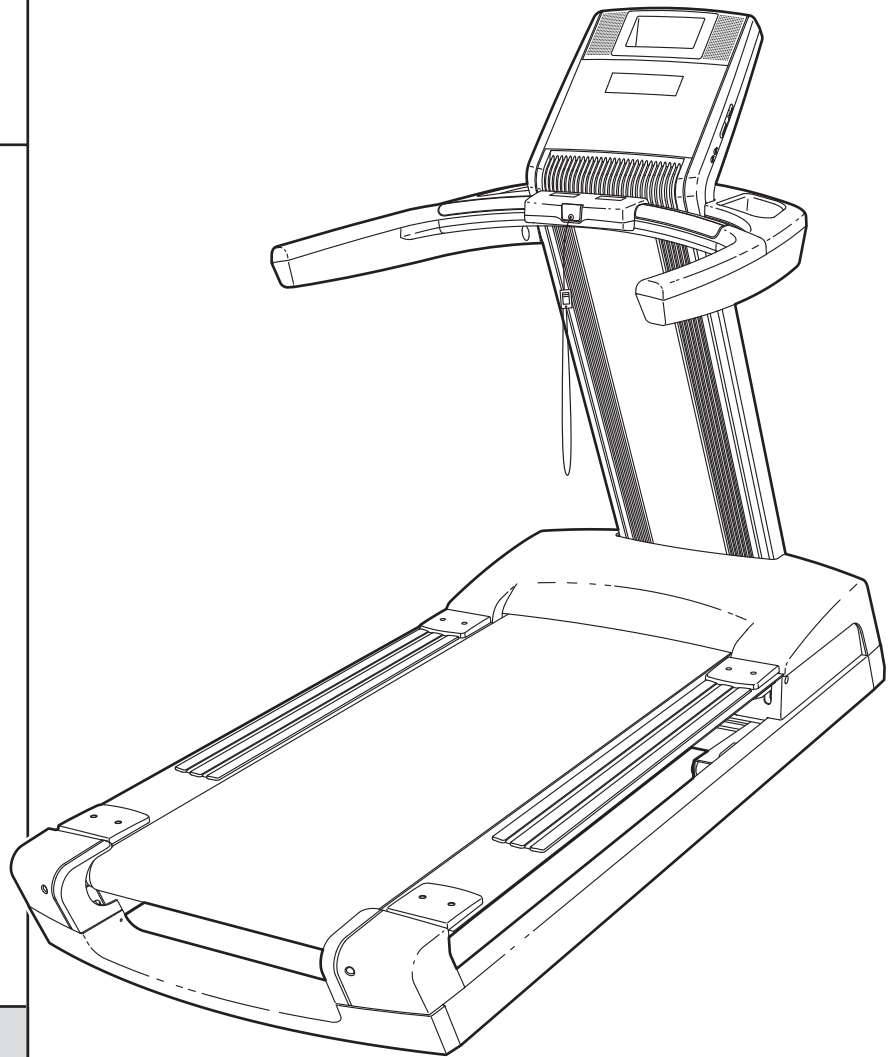
Serial Number Decal



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.



### CAUTION

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

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## WARNING DECAL PLACEMENT

**WARNING:**

- To reduce the risk of serious injury read warning label before use. rear warning label

**CAUTION ATTENTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION. GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHÉ.

**WARNING**

- Hazardous Voltage
- Risk of Electric Shock
- Unplug Treadmill before Assembly/ Disassembly

**ATTENTION**

- Tension Dangereuse
- Risque de Choc Électrique
- Débranchez le tapis roulant Avant l'Assemblage/Désassemblage

**WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:

- Stand only on 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.
- 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.

These drawings show the locations of the warning decals. **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) 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.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 400 lbs. (181 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. 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.*
11. When connecting the power cord, follow the instructions on page 13. No other appliance should be on the same circuit as the treadmill. Do not use an extension cord.
12. Keep the power cord away from heated surfaces.
13. 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 31 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).
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 press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)

19. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 25.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

20. Do not change the incline of the treadmill by placing objects under the treadmill.

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

22. Never insert or drop any object into any opening on the treadmill.

23. **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.

24. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

**SAVE THESE INSTRUCTIONS**

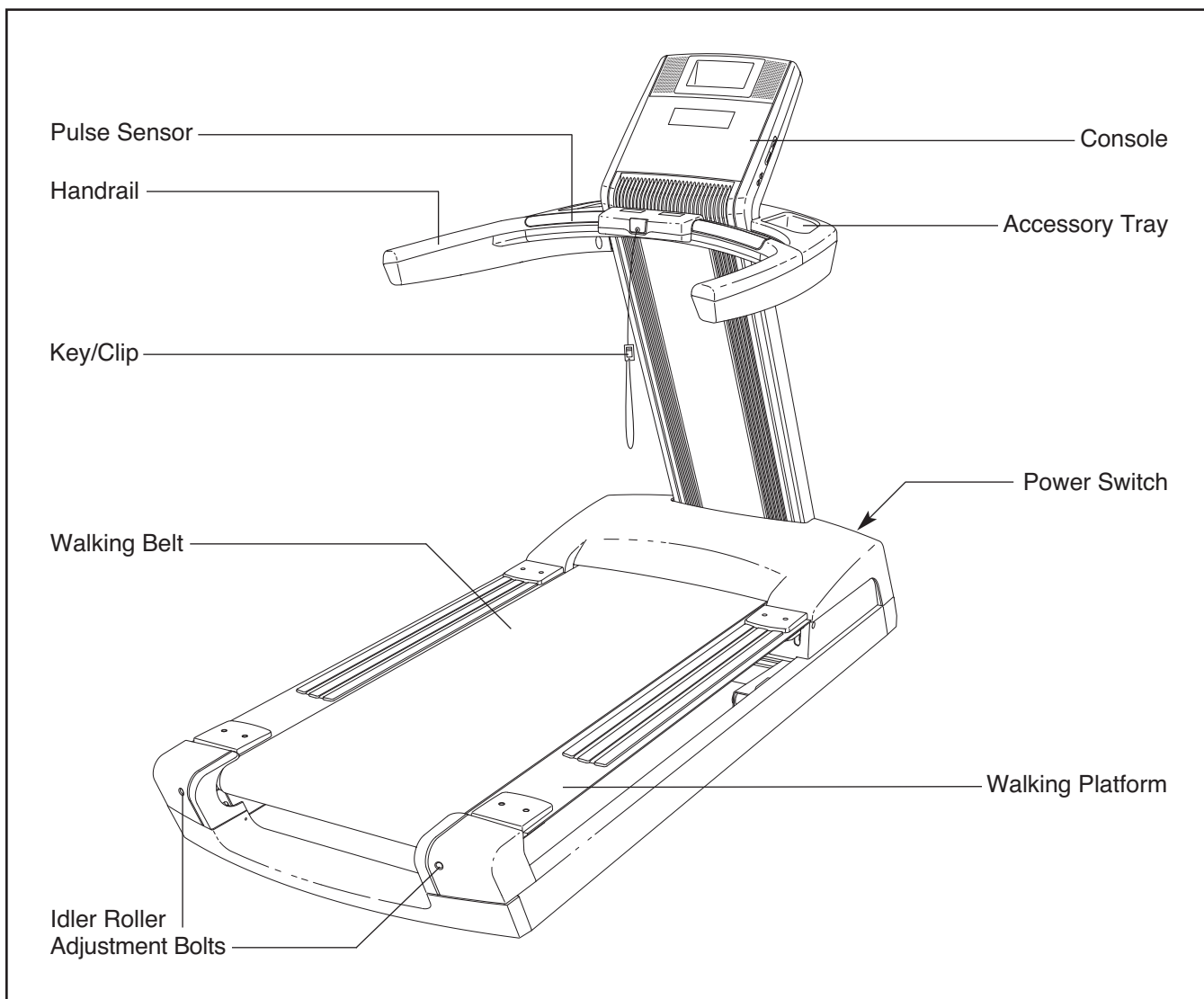
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® REFLEX T11.4 treadmill. The REFLEX T11.4 treadmill offers an impressive selection of features designed to make your workouts more enjoyable and effective.

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

ing this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

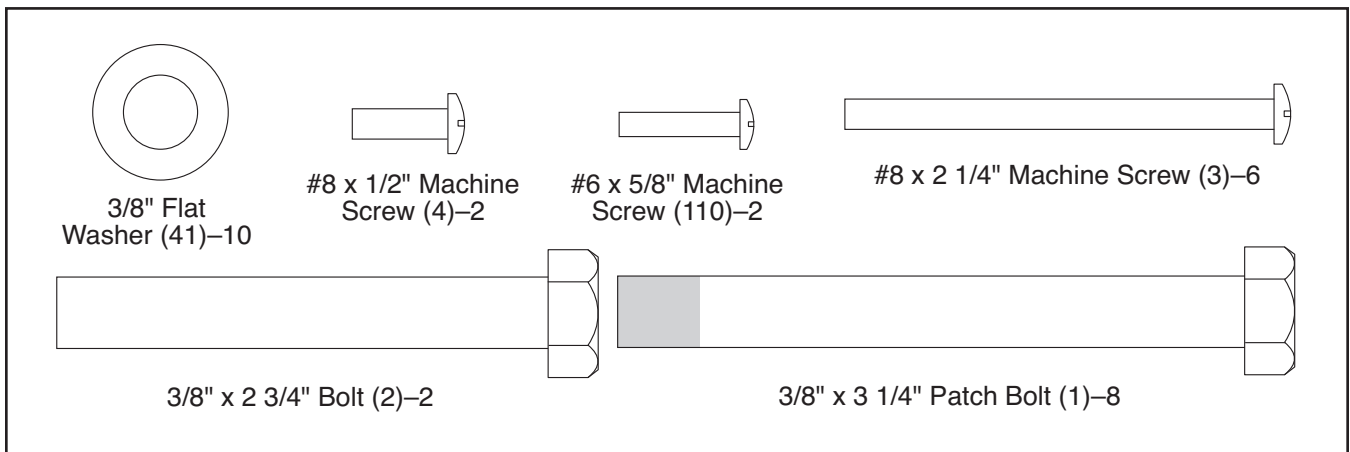


# ASSEMBLY

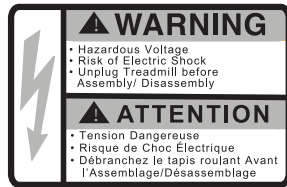
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal 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 .**

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

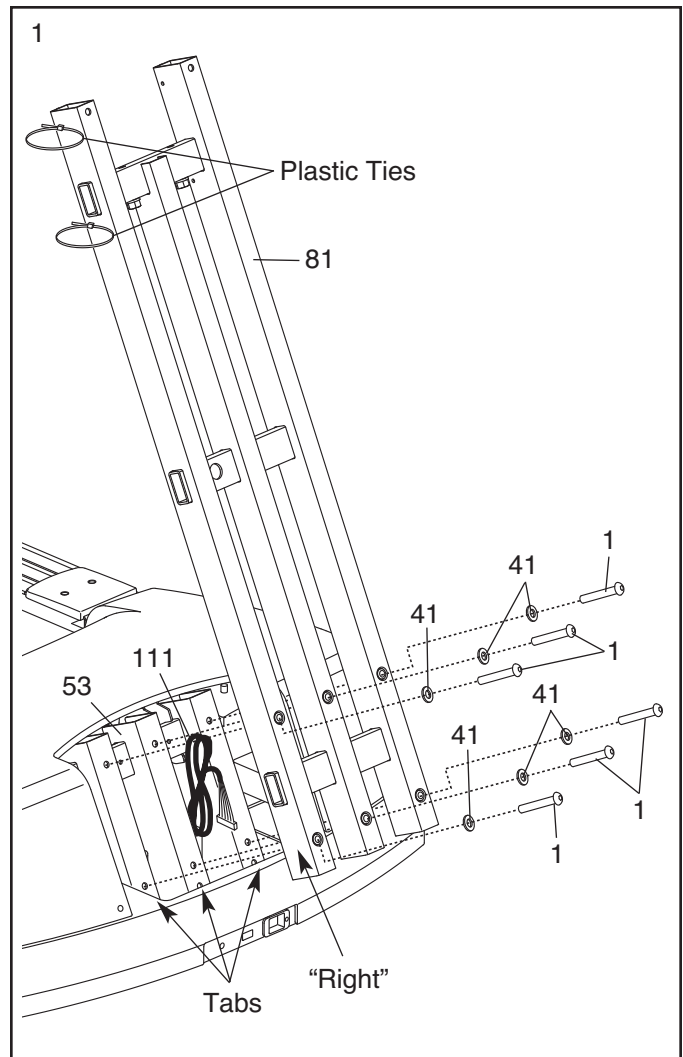


1. Make sure that the Power Cord (not shown) is unplugged. Be careful not to pinch the Power Cord.

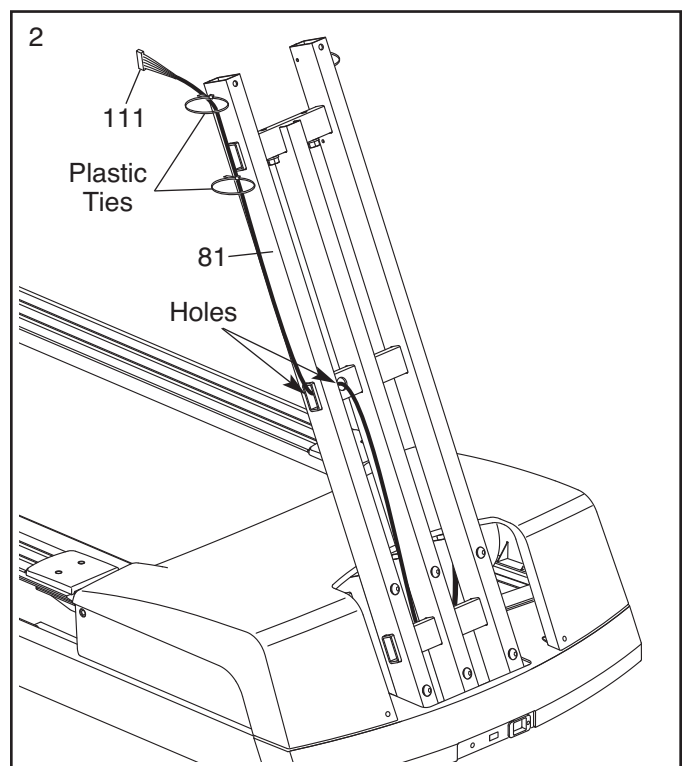


Slide the Upright Cover (not shown) off the Upright (81).

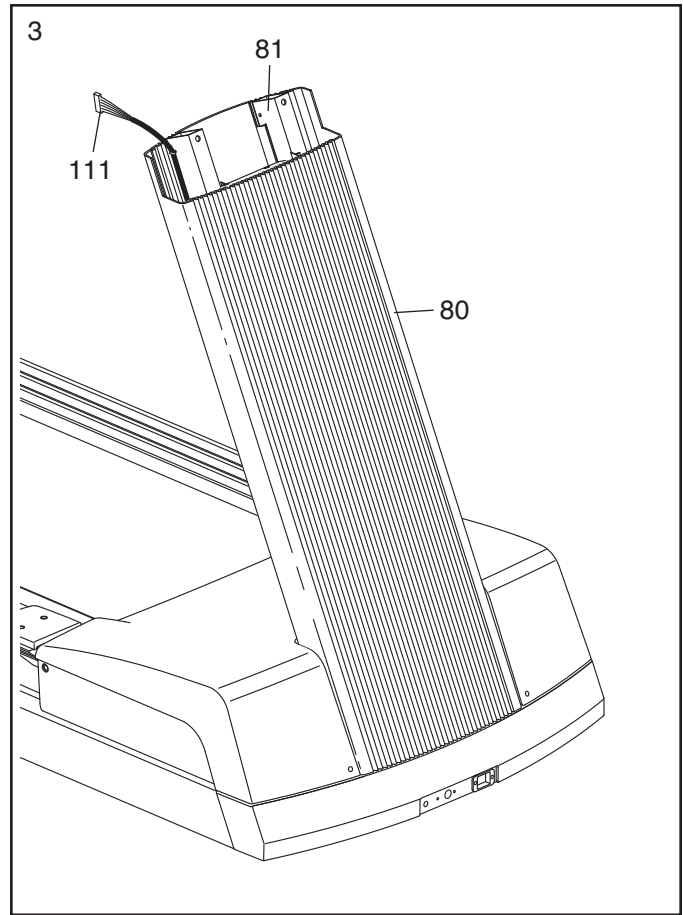
Orient the Upright (81) with the plastic ties and the "Right" sticker on the side shown. Set the Upright on the tabs on the Frame (53). Attach the Upright to the Frame with six 3/8" x 3 1/4" Patch Bolts (1) and six 3/8" Flat Washers (41). **Start all six Patch Bolts before tightening any of them. Be careful not to pinch the Upright Wire (111).**



2. Insert the end of the Upright Wire (111) through the indicated holes in the Upright (81), and then through the looped plastic ties at the top of the Upright. **Make sure that the Upright Wire is on the outside of the Upright.** Then, gently pull upward on the Upright Wire as you tighten the plastic ties around the Upright Wire.

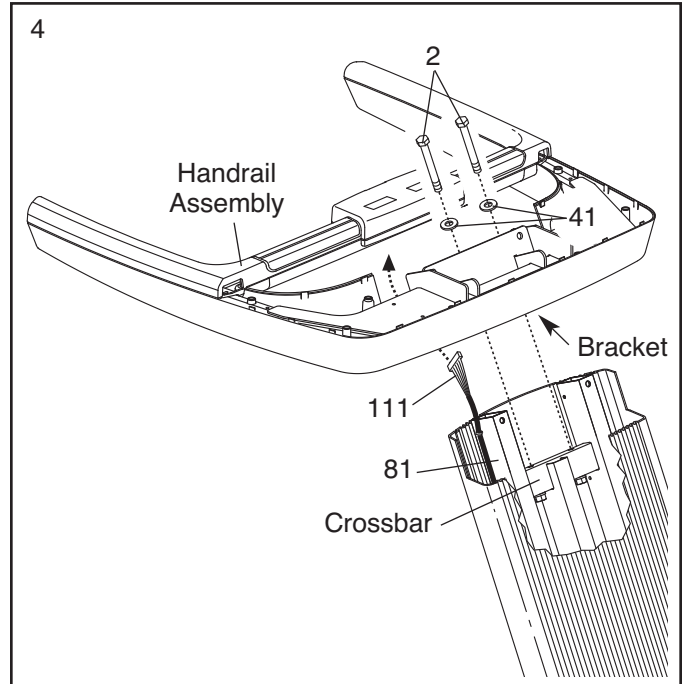


- Slide the Upright Cover (80) downward onto the Upright (81). **Be careful not to pinch the Upright Wire (111). Be careful not to hit the ceiling.**



- Have a second person hold the handrail assembly near the Upright (81). Insert the Upright Wire (111) upward through the center of the handrail assembly. Slide the bracket on the handrail assembly over the crossbar on the Upright and set the handrail assembly on the Upright. **Be careful not to pinch any wires.**

Attach the handrail assembly to the crossbar on the Upright (81) with two  $\frac{3}{8}$ " x  $2\frac{3}{4}$ " Bolts (2) and two  $\frac{3}{8}$ " Flat Washers (41).

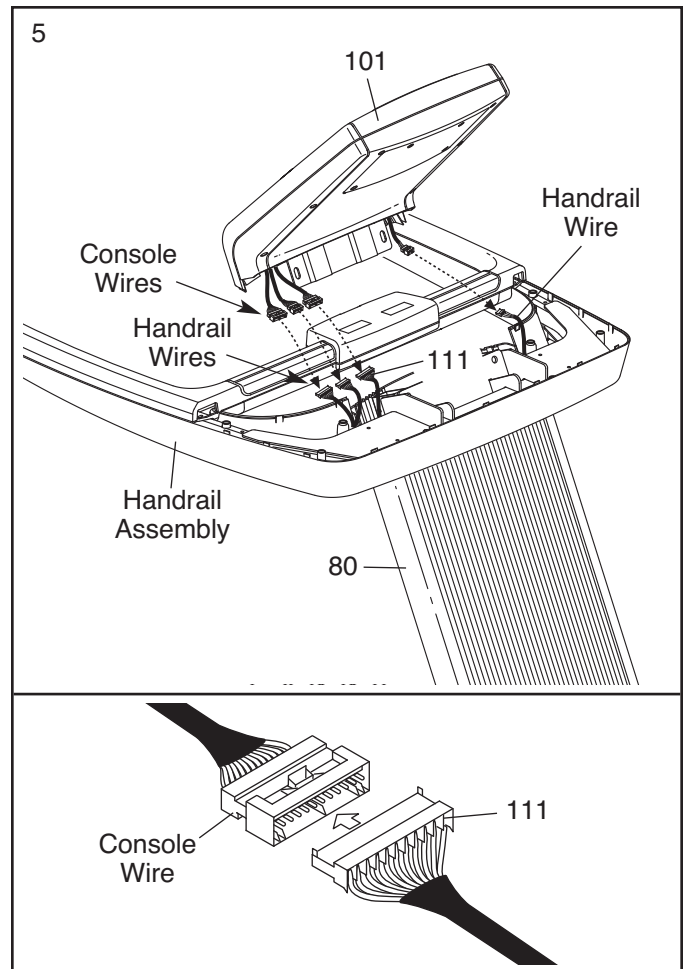


5. Have a second person hold the Console (101) near the handrail assembly.

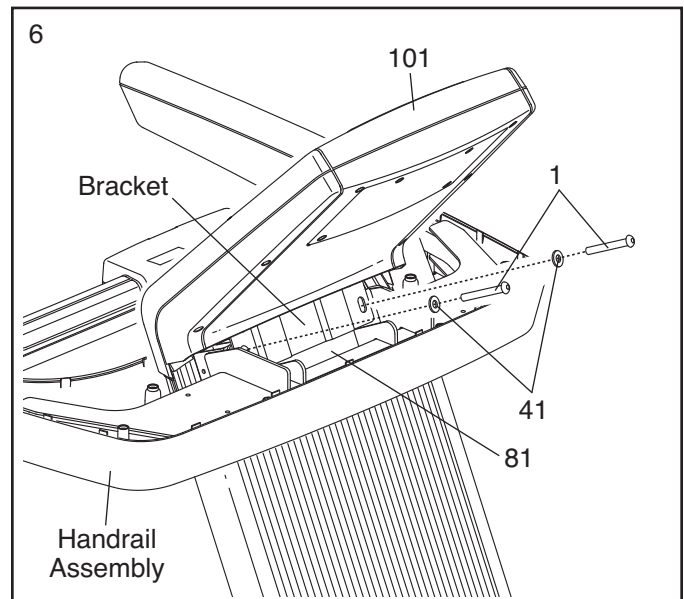
Connect the Upright Wire (111) and the handrail wires to the console wires. Make sure that the console wire and the handrail wire that you are connecting have connectors that are the same size. **See the lower drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the excess wires downward into the Upright Cover (80).

Set the Console (101) on the handrail assembly. **Be careful not to pinch any wires.**

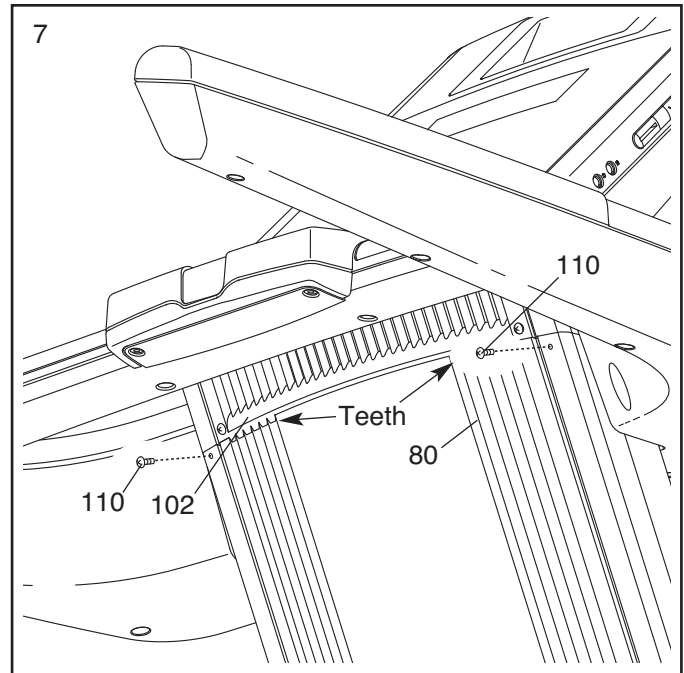


6. Align the holes in the Console (101) with the holes in the handrail assembly and the holes in the Upright (81). Attach the Console and the handrail assembly to the Upright with two 3/8" x 3 1/4" Patch Bolts (1) and two 3/8" Flat Washers (41). **Do not fully tighten the Patch Bolts yet. Note: It may be helpful to press the indicated bracket against the Upright and to press downward on the Console to align the holes.**

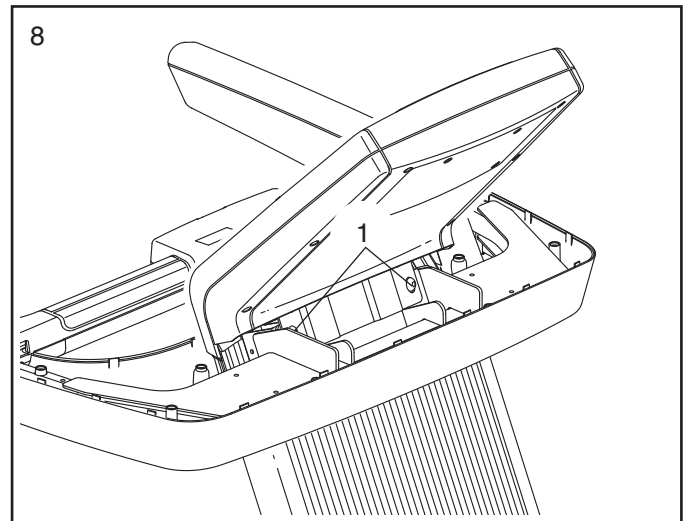


7. **Make sure that the teeth on the Fan Grill (102) are on the outside of the Upright Cover (80) and sit inside the grooves on the Upright Cover.**

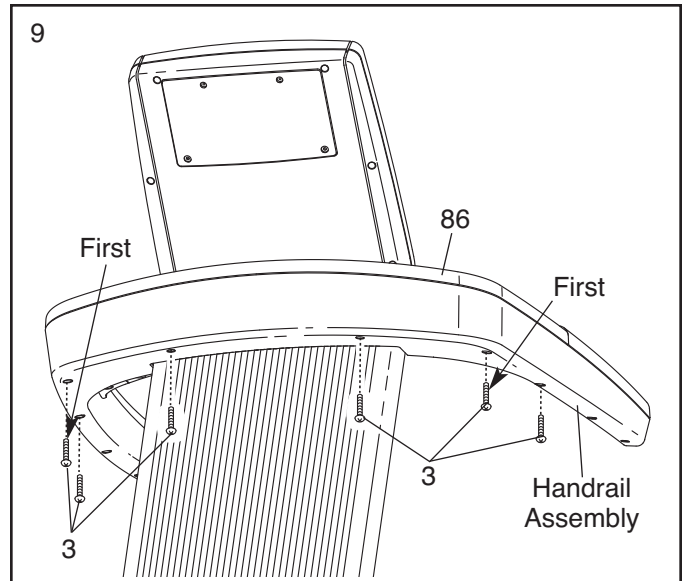
Tighten two #6 x 5/8" Machine Screws (110) into the Upright Cover (80) in the locations shown. **Be careful not to overtighten the Machine Screws.**



8. Tighten the two 3/8" x 3 1/4" Patch Bolts (1).

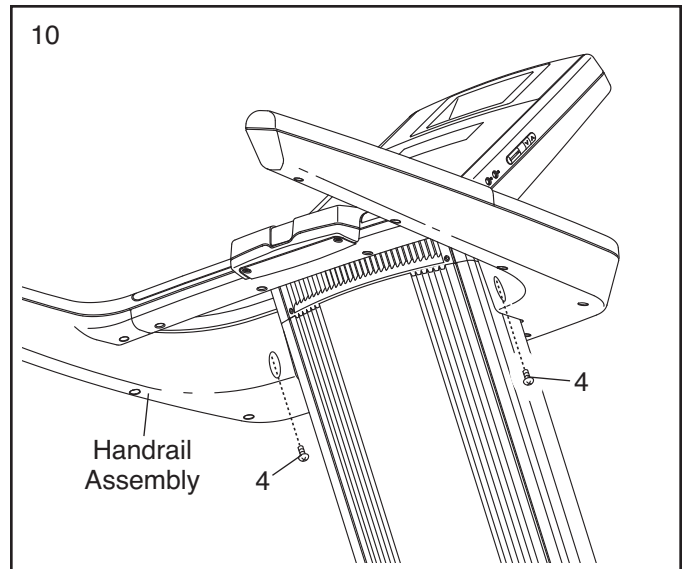


9. Remove the packaging from the Handrail Cover (86). Attach the Handrail Cover to the handrail assembly with six #8 x 2 1/4" Machine Screws (3). **Start all six Machine Screws but do not tighten them yet. Start the indicated Machine Screws first.**



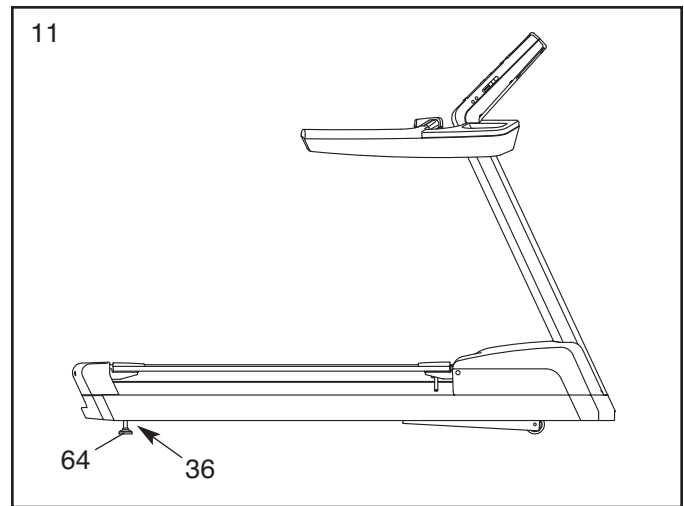
10. Tighten two #8 x 1/2" Machine Screws (4) into the bottom of the handrail assembly. **Be careful not to overtighten the Machine Screws.**

**See step 9.** Tighten the six #8 x 2 1/4" Machine Screws (3). **Be careful not to overtighten the Machine Screws.**



11. If necessary, move the treadmill to the desired location (see HOW TO MOVE THE TREADMILL on page 25).

After the treadmill is placed in the location where it will be used, make sure that the Leveling Feet (64) rest firmly on the floor. If the treadmill rocks even slightly, loosen one of the 1/2" Nuts (36), turn the Leveling Foot clockwise or counter-clockwise until the rocking motion is eliminated, and then retighten the Nut.



12. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 32).

# OPERATION AND ADJUSTMENT

**⚠ 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. Do not use an adapter to connect the plug to an improper receptacle.

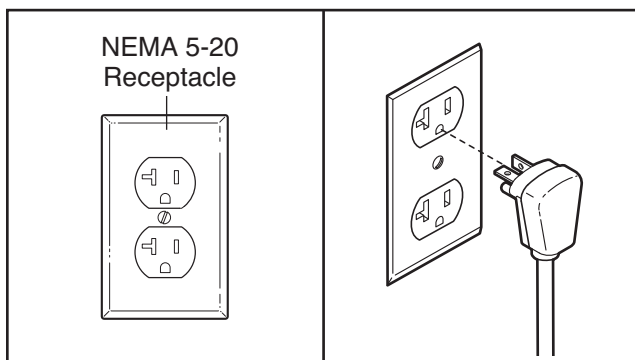
## HOW TO CONNECT THE POWER CORD IN THE UNITED STATES OR CANADA

**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 for use on a dedicated, 20-amp, 110-volt circuit. No other appliance should be on the same circuit.** This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

Plug the power cord into the power cord grommet on the treadmill frame.

Plug the grounding plug into a standard NEMA 5-20 receptacle. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord. The receptacle must be grounded.



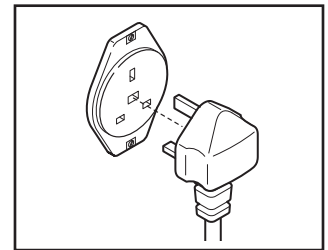
## HOW TO CONNECT THE POWER CORD IN THE UK

**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock.

**This product is for use on a dedicated, 10-amp, 220-volt circuit. No other appliance should be on the same circuit.** The product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

Plug the power cord into the power cord grommet on the treadmill frame.

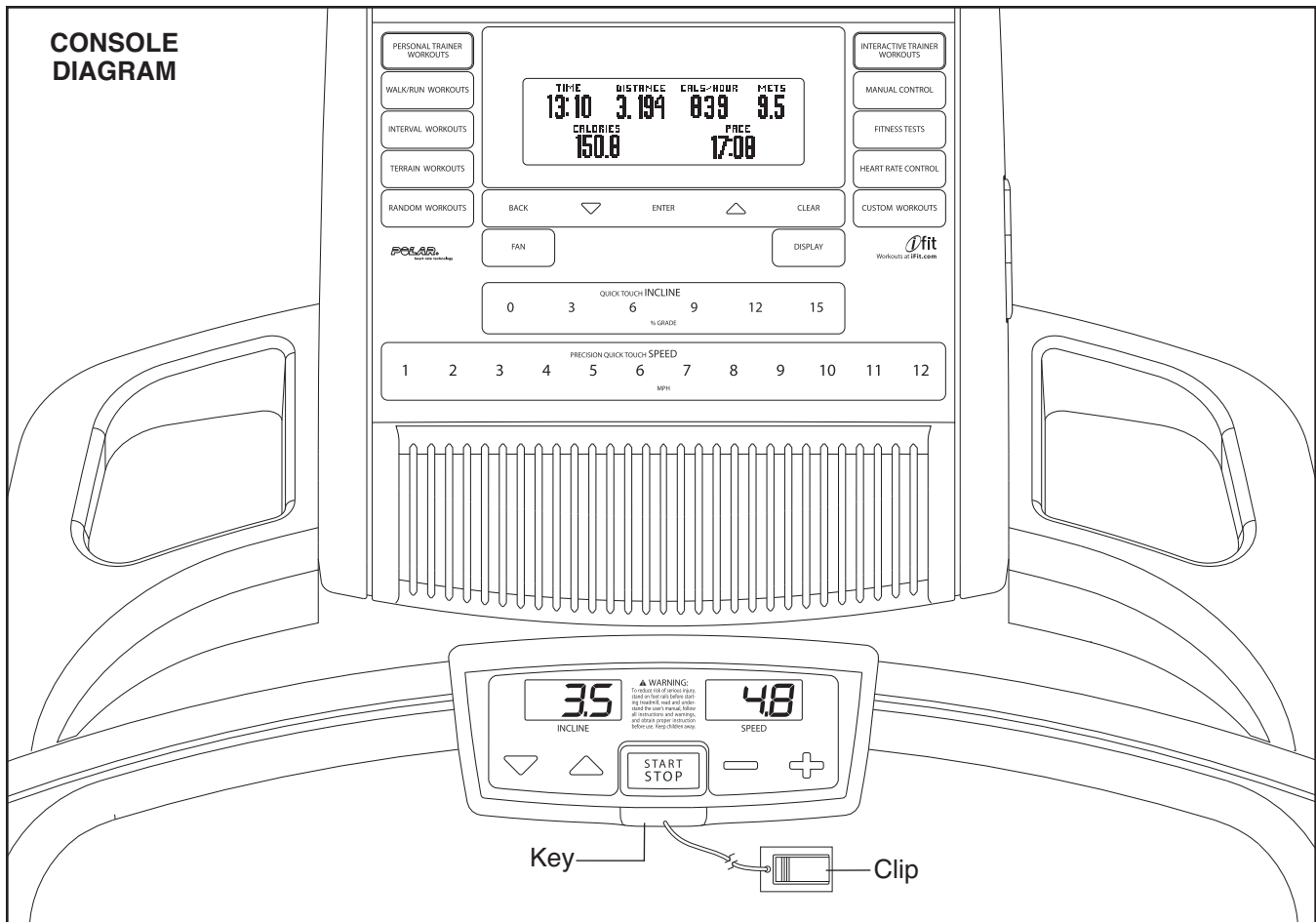
Plug the earthing plug into a receptacle as shown at the right. Do not modify the plug or the receptacle. Do not use an adapter or an extension cord. The receptacle must be earthed.



## WARRANTY INFORMATION

The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized service; misuse; accident; negligence; improper assembly or installation; debris resulting from any destruction activities in the product's environment; rust or corrosion as a result of the product's location; alterations or modifications without written authorization; or failure on your part to use, operate, and maintain the product as set forth in this manual will void the warranty.

**All terms of the warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized FreeMotion Fitness, Inc. representative.**



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the treadmill 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 handgrip pulse sensor or a Polar®-compatible chest pulse sensor (not included).

In addition, the console features fourteen personal trainer workouts. Each preset workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

The console also offers twelve interactive trainer workouts that allow you to customize your workout. The interactive trainer workouts include three heart rate workouts that control the speed and incline of the treadmill to keep your heart rate near the target heart rate settings. In addition, three fitness test workouts measure your fitness level or your VO<sub>2</sub> max.

The console also features the new iFit interactive workout system. The iFit system is compatible with iFit

interactive workout cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the iFit weight loss workout, or train for a long-distance run with the iFit marathon workout. iFit workouts automatically control the speed and incline of the treadmill. iFit cards are available separately. **To purchase iFit cards, please see the back cover of this manual or go to [www.iFit.com](http://www.iFit.com). iFit cards are also available at select stores.**

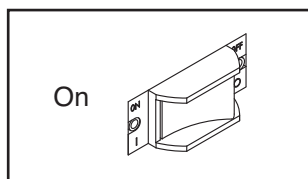
Whether you select the manual mode or a preset workout, you can listen to your favorite workout music or audio books with the console's sound system.

**To turn on the power**, see page 15. **To use the manual mode**, see page 15. **To use a personal trainer workout**, see page 17. **To use a walk/run workout or a manual control workout**, see page 19. **To use a fitness test workout**, see page 20. **To use a heart rate workout**, see page 21. **To use a custom workout**, see page 22. **To use an iFit workout**, see page 23. **To use the maintenance mode**, see page 24. **To use the sound system**, see page 24.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the power switch is in the on position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 14), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

**IMPORTANT:** If there is a sheet of plastic on the face of the console, remove the 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 32).

Note: The console will display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.

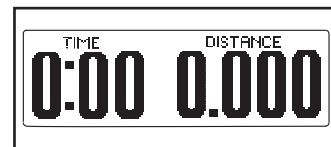
## HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER at the left. The incline will automatically rise the maximum incline level and then return to the minimum incline level.

### 2. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons repeatedly until zeros appear in the display.



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

To start the walking belt, press the Start/Stop button or the Speed increase button. 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 you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

If you press one of the numbered Precision Quick Touch Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

To stop the walking belt, press the Start/Stop button. To restart the walking belt, press the Start/Stop button or the Speed increase button.

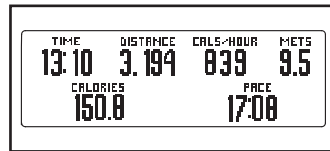
#### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the Quick Touch Incline buttons numbered 0 to 15.

Each time you press the Incline increase or decrease button, the incline will change by 0.5 percent. If you press one of the numbered Quick Touch Incline buttons, the incline will gradually change until it reaches the selected incline setting.

#### 5. Select a display mode and monitor your progress with the display.

When the manual mode is selected, the console offers six display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.



As you walk or run on the treadmill, the upper display can show the following workout information:

- The elapsed time.
- The distance that you have walked or run.
- The approximate number of calories you have burned.
- The approximate number of calories burned per hour.
- Your exercise intensity in METs. One MET is the amount of energy you use while resting.
- Your walking or running pace, in minutes per mile or minutes per kilometer.
- The speed of the walking belt.
- The incline level of the treadmill.

Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting.

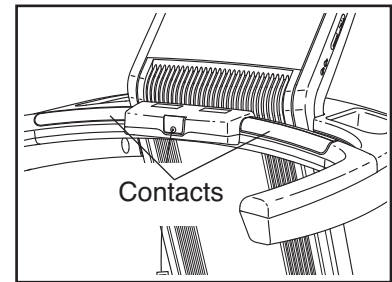
The lower left and lower right displays will show the incline of the treadmill and the speed of the walking belt.

As you switch between workouts and the manual mode, the console will keep track of the total distance that you have walked or run and the approximate number of calories you have burned. You can keep your totals even when you switch to a new workout. To reset the console, press the Clear button.

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

**Note: If you use the handgrip pulse sensor and a chest pulse sensor at the same time, the console will not display your heart rate accurately.**

Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails and hold the contacts for approximately ten seconds—avoid moving your hands.** When your pulse is detected, a heart-shaped indicator or the word PULSE will appear in the display and your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 7. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. 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 from the console.

Step onto the foot rails, press the Start/Stop button, remove the key from the console, and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

## HOW TO USE A PERSONAL TRAINER WORKOUT

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

See step 1 on page 15.

### 2. Select one of the personal trainer workouts.

To select a personal trainer workout, press the Interval Workouts button, the Terrain Workouts button, or

the Random Workouts button repeatedly until the name of the desired workout appears in the display. Interval workouts use speed settings to provide a personalized workout. Terrain workouts use speed and incline settings to simulate an actual walking experience. Random workouts use preset speed and incline settings. Note: To use a walk/run workout, see page 19.



When a workout is selected, the display will show the name, the maximum incline setting, the maximum speed setting, and the duration of the workout. The display will also show a profile of the speed settings of the workout.

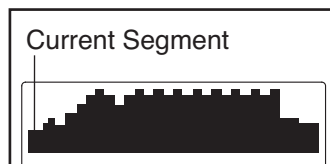
Press the Enter button to select the desired workout. Select your age, your weight, and the workout duration using the increase and decrease buttons next to the Enter button. **Press the Enter button after each selection.** Your age and weight will be saved in memory. Note: To use the Interval workouts, you must also enter your minimum and maximum speed settings.

### 3. Start the walking belt.

Press the Start/Stop button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into 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 consecutive segments. To change the incline during an interval workout, press the Incline increase and decrease buttons or one of the Quick Touch Incline buttons.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The



height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a new speed or incline setting is programmed for the next segment of the workout, the speed or incline setting will appear at the top of the display for a few moments to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or

Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.** Note: If you use an Interval workout, the incline will not adjust automatically.

To stop or restart the workout at any time, press the Start/Stop button.

### 4. Select a display mode and monitor your progress with the display.

The console offers three display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show a profile of the speed settings of the workout, the time remaining in the workout, the distance you have walked or run, the approximate number of calories you have burned, your exercise intensity in METs, the approximate number of calories burned per hour, your pace, the speed of the walking belt, the incline of the treadmill, and your power output in watts.

### 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 17.

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

See step 8 on page 17.

## HOW TO USE A WALK/RUN WORKOUT OR A MANUAL CONTROL WORKOUT

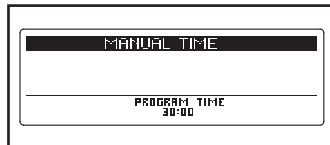
### 1. Insert the key into the console.

See step 1 on page 15.

### 2. Select one of the workouts.

To select a walk/run workout, press the Walk/Run Workouts button repeatedly until the 5K Walk, the 10K Run, or the Cross Country workout appears in the display.

To select a manual control workout, press the Manual Control button repeatedly until the Manual Time, the Manual Distance, or the Manual Calories workout appears in the display. The display will show the name, and the time, distance, or calorie goal of the workout.



Press the Enter button to select the desired workout. Select your age and then your weight using the increase and decrease buttons next to the Enter button. **Press the Enter button after each selection.** Your age and weight will be saved in memory. Note: To use the cross country workouts, you must also enter your distance goal. To use a manual control workout, enter your time, distance, or calorie goal.

### 3. Start the walking belt.

Press the Start/Stop button to start the workout. A moment after you press the button, the walking belt will begin moving. Hold the handrails and begin walking.

During the workout, the profile will show the speed of the walking belt. As you exercise, change the speed and incline of the walking belt as desired by pressing the Speed and Incline buttons.

The workout will continue until you reach your time, distance, or calorie goal. The walking belt will then slow to a stop.

To stop or restart the workout at any time, press the Start/Stop button.

### 4. Select a display mode and monitor your progress with the display.

See step 4 on page 18.

### 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 17.

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

See step 8 on page 17.

## HOW TO USE A FITNESS TEST WORKOUT

The fitness test workouts measure your relative fitness level. For the most accurate results, use a fitness test workout when you are not feeling tired, when you have not eaten for at least two hours, and when you have not exercised for at least 24 hours.

The treadmill features three fitness workouts. The Ebbeling Fitness Test measures VO<sub>2</sub> max, or aerobic capacity, and lasts 9 minutes. The Gerkin Fitness Test also measures VO<sub>2</sub> max. The Gerkin Fitness Test begins with a three-minute warm-up period and ends after either 14 minutes or when you reach a certain heart rate. The FreeMotion Fitness Test measures your fitness level on a scale of 1 to 10. The FreeMotion Fitness Test ends after either 28 minutes or when you reach a certain heart rate.

### 1. Put on a chest pulse sensor.

To use a fitness test, you must wear a Polar®-compatible chest pulse sensor (not included) or use the handgrip pulse sensor. Note: For best results, you should wear a chest pulse sensor.

### 2. Insert the key into the console.

See step 1 on page 15.

### 3. Select a fitness test workout.

To select a fitness test workout, press the Fitness Tests button repeatedly until the name of the desired fitness test appears in the display.

Press the Enter button to select the desired workout. Select your age and then your weight using the increase and decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the Ebbeling Fitness Test, you must also enter your gender.

### 4. Start the walking belt.

Press the Start/Stop button to start the workout. A moment after you press the button, the treadmill

will automatically adjust to the first speed and incline settings of the fitness test. Begin walking on the treadmill. Note: For the most accurate results, do not hold the handrails during a fitness test workout.

During the workout, the speed and incline of the treadmill will periodically change. The speed setting or the incline setting will appear in the display to alert you before each change. **IMPORTANT: The Speed and Incline buttons will not function during a fitness test workout.**

Note: If you press the Start/Stop button during the fitness test, the fitness test will end.

When the workout ends, the walking belt will slow to a stop and your fitness level or VO<sub>2</sub> max will appear in the display.

If your pulse is not detected during the workout, the words CHECK HEART RATE MONITOR will appear in the display and the speed of the treadmill may automatically decrease. If your pulse is still not detected, the fitness test will be aborted.

### 5. Select a display mode and monitor your progress with the display.

See step 4 on page 18. Note: The fitness tests will display your fitness level instead of your exercise intensity in METs. The console may display a “W” when you are warming up or a “C” when you are cooling down.

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

See step 7 on page 17.

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

See step 8 on page 17.

## HOW TO USE A HEART RATE WORKOUT

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

### 1. Put on a chest pulse sensor.

To use a heart rate workout, you must wear a Polar®-compatible chest pulse sensor (not included) or use the handgrip pulse sensor. Note: For best results, you should wear a chest pulse sensor.

### 2. Insert the key into the console.

See step 1 on page 15.

### 3. Select one of the heart rate workouts.

To select a heart rate workout, press the Heart Rate Control button repeatedly until the desired workout appears in the display. Press the Enter button to select the desired workout.

Select your age, your weight, and the workout duration using the increase and decrease buttons next to the Enter button. **Press the Enter button after each selection.** Your age and weight will be saved in memory. Note: To use the constant heart rate and variable heart rate workouts, you must also enter your target maximum heart rate. If the target maximum heart rate setting is changed, the intensity level of the entire workout will change. Note: To calculate your target maximum heart rate see EXERCISE INTENSITY on page 33.

### 4. Start the walking belt.

Press the Start/Stop button to start the workout. A moment after you press the button, the walking belt

will begin to move and the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

The heart rate workouts are divided into several one-minute segments. One target heart rate setting is programmed for each segment. The same target heart rate setting may be programmed for consecutive segments. For a shorter workout, simply stop the workout before it ends.

During all heart rate workouts, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting for the current segment, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the workout, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

To stop or restart the workout at any time, press the Start/Stop button.

### 5. Select a display mode and monitor your progress with the display.

See step 4 on page 18.

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

See step 7 on page 17.

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

See step 8 on page 17.

## HOW TO USE A CUSTOM WORKOUT

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

See step 1 on page 15.

### 2. Select one of the custom workouts.

To select a custom workout, press the Custom Workouts button repeatedly until the desired workout appears in the display.

The display will show the name, the maximum incline setting, the maximum speed setting, and the duration of the workout. **Note: To create a custom workout, see step 3 on page 24.**

Press the Enter button to select the desired workout. Select your age and then your weight using the increase and decrease buttons next to the Enter button. **Press the Enter button after each selection.** Your age and weight will be saved in memory.

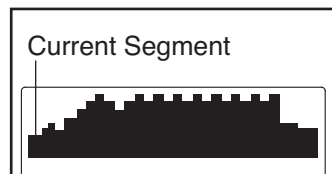
### 3. Start the walking belt.

Press the Start/Stop button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current

segment of the workout. The height of the flashing segment indicates the incline setting for the current



segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a new speed or incline setting is programmed for the next segment of the workout, the speed or incline setting will appear at the top of the display for a few moments to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop or restart the workout at any time, press the Start/Stop button. The speed of the walking belt will gradually increase to the speed setting of the current segment.

### 4. Select a display mode and monitor your progress with the display.

See step 4 on page 18.

### 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 17.

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

See step 8 on page 17.

## HOW TO USE AN IFIT WORKOUT

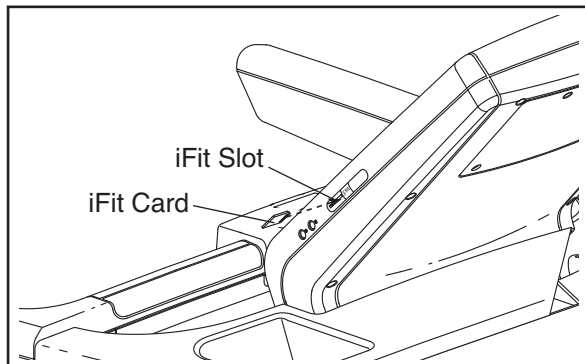
To purchase iFit cards, please see the back cover of this manual or go to [www.iFit.com](http://www.iFit.com). iFit cards are also available at select stores.

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

See step 1 on page 15.

### 2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot on the side of the console; make sure that the iFit card is oriented as shown.



Next, select an iFit workout by pressing the Increase and Decrease buttons next to the Enter button. When an iFit workout is selected, the display will show the name of the workout, the workout time, the maximum speed setting, and the maximum incline setting of the workout.

Press the Enter button to select the desired workout. Select your age and then your weight using the increase and decrease buttons next to the Enter button. **Press the Enter button after each selection.** Your age and weight will be saved in memory.

Each iFit workout is divided into 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 consecutive segments.

### 3. Start the walking belt.

Press the Start/Stop button to start the workout. A moment after you press the button, the treadmill

will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

The voice of a personal trainer will guide you through the workout. To hear the personal trainer, plug headphones (not included) into the headphone jack near the audio jack.

At the end of each segment, a series of tones will sound. If a new speed or incline setting is programmed for the next segment of the workout, the speed or incline setting will appear at the top of the display for a few moments to alert you.

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; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

### 4. Select a display mode and monitor your progress with the display.

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 17.

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

See step 8 on page 17.

**CAUTION: Always remove iFit cards from the iFit slot when you are not using them.**

## HOW TO USE THE MAINTENANCE MODE

The console has a maintenance mode that keeps track of the total number of hours that the treadmill has been operated and the total distance that the walking belt has moved. The maintenance mode also allows you to adjust the maximum workout time, the pause timeout, and the sleep timeout. You can also select the desired language and disable or enable the safety key.

### 1. Select the maintenance mode.

To select the maintenance mode, hold down the Clear button and the Enter button for several seconds.

Press the Display button to move between screens. Press the Back button to return to a previous screen. To change the settings, press the increase and decrease buttons next to the Enter button.

### 2. Set user preferences.

When you select the maintenance mode, the display will show the total number of hours that the treadmill has been used and the total number of miles (or kilometers) that the walking belt has moved. Press the Display button to move to the next screen.

If desired, set the maximum workout time for the Random, Interval, Terrain, Manual Time, and Heart Rate workouts using the Increase and Decrease buttons.

Next, press the Display button to move the cursor to the pause timeout. Set the pause timeout, if desired. The pause timeout begins when the walking belt stops. When the pause timeout ends, the display will return to the main screen and your distance and calories count will be reset.

Press the Display button to move the cursor to the sleep timeout. Set the sleep timeout, if desired. The sleep timeout begins when the display returns to the main screen. When the sleep timeout ends, the incline will lower to the lowest setting and the screen saver will appear.

Press the Display button to move to the default volume. Set the default volume, if desired.

Next, press the Display button to move to the next screen. You may be able to select one of five languages for the displays. If desired, select a language for the displays.

### 3. Create a custom workout.

If desired, create a custom workout. Press the Display button until the desired custom workout is highlighted. Then press the Enter button. Program a speed setting and an incline setting for the first one-minute segment by pressing the Speed and Incline buttons. Press the Enter button to move to the next segment and continue programming segments for 30 segments. Press the Enter button after you have programmed the last segment. Then press the Display button until you exit the maintenance mode.

To exit the maintenance mode at any time, remove the key from the console. Note: The incline will automatically rise to the maximum incline level and then return to the minimum incline level.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system, you must connect your MP3 player, CD player, or other personal audio player to the console. Plug a 3.5mm audio wire (not included) into the audio jack labeled IN on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, plug headphones (not included) into the headphone jack near the audio jack.

Then, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player.

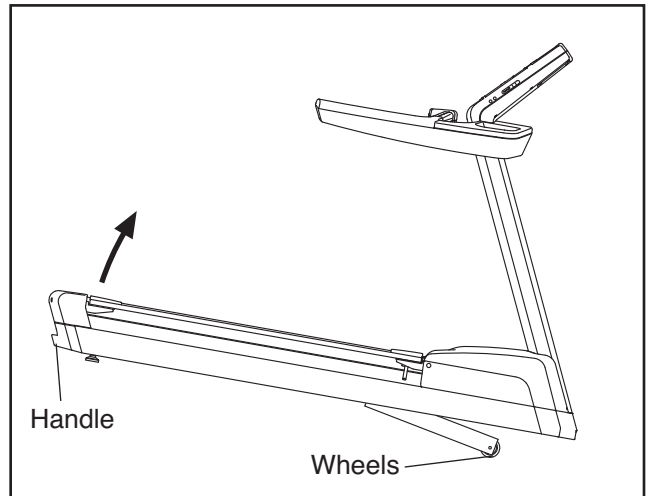
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

# HOW TO MOVE THE TREADMILL

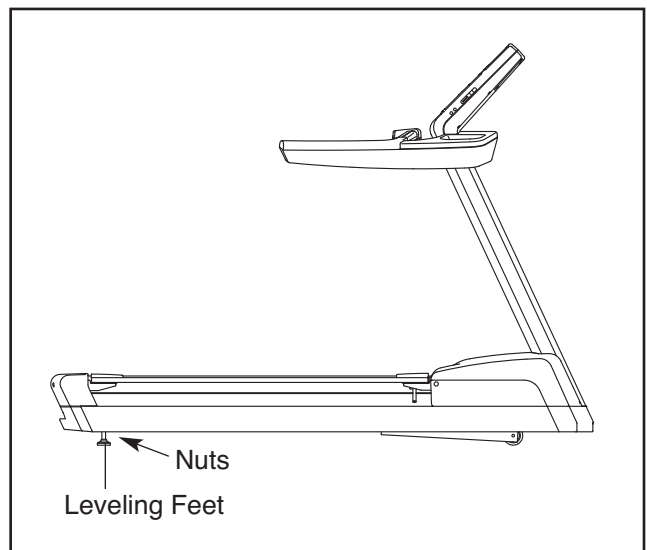
Due to the size and weight of the treadmill, moving it requires two or three persons.

Before moving the treadmill, plug in the power cord and insert the key into the console (see HOW TO TURN ON THE POWER on page 15). Raise the incline to the highest position. **Then, remove the key and unplug the power cord.**

Hold the handle firmly in the location shown at the right. **CAUTION: To decrease the possibility of damage to the treadmill or of injury, do not lift the treadmill by the handrail.** Raise the handle until the treadmill rolls freely on the wheels. Carefully roll the treadmill to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**



After the treadmill is placed in the location where it will be used, make sure that the leveling feet rest firmly on the floor. If the treadmill rocks even slightly, loosen one of the nuts, turn the leveling foot clockwise or counter-clockwise until the rocking motion is eliminated, and retighten the nut.



# PREVENTIVE MAINTENANCE

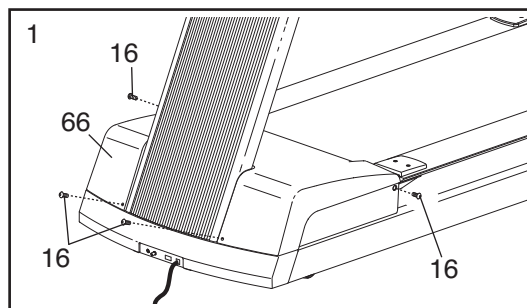
Regular maintenance is necessary for optimal performance and long life of the treadmill. Please read and follow all instructions below. **If the treadmill is not maintained as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided.** If you have questions about maintenance, see the back cover of this manual. **CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

## WEEKLY MAINTENANCE

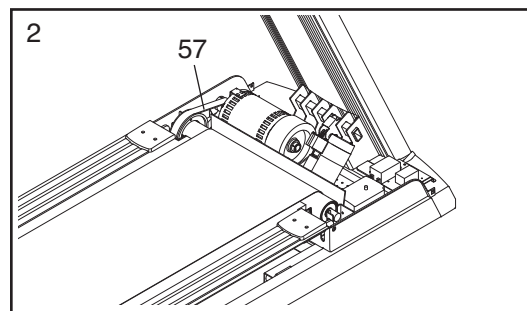
1. **Unplug the power cord.** Inspect and properly tighten all external parts of the treadmill.
2. Apply a mild multi-purpose cleaner to a 100 percent cotton cloth and remove any dust and grime from the handrails, upright, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not wipe under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console and the screens. **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**
3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see page 32.

## MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the four 5/16" x 1/2" Bolts (16) attaching the Motor Hood (66), and lift off the Motor Hood.



2. Using a hand-held vacuum, clean the area under the Motor Hood (not shown). **Be careful to avoid touching any components.** Check the Motor Belt (57) for wear and cracks. If the Motor Belt needs to be replaced, see the back cover of this manual.

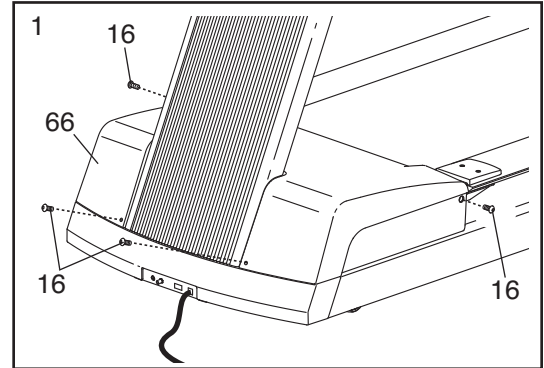


3. Plug in the power cord and insert the key into the console. Press the Start/Stop button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the treadmill for unusual noises or odors. If any of these problems exists, see the back cover of this manual. **Remove the key and unplug the power cord. See step 1.** Reattach the Motor Hood (66) with the 5/16" x 1/2" Bolts (16).

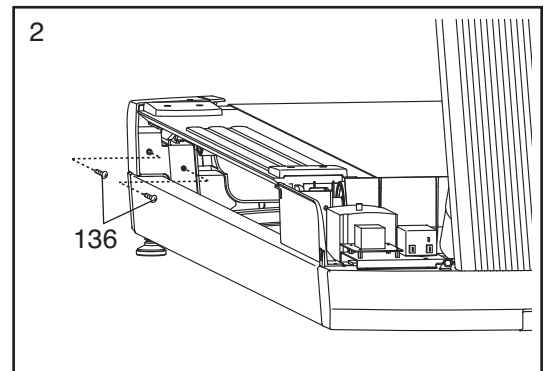
## REPLACING THE WALKING PLATFORM AND THE WALKING BELT

Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be replaced. When the walking belt becomes worn, it should be replaced. The walking platform and the walking belt should be replaced after every 10,000 to 15,000 miles (16,000 to 24,000 kilometers). Follow the instructions below to replace the walking platform and/or the walking belt. **Make sure to keep track of which holes the screws go in.**

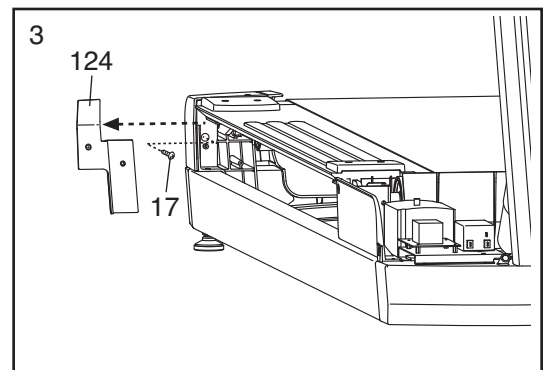
1. **Remove the key and unplug the power cord.** Remove the four 5/16" x 1/2" Bolts (16) and the Motor Hood (66).



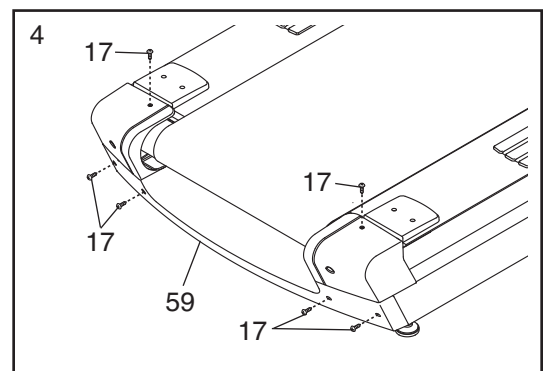
2. Remove the four #8 x 5/8" Machine Screws (136) (only one side is shown).



3. Remove the Right Cap Insert Bracket (124) and the Left Cap Insert Bracket (not shown). Then, remove the indicated #8 x 1/2" Tek Screw (17) from each side of the treadmill (only one side is shown).



4. Remove the six indicated #8 x 1/2" Tek Screws (17). Then, remove the Rear Cap (59).



- Remove the eight 1/4" x 3/8" Screws (21) and lift off the Rear and Front Platform Bracket Covers (43, 89).

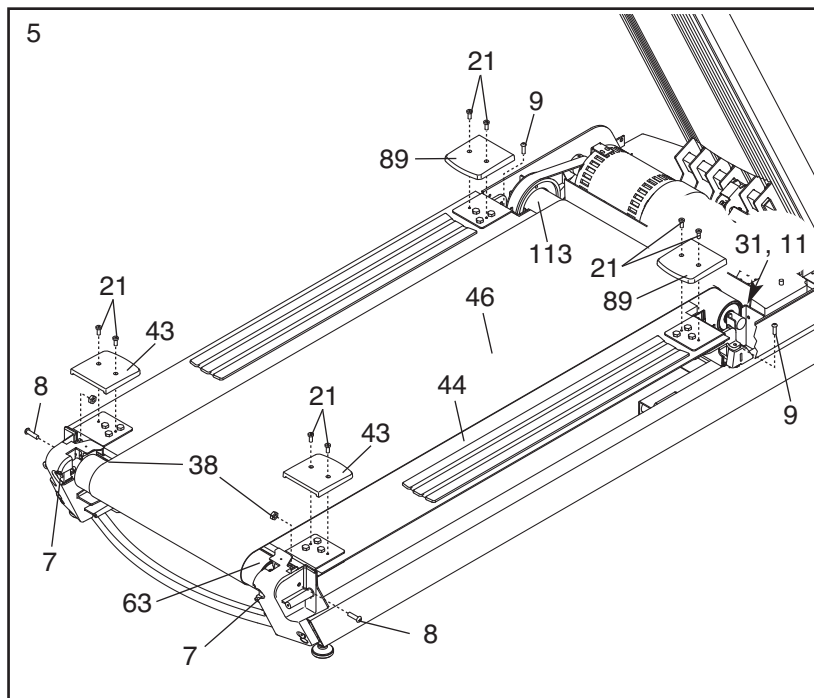
Remove the two 1/4" x 3/4" Bolts (9), the two 5/16" x 1 1/2" Bolts (8), and the two 5/16" Locknuts (38).

Remove the two 3/8" x 2 1/2" Roller Bolts (7), the two 5/16" Lock Washers (not shown), and the two 5/16" Flat Washers (not shown).

Remove the 1/4" x 2 1/2" Bolt (11) and the 1/4" Star Washer (31). Then, remove the Idler Roller (63) and the Drive Roller (113).

**If you are replacing the Walking Platform (44), go to step 6.**

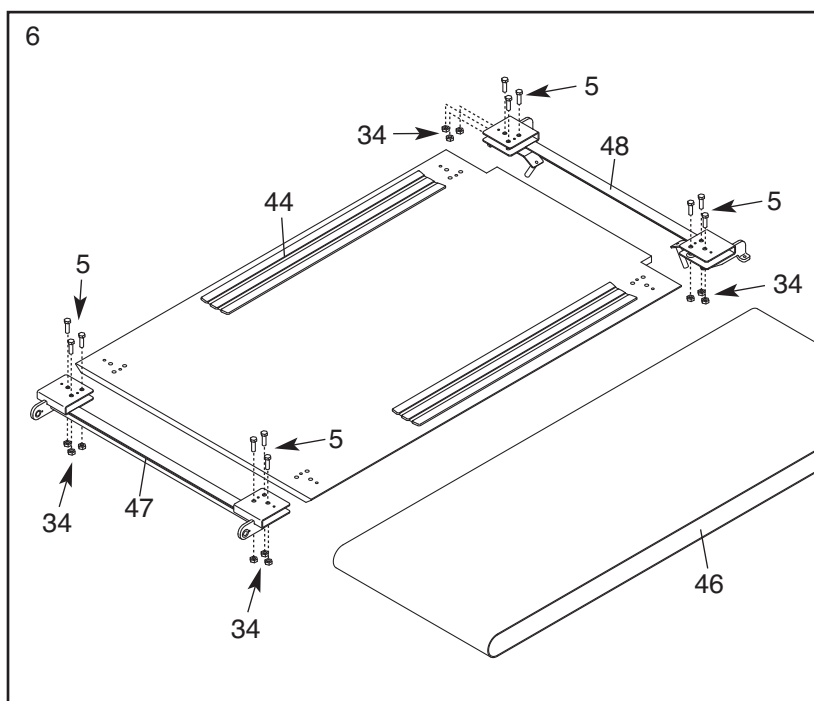
**If you are replacing only the Walking Belt (46), remove the Walking Belt and slide the new Walking Belt onto the Walking Platform (44). Follow steps 1–5 in reverse order. Turn both 3/8" x 2 1/2" Roller Bolts (7) clockwise four times only. **Go to step 7.****



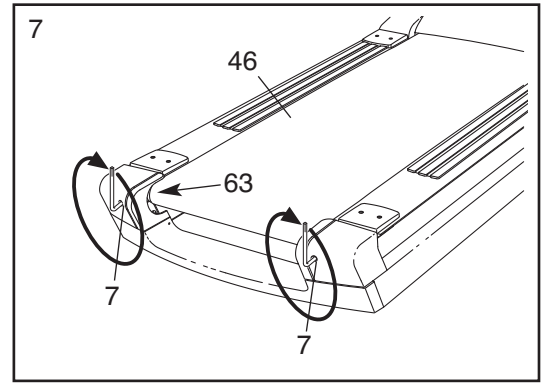
- Remove the Walking Belt (46) and the Walking Platform (44) from the treadmill. Then, remove the Walking Belt from the Walking Platform. Remove the twelve 3/8" x 1 5/8" Bolts (5) and the 3/8" Locknuts (34). Slide the Rear and Front Platform Brackets (47, 48) off the Walking Platform (44).

Slide the Rear and Front Platform Brackets (47, 48) onto the new Walking Platform (44).

Follow steps 1–6 in reverse order. If you are replacing the Walking Belt (46), use the new Walking Belt. Turn the 3/8" x 2 1/2" Roller Bolts (7) (see step 5) clockwise four times only. **Go to step 7.**



7. The tension of the Walking Belt (46) now needs to be adjusted. Center the Walking Belt if necessary (see page 32). Then, plug in the power cord, step onto the foot rails, insert the key into the console, and press the Start/Stop button. Hold the handrails and gently press one foot against the moving Walking Belt. If the Walking Belt stops moving, **remove the key from the console, unplug the power cord,** and turn the two 3/8" x 2 1/2" Roller Bolts (7) clockwise one time. Continue to test the tension of the Walking Belt until the Walking Belt no longer slips. Make sure to keep the Walking Belt centered. **If the Idler Roller (63) stops moving, do not further tighten the Roller Bolts; please see the back cover of this manual.**



# SIX-MONTH PREVENTIVE MAINTENANCE RECORD

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

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the treadmill.	Clean the treadmill.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.
Week 1	/ /	/ /	/ /			
Week 2	/ /	/ /	/ /			
Week 3	/ /	/ /	/ /			
Week 4	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /			
Week 6	/ /	/ /	/ /			
Week 7	/ /	/ /	/ /			
Week 8	/ /	/ /	/ /	/ /	/ /	/ /
Week 9	/ /	/ /	/ /			
Week 10	/ /	/ /	/ /			
Week 11	/ /	/ /	/ /			
Week 12	/ /	/ /	/ /			
Week 13	/ /	/ /	/ /	/ /	/ /	/ /
Week 14	/ /	/ /	/ /			
Week 15	/ /	/ /	/ /			
Week 16	/ /	/ /	/ /			
Week 17	/ /	/ /	/ /	/ /	/ /	/ /
Week 18	/ /	/ /	/ /			
Week 19	/ /	/ /	/ /			
Week 20	/ /	/ /	/ /			
Week 21	/ /	/ /	/ /	/ /	/ /	/ /
Week 22	/ /	/ /	/ /			
Week 23	/ /	/ /	/ /			
Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

Walking Platform Replaced	/ /	/ /	Walking Belt Replaced	/ /
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# TROUBLESHOOTING

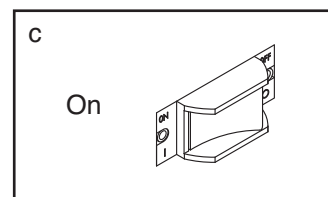
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the back cover of this manual.

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

**SOLUTION:** a. Make sure that the power cord is plugged into a properly grounded outlet. (See page 13.)

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

c. Check the power switch located on the incline trainer near the power cord. Make sure that the power switch is pressed into the on position.



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

**SOLUTION:** a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch to the on 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 back cover of this manual.

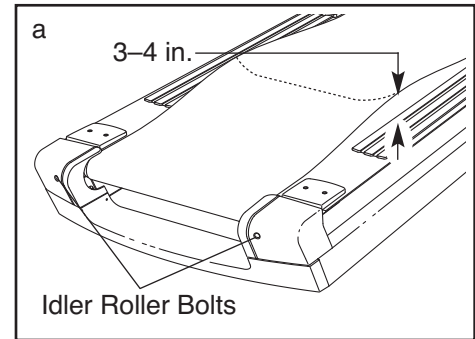
**PROBLEM: The incline of the treadmill does not change correctly**

**SOLUTION:** a. The incline system may need to be calibrated. To initiate the calibration routine, press the power switch into the off position, wait 5 seconds, and then press the power switch back into the on position. During the calibration routine, the treadmill will automatically travel to the highest incline level and then return to the initial level.

b. If the incline system still does not function properly, please see the back cover of this manual.

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

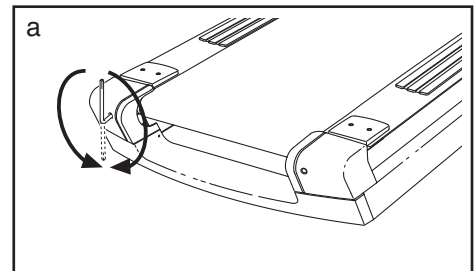
**SOLUTION:** a. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) 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.



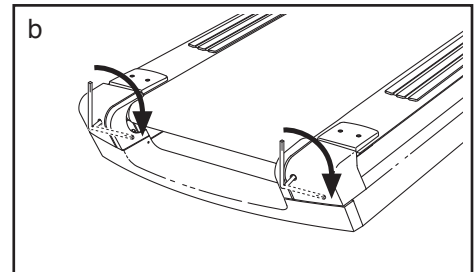
b. If the walking belt still slows when walked on, please see the back cover of this manual.

**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 idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler 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 idler 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 in. (8 to 10 cm) 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.



# EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

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

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to 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 of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. FMTL39809.0

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

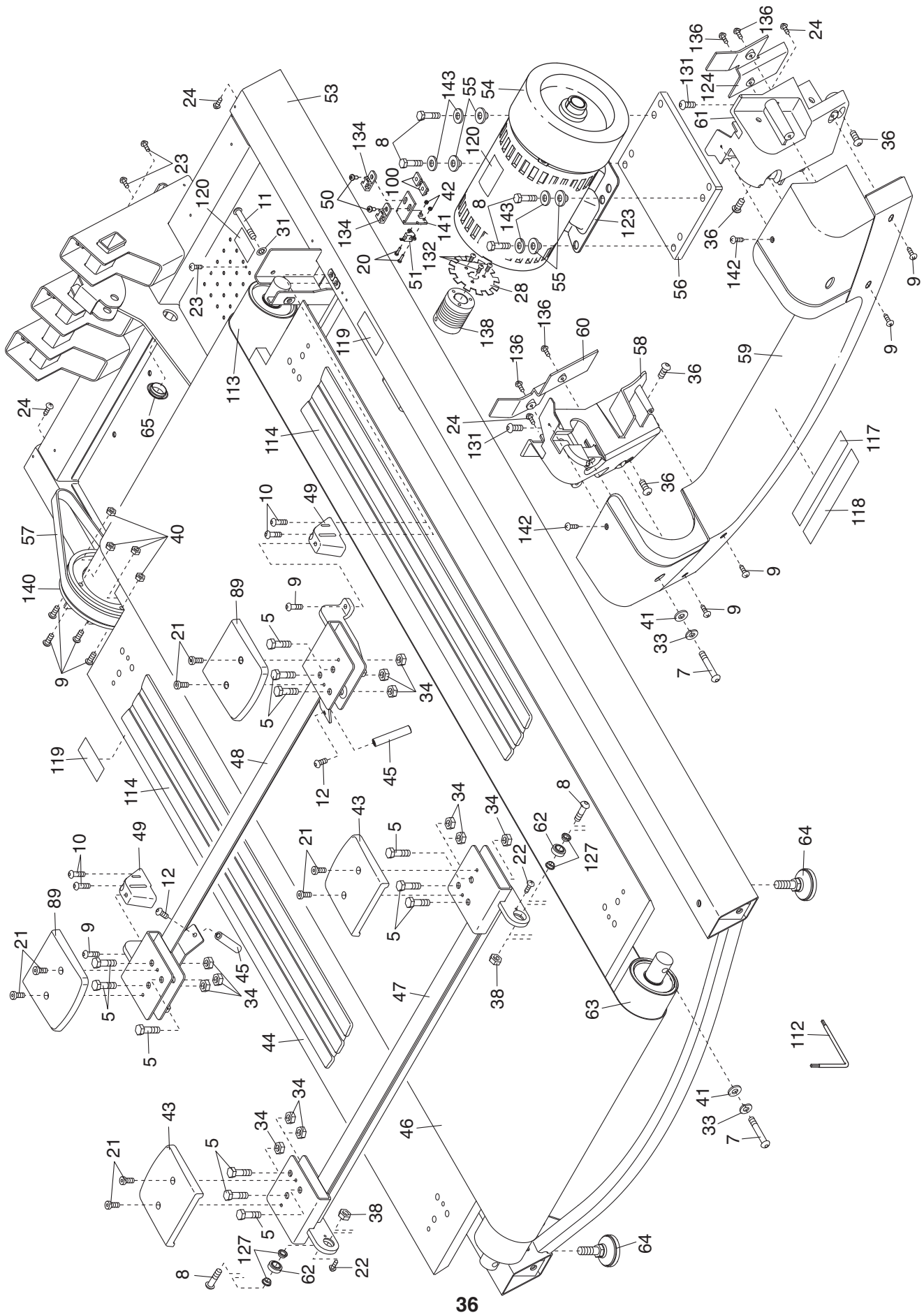
Key No.	Qty.	Description	Key No.	Qty.	Description
1	8	3/8" x 3 1/4" Patch Bolt	51	1	Reed Switch
2	2	3/8" x 2 3/4" Bolt	52	2	Power Cord Grommet Screw
3	6	#8 x 2 1/4" Machine Screw	53	1	Frame
4	2	#8 x 1/2" Machine Screw	54	1	Drive Motor
5	12	3/8" x 1 5/8" Bolt	55	4	Motor Bushing
6	2	3/8" x 2 1/2" Bolt	56	1	Motor Mounting Plate
7	2	3/8" x 2 1/2" Roller Bolt	57	1	Motor Belt
8	6	5/16" x 1 1/2" Bolt	58	1	Left Rear Cap Insert
9	12	1/4" x 3/4" Bolt	59	1	Rear Cap
10	4	1/4" x 1" Bolt	60	1	Left Cap Insert Bracket
11	1	1/4" x 2 1/2" Bolt	61	1	Right Rear Cap Insert
12	2	1/4" x 1/2" Patch Bolt	62	2	Rear Platform Bracket Bearing
13	2	1/2" x 3 1/2" Bolt	63	1	Idler Roller
14	1	1/2" x 1 5/8" Bolt	64	2	Leveling Foot
15	1	1/2" x 2 1/2" Bolt	65	1	Grommet
16	4	5/16" x 1/2" Bolt	66	1	Motor Hood
17	19	#8 x 1/2" Tek Screw	67	1	Front Cap
18	4	#8 x 2 5/8" Screw	68	1	Electronics Bracket
19	6	#8 x 2" Screw	69	1	Power Switch
20	2	#4 x 3/8" Screw	70	1	Power Cord
21	8	1/4" x 3/8" Screw	71	1	Power Cord Grommet
22	2	#10 x 5/16" Screw	72	1	Left Side Cover
23	14	#8 x 1/2" Washer Head Screw	73	1	Right Side Cover
24	22	#8 x 1/2" Screw	74	2	Hood Bracket
25	14	#8 x 3/4" Screw	75	1	Roller Cover
26	8	#3 x 1/4" Screw	76	1	Incline Motor
27	2	#8 x 1" Screw	77	2	Front Wheel
28	1	Speed Disk	78	1	Lift Frame
29	2	1/4" x 1/2" Bolt	79	2	Lift Frame Spacer
30	8	#8 Star Washer	80	1	Upright Cover
31	1	1/4" Star Washer	81	1	Upright
32	2	#6 Nut	82	1	Bottom Handrail Cover
33	2	3/8" Lock Washer	83	1	Handrail
34	14	3/8" Locknut	84	1	Right Handrail Cover
35	2	1/2" Jam Nut	85	1	Left Handrail Cover
36	4	5/16" x 7/8" Bolt	86	1	Handrail Cover
37	2	Cap Clip	87	1	Small Console
38	2	5/16" Locknut	88	1	Pulse Bar Crossbar
39	2	1/4" Flat Washer	89	2	Front Platform Bracket Cover
40	8	1/4" Nut	90	1	Left Upper Pulse Plate
41	12	3/8" Flat Washer	91	1	Left Lower Pulse Plate
42	2	Speed Sensor Nut	92	1	Left Pulse Plate Base
43	2	Rear Platform Bracket Cover	93	1	Right Upper Pulse Plate
44	1	Walking Platform	94	1	Right Lower Pulse Plate
45	2	Belt Guide	95	1	Right Pulse Plate Base
46	1	Walking Belt	96	15	Cable Tie
47	1	Rear Platform Bracket	97	1	Console Bracket
48	1	Front Platform Bracket	98	1	Console Back
49	2	Platform Cushion	99	1	Access Door
50	2	#10 x 3/4" Screw	100	2	Sensor Bracket Insert

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console	125	1	4" Console Ground Wire
102	1	Fan Grill	126	1	8" Wire Tie
103	1	Fan Cover	127	4	Platform Bracket Bushing
104	1	Console Fan	128	1	Electronics Bracket
105	1	Accessory Tray	129	2	Lift Motor Washer
106	1	Controller Box	130	2	Wire Tie
107	1	Key/Clip	131	2	5/16" x 1 1/4" Bolt
108	1	Power Board	132	3	#10 x 1/4" Screw
109	1	Filter	133	2	#6 x 1/4" Screw
110	2	#6 x 5/8" Machine Screw	134	2	Tie Holder
111	1	Upright Wire	135	8	#4 x 3/16" Machine Screw
112	1	Hex Key	136	10	#8 x 5/8" Machine Screw
113	1	Drive Roller	137	2	#6 Flat Washer
114	2	Walking Platform Pad	138	1	Drive Motor Pulley
115	2	1/2" Washer	139	4	Stand-Off
116	4	#8 x 2 1/4" Screw	140	1	Drive Roller Pulley
117	1	Large English Warning Decal	141	1	Reed Switch Bracket
118	1	Large French Warning Decal	142	2	M4 x .7mm Flat Head Screw
119	2	Caution Decal	143	4	5/16" Flat Washer
120	3	Voltage Warning Decal	144	1	Front Resistor Bracket
121	2	English Warning Decal	145	1	Rear Resistor Bracket
122	1	French Warning Decal	146	1	Resistor
123	1	Motor Bracket	*	-	User's Manual
124	1	Right Cap Insert Bracket			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

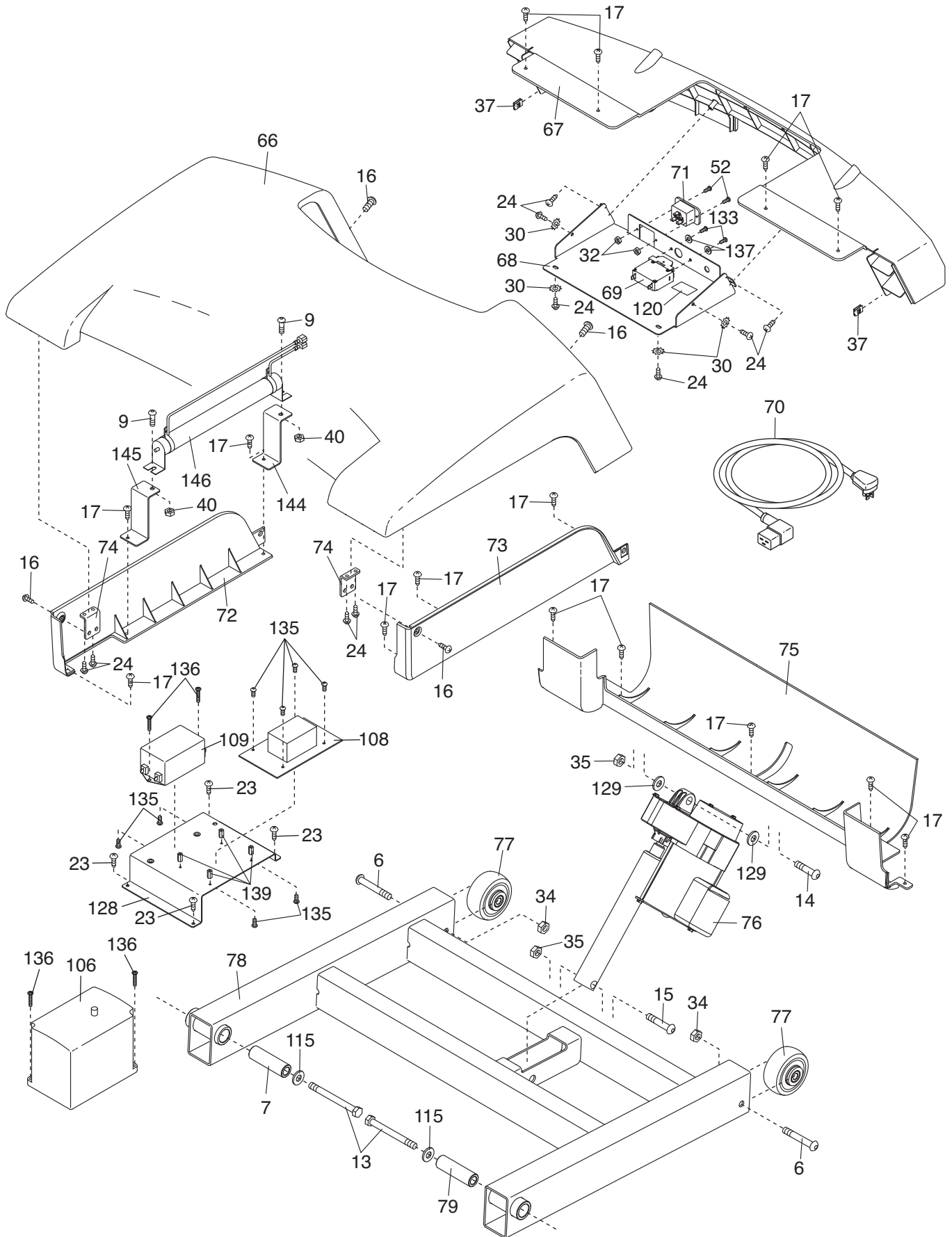
# EXPLODED DRAWING A—Model No. FMTL39809.0

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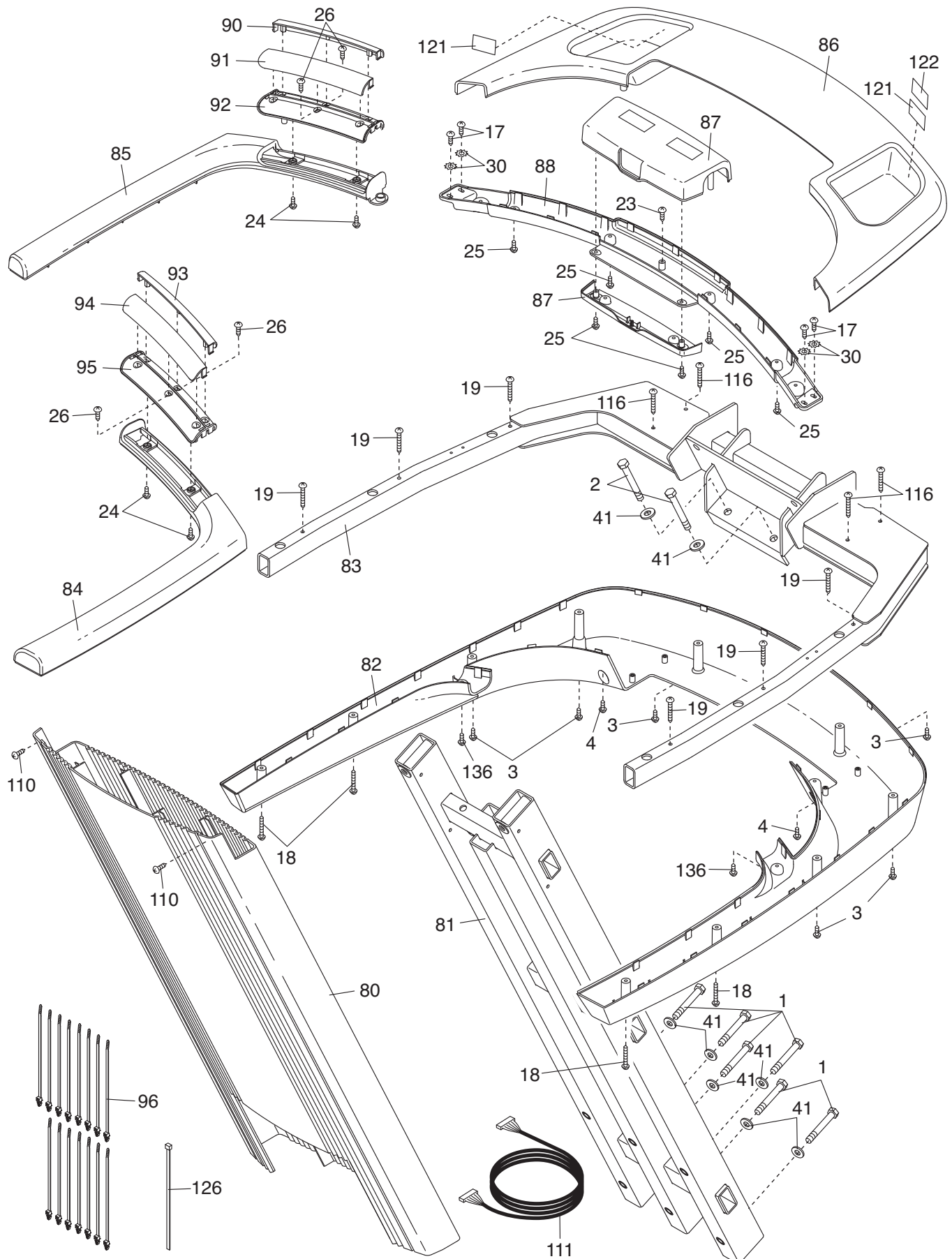
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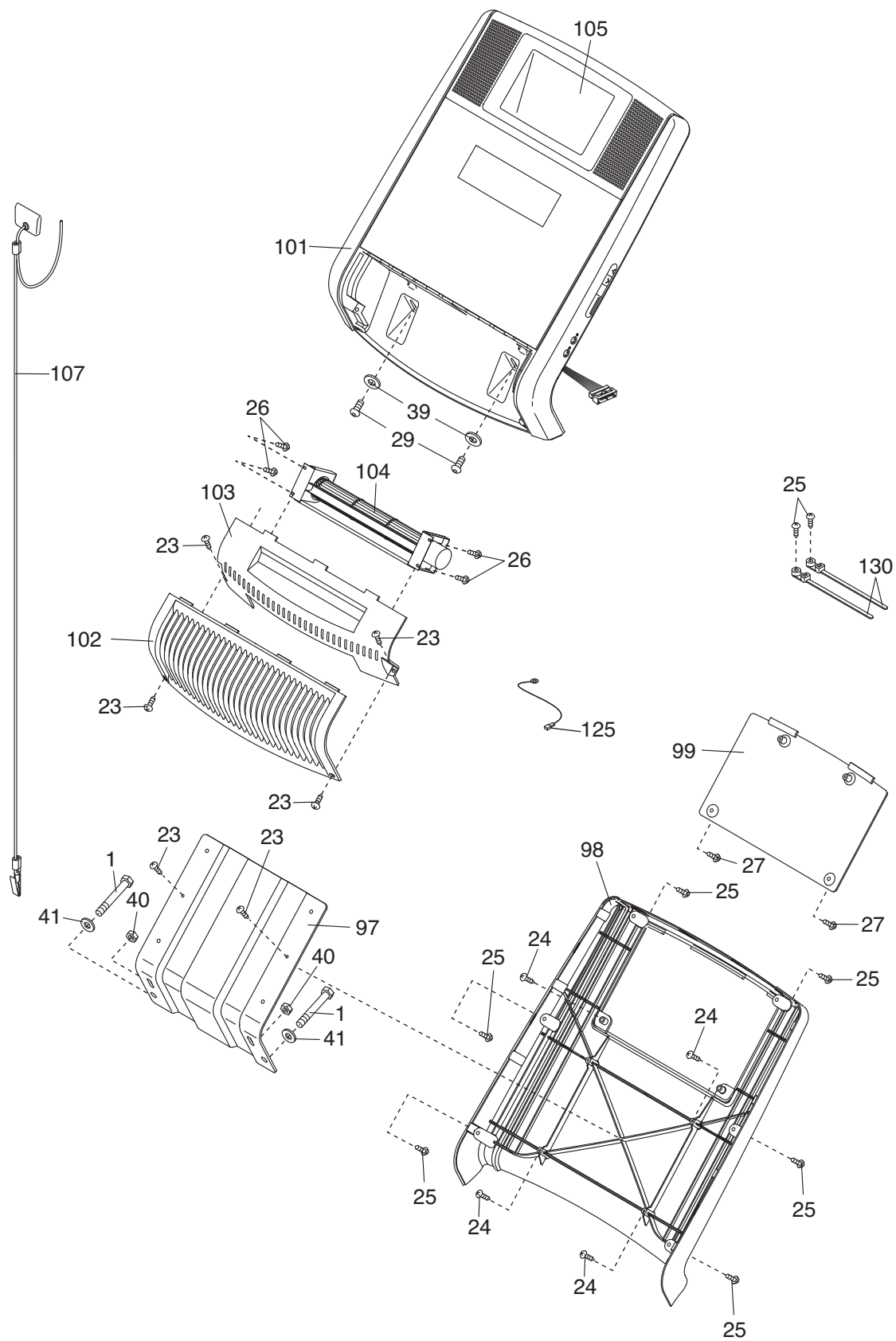
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# EXPLODED DRAWING C—Model No. FMTL39809.0

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# HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

## **In the United States and Canada**

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

FreeMotion Fitness  
1500 South 1000 West  
Logan, UT 84321-9813  
United States

## **Outside the United States and Canada**

Call: 001-435-786-3521

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)