

FREEMOTION®

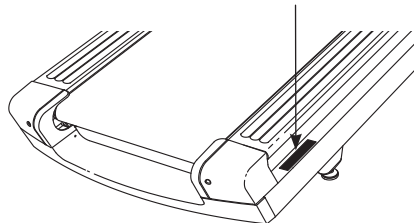
t11.9 REFLEX

Model No. FMTL70817.0

Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



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.

USER'S MANUAL

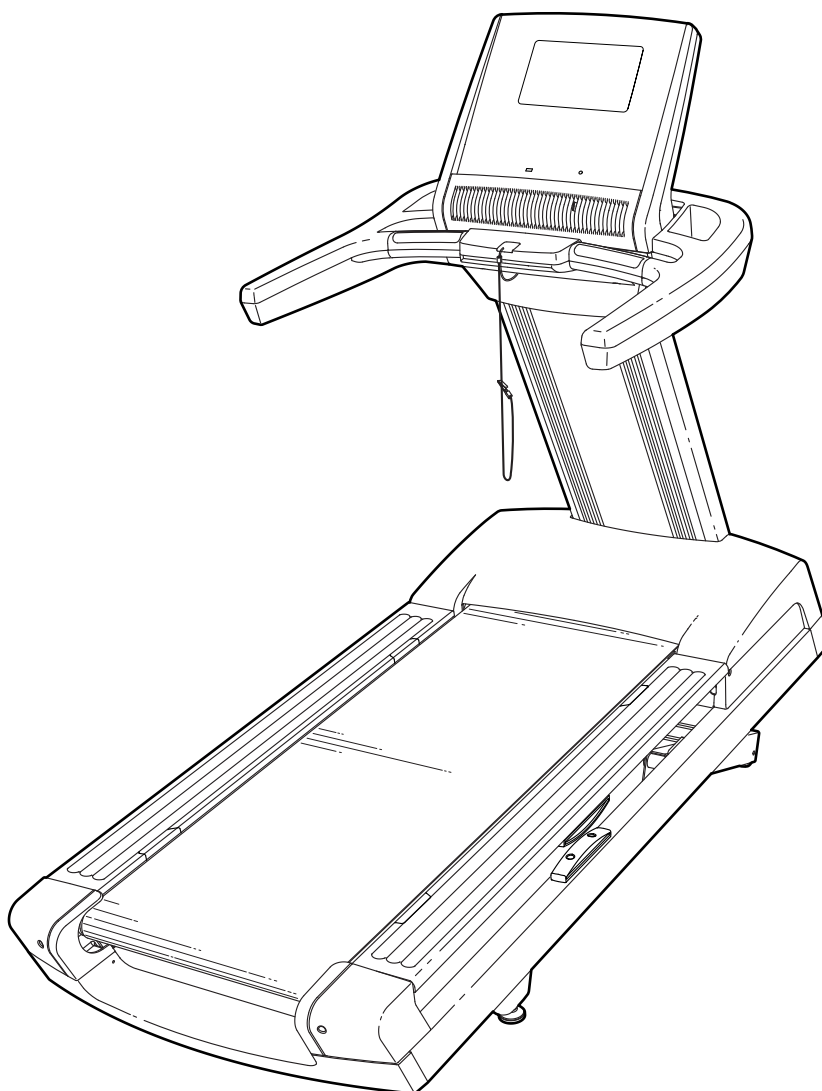
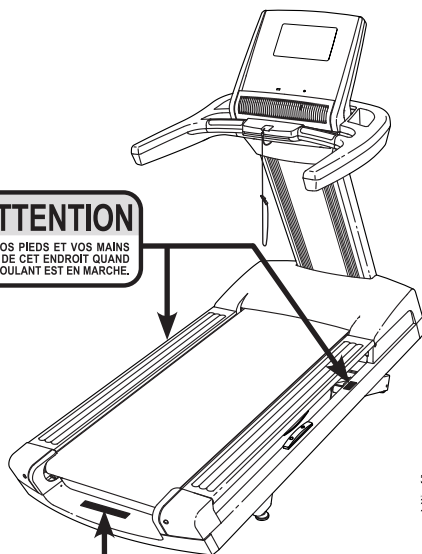


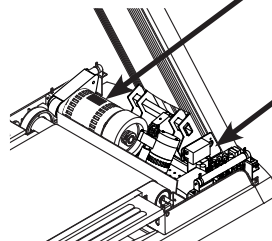
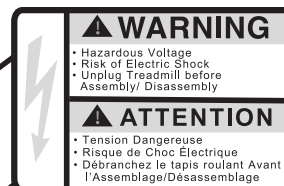
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WARNING DECAL PLACEMENT



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.



⚠ 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.		Never allow children on or around treadmill.
	Change speed in small increments.		Remove key when not in use.
	Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.		
	Stop if you feel faint, dizzy, or short of breath.		- 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.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, 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. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
4. Use the treadmill only as described.
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. 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.
7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
8. Keep children under age 13 and pets away from the treadmill at all times.
9. The treadmill should be used only by persons weighing 400 lbs. (181 kg) or less.
10. Never allow more than one person on the treadmill at a time.
11. 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.*
12. When connecting the power cord, follow the instructions on page 14. No other appliance should be on the same circuit as the treadmill. Do not use an extension cord.
13. Keep the power cord 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 35 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 17). Always wear the clip while using the treadmill.
16. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
17. When a person is walking on the treadmill, the noise level of the treadmill will increase.
18. Keep fingers, hair, and clothing away from the moving walking belt.
19. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
20. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

21. Do not move the treadmill until it is properly assembled (see **ASSEMBLY** on page 8). Do not move the treadmill by sliding it (see **HOW TO MOVE THE TREADMILL** on page 29). You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

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

23. Inspect and properly tighten all parts each time the treadmill is used.

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

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

SAVE THESE INSTRUCTIONS

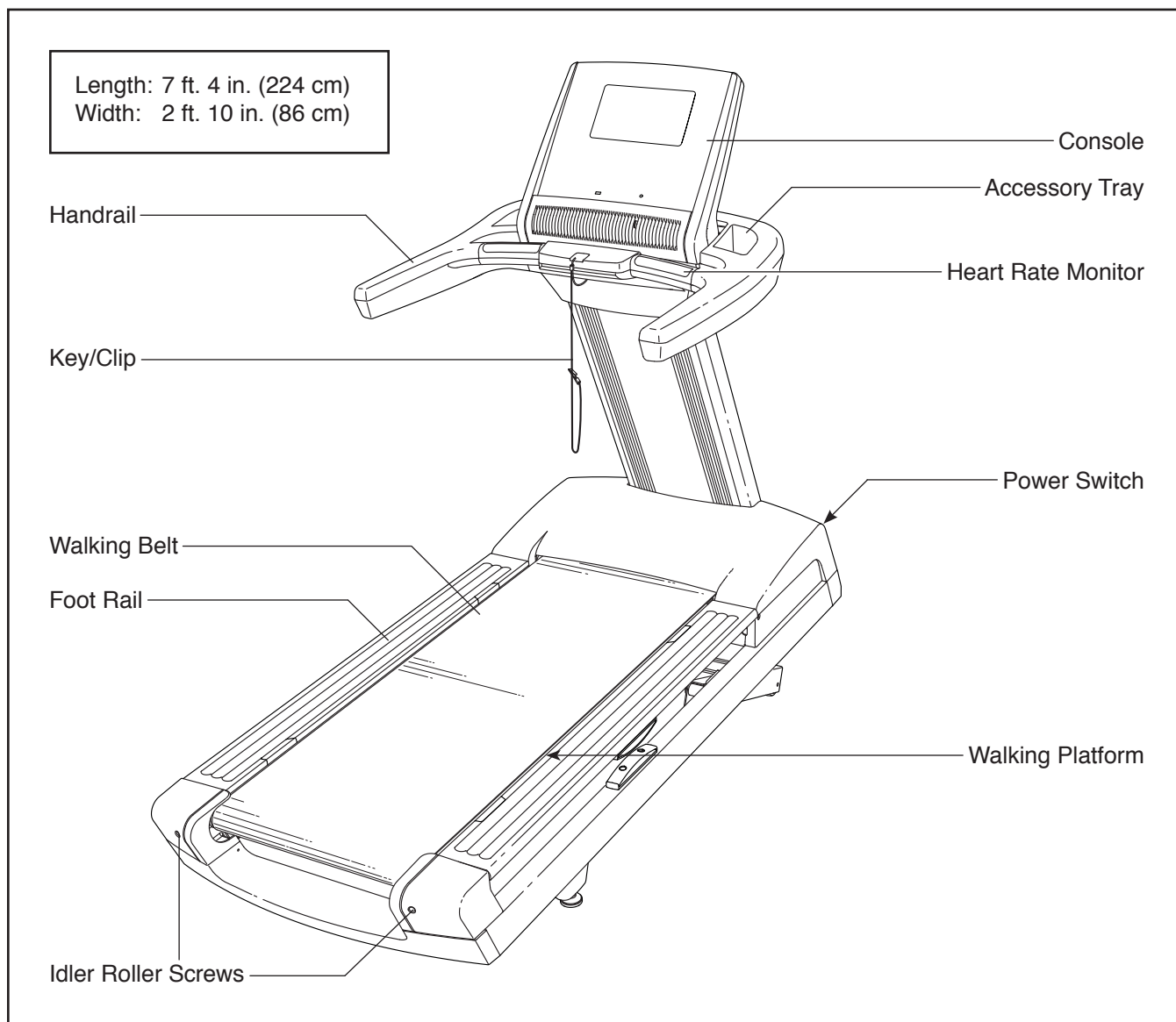
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® T 11.9 REFLEX treadmill. The T 11.9 REFLEX treadmill offers an impressive selection of features designed to make your workouts more effective and enjoyable.

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

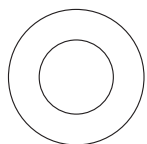
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

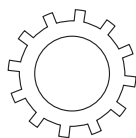


PART IDENTIFICATION CHART

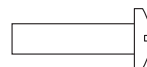
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra hardware may be included.**



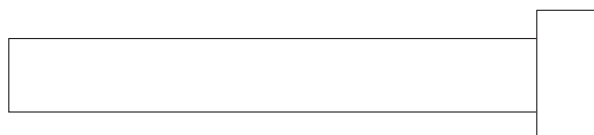
3/8" Flat
Washer (43)–4



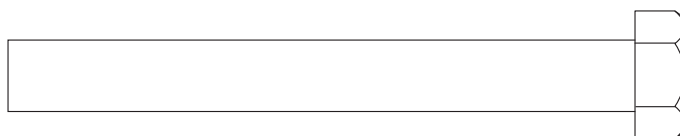
3/8" Star
Washer (2)–6



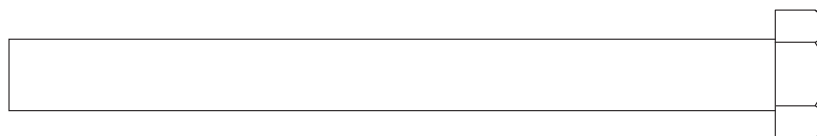
#8 x 5/8"
Screw (18)–2



3/8" x 2 3/4" Screw (27)–4



3/8" x 3 1/4" Screw (1)–4



3/8" x 4" Screw (11)–4

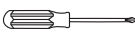
ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 7.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- Assembly requires the following tools:

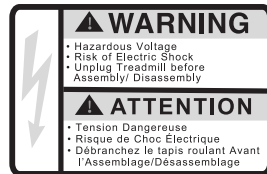
one set of English hex keys 

one adjustable wrench 

one Phillips screwdriver 

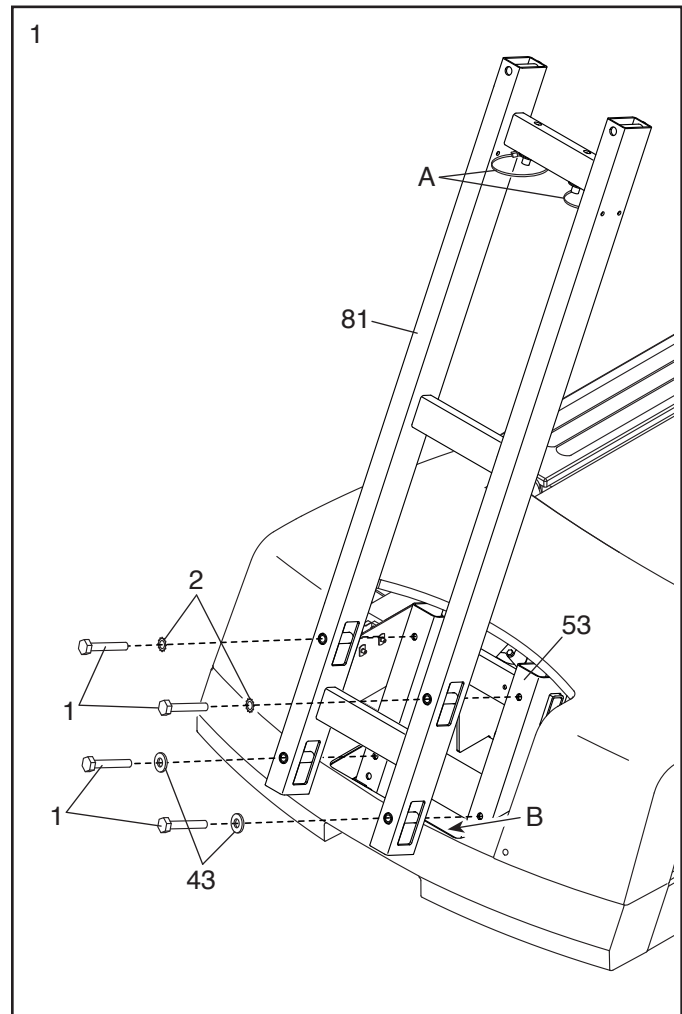
To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged. Be careful not to pinch the power cord.**



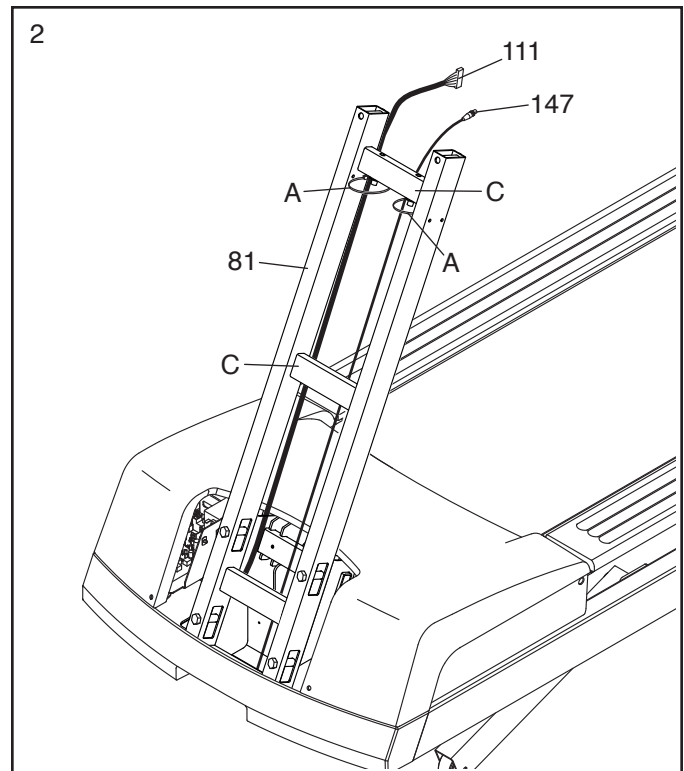
Slide the Upright Cover (not shown) off the Upright (81).

Orient the Upright (81) and the plastic ties (A) as shown. Set the Upright on the tabs (B) on the Frame (53). Then, attach the Upright with four 3/8" x 3 1/4" Screws (1), two 3/8" Star Washers (2), and two 3/8" Flat Washers (43); **start all four Screws, and then torque them to 20 pound-feet (27 Newton-meters). Do not pinch any wires.**



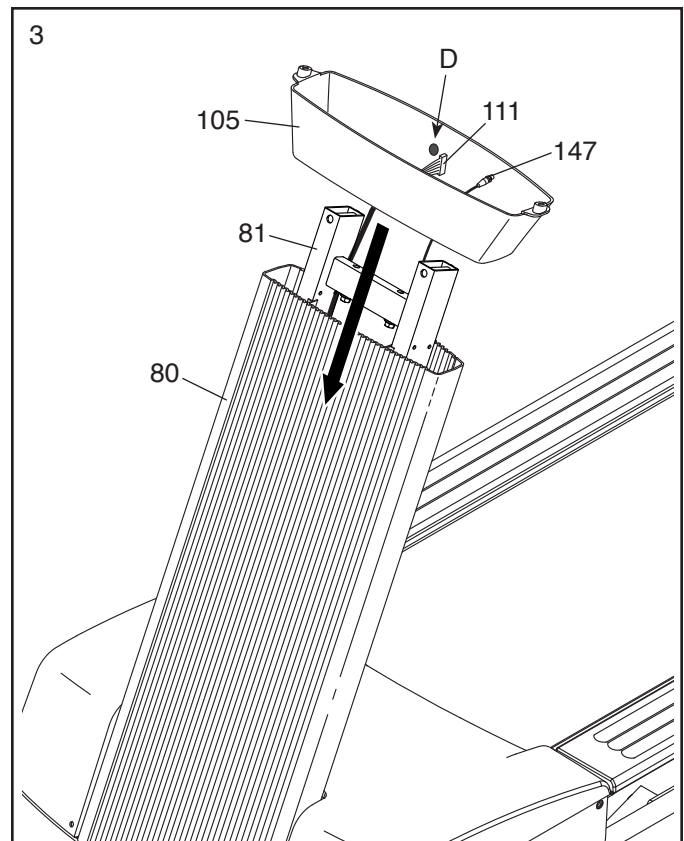
2. Insert the end of the Upright Wire (111) through the indicated looped plastic tie (A) at the top of the Upright (81) as shown. **Make sure that the Upright Wire is behind the crossbars (C) on the Upright.** Then, gently pull upward on the Upright Wire as you tighten the plastic tie around the Upright Wire.

Repeat this step for the TV Cable (147).



3. Slide the Upright Cover (80) downward onto the Upright (81). **Do not pinch the Upright Wire (111) or the TV Cable (147). Make sure not to hit the ceiling with the Upright Cover.**

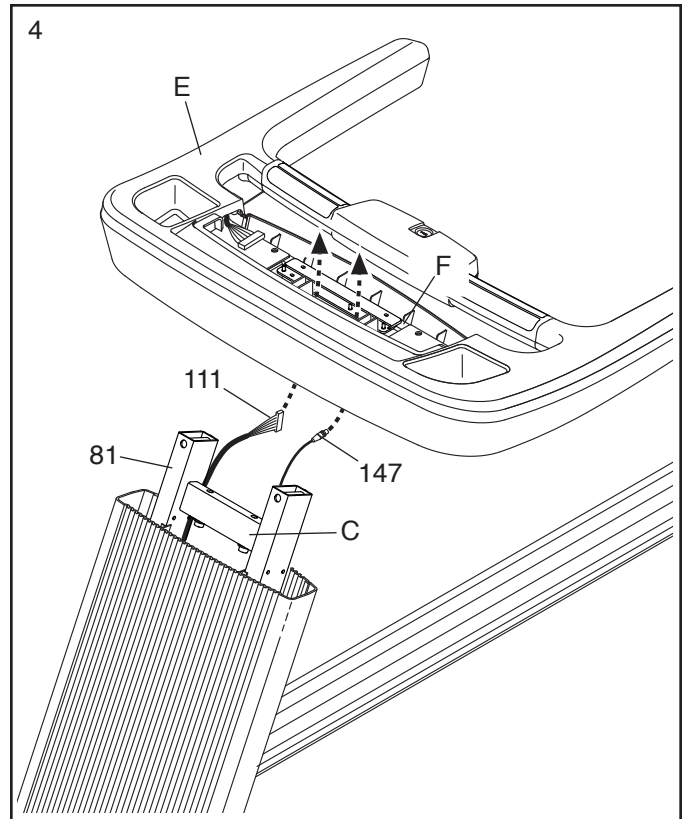
Next, orient the Upright Collar (105) so that the sticker (D) is on the indicated side. Slide the Upright Collar onto the Upright Cover (80).



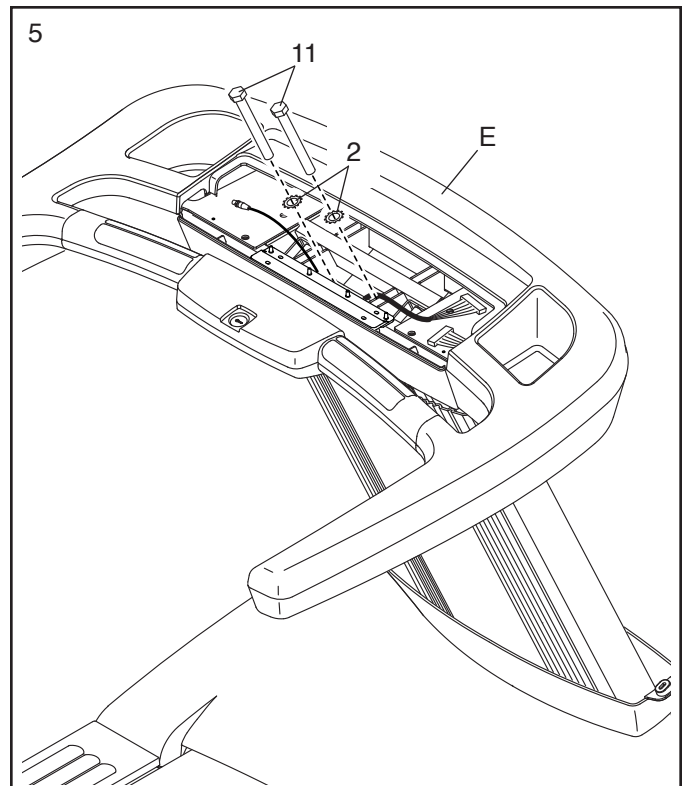
4. Have a second person hold the handrail assembly (E) near the Upright (81).

Insert the Upright Wire (111) and the TV Cable (147) upward through the center of the handrail assembly.

Then, slide the bracket (F) on the handrail assembly (E) over the crossbar (C) on the Upright (81), and set the handrail assembly on the Upright. **Do not pinch any wires.**

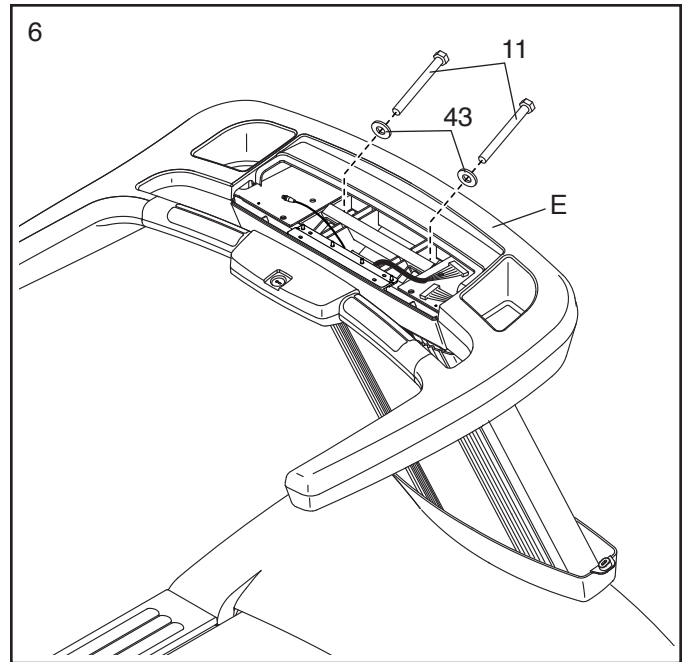


5. Attach the handrail assembly (E) with two 3/8" x 4" Screws (11) and two 3/8" Star Washers (2); **do not fully tighten the Screws yet. Do not pinch any wires.**



6. Tighten two 3/8" x 4" Screws (11) with two 3/8" Flat Washers (43) into the handrail assembly (E); **start both Screws, and then torque them to 20 pound-feet (27 Newton-meters).**

See step 5. Torque the two 3/8" x 4" Screws (11) to 20 pound-feet (27 Newton-meters).

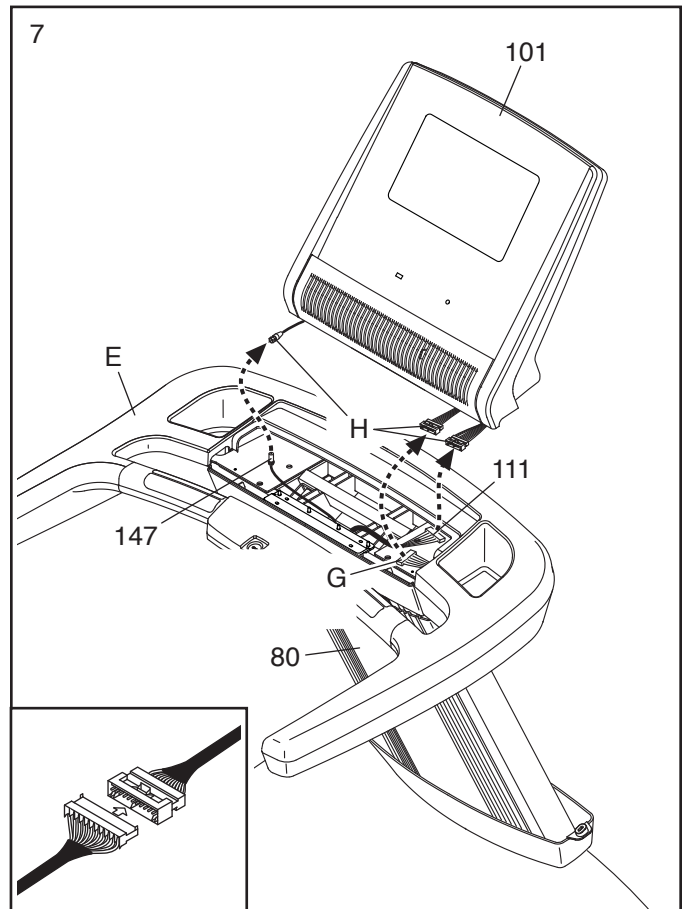


7. Have a second person hold the Console Assembly (101) near the handrail assembly (E).

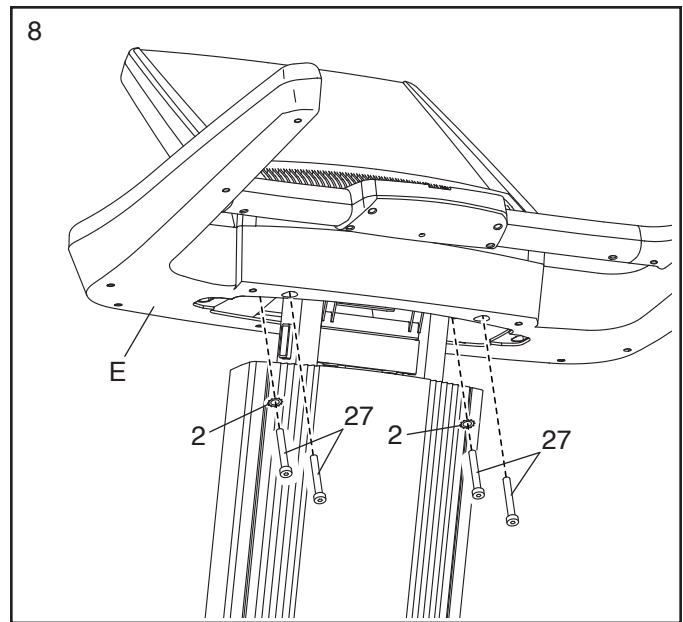
Connect the Upright Wire (111), the handrail wire (G), and the TV Cable (147) to the console wires (H). Make sure that the console wire and the handrail wire that you are connecting have connectors that are the same size. **See the inset drawing. The connectors should slide together easily and snap into 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.**

Next, insert the excess wires downward into the Upright Cover (80).

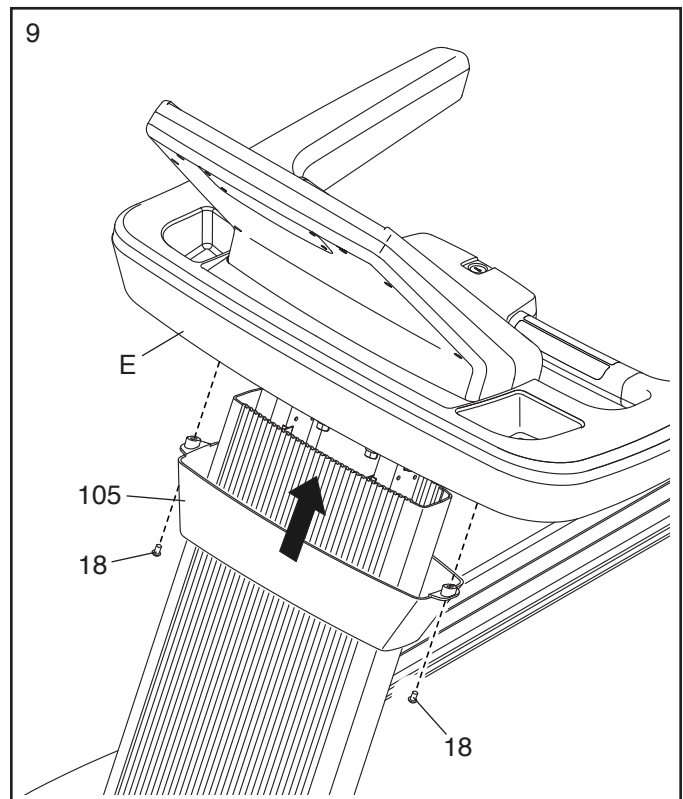
Then, set the Console Assembly (101) on the handrail assembly (E). **Do not pinch any wires.**



8. Tighten four 3/8" x 2 3/4" Screws (27) with two 3/8" Star Washers (2) into the handrail assembly (E).

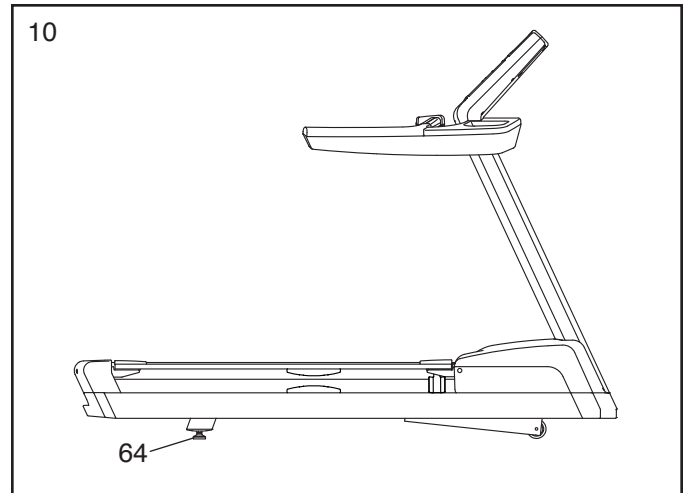


9. Attach the Upright Collar (105) to the handrail assembly (E) with two #8 x 5/8" Screws (18).



10. If necessary, move the treadmill to the desired location. **IMPORTANT: Before moving the treadmill, see HOW TO MOVE THE TREADMILL on page 29.**

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, turn the nut on a Leveling Foot clockwise or counterclockwise until the rocking motion is eliminated.



11. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Note: Extra hardware may be included.

HOW TO CONNECT THE TREADMILL

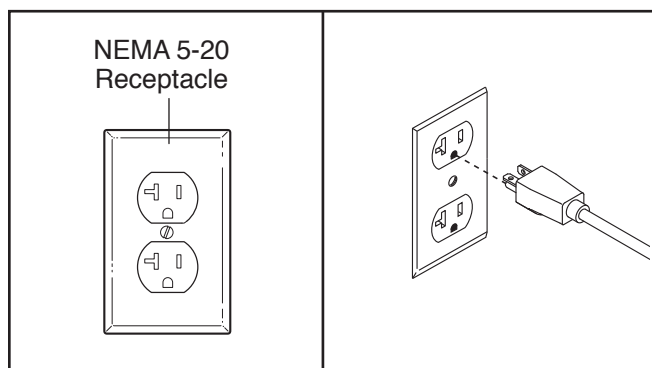
⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician. Do not use an adapter to connect the plug to an improper receptacle.

HOW TO CONNECT THE POWER CORD

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, 120-volt circuit. No other appliance should be on the same circuit. This product has a cord with an equipment-grounding conductor and a grounding plug.

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.

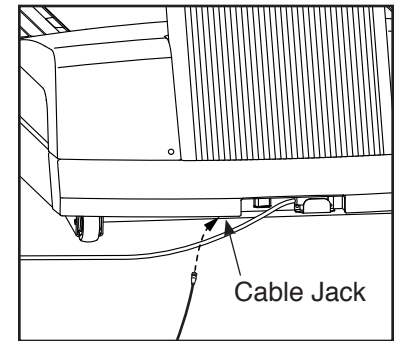


HOW TO CONNECT A CATV CABLE

If your treadmill has the Digital TV, a CATV cable must be connected to the treadmill for cable TV stations to be viewed.

Locate the cable jack under the front of the treadmill. Connect the CATV cable to the cable jack.

Route the cable so that it will not be pinched or crushed by the lift mechanism or the frame.



A satellite receiver, VCR, or DVD player can also be connected to the treadmill. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the treadmill.

Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly. RF modulators are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual for the equipment you wish to connect to determine if an RF modulator is needed, or contact your local audio/visual service provider.

WARRANTY INFORMATION

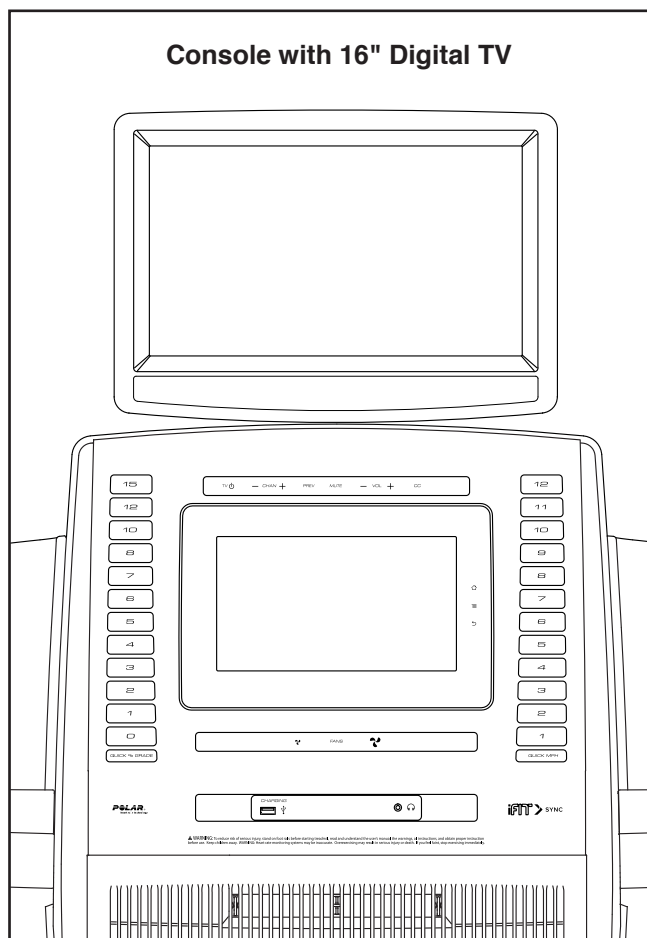
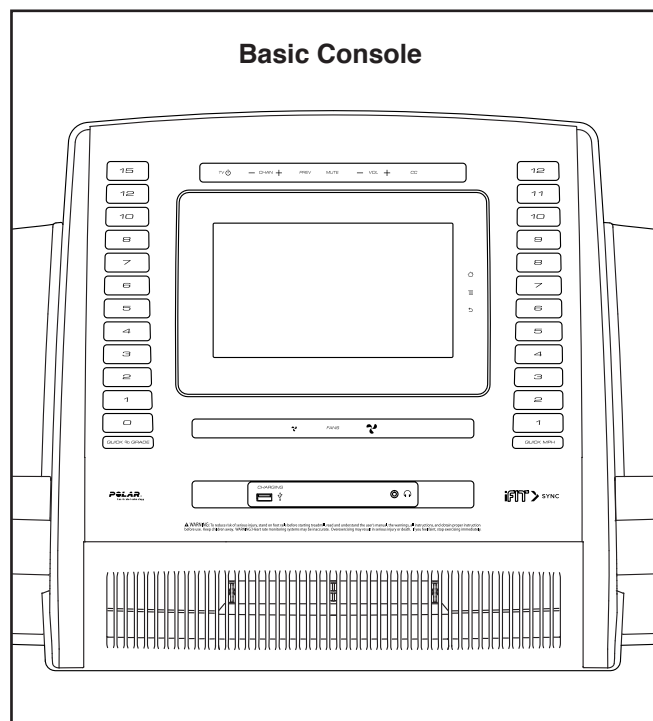
The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized 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.

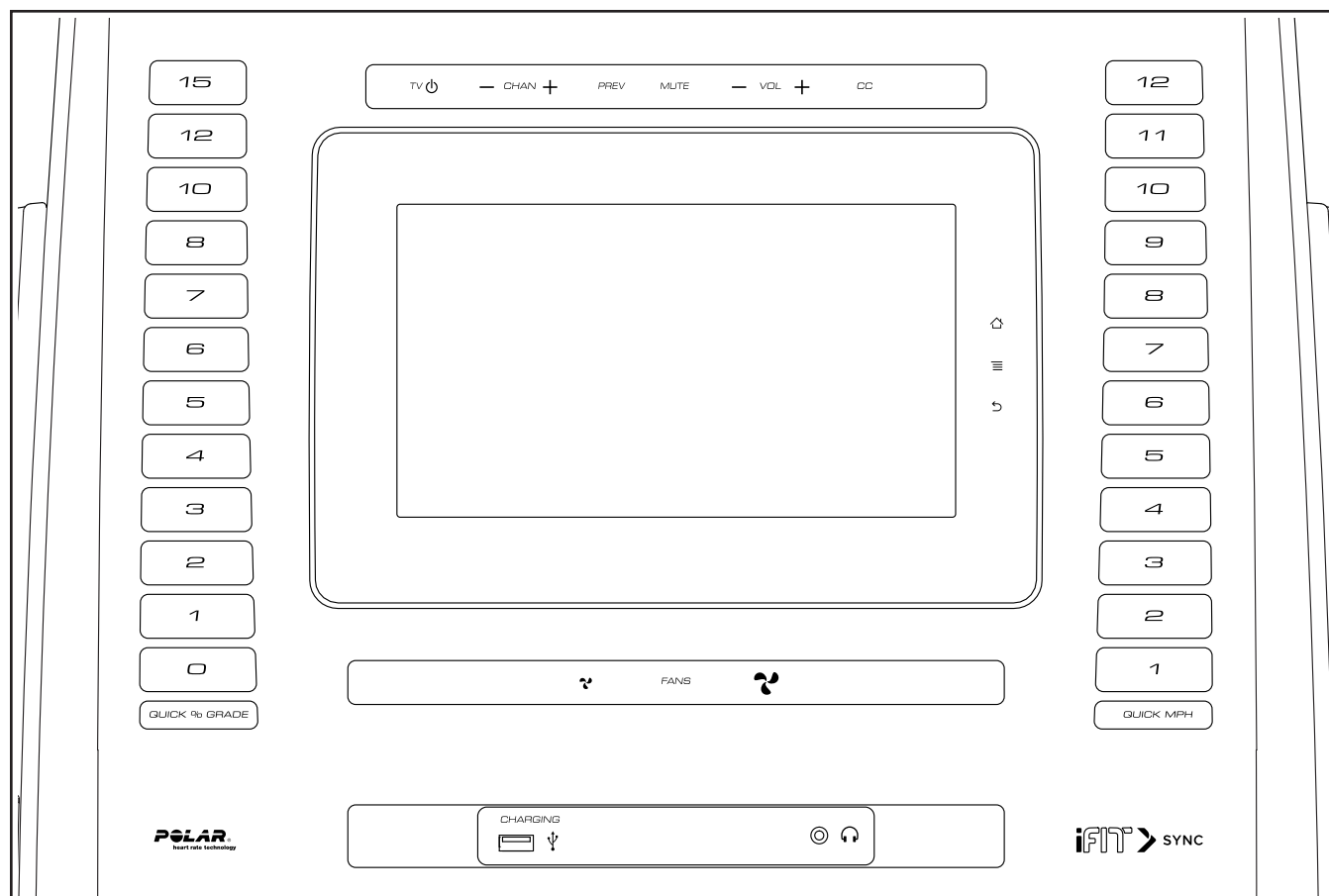
HOW TO UPGRADE THE CONSOLE

The treadmill's console has been preconfigured to operate with a 16" Digital TV (see the drawings below). To learn about the features of the console, see page 16. To learn about the features of the digital TV, see the user's manual included with the digital TV. **Note: The buttons at the top of the console function with the digital TV or a remote TV only.** The basic console has no television capabilities.

To upgrade your console whenever you choose, please see the back cover of this manual.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit technology that enables the treadmill to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See [iFit.com](https://www.ifit.com) for complete information.**

In addition, the console features a selection of onboard workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. In addition, you can set a time, distance, calorie, or pace goal.

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or an optional Polar®-compatible chest heart rate monitor.

To turn on the power, see page 17. **To learn how to use the touch screen,** see page 17. **To set up the console,** see page 18.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 24. For simplicity, all instructions in this section refer to miles.

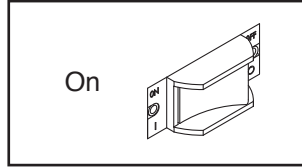
HOW TO TURN ON THE POWER

1. Plug in the power cord.

See HOW TO CONNECT THE POWER CORD on page 14.

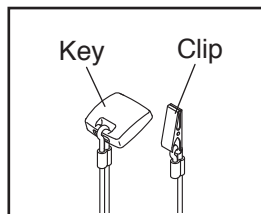
2. Press the power switch into the on position.

Locate the power switch on the treadmill near the power cord. Press the power switch into the on position.



3. Insert the key into the console.

Note: The console can be set to be used without the key. See step 8 on page 24 for instructions. If the console has been set to be used without the key, this step does not apply.



Find the key and the clip on the console and attach the clip to the waistband of your clothes. Next, insert the key into the console. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 19). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

1. Connect to your wireless network.

To access the internet, download iFit workouts, and use other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 27 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 24 and step 2 on page 26 and select the maintenance mode. Then, see step 3 on page 26 and check for firmware updates.

3. Calibrate the incline system.

See step 4 on page 26 and calibrate the incline system of the treadmill.

4. Create an iFit account.

Touch the globe button near the lower-left corner of the screen and touch the iFit button.

For information about navigating in the browser, see page 28. The browser will open to the iFit.com home page. Touch the Register button in the upper-right corner of the screen.

The browser will open to the iFit.com registration page. Follow the prompts on the screen to create your iFit account.

To use the manual mode, see page 19. **To use an onboard workout**, see page 21. **To use a set-a-goal workout**, see page 22. **To use an iFit workout**, see page 23.

To use the equipment settings mode, see page 24. **To use the entertainment mode**, see page 25. **To use the maintenance mode**, see page 26. **To use the wireless network mode**, see page 27. **To change the audio input**, see page 28. **To use the sound system**, see page 28. **To use the internet browser**, see page 28.

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see pages 35 and 36).

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 17. **Note: It may take a minute for the console to be ready for use.**

2. Select the main menu.

When you turn on the power, the main menu will appear after the console boots up. Touch the home button in the lower-left corner of the screen to return to the main menu at any time.

3. Start the walking belt and adjust the speed.

Touch the Start button on the screen or press the Start button on the console to start the walking belt. 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 press one of the numbered 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 Stop button. To restart the walking belt, press the Start button.

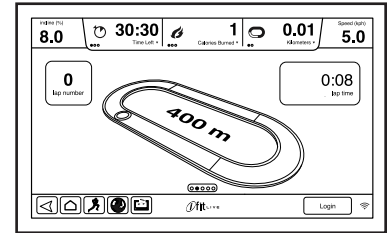
4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered Quick % Grade buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 26).

5. Monitor your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen. You can also view additional information by touching the red boxes on the screen.



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

- The incline level of the treadmill
- The time elapsed
- The time left (the manual mode does not have a time left countdown)
- The approximate number of calories you have burned
- The approximate number of calories you are burning per hour
- The distance that you have walked or run
- The number of vertical meters you have climbed
- The speed of the walking belt
- A track representing 1/4 mile (400 m)
- Your pace in minutes per kilometer
- Your current lap number
- Your heart rate (see step 6)

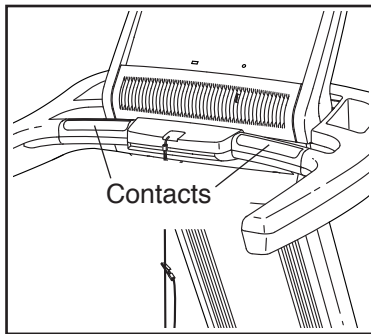
If desired, adjust the volume by pressing the Vol increase and decrease buttons on the console.

To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout session, touch the End Workout button.

6. Measure your heart rate if desired.

Note: If you use the handgrip heart rate monitor and a chest heart rate monitor at the same time, the console will not display your heart rate accurately. For information about ordering an optional chest heart rate monitor, please see the back cover of this manual.

Before using the handgrip heart rate monitor, 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 with your palms for approximately ten seconds; **avoid moving your hands**. When your pulse is detected, 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 features several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.

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

Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. Then, 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 AN ONBOARD WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 17.

2. Select an onboard workout.

To select an onboard workout, touch the runner button in the lower-left corner of the screen.

In the Workouts menu, touch the Calorie Burn button, the High Intensity button, the Speed button, or the Incline button. Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

3. Start the workout.

Touch the Start Workout button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each workout is divided into several 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 consecutive segments.

During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting of the current segment. The top profile represents the speed setting of the current segment.

At the end of the first segment of the workout, the treadmill will automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

If the speed and/or incline settings are too high or too low at any time during the workout, you can override the settings by pressing the Speed or Incline buttons. **If you press a Speed button**, you can then manually control the speed (see step 3 on page 19). **If you press an Incline button**, you can then manually control the incline (see step 4 on page 19). **To return to the programmed speed and/or incline settings of the workout**, first, view the profile. Then, touch the Follow Workout button.

To pause the workout, touch either the back button or the home button in the lower-left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Start button on the console. To end the workout, touch the End Workout button.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

4. Monitor your progress.

See step 5 on page 19. The screen can also show a profile of the speed and incline settings of the workout.

5. Measure your heart rate if desired.

See step 6 on page 20.

6. Turn on the fan if desired.

See step 7 on page 20.

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

See step 8 on page 20.

HOW TO USE A SET-A-GOAL WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 17.

2. Select the main menu.

See step 2 on page 19.

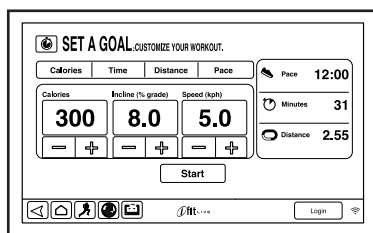
3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a calorie, time, distance, or pace goal, touch the Calories, Time, Distance, or Pace button.

Then, touch the increase and

decrease buttons on the screen to select a calorie, time, distance, or pace goal, and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.



4. Start the workout.

Touch the Start button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

The workout will function in the same way as the manual mode (see pages 19 and 20).

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight.

5. Monitor your progress.

See step 5 on page 19.

6. Measure your heart rate if desired.

See step 6 on page 20.

7. Turn on the fan if desired.

See step 7 on page 20.

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

See step 8 on page 20.

HOW TO USE AN iFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 27). An iFit account is also required.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 17.

2. Select the main menu.

See step 2 on page 19.

3. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com Username and Password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

4. Select an iFit workout.

To download an iFit workout in your schedule, touch the Map, Train, Video, or Lose Weight button to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 22). Note: You can also press one of the iFit buttons on the console.

To switch users within the account, touch the Login button near the lower-right corner of the screen.

Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please see iFit.com.

When you select an iFit workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. Start the workout.

See step 3 on page 21.

During some workouts, an audio coach may guide you through your workout.

6. Monitor your progress.

See step 5 on pages 19 and 20. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the runners and the distances they have run. The screen will also show the numbers of seconds that the other runners are ahead of you or behind you.

7. Measure your heart rate if desired.

See step 6 on page 20.

8. Turn on the fan if desired.

See step 7 on page 20.

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

See step 8 on page 20.

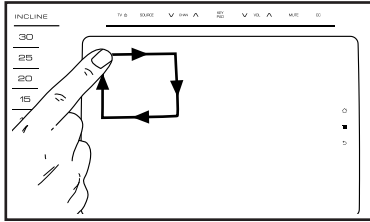
For more information about the iFit mode, go to iFit.com.

HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to select a language and the unit of measurement, to turn on and turn off the display demo mode, set a reset timeout, and to enable or disable the key and/or a passcode.

1. Access the settings main menu.

Insert the key into the console (see HOW TO TURN ON THE POWER on page 17). Next, select the main menu (see step 2 on page 19). Then, draw a square clockwise on the screen to access the settings main menu (see the drawing above).



2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

4. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

5. Select a timezone.

Touch the Timezone button. Select your local timezone to have the console sync to your local time. Then, touch the back button.

6. Select an automatic update time

You can set a time for the console to automatically check for firmware updates. You can always cancel these firmware updates by touching the Cancel button. However, it is strongly recommended that you allow the console to update frequently.

Touch the Update Time button. Select the time when the console will automatically check for an update. Then, touch the back button.

7. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the on position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

8. Enable or disable the key.

You can disable the key so that the treadmill does not require the use of the key. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox.

9. Enable or disable the web browser.

You can disable the console's web browser, which will help to restrict the bandwidth used on your wireless network.

Touch the Browser button. To disable the browser, touch the Disable checkbox. The console will automatically restart, and the web browser will be disabled. To enable the browser again, return to the Browser option, and then touch the Enable checkbox. The console will automatically restart, and the web browser will be enabled again.

10. Enable or disable the street view.

You can disable the street view for maps workouts, which will help to restrict the bandwidth used on your wireless network.

Touch the Street View button. To disable the street view, touch the Disable checkbox. To enable the street view again, touch the Enable checkbox.

11. Set a time for the reset timeout.

The console features an automatic reset timeout; if no buttons are touched or pressed and the walking belt does not move for a set amount of time, the console will automatically reset.

To set the amount of time the console will wait before it automatically resets, touch the Reset Timeout button to view a list of times. Then, select the amount of time desired. Touch the back button on the screen.

12. Set a workout time limit.

You can set a time limit for workouts to help restrict the amount of time each user spends on the treadmill.

Touch the Workout Time Limit button. To enable the workout time limit, touch the Enable checkbox. Then, touch the increase and decrease buttons to select the amount of time allowed for each user. Then, touch the back button on the screen.

During any workout, the screen will notify you when only ten seconds remain until the time limit. When the time limit is reached, the workout will automatically end.

13. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the screen.

HOW TO USE THE ENTERTAINMENT MODE

The console features an entertainment mode that allows you to connect the console to a remote TV. If you purchase the digital TV, please see the manual included with the digital TV to learn how to use the entertainment mode to set up your personal digital TV.

1. Access the settings main menu.

See step 1 on page 24.

2. Select the entertainment mode.

In the settings main menu, touch the Entertainment button to enter the entertainment mode.

3. Select "Freemotion TV" as the source.

4. Adjust volume and other settings for the TV.

Note: The controls on the screen affect TV setup only. They do not affect the settings on the console.

5. Exit the entertainment mode.

To exit the entertainment mode, touch the Finish button on the screen.

HOW TO USE THE MAINTENANCE MODE

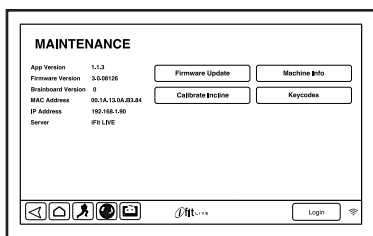
The console features a maintenance mode that allows you to update the console firmware, calibrate the incline of the treadmill, calibrate the screen, view technical information, and view a button's keycode.

1. Access the settings main menu.

See step 1 on page 24.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the treadmill.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the treadmill, do not turn off the power or remove the key while the firmware is being updated.

The screen will show the progress of the update. When the update is complete, the treadmill will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the on position. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

4. Calibrate the incline system of the treadmill.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The treadmill will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep feet and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. View machine information.

Touch the Machine Info button to view information about your treadmill. After you view the information, touch the back button on the screen.

6. Find keycodes.

The Keycodes button is intended to be used by service technicians to identify whether a certain button is working correctly.

7. Register the treadmill on iFit.com.

This option is intended to be used by fitness club owners to view and track the usage history of the treadmill on iFit.com.

Touch the Register Equipment button, enter your club token, and then touch the Submit button.

8. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

1. Access the settings main menu.

See step 1 on page 24.

2. Select the wireless network mode.

In the settings main menu, touch the Network Setup button to enter the wireless network mode.

3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. Set up and manage a wireless network connection.

When Wi-Fi® is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch the Connect to Wi-Fi button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, press the back button on the console to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The iFit mode supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

5. Exit the wireless network mode.

To exit the wireless network mode, press the back button on the console.

HOW TO CHANGE THE AUDIO INPUT

To select a different audio source, touch the music notes icon at the bottom of the screen. Then, choose an audio source from the list.

1. MYE TV.

Follow the instructions included with the optional MYE programmer to select this audio source.

2. Personal TV.

Select this audio source to listen to the audio from the console's digital TV. Note: The console must have a digital TV for this option to function (see HOW TO UPGRADE THE CONSOLE on page 15).

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume control on your personal audio player.

HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower-left corner of the screen. Then, select a website.

To return to the previous web page, touch the Browser Back button. To exit the browser, touch the Return button.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

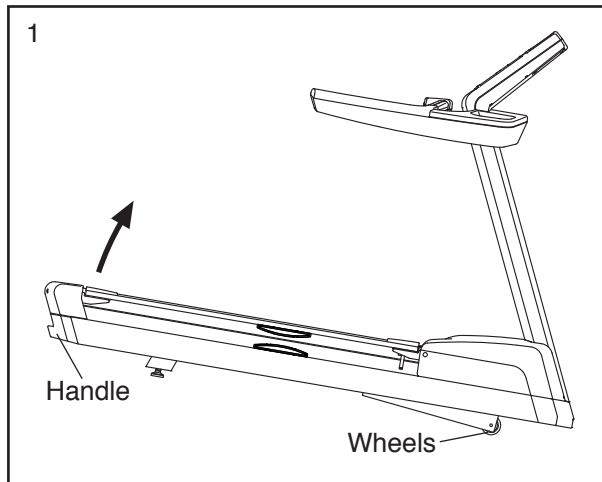
Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

HOW TO MOVE THE TREADMILL

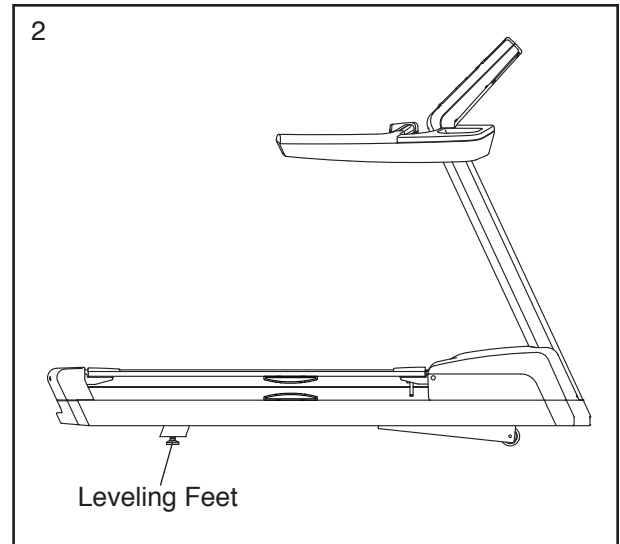
IMPORTANT: Due to the size and weight of the treadmill, moving it requires two or three persons. To avoid damaging the leveling feet, do not move the treadmill by sliding it.

Before moving the treadmill, plug in the power cord, insert the key into the console, and raise the incline to the highest position (see page 19). Next, **remove the key and unplug the power cord.** Then, follow the steps below.

1. Hold the handle firmly. **CAUTION: To decrease the possibility of injury or of damage to the treadmill, do not lift the treadmill by the hand-rail.** Raise the handle until the treadmill will roll on the wheels. Then, carefully roll the treadmill to the desired location and 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.**



2. When the treadmill is 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, turn the nut on a leveling foot clockwise or counter-clockwise until the rocking motion is eliminated.



PREVENTIVE MAINTENANCE

Regular maintenance is necessary for optimal performance and long life of the treadmill. Please read and follow all instructions below. If you have questions, see the back cover of this manual.

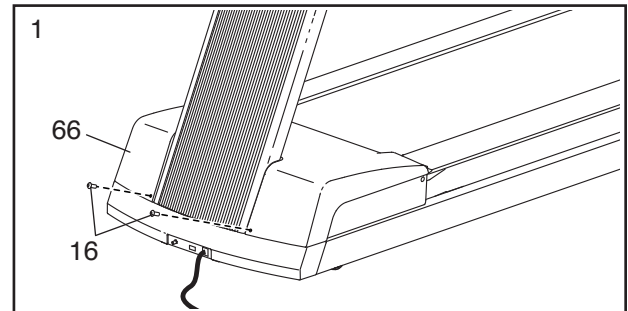
⚠ WARNING: If all maintenance procedures are not performed as described, components may wear excessively, the treadmill may become damaged, a risk of injury or a risk of fire may result, and the warranty will be voided.

WEEKLY MAINTENANCE

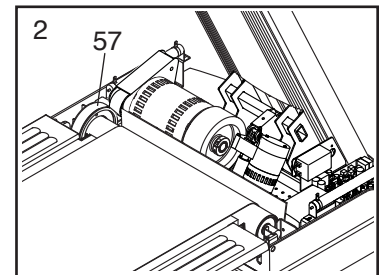
1. **Remove the key and unplug the power cord.**
Inspect and properly tighten all external parts of the treadmill.
2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the hand-rails, upright, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt; **do not wipe under the walking belt**. Then, apply a small amount of the cleaner to a second cloth and wipe the console and screen(s). **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**
3. Vacuum the area around the treadmill.
4. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly when a person is running on the treadmill, do not make any adjustments. If the walking belt needs to be adjusted, see pages 35 and 36.

MONTHLY MAINTENANCE

1. **Remove the key and unplug the power cord.**
Next, remove the two indicated 5/16" x 1/2" Screws (16), and lift off the Motor Hood (66).



2. Using a hand-held vacuum, clean the area that was under the motor hood. **Be careful to avoid touching any components.** Then, check the Motor Belt (57) for wear, cracks, dust buildup, and proper tension. If the Motor Belt needs to be replaced, see the back cover of this manual.
3. Lift the edge of the walking belt and slide your hand between the walking belt and the walking board. If the underside of the walking belt is dry, you may need to apply more lubricant (see the back cover of this manual).
4. Plug in the power cord and insert the key into the console. Then, press the Start 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 either of these problems exists, see the back cover of this manual.



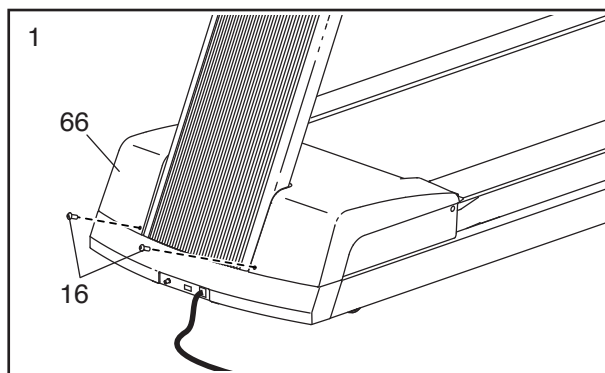
Remove the key and unplug the power cord.
See step 1. Reattach the Motor Hood (66) with the 5/16" x 1/2" Screws (16).

REPLACING THE WALKING PLATFORM AND THE WALKING BELT

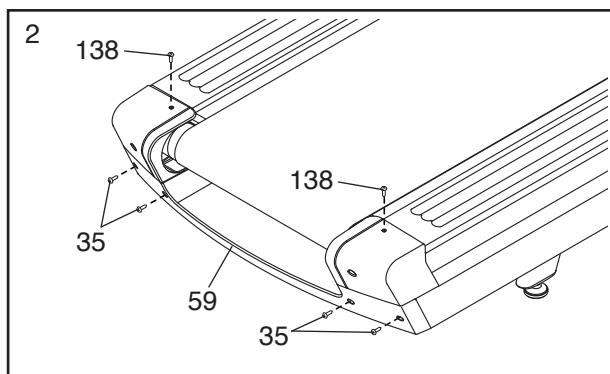
Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be turned over or replaced. In addition, inspect the walking belt for wear. If the walking belt is cracking, tearing, or folding, it should be replaced. Follow the instructions below to turn over or replace the walking platform and/or to replace the walking belt. **As you remove screws, make sure to note which screws you remove from each part.**

1. Remove the key and unplug the power cord.

Next, remove the two indicated 5/16" x 1/2" Screws (16), and lift off the Motor Hood (66).



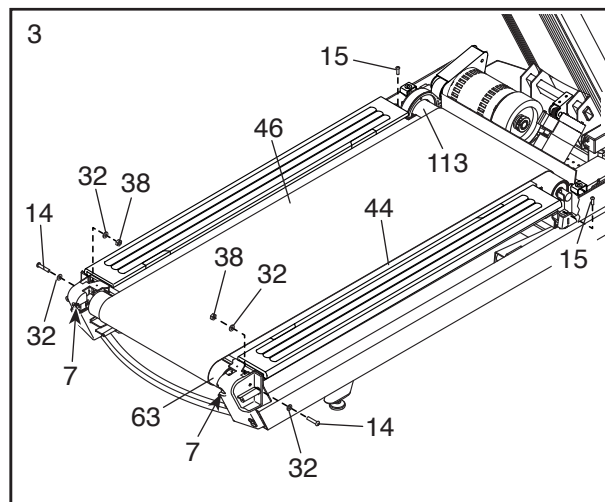
2. Remove the four indicated 1/4" x 3/4" Screws (35) and the two 1/4" x 1/2" Screws (138). Then, remove the Rear Cap (59).



3. Remove the two 1/4" x 3/4" Cap Screws (15), the two 3/8" Locknuts (38), the two 3/8" x 1 1/2" Shoulder Bolts (14), and the four 3/8" Washers (32).

Next, remove the two 3/8" x 3" Screws (7), the two 3/8" Lock Washers (not shown), and the two 3/8" Washers (not shown).

Then, remove the Drive Roller (113) and the Idler Roller (63).

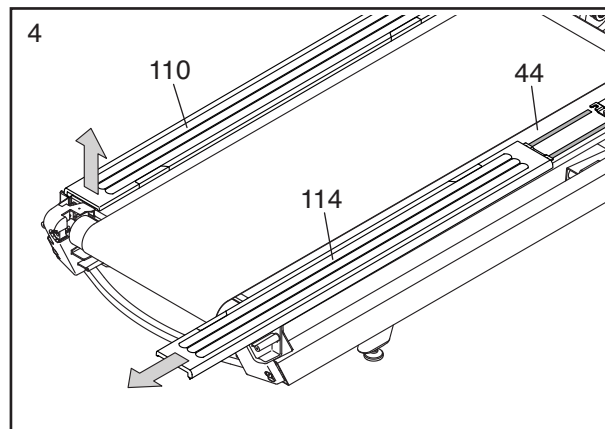


If you are turning over or replacing the Walking Platform (44), go to step 4.

If you are replacing only the Walking Belt

(46), remove the old Walking Belt and discard it. Next, slide the new Walking Belt onto the Walking Platform (44). Then, carefully follow steps 1–3 in reverse order. Turn both 3/8" x 3" Screws (7) clockwise **only four turns**. Then, go to step 6.

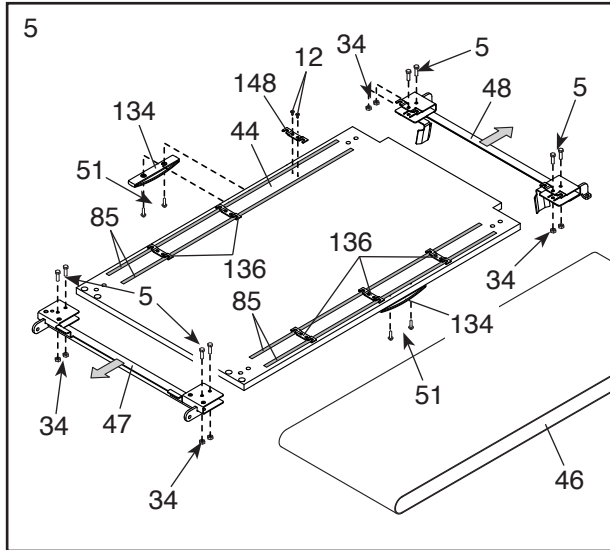
4. Carefully lift the back end of each Foot Rail (110, 114) until it detaches from the Walking Platform (44). Slide the Foot Rails off the end of treadmill.



- Remove the Walking Belt (46) and the Walking Platform (44) from the treadmill. Next, remove the Walking Belt from the Walking Platform. Then, remove the eight 3/8" Nuts (34) and the eight 3/8" x 1 3/4" Bolts (5), and slide the Rear and Front Platform Brackets (47, 48) off the Walking Platform.

Next, remove the four #16 x 1 1/2" Screws (51) and the two Platform Cushions (134).

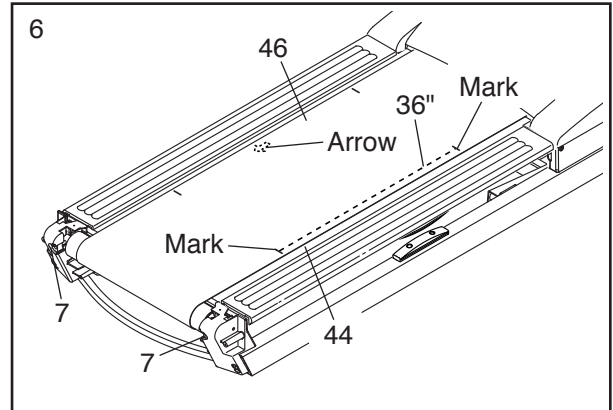
Then, remove the twelve #8 x 1/2" Wood Screws (12) and the six Foot Rail Brackets (136). Then, peel off and save the four Foot Rail Pads (85).



Check to see whether both sides of the Walking Platform (44) are worn. If the underside has not previously been used, turn over the Walking Platform and continue to use it. If the Walking Platform has previously been turned over, discard the old Walking Platform. **Save all other parts.**

Using the new Walking Platform (44) or the old Walking Platform with the unworn side facing upward, carefully follow steps 1–5 in reverse order. If you are also replacing the Walking Belt (46), use the new Walking Belt. Turn the 3/8" x 3" Screws (7) (see step 3) clockwise **only four turns. Then, go to step 6.**

- Lift the right or left edge of the Walking Belt (46) and look for a small arrow printed on the underside of the Walking Belt; move the Walking Belt, if necessary, as you look for an arrow. **If you find an arrow, make sure that the arrow is pointing toward the rear of the treadmill, as shown.** If it is not, remove the Walking Belt, turn it around, and slide it back onto the Walking Platform (44). Note: Your walking belt may not have an arrow. If it does not have an arrow, it can be turned either way.



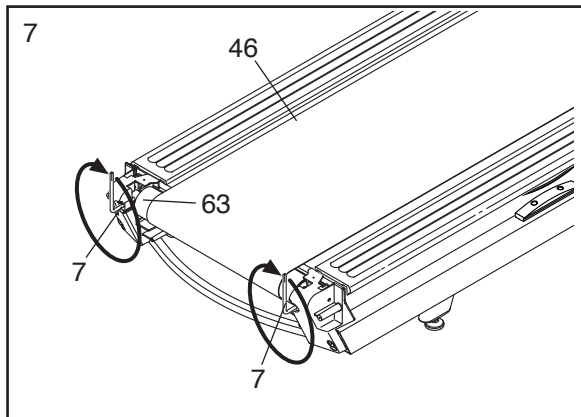
Next, move the Walking Belt (46), if necessary, until the seam (not shown) across the Walking Belt is beneath the Walking Platform (44).

Then, locate the indicated marks on the left and right sides of the Walking Belt (46). The inside edges of both marks should be exactly 36" apart. If necessary, turn both 3/8" x 3" Screws (7) clockwise or counterclockwise until the marks are exactly 36" apart.

7. Center the Walking Belt (46), if necessary (see page 35). Then, plug in the power cord, step onto the foot rails, insert the key into the console, and press the Start 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 3" Screws (7) clockwise one turn. 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 turning, do not further tighten the Screws; please see the back cover of this manual.**

LUBRICATING THE 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 unless instructed to do so by an authorized service representative.**



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. **IMPORTANT: Perform all maintenance procedures as described on pages 30 to 33. If all procedures are not performed as described, components may wear excessively, the treadmill may become damaged, a risk of injury or a risk of fire may result, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the treadmill.	Clean the treadmill, and vacuum the area around 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 wear, and check the walking belt for lubricant.	Check the motor for arcing, and 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	/ /	/ /	/ /	/ /	/ /	/ /
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Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

Walking Belt Replaced	/ /	Walking Platform Turned Over/Replaced	/ /
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TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately.

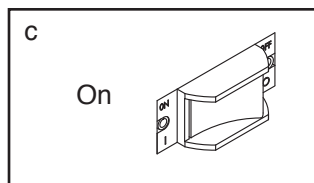
Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord**. Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

TROUBLESHOOTING

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

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly grounded outlet (see page 14).
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the treadmill near the power cord. Make sure that the power switch is pressed into the on position.



SYMPTOM: The power turns off during use

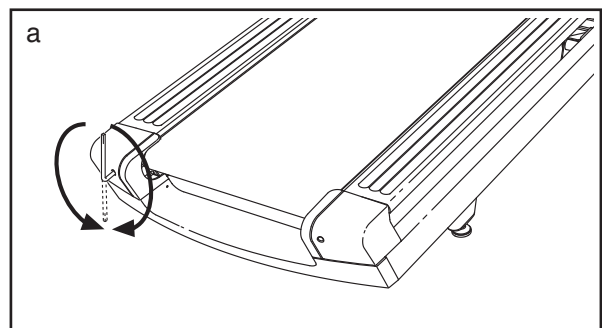
- Check the power switch (see drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch to the on position.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the back cover of this manual.

SYMPTOM: The incline of the treadmill does not change correctly

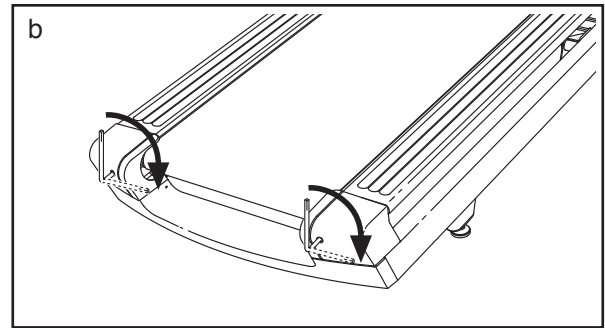
- Calibrate the incline system (see step 4 on page 26).

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

- If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use a hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and walk on 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 a hex key, turn both idler roller screws clockwise, 1/4 of a turn. To properly tighten the walking belt, see step 7 on page 33. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

⚠ WARNING: 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.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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	♥
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

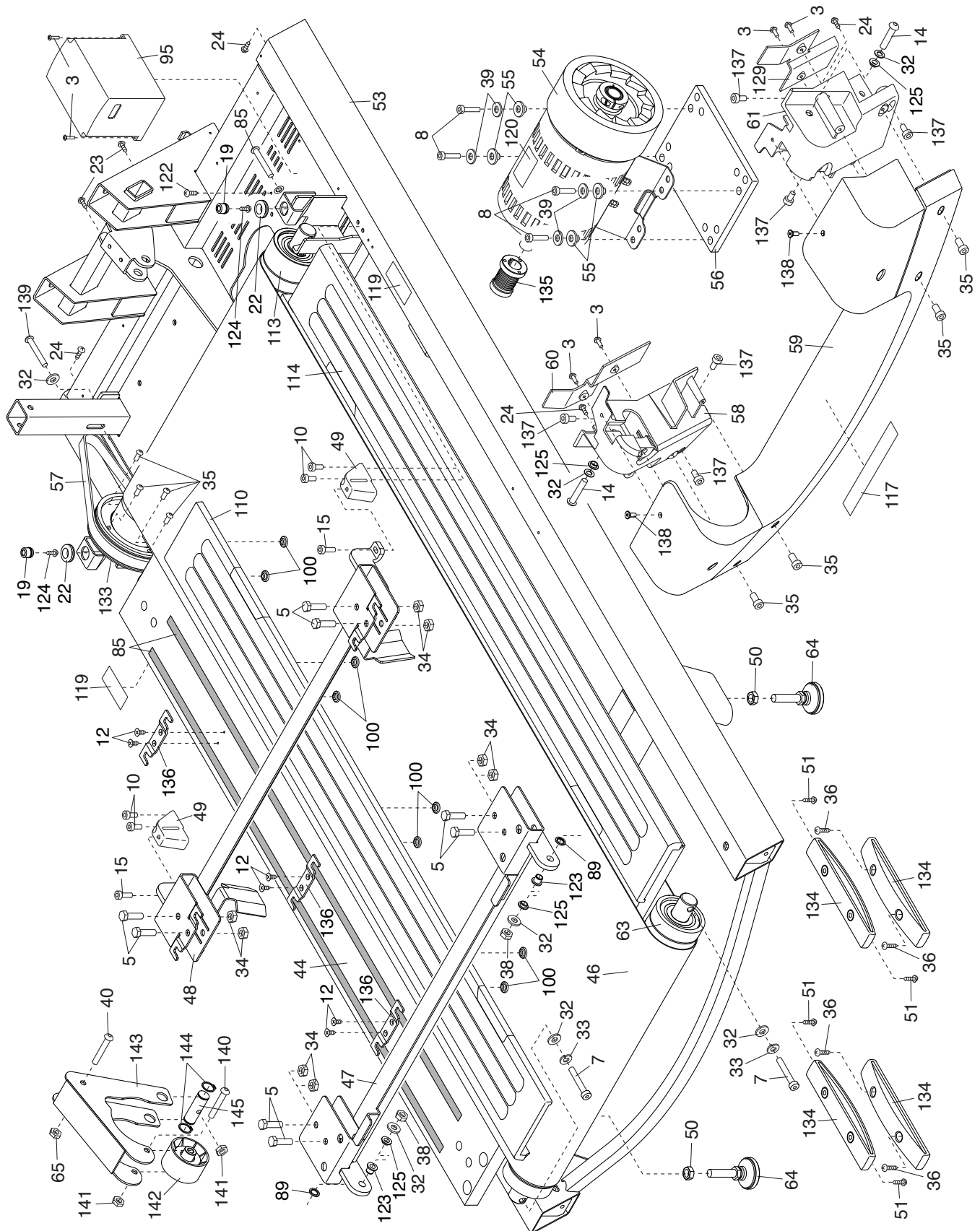
Model No. FMTL70817.0 R0118A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 3 1/4" Screw	51	4	#16 x 1 1/2" Screw
2	6	3/8" Star Washer	52	1	Converter Board
3	24	#8 x 5/8" Machine Screw	53	1	Frame
4	4	#8 x 3/8" Machine Screw	54	1	Drive Motor
5	8	3/8" x 1 3/4" Bolt	55	4	Motor Bushing
6	2	3/8" x 2 1/2" Bolt	56	1	Motor Mounting Plate
7	2	3/8" x 3" Screw	57	1	Motor Belt
8	4	5/16" x 1 1/2" Bolt	58	1	Left Rear Cap Insert
9	2	#8 Nut	59	1	Rear Cap
10	4	1/4" x 1 1/4" Screw	60	1	Left Cap Insert Bracket
11	4	3/8" x 4" Screw	61	1	Right Rear Cap Insert
12	12	#8 x 1/2" Wood Screw	62	1	Left Tray
13	2	1/2" x 3 1/2" Screw	63	1	Idler Roller
14	2	3/8" x 1 1/2" Shoulder Bolt	64	2	Leveling Foot
15	2	1/4" x 3/4" Cap Screw	65	1	5/16" Nut
16	2	5/16" x 1/2" Screw	66	1	Motor Hood
17	5	#8 x 1/2" Tek Screw	67	1	Front Cap
18	2	#8 x 5/8" Screw	68	1	Power Cord Bracket
19	2	Hood Base	69	1	Power Switch
20	4	1/2" Bushing	70	1	Power Cord
21	14	#8 x 1/2" Machine Screw	71	1	Receptacle
22	2	Hood Base Cushion	72	1	Left Side Cover
23	9	#8 x 3/4" Pan Head Tek Screw	73	1	Right Side Cover
24	14	#8 x 1/2" Screw	74	1	Incline Motor Bracket
25	2	1/2" Hairpin Cotter Pin	75	1	Roller Cover
26	1	98°C Thermal Switch	76	1	Incline Motor
27	4	3/8" x 2 3/4" Screw	77	2	Front Wheel
28	1	M3 Nut	78	1	Lift Frame
29	4	#10 x 3/4" Screw	79	4	Lift Frame Spacer
30	4	#8 Star Washer	80	1	Upright Cover
31	12	#4 x 5/16" Screw	81	1	Upright
32	7	3/8" Washer	82	1	Bottom Handrail Cover
33	2	3/8" Lock Washer	83	1	Handrail Frame
34	8	3/8" Nut	84	4	#10 Star Washer
35	8	1/4" x 3/4" Screw	85	4	Foot Rail Pad
36	4	#10 x 1" Screw	86	1	Handrail Cover
37	2	Cap Clip	87	1	Pulse Assembly
38	4	3/8" Locknut	88	1	Pulse Bar Crossbar
39	4	5/16" Flat Washer	89	2	Rear Roller Pivot Ring
40	1	5/16" x 3" Bolt	90	2	Side Cover Cap
41	1	1/2" x 2 1/4" Clevis Pin	91	1	104°C Thermal Switch
42	1	1/2" x 1 3/4" Clevis Pin	92	1	Electronics Bracket
43	4	3/8" Flat Washer	93	1	Filter
44	1	Walking Platform	94	6	#6 x 1/4" Screw
45	1	Right Tray	95	1	Controller
46	1	Walking Belt	96	6	Cable Tie
47	1	Rear Platform Bracket	97	1	Console Frame
48	1	Front Platform Bracket	98	1	Console Back
49	2	Front Platform Cushion	99	1	Access Door
50	2	1/2" Nut	100	16	Foot Rail Bracket Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console Assembly	125	4	Platform Bracket Bushing
102	2	Resistor Bracket	126	5	1/2" Standoff
103	1	Resistor	127	10	#8 x 3/4" Washer Head Screw
104	1	Nylon Standoff	128	2	#6 x 1/2" Screw
105	1	Upright Collar	129	1	Right Cap Insert Bracket
106	2	#8 x 2" Screw	130	1	Fan Grill
107	1	Key/Clip	131	1	Switch Bracket
108	4	Wheel Bushing	132	1	Fan
109	4	Flat Wheel Bushing	133	1	Drive Roller Pulley
110	1	Left Foot Rail	134	4	Platform Cushion
111	1	Upright Wire	135	1	Drive Motor Pulley
112	1	Power Cord Cover	136	6	Foot Rail Bracket
113	1	Drive Roller	137	6	5/16" x 1/2" Screw
114	1	Right Foot Rail	138	2	1/4" x 1/2" Screw
115	2	1/2" Washer	139	1	3/8" x 4 1/2" Bolt
116	2	15 1/2" Wire Tie	140	1	3/8" x 2 3/8" Screw
117	1	Large Warning Decal	141	2	3/8" Jam Nut
118	2	Wheel Axle	142	1	Idler Pulley
119	2	Caution Decal	143	1	Idler Arm
120	2	Voltage Warning Decal	144	2	Snap Ring
121	1	Console Bracket	145	1	Idler Arm Pin
122	3	#8 x 1/2" Pan Head Screw	146	1	M3 x 8mm Bolt
123	2	3/8" Plastic Bushing	147	1	TV Cable
124	6	#8 x 3/4" Screw	*	—	User's Manual

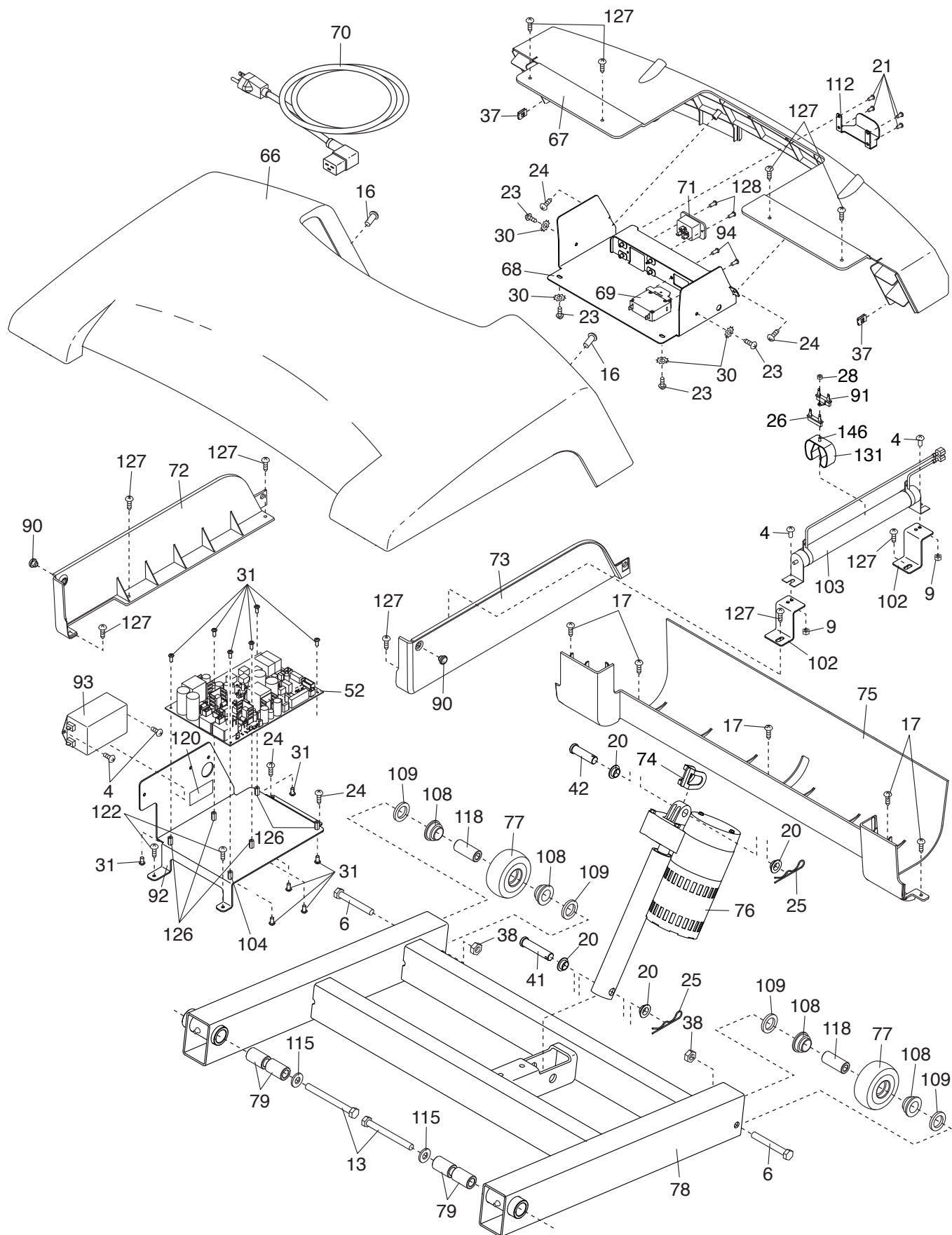
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

Model No. FMTL70817.0 R0118A



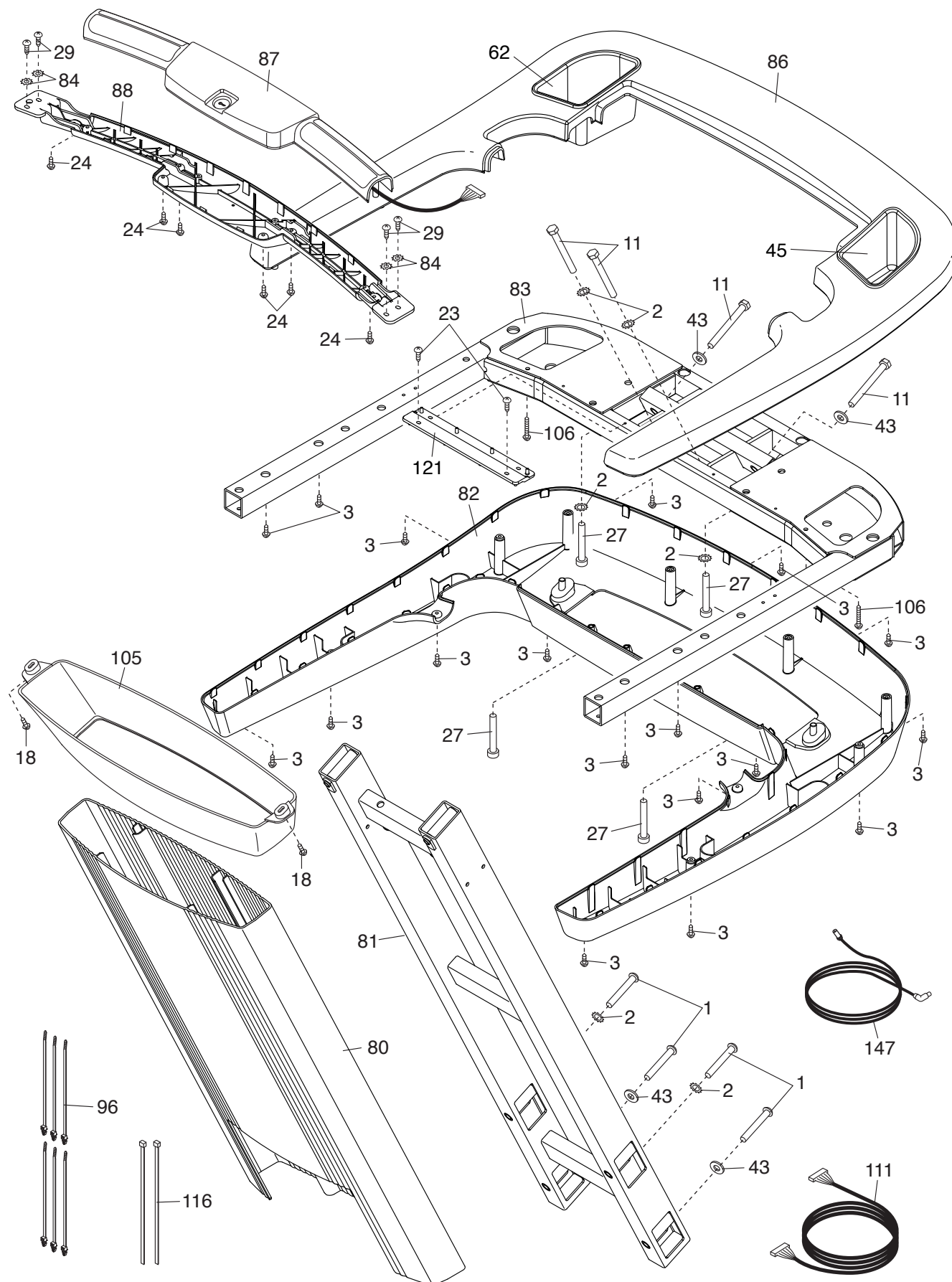
EXPLODED DRAWING B

Model No. FMTL70817.0 R0118A



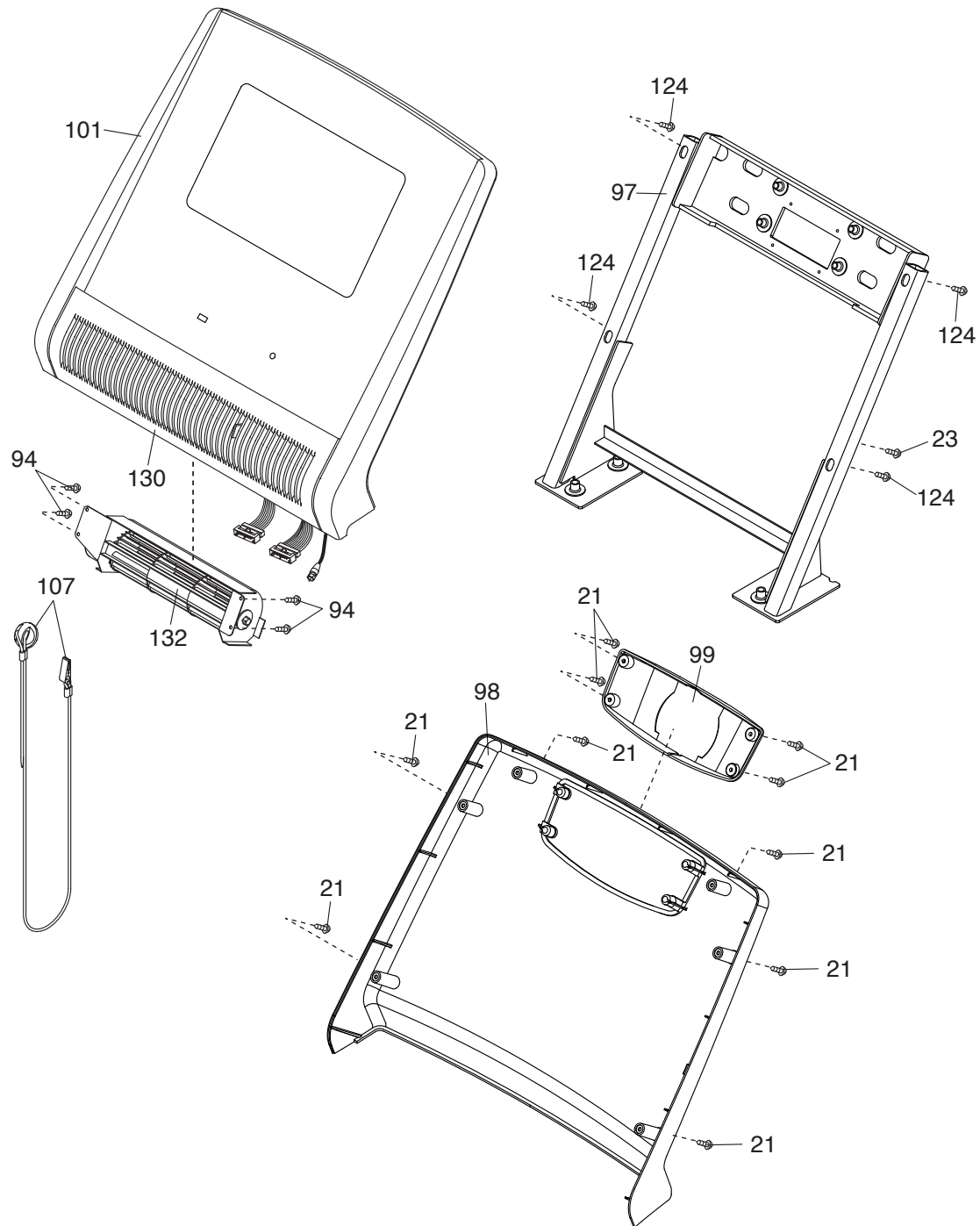
EXPLODED DRAWING C

Model No. FMTL70817.0 R0118A



EXPLODED DRAWING D

Model No. FMTL70817.0 R0118A



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

Call: 1-800-201-2109 Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customer care@freemotionfitness.com

Write:

FreeMotion Fitness

1500 South 1000 West

Logan, UT 84321-9813

United States

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomer care@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than 400 lbs. (181 kg).
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, seats, decals, and labels.

2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.