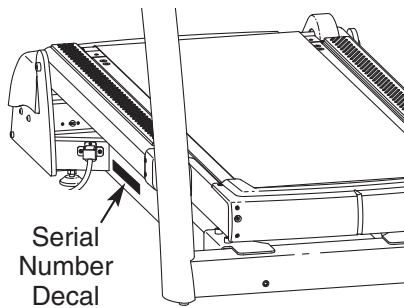


# FREEMOTION<sup>®</sup> *treadmill*

Model No. \_\_\_\_\_

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

The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.

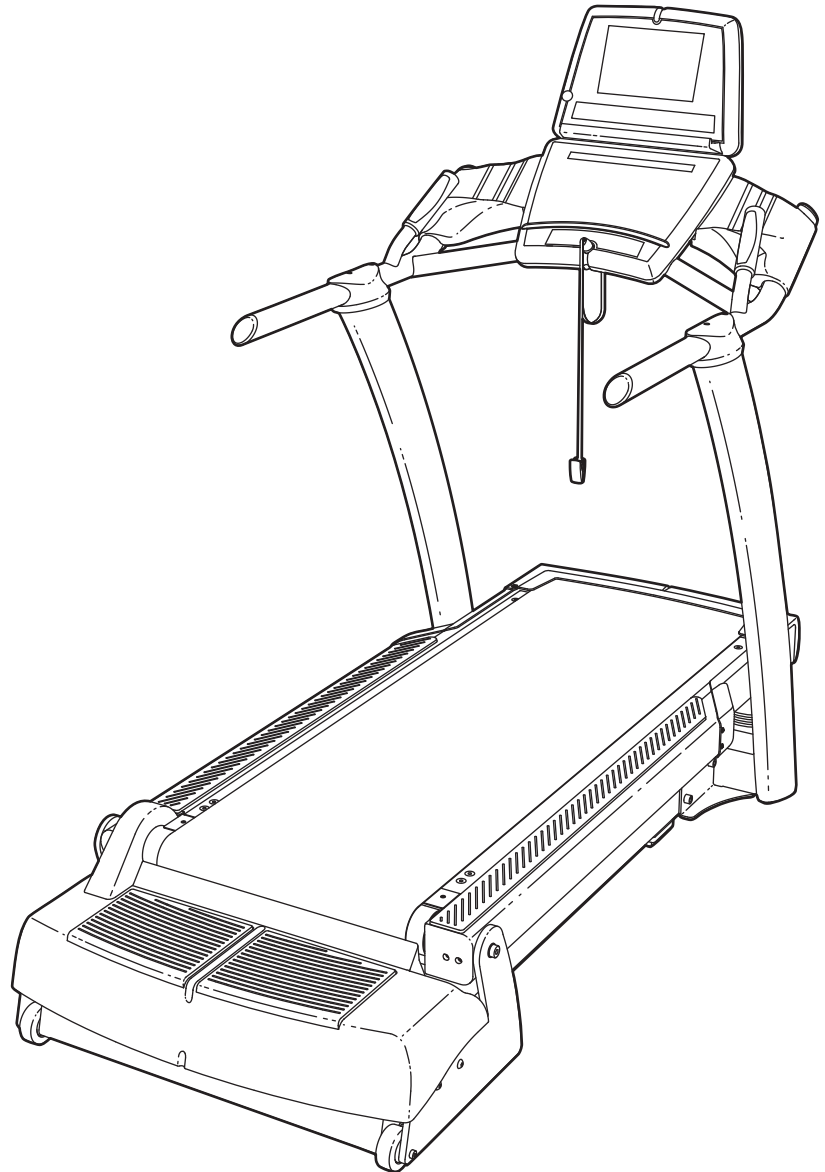


## QUESTIONS?

At FreeMotion Fitness, we're committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on page 2 of this manual.

## CAUTION

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



**USER'S MANUAL**



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## HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address and phone number listed below. Please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (see the front cover of this manual for the location).
- The NAME OF THE PRODUCT (FreeMotion treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual for the location).

Customer Care: 1-800-201-2109, Monday–Friday, 7 a.m.–6 p.m. Mountain Time  
FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not place the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Do not operate the treadmill until it is properly and fully assembled (see ASSEMBLY on page 7).
7. Regularly inspect and tighten all parts of the treadmill.
8. Keep children under the age of 12 and pets away from the treadmill at all times.
9. The treadmill should not be used by persons weighing more than 160 kg (350 lbs).
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 10. 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 BEFORE YOU BEGIN on page 6 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see GETTING STARTED on page 15).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse 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.
19. Never leave the treadmill unattended while it is running.
20. Do not change the incline of the treadmill by placing objects under it.
21. Never insert or drop any object into any opening.
22. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so will void the warranty and may result in damage to the treadmill.

23. **DANGER:** Always unplug the power cord before cleaning the treadmill and before performing the maintenance and adjustment procedures described in this manual.

Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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

**SAVE THESE INSTRUCTIONS**

# WARNING DECAL PLACEMENT

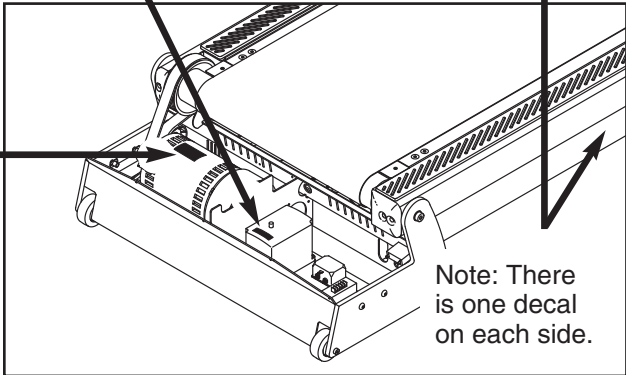
The decals shown below have been placed on the treadmill. If a decal is missing, or if it is not legible, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual and order a free replacement decal.  
Note: The decals may not be shown at actual size.

**⚠ CAUTION: HIGH VOLTAGE**  
Disconnect line cord from outlet before servicing.

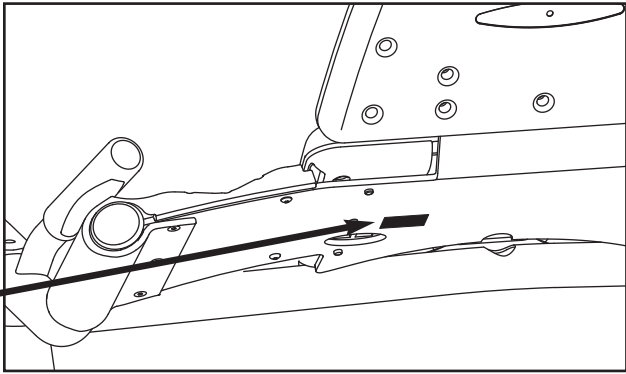
**⚠ CAUTION**  
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.



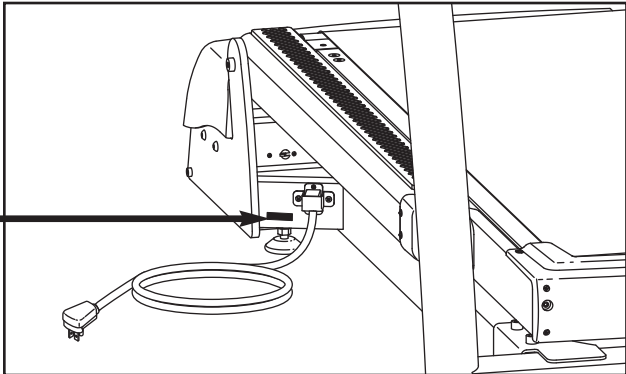
**⚠ WARNING**  
**HAZARDOUS VOLTAGE**  
Disconnect power before servicing.



**⚠ WARNING**  
Do not remove or insert this plug while the safety key is inserted in the console. Touch metal frame before removing or inserting plug. Static sensitive components may be affected.



**⚠ CAUTION: HIGH VOLTAGE**  
Disconnect line cord from outlet before servicing.



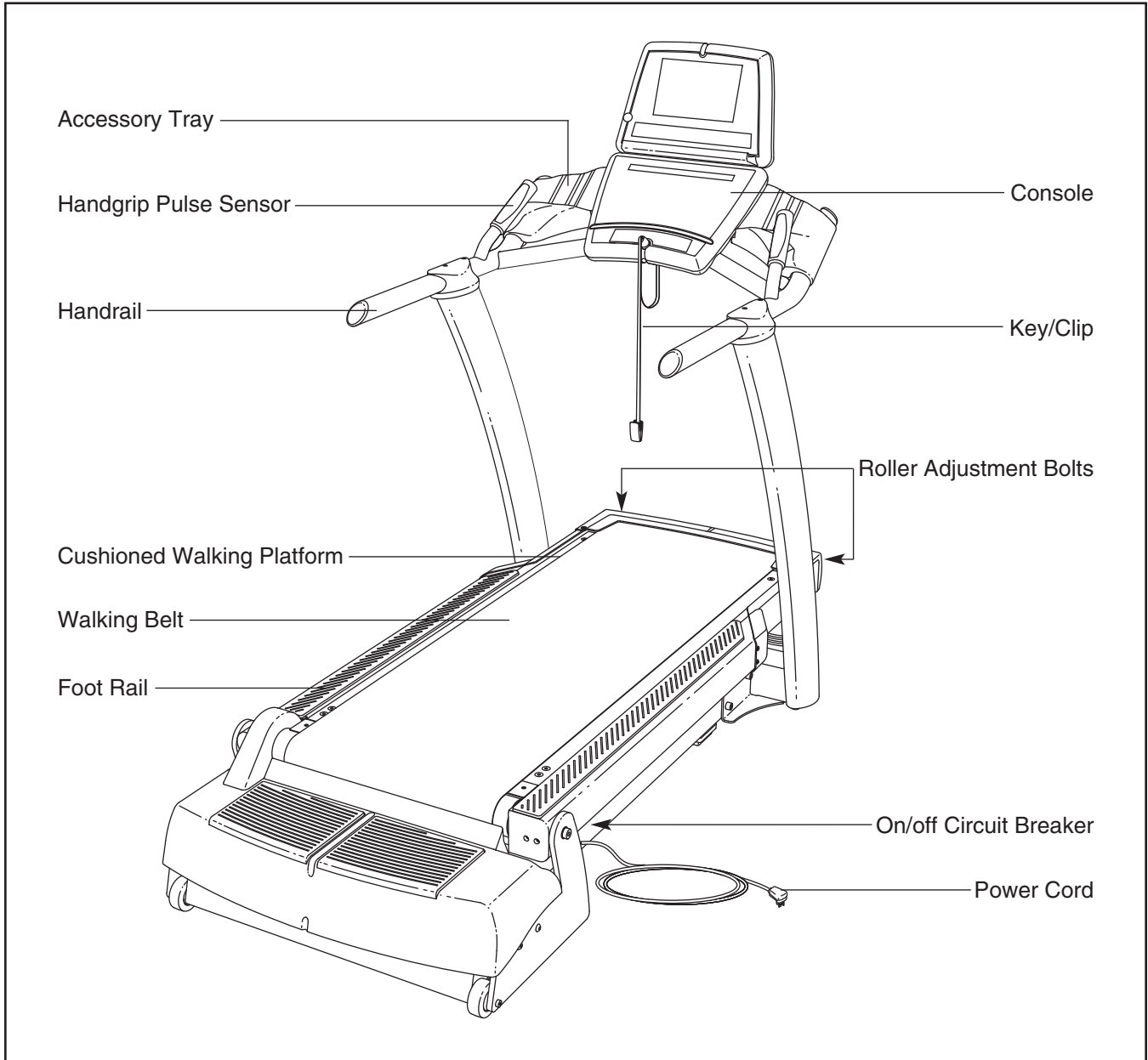
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary FreeMotion® treadmill. The FreeMotion treadmill offers an impressive array of features to make your workouts more effective and enjoyable.

**For your benefit, read this manual carefully before you use the treadmill.** If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual. To help us

assist you, please note the model number and serial number of the treadmill before calling. The model number and serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location of the decal).

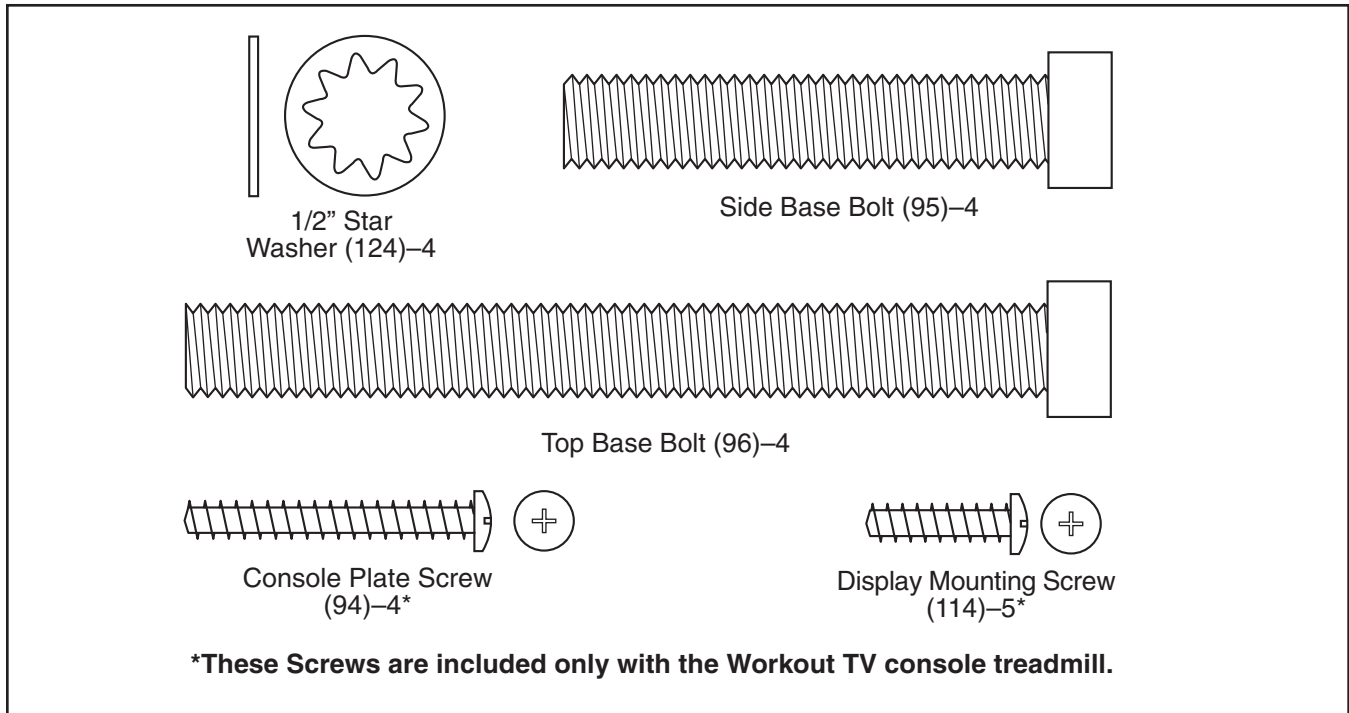
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# 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. **Assembly can be completed using a 3/8" hex key, 7/32" hex key and a phillips screwdriver.**

For help identifying assembly hardware, see the drawings below. **Note: If a part is not found in the part bags, check to see if the part has been preattached. To avoid damaging plastic parts, do not use power tools for assembly.**

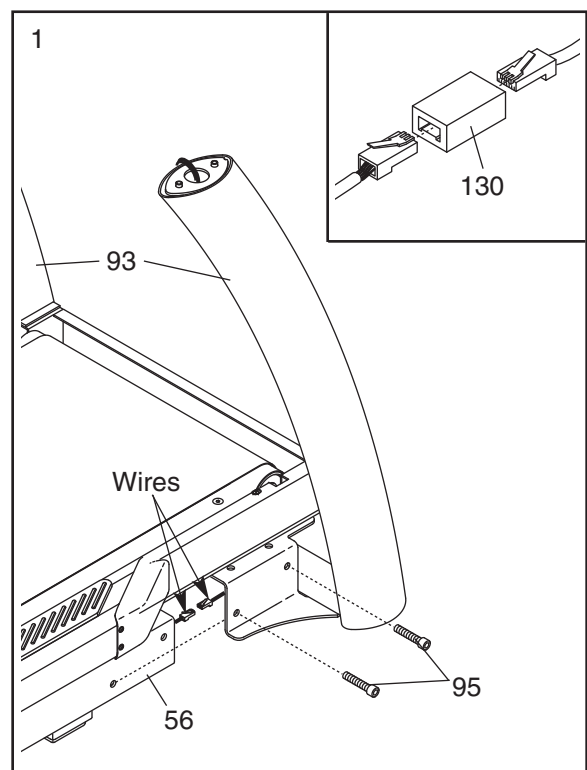


1. Place the Uprights (93) near the front of the Base Frame (56) as shown.

Locate the wire in the Base Frame (56) and the wire in the right Upright (93). Plug both wires into one of the Wire Adapters (130) as shown in the inset drawing. **Make sure to insert the connectors properly; the connectors should slide easily and snap into place.** If a connector does not slide easily and snap into place, turn it and then insert it. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Next, slide the Uprights (93) onto the Base Frame (56), and align the holes in the Uprights with the holes in the Base Frame. **Be careful to avoid pinching the wires.** Finger tighten two Side Base Bolts (95) through the bracket near the right Upright and into the Base Frame; **do not tighten the Side Base Bolts yet.**

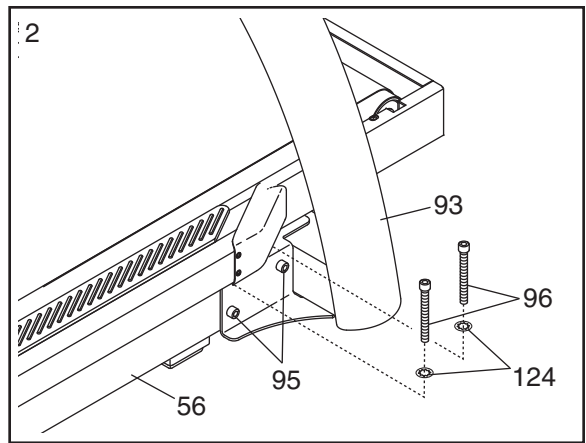
**Repeat this step on the left side of the treadmill.**  
**Note: There are no wires on the left side.**



- Finger tighten two Top Base Bolts (96) with two 1/2" Star Washers (124) through the top of the bracket near the right Upright (93) and into the Base Frame (56).

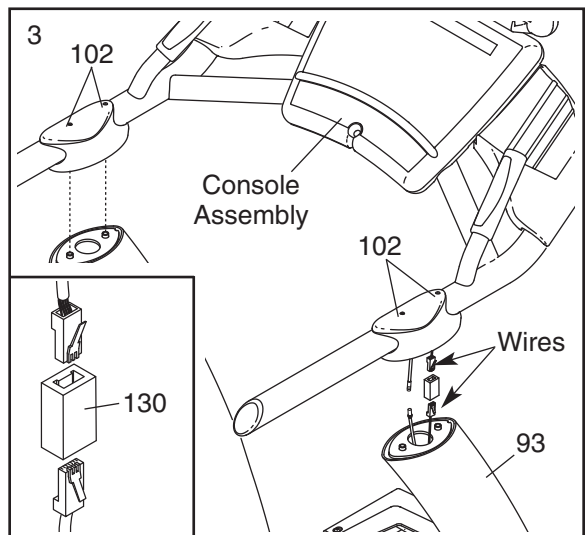
**Repeat this step on the left side of the treadmill.**

Then, tighten the Top Base Bolts (96) and the Side Base Bolts (95) on both sides.



- Cut the tie holding the wire to the right Upright (93). Plug the wire in the right Upright and the wire in the console assembly into a Wire Adapter (130) (see the inset drawing). **Make sure to insert the connectors properly; the connectors should slide easily and snap into place.** If a connector does not slide easily and snap into place, turn it and then insert it. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** If there is a TV Cable, connect it as well. Then, insert the wires down into the right Upright.

Align the Handrail Bolts (102) with the holes in the tops of the Uprights (93). **Be careful to avoid pinching your hands or the wires.** Start all four Handrail Bolts, and then firmly tighten them.

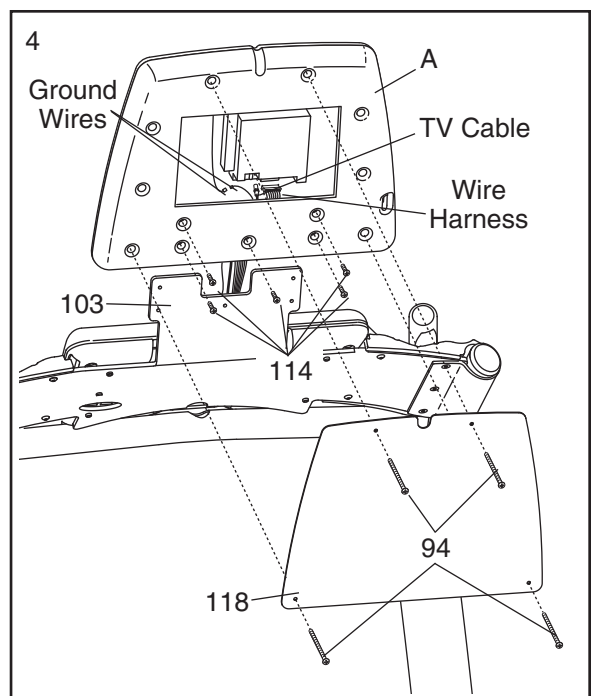


If your treadmill has a Workout TV console, go to step 4. If your treadmill has a Basic console, go to step 5.

- Insert the wire harness, the TV cable, and the ground wire into the bottom of the TV Console Assembly (A) as you slide the TV Console Assembly onto the bracket on the Handrail (103). Connect the wire harness, the TV cable, and the ground wire to the back of the TV Console Assembly. **Make sure to connect the connectors properly.**

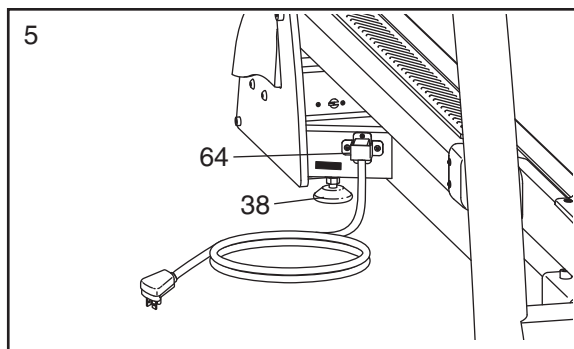
Align the indicated five holes in the back of the TV Console Assembly (A) with the five holes in the bracket on the Handrail (103). Attach the TV Console Assembly with five Display Mounting Screws (114). **Be careful not to pinch any wires.**

Attach the Console Plate (118) to the TV Console Assembly (A) with four Console Plate Screws (94).

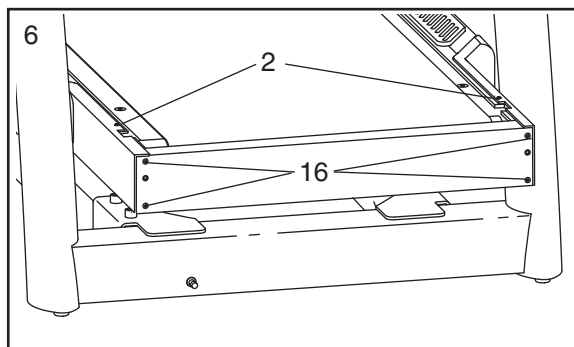


5. After the treadmill is placed in the location where it will be used (see HOW TO MOVE THE TREADMILL below), make sure that both Rear Feet (38) and the Base Pads (not shown) rest firmly on the floor. If the treadmill rocks even slightly, turn the right Rear Foot clockwise or counterclockwise until the rocking motion is eliminated.

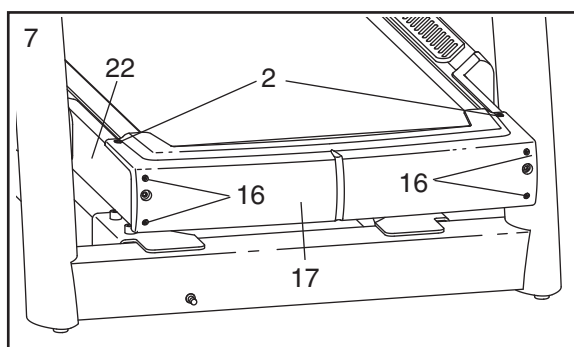
**Note: The Power Cord Bracket (64) must be attached at all times.**



6. Remove the two Cover Screws (2) and the four Front Cover Screws (16) from the Frame (22).



7. Attach the Front Cover (17) to the Frame (22) with the two Cover Screws (2) and four Front Cover Screws (16).

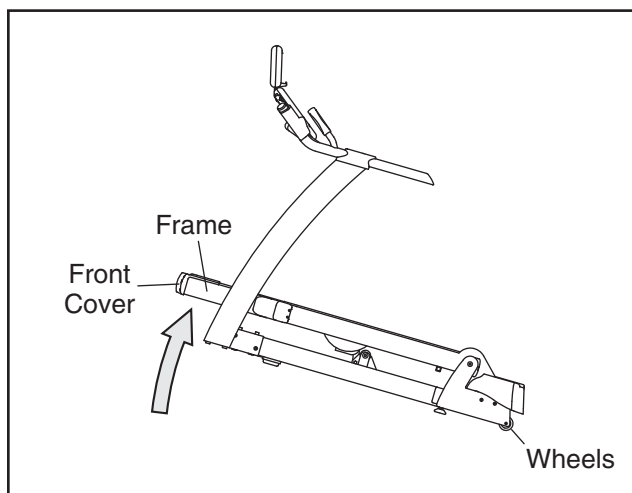


8. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat beneath the treadmill.

## HOW TO MOVE THE TREADMILL

**Before moving the treadmill, unplug the power cord.** Note: It may be necessary to disconnect a CATV cable and a network wire from the treadmill, depending on how far the treadmill will be moved.

**Due to the size and weight of the treadmill, moving it requires two or three persons. Hold the metal frame 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 frame by the plastic front cover.** Carefully roll the treadmill on the wheels to the desired location and then lower it back 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.**



# HOW TO CONNECT THE TREADMILL

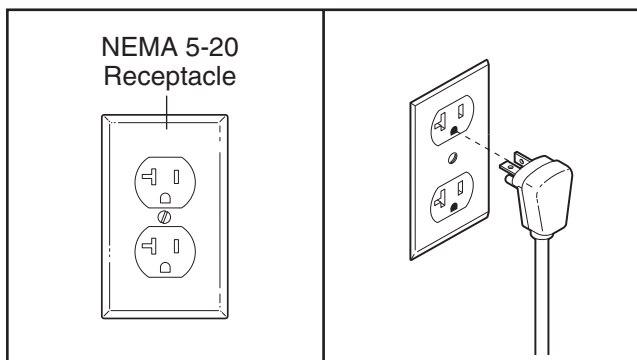
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not 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

**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 is equipped with a cord having 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. Note: If the included power cord is not long enough, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual and order a 3.6 m (12-foot) power cord. The receptacle must be grounded.

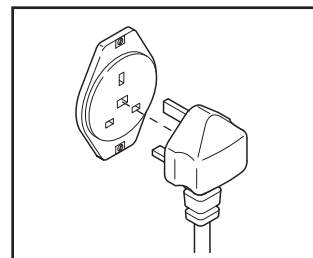


## HOW TO CONNECT THE POWER CORD IN THE UK

**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, 240-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.

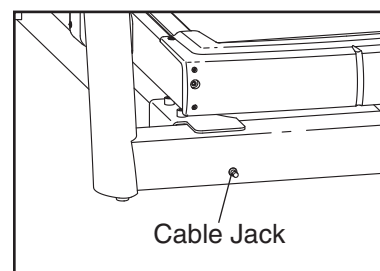
Plug the earthing plug into a receptacle as shown at the right. Do not modify the plug or the receptacle. Do not use an adapter or an extension cord. The receptacle must be earthed.



## HOW TO CONNECT A CATV CABLE

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

Locate the cable jack on the front of the treadmill. Connect the CATV cable to the cable jack (in the UK use a PAL adapter [not included]). Route the cable so that it will not be pinched or crushed by the lift mechanism or the frame.



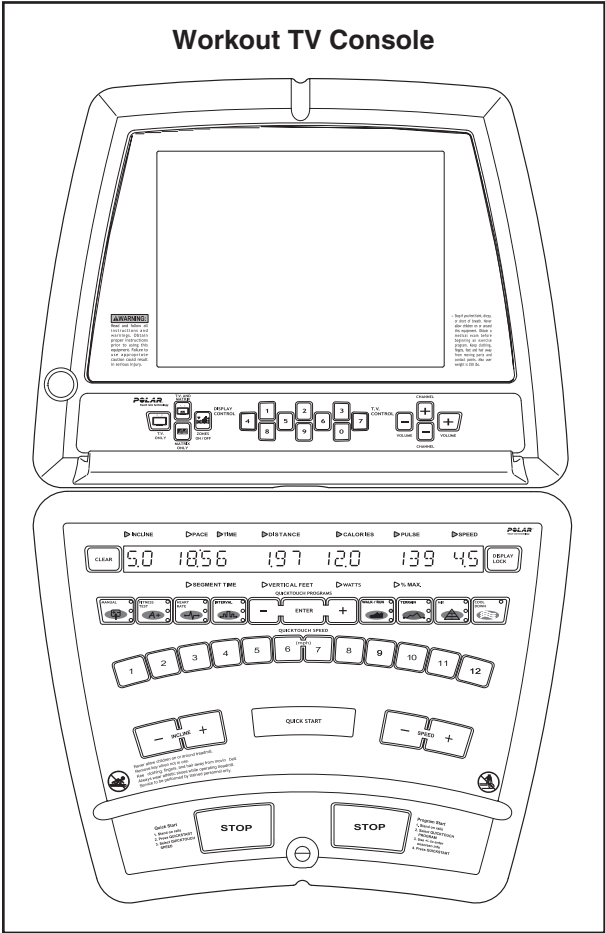
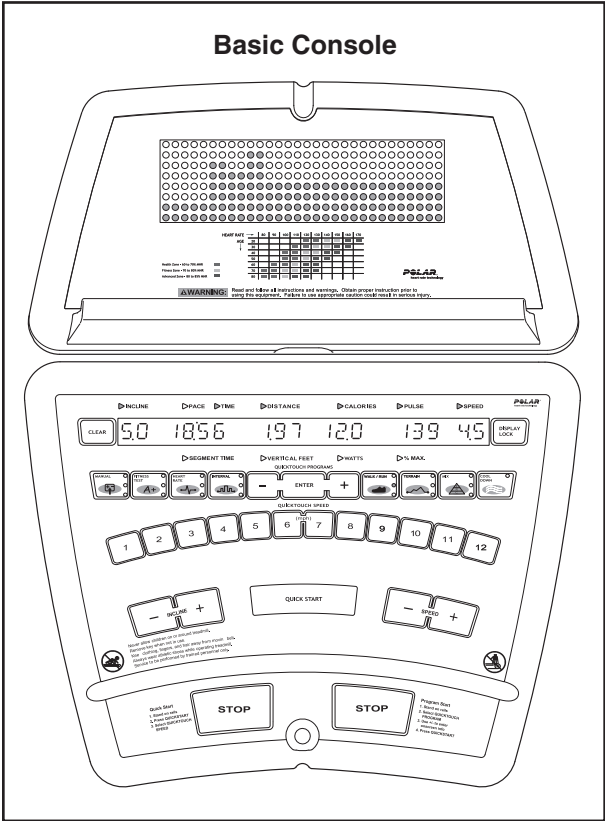
A satellite receiver, VCR, or DVD player can also be connected to the treadmill. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the treadmill.

Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly with the treadmill. 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.

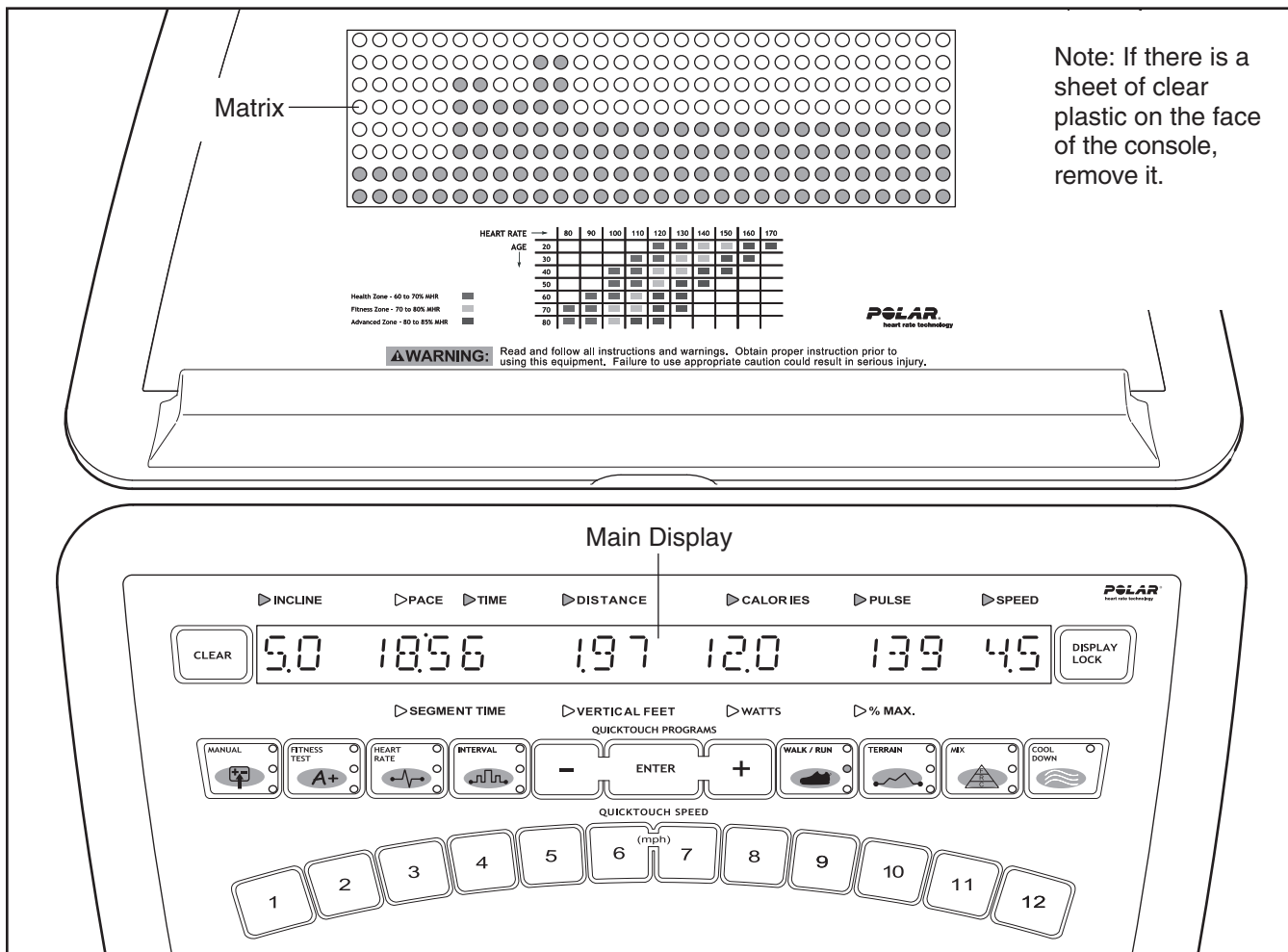
# HOW TO UPGRADE THE CONSOLE

Your treadmill has been pre-configured to operate with the Basic console or the Workout TV console (see the drawings below). To upgrade your console and ex-

pand the capabilities of your treadmill whenever you choose, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual.



# HOW TO USE THE BASIC CONSOLE



## FEATURES OF THE CONSOLE

The Basic console offers an impressive array of features designed to help you get the greatest benefits from your exercise.

When the QUICK START mode is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

In addition, the console offers a wide selection of workout programs. Each program automatically controls the speed and/or incline of the treadmill to give you an effective workout.

The console also offers three HEART RATE programs that adjust the speed and incline of the treadmill to

keep your heart rate near target levels during your workouts, and three unique FITNESS TEST programs that measure your relative fitness level. Note: The HEART RATE programs and the FITNESS TEST programs require the use of a Polar®-compatible chest pulse sensor (not included).

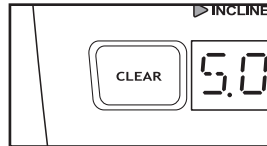
**Before using the treadmill**, please read OVERVIEW OF THE CONSOLE beginning on page 13. **To use the QUICK START mode of the console**, follow the steps beginning on page 15. **To use a MANUAL program**, see page 16. **To use a FITNESS TEST program**, see page 18. **To use a HEART RATE program**, see page 20. **To use an INTERVAL program**, see page 22. **To use a WALK/RUN program**, see page 24. **To use a TERRAIN program**, see page 25. **To use the FIXED or RANDOM program**, see page 26. **To use a CUSTOM program**, see page 27. **To use the maintenance mode**, see page 28.

## OVERVIEW OF THE CONSOLE

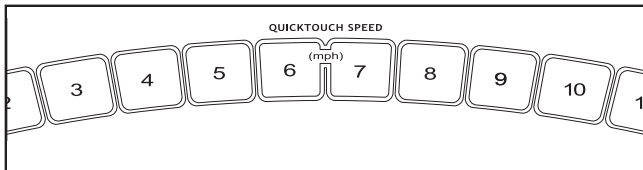
For your benefit, please read all of the instructions on pages 13 and 14 before you use the treadmill.

### THE BUTTONS

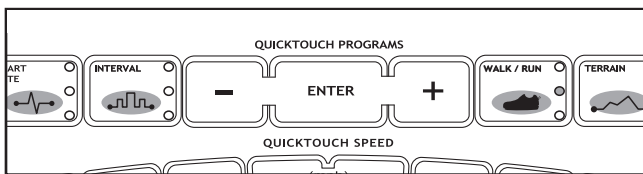
**The CLEAR button**—This button is used to reset the console. When this button is pressed, the main display will be reset and the words SELECT PROGRAM TO BEGIN will appear in the main display. Note: If one program is started and then a different program is selected, the main display will not be reset unless the CLEAR button is pressed before the second program is selected.



**The QUICKTOUCH SPEED buttons**—These buttons control the speed of the walking belt. To change the speed quickly, press the QUICKTOUCH SPEED buttons. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

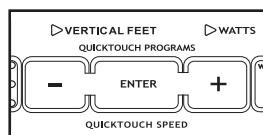


**The QUICKTOUCH PROGRAMS buttons**—These buttons are used to select the various programs.



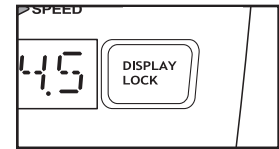
**The COOL DOWN button**—This button is designed to help you cool down after a workout. When you press the COOL DOWN button, the speed of the walking belt will automatically adjust to 3 mph (or 3 kph) and the incline will adjust to 0% for a three-minute cool-down walk. Note: If the walking belt is already moving at less than 3 mph (or 3 kph), the speed of the walking belt will not change.

**The ENTER button and + and - buttons**—These buttons are used to enter information into the console.



### The DISPLAY LOCK

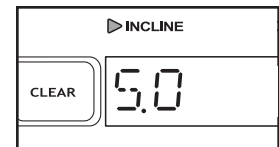
**button**—This button can be used during your workout to keep the main display from scanning from one number to the next every few seconds. Each time the DISPLAY LOCK button is pressed during your workout, the word LOCKED or UNLOCKED will briefly appear in the main display.



### THE MAIN DISPLAY

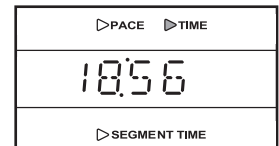
The main display will display a variety of text messages to guide you through your workouts. In addition, the main display will display the following information while you exercise:

**Incline**—The left end of the main display will show the incline setting of the treadmill.



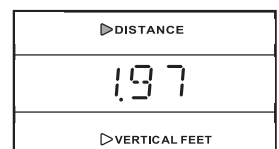
### Pace/Time/Segment

**Time**—When the QUICK START mode, the MANUAL DISTANCE program, the MANUAL CALORIE program, or any of the WALK/RUN programs are selected, this section of the main display will show your pace, in minutes per mile or minutes per kilometer, the elapsed time, and the elapsed time in the current segment. The display will change from one number to the next every few seconds. When any other program is selected, the main display will show your pace, the time remaining in the program, and the time remaining in the current segment of the program. The display will change from one number to the other every few seconds.



### Distance/Vertical Feet

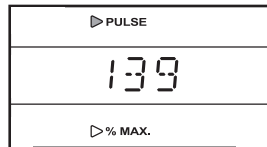
This section of the main display will show the distance that you have walked or run, in miles or kilometers, and the number of vertical feet you have climbed.



**Calories/Watts**—This section of the main display will show the approximate number of calories you have burned and your power output in watts. The display will change from one number to the other every few seconds.



**Pulse/% Max**—When you use the handgrip pulse sensor or a Polar®-compatible chest pulse sensor (not included), this section of the main display will show your heart rate. When a HEART RATE program is selected, the display will show your heart rate and the corresponding *percentage* of your *age-predicted maximum heart rate* (see step 6 on page 20 for an explanation of your age-predicted maximum heart rate). The display will change from one number to the other every few seconds. Note: The display will only show the percentage of your age-predicted maximum heart rate if you have entered your age.



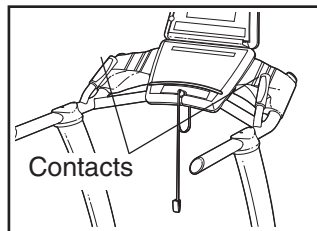
**Speed**—The right end of the main display will show the speed of the walking belt, in miles per hour or kilometers per hour.



**Note:** The main display can display text messages in any of five languages (see step 5 on page 28).

## THE PULSE SENSOR

**If there are sheets of clear plastic on the metal contacts on the pulse sensor, peel off the plastic.** To measure your heart rate, stand on the foot rails and hold the contacts with both hands; your palms must



be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.** When your pulse is detected, the PULSE indicator above the main display will begin to flash, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds without moving your hands.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

**CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing on page 15) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- 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.
- If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the HEART RATE or FITNESS TEST programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

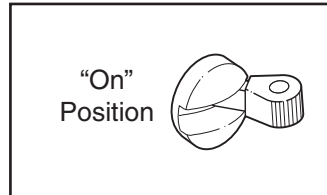
## GETTING STARTED

### 1 Plug in the power cord.

See HOW TO CONNECT THE POWER CORD on page 10.

### 2 Move the on/off circuit breaker to the “on” position.

Locate the on/off circuit breaker on the treadmill near the power cord. Switch the on/off circuit breaker to the “on” position.



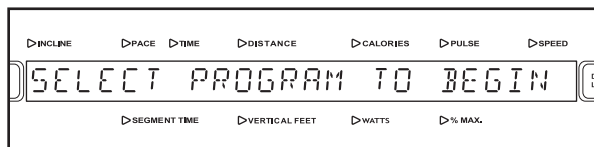
### 3 Insert the key into the console.

Note: The console can be set to be used without the key. See step 9 on page 29 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 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.**

Insert the key into the console again. After a moment, various displays and indicators on the console will light.



## HOW TO USE THE QUICK START MODE

If you do not plan to use a program, the QUICK START mode will allow you to simply start exercising and adjust the speed and incline of the treadmill manually.

### 1 Insert the key into the console.

See GETTING STARTED at the left.

### 2 Select the QUICK START mode.

To select the QUICK START mode, press the QUICK START button.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

### 3 Change the speed and incline as desired.

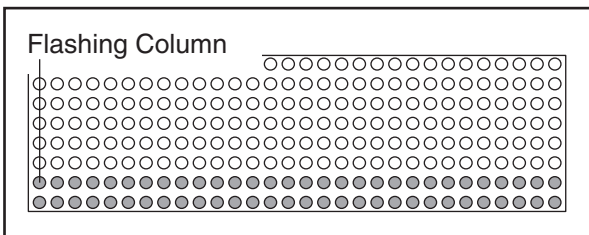
As you exercise, change the speed of the walking belt as desired by pressing the SPEED + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in rapid increments. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

To change the speed quickly, press the QUICK-TOUCH SPEED buttons. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

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

#### 4 Follow your progress with the matrix and the main display.

The matrix will show your progress and the speed settings that you select. When you begin exercising, the left column of the matrix will begin to flash. After 30 seconds, a tone will sound and the column to the right will begin to flash.



Each time you change the speed of the walking belt, additional indicators will light or darken in the flashing column, and in all columns to the right of the flashing column.

After every 30 seconds that you exercise, a tone will sound and the next column to the right will begin to flash. When you have exercised for 7 1/2 minutes, the same column will continue to flash, and *all columns of indicators will shift one position to the left*. The columns of indicators will continue to shift to the left after every 30 seconds, until you are finished exercising.

See THE MAIN DISPLAY on page 13.

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

See THE PULSE SENSOR on page 14.

#### 6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and press the STOP button. Next, remove the key from the console and put the key in a secure place.

When the treadmill is not in use, switch the on/off circuit breaker near the power cord to the off position and unplug the power cord.

### HOW TO USE A MANUAL PROGRAM

The MANUAL TIME program allows you to enter a time goal for your workout. The program will then count down the time remaining in your workout as you control the speed and incline of the treadmill.

The MANUAL DISTANCE program allows you to enter a distance goal for your workout. The program will calculate the distance you have walked or run in your workout as you control the speed and incline of the treadmill.

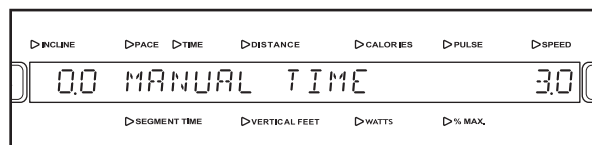
The MANUAL CALORIE program allows you to enter a calorie-burning goal for your workout. The program calculates the calories you have burned in your workout as you control the speed and incline of the treadmill.

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

See GETTING STARTED on page 15.

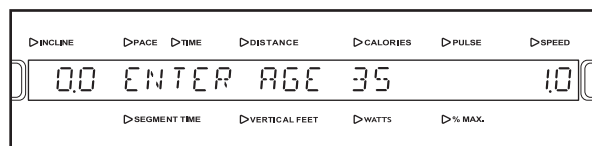
#### 2 Select a MANUAL program.

Press the MANUAL button one, two, or three times to select the MANUAL TIME, MANUAL DISTANCE, or MANUAL CALORIE program. The name of the program will appear in the main display. The words ENTER AGE and the current age setting will then be shown.



#### 3 Enter your age.

A moment after the program is selected, the words ENTER AGE and an age setting of 35 will appear in the main display. To enter your age, press the + and – buttons beside the ENTER button; hold down the buttons to enter your age quickly. When your age is shown, press the ENTER button.



#### **4 Enter your weight.**

Next, the words ENTER WEIGHT and a weight setting of 185 pounds will appear in the main display. To enter your weight, press the + and – buttons beside the ENTER button; hold down the buttons to enter your weight quickly. When your weight is shown, press the ENTER button.

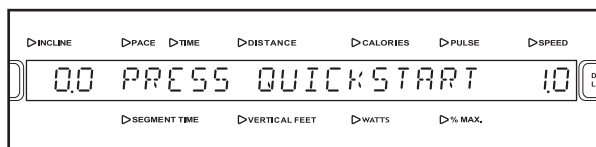
#### **5 Enter a program goal.**

If you have selected the MANUAL TIME program, the words ENTER TIME and a time setting of 15 minutes will appear in the main display. To change the length of time that the program will last, press the + and – buttons beside the ENTER button. Then, press the ENTER button.

If you have selected the MANUAL DISTANCE program, the words ENTER DISTANCE and a distance setting of 3 miles will appear in the main display. To change the distance you want to walk or run during your workout, press the + and – buttons beside the ENTER button. Then, press the ENTER button.

If you have selected the MANUAL CALORIE program, the words ENTER CALORIES and a calorie-burning goal setting of 100 calories will appear in the main display. To change the approximate number of calories that you want to burn during your workout, press the + and – buttons beside the ENTER button. Then, press the ENTER button.

#### **6 Press the QUICK START button to start the program.**



A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the SPEED + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in rapid increments. To change the speed quickly, press the QUICKTOUCH SPEED buttons. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

To stop the walking belt, press the STOP button. The time will begin to flash in the main display. To restart the walking belt, press the QUICK START button or the SPEED + button and then adjust the speed as desired.

#### **7 Change the incline of the treadmill as desired.**

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

#### **8 Follow your progress with the matrix and the main display.**

See step 4 on page 16.

#### **9 Measure your heart rate if desired.**

See THE PULSE SENSOR on page 14.

#### **10 When the program is completed, remove the key.**

Step onto the foot rails. Remove the key from the console and put the key in a secure place.

When the treadmill is not in use, switch the on/off circuit breaker near the power cord to the off position and unplug the power cord.

## HOW TO USE A FITNESS TEST PROGRAM

The FITNESS TEST programs measure your approximate  $VO_2$  max, or aerobic capacity.  $VO_2$  max is a measure of your ability to take in and utilize oxygen to generate energy for endurance activities such as running and cycling. In technical terms,  $VO_2$  max is the maximum volume of oxygen, in milliliters, that your body can use in one minute, per kilogram of body weight. A high  $VO_2$  max indicates a high level of cardiorespiratory fitness. Note: To learn more about  $VO_2$  max, refer to a reputable book or consult your physician.

For the most accurate results, use a FITNESS TEST program 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 GERKIN FITNESS TEST is completed when your heart rate stays greater than 85% of your age-predicted maximum heart rate for 15 seconds, or when the program reaches 11 minutes. Note: The GERKIN FITNESS TEST begins with a 3-minute warm-up.

The EBBELING FITNESS TEST is completed in 9 minutes.

The FREEMOTION FITNESS TEST is completed when your heart rate reaches greater than 70% of your age-predicted maximum heart rate, or when the program reaches 30 minutes.

Follow the steps below to use a FITNESS TEST program.

### 1 Put on a Polar®-compatible chest pulse sensor (not included).

**You must wear a chest pulse sensor to use a FITNESS TEST program.**

### 2 Insert the key into the console.

See GETTING STARTED on page 15.

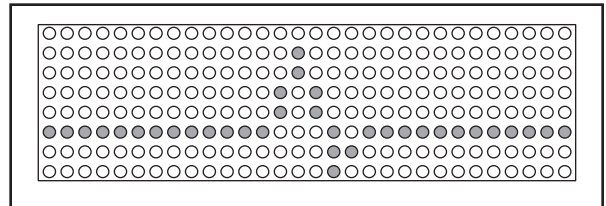
### 3 Select a FITNESS TEST program.

Press the FITNESS TEST button one, two, or three times to select the GERKIN FIT TEST, the EBBELING FIT TEST, or the FREEMOTION FIT TEST.



When a FITNESS TEST program is selected, the name of the FITNESS TEST will appear in the main display. The words ENTER AGE and the current age setting will then be shown.

During a FITNESS TEST program, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear in the graphic.



### 4 Enter your age.

See step 3 on page 16.

### 5 Enter your weight.

See step 4 on page 17.

**If you have selected the EBBELING FITNESS TEST, go to step 6. If you have selected the GERKIN FITNESS TEST or FREEMOTION FITNESS TEST, go to step 7.**

## **6** Enter your gender.

If you selected the EBBELING FITNESS TEST, you will be prompted to enter your gender. Either the word MALE or the word FEMALE will appear in the main display. To enter your gender, press the + and – buttons beside the ENTER button. When your gender is shown, press the ENTER button.

## **7** Press the QUICK START button to start the program.

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

Each FITNESS TEST is divided into several segments of different lengths. One speed setting and one incline setting are programmed for each segment. The console will guide you through the FITNESS TEST and record your heart rate input to determine your relative fitness level.

When the GERKIN FITNESS TEST is completed, the walking belt will slow to a stop and your VO<sub>2</sub> max and your fitness level will be shown in the main display. Note: There are 11.4 fitness levels; fitness level 11.4 is the highest.

When the EBBELING FITNESS TEST is completed, the walking belt will slow to a stop and your VO<sub>2</sub> max will be shown in the main display.

When the FREEMOTION FITNESS TEST is completed, the walking belt will slow to a stop and your VO<sub>2</sub> max and your fitness level will be shown in the main display. Note: There are ten fitness levels; fitness level 10 is the highest.

Note: The SPEED and INCLINE buttons will not function while a FITNESS TEST program is selected. If your pulse is not detected during the program, the letters PLS will flash in the main display. If this occurs, try the program again on another day. Make sure that you are wearing a chest pulse sensor as described in step 1 on page 18.

The FITNESS TEST programs cannot be stopped temporarily and then restarted. However, the programs can be stopped at any time with the STOP button. The main display will then show the words FIT TEST ABORTED.

## **8** When the program is completed, remove the key.

See step 10 on page 17.

## HOW TO USE HEART RATE PROGRAMS

HEART RATE programs automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. Follow the steps below to use a HEART RATE program.

### 1 Put on a Polar®-compatible chest pulse sensor (not included).

You must wear a chest pulse sensor to use a HEART RATE program.

### 2 Insert the key into the console.

See GETTING STARTED on page 15.

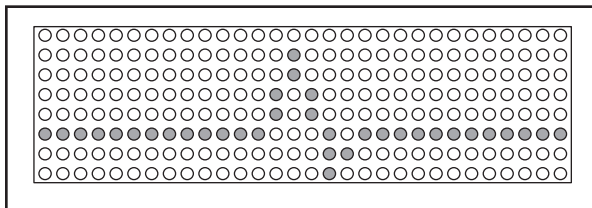
### 3 Select a HEART RATE program.

Press the HEART RATE button one, two, or three times to select the CONSTANT HEART RATE, the VARIABLE HEART RATE, or the FAT BURN program. Note: The CONSTANT HEART RATE program will keep your heart rate near a percentage that you select. The VARIABLE HEART RATE program will keep your heart rate within a target range during your workout. The FAT BURN program will keep your heart rate near 65% of your *age-predicted maximum heart rate* (see step 6 at the right for an explanation of your age-predicted maximum heart rate).



When a HEART RATE program is selected, the name of the program will appear in the main display. The words ENTER AGE and the current age setting will then be shown.

During HEART RATE programs, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear in the graphic.



### 4 Enter your age.

See step 3 on page 16.

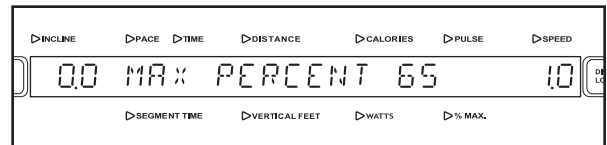
### 5 Enter your weight.

See step 4 on page 17.

If you have selected the **CONSTANT HEART RATE** or **VARIABLE HEART RATE** program, go to step 6. If you have selected the **FAT BURN** program, go to step 7.

### 6 Enter a target heart rate setting.

After you have entered your age, the words MAX PERCENT and the target heart rate setting for the program will be shown in the main display. The target heart rate setting represents a *percentage* of your *age-predicted maximum heart rate*. Your age-predicted maximum heart rate is 220 minus your age. For example, if you are 30 years old, your age-predicted maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ). If you are 30 years old, a target heart rate setting of 50 is equal to 95 beats per minute (50% of 190 is 95).



If desired, you can change the target heart rate setting by pressing the + and – buttons beside the ENTER button. The buttons can be held down to change the target heart rate setting quickly. The target heart rate setting can be from 45% to 85% of your age-predicted maximum heart rate. Then, press the ENTER button.

### 7 Enter a program time.

The words ENTER TIME and a time setting of 15 minutes will appear in the main display. To change the length of time that the program will last, press the + and – buttons beside the ENTER button. Then, press the ENTER button.

**8 Press the QUICK START button to start the program.**

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

Each HEART RATE program is divided into 30-second segments. (The main display will show both the time remaining in the program and the time remaining in the current segment of the program.) One target heart rate setting is programmed for each segment. (During the CONSTANT HEART RATE program, the same target heart rate setting will be programmed for all segments.)

When only four seconds remain in the first segment of the program, a series of tones will sound and then the speed and/or incline of the treadmill will change, if needed, to bring your heart rate closer to the target heart rate setting for the next segment. The speed and/or incline setting will flash in the main display to alert you before the speed and/or incline changes. The program will continue until no time remains in the program. The walking belt will then slow to a stop.

Note: The SPEED and INCLINE buttons will not function while a HEART RATE program is selected. If your pulse is not detected during the program, the letters PLS will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions included with your chest pulse sensor.

To stop the program at any time, press the STOP button. HEART RATE programs should not be stopped temporarily and then restarted. To use a HEART RATE program again, reselect the program and start it at the beginning.

**9 Follow your progress with the main display.**

See THE MAIN DISPLAY on page 13.

**10 When the program is completed, remove the key.**

See step 10 on page 17.

## HOW TO USE AN INTERVAL PROGRAM

The INTERVAL programs will automatically change the speed of the walking belt as they guide you through an effective interval training workout.

### 1 Insert the key into the console.

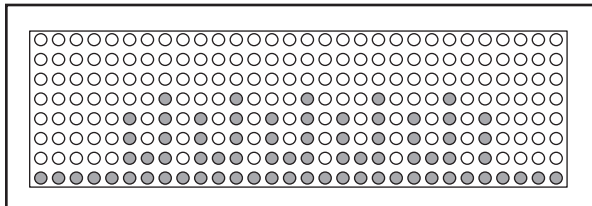
See GETTING STARTED on page 15.

### 2 Select an INTERVAL program.

Press the INTERVAL button one, two, or three times to select the INTERVAL 1 TO 1, INTERVAL 1 TO 2, or INTERVAL 1 TO 3 program. When an INTERVAL program is selected, the name of the program will appear in the main display. The words ENTER AGE and the current age setting will then be shown.



When an INTERVAL program is selected, the matrix will show a graph representing the speed settings for the program.



### 3 Enter your age.

See step 3 on page 16.

### 4 Enter your weight.

See step 4 on page 17.

### 5 Enter a program time.

See step 7 on page 20.

### 6 Enter a minimum speed setting.

The words MIN SPEED and the minimum speed setting will appear in the main display. To enter

the minimum speed you want to walk or run during your workout, press the + and – buttons beside the ENTER button; hold down the buttons to enter the minimum speed quickly. Then press the ENTER button.



### 7 Enter a maximum speed setting.

The words MAX SPEED and the maximum speed setting will appear in the main display. To enter the maximum speed you want to walk or run during your workout, press the + and – buttons beside the ENTER button; hold down the buttons to enter the maximum speed quickly. Then press the ENTER button.

### 8 Press the QUICK START button to start the program.

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

Each program is divided into several time segments of different lengths. The main display will show both the time remaining in the program and the time remaining in the current segment of the program. One speed setting is programmed for each segment. The speed setting for the first segment is shown in the flashing left column of the matrix. The speed settings for upcoming segments are shown in the columns to the right.

After every 30 seconds that you exercise, a tone will sound and the next column to the right will begin to flash.

Note: If the length of the program exceeds the number of columns in the matrix, the same column will continue to flash, and *all columns of indicators will shift one position to the left* once you have exercised for 7 1/2 minutes. The columns of indicators will continue to shift to the left after every 30 seconds, until you are finished exercising.

Note: You can manually override the speed setting for the current segment by pressing the SPEED buttons. Every few times a SPEED button is pressed, an additional indicator will light or darken in the flashing column. (If any of the columns to the right of the flashing column have the same number of lit indicators as the flashing column, an additional indicator may light or darken in those columns as well.) **Important: When the next segment of the program begins, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the program, press the STOP button. The time will begin to flash in the main display. To restart the program, press the QUICK START button.

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

See step 7 on page 17.

**10 Follow your progress with the main display.**

See THE MAIN DISPLAY on page 13.

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

See THE PULSE SENSOR on page 14.

**12 When the program is completed, remove the key.**

See step 10 on page 17.

## HOW TO USE A WALK/RUN PROGRAM

The 5K program is designed to help you train for a 5K race.

The 10K program is designed to help you train for a 10K race.

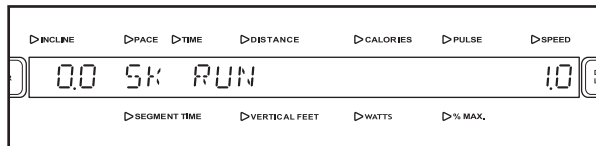
The CROSS COUNTRY program is designed to help you train for a race of a length of your choice.

### 1 Insert the key into the console.

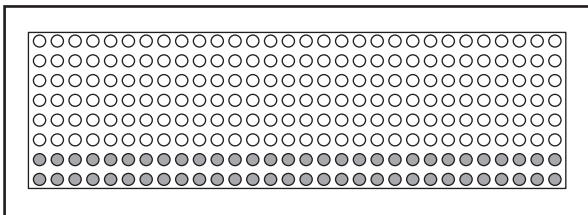
See GETTING STARTED on page 15.

### 2 Select a WALK/RUN program.

Press the WALK/RUN button one, two, or three times to select the 5K, 10K, or CROSS COUNTRY program. When a WALK/RUN program is selected, the name of the program will appear in the main display. The words ENTER AGE and the current age setting will then be shown.



When a WALK/RUN program is selected, the matrix will show a graph representing the speed settings for the program.



### 3 Enter your age.

See step 3 on page 16.

### 4 Enter your weight.

See step 4 on page 17.

If you have selected the 5K or 10K program, go to step 6. If you have selected the CROSS COUNTRY program, go to step 5.

### 5 Enter a distance goal.

If you have selected the CROSS COUNTRY program, the words ENTER DISTANCE and a distance setting of 10 miles will appear in the main display. To change the distance you want to walk or run during your workout, press the + and – buttons beside the ENTER button. Then, press the ENTER button.

### 6 Enter a program time.

See step 7 on page 20. Note: The speed of your workout depends on the program time that you enter.

### 7 Press the QUICK START button to start the program.

A moment after the button is pressed, the walking belt will begin to move at the calculated start speed. Hold the handrails and begin walking.

If the speed of the walking belt is too fast or too slow, you can change it by pressing the SPEED + and – buttons. Note: This will change the length of time of your program.

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

See step 7 on page 17.

### 9 Follow your progress with the main display.

See THE MAIN DISPLAY on page 13.

### 10 Measure your heart rate if desired.

See THE PULSE SENSOR on page 14.

### 11 When the program is completed, remove the key.

See step 10 on page 17.

## HOW TO USE A TERRAIN PROGRAM

During the FOOTHILLS program, the incline of the treadmill will gradually increase and then gradually decrease. The number of times that the incline will increase and decrease will depend on the maximum incline setting and the program length that you select.

During the PEAKS program, the incline of the treadmill will increase and then decrease. The number of times that the incline will increase and decrease will depend on the maximum incline setting and the program length that you select.

During the ALL-TERRAIN program, the incline of the treadmill will sharply increase and then sharply decrease repeatedly. The number of times that the incline will increase and decrease will depend on the maximum incline setting and the program length that you select.

### 1 Insert the key into the console.

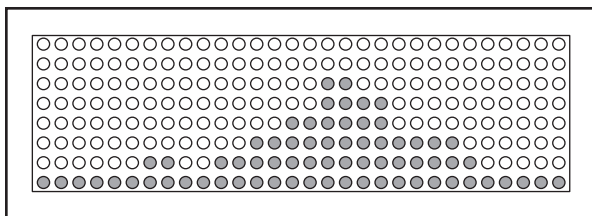
See GETTING STARTED on page 15.

### 2 Select a TERRAIN program.

Press the TERRAIN button one, two, or three times to select the FOOTHILLS, PEAKS, or ALL-TERRAIN program. When a TERRAIN program is selected, the name of the program will appear in the main display. The words ENTER AGE and the current age setting will then be shown.



When a TERRAIN program is selected, the matrix will show a graph representing the incline settings for the program.



### 3 Enter your age.

See step 3 on page 16.

### 4 Enter your weight.

See step 4 on page 17.

### 5 Enter a maximum incline setting.

The words MAX INCLINE and the incline setting will appear in the main display. To enter a different maximum incline setting for your workout, press the + and – buttons beside the ENTER button; hold down the buttons to enter the maximum speed quickly. Then, press the ENTER button.



### 6 Enter a program time.

See step 7 on page 20.

### 7 Press the QUICK START button to start the program.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

If the speed of the walking belt is too fast or too slow, you can change it by pressing the SPEED + and – buttons.

### 8 Follow your progress with the main display.

See THE MAIN DISPLAY on page 13.

### 9 Measure your heart rate if desired.

See THE PULSE SENSOR on page 14.

### 10 When the program is completed, remove the key.

See step 10 on page 17.

## HOW TO USE THE FIXED OR RANDOM PROGRAM

The FIXED program controls the speed of the treadmill to create a workout with a warm-up period, a steady workout, and a cool-down period.

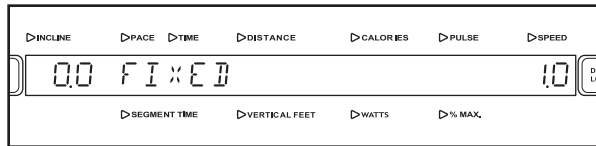
The RANDOM program creates a different speed program every time it is selected for a variety of workouts.

### 1 Insert the key into the console.

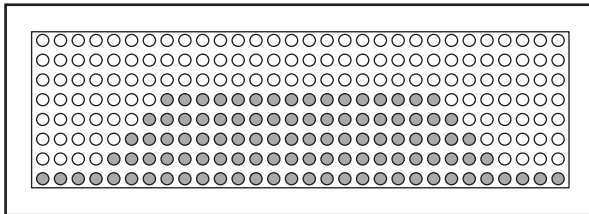
See GETTING STARTED on page 15.

### 2 Select the FIXED program or the RANDOM program.

Press the MIX button once or twice to select the FIXED program or the RANDOM program. When a FIXED or RANDOM program is selected, the name of the program will appear in the main display. The words ENTER AGE and the current age setting will then be shown.



When a FIXED or RANDOM program is selected, the matrix will show a graph representing the speed settings for the program.



### 3 Enter your age.

See step 3 on page 16.

### 4 Enter your weight.

See step 4 on page 17.

### 5 Enter a maximum speed setting.

See step 7 on page 22.

### 6 Enter a program time.

See step 7 on page 20.

### 7 Press the QUICK START button to start the program.

See step 7 on page 25.

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

See step 7 on page 17.

### 9 Follow your progress with the main display.

See THE MAIN DISPLAY on page 13.

### 10 Measure your heart rate if desired.

See THE PULSE SENSOR on page 14.

### 11 When the program is completed, remove the key.

See step 10 on page 17.

## HOW TO USE A CUSTOM PROGRAM

### 1 Insert the key into the console.

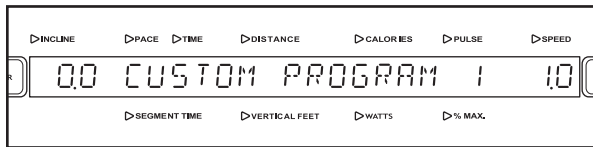
See GETTING STARTED on page 15.

### 2 Select the CUSTOM programs.

To select the CUSTOM programs, press the MIX button repeatedly until the word CUSTOM appears in the main display.

### 3 Select one of the three CUSTOM program.

The name of the currently selected CUSTOM program will appear in the main display. There are three CUSTOM programs. To select a different CUSTOM program, press the + and – buttons beside the ENTER button. When you see the CUSTOM program you want, press the ENTER button.



**Note:** The matrix will show the speed settings of the program. If only two rows of indicators appear in the matrix, see HOW TO USE THE MAINTENANCE MODE on page 28, and follow the instructions to step 7.

### 4 Enter your age.

See step 3 on page 16.

### 5 Enter your weight.

See step 4 on page 17.

### 6 Press the QUICK START button to start the program.

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

Each custom program is divided into several segments. One speed setting and one incline setting is programmed for each segment. (The same speed and/or incline setting may be programmed for two or more consecutive segments.) The speed setting for the first segment is shown in the flashing column of the matrix. The speed settings for the next several segments are shown in the columns to the right.

After every 30 seconds that you exercise, a tone will sound and the next column to the right will begin to flash.

Note: If the length of the program exceeds the number of columns in the matrix, the same column will continue to flash, and *all columns of indicators will shift one position to the left* once you have exercised for 7 1/2 minutes. The columns of indicators will continue to shift to the left after every 30 seconds, until you are finished exercising.

To stop the program temporarily, press the STOP button. The time will begin to flash. To restart the program, press the QUICK START button.

### 7 Follow your progress with the main display.

See THE MAIN DISPLAY on page 13.

### 8 Measure your heart rate if desired.

See THE PULSE SENSOR on page 14.

### 9 When the program is completed, remove the key.

See step 10 on page 17.

## HOW TO USE THE MAINTENANCE MODE

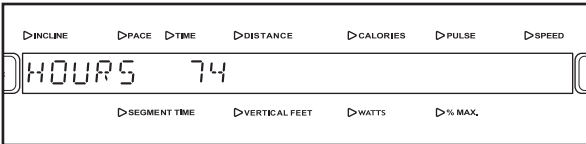
The console features a maintenance mode that allows you to access information and to view and change various default settings. Follow the steps below to use the maintenance mode.

### 1 Insert the key into the console.

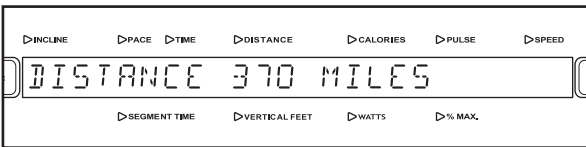
See GETTING STARTED on page 15.

### 2 Hold down the ENTER button and the CLEAR button simultaneously for two seconds to select the maintenance mode.

When the maintenance mode is selected, the words MAINTENANCE MODE will appear in the main display. The word HOURS and the total number of hours that the treadmill has been used will then be shown.

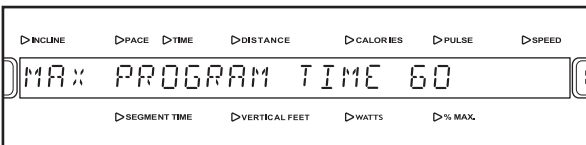


### 3 Press the ENTER button to view the total distance that the walking belt has moved.



### 4 Press the ENTER button again and set a maximum program time.

To set a maximum program time, press the + and – buttons beside the ENTER button. The maximum program time can be up to 90 minutes.



### 5 Press the ENTER button again and select a language.

The main display can display text messages in any of five languages. To select a language, press the + and – buttons beside the ENTER button.



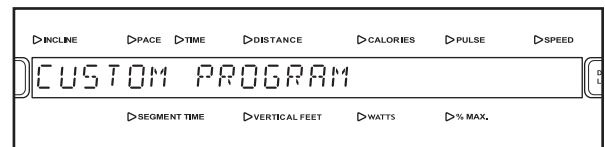
### 6 Press the ENTER button again and set the delay time for the timeout mode.

Any time that the treadmill is not used for several minutes, the console will enter a timeout mode and the words SELECT PROGRAM TO BEGIN will appear in the main display. To set the number of seconds before the console will enter the timeout mode, press the + and – buttons above the ENTER button. The delay time can be from 15 to 120 seconds.



### 7 Press the ENTER button again to create the CUSTOM programs.

The words CUSTOM PROGRAM will appear in the main display.



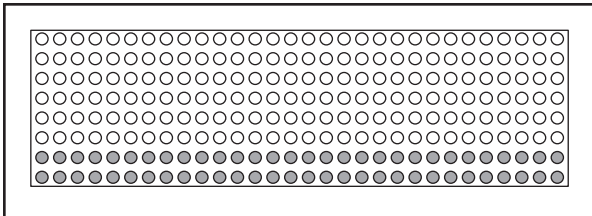
You can design up to three CUSTOM programs. To select a CUSTOM program, press the + and – buttons beside the ENTER button. When you see the CUSTOM program you want to design (PROGRAM 1, PROGRAM 2, or PROGRAM 3), press the ENTER button.

**Note: If the CUSTOM program has not yet been defined, only two rows of indicators will appear in the matrix.**

Enter a name for the program. The name can have up to twelve characters, including spaces. To enter a name, press the + and – buttons beside the ENTER button until the desired character appears in the display. Then, press the ENTER button. If you select the wrong character, press the CLEAR button. Continue entering a name in this way. Then, press the ENTER button.

Next, enter a program time by pressing the + and – buttons beside the ENTER button. Then, press the ENTER button.

See the matrix. Each CUSTOM program is divided into 30-second segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment is shown in the flashing column of the matrix.



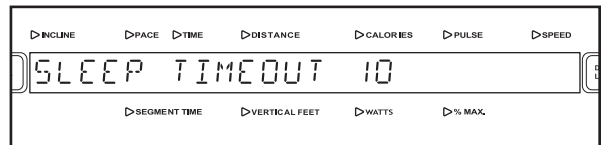
Enter a maximum speed setting for the first segment of the program by pressing the QUICK-TOUCH SPEED buttons and the + and – buttons beside the ENTER button. Next, enter an incline setting for the first segment of the program by pressing the INCLINE + and – buttons. Then, press the ENTER button. Note: The maximum speed setting will appear in the first column of the matrix. The incline settings of the program will not appear in the matrix.

Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for the remaining columns. After you have entered the last speed setting, the words CUSTOM PROGRAM CREATED will appear in the main display. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory and you will be returned to the maintenance mode.

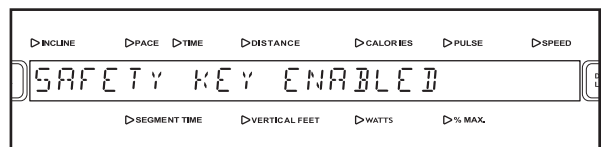
**8 Press the ENTER button again and set the delay time for the sleep timeout mode.**

Any time that the treadmill is not used for several minutes, the console will enter a sleep timeout mode. To set the number of minutes before the console will enter the sleep timeout mode, press the + and – buttons above the ENTER button. The delay time can be from 1 to 10 minutes.



**9 Press the ENTER button again and enable or disable the safety key.**

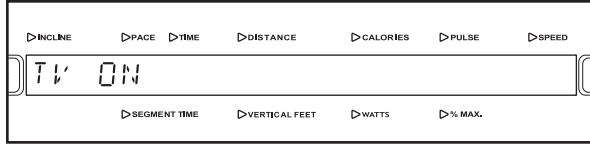
To require the use of the safety key with the console, press the + or – button above the ENTER button until the words SAFETY KEY ENABLED appear in the main display. To allow the treadmill to be used without the key, press the + or – button until the words SAFETY KEY DISABLED appear.



**If you have the Basic console, go to step 11. If you have the Workout TV console, go to step 10.**

**10** Press the ENTER button again and enable or disable the TV.

To make the TV available for use, press the + or – button above the ENTER button until the words TV ON appear in the main display. To prevent the TV from being used, press the + or – button until the words TV OFF appear.



**11** Hold down the ENTER button and the CLEAR button simultaneously for two seconds to exit the maintenance mode.

To exit the maintenance mode at any time, hold down the ENTER button and the CLEAR button simultaneously for two seconds.

# PREVENTIVE MAINTENANCE

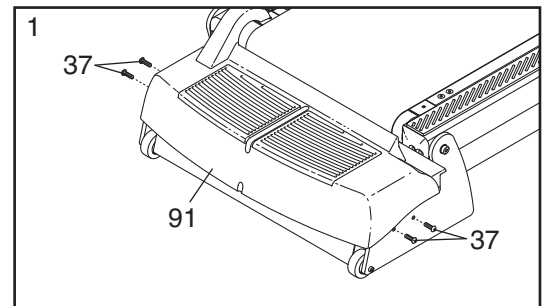
Regular maintenance is necessary for optimal performance and long life of the treadmill. Please read and follow all instructions below. If the treadmill is not maintained as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided. If you have questions about maintenance, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual. **CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

## WEEKLY MAINTENANCE

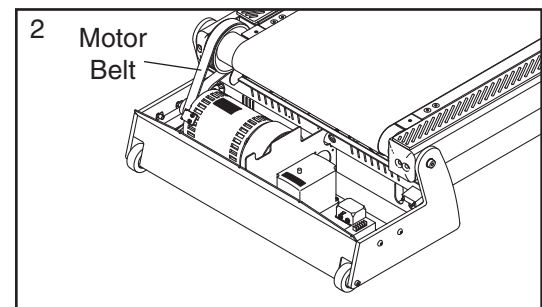
1. **Unplug the power cord.** Inspect and properly tighten all external parts of the treadmill.
2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, uprights, foot rails, frame, and motor hood. In addition, wipe the walking platform along the 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 pages 35 and 36.

## MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the Hood Support Bolts (37) attaching the Motor Hood (91), 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 for wear and cracks. If the motor belt needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on page 2.



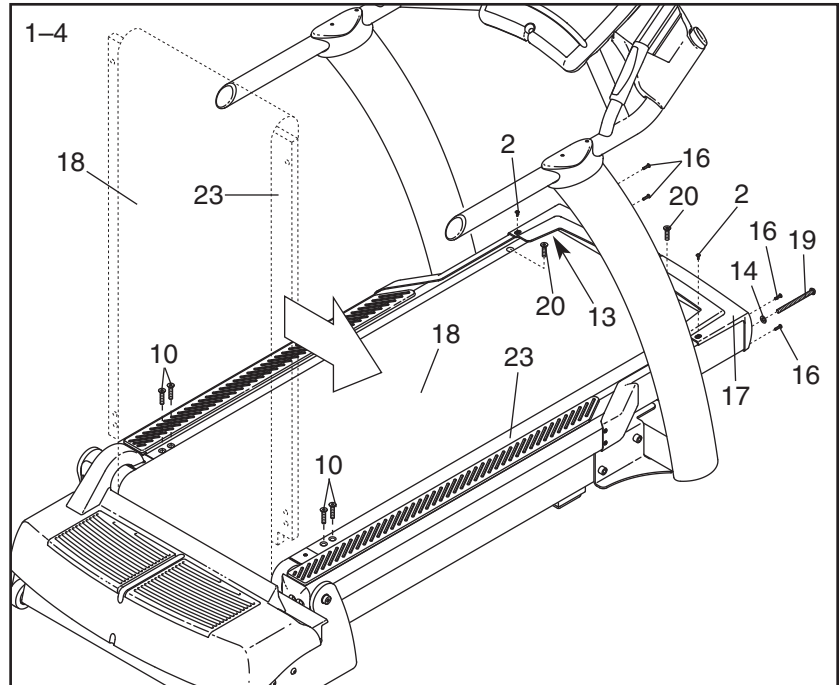
3. Plug in the power cord and insert the key into the console. Press the START button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the treadmill for unusual noises or odors. If any of these problems exists, see HOW TO CONTACT CUSTOMER CARE on page 2. **Remove the key and unplug the power cord.** Reattach the Motor Hood (91) with the Hood Support Bolts (37).

## TURNING THE WALKING PLATFORM

Both sides of the walking platform are designed to be used as walking surfaces. 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. The walking platform will need to be turned over and the walking belt replaced (see page 33) after every 16,000 to 24,000 kilometers (10,000 to 15,000 miles). Follow the instructions below to turn over the walking platform.

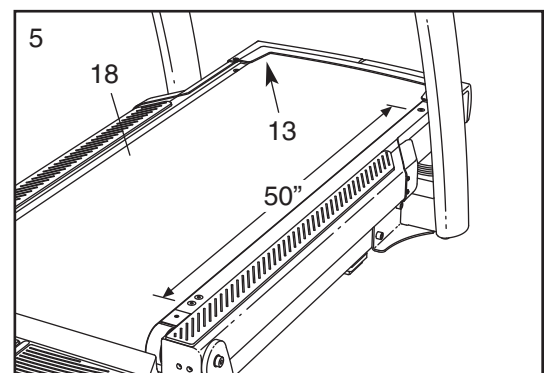
1. **Remove the key and unplug the power cord.** Remove the Front Cover Screws (16), Cover Screws (2) and the Front Cover (17). Remove the Front Roller Adjustment Bolt (19) and the Front Roller Washer (14) from each side of the Front Roller (13).

2. Remove the four Rear Walking Platform Bolts (10) and the two Front Walking Platform Bolts (20). **(Note: Be very careful to avoid chipping or damaging the phenolic coating on the Walking Platform [23]).** Lift the Front Roller (13) and slide it out of the Walking Belt (18). Lift the Walking Platform and the Walking Belt to the position shown by the dotted lines. Slide the Walking Platform out of the Walking Belt, turn it, and then slide it back into the Walking Belt.



3. Lay down the Walking Platform (23) and the Walking Belt (18). Slide the Front Roller (13) back into the Walking Belt.
4. Reattach the Walking Platform Bolts (10, 20). Thread the Front Roller Adjustment Bolts (19) with the Washers (14) into the Roller (13). Reattach the Front Cover (17) with the Front Cover Screws (16) and Cover Screws (2).

5. Next, the Walking Belt (18) will need to be adjusted to the proper tension. Using chalk, make two marks on the Walking Belt exactly 1.25 m (50 in.) apart, as shown in the drawing. Tighten both Front Roller Adjustment Bolts (19, see the drawing above) until the two chalk marks move apart an additional 5 to 6 mm (3/16 to 1/4 in). As you tighten the Roller Adjustment Bolts, the Front Roller (13) will move. **If the Front Roller stops moving, do not further tighten the Roller Adjustment Bolts; see HOW TO CONTACT CUSTOMER CARE on page 2.** Make sure to keep the Walking Belt centered.



## **REPLACING THE WALKING BELT**

When the walking belt becomes worn, it should be replaced. The walking belt will need to be replaced after every 16,000 to 24,000 kilometers (10,000 to 15,000 miles). See the Service Manual for replacement instructions. See HOW TO CONTACT CUSTOMER CARE on page 2 to order a new walking belt.

## **REPLACING THE WALKING PLATFORM**

When both sides of the walking platform become worn, the walking platform should be replaced. The walking platform will need to be replaced after every 32,000 to 48,000 kilometers (20,000 to 30,000 miles). See HOW TO CONTACT CUSTOMER CARE on page 2 to order a new walking platform. Follow the instructions on page 32 to replace the walking platform.

# 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 31 to 33. 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	/ /	/ /	/ /	/ /	/ /	/ /

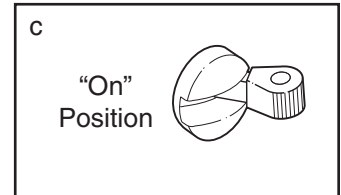
Walking Platform Turned/Replaced	/ /	/ /	Walking Belt Replaced	/ /
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# TROUBLESHOOTING

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, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual.

## 1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See page 10.)
- b. Make sure that the key is inserted into the console.
- c. Check the on/off circuit breaker located on the treadmill near the power cord. Make sure that the on/off circuit breaker is switched to the on position.

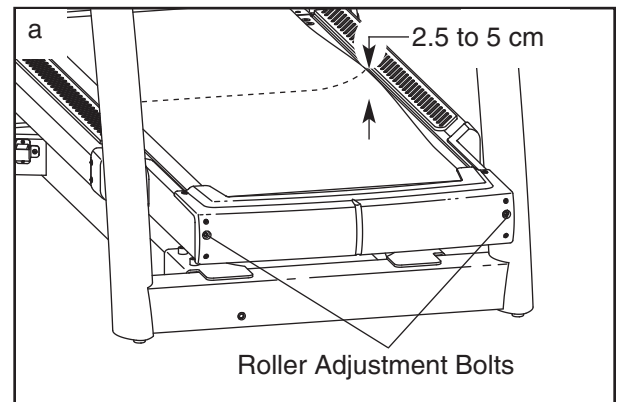


## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the on/off circuit breaker located on the treadmill near the power cord. (See drawing 1. c. above.) Make sure that the on/off circuit breaker is switched to the "on" position.
- b. Make sure that the power cord is plugged in.
- c. Remove the key from the console. Reinsert the key into the console.
- d. Check the walking belt and the walking platform for excessive wear. Replace the walking belt or the walking platform if necessary.
- e. If the power still turns off during use, see HOW TO CONTACT CUSTOMER CARE on page 2.

## 3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

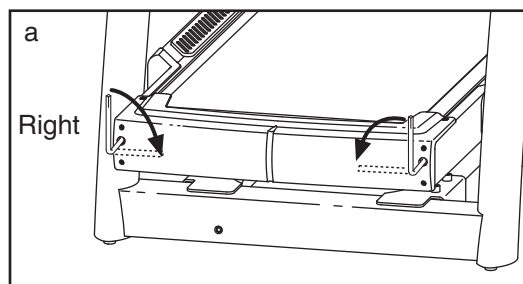
- a. If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each side of the walking belt 2.5 to 5 cm (1 to 2 in.) off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using the included hex key, turn both roller adjustment bolts counterclockwise 1/4 of a turn. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Be careful to keep the walking belt centered. Repeat until the walking belt is properly tightened. Note: To tighten the walking belt, see step 4. c. on page 36.



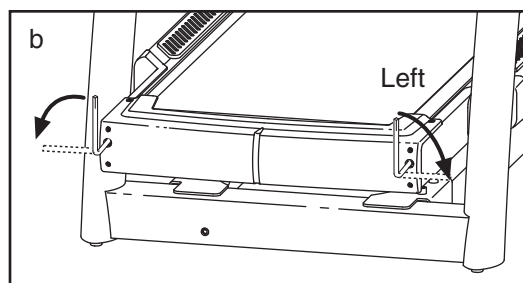
- b. If the walking belt still slows when walked on, see HOW TO CONTACT CUSTOMER CARE on page 2.

#### 4. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

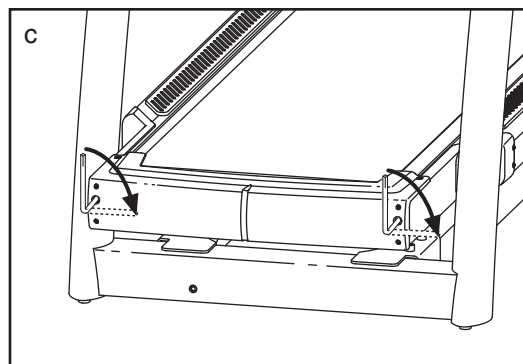
- a. **If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using a 7/32" hex key, turn the roller adjustment bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. **If the walking belt has shifted to the left: Remove the key and unplug the power cord.** Using a 7/32" hex key, turn the roller adjustment bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is centered.



- c. **If the walking belt slips when walked on: Remove the key and unplug the power cord.** Using a 7/32" hex key, turn both roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2.5 to 5 cm (1 to 2 in.) off the walking platform. The center of the walking belt should just touch the walking platform. Make sure 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. Note: As you tighten the roller adjustment bolts, the front roller will move. **If the front roller stops moving, do not further tighten the roller adjustment bolts; see HOW TO CONTACT CUSTOMER CARE on page 2.**



#### 5. SYMPTOM: THE WALKING BELT STOPS OR THE INCLINE CANNOT BE ADJUSTED EVEN THOUGH THE CONSOLE REMAINS LIT

- a. This indicates that a controller error may have occurred. To correct the problem, turn the power switch off, wait 5 seconds and then turn the power switch back on.

#### 6. SYMPTOM: THE INCLINE SYSTEM DOES NOT FUNCTION PROPERLY OR THE INCLINE SYSTEM DOES NOT APPEAR TO BE AT THE INCLINE LEVEL SHOWN IN THE MAIN DISPLAY

- a. The incline system may need to be calibrated. To initiate the calibration routine, turn the power switch off, wait 5 seconds and then turn the power switch back on. During the calibration routine, the treadmill will automatically travel to the lowest incline level and then return to level.
- b. If the incline system still does not function properly, see HOW TO CONTACT CUSTOMER CARE on page 2.

# EXERCISE GUIDELINES

## FACTORS IN A SENSIBLE DIET

- Choose high-fiber, low-fat, and low-sugar foods: fruits, vegetables, and whole grains.
- Eat at least five servings of fruits and vegetables daily.
- Reduce red meat consumption; eat lean meat, white meat, and fish.
- Choose healthful snacks; bring healthful foods with you to work or in the car.
- Eat regular meals or mini-meals. Control your portion size—don't binge or overeat. Eat slowly.
- Reduce fast food and pre-packaged meals.
- Pay attention to fat content and calories.
- Limit alcoholic beverages and caffeine.
- Drink at least eight to ten glasses of water daily.

## EXERCISE STEPS

The following nine steps for designing your exercise program were developed by exercise physiologists at FreeMotion Fitness. The actual exercise you perform is only a part of a safe and effective training program. There are many other aspects to developing a life-long commitment to physical fitness.

### 1 Consult your physician before beginning any exercise program.

A medical examination or consultation with your physician is essential.

### 2 Establish personal fitness goals.

Set attainable, realistic goals. Reward yourself when you meet your goals. Remember, your goals should act as a guide for your workout program.

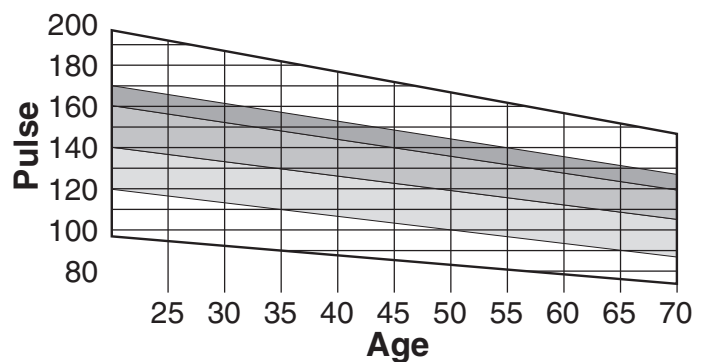
### 3 Determine your target heart rate.

Your *target heart rate* (THR), is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your *maximum heart rate* (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your MHR—only clinical stress testing can provide an actual MHR reading.

Once you have determined your MHR, you can establish your target heart rate zone. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. This level is called the *Health* level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic, or cardiovascular level—the *Fitness* level. Advanced exercisers, or those wishing to do sports, athletic conditioning, or interval training workouts should exercise at 80 to 85 percent of the MHR for short periods of time. The chart below shows Target Heart Rate Zones for Health, Fitness, and Advanced exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

**TARGET HEART RATE ZONES**



Health	Fitness	Advanced
Beginner, low-intensity + long duration = fat burning	Optimal training, aerobic or cardiovascular	Sports, athletic conditioning, interval training

## WEIGHT LOSS TIPS

At least four, 30-minute workouts per week, along with a reduced-calorie diet, are recommended if you are trying to lose weight. However, be sure to stay within your target heart rate zone and exercise a maximum of 5 days per week for 60 minutes per workout.

Good posture is the key to safe, comfortable workouts. Keep your chin up and your head facing forward. Align your head and shoulders with your hips. Avoid leaning forward. Keep your back straight.

### 4 Warm up before you begin.

A warm-up routine prepares your body and mind for vigorous exercise. It also helps provide insurance against injury and soreness. Warm up with two to five minutes of slow exercise, at minimal intensity.

### 5 Stretch after your warm-up.

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface.

The correct form for several stretches is described below (see the drawings at the right). Be sure to move slowly as you stretch—never bounce.

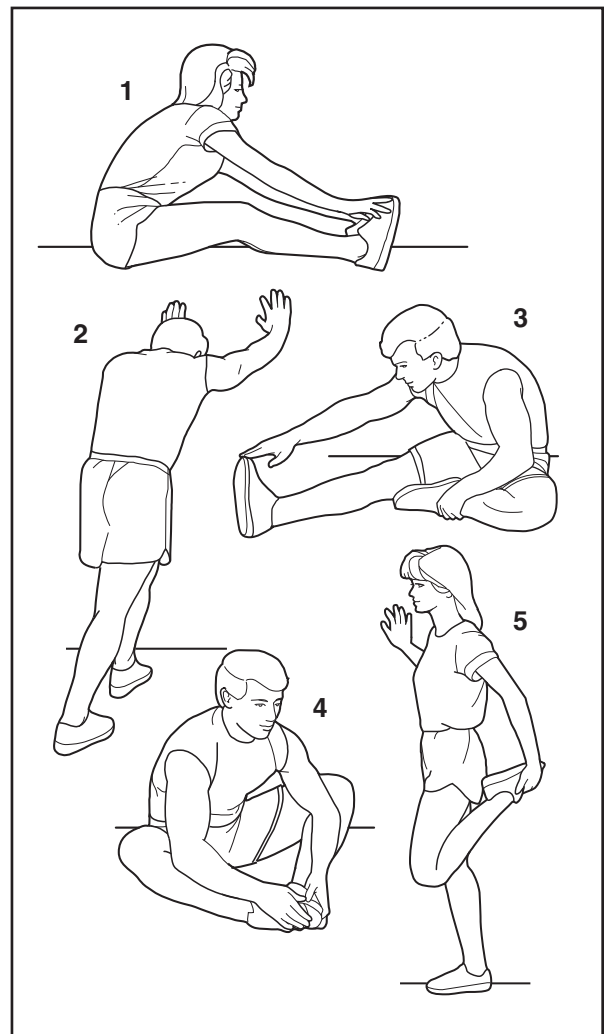
**1. Toe Touch Stretch**—Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

**2. Calf/Achilles Stretch**—With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

**3. Hamstring Stretch**—Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back, and groin.

**4. Inner Thigh Stretch**—Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

**5. Quadriceps Stretch**—With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



## BENEFITS OF AEROBIC EXERCISE

- Effective weight loss and management
- Added protection from heart disease
- Increased strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure-packed day
- Greater intellectual capacity and productivity

### 6 Get FIT with FreeMotion Fitness

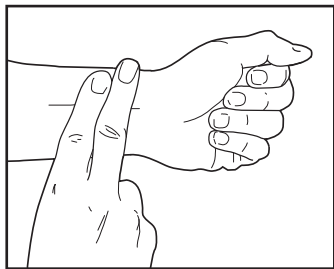
Effective aerobic exercise has three major parts: *frequency*, *intensity*, and *time*. The acronym "FIT" may help you to remember these three parts:

**F** "F" stands for the frequency of your workouts. Three to five workouts per week are recommended. Exercise at least four times a week for weight loss.

**I** "I" refers to the intensity of your workout. Check your heart rate at least twice during your aerobic exercise session: once during the session and once again at the end. Maintain a workout intensity level within your Target Heart Rate Zone. You can measure your heart rate using the handgrip pulse sensor or the method described below:

1. Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.

2. Using the tips of the index and middle fingers of your right hand, touch your left wrist, one-fourth inch from your wrist joint, at the base of your thumb.



3. Apply minimal pressure with both fingers—let the beat come to your fingers. If you can't find your pulse, use the opposite wrist and hand.

**T** "T" is for the time or duration of your workout. Beginning exercisers may wish to start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight, should exercise for 30 to 60 minutes. The key is to maintain your target heart rate for the duration of the workout period.

Remember to take it slowly. Fitness is a lifelong commitment. If you can't go the full 20 minutes from the start, which is common, try to exercise for five minutes at a time, a couple of times a day. Recent research indicates that several short workouts in one day can also provide fitness benefits. Gradually, your stamina will increase and it will become easier to exercise for longer periods of time.

### 7 Cool down after aerobic exercise.

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart. Keep your legs moving on the treadmill at a slower pace for at least five minutes following the aerobic phase.

### 8 Stretch again at the end of your exercise session.

Stretching after exercise reduces muscle soreness. See step 5 on page 38.

### 9 Participate in strength training.

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today."

—Kenneth Cooper, M.D., M.P.H., founder of The Cooper Institute For Aerobic Research, Dallas, Texas.

A strength-training program increases your lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

## WORKOUT TIPS

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new Freemotion routine.

- Begin and end each exercise session with the stretches on page 38. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseated, stop exercising immediately and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine, or prescription drugs.

## WORKOUT PROGRAMS

The *Health* level typically lasts four to six weeks. At this level you should be concerned with slowly improving your fitness level and endurance.

Take it slowly. Set mini-goals for yourself. You may want to begin your fitness routine with three or four short, 5- or 10-minute workouts in a day.

Move on to the *Fitness* Level only when you feel ready and your heart rate has moved below your target heart rate zone.

The *Fitness* level usually lasts 12 to 20 weeks. (It may last longer, depending on your fitness goals.) At this level you should strive to achieve your fitness goals.

Set realistic short- and long-term goals for yourself. Frequently re-evaluate your fitness goals and reward yourself as you are successful.

Move on to the *Advanced* Level when you have reached your fitness goals and your heart rate has moved below your target heart rate zone.

Work out at the *Advanced* level once you have reached your desired fitness goals. It is intended to be a maintenance program and should continue on a regular, long-term basis.

You may wish to add *Interval Training* to your maintenance program as well. Interval training will add variety to your workout routine and further condition your cardiovascular system. Interval training has been shown to promote higher levels of aerobic conditioning. It consists of spurts of high-intensity activity followed by active rest periods of exercise at a lower intensity. For example, a one-minute spurt of high-resistance, fast exercise is followed by a two- to three-minute active rest period of low-resistance, slow exercise. The duration of these periods should be based more on how you feel rather than time. A sequence such as this should be repeated 5 to 20 times during your workout session.

HEART RATE INTENSITY	Age	20	30	40	50	60	70	80
60% - 70% HEALTH	b.p.m.	120-140	114-133	108-126	102-119	96-112	90-105	84-98
70% - 85% FITNESS	b.p.m.	140-170	133-162	126-153	119-145	112-136	105-128	98-119
80% - 85% ADVANCED	b.p.m.	160-170	152-162	144-153	136-145	128-136	120-128	112-119



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