

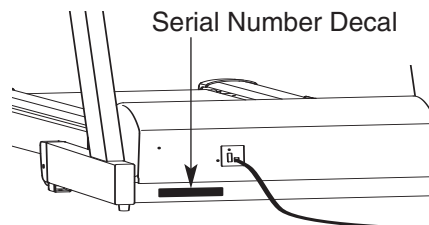
GOLD'S GYM

CARDIO SERIES 950

Model No. GGTL09605.0

Serial No. _____

Write the serial number in the space above for future reference.



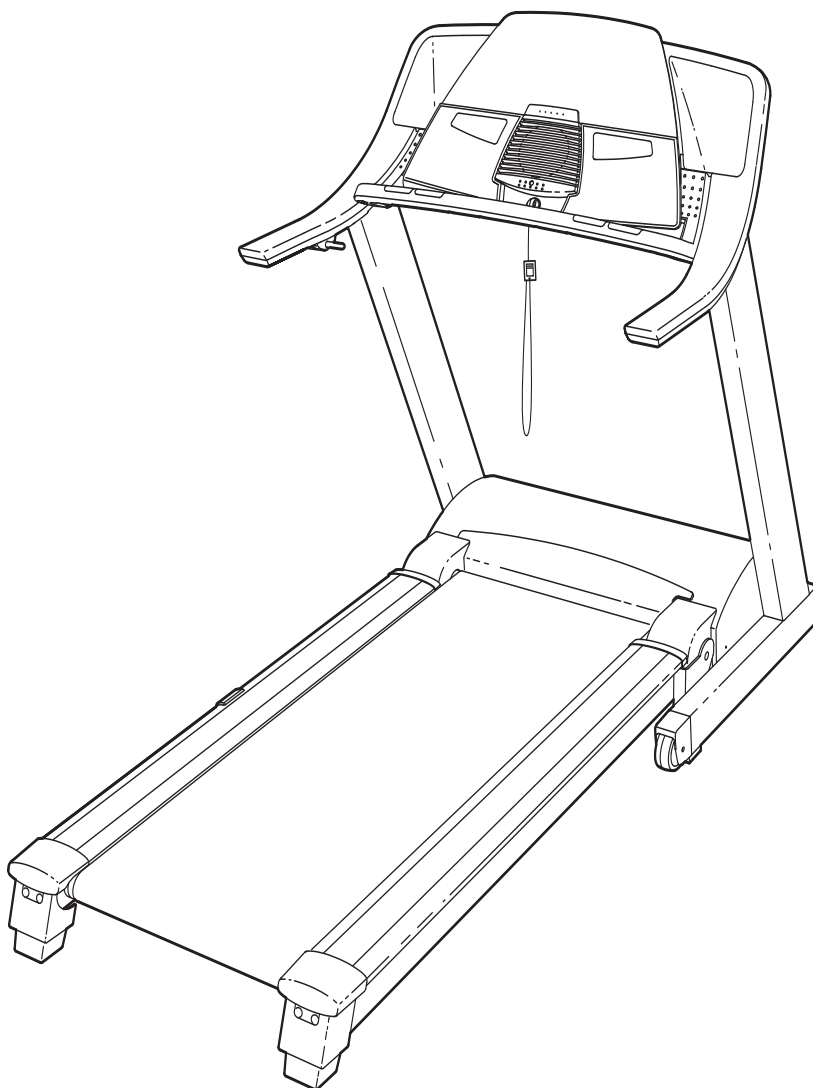
USER'S MANUAL

QUESTIONS?

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

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.
The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-877-776-4777
Mon.–Fri., 6 a.m.–6 p.m. MST



⚠ CAUTION

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

GOLD'S GYM®

CARDIO SERIES 950

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Note: An EXPLODED DRAWING is attached in the center of this manual.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or oxygen is administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 300 pounds. Never allow more than one person on the treadmill at a time.
8. 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.*
9. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
11. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 10).
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and properly tighten all parts of the treadmill every three months.

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

23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the main-

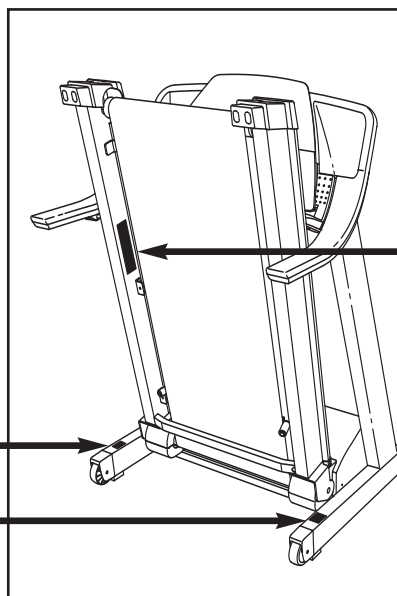
tenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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

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

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



⚠ WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :



- Stand only on the side rails when starting or stopping treadmill.

- Change speed in small increments.

- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

- Stop if you feel faint, dizzy, or short of breath.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.

- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.

- Never try to adjust or fix the belt while it is moving.

- Always wear athletic shoes while operating treadmill.

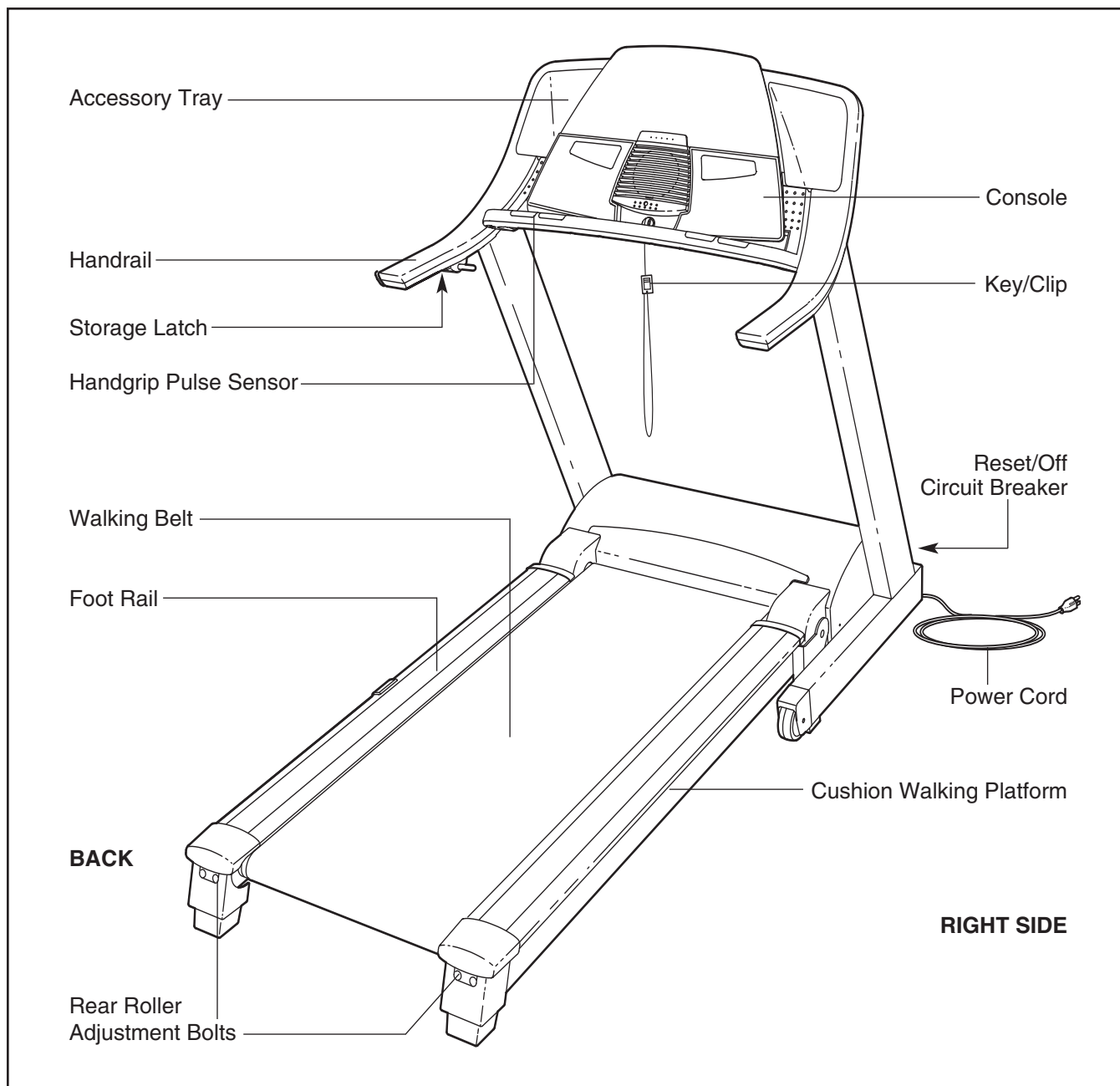
BEFORE YOU BEGIN

Congratulations for purchasing the GOLD'S GYM CARDIO SERIES 950 treadmill. The CARDIO SERIES 950 treadmill offers an impressive array of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

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

reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is GGTL09605.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

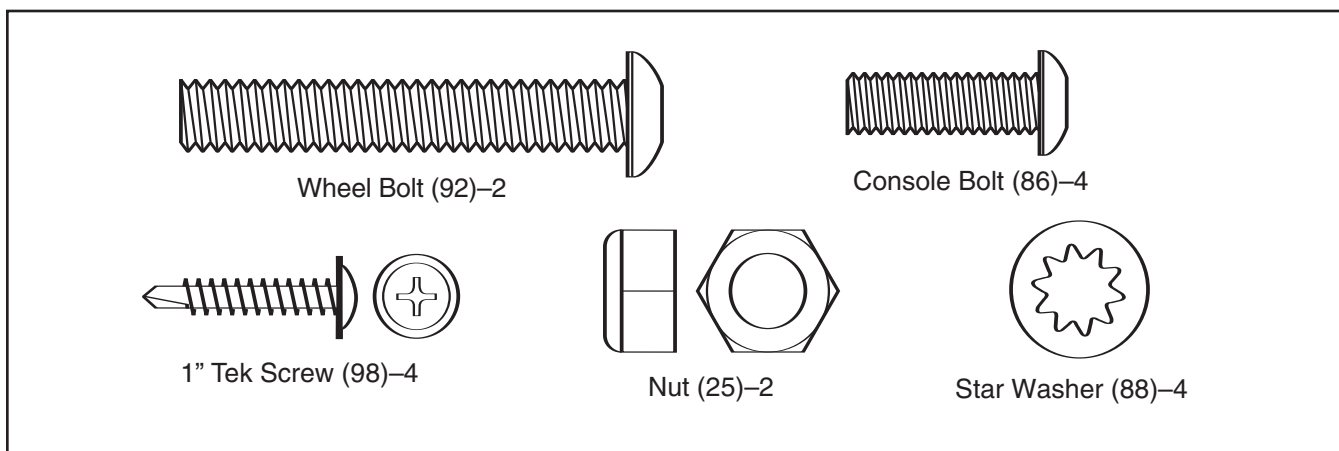
Assembly requires the included allen wrench



and your own Phillips screwdriver

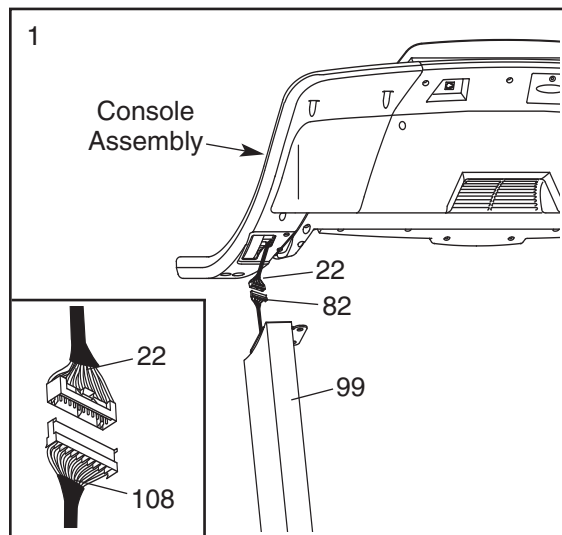


For help identifying assembly hardware, see the drawings below. **Note: If a part is not found in the part bags, check to see if the part has been preattached. To avoid damaging plastic parts, do not use power tools for assembly.**



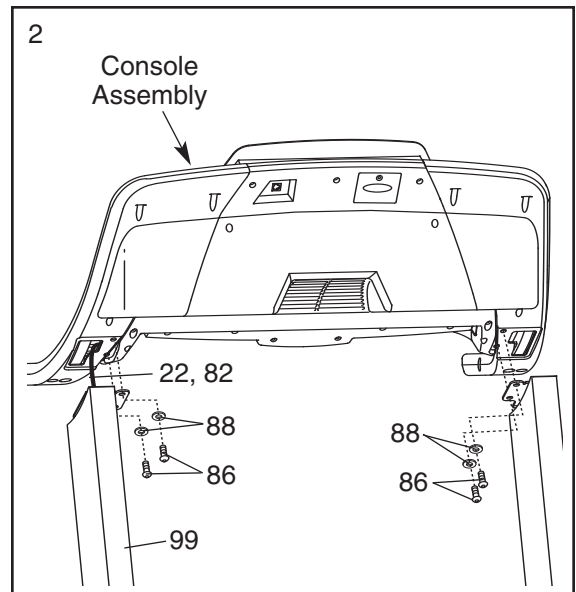
1. With the help of a second person, carefully raise the Uprights (99) to the position shown. Have the second person hold the console assembly near the Uprights as shown. Look under the console assembly and locate the Console Wire Harness (22).

Cut the plastic ties securing the Upright Wire Harness (82) to the right Upright (99). Connect the Upright Wire Harness to the Console Wire Harness (22). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



2. Insert the Wire Harnesses (22, 82) into the right Upright (99).

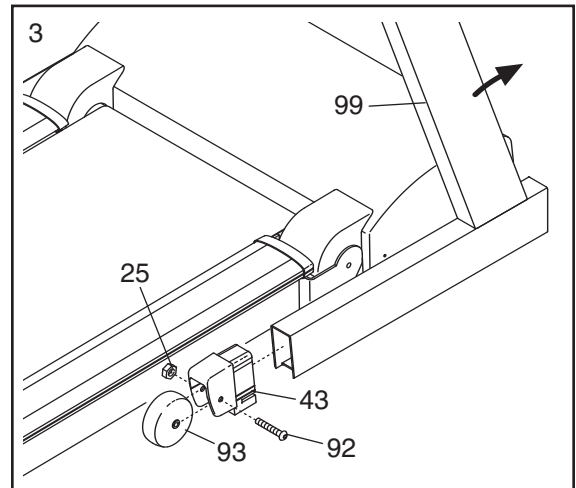
Set the console assembly on the Uprights (99). While a second person holds the console assembly, attach it with four Console Bolts (86) and four Console Washers (88) as shown. Start all four Console Bolts and then firmly tighten them.



3. Insert a Wheel (93) into a Wheel Housing (43). Attach the Wheel with a Wheel Bolt (92) and a Nut (25). **Note: Do not overtighten the Nut; the Wheel should turn freely.**

Tip the Uprights (99) forward slightly and insert the Wheel Housing (43) into the base of the Uprights as shown.

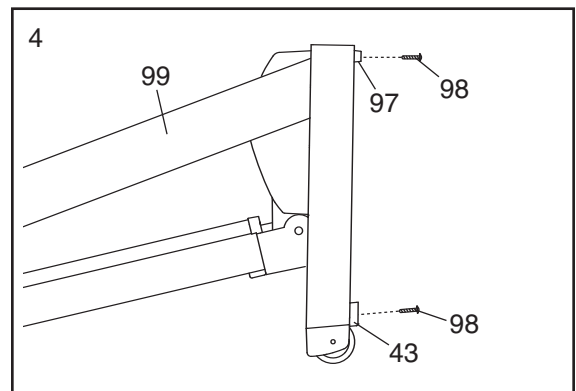
Attach the other Wheel (not shown) and Wheel Housing (not shown) as described above.



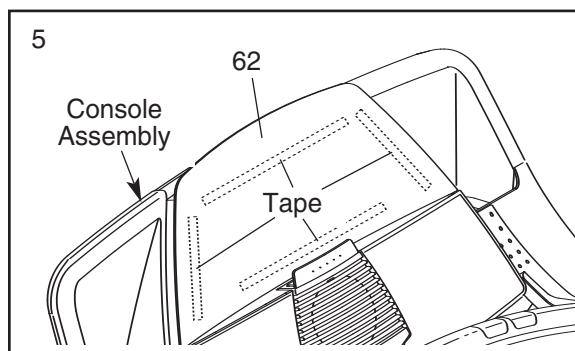
4. With the help of a second person, carefully lower the Uprights (99). Make sure that the Wheel Housings (43) remain in the base of the Uprights.

Attach each Wheel Housing (43) with a 1" Tek Screw (98). Next, attach the two Base Pads (97) to the base of the Uprights (99) with 1" Tek Screws (98).

With the help of a second person, carefully raise the Uprights (99) to the vertical position.



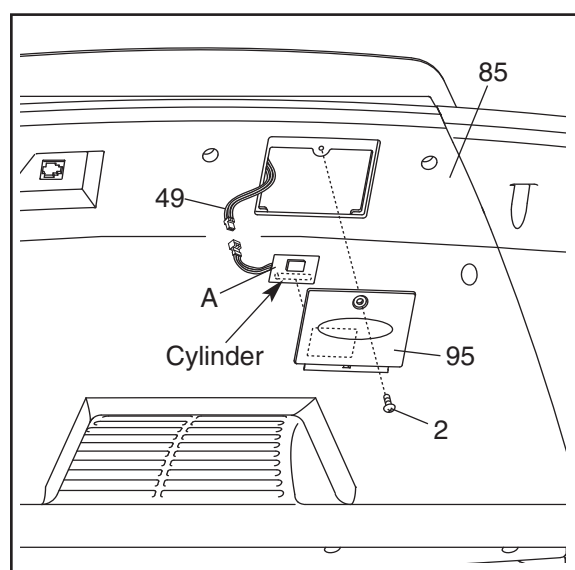
5. Remove the backing from the indicated tape on the console assembly. Press the Book Holder (62) firmly onto the tape. Note: The Book Holder may be preassembled.



6. **Make sure that all parts are properly tightened before you use the treadmill. Place a mat beneath the treadmill to protect the floor or carpet.** For your benefit, we recommend that you familiarize yourself with the TROUBLESHOOTING section on pages 22 and 23.

If you purchase the optional chest pulse sensor (see page 19), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated Screw (2) and the Access Door (95).
2. Remove the paper from the adhesive pad on the back of the receiver (A). **Orient the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console Back (85) as shown.** Firmly press the receiver onto the indicated corner of the Access Door (95). Connect the wire on the receiver to the Pulse Wire (49) extending from the Console Back.
3. **Make sure that no wires are pinched.** Reattach the Access Door (95) with the Screw (2). Note: The other wires included with the receiver may be discarded.



TREADMILL OPERATION

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

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

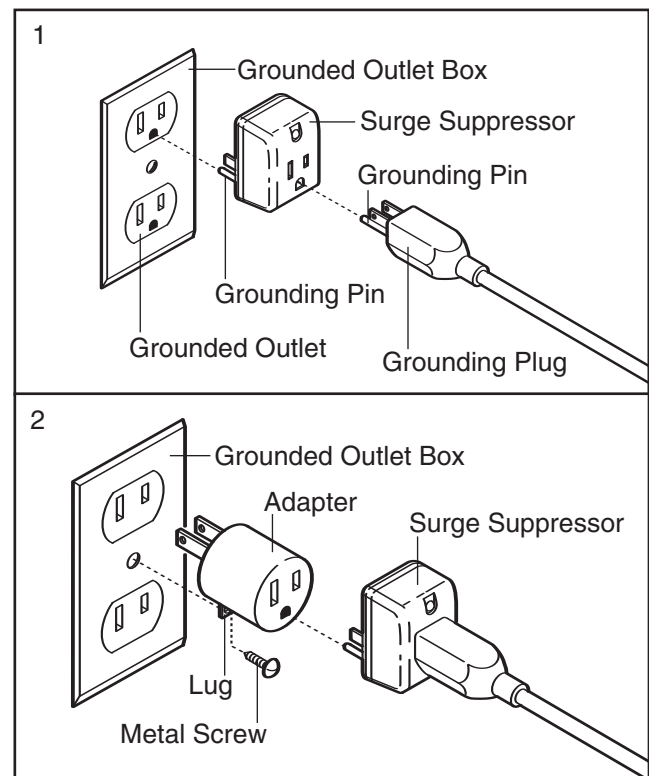
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

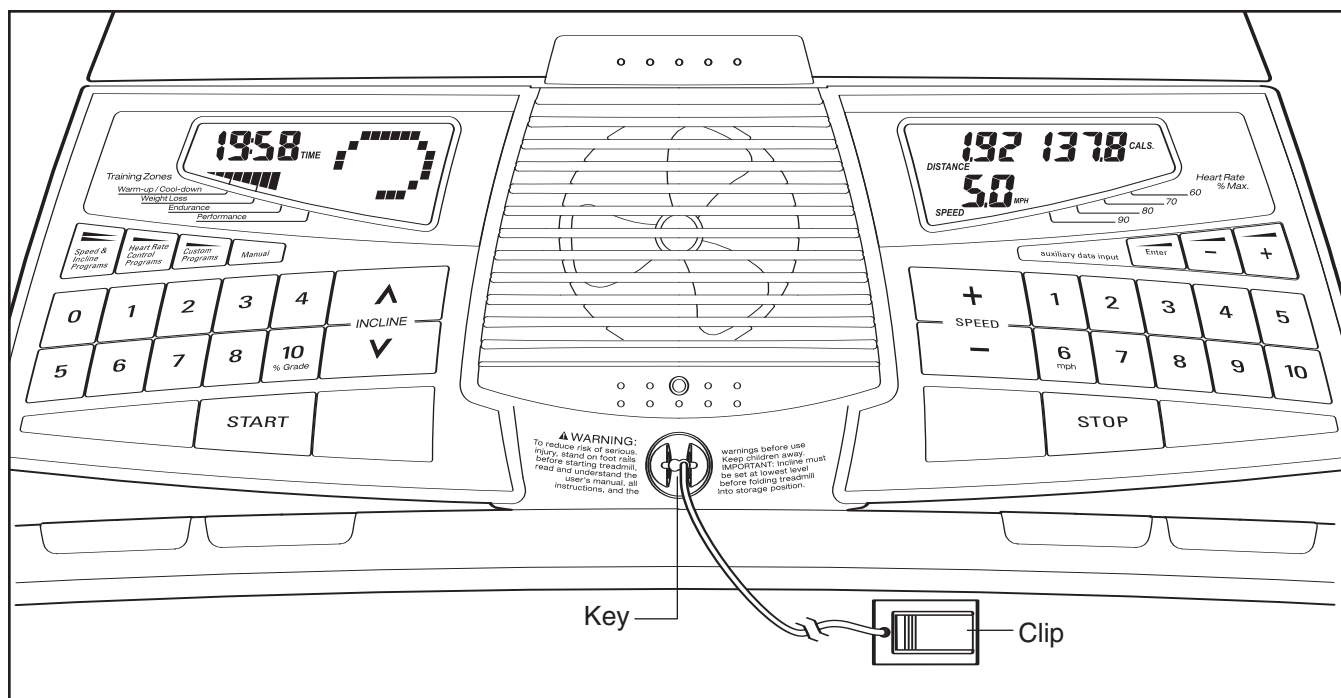
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 19).

In addition, the console offers six preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create custom workout programs and store them in memory for future use.

Two heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate near target heart rate settings while you exercise. Note: You must wear the optional chest pulse sensor to use the heart rate programs.

To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To create and use a custom program**, see pages 15 and 16. **To use a heart rate program**, see page 17.

Note: If there is a sheet of clear plastic on the face of the console, peel off the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

HOW TO TURN ON THE POWER

- 1** Plug in the power cord (see page 9).
- 2** Locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.
- 3** Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a program, press the Manual button to reselect the manual mode.

3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the ten numbered Speed buttons.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

If one of the numbered Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

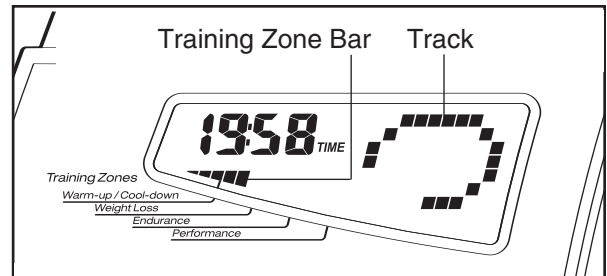
To stop the walking belt, press the Stop button. The time will begin to flash in the left display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Speed buttons.

4 Change the incline of the treadmill as desired.

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

5 Follow your progress with the two displays.

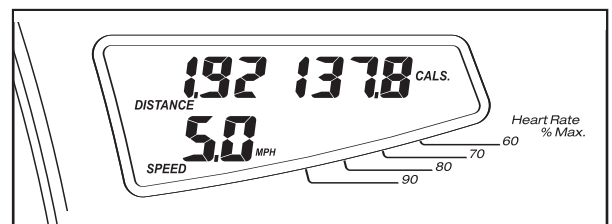
The left display—This display will show the elapsed time, your pace (in *minutes per mile*), and the incline level of the treadmill. Note: When a program is selected, this display will show the time remaining in the program instead of the elapsed time. Each time the incline of the treadmill changes, the display will show the incline setting for several seconds.



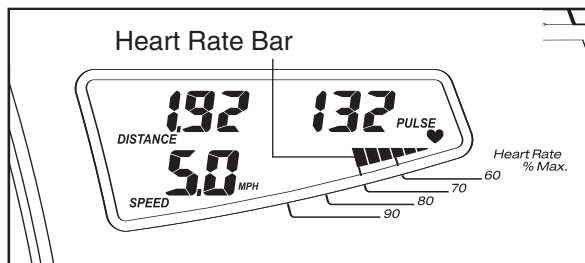
The left display will also show a training zone bar that indicates the approximate intensity of your exercise. For example, if four to six segments of the bar appear, the bar shows that your exercise intensity is ideal for weight loss.

When the manual mode is selected, the left display will also show a track. As you exercise, the indicators around the track will appear in succession until the entire track is lit. The track will then disappear the indicators will again begin to appear in succession.

The right display—This display will show the distance that you have walked or run, the number of 1/4-mile laps you have completed, the speed of the walking belt, and the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 24).



The right display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. In addition, during heart rate programs the right display will show a heart rate bar that shows your heart rate as a percentage of your age-predicted maximum heart rate (see step 3 on page 17 for an explanation of your age-predicted maximum heart rate). For example, if four to six segments of the bar appear, your heart rate is between 60% and 70% of your age-predicted maximum heart rate.

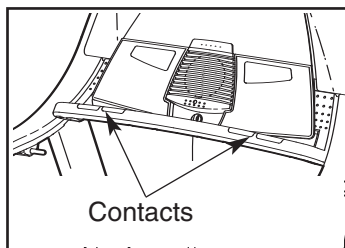


Note: The console can display speed and distance in either miles or kilometers. The letters “MPH” or “Km/H” will appear in the right display to show which unit of measurement is selected. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 19. **For simplicity, all instructions in this section refer to miles.**

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

6 Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To use the handgrip pulse sensor, **stand on the foot rails** and hold the handgrip pulse sensor with your palms resting on the metal contacts; **avoid moving your hands**. When your pulse is detected, the heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes (—) will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

Note: The handgrip pulse sensor is intended to be used only for heart rate measurement. **Do not use the handgrip pulse sensor as a handlebar. Always hold the handrails for support when you are not measuring your heart rate.**

7 Turn on the fan if desired.

To turn on the fan, press the button below the fan. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays remain lit after the key is removed, the console is in the “demo” mode. See page 19 and turn off the demo mode.**

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

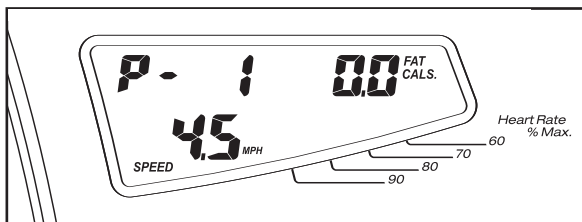
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

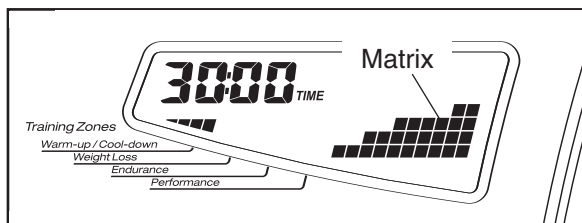
See HOW TO TURN ON THE POWER on page 10.

2 Select a preset program.

To select a preset program, press the Speed & Incline Programs button repeatedly. The right display will show which program (P-1 to P-6) is selected.



When a preset program is selected, the left display will flash the maximum incline setting of the program for a few seconds, and the right display will flash the maximum speed setting. The left display will then show how long the program will last. In addition, the matrix in the left display will show the first several speed settings of the program.

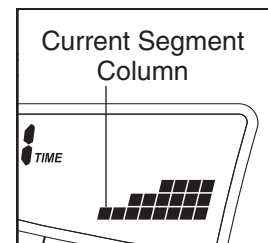


3 Press the Start button or the Speed increase button to start the program.

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

Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments will be shown in the columns at the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the left display and/or the right display will flash to alert you. When the first segment ends, *all speed settings in the matrix will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column, and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well.) **Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

4 Follow your progress with the displays.

See step 5 on page 11.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fan if desired.

See step 7 on page 12.

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

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators remain lit after the key is removed, the console is in the “demo” mode. See page 19 and turn off the demo mode.**

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

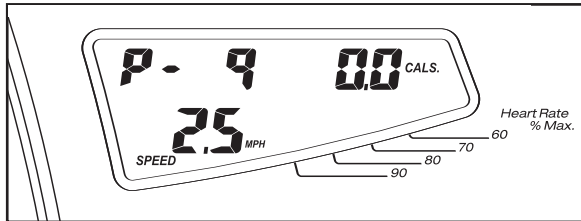
HOW TO CREATE A CUSTOM PROGRAM

1 Insert the key into the console.

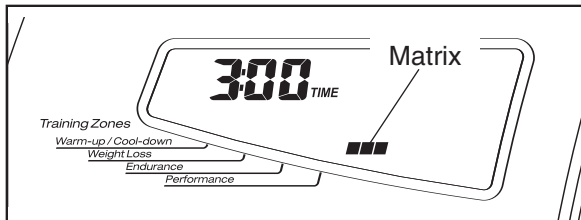
See HOW TO TURN ON THE POWER on page 10.

2 Select a custom program.

To select a custom program, press the Custom Programs button repeatedly until “P-9,” “P-10,” “P-11,” or “P-12” appears in the right display.



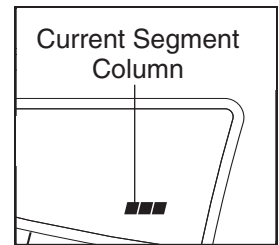
If the custom program has not yet been defined, three columns of indicators will appear in the matrix in the left display. **If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 16.**



3 Press the Start button or the Speed increase button and program the desired speed and incline settings.

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

See the matrix in the left display. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.



When the first segment of the program ends, the current speed setting and the current incline setting will be stored in memory. *The three columns of indicators will then move one column to the left, and the speed setting for the second segment will be shown in the flashing Current Segment column.* Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

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

See step 7 on page 14.

HOW TO USE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

2 Select a custom program.

To select a custom program, press the Custom Programs button repeatedly until “P-9,” “P-10,” “P-11,” or “P-12” appears in the right display.

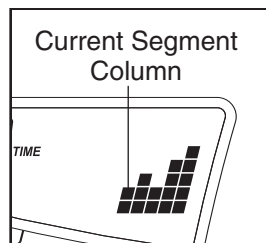
When a custom program is selected, the left display will flash the maximum incline setting of the program for a few seconds, and the right display will flash the maximum speed setting. The left display will then show how long the program will last. In addition, the matrix in the left display will show the first several speed settings of the program.

Note: If only three columns of indicators appear, see HOW TO CREATE A CUSTOM PROGRAM on page 15.

3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment

column and the column to the right will flash, a series of tones will sound, the speed setting and the incline setting will flash in the displays, and *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program while using it. **To change the speed or incline setting during the current segment**, simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program ends. Then, press the Start button, and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program ends.

To stop the program at any time, press the Stop button. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed increase button.

4 Follow your progress with the displays.

See step 5 on page 11.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fan if desired.

See step 7 on page 12.

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

See step 7 on page 14.

HOW TO USE A HEART RATE PROGRAM

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

Follow the steps below to use a heart rate program.

1 Put on the chest pulse sensor.

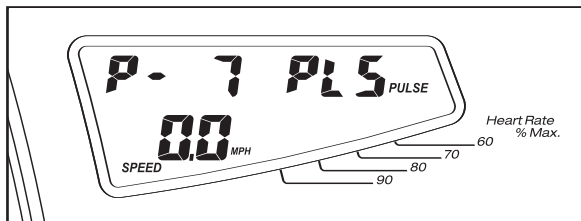
Note: You must wear the optional chest pulse sensor (see page 19) to use a heart rate program. While using the chest pulse sensor, do not use the handgrip pulse sensor.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

3 Select a heart rate program.

To select a heart rate program, press the Heart Rate Control Programs button repeatedly until “P-7” or “P-8” appears in the right display.



If heart rate program 7 is selected, a pulse symbol will scroll across the matrix in the left display.

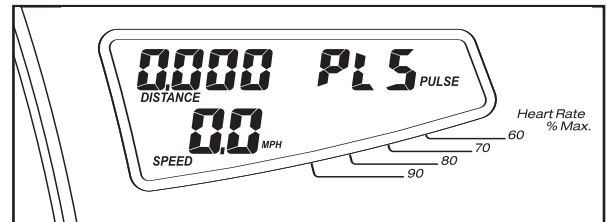
If heart rate program 8 is selected, the matrix in the left display will show the first several target heart rate settings of the program.

Note: During heart rate program 7, your heart rate will remain near a target heart rate setting that you select. During heart rate program 8, your heart rate will reach approximately 85% of your *age-predicted maximum heart rate*.

Note: Your age-predicted maximum heart rate is calculated by subtracting your age from 220. For example, if you are 30 years old, your age-predicted maximum heart rate is 190 beats per minute ($220 - 30 = 190$).

4 Enter a target heart rate setting for the program.

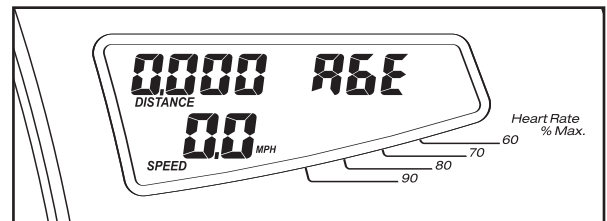
If heart rate program 7 is selected, the letters “PLS” and the target heart rate setting for the program will begin to flash in the right display. If desired, change the target heart rate setting by pressing the + or – button beside the Enter button (**see EXERCISE INTENSITY on page 24**). Then, press the Enter button.



If heart rate program 8 is selected, the letters “PLS” and the maximum target heart rate setting for the program will begin to flash in the right display. If desired, change the maximum target heart rate setting by pressing the + or – button beside the Enter button (**see EXERCISE INTENSITY on page 24**). Then, press the Enter button. **Note:** If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

5 Enter your age.

The word “AGE” and the current age setting will then begin to flash in the right display. If you have already entered your age, press the Enter button. If you have not entered your age, press the + or – button beside the Enter button to enter your age, and then press the Enter button.



6 Press the Start button or the Speed increase button to start the program.

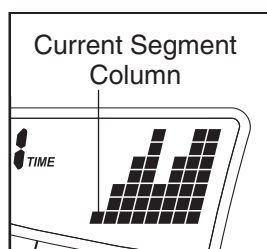
A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Heart rate program 7 is divided into several one-minute segments. The same target heart rate setting is programmed for all segments. (For a shorter workout, simply stop the program before it ends.) **Heart rate program 8** is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

If heart rate program

8 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next

several segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound.



When the first segment ends, *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both heart rate programs, the console will regularly compare your heart rate to the target heart rate setting for the current segment. If your

heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

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

If your pulse is not detected during the program, the letters “PLS” will flash in the right display and the speed of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

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

7 Follow your progress with the displays.

See step 5 on page 11.

8 Turn on the fan if desired.

See step 7 on page 12.

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

See step 7 on page 14.

THE INFORMATION MODE/DEMO MODE

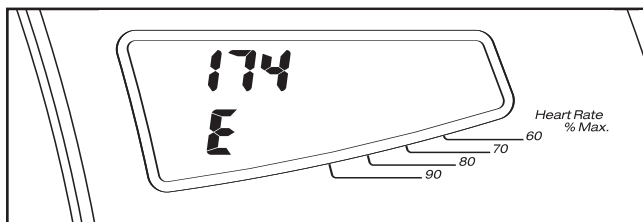
The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will be shown:

The left display will show the total number of hours that the treadmill has been used.



The right display will show the total number of miles (or kilometers) that the walking belt has moved. In addition, the right display will show the letter "E" for English miles or the letter "M" for metric kilometers. Press the Speed increase button to change the unit of measurement if desired.

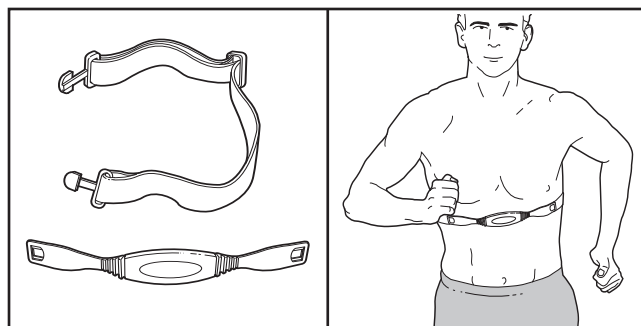


IMPORTANT: If the letter "d" appears in the right display, the "demo" mode is selected. This mode is intended to be used only when a treadmill is displayed in a store. When the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the right display when the information mode is selected, press the Speed decrease button.**

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

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor offers hands-free operation, and enables you to use the console's two heart rate programs. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**



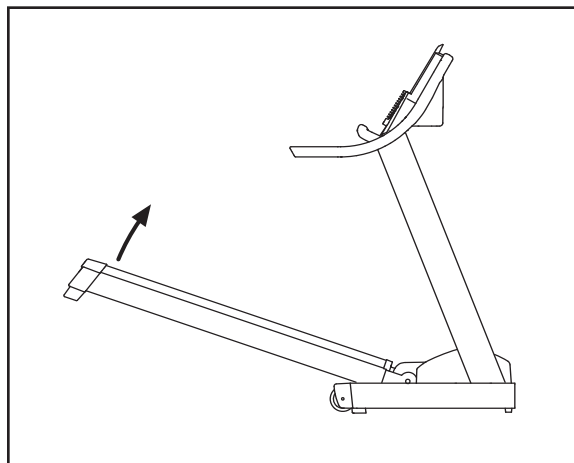
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord.

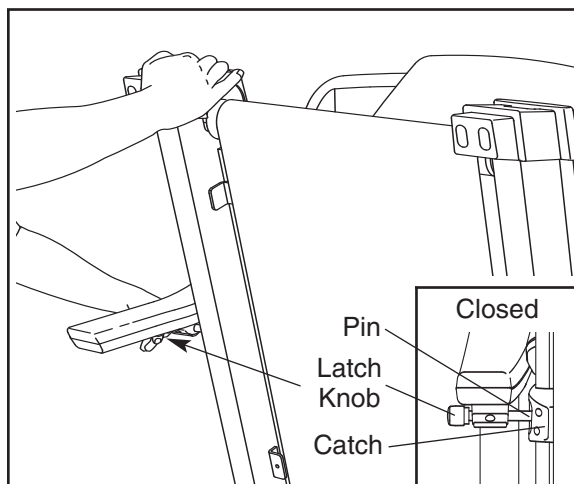
CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the end of the treadmill near the location indicated by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is aligned with the pin on the latch knob. Slowly release the latch knob. **Make sure that the pin on the latch knob is fully inserted into the catch.**

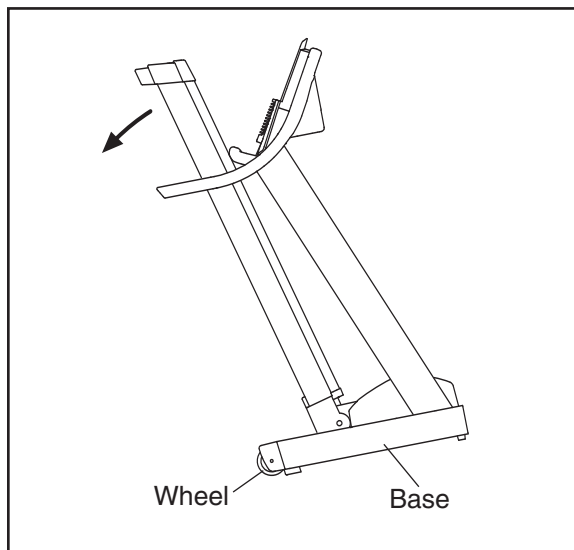
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

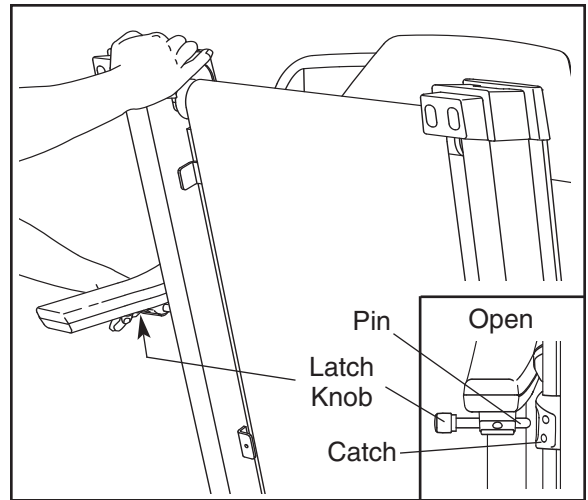
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the latch knob is fully inserted into the catch.**

1. Hold the treadmill and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until the base is resting in the storage position.

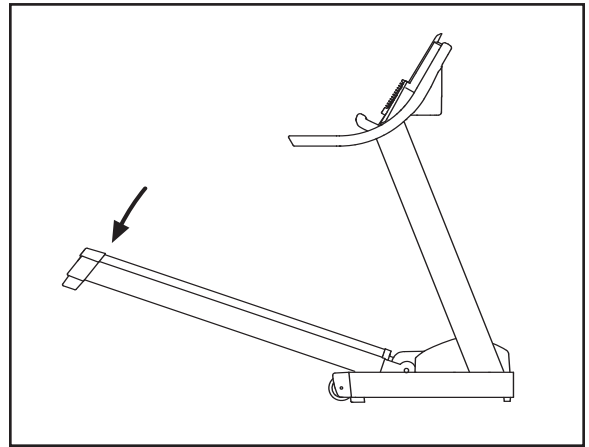


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the frame down until it is past the pin on the latch knob. Then, slowly release the latch knob.



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



TROUBLESHOOTING

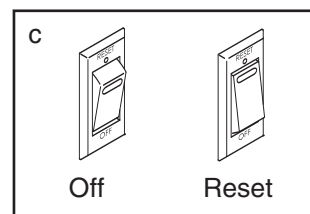
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. Make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

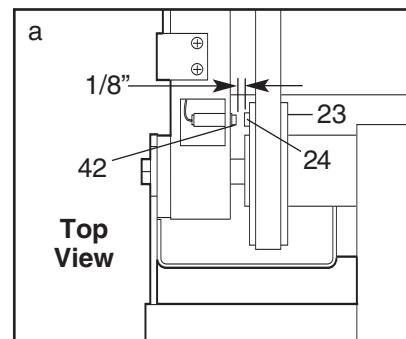
SOLUTION: a. Check the reset/off circuit breaker (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console and then reinsert it.

PROBLEM: The displays of the console do not function properly

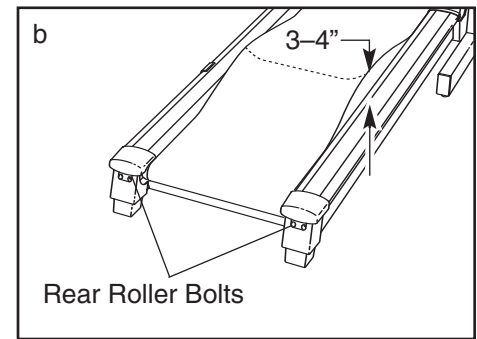
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (42) and the Magnet (24) on the left side of the Pulley (23). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, use a slotted screwdriver to move the Reed Switch slightly. Reattach the Hood, making sure that the Screws are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

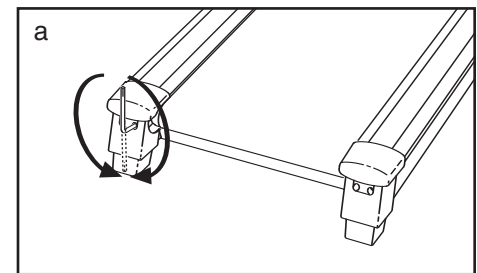
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



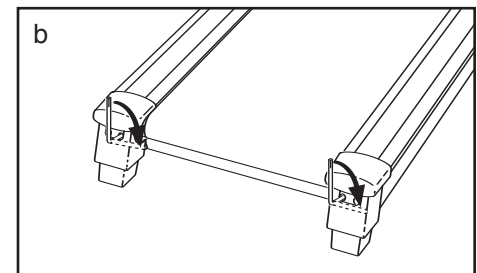
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

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.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed or incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

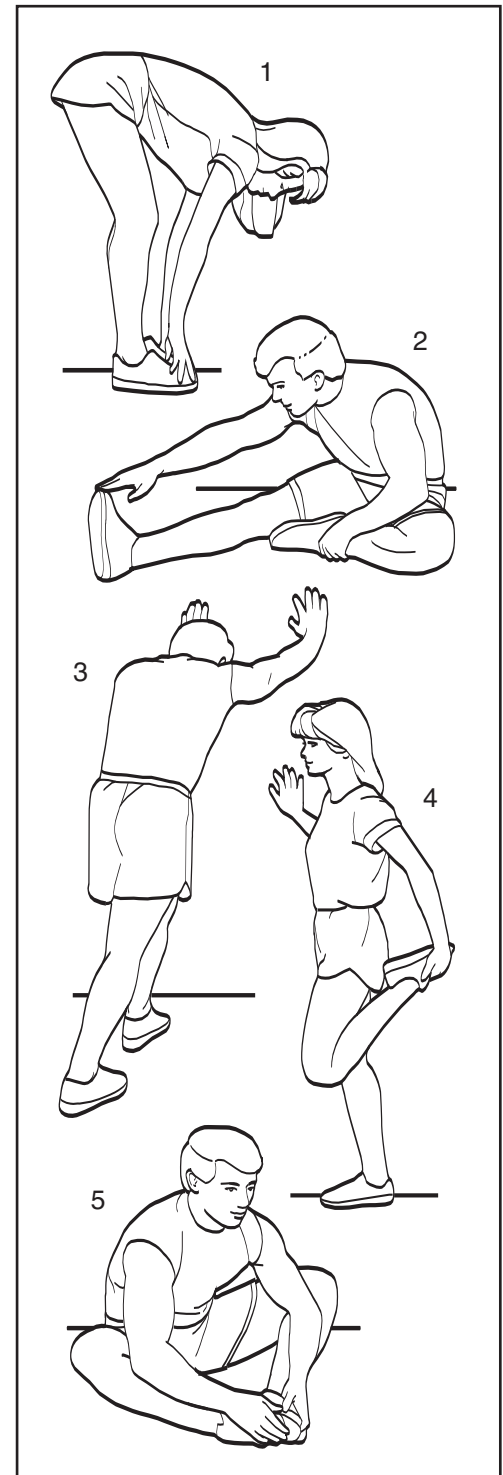
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

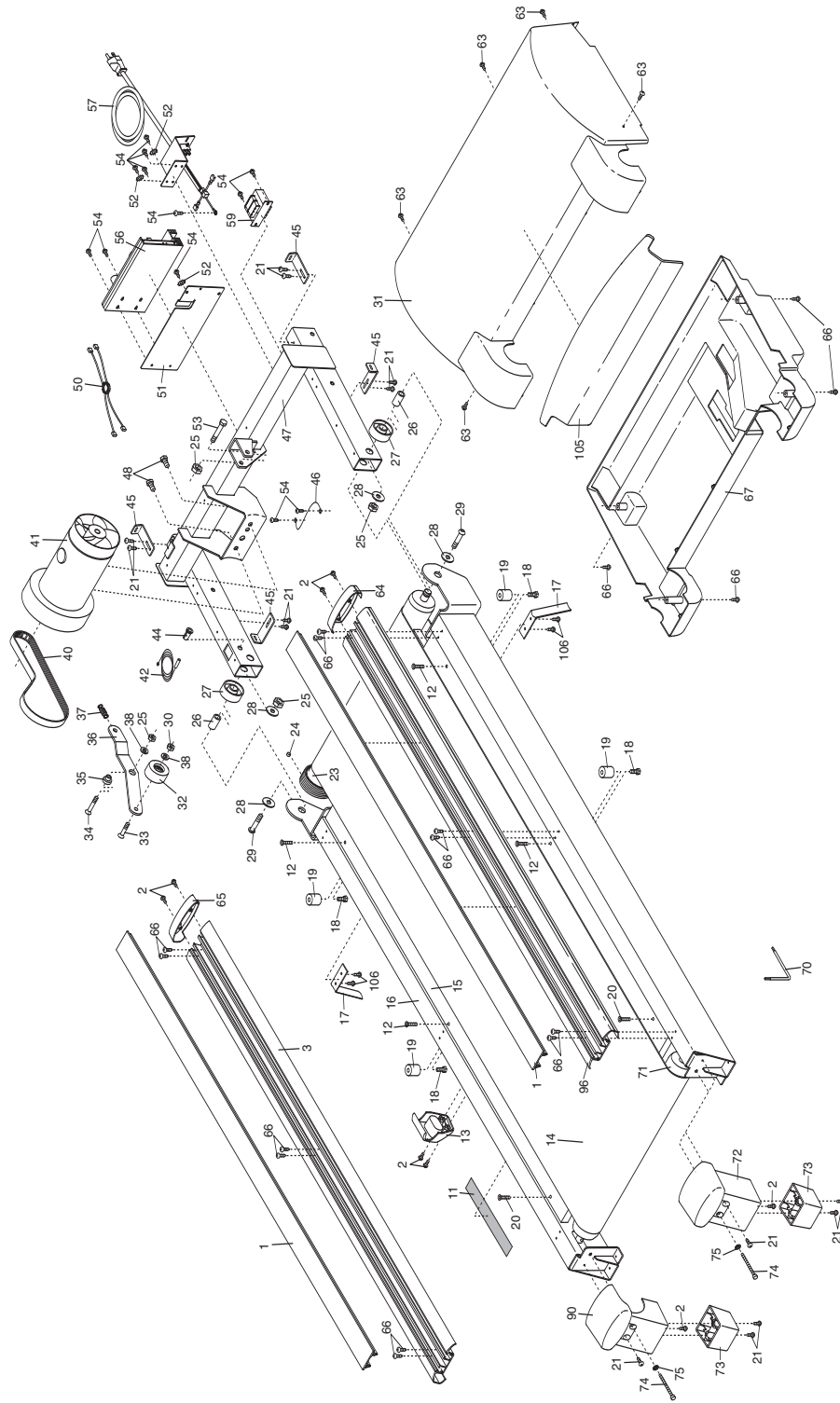
PART LIST—Model No. GGTL09605.0

R1106A

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

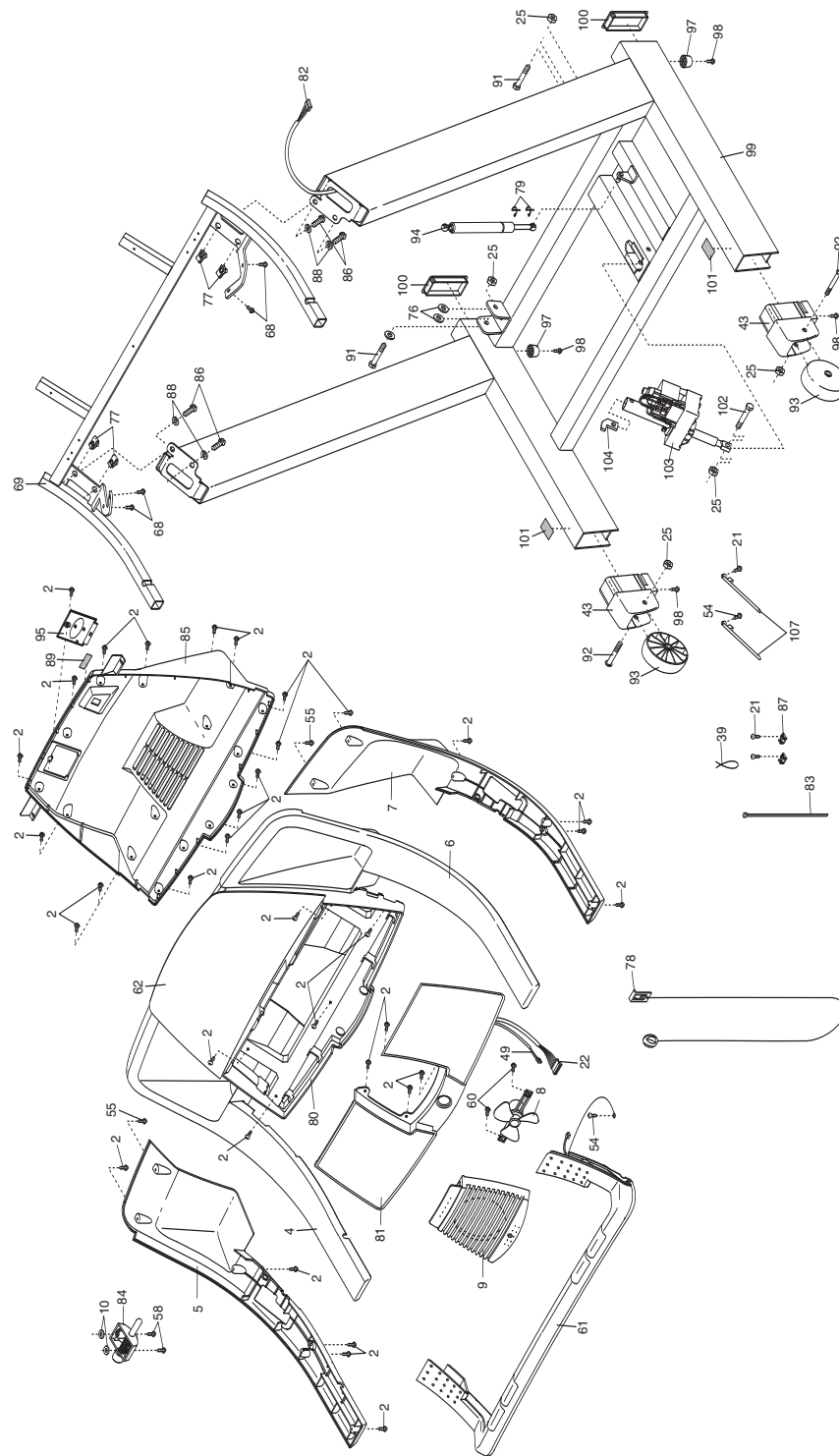
Key No. Qty. Description	Key No. Qty. Description	Key No. Qty. Description
1 2 Foot Rail Cover	39 2 Releasable Tie	76 2 Lift Frame Washer
2 51 3/4" Screw	40 1 Motor Belt	77 4 U-nut
3 1 Left Foot Rail	41 1 Drive Motor	78 1 Key/Clip
4 1 Left Handgrip, Top	42 1 Reed Switch	79 1 Shock Clip Kit
5 1 Left Handgrip, Bottom	43 2 Wheel Housing	80 1 Console Base
6 1 Right Handgrip, Top	44 1 Reed Switch Clip	81 1 Console
7 1 Right Handgrip, Bottom	45 4 Hood Bracket	82 1 Upright Wire Harness
8 1 Console Fan	46 1 Ground Wire	83 10 Plastic Tie
9 1 Fan Housing	47 1 Lift Frame	84 1 Latch Pin Assembly
10 2 Latch Washer	48 2 Motor Bolt	85 1 Console Back
11 1 Latch Warning Decal	49 1 Pulse Wire	86 4 Console Bolt
12 4 Platform Screw	50 1 Filter Wire	87 2 Tie Holder
13 1 Catch	51 1 Controller Plate	88 4 Star Washer
14 1 Walking Belt	52 3 Small Star Washer	89 1 Static Decal
15 1 Walking Platform	53 1 Lift Motor Bolt, Top	90 1 Left Rear Endcap
16 1 Frame	54 15 Electronics Screw	91 2 Lift Pivot Bolt
17 2 Belt Guide	55 2 Handgrip Screw	92 2 Wheel Bolt
18 4 Isolator Bolt	56 1 Controller	93 2 Front Wheel
19 4 Isolator	57 1 Power Cord	94 1 Shock
20 2 Rear Platform Screw	58 2 Latch Screw	95 1 Access Door
21 17 Screw	59 1 Transformer	96 1 Right Foot Rail
22 1 Console Wire Harness	60 2 Fan Screw	97 2 Base Pad
23 1 Front Roller	61 1 Pulse Bar	98 4 1" Tek Screw
24 1 Magnet	62 1 Book Holder	99 1 Upright
25 9 Nut	63 5 Hood Screw	100 2 Upright Endcap
26 2 Frame Pivot Bushing	64 1 Front Right Endcap	101 2 Caution Decal
27 2 Frame Pivot Spacer	65 1 Front Left Endcap	102 1 Lift Motor Bolt, Bottom
28 4 Frame Pivot Washer	66 16 Belly Pan Screw/ Foot Rail Screw	103 1 Incline Motor
29 2 Frame Pivot Bolt	67 1 Motor Belly Pan	104 1 Stop Bracket
30 1 Idler Pulley Nut	68 4 Pulse Bar Screw	105 1 Hood Plate
31 1 Hood	69 1 Console Frame	106 4 Belt Guide Screw
32 1 Idler Pulley	70 1 Allen Wrench	107 2 Wire Tie
33 1 Idler Pulley Bolt	71 1 Rear Roller	# 1 8" Blue Wire, 2 F
34 1 Idler Arm Bolt	72 1 Right Rear Endcap	# 1 User's Manual
35 1 Idler Arm Bushing	73 2 Rear Foot	
36 1 Idler Arm	74 2 Rear Roller Bolt	
37 1 Idler Arm Spring	75 2 Rear Roller Star Washer	
38 2 Idler Arm Washer		

#These parts are not illustrated



To identify the parts shown on this EXPLODED DRAWING, see the PART LIST on page 27.

R1106A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (GGTL09605.0)
- the NAME of the product (GOLD'S GYM CARDIO SERIES 950 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 27)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for ten (10) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

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

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