

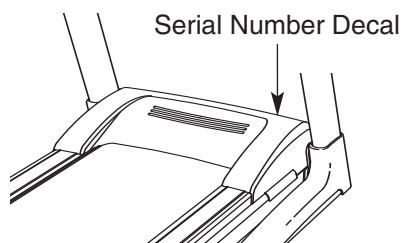
GOLD'S GYM®

PREVIEW 1500

Model No. GGTL14607.1

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

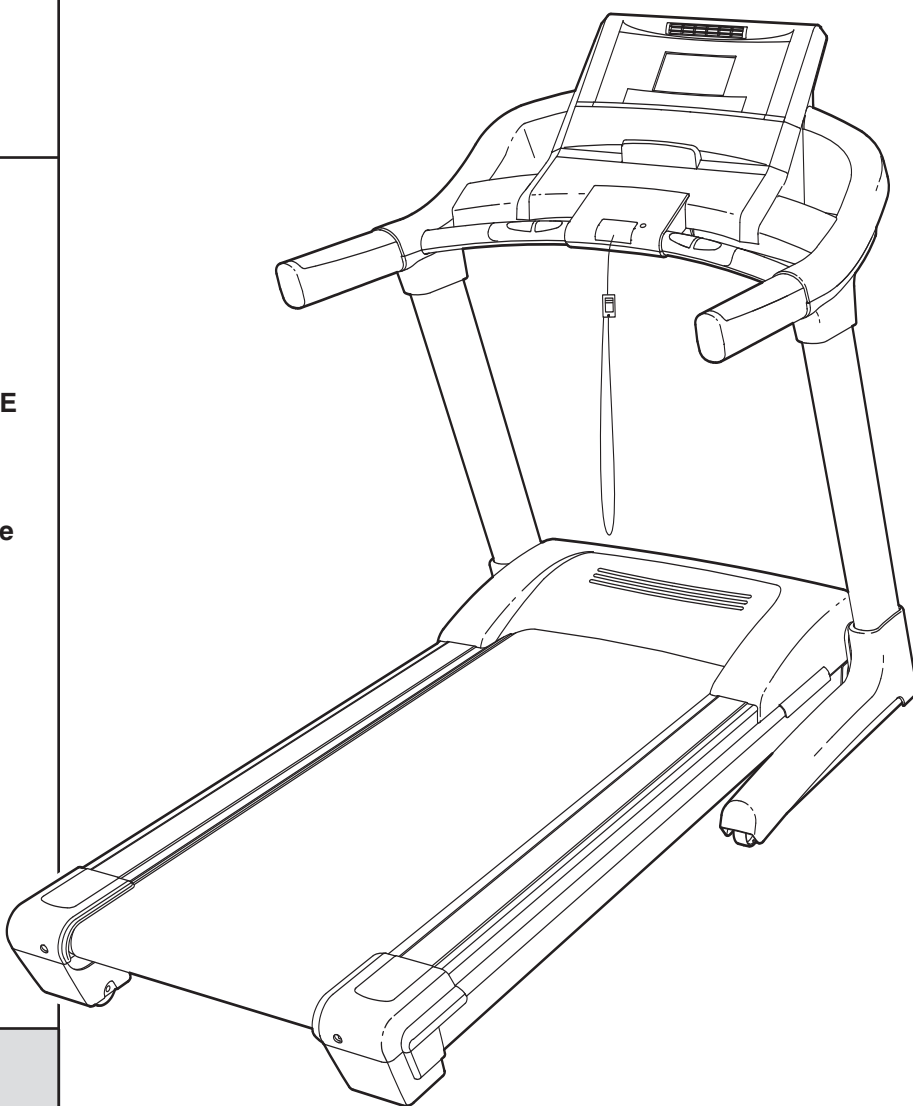
CUSTOMER HOT LINE:

1-877-776-4777

Mon.-Fri. 6 a.m.-6 p.m. MST

Sat. 8 a.m.-4 p.m. MST

USER'S MANUAL



CAUTION

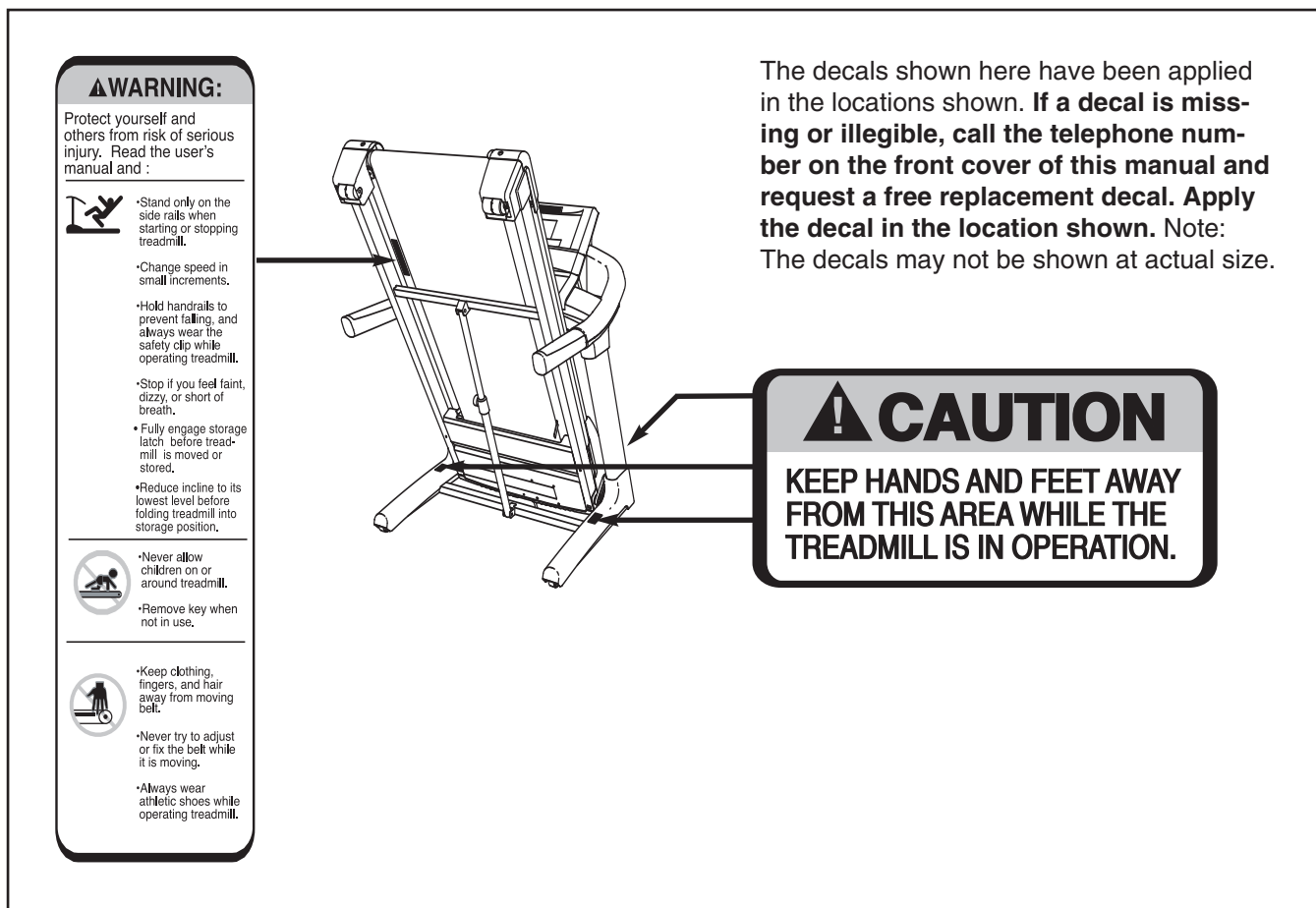
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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

WARNING DECAL PLACEMENT



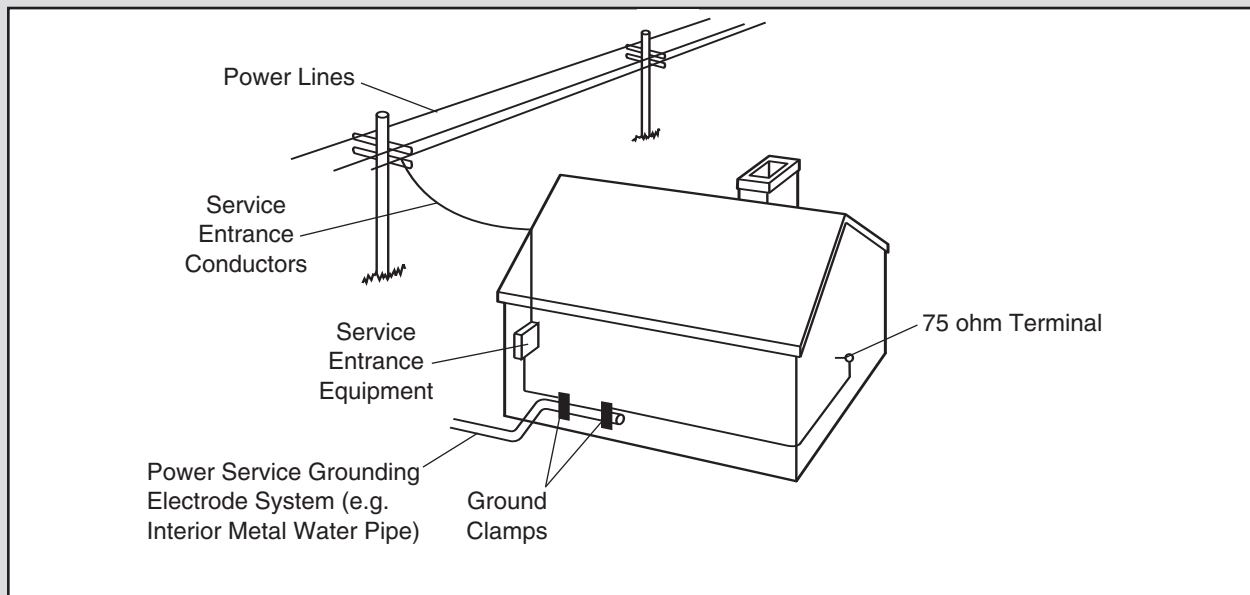
GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym Merchandising, Inc.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 350 lbs. (160 kg).
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 13), 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.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. 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.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. 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.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. 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.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the “off” position when the treadmill is not in use. (See the drawing on page 6 for the location of the reset/off circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. Do not change the incline of the treadmill by placing objects under the treadmill.
23. When folding or moving the treadmill, make sure that the frame is held securely by the pin on the latch knob.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. Never insert or drop any object into any opening on the treadmill.
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
27. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
28. To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
29. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.
30. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.
- Note to CATV system installer:** This reminder is provided to call the CATV system installer’s attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



SAVE THESE INSTRUCTIONS

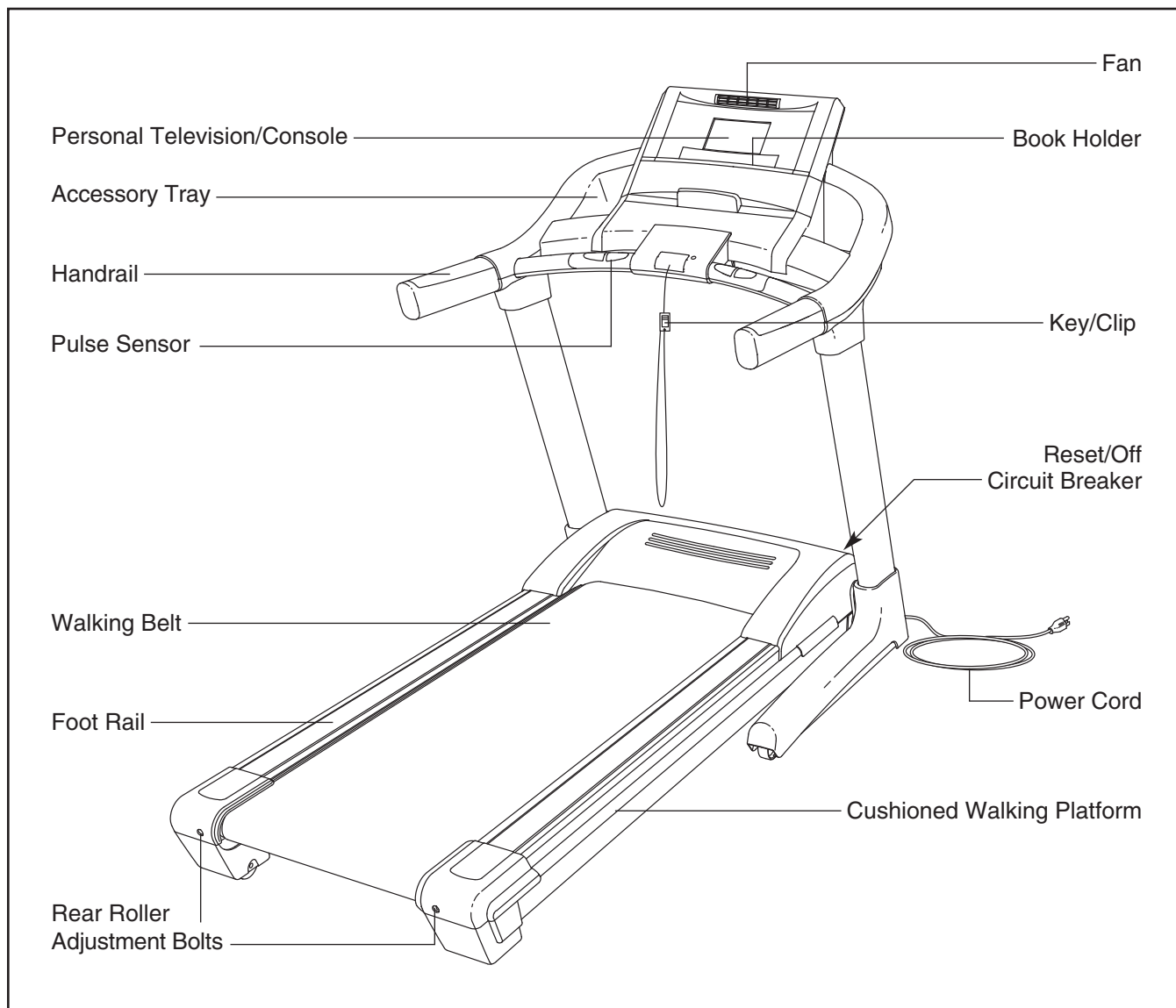
BEFORE YOU BEGIN

Thank you for selecting the revolutionary GOLD'S GYM™ PREVIEW 1500 treadmill. The PREVIEW 1500 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique PREVIEW 1500 treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

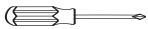
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

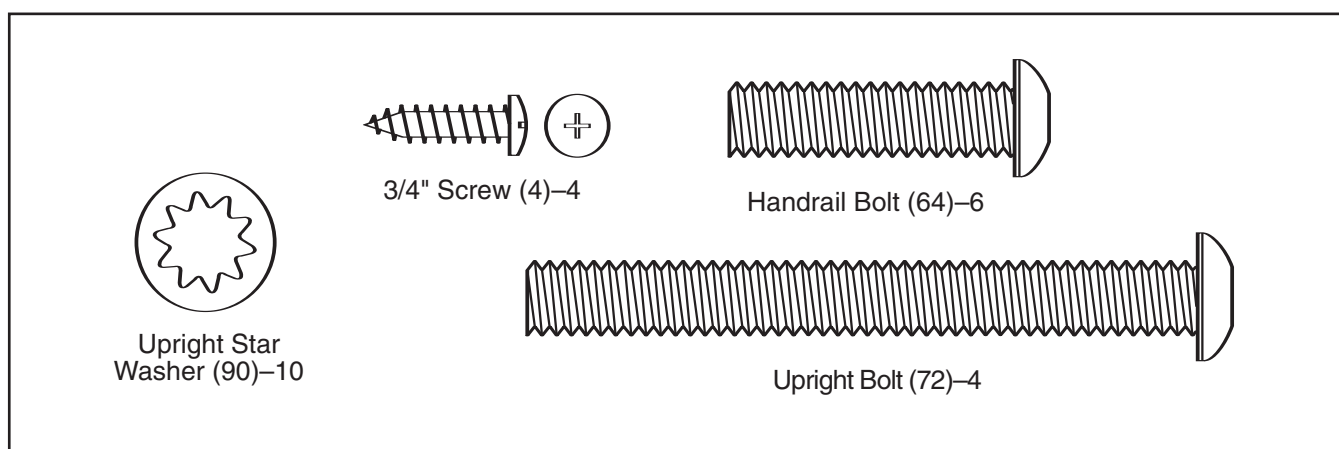


ASSEMBLY

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

Assembly requires the included hex key  and your own Phillips screwdriver .

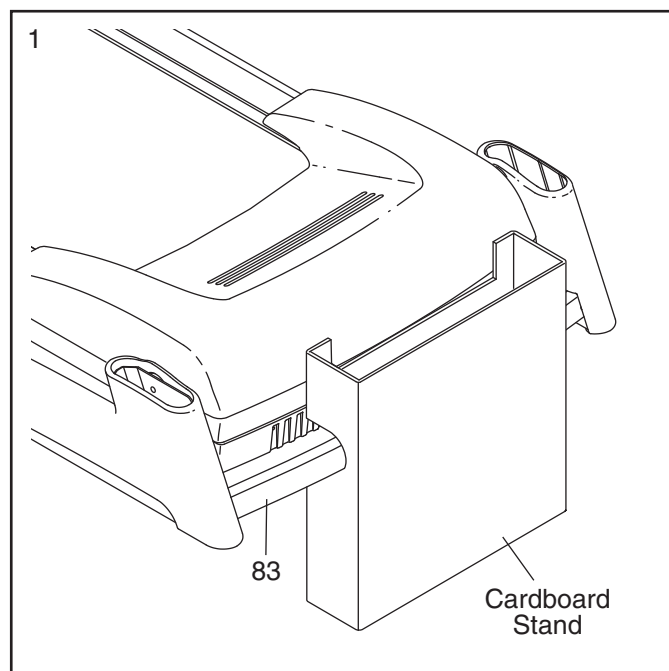
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of the manual. The number after the parentheses shows the quantity needed for assembly. **Note: If a part is not in the parts bag, check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



1. Make sure that the power cord is unplugged.

With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (83) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward until assembly step 2 is completed.**

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



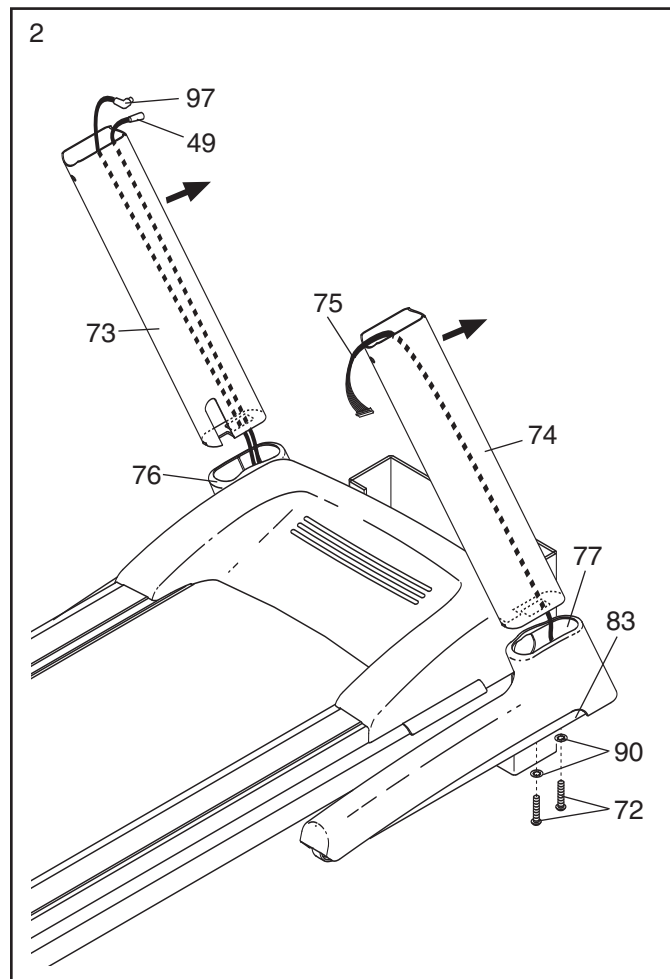
2. Identify the Left Upright (73) and the Right Upright (74). Hold the Right Upright near the Right Base Cover (77) as shown. Insert the Upright Wire Harness (75) up into the rectangular hole in the bottom of the Right Upright and out of the top of the Right Upright.

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

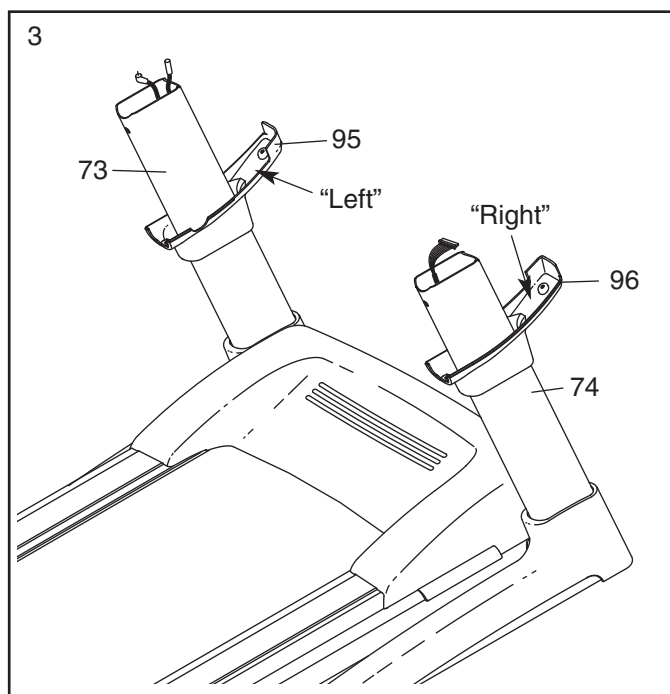
Attach the Right Upright (74) to the Base (83) with two Upright Bolts (72) and two Upright Star Washers (90). Note: It may be necessary to tip the upper ends of the Uprights forward slightly as you thread the Upright Bolts into the Uprights. **Do not tighten the Upright Bolts yet.**

Hold the Left Upright (73) near the Left Base Cover (76), and insert the TV Cable (49) and the AV Wire (97) up into the rectangular hole in the bottom of the Left Upright and out of the top of the Left Upright. Insert the Left Upright into the Left Base Cover and attach it to the Base (83) with two Upright Bolts and two Upright Star Washers (**not shown**). **Do not tighten the Upright Bolts yet.**

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

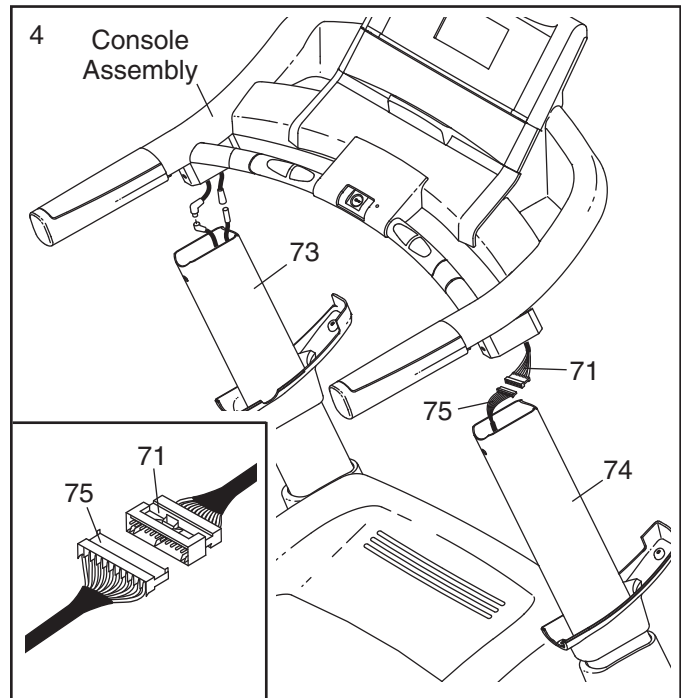


3. Identify the Right Upright Sleeve (96) and the Left Upright Sleeve (95). Slide the Right Upright Sleeve onto the Right Upright (74) and the Left Upright Sleeve onto the Left Upright (73).



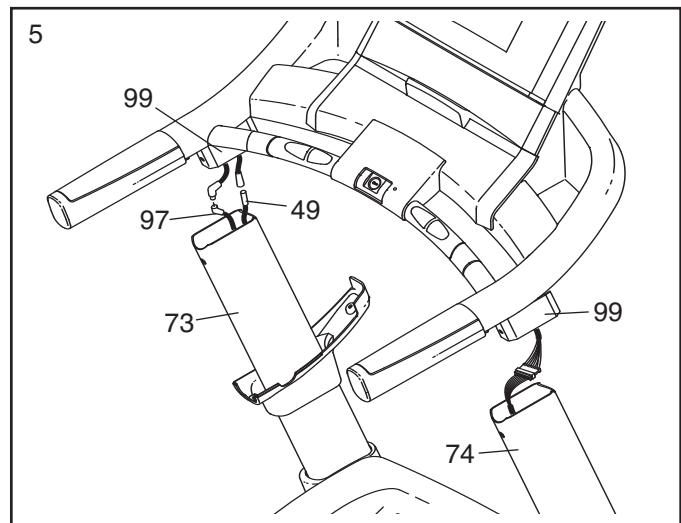
4. With the help of a second person, hold the console assembly near the Uprights (73, 74).

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

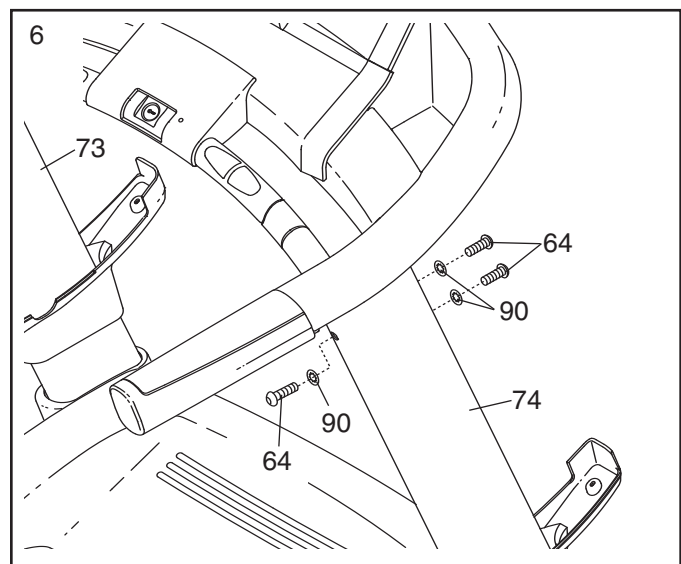


5. Connect the TV Cable (49) and the AV Wire (97) to the cables extending from the console assembly. Then, insert the connectors down into the Uprights (73, 74).

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

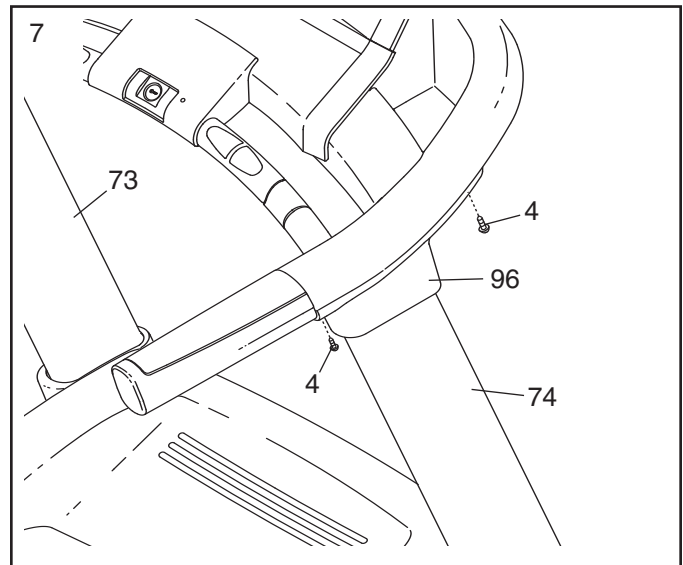


6. Finger tighten three Handrail Bolts (64) with three Upright Star Washers (90) into the Right Upright (74). Next, finger tighten three Handrail Bolts with three Upright Star Washers (**not shown**) into the Left Upright (73). Then, firmly tighten the six Handrail Bolts.



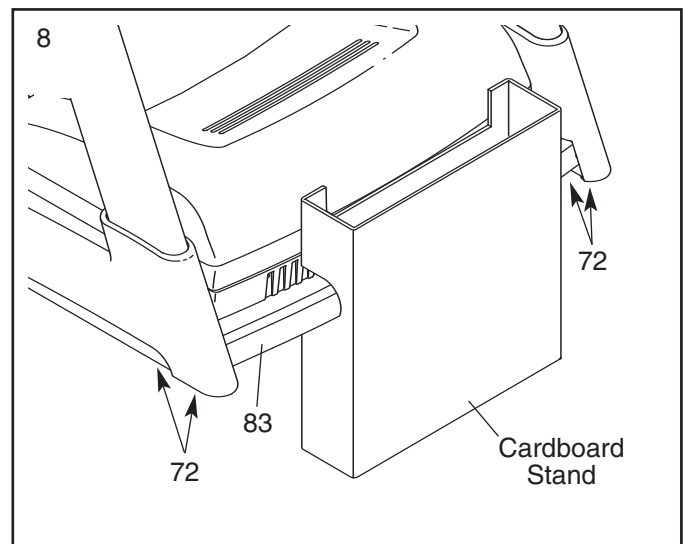
7. Slide the Right Upright Sleeve (96) up against the console assembly. Attach the Right Upright Sleeve with two 3/4" Screws (4).

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

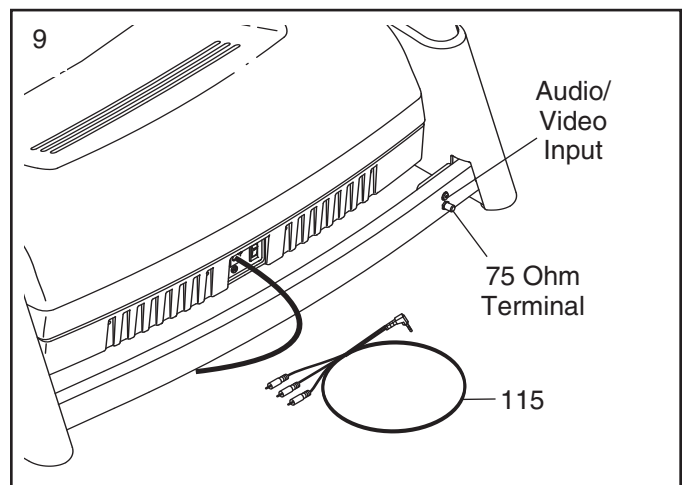


8. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (83) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

Firmly tighten the four Upright Bolts (72). With the help of a second person, lower the treadmill off the cardboard stand.



9. Note the location of the 75 ohm terminal and the audio/video input jack on the treadmill. For the television to operate, the included Audio/Video Wire Harness (115) and your DVD player or VCR must be connected to the audio/video input jack on the treadmill, a personal audio/video player must be connected to the audio/video jack on the console, or a CATV cable must be connected to the 75 ohm terminal (see page 12).

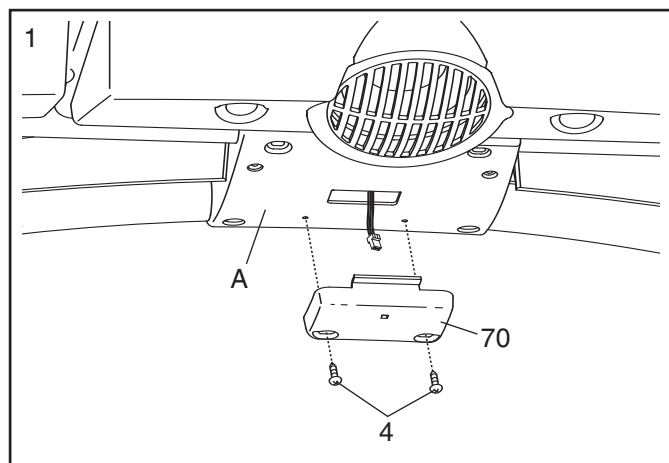


10. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 23). **To protect the floor or carpet from damage, place a mat under the treadmill.**

If you purchase the optional chest pulse sensor (see page 20), follow the steps below to install the receiver included with the chest pulse sensor.

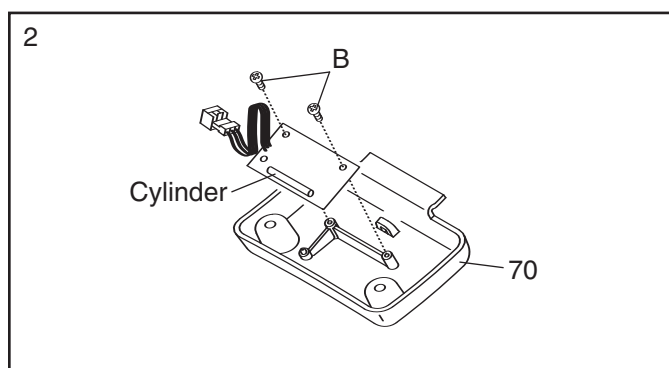
1. **Make sure that the power cord is unplugged.**

Remove the indicated 3/4" Screws (4) from the Pulse Receiver Cover (70) on the back of the Console Assembly (A).



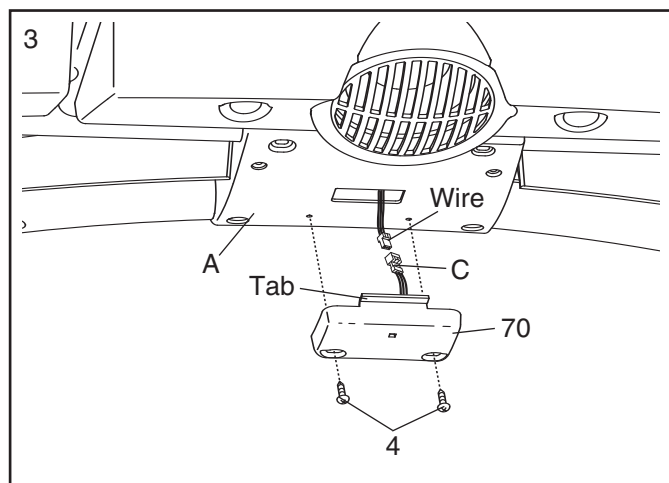
2. **Next, hold the receiver so the small cylinder is oriented as shown.**

Attach the receiver to the Pulse Receiver Cover (70) with the two included Small Screws (B).



3. **Connect the Wire (C) on the receiver to the wire extending from the Console Assembly (A).**

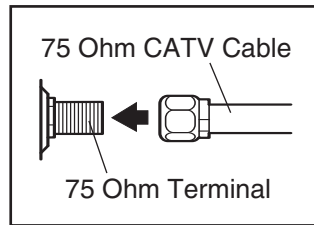
Make sure that no wires are pinched. Reattach the Pulse Receiver Cover (70) to the Console Assembly with the two 3/4" Screws (4). Discard the other wires included with the receiver.



Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill, a VCR or DVD player to the audio/video input jacks, or a personal audio/video player to the audio/video jack below the television on the console. Note: Use CATV cable to connect to an external source such as a cable box, analog cable, satellite TV box, or VCR. No CATV cable is included.

HOW TO CONNECT A 75 OHM CATV CABLE

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

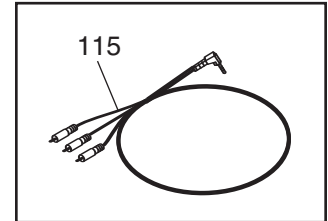


HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your VCR.
2. Plug in the power cord of your VCR. See your VCR user's manual for proper grounding instructions.
3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame near the power cord.

HOW TO CONNECT A DVD PLAYER OR VCR USING THE AUDIO/VIDEO INPUT JACK

1. Connect the three-pronged end of the included Audio/Video Wire Harness (115) to your DVD player or VCR.



2. Plug in the power cord of your DVD player or VCR. See your DVD player or VCR user's manual for proper grounding instructions.
3. Connect the Audio/Video Wire Harness to the audio/video input jack on the treadmill frame near the power cord.

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

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

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

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

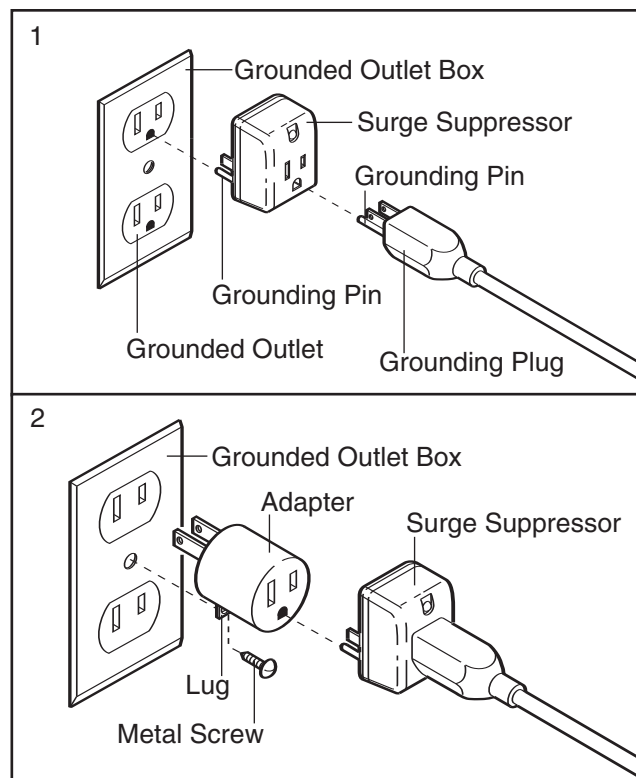
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

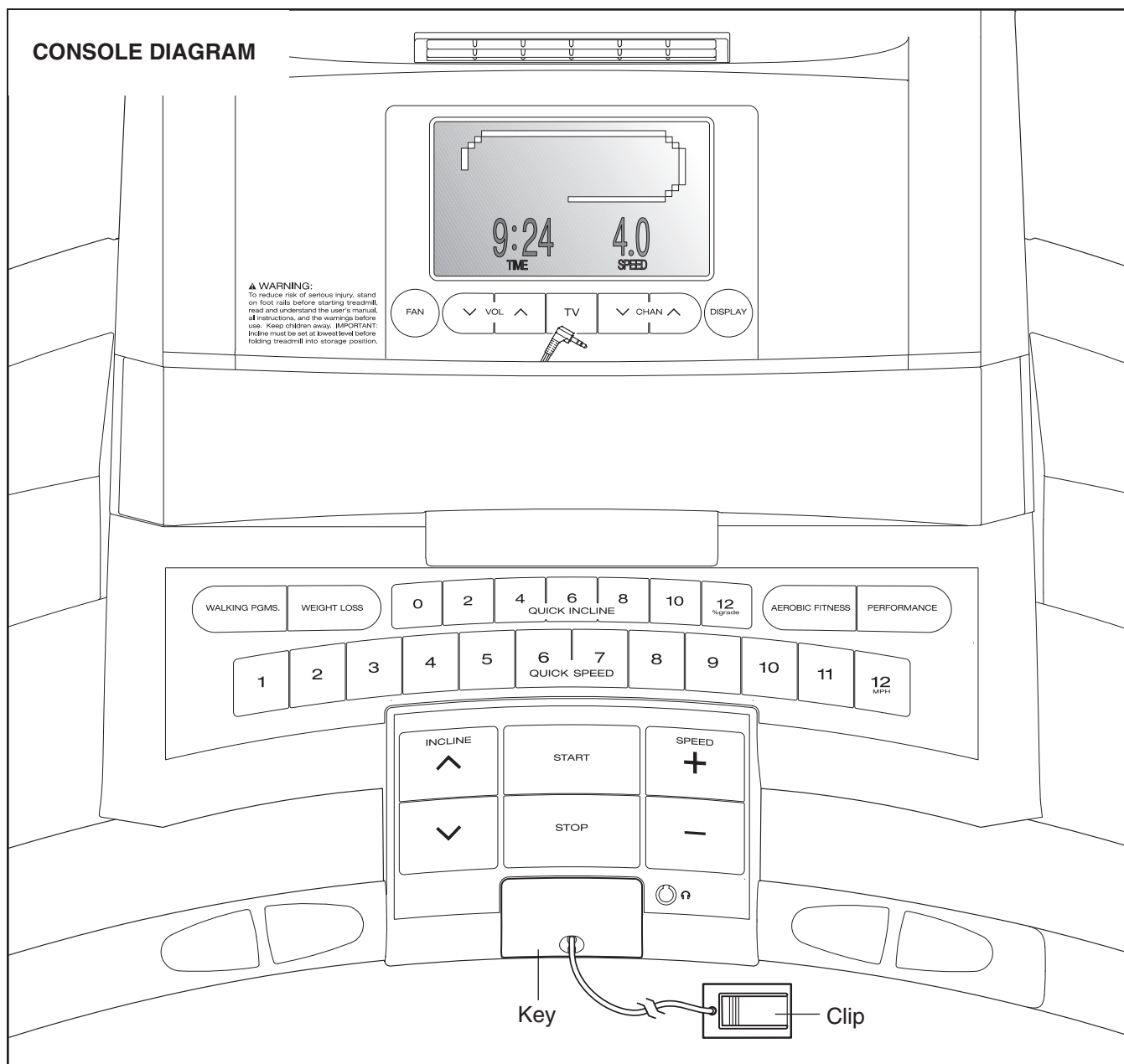
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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 screen 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 20).

In addition, the console features twenty-eight preset programs—seven Walking programs, seven Weight Loss programs, seven Aerobic Fitness programs, and

seven Performance programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

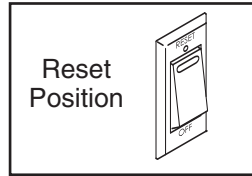
Whether you select the manual mode or a preset program, you can enjoy the shows of your choice on the personal television while you get in shape. You can even listen to your favorite workout music or audio books with the console's premium stereo sound system.

To turn on the power, follow the steps on page 15. **To use the manual mode**, see page 15. **To use a preset program**, see page 17. **To operate the personal television**, see page 18. **To use the stereo sound system**, see page 18.

HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

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

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

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on this page.

2. Select the manual mode.

Each time you insert the key, the manual mode will be selected. If you have selected a program, press any of the program buttons (Walking Pgms., Weight Loss, Aerobic Fitness, or Performance) repeatedly until a track appears in the display.

3. Start the walking belt and adjust the speed.

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

If you press the Start button or the Speed + button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. If you press one of the numbered Quick Speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed + button, or one of the numbered Quick 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 or one of the numbered Quick Incline buttons.

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

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

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

- The elapsed time. Note: When you select a program, the screen will show the time remaining in the program instead of the elapsed time.
- The distance that you have walked or run. Note: The console can display distance and speed in either miles or kilometers (see THE INFORMATION MODE on page 19). **For simplicity, all instructions in this section refer to miles.**
- The speed of the walking belt.
- The approximate number of calories you have burned.
- The incline level of the treadmill. Note: The incline level of the treadmill will be displayed only when you press an Incline button.
- Your heart rate. Note: Your heart rate will be displayed only when you use the handgrip pulse sensor or the optional chest pulse sensor.
- When the manual mode is selected, the screen can show a track that represents 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

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

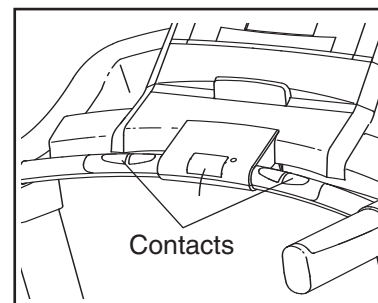
To reset the console, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 20 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the 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 measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands.**



When your pulse is detected, a heart symbol will flash in the display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features low and high speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically 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 you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A PRESET PROGRAM

1. Insert the key into the console.

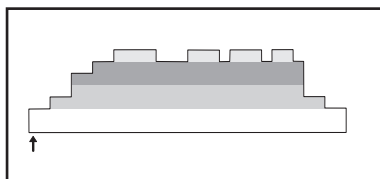
See HOW TO TURN ON THE POWER on page 15.

2. Select a preset program.

To select a preset program, press any of the program buttons (Walking Pgms., Weight Loss, Aerobic Fitness, or Performance) repeatedly.

When you select a preset program, the display will show the maximum speed setting

and the maximum incline setting of the program, and the program time. In addition, a diagram of the workout intensity settings of the program will be displayed. The arrow below the diagram will indicate your progress during your workout.



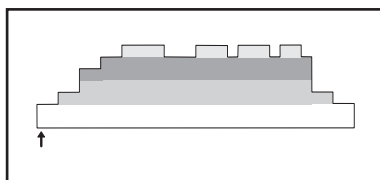
3. Press the Start button to start the program.

A moment after you press the button, 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 consecutive segments.

When only three seconds remain in the first segment of the program, a series of

tones will sound. If the speed and/or the incline of the treadmill is about to change, the new speed setting and/or incline setting will appear on the screen to alert you. When the first segment ends,



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

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

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

If the speed and/or incline settings of the program are too high or too low, you can override the setting by pressing the Speed or Incline buttons; **however, when the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed + 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. Select a display mode and follow your progress with the exercise information on the screen.

See step 5 on page 16.

5. Measure your heart rate if desired.

See step 6 on page 16.

6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

HOW TO OPERATE THE PERSONAL TELEVISION

IMPORTANT: Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill, a VCR or DVD player to the audio/video input jacks, or a personal audio/video player to the audio/video jack below the television on the console. See page 12 for instructions.

Follow the steps below to operate the television.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

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

When you insert the key, the television will automatically turn on. Select a television source or the Console mode by pressing the TV button repeatedly.

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

3. Press the Channel buttons to select the desired cable channel.

Note: Complete this step only if you are using analog cable. Otherwise, change channels through an external source such as your cable box or your VCR.

When you turn on the television, the screen will show the last cable channel that was selected. To select a different channel, press the Channel (Chan) buttons. The selected cable channel number will appear on the screen for a few seconds. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See THE INFORMATION MODE on page 19.

4. Press the Volume buttons to adjust the volume.

When you press either Volume (Vol) button, the volume level indicator will appear on the screen for a few seconds.

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

HOW TO USE THE STEREO SOUND SYSTEM

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

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

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

THE INFORMATION MODE

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

Follow the steps below to use the information mode.

1. Hold down the Stop button while inserting the key into the console.

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

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

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. **If the words "Demo On" appear in the display when the information mode is selected, press the Speed – button so the words "Demo Off" appear.**

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

When you press the TV button, the brightness level indicator will appear on the television screen. Press the Volume buttons to adjust the brightness setting if desired.

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

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

Note: Complete this step only if you are using analog cable.

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

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

4. Press the TV button again and select a cable connection if necessary.

If you have connected a CATV cable, one of the three cable settings should be selected; try all three cable settings, if necessary, to find the optimal setting. Press the Volume increase button to select the Standard Cable setting, the Channel decrease button to select the Cable IRC setting, or the Channel increase button to select the Cable HRC setting.

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

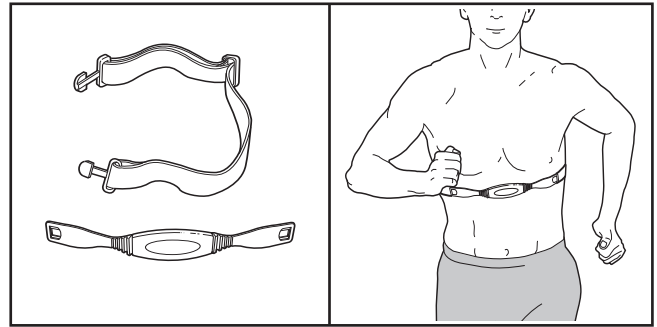
When you press the TV button, the television will begin scanning all the cable channels available in your area. When no cable signal is detected on a channel, the channel will be skipped. When a cable signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel is reached. **Do not remove the key while the television is scanning channels.** Note: If you are viewing channels through an external source such as a cable box or a VCR, the television will save only the channel used by the external source.

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

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

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**

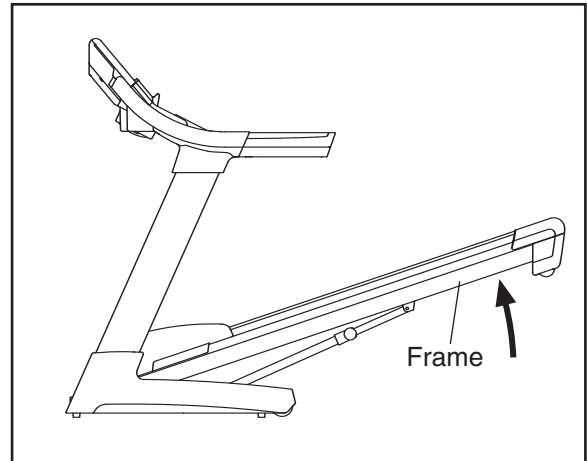


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

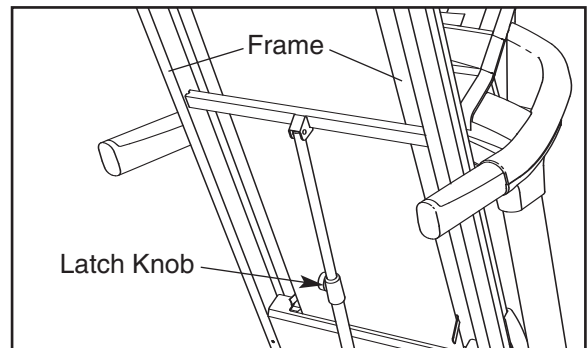
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Next, remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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



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

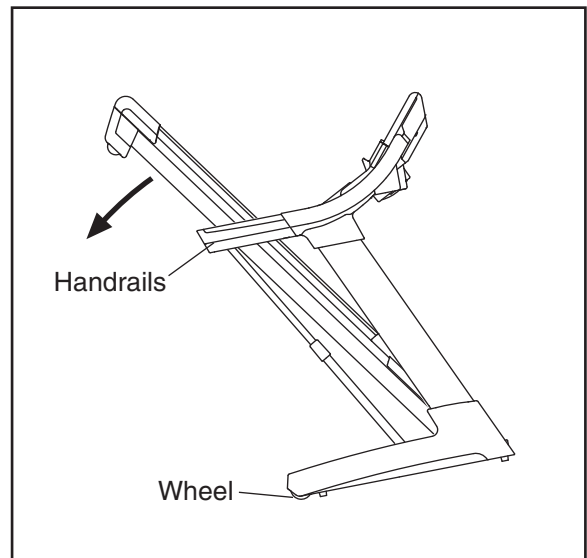
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold the handrails and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and release the latch knob. Note: To release the latch knob, it may be necessary to push the frame forward as you pull the latch knob to the left.
2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION:** To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.

TROUBLESHOOTING

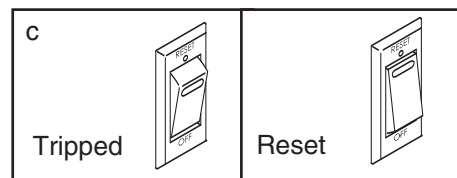
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

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

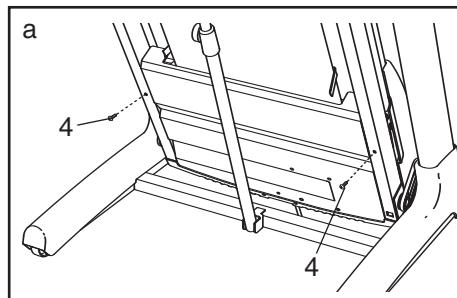
c. Remove the key from the console. Reinsert the key into the console.

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

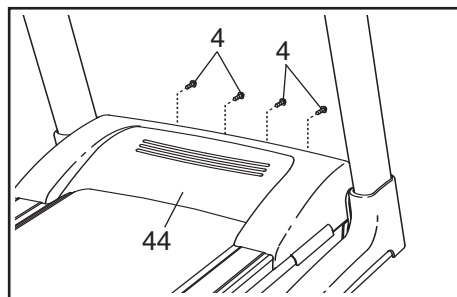
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 21).

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

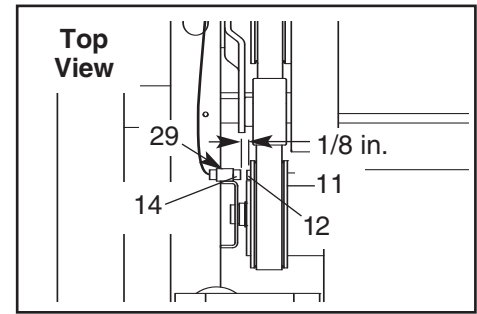


Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 21). Remove the four indicated 3/4" Screws (4) and remove the Hood (44).



Next, locate the Reed Switch (14) and the Magnet (12) on the left side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch.

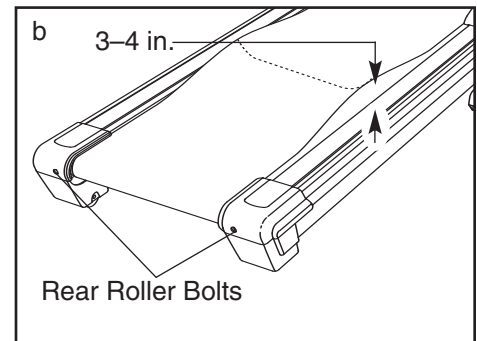
Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm). If necessary, loosen the indicated 3/4" Tek Screw (29), move the Reed Switch slightly, and then retighten the Tek Screw. Then, reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

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

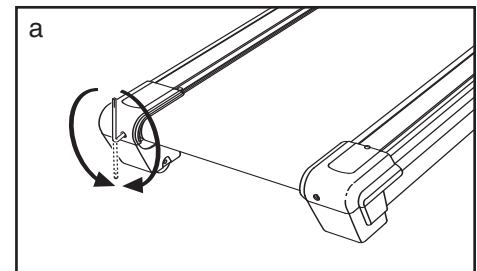
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



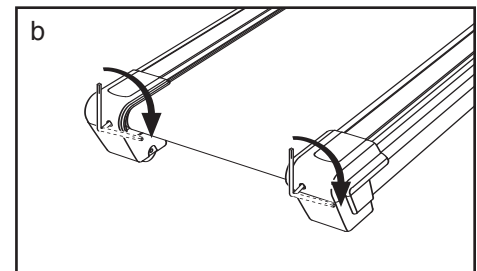
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The latch knob will not lock into place

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. Check the lock knob to make sure it locks into place.

PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 19 to turn off the demo mode.

PROBLEM: Television reception is poor

SOLUTION: a. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear on a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of other electric appliances to correct the problem. Make sure that the treadmill is plugged into its own electrical circuit.
- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects.
- Blue Screen—If the cable channel signal is weak, the picture may be of poor quality or a blue screen may appear.

Note: If one of these symptoms appears, the symptom may be caused by the local cable company signal reception. Contact the local cable company.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

PART LIST—Model No. GGTL14607.1

R1207A

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
1	2	Foot Rail Cover	50	1	Transformer
2	2	Foot Rail	51	1	Right Rear Foot
3	8	Platform Cushion Screw	52	4	Rear Wheel
4	60	3/4" Screw	53	2	Rear Wheel Bolt
5	3	Ground Wire Screw	54	1	Right Rear Endcap
6	1	Walking Platform	55	4	Bracket Washer
7	2	Belt Guide	56	2	Rear Roller Adj. Bolt
8	4	Belt Guide Screw	57	1	Hex Key
9	2	Front Isolator	58	1	Left Rear Foot
10	2	Platform Bolt, Front	59	1	Left Rear Endcap
11	1	Front Roller/Pulley	60	1	Rear Roller
12	1	Magnet	61	2	Platform Nut
13	17	1/2" Screw	62	2	Platform Bolt, Rear
14	1	Reed Switch Clip	63	1	Console Fan
15	2	Incline Rod Bushing	64	6	Handrail Bolt
16	2	Lift Arm	65	1	Console Base
17	2	Lift Pivot Bolt	66	1	Console
18	2	Hood Mount	67	1	TV Console
19	2	Lift Arm Spacer	68	1	Static Decal
20	1	Reed Switch	69	6	Electronics Screw
21	1	Idler Wheel Nut	70	1	Pulse Receiver Cover
22	1	Idler Wheel	71	1	Console Wire Harness
23	1	Idler Wheel Bolt	72	4	Upright Bolt
24	1	Lift Motor Bolt, Bottom	73	1	Left Upright
25	1	Idler Arm Spacer	74	1	Right Upright
26	1	Idler Arm	75	1	Upright Wire Harness
27	1	Idler Arm Spring	76	1	Left Base Cover
28	1	Motor Belt	77	1	Right Base Cover
29	9	3/4" Tek Screw	78	4	Base Pad Spacer
30	2	Lift Pivot Bolt	79	1	Idler Wheel Washer
31	1	Drive Motor	80	4	Console Crossbar Star Washer
32	2	Motor Bolt	81	4	Base Pad
33	4	Electronic Bracket Nut	82	4	1" Tek Screw
34	1	Electronic Bracket	83	1	Base
35	1	Front Endcap	84	1	Reset/Off Circuit Breaker
36	1	Controller	85	2	Wheel Bolt
37	1	Incline Rod	86	2	Wheel
38	11	Nut	87	3	Caution Decal
39	1	Lift Motor	88	4	Console Clamp Screw
40	1	Lift Motor Bolt, Top	89	1	Key/Clip
41	1	AV Cover	90	10	Upright Star Washer
42	2	Platform Cushion	91	3	Releasable Tie
43	1	Power Cord Assembly	92	2	Tie Clamp
44	1	Hood	93	14	Plastic Tie
45	4	Hood Clip	94	2	Handrail Cover
46	2	Grommet	95	1	Left Upright Sleeve
47	1	Walking Belt	96	1	Right Upright Sleeve
48	1	Frame	97	1	AV Wire
49	1	TV Cable	98	1	Ground Nut

Key No.	Qty.	Description
99	1	Handrail
100	1	Latch Assembly
101	1	Latch Warning Decal
102	1	AV Wire Nut
103	1	Filter Wire
104	1	Idler Arm Bolt
105	2	Rear Roller Washer
106	1	Incline/Controller Wire
107	1	Incline Stop Bracket
108	1	Stop Bracket Spacer
109	8	Pulse Plate Screw
110	1	Pulse Plate
111	2	TV Cable Nut
112	1	TV Cable Star Washer
113	1	Lower Latch Bolt
114	4	Handrail Cover Fastener
115	1	Audio/Video Wire Harness

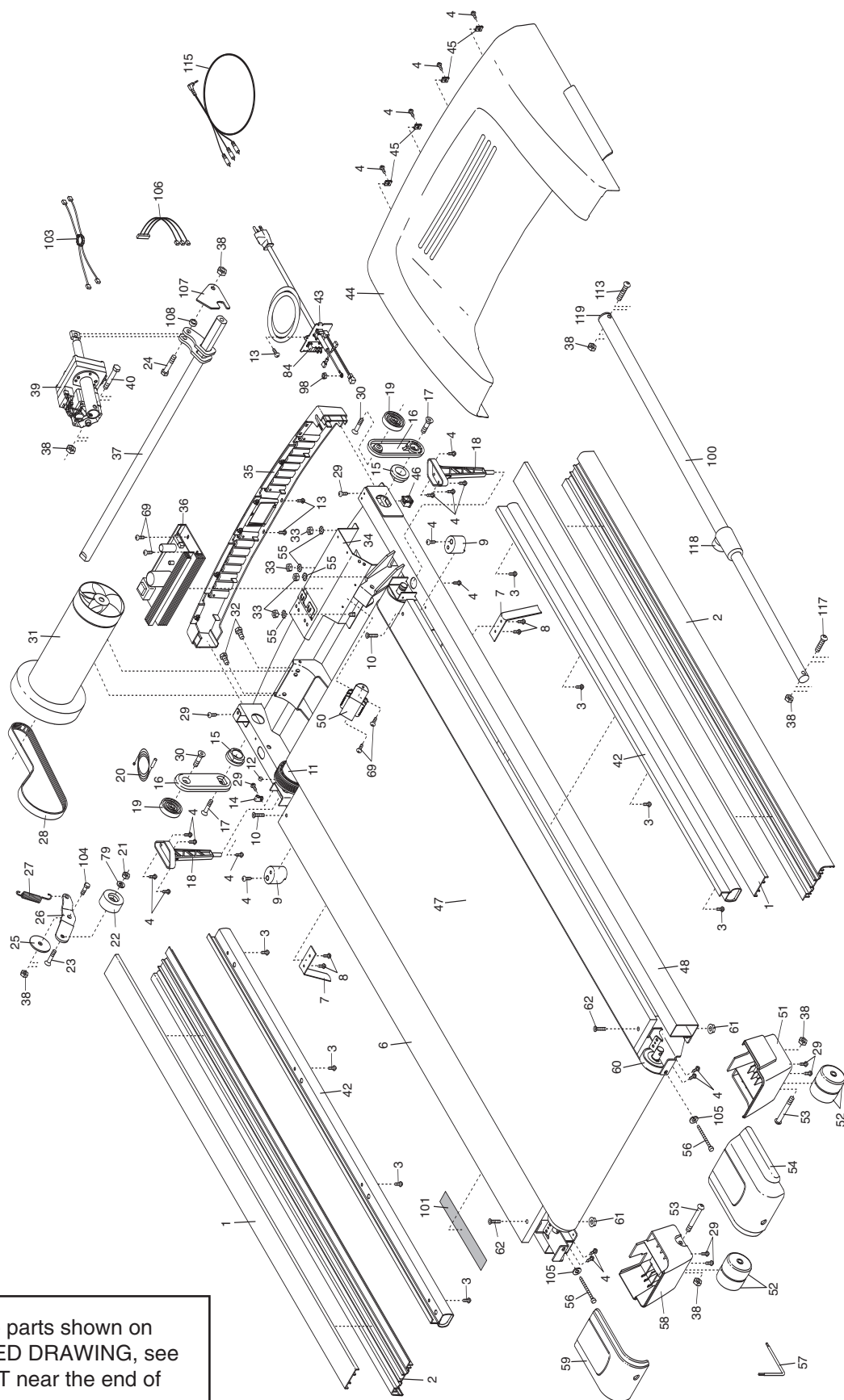
Key No.	Qty.	Description
116	2	Console Clamp
117	1	Upper Latch Bolt
118	1	Latch Knob
119	1	Latch Endcap
120	1	Left Pulse Grip
121	1	Right Pulse Grip
122	3	4" Ground Wire
123	1	Console TV Cable
124	1	Speaker Cover
125	1	Speaker
126	4	Speaker Screw
*	—	8" Blue Wire, 2 F
*	—	User's Manual

*These parts are not illustrated.

Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. GGTL14607.1

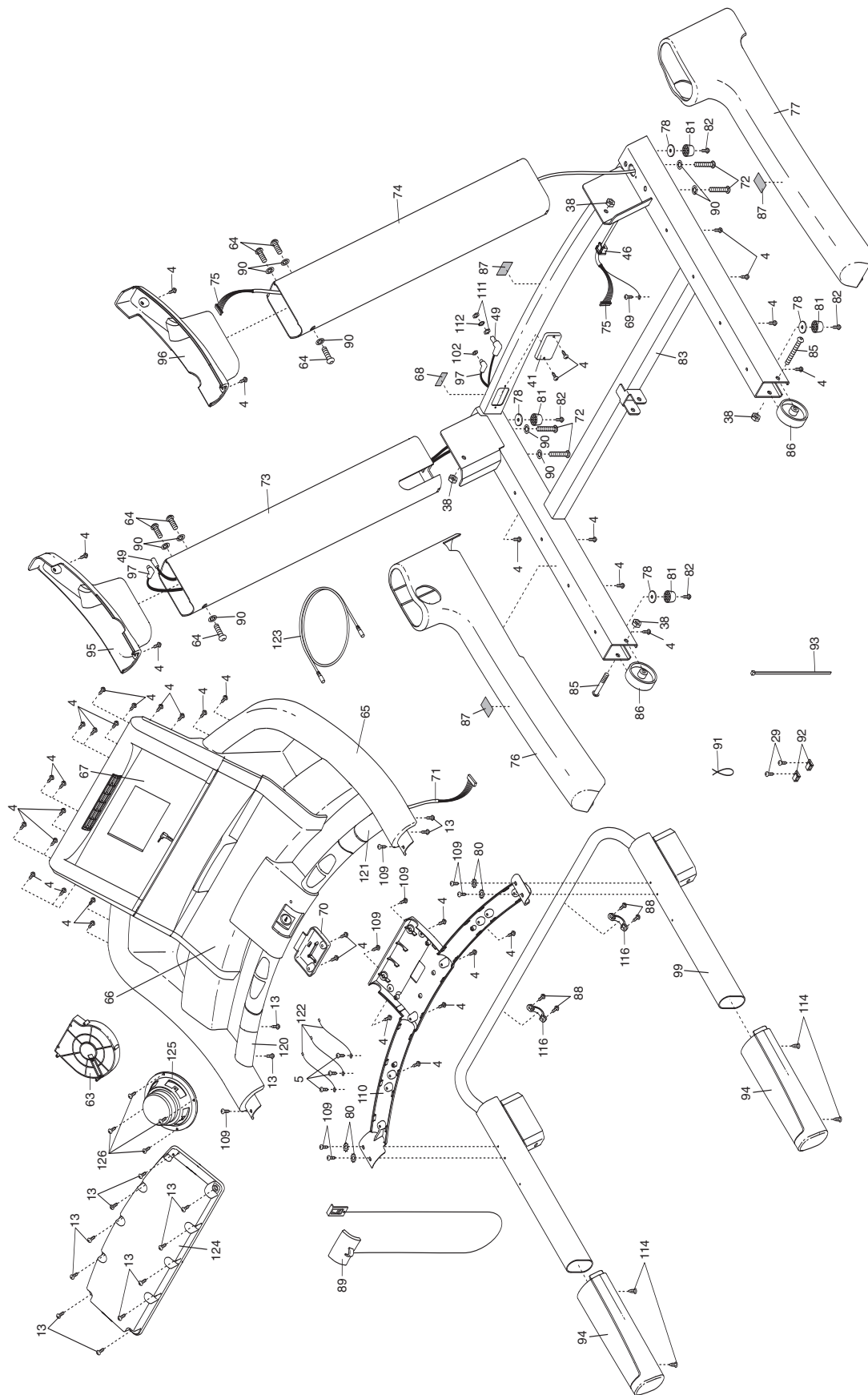
R1207A



To identify the parts shown on this EXPLODED DRAWING, see the PART LIST near the end of this manual.

EXPLODED DRAWING—Model No. GGTL14607.1

R1207A



ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST near the end of this manual and the EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for twenty (20) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

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

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

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

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

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