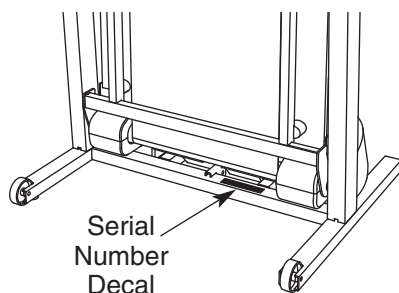


HEALTHRIDER®

1175 P

Model No. HETL62140

Serial No. _____



USER'S MANUAL

QUESTIONS?

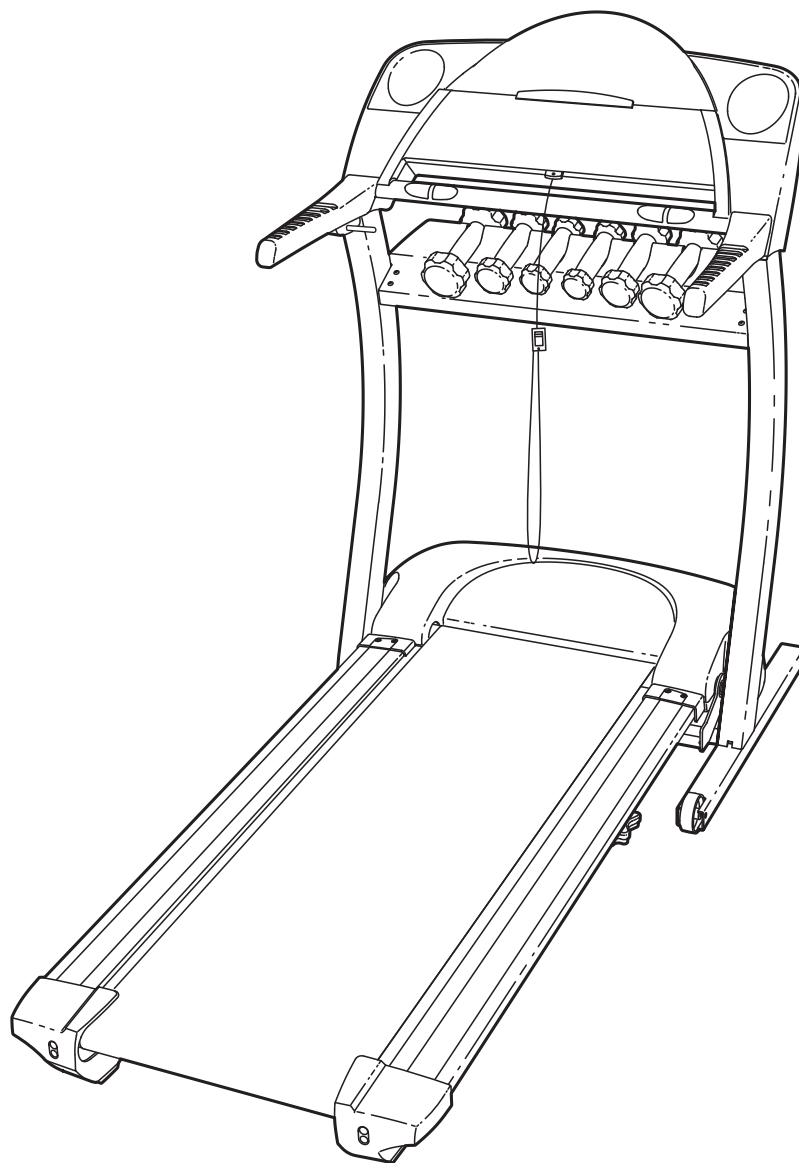
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG



⚠ CAUTION

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



Visit our website at

www.iconeurope.com

HEALTHRIDER®

1175 P

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Note: A n EXPLODED DRAWING and a PART LIST are attached in the centre 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. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
4. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
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 be used only by persons weighing 115 kg (250 lbs.) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 11), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
12. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
15. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
18. Do not use the hand weights at speeds faster than walking speeds. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.
19. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
20. 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 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is fully closed.

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

24. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

25. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

26. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

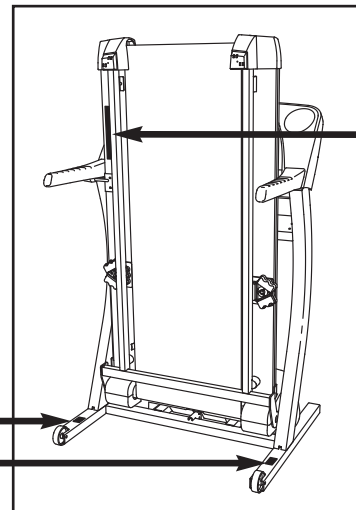
27. Inspect and properly tighten all parts of the treadmill regularly.

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

! WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. 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 below have been placed on the treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department (see the back cover of this manual) and order a free replacement decal. Apply the decal in the location shown.



Note: The decal shown at the right is 50% of 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.

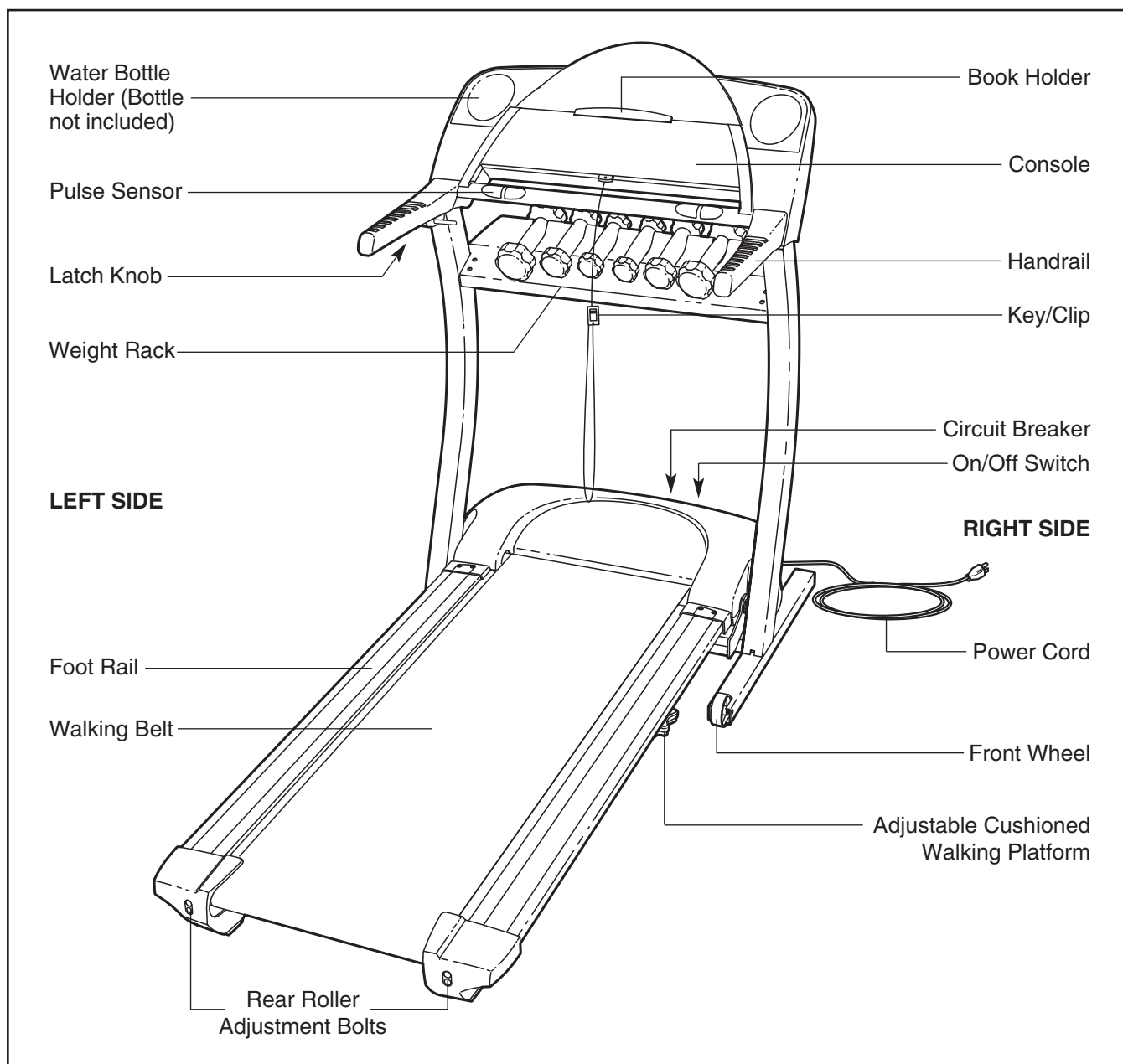
BEFORE YOU BEGIN

Thank you for selecting the new HealthRider® 1175 P treadmill. The 1175 P treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience of your home. And when you're not exercising, the unique 1175 P 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 reading this manual, please call our Customer Service

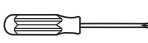
Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is HETL62140. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

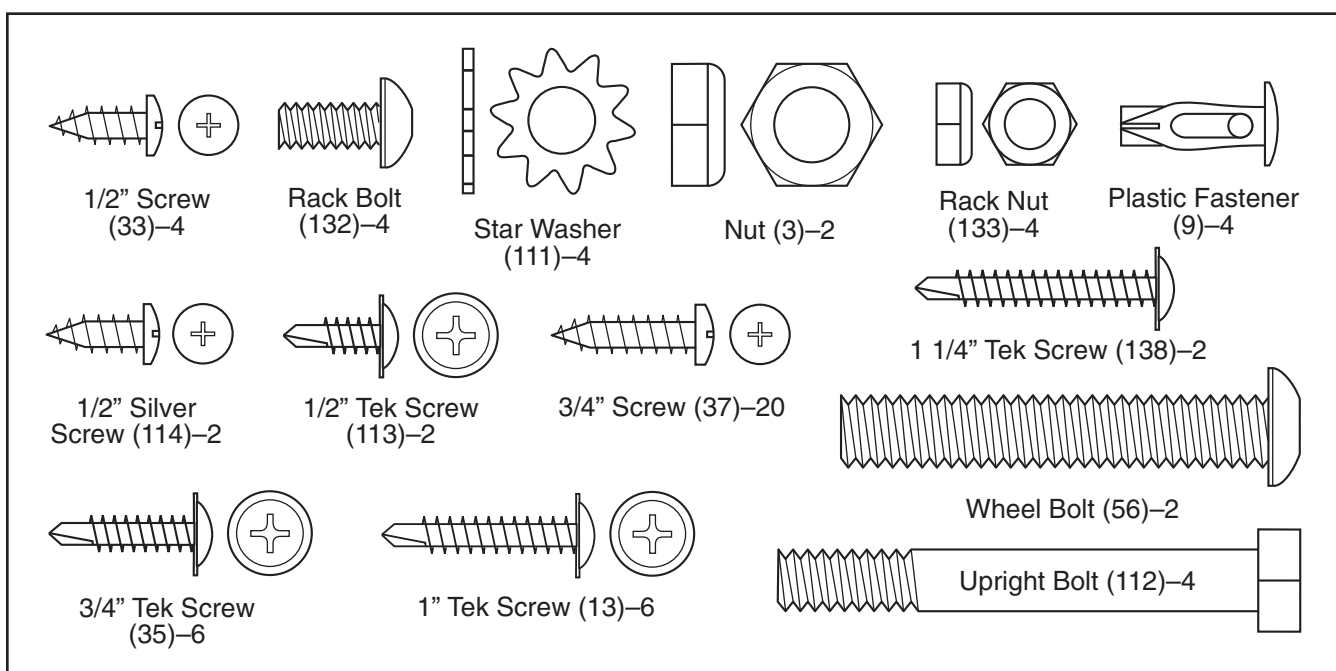


ASSEMBLY

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 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. To protect the floor or carpet from damage, place a mat under the treadmill.

Assembly requires the included hex key  **and your own phillips screwdriver**  **, adjustable spanner**  **, and rubber mallet** .

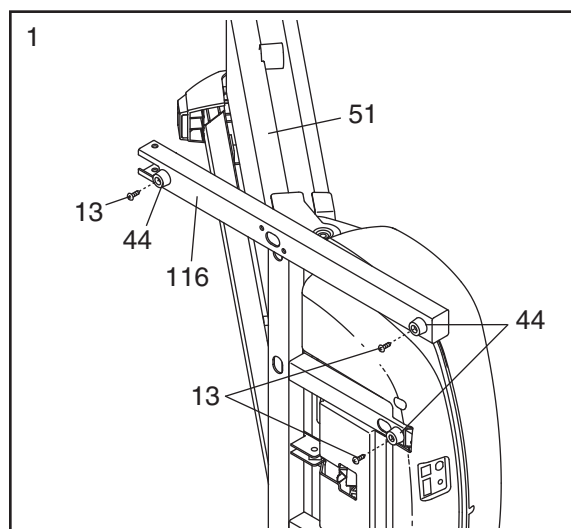
As you assemble the treadmill, use the drawings below to identify hardware. **Note: The hardware is packaged in separate parts bags. Each parts bag is marked to show which assembly steps require the hardware in that parts bag. Do not open the parts bags until instructed to do so. If a part is not found in the parts bags, check to see if it has been preassembled. Some part bags may include extra hardware.**



1. **Do not plug in the power cord until all assembly steps are completed.**

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (51) so the treadmill will be more stable. **Do not fully fold the treadmill until it is completely assembled.**

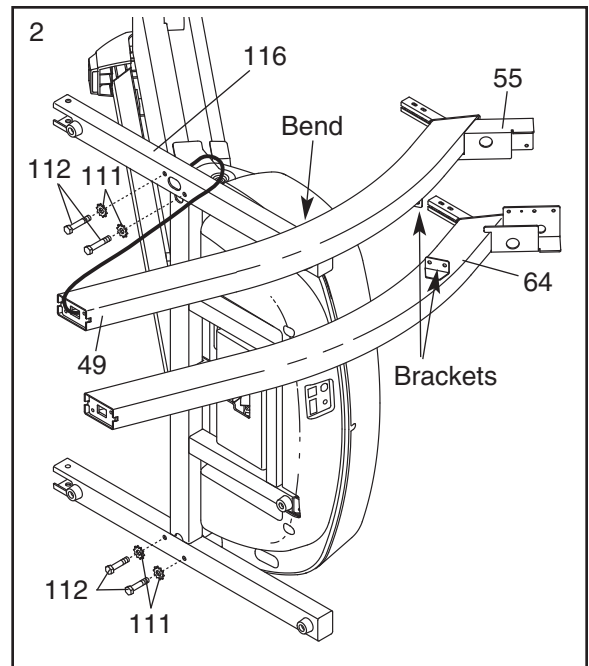
Open parts bag 1–2. Attach the six Base Pads (44) to the bottom of the Base (116) with six 1" Tek Screws (13). Note: Only three Tek Screws are shown.



2. Identify the Right and Left Uprights (55, 64); the brackets on the Uprights should be positioned as shown.

Hold the Right Upright (55) near the Base (116), and orient the Right Upright as shown. **Make sure that the Right Upright bends in the direction shown.** Straighten the Wire Harness (49), and feed it into the lower end of the Right Upright and out of the upper end. **Make sure that the Wire harness is not pinched.** Hand tighten two Upright Bolts (112) with Star Washers (111) into the bottom of the Base (116) and the lower end of the Right Upright.

Attach the Left Upright (64) as described above. Note: There is not a wire harness on the left side.

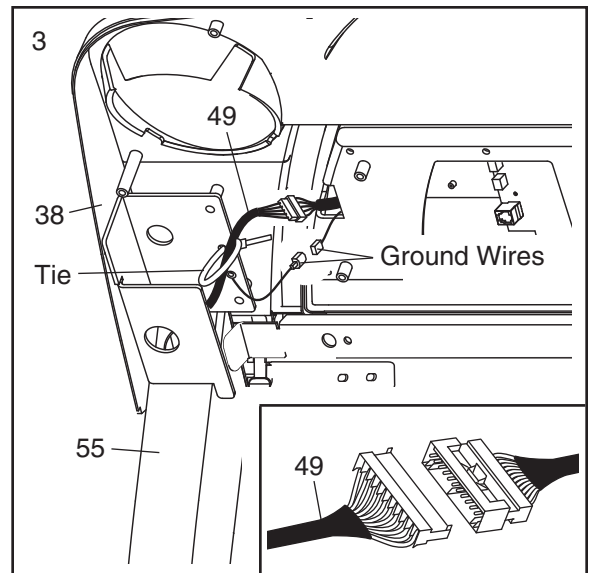


3. With the help of a second person, carefully tip the treadmill back down so that the Uprights (55, 64 [not shown]) are vertical. **Make sure that the end of the Wire Harness (49) does not fall into the Right Upright.**

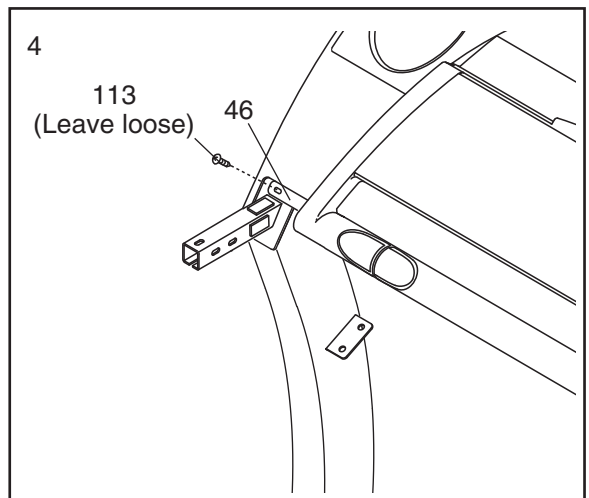
Remove the plastic ties holding the Console Base (38) and Console Back (not shown) together.

Set the Console Base (38) on the Right Upright (55) as shown. Check the pins in the connector on the Wire Harness (49) and make sure that they are straight. Connect the Wire Harness to the indicated connector on the back of the Console Base. **Make sure to insert 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.

Insert the included plastic tie through the small hole in the Right Upright (55) and around the Wire Harness (49) as shown. Connect the two indicated ground wires.



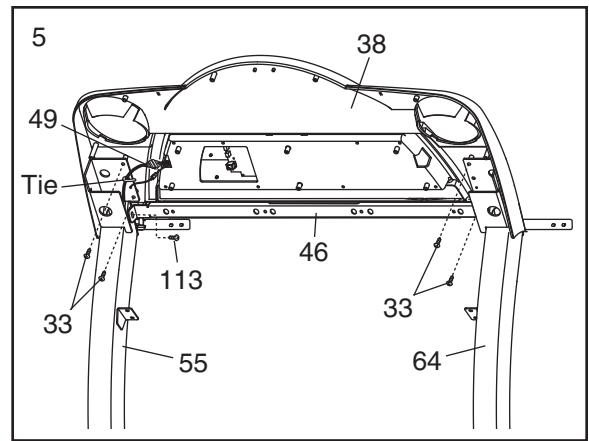
4. **Open parts bag 4–5.** Loosely thread a 1/2" Tek Screw (113) into the left side of the Crossbar (46) and the Left Upright (64). Note: The Tek Screw may be preassembled in the Left Upright.



5. Loosely thread a 1/2" Tek Screw (113) into the right side of the Crossbar (46) and the Right Upright (55).

Attach the Console Base (38) to the Uprights (55, 64) with four 1/2" Screws (33). **Make sure that the Wire Harness (49) is not pinched.** Insert any excess Wire Harness into the Right Upright. Securely tighten the plastic tie around the Wire Harness and cut off the end of the tie.

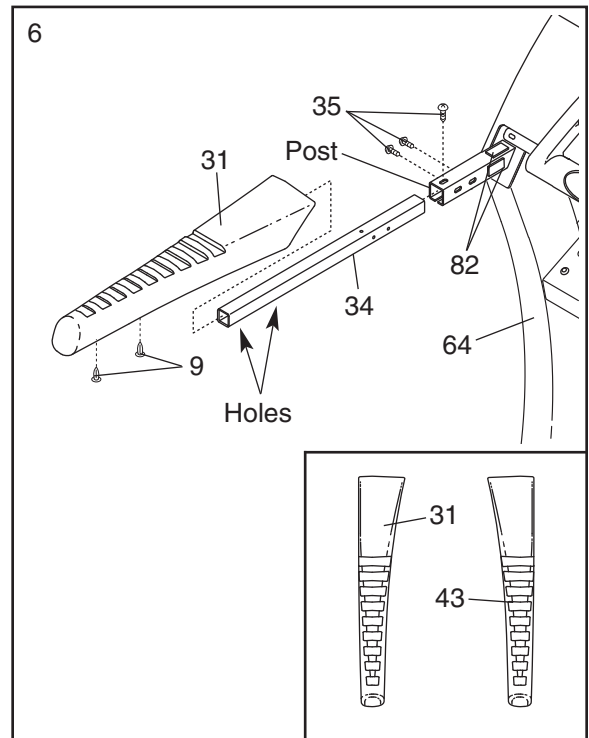
Tighten the 1/2" Tek Screws (113) in steps 4 and 5.



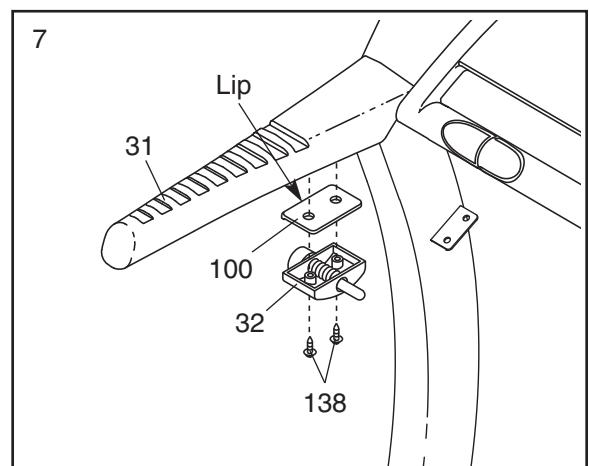
6. **Open parts bag 6–9.** Turn a Handrail Extension (34) so the two larger holes are on the bottom. Insert the Handrail Extension as far as possible into the post on the left Upright (64). If necessary, tap the Handrail Extension with a rubber mallet to fully insert it. Next, attach the Handrail Extension by tightening **three** 3/4" Tek Screws (35) into the indicated holes.

Identify the Left Foam Grip (31) (see the inset drawing). Remove the paper from the two indicated blocks of Foam Tape (82). Apply a small amount of water to the blocks of Foam Tape. Slide the Left Foam Grip as far as possible onto the post on the left Upright (64). (**Note: It may be helpful to lubricate the Handrail Extension [34] with soapy water.**) Press two Plastic Fasteners (9) into the Foam Grip and the Handrail Extension. If necessary, use a blunt object to press in the Fasteners.

Attach the other Handrail Extension (not shown) and the Right Foam Grip (43) as described above. Note: Make sure that the 3/4" Tek Screws (35) are attached on the outside of the post as shown.

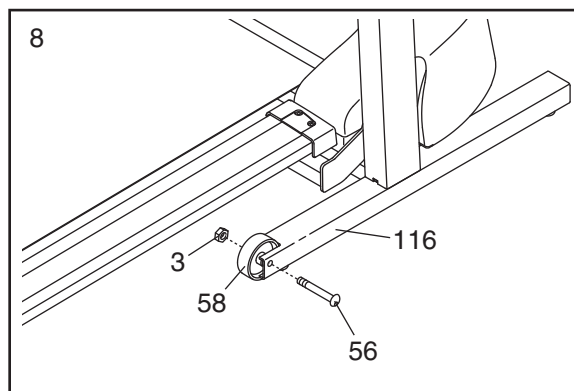


7. Attach the Latch Assembly (32) and the Latch Spacer (100) to the Left Handrail (31) with two 1 1/4" Tek Screws (138) as shown. Make sure that the Latch Spacer is oriented with the lip on the side shown.



8. Attach a Wheel (58) to the right side of the Base (116) with a Wheel Bolt (56) and a Nut (3) as shown.

Attach a Wheel to the left side of the Base (not shown) in the same way.

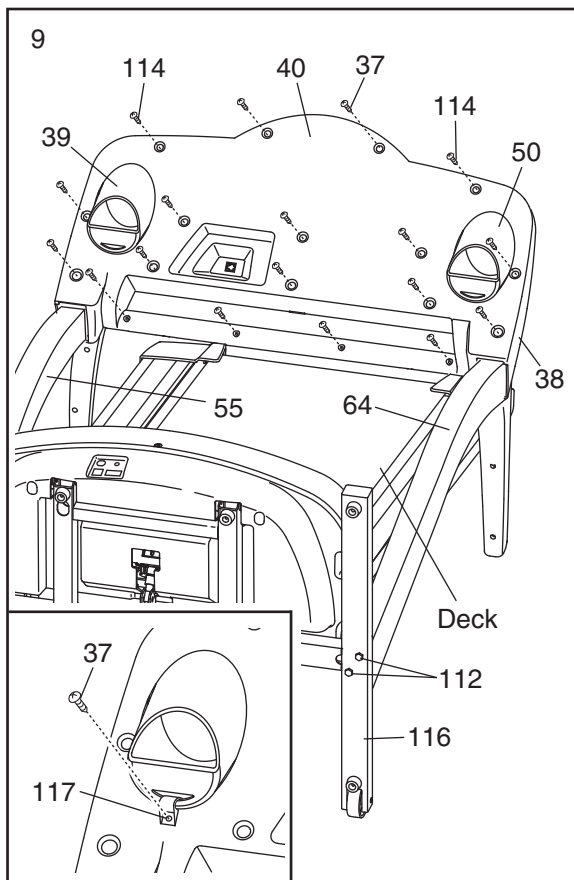


9. Carefully lower the Uprights (55, 64) as shown.

Open parts bag 10. Press the Console Back (40) onto the back of the Console Base (38). **Make sure that Console Back and the Console Base are mated correctly and that no wires are pinched.** Tighten two 1/2" Silver Screws (114) into the indicated holes. Tighten 3/4" Screws (37) into the other holes in the Console Back.

Insert the Left and Right Cup Holders (39, 50) into the large holes in the Console Base (38). If there is a small hole under each Cup Holder, the two Small Clamps (117) should be attached. See the inset drawing. Loop a Small Clamp through the hole in the bottom of a Cup Holder and attach it with a 3/4" Screw (37). Attach a Small Clamp to the other Cup Holder in the same way.

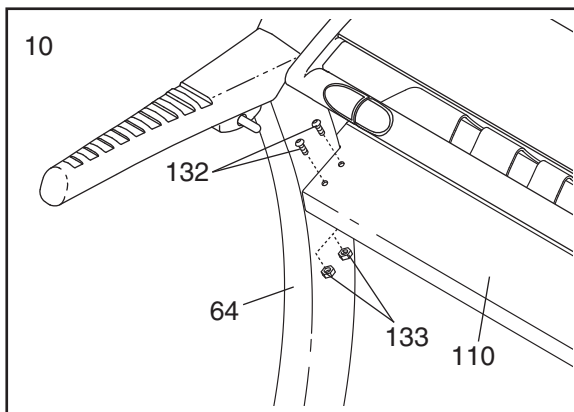
Raise the Uprights (55, 64) back to the vertical position.



10. Attach the Weight Rack (110) to the Left Upright (64) and the Right Upright (not shown) with four Rack Bolts (132) and four Rack Nuts (133). **Do not tighten the Rack Bolts Yet.**

See step 9. Carefully lower the Uprights (55, 64) as shown. Make sure that the deck is centred between the Uprights. Firmly tighten—but do not overtighten—the four Upright Bolts (112) (only two are shown) in the Base (116).

Raise the Uprights (55, 64) back to the vertical position. Tighten the four Weight Rack Bolts (132).

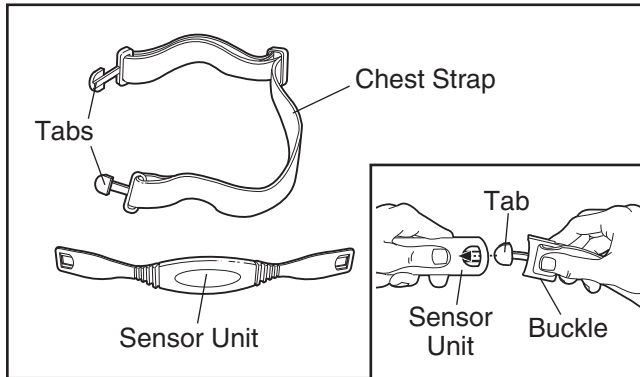


11. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 27).

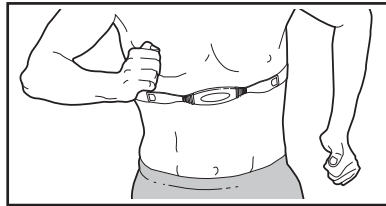
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit.



Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (122° F) or below -10° C (14° F) .
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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.**

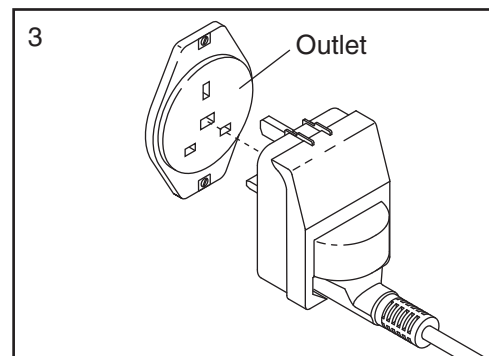
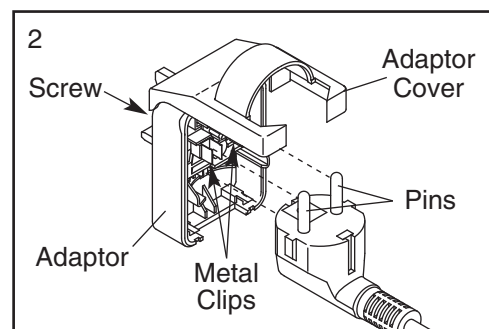
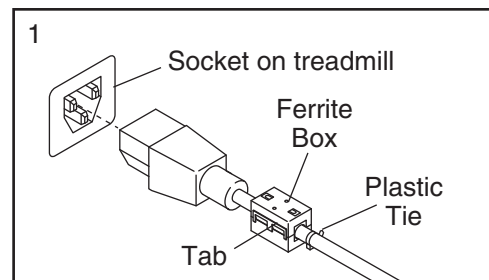
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. **If a ferrite box is included**, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. The plastic tie will prevent the ferrite box from sliding along the power cord.

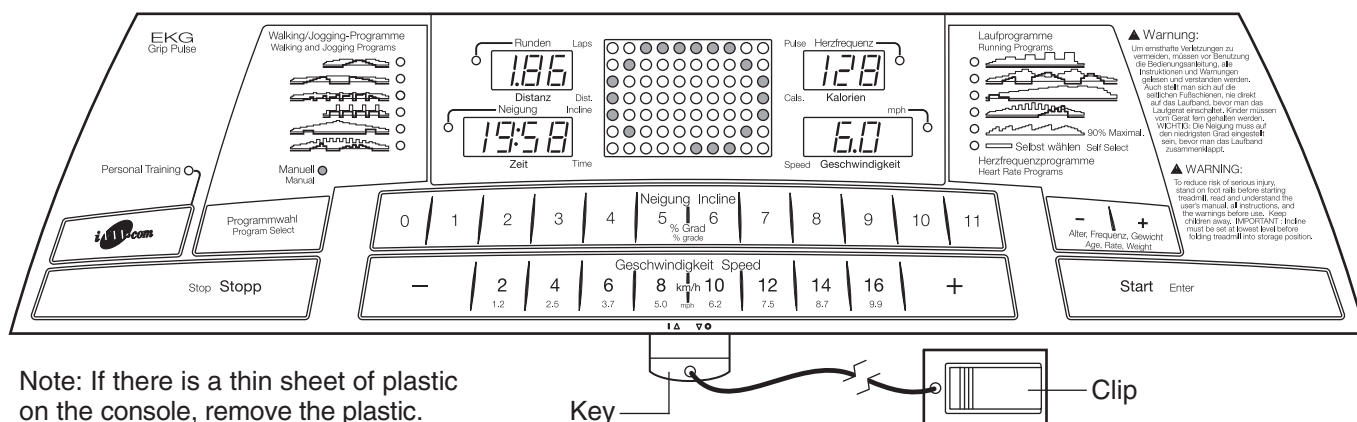
See drawing 2. Press the pins on the power cord into the metal clips in the Adaptor as shown. Close the Adaptor cover over the end of the power cord and tighten the screw in the Adaptor. **Important: Make sure that the Adaptor cover is secure and the screw has been tightened before using the power cord.**

See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing 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 earthed. 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.

CONSOLE DIAGRAM



Note: If there is a thin sheet of plastic on the console, remove the plastic.

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

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

FEATURES OF THE CONSOLE

The advanced console offers an impressive array of features to help you get the most from your exercise. 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 built-in handgrip pulse sensor or the chest pulse sensor.

Ten workout programs are also offered. Each program automatically controls the speed and incline of the

treadmill to give you an effective workout. Two heart rate programs are also featured. Each program controls the speed and incline of the treadmill to keep your heart rate near a target level during your workouts.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, visit our Web site at www.iconeurope.com.**

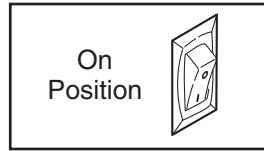
With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. Additional options are soon to be available. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 13. **To use a workout program,** see page 15. **To use a heart rate program,** see page 16. **To use an iFIT.com CD or video program,** see page 20. **To use a program directly from our Web site,** see page 22.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 11).

2 Locate the on/off switch near the power cord. Move the switch to the on position.



3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

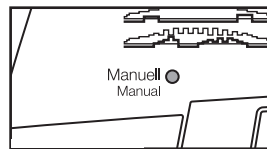
HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. If a program has been selected, press the Program Select button repeatedly to reselect the manual mode.



3 Start the walking belt.

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

If the Start button or the Speed + button is pressed, the walking belt will begin to move at 2 kph. As you exercise, change the speed



of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 kph; if a button is held down, the speed setting will change in increments of 0.5 kph. Note: The console can display information using either the metric system or the standard system (see SPEED DISPLAY on page 14).

To change the speed setting quickly, press one of the eight 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. The Time/Incline display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 27).

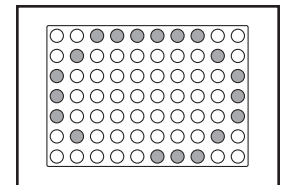
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Note: After the buttons are pressed, it will take a moment for the treadmill to reach the selected incline setting.



5 Follow your progress with the displays.

The program display—When the manual mode or the iFIT.com mode is selected, the program display will show a track that represents 400 m (1/4 mile). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



Distance/Laps

display—This display shows the distance that you have walked or run and the number of laps you have completed. The display will alternate between one number and the other every few seconds.



Time/Incline display—

When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time and the incline level of the treadmill. The display will alternate between one number and the other every few seconds. When a workout program or a heart rate program is selected, the display will show the *time remaining* in the program and the incline level of the treadmill. Note: Each time the incline changes, the display will show the incline setting for several seconds.



Calories/Pulse

display—This display shows the approximate number of calories you have burned. This display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



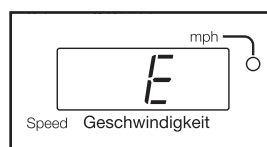
Note: If you enter your weight into the console, the console will measure your calorie expenditure more accurately. To enter your weight, press the small + and – buttons until your weight is shown in the Calories/Pulse display. A few seconds after you press the buttons, the weight setting will disappear from the display.



Speed display—This display shows the speed of the walking belt



Note: The console can display information using either the metric system or the standard system. The mph indicator beside the Speed display will light when the standard system is selected. To select a different system, first hold down the Stop button whilst inserting the key into the console. An “M” for metric or an “E” for English (standard) will



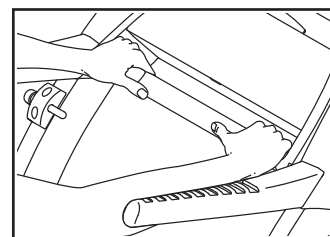
appear in the Speed display. Press the Speed + button to select a different system. When the desired system is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to the metric system.**

To reset the displays, 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 chest pulse sensor (see page 10) or the handgrip pulse sensor (see the instructions below).

To use the handgrip pulse sensor, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands.** When



your pulse is detected, the Pulse indicator beside the Calories/Pulse display will light, two or three 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: For the best results, make sure that your hands are clean.

7 When you are finished exercising, remove the key.

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 be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 23 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

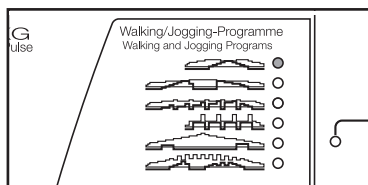
HOW TO USE THE WORKOUT PROGRAMS

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 13.

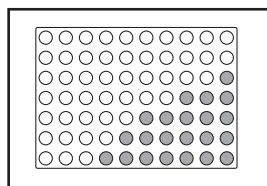
2 Select one of the workout programs.

To select a workout program, press the Program Select button repeatedly until one of the ten



workout program indicators lights. When a workout program is selected, the Speed display will flash the maximum speed setting for the program for six seconds. The Time/Incline display will show how long the program will last. Note: The graphs beside the workout program indicators show how the speed and incline of the treadmill will change during the programs.

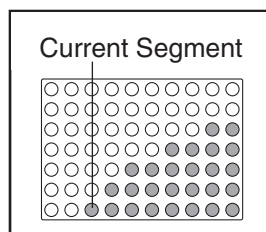
The program display will show the first seven speed settings for the program.



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

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

Each program is divided into several time segments of different lengths. One speed setting and one incline setting are programmed for each segment. (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 program display. (The



incline settings are not shown in the program display.) The speed settings for the next seven segments will be shown in the seven 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. In addition, if the speed and/or incline of the treadmill is about to change, the Speed display and/or the Time/Incline display will flash to alert you, and three tones will sound. When the first segment is completed, *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 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 will move downward* so that only the highest indicators appear in the program display. If some of the 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 no time remains in the Time/Incline display. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.)

Note: If you manually override the speed or incline setting for the current segment, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

To stop the program temporarily, press the Stop button. The Time/Incline display will begin to flash. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 2 kph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 13.

5 Measure your heart rate if desired.

See step 6 on page 14.

6 When the program ends, 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 safe place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 23 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE THE HEART RATE PROGRAMS

⚠ 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.

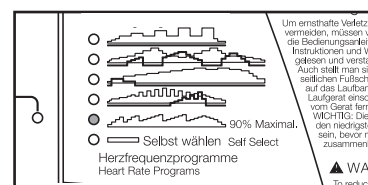
You must wear the chest pulse sensor to use the heart rate programs. See page 10.

2 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 13.

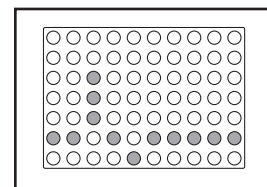
3 Select one of the heart rate programs.

To select a heart rate program, press the Program Select button repeatedly until one of the two heart rate program indicators lights.



The graphs beside the heart rate program indicators show how the target heart rate will change during the programs. During the 90% Maximal program, your heart rate will reach approximately 90% of your *estimated maximum heart rate*; during the Self Select program, your heart rate will remain near a level that you select. **Note:** Your estimated maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ($220 - 30 = 190$).

During heart rate programs, the program display will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.



4 Enter your age.

When a heart rate program is selected, the word “AGE” and the current age setting will flash in the Calories/Pulse display. If you have already entered your age, simply press the Enter (Start) button. If you have not entered your age, press the small + and – buttons to enter your age, and then press the Enter button.



5 Enter a maximum speed.

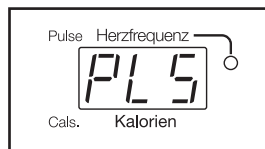
After you have entered your age, the letters “SPd” and the maximum speed setting of the program will flash in the Speed display. If desired, press the small + and – buttons to adjust the maximum speed setting. When the desired setting is shown, press the Enter button.



If the 90% Maximal program is selected, go to step 7. If the Self Select program is selected, go to step 6.

6 Enter a target heart rate.

The letters “PLS” and the target heart rate setting for the program will flash in the Calories/Pulse display. If desired, press the small + and – buttons to adjust the target heart rate setting. When the desired setting is shown, press the Enter button.



7 Press the Start button or the Speed + button to start the program.

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

Each heart rate program is divided into several time segments of different lengths. One target heart rate

is programmed for each segment. Note: If the Self Select program is selected, the same target heart rate is programmed for all segments.

During each segment, the console will regularly compare your heart rate to the current target heart rate. If your heart rate is too far below or above the target heart rate, the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 5 at the left) and your heart rate is still too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the Speed display and the Time/Incline display will flash. The program will continue until 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 adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the current target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters “PLS” will flash in the Calories/Pulse display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see page 10.

To stop the program at any time, press the Stop button. Heart rate programs cannot be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

8 Follow your progress with the displays.

See step 5 on page 13.

9 When the program ends, remove the key from the console.

See step 6 on page 16.

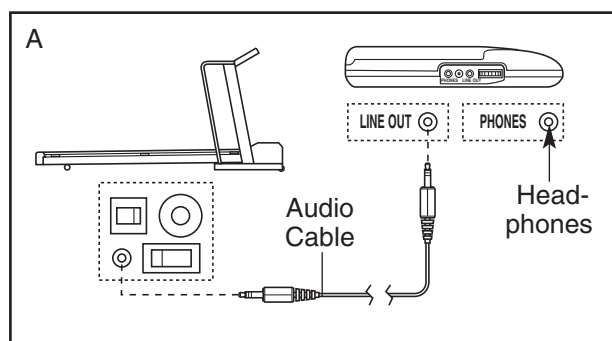
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 18 and 19 for connecting instructions. To use **iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 20 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 19 for connecting instructions.

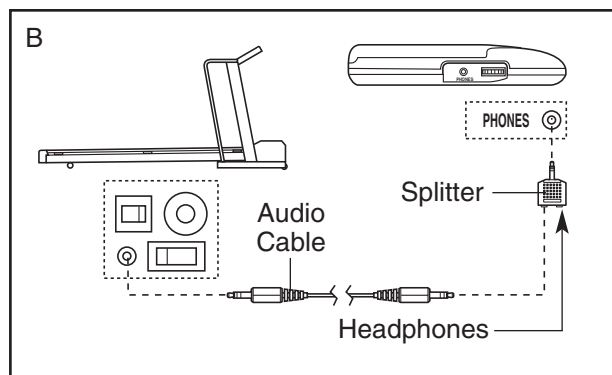
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



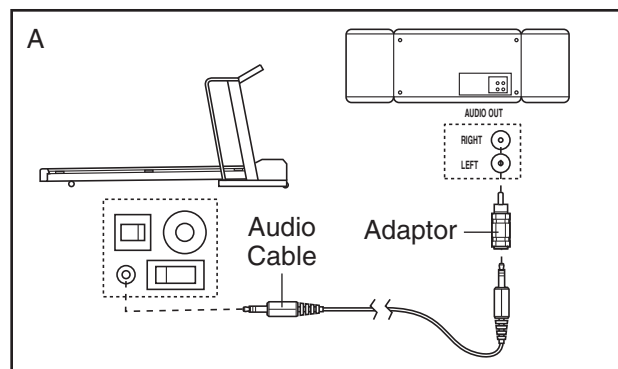
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the splitter.



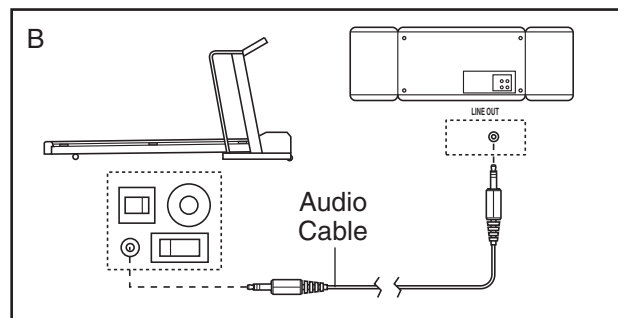
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5 mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

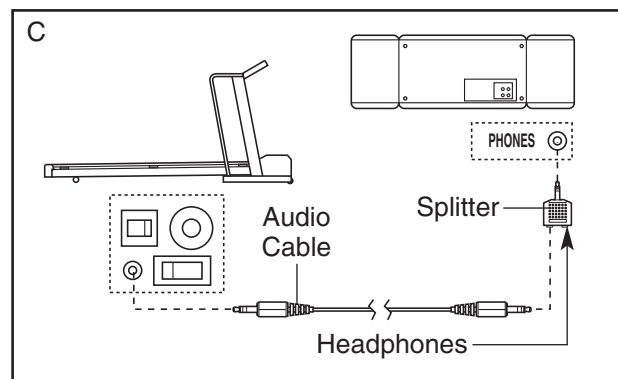
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



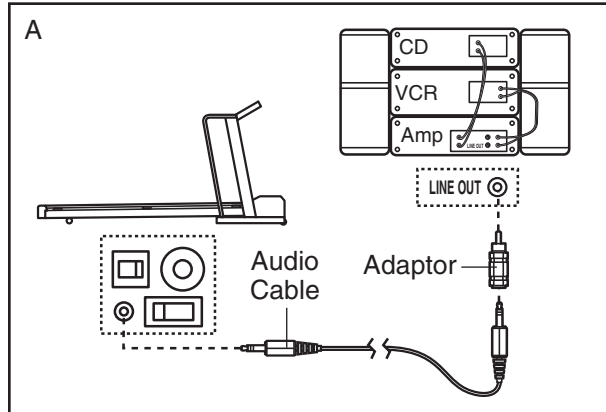
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the splitter.



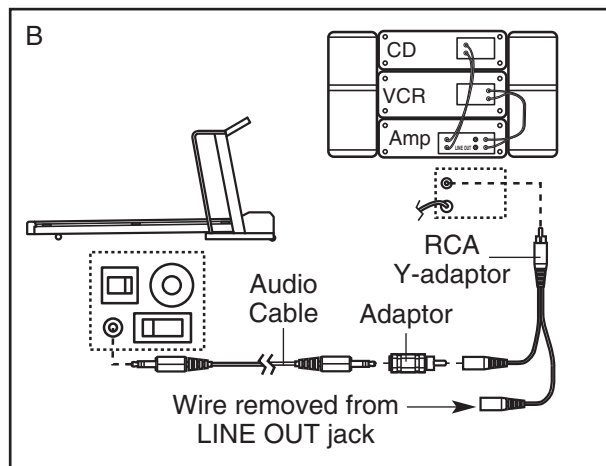
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into the **LINE OUT** jack on your stereo.



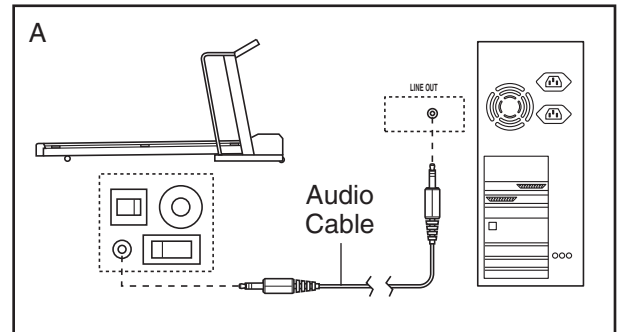
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the **LINE OUT** jack on your stereo.



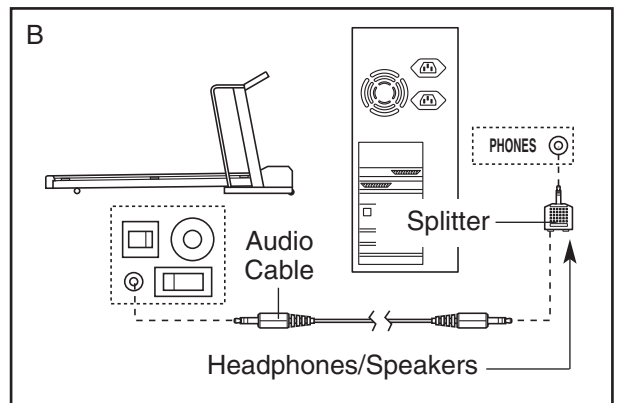
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5 mm **LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



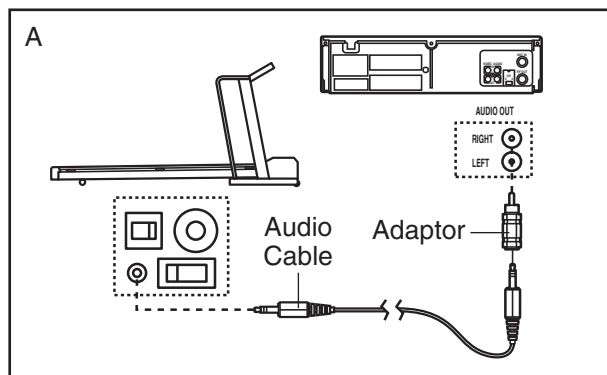
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the splitter.



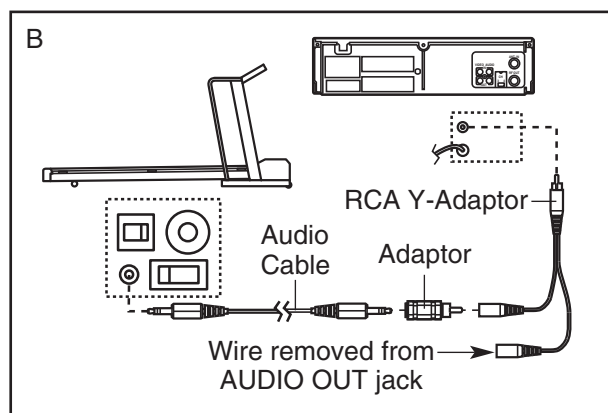
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 19.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into an RCA Y-Adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA Y-Adaptor. Plug the RCA Y-Adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use an iFIT.com CD or videocassette, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See pages 18 to 20. **Note:** To purchase iFIT.com CDs or videocassettes, visit our Web site at www.iconeurope.com.

Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2 Select the iFIT.com mode.

To use an iFIT.com CD or videocassette, press the iFIT.com button. The indicator above the button will light.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Incline display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program whilst the Time/Incline display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Incline display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 2 kph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the Time/Incline display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 20.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:

- **Make sure that the iFIT.com indicator is lit and that the Time/Incline display is not flashing. If the Time/Incline display is flashing, press the Start button or the Speed + button on the console.**

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 Follow your progress with the displays.

See step 5 on page 13.

6 Measure your heart rate if desired.

See step 6 on page 14.

7 When the program ends, remove the key.

See step 6 on page 16.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.

HOW TO USE A PROGRAM DIRECTLY FROM OUR WEB SITE

To use a program from our Web site, the treadmill must be connected to your home computer. See **HOW TO CONNECT YOUR COMPUTER** on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 13.

2 Select the iFIT.com mode.

To use a program from our Web site, press the iFIT.com button. The indicator above the button will light.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move.

Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change.

CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Incline display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 2 kph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time/Incline display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time/Incline display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the displays.

See step 5 on page 13.

9 When the program ends, remove the key.

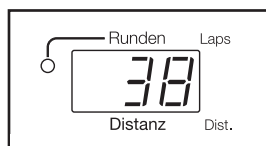
See step 6 on page 16.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total distance that the walking belt has moved. The information mode also allows you to select the metric system or the standard system. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button whilst inserting the key into the console. When the information mode is selected, the following information will be shown:

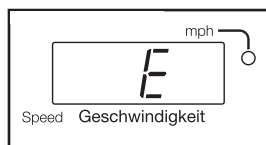
The Distance/Laps display will show the total number of kilometres or miles that the walking belt has moved.



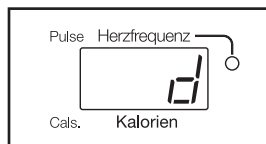
The Time/Incline display will show the total number of hours that the treadmill has been used.



An "M" for metric or an "E" for English (standard) will appear in the Speed display. Press the Speed + button to select a different system of measurement.



IMPORTANT: The Calories/Pulse display should be blank. If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, 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 Calories/Pulse display when the information mode is selected, press the Speed – button so the display is blank.**

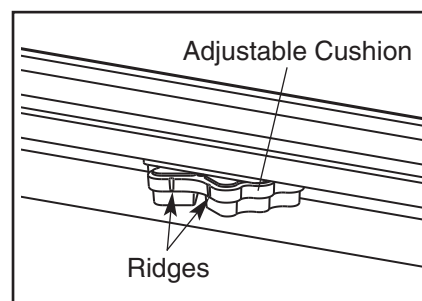


To exit the information mode, remove the key from the console.

HOW TO ADJUST THE CUSHIONING SYSTEM

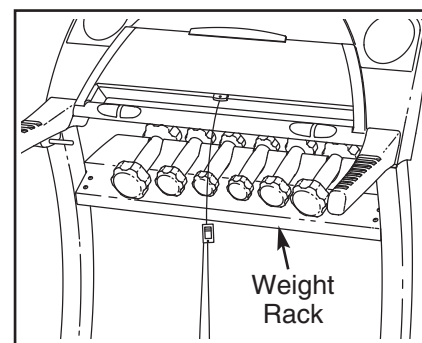
The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill.

The firmness of the cushioning system is controlled with two adjustable cushions (there is one cushion on each side of the treadmill). To adjust each cushion to the lowest firmness setting (level 1), turn the cushion until a set of single ridges (I) is visible on the cushion as shown above. To select a higher firmness setting (level 2 or level 3), turn each cushion until a set of double ridges (II) or triple ridges (III) is visible. Note: It may be helpful to lift on the walking platform as you rotate the cushions. **The faster you run on the treadmill, or the more you weigh, the higher the firmness setting should be. Make sure that both cushions are at the same setting.**



HOW TO USE THE HAND WEIGHTS

To exercise your upper body as you walk on the treadmill, hold the 2-pound weights at your sides or press the weights above your head. To increase the intensity of your exercise, use the 3-pound weights or the 5-pound weights. The hand weights can be stored in the weight rack.



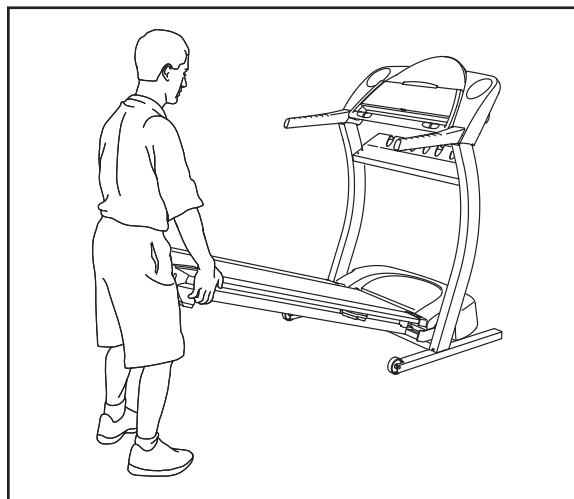
WARNING: Do not use the hand weights at speeds faster than walking speeds. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

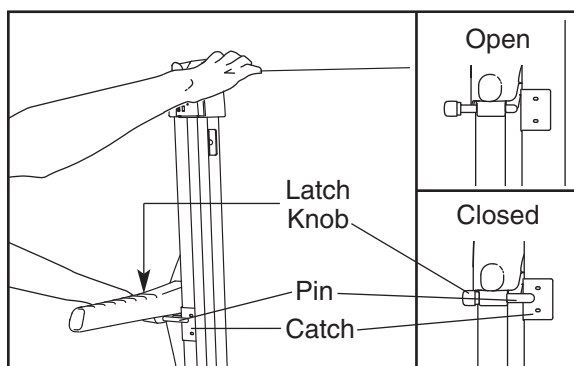
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill 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 treadmill until the catch is past the latch pin. Slowly release the latch knob. **Make sure that the catch is securely held by the latch pin.**

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 30° C (85° F).



HOW TO MOVE THE TREADMILL

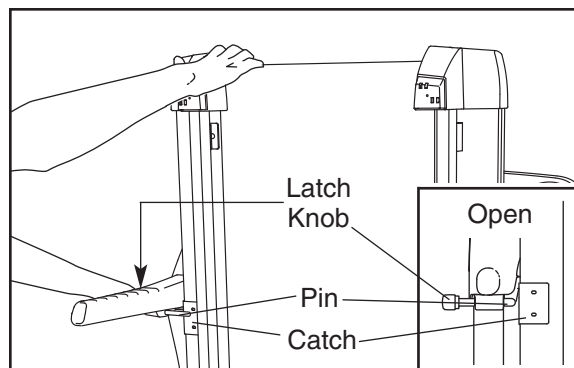
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is securely held by the latch pin.**

1. Hold the handrails as shown and place one foot against a wheel.
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 whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.

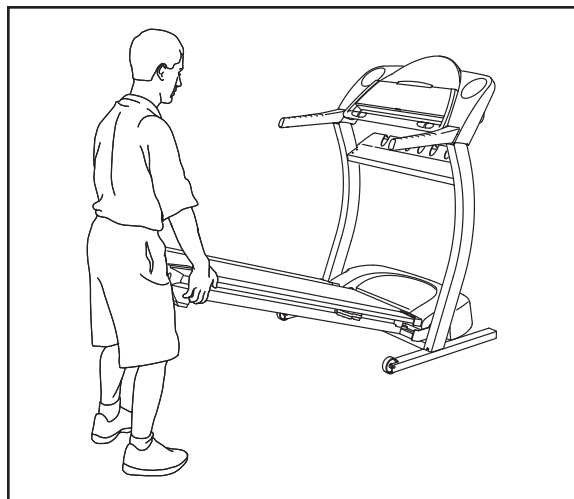


HOW TO LOWER THE TREADMILL FOR USE

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



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: 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 call our Customer Service Department.

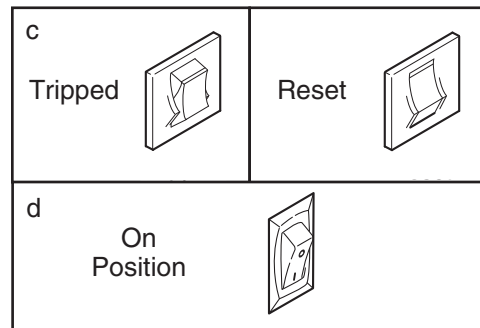
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 8.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). 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 fully inserted into the console.

c. Check the circuit breaker located on the treadmill 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.

d. Check the on/off switch located on the frame near the power cord. The switch must be in the on position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill near the power cord (see 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. Reinsert the key fully into the console.

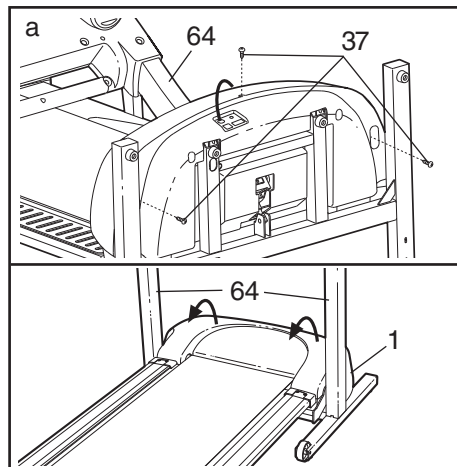
d. Make sure that the on/off switch is in the on position (see 1. d. above).

e. If the treadmill still will not run, please call our Customer Service Department.

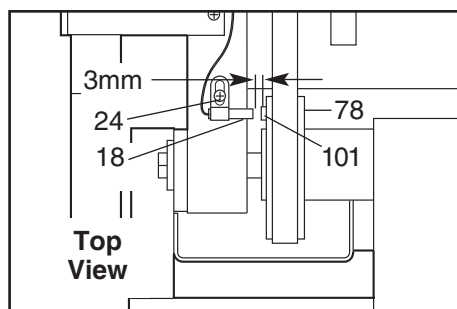
PROBLEM: The speed display on the console does not function properly

SOLUTION: a. Remove the key and **UNPLUG THE POWER CORD**. Carefully lower the Uprights (64) to the floor. Remove the three indicated 3/4" Screws (37).

Raise the Uprights (64) to the vertical position. Pivot the Hood (1) off.



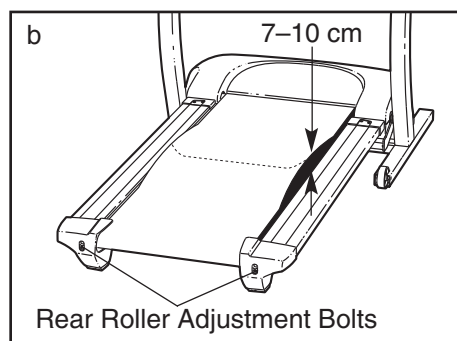
Locate the Reed Switch (18) and the Magnet (101) on the left side of the Pulley (78). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3mm (1/8 in.).** If necessary, loosen the Screw (24), move the Reed Switch slightly, and then retighten the Screw. Re-attach 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. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

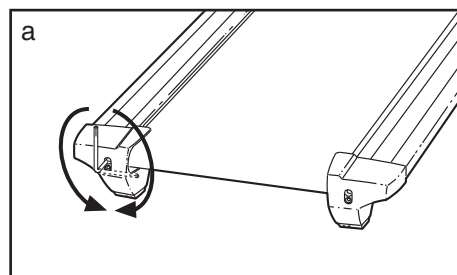
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7–10 cm (3–4 in) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



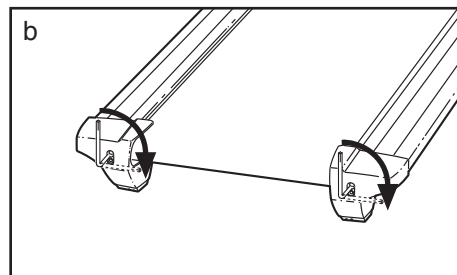
c. If the walking belt still slows when walked on, please call our Customer Service Department.

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

SOLUTION: a. If the walking belt is off-centre, first 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 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 centred.



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 side of the walking belt 7–10 cm (3–4 in) off the walking platform. Be careful to keep the walking belt centred. 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 or does not change when iFIT.com CDs and videos are played

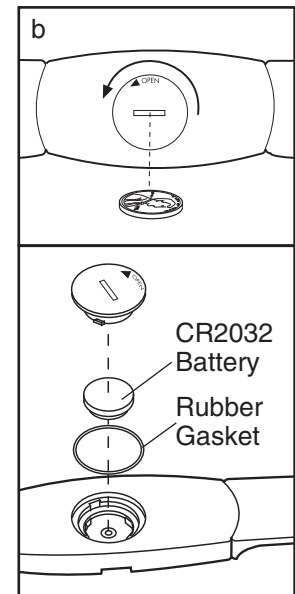
SOLUTION: a. With the key inserted in the console, press one of the Incline buttons. **Whilst the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate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

PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 10.

- b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the “open” position. Remove the cover.

Next, remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



CONDITIONING 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 sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids 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.

	♥	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 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 higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor.

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 en-

ergy. 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 and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and 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 and 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

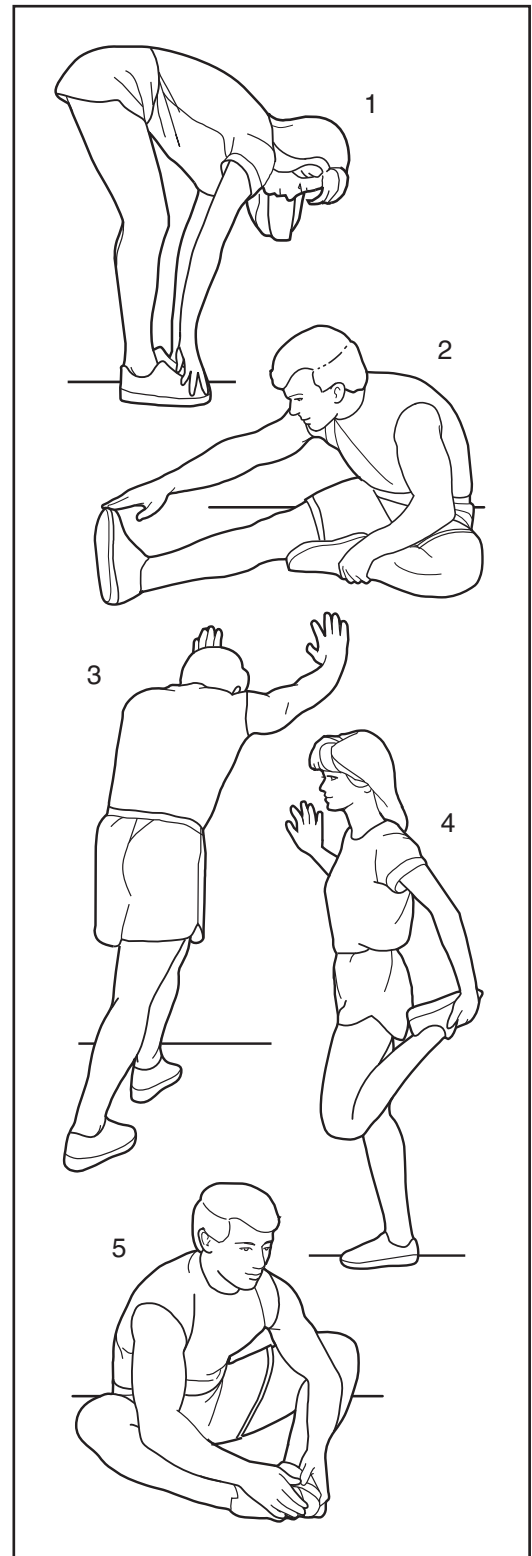
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG

Tel: Country Code:

08457 089 009

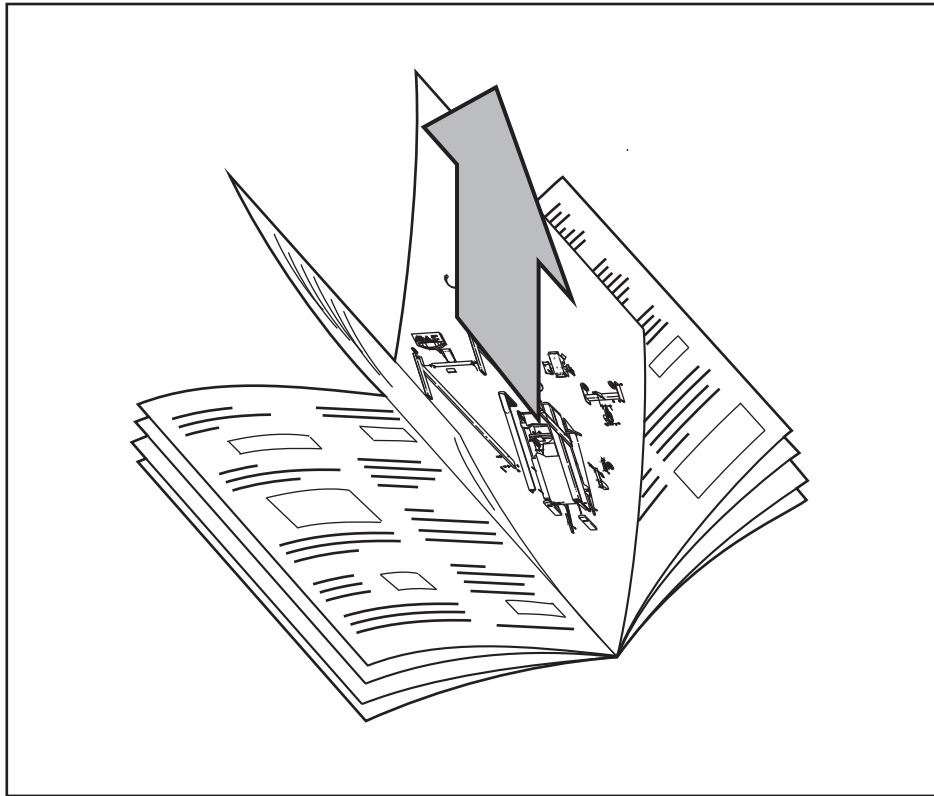
Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (HETL62140)
- The NAME OF THE PRODUCT (HealthRider® 1175 P 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 and the EXPLODED DRAWING attached in the centre of this manual)

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

PART LIST—Model No. HETL62140

R0804A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	53	2	Caution Decal	105	2	Cushion Bushing
2	2	Cushion Spacer	54	2	Pulse Sensor	106	1	Ground Wire
3	8	Nut	55	1	Right Upright	107	4	Belt Guide Screw
4	1	Motor Belt	56	2	Wheel Bolt	108	1	Front Endcap (Left)
5*	1	Motor Assembly	57	2	Roller Star Washer	109	2	Cushion Bolt
6	1	Flywheel	58	2	Wheel	110	1	Weight Rack
7	1	Motor	59	1	Incline Motor	111	4	Star Washer
8	2	Frame Spacer	60	1	Console Wire Harness	112	4	Upright Bolt
9	4	Plastic Fastener	61	1	Power Cord	113	2	1/2" Tek Screw
10	1	Front Roller Adj. Bolt	62	1	Receptical	114	2	1/2" Silver Screw
11	1	Motor Pivot Bolt	63	2	Static Decal	115	2	Rear Platform Nut
12	2	Lift Frame Pivot Bolt	64	1	Left Upright	116	1	Base
13	8	1" Tek Screw	65	1	On/Off Switch	117	2	Small Clamp
14	1	Motor Tension Nut	66	1	Audio Wire Nut	118	1	Splitter
15	1	Motor Washer	67	2	Ball Detent	119	1	1" Grommet
16	1	Motor Pivot Nut	68	1	Belly Pan	120	1	Ground Wire
17	1	Motor Tension Bolt	69	1	Audio Wire	121	1	Pulse Wire
18	1	Reed Switch	70	2	Frame Pivot Bolt	122	1	Stop Bracket
19	1	1 1/2" Incline Motor Bolt	71	2	Base Endcap	123	1	Chest Pulse Strap
20	1	Reed Switch Clip	72	4	Isolator	124	1	Chest Pulse Sensor
21	1	Lift Frame	73	2	Belt Guide	125	1	Pulse Receiver
22	1	Motor Star Washer	74	2	Adjustable Cushion	126	2	Motor Bracket Bolt
23	1	Electronics Bracket	75	4	Platform Screw	127	1	Motor Bracket Star Washer
24	6	Small Screw	76	2	Foot Rail	128	1	Hood Bracket
25	1	Controller	77	1	Walking Belt	129	1	Motor Bracket
26	1	Transformer	78	1	Front Roller/Pulley	130	2	Motor Bushing
27	1	Filter	79	1	Ground Nut	131	1	Motor Isolator
28	1	Circuit Breaker	80	1	Walking Platform	132	4	Rack Bolts
29	1	Outlet Adaptor	81	9	8" Cable Tie	133	4	Rack Nuts
30	1	Key/Clip	82	4	Foam Pad	134	2	2 lbs. Weight
31	1	Left Foam Grip	83	3	Tie Holder Clamp	135	2	3 lbs. Weight
32	1	Latch Assembly	84	2	Releasable Tie	136	2	5 lbs. Weight
33	17	1/2" Screw	85	1	Pulse Wire	137	1	5/32" Allen Wrench
34	2	Handrail Extension	86	2	Staple Cover	138	2	1 1/4" Tek Screw
35	21	3/4" Tek Screw	87	1	Rear Roller	#	1	6" White Wire, 2F
36	1	iFIT.com Wire	88	1	Rear Foot (Right)	#	1	10" White Wire, 2F
37	55	3/4" Screw	89	1	Motor Controller Wire	#	1	10" Blue Wire, 2F
38	1	Console Base	90	1	iFIT.com Jack	#	1	10" Green Wire, M/Ring
39	1	Left Cup Holder	91	2	Rear Roller Adj. Bolt	#	1	7" Green Wire, M/Ring
40	1	Console Back	92	6	Roller Washer/ Cushion Washer	#	1	4" Black Wire, M/F
41	1	Book Holder	93	1	Rear Endcap (Right)	#	1	10" Green Wire, F/Ring
42	1	Console	94	1	Allen Wrench	#	1	8" Green Wire, F/Ring
43	1	Right Foam Grip	95	1	Rear Foot (Left)	#	1	4" Green Wire, F/Ring
44	6	Base Pad	96	1	Rear Endcap (Left)	#	1	4" Black Wire, 2F
45	2	Platform Screw (Rear)	97	1	Warning Decal	#	1	User's Manual
46	1	Crossbar	98	2	Latch Plate Screw	# These parts are not illustrated		
47	1	Ground Screw	99	1	Latch Plate	# Includes all parts shown in the box		
48	2	Small Star Washer	100	1	Latch Bracket			
49	1	Upright Wire	101	1	Magnet			
50	1	Right Cup Holder	102	1	Belly Pan Clip			
51	1	Frame	103	1	Front Endcap (Right)			
52	1	Incline Motor Bolt	104	1	Ferrite Box			

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