

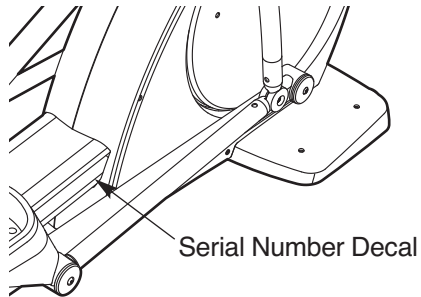
HOTEL FITNESS®

HF-XT9800-E

Model No. HF-XT9800-E.1

Serial No. _____

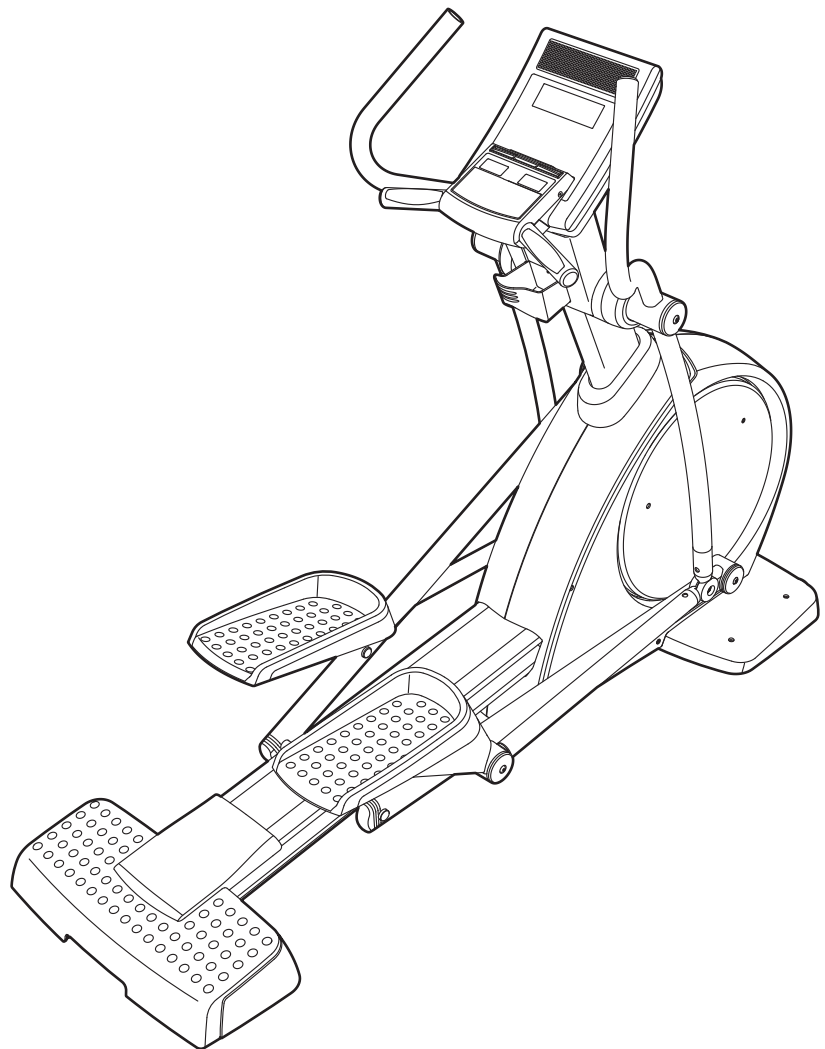
Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



CAUTION

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

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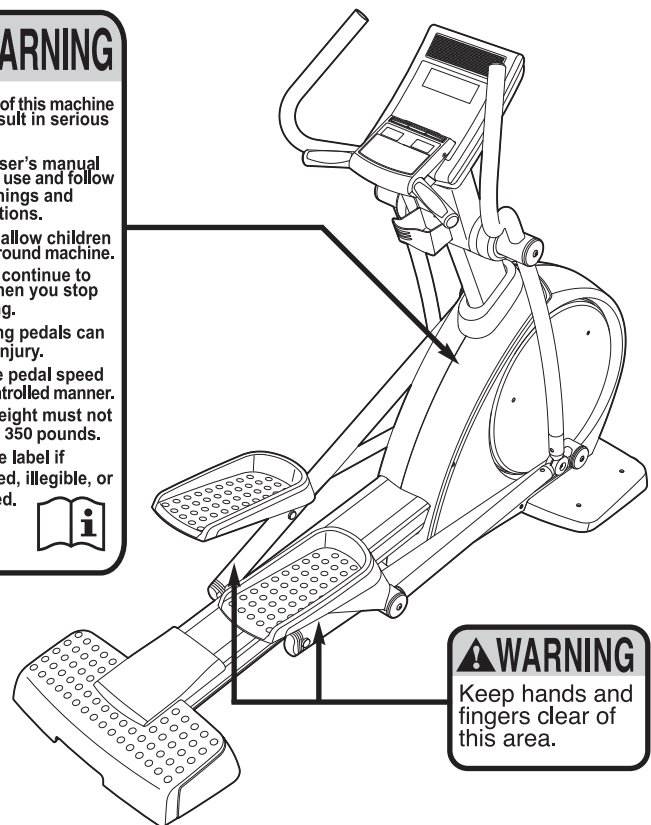

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.**
Note: The decal(s) may not be shown at actual size.

WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. Hotel Fitness and FreeMotion Fitness assume 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 age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. Keep the elliptical indoors, away from moisture and dust. Do not place the elliptical in a garage or covered patio or near water.
5. Place the elliptical on a level surface. To protect the floor or carpet from damage, place a mat beneath the elliptical. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical at all times.
8. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection.
10. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical.
11. Keep your back straight while using the elliptical; do not arch your back.
12. 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.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
15. Do not modify the power adapter or use an adapter to connect the power adapter to an improper receptacle. Keep the power adapter away from heated surfaces. Do not use an extension cord.

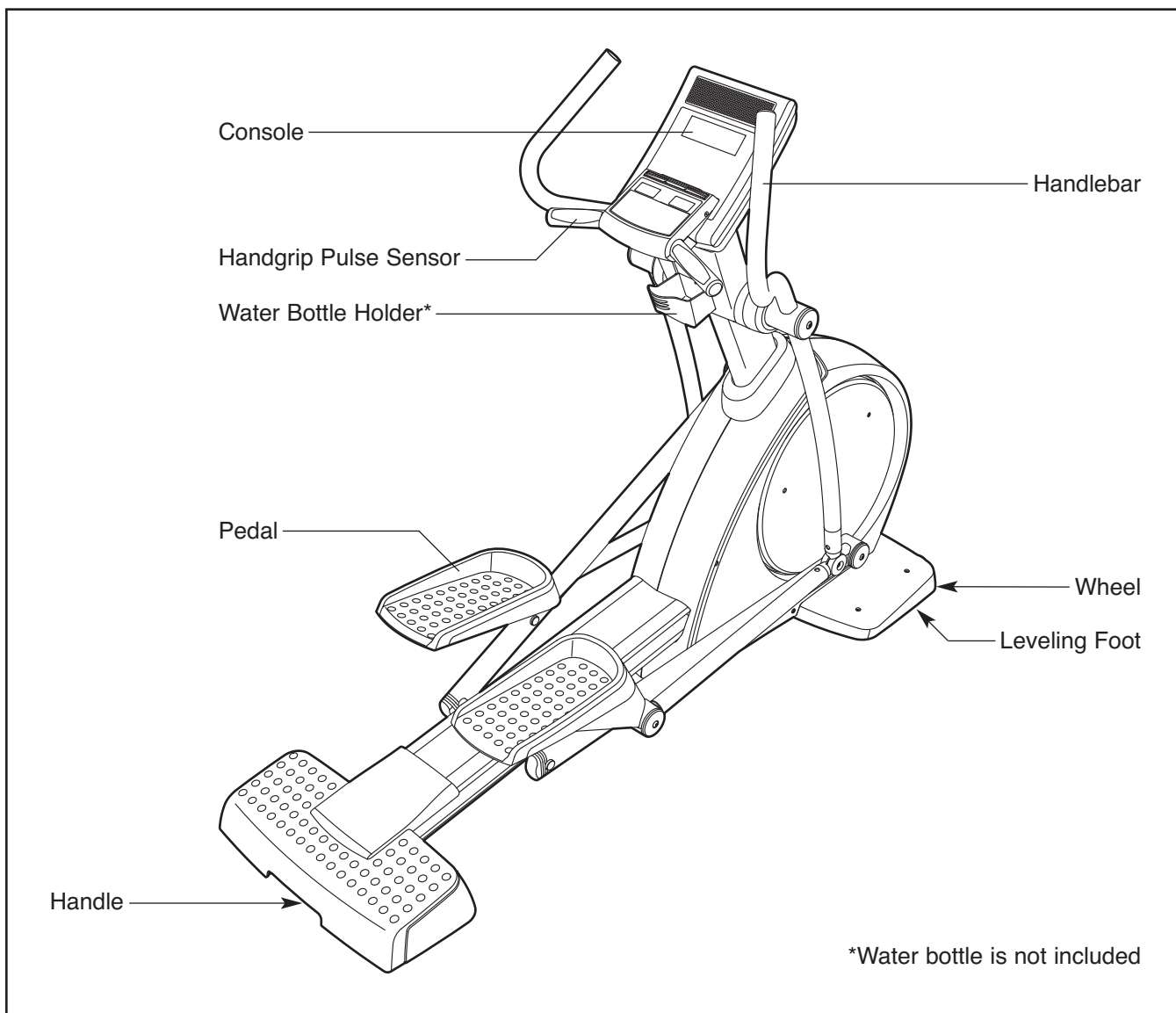
BEFORE YOU BEGIN

Thank you for selecting the new HOTEL FITNESS® HF-XT9800-E elliptical. The HF-XT9800-E elliptical provides an impressive selection of features designed to help you achieve your fitness goals.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the back cover of this

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

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

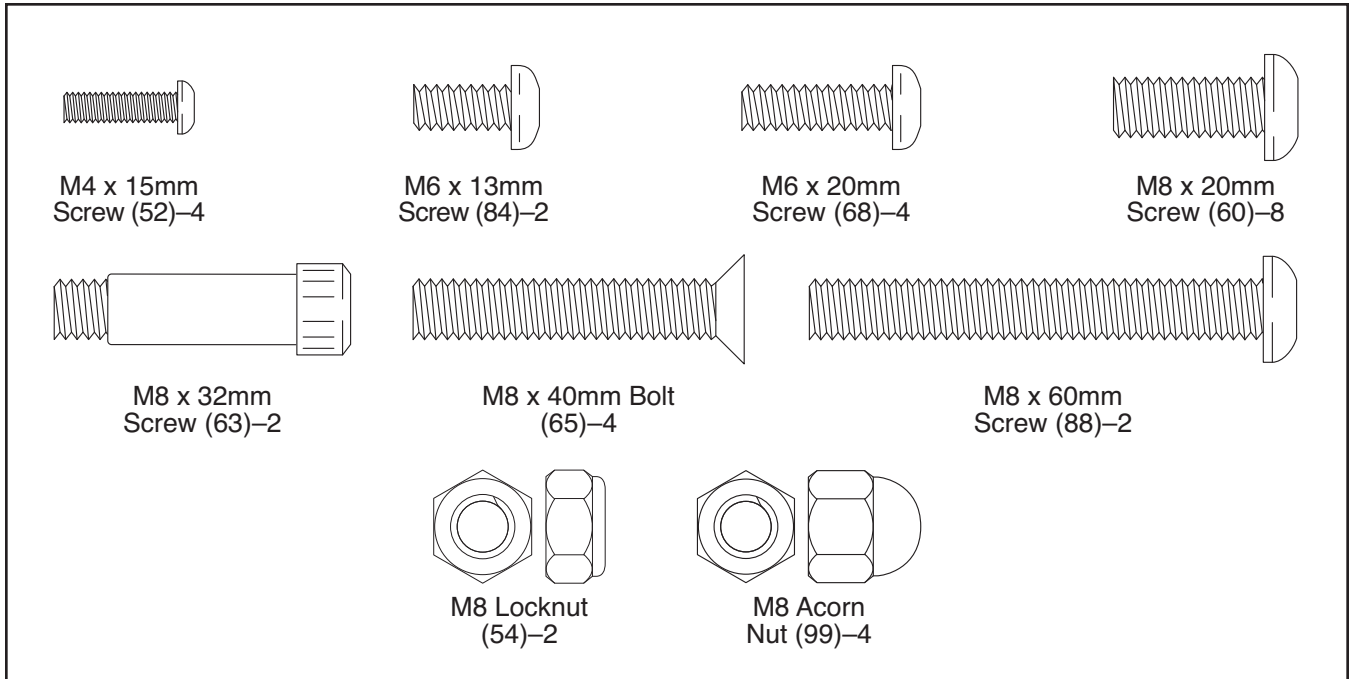


ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  , an adjustable wrench  , and a rubber mallet  .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**



1.

To make assembly easier, read the information on page 5 before you begin.

Orient the Shield Cover (39) and the Upright (2) as shown. Slide the Shield Cover upward onto the Upright.

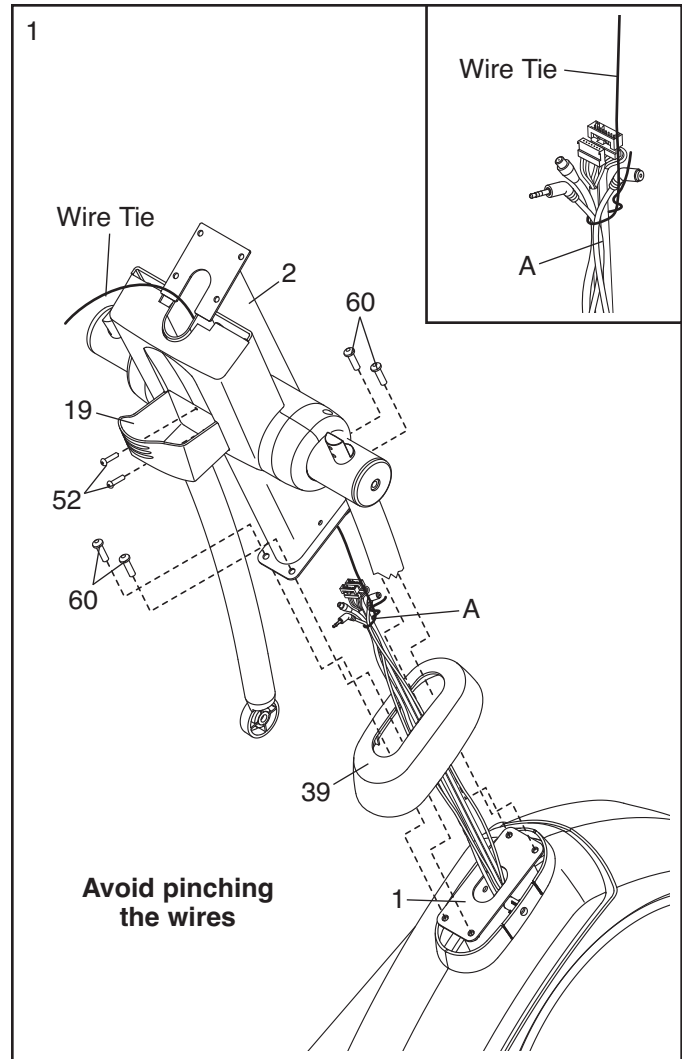
Have a second person hold the Upright (2) near the Frame (1).

See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the frame wires (A). Next, pull the upper end of the wire tie upward out of the top of the Upright. **Tip: To prevent the frame wires from falling into the Upright, secure the frame wires with the wire tie.**

Tip: Avoid pinching the wires. Attach the Upright (2) to the Frame (1) with four M8 x 20mm Screws (60). **Tip: Start all the Screws before tightening any of them.**

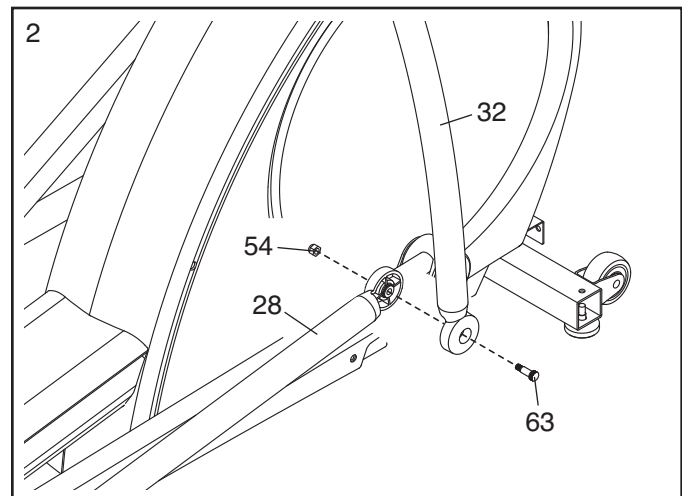
Then, slide the Shield Cover (39) downward to the bottom of the Upright (2).

Attach the Water Bottle Holder (19) to the Upright (2) with two M4 x 15mm Screws (52).



2. Attach the Right Handlebar Leg (32) to the Right Pedal Arm (28) with an M8 x 32mm Screw (63) and an M8 Locknut (54). **Do not overtighten the Locknut; the Right Pedal Arm must pivot easily.**

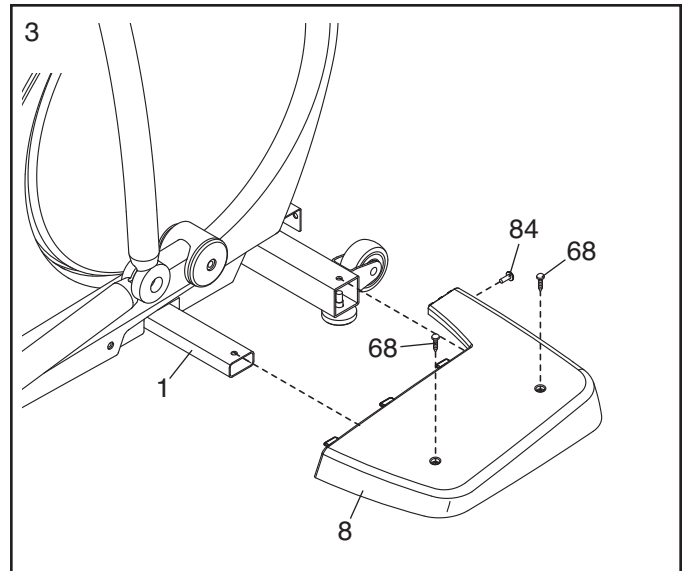
Attach the Left Handlebar Leg (not shown) to the Left Pedal Arm (not shown) in the same way.



3. Identify the Right Frame Cover (8), and orient it as shown.

Attach the Right Frame Cover (8) to the Frame (1) with two M6 x 20mm Screws (68) and an M6 x 13mm Screw (84).

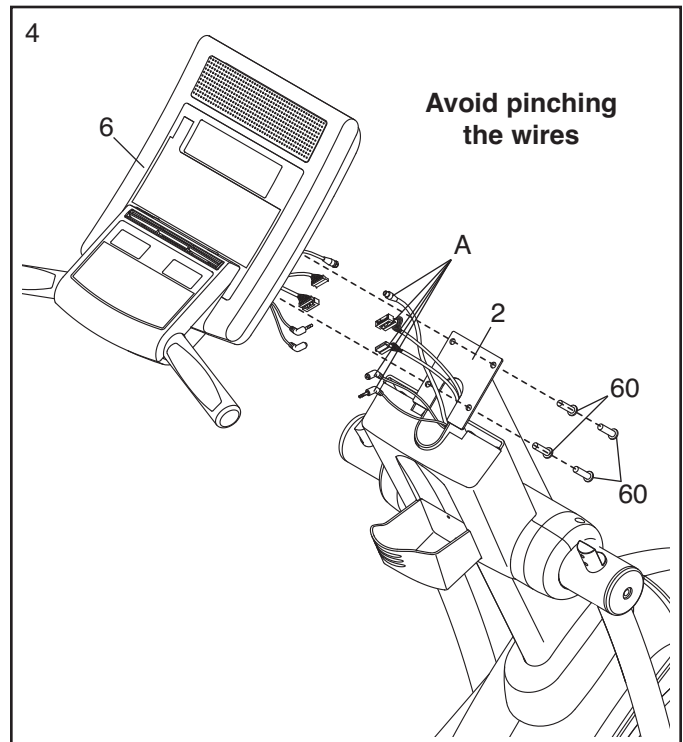
Attach the Left Frame Cover (not shown) in the same way.



4. While a second person holds the Console (6) near the Upright (2), connect the wires on the Console to the frame wires (A). Insert the excess wire downward into the Upright.

Note: Some of the wires are for the optional Workout TV (see page 10).

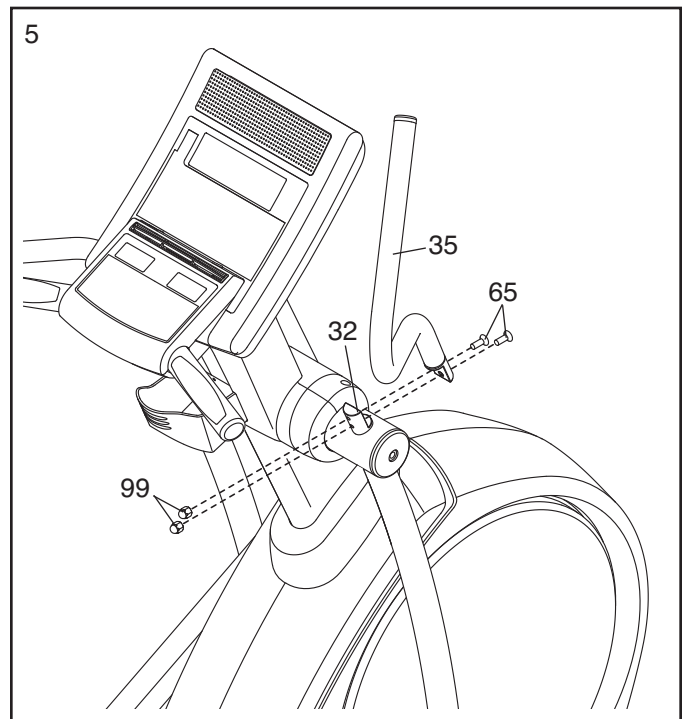
Tip: Avoid pinching the wires. Attach the Console (6) to the Upright (2) with four M8 x 20mm Screws (60).



5. Identify the Right Handlebar (35), which is marked with an "R" sticker.

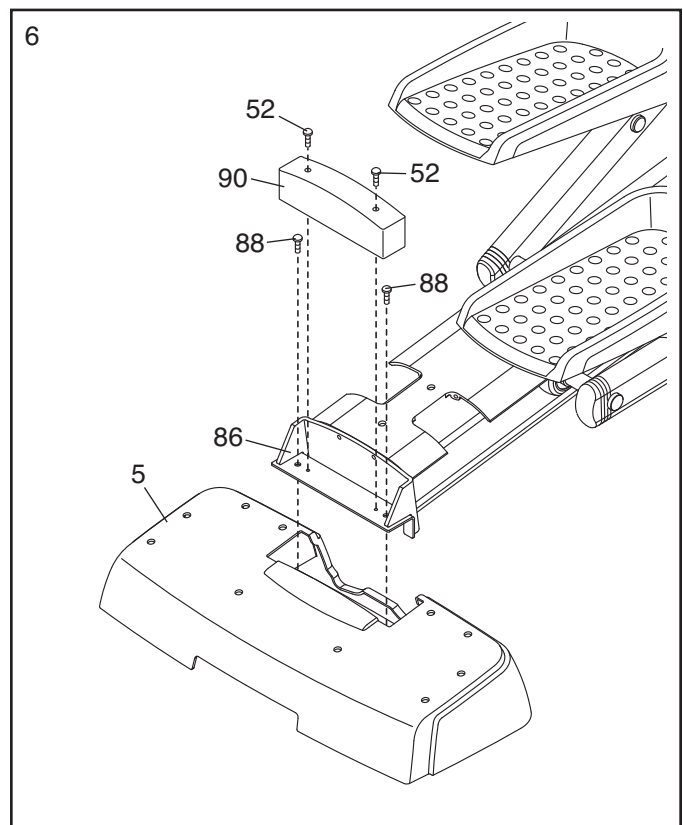
Attach the Right Handlebar (35) to the Right Handlebar Leg (32) with two M8 x 40mm Bolts (65) and two M8 Acorn Nuts (99). **First, tighten the Bolts completely into the Right Handlebar and the Right Handlebar Leg. Using the hex key, hold the Bolts firmly against the Right Handlebar and then tighten the Acorn Nuts onto the ends of the Bolts.**

Attach the Left Handlebar (not shown) to the Left Handlebar Leg (not shown) in the same way.



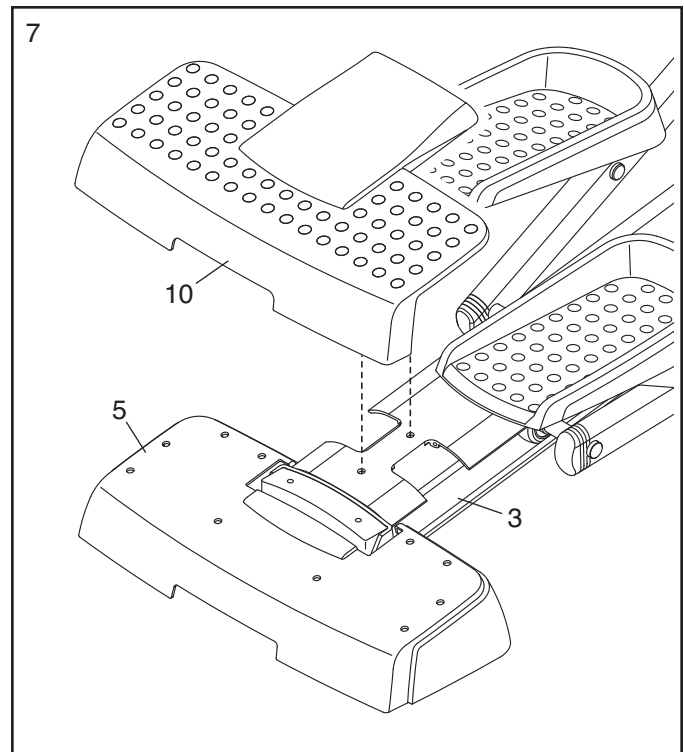
6. Attach the Rear Stabilizer Cover (5) to the Stabilizer Bracket (86) with two M8 x 60mm Screws (88).

Attach the Stabilizer Block (90) to the Stabilizer Bracket (86) with two M4 x 15mm Screws (52).



7. Remove the adhesive backing from the Rear Stabilizer Overlay (10) and from the Rear Stabilizer Cover (5).

Press the Rear Stabilizer Overlay (10) onto the Track Frame (3) and the Rear Stabilizer Cover (5).

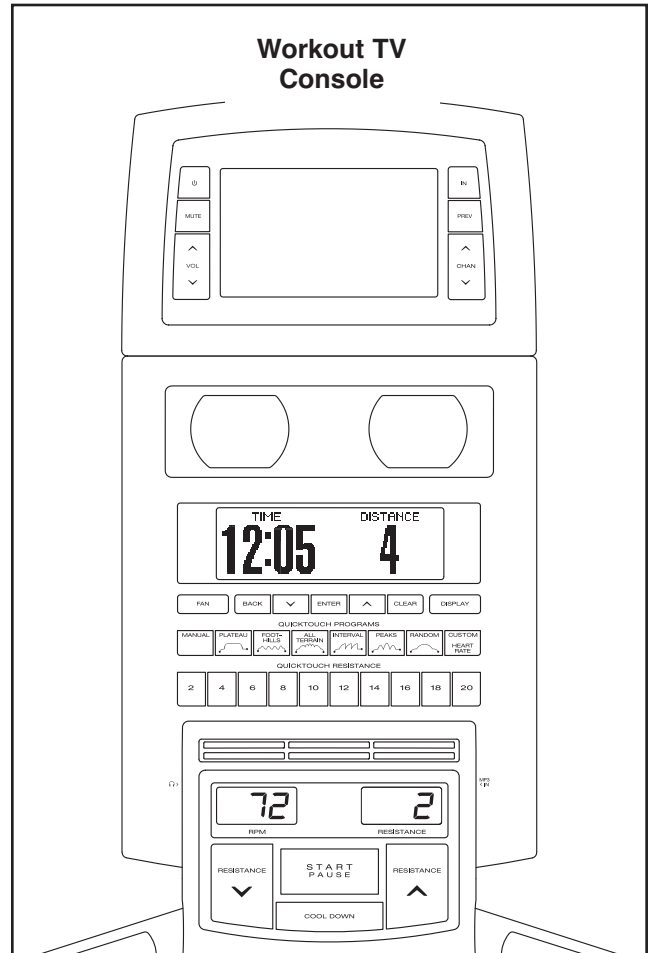
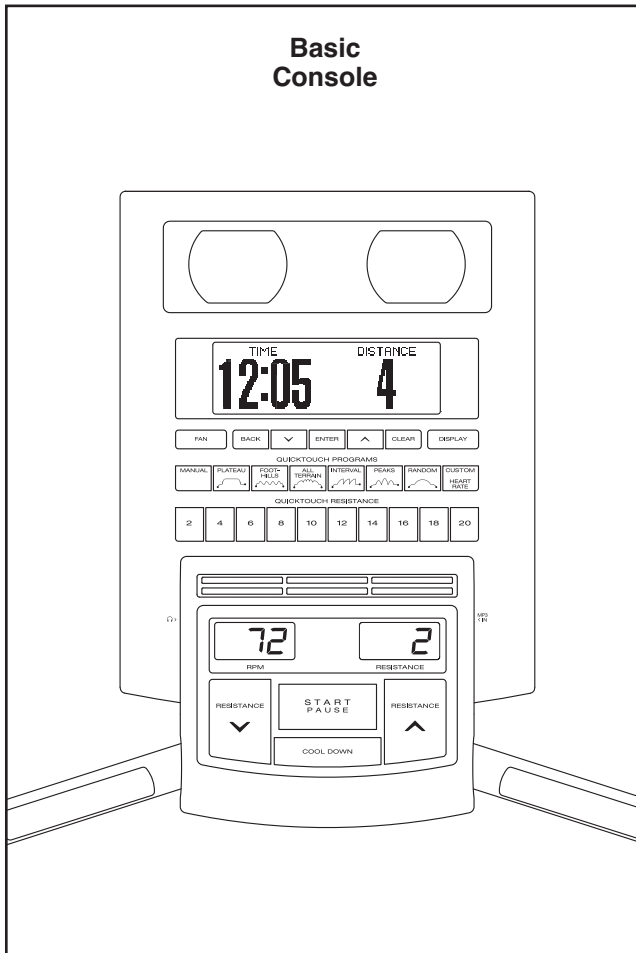


8. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO UPGRADE THE CONSOLE

The elliptical has been preconfigured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 13. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

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

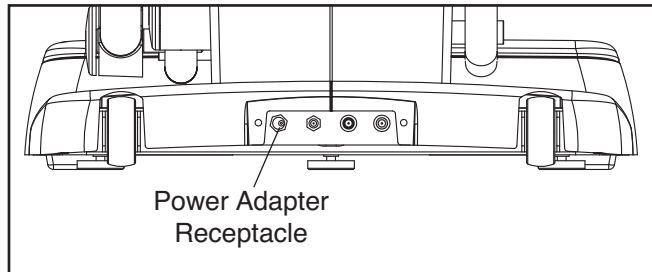


HOW TO USE THE ELLIPTICAL

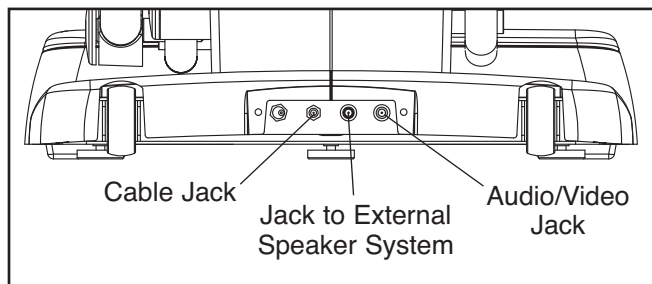
HOW TO PLUG IN THE POWER ADAPTER

To use the power adapter, first plug one end of the power adapter into the receptacle on the front of the elliptical. Plug the other end of the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

HOW TO CONNECT A CATV CABLE



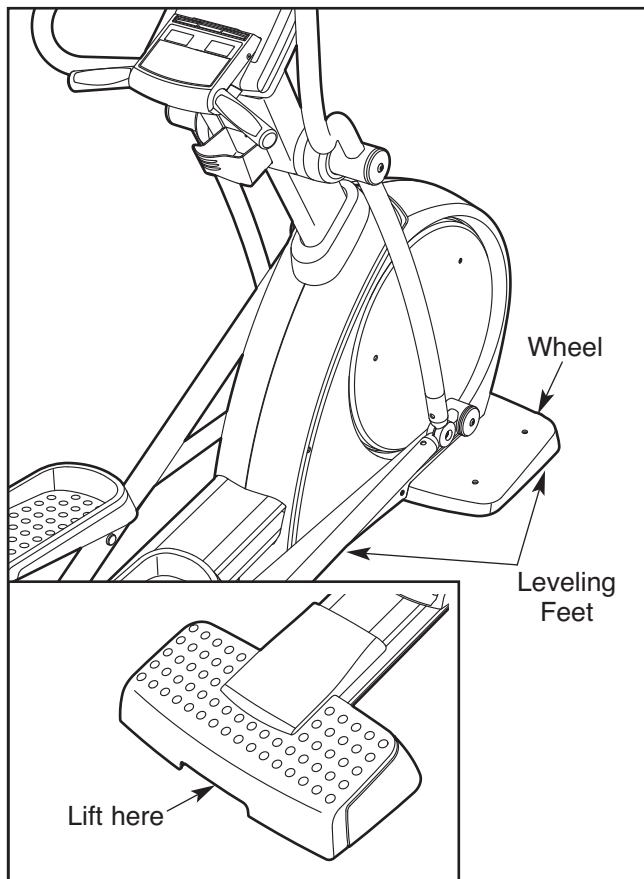
If the elliptical has a Workout TV console (see HOW TO UPGRADE THE CONSOLE on page 10), a CATV cable must be connected to the elliptical for cable TV stations to be viewed. Locate the cable jack on the front of the elliptical. Connect the CATV cable to the cable jack.



A satellite receiver, VCR, or DVD player can also be connected to the elliptical. Connect a CATV cable from the coaxial output on your equipment to the cable jack. Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to operate with the elliptical. RF modulators and external CATV cables are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual included with the equipment you wish to connect to see whether an RF modulator is needed.

HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Have two persons lift the indicated end of the elliptical until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location and then lower it to the level position.



CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical. Do not attempt to move the elliptical over an uneven surface.

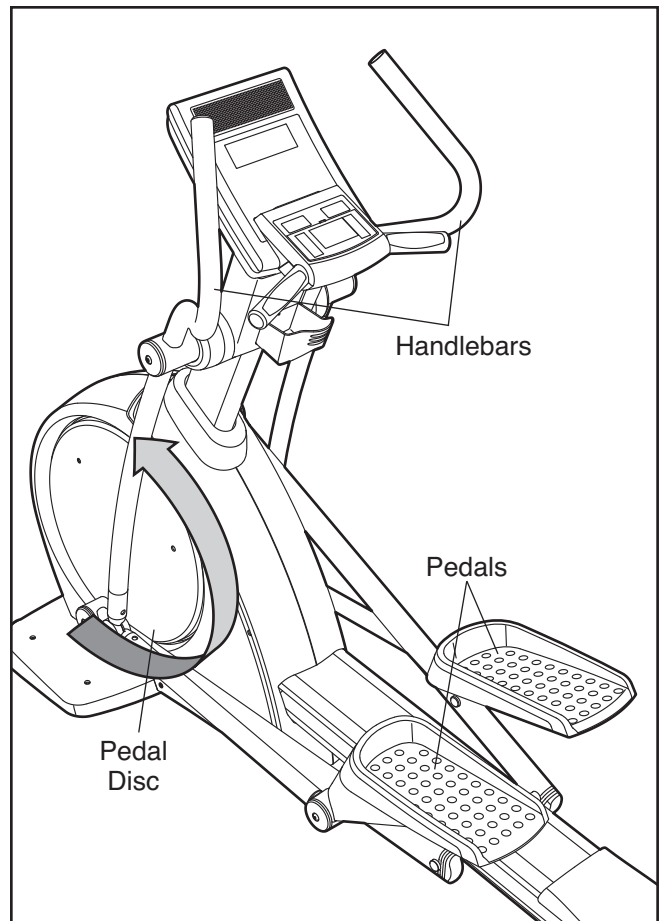
HOW TO LEVEL THE ELLIPTICAL

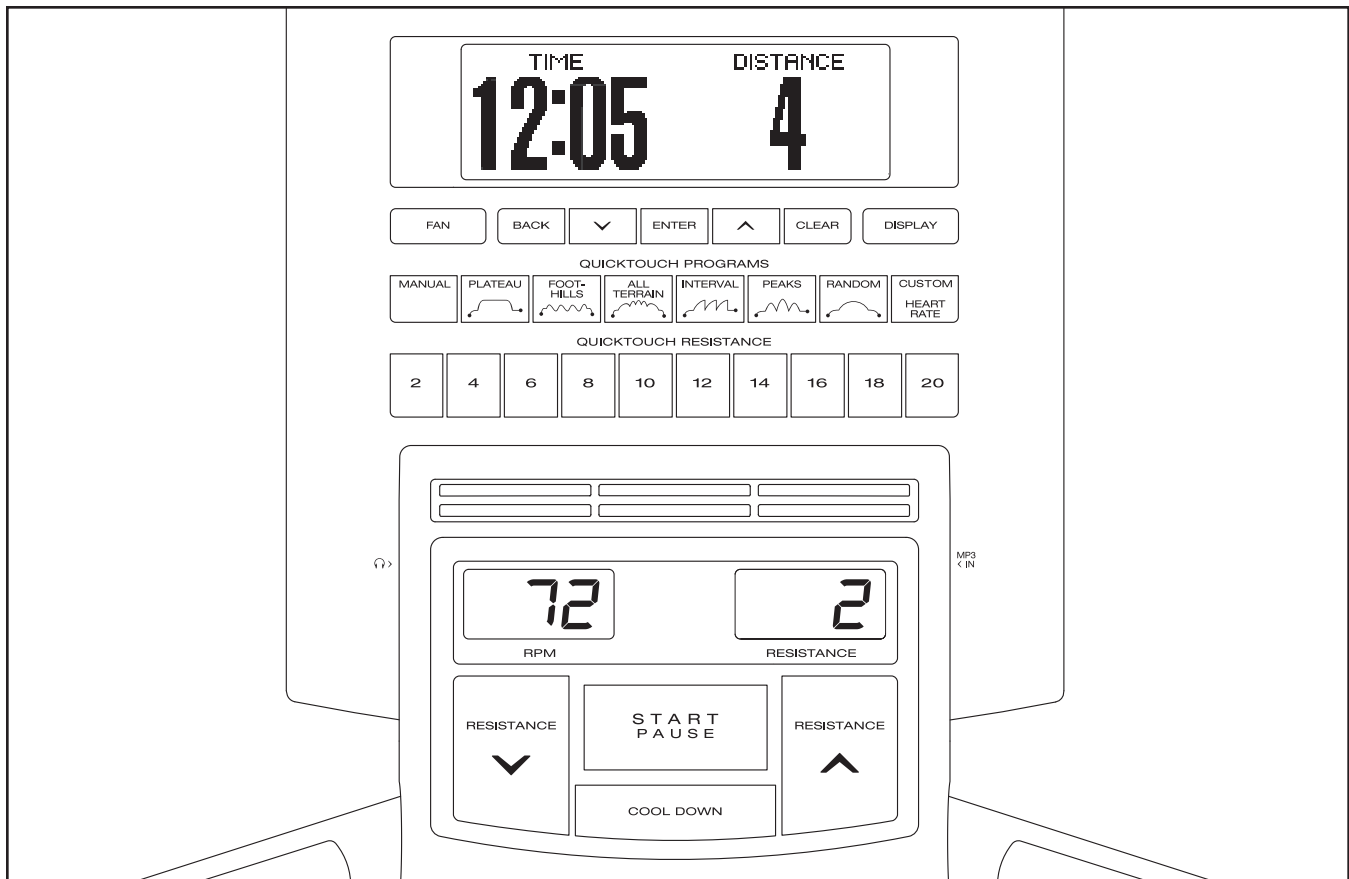
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front stabilizer until the rocking motion is eliminated. Then, turn the leveling foot beneath the center of the frame to prevent the frame from flexing.

HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you use the quick start mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

The console offers twenty-three preset programs. Each program automatically changes the resistance of the pedals and prompts you to maintain a target pace as it guides you through an effective workout.

The console also offers three manual programs that allow you to set your own time, distance, or calorie goal for the workout.

In addition, there are two custom programs that allow you to create your own workouts and store them in memory for future use. Also, when you have finished exercising, you can use the cool down mode to help you recover from your workout.

The console also provides two heart rate programs that automatically adjust the resistance of the pedals to keep your heart rate near a target level during your workouts.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite workout music or audio books while you exercise.

To use the quick start mode, see page 15. To use a MANUAL program, see page 17. To use a preset program, see page 19. To create a CUSTOM program, see page 21. To use a CUSTOM program, see page 22. To use a HEART RATE program, see page 24. To use the COOL DOWN mode, see page 25. To use the maintenance mode, see page 26. To use an iFit workout, see page 27. To use the sound system, see page 27.

HOW TO ACTIVATE THE CONSOLE

See HOW TO PLUG IN THE POWER ADAPTER on page 11. When the power adapter is plugged in, the main display will light and the console will be ready for use.

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

HOW TO TURN OFF THE CONSOLE

If the pedals are not moved for a short period of time, the console will enter an idle mode and a screen saver will appear in the main display. Unplug the power adapter while the elliptical is not in use.

HOW TO USE THE QUICK START MODE

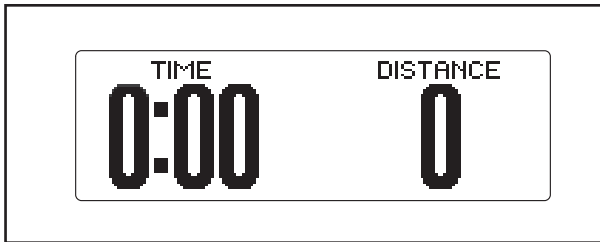
If you do not plan to use a program, the quick start mode will allow you to start exercising and adjust the resistance of the pedals manually.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Select the quick start mode.

When you activate the console, the quick start mode will be selected. If you have selected a program, reselect the quick start mode by pressing any of the QUICKTOUCH PROGRAMS buttons repeatedly until zeros appear in the display.



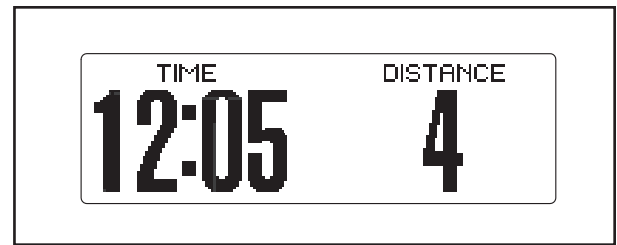
3. Press the START button to start the quick start mode and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons or the numbered QUICKTOUCH RESISTANCE buttons. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the displays.

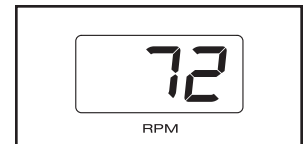
The main display—This display offers several display modes. The display mode that you select will determine which workout information is shown. Press the DISPLAY button repeatedly to select the desired display mode.

The main display can show the following workout information:



- The elapsed time. Note: When a preset program, a custom program, or the MANUAL TIME program is selected, the display will show the time remaining in the program instead of the elapsed time.
- The distance you have pedaled.
- Your heart rate (in beats per minute) when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 5 on page 16).
- The approximate number of calories that you have burned.
- Your exercise intensity in mets.
- Your power output in watts.
- The approximate number of calories you are burning per hour.

The lower left display—This display will show your pedaling pace in revolutions per minute (rpm).



The lower right display—This display will show the resistance level of the pedals.



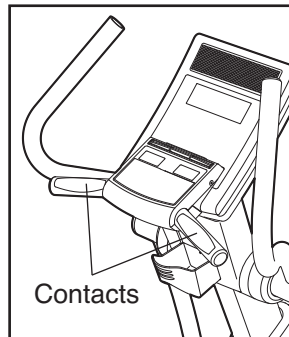
Press the PAUSE button to pause the quick start mode at any time. Simply resume pedaling or press the START button to restart the quick start mode. Press the CLEAR button to reset the displays.

Note: The main display may be able to display text messages in other languages (see step 6 on page 26).

5. 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 27 for information about the optional chest pulse sensor).

If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When you hold the handgrip pulse sensor, a small heart symbol will appear in the display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the FAN button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Pivot the fan louvers upward or downward to direct the airflow from the fan.

7. When you are finished using the elliptical, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE A MANUAL PROGRAM

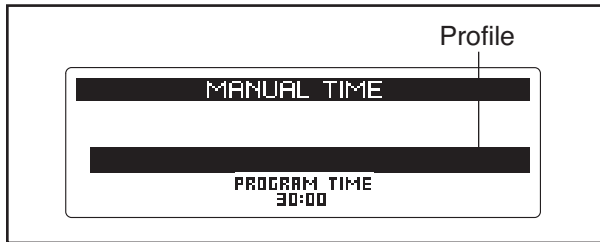
A MANUAL program allows you to set a time, distance, or calorie goal for your workout as you control the resistance of the pedals.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Select a MANUAL program.

To select one of the three MANUAL programs, first press the MANUAL button repeatedly until the words MANUAL TIME, MANUAL DISTANCE, or MANUAL CALORIES appear in the main display. A profile of the resistance settings of the program and the program goal will also appear in the display. Then, press the ENTER button to confirm your selection.



3. Enter your age.

A moment after you select a MANUAL program, the words “ENTER AGE” and an age setting will flash in the main display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



4. Enter your weight.

Next, the words “ENTER WEIGHT” and a weight setting (US pounds) will appear in the main display. To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



5. Enter a goal for the program.

If you selected the MANUAL TIME program, the words “ENTER WORKOUT TIME” and a time setting will appear in the main display. To change the length of time that the program will last, press the increase and decrease buttons beside the ENTER button.

If you selected the MANUAL DISTANCE program, the words “ENTER WORKOUT DISTANCE” and a distance setting will appear in the main display. To change the distance goal for the program, press the increase and decrease buttons beside the ENTER button.

If you selected the MANUAL CALORIES program, the words “ENTER WORKOUT CALORIES” and a calorie setting calories will appear in the main display. To change the calorie goal for the program, press the increase and decrease buttons beside the ENTER button.

6. Press the START button or begin pedaling to start the program.

Each program is divided into several one-minute segments. During the program, the program profile will show your progress (see the drawing in step 2 on page 17). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.

As you pedal, change the resistance of the pedals as desired by pressing the RESISTANCE increase and decrease buttons or the numbered QUICK-TOUCH RESISTANCE buttons. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level. The default resistance level for the MANUAL programs is resistance level 3.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

7. Follow your progress with the displays.

See step 4 on page 15.

If you selected the MANUAL TIME program, the main display will count down the time remaining in the program. **If you selected the MANUAL DISTANCE program**, the main display will count down the distance. **If you selected the MANUAL CALORIES program**, the main display will count down the approximate number of calories you are burning.

8. Measure your heart rate if desired.

See step 5 on page 16.

9. Turn on the fan if desired.

See step 6 on page 16.

10. When you are finished using the elliptical, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE A PRESET PROGRAM

A preset program will automatically change the resistance of the pedals and prompt you to maintain a target pace while guiding you through your workout.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Select a preset program.

To select one of the twenty-three preset programs, first press the PLATEAU, FOOTHILLS, ALL TERRAIN, INTERVAL, PEAKS, or RANDOM button repeatedly until the name of the desired preset program appears in the main display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.



3. Enter your age.

See step 3 on page 17.

4. Enter your weight.

See 4 on page 17.

5. Press the START button or begin pedaling to start the program.

Each preset program is divided into 20 or 30 one-minute segments. One resistance level and one target rpm (pace) setting is programmed for each segment. Note: The same resistance setting and/or target rpm may be programmed for consecutive segments.

During the program, the program profile will show your progress (see the drawing to the left). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display.



IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

6. Follow your progress with the displays.

See step 4 on page 15.

7. Measure your heart rate if desired.

See step 5 on page 16.

8. Turn on the fan if desired.

See step 6 on page 16.

9. When you are finished using the elliptical, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO CREATE A CUSTOM PROGRAM

A custom program allows you to create your own workouts and store them in memory for future use.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

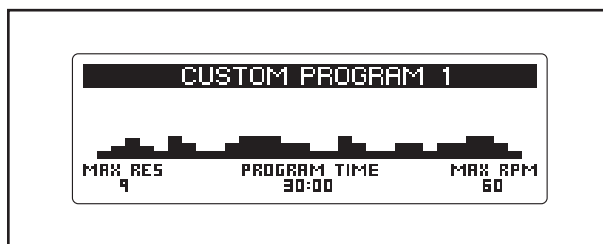
2. Select the maintenance mode.

Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode. Note: For more information about the maintenance mode, see page 26.

When the maintenance mode is selected, the words "MAINTENANCE MODE SCREEN 1" will appear in the main display. Press the DISPLAY button repeatedly until the words "MAINTENANCE MODE SCREEN 4" and a menu of custom programs appears in the main display. You can now select and change the settings for a custom program.

3. Select a custom program.

To select one of the two custom programs, press the DISPLAY button repeatedly until the name of the desired custom program is highlighted, and then press the ENTER button. The name of the custom program and a profile of the resistance settings for the program will then appear in the main display. The resistance level, the program time, and the target rpm will also appear in the main display.



4. Program the desired program settings.

Each custom workout is divided into 30 one-minute segments. You can program one resistance level and one target rpm (pace) setting for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons or the numbered QUICKTOUCH RESISTANCE buttons.

To program a target rpm setting for the first segment, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button to move to the next segment of the profile.

Program a resistance level and a target rpm setting for the second segment as described above. Continue to program resistance levels and target rpm settings until all segments of the custom program have been programmed.

Note: While programming segments, press the ENTER button to move to the right in the profile; press the BACK button to move to the left in the profile.

5. Exit the custom program and program other custom programs as desired.

When you program settings for the last segment of the program and press the ENTER button, the console will automatically exit the custom program and return to the menu of custom programs.

Repeat steps 3 and 4 to select and program another custom program, if desired.

6. Exit the maintenance mode.

Press the DISPLAY button repeatedly to exit the maintenance mode. When you exit the maintenance mode, the custom program will be saved in memory.

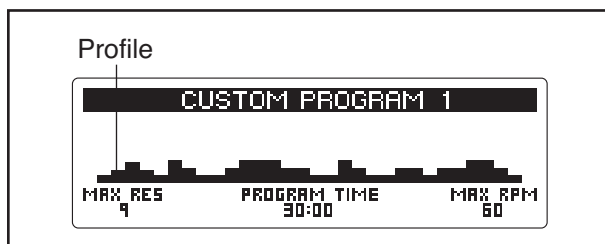
HOW TO USE A CUSTOM PROGRAM

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Select a custom program.

To select one of the two CUSTOM programs, first press the CUSTOM/HEART RATE button repeatedly until the name of the desired custom program appears in the main display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.



Note: If only a level row of indicators appears in the program profile, see HOW TO CREATE A CUSTOM PROGRAM on page 21.

3. Enter your age.

See step 3 on page 17.

4. Enter your weight.

See 4 on page 17.

5. Press the START button or begin pedaling to start the program.

Each CUSTOM program is divided into 30 one-minute segments. One resistance setting and one target rpm (pace) is programmed for each segment. Note: The same resistance setting and/or target rpm may be programmed for consecutive segments.

During the program, the program profile will show your progress (see the drawing to the left). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display. **IMPORTANT:** The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.



If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button. To change the settings of the custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 21.

6. Follow your progress with the displays.

See step 4 on page 15.

7. Measure your heart rate if desired.

See step 5 on page 16.

8. Turn on the fan if desired.

See step 6 on page 16.

9. When you are finished using the elliptical, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE A HEART RATE PROGRAM

The CONSTANT HEART RATE program will automatically control the resistance of the pedals to keep your heart rate near a target level during your workout.

The VARIABLE HEART RATE program will automatically control the resistance of the pedals to keep your heart rate within a target range during your workout.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Select a HEART RATE program.

To select one of the two HEART RATE programs, first press the CUSTOM/HEART RATE button repeatedly until the name of the desired heart rate program appears in the main display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.

3. Enter a maximum heart rate setting.

A moment after you select a HEART RATE program, the words "ENTER MAXIMUM PERCENTAGE" and a percentage setting will flash in the main display. The maximum heart rate setting represents a *percentage* of your *estimated maximum heart rate*. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ($220 - 30 = 190$). Therefore, if you are 30 years old, a target heart rate setting of 50% is equal to 95 beats per minute (50% of 190 is 95).

To enter a maximum heart rate setting, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

4. Press the START button or begin pedaling to start the program.

Each HEART RATE program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: If you selected the CONSTANT HEART RATE program, the same target heart rate setting is programmed for all segments.

During the program, the program profile will show your progress. The console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

You will also be prompted to pedal at a steady pace so you can maintain your target heart rate. As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display. **IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.**



The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

5. Follow your progress with the displays.

See step 4 on page 15.

6. Measure your heart rate if desired.

See step 5 on page 16.

7. Turn on the fan if desired.

See step 6 on page 16.

8. When you are finished using the elliptical, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 14.

HOW TO USE THE COOL DOWN MODE

The COOL DOWN mode is designed to help you cool down after you have finished exercising. Press the COOL DOWN button to use the COOL DOWN mode.

The COOL DOWN mode is divided into three one-minute segments. The cool down mode will work in the same way as a preset program (see step 5 on pages 19 to 20).

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access usage information and to view and change default settings.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

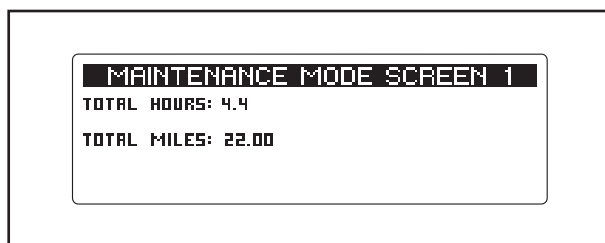
2. Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode.

When the maintenance mode is selected, the words "MAINTENANCE MODE SCREEN 1" will appear in the main display.

Note: As you view the maintenance mode screens, press the BACK button at any time to return to the previous screen.

3. View usage information for the elliptical.

When the words "MAINTENANCE MODE SCREEN 1" appear, the main display will show the total number of hours that the elliptical has been used and the total distance that the elliptical has been pedaled.



4. Press the DISPLAY button and change the time settings if desired.

When the words "MAINTENANCE MODE SCREEN 2" appear, the main display will allow you to set a maximum program time for the programs and a default time for the pause timeout.

The maximum program time for the programs can be from 10 minutes to 90 minutes. To change the maximum program time, press the increase and decrease buttons beside the ENTER button. Then, press the DISPLAY button.

If the pedals on the elliptical do not move for a period of time, a pause timeout will occur and the console will enter an idle mode. When the console is in the idle mode, the displays will be reset to zeros and a screen saver will appear in the main display.

The pause timeout can occur from 1 minute to 5 minutes after the pedals stop moving. To change the length of time that will elapse before the pause timeout, press the increase and decrease buttons beside the ENTER button.

5. Press the DISPLAY button again and change the console settings if desired.

When the words "MAINTENANCE MODE SCREEN 3" appear, the main display will allow you to set a default input and a default volume level.

You can set the default input for the console as MP3, TV, or RCA. To change the default input, press the increase and decrease buttons beside the ENTER button. Then, press the DISPLAY button. Note: The TV and RCA input options are for use with the optional Workout TV (see page 10).

The console has several volume levels. To change the volume level, press the increase and decrease buttons beside the ENTER button.

6. Press the DISPLAY button again and select a language for the main display.

Press the Display button again. The main display may be able to display text messages in other languages. To change the language, press the increase and decrease buttons beside the Enter button. Then press the Display button.

7. Press the DISPLAY button again and change the settings for a custom program if desired.

When the words "MAINTENANCE MODE SCREEN 4" appear, the main display will allow you to select and change the settings for a custom program.

To change the settings for a custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 21.

8. Press the DISPLAY button to exit the maintenance mode.

HOW TO USE AN IFIT WORKOUT

iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 14.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot, which is located on the rear right-hand side of the console. The iFit card should slide easily into the slot. If it does not, turn the iFit card and try again.

iFit workouts function in the same way as preset workouts. To use the workout, see steps 5 to 9 on pages 19 and 20. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the ENTER button.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

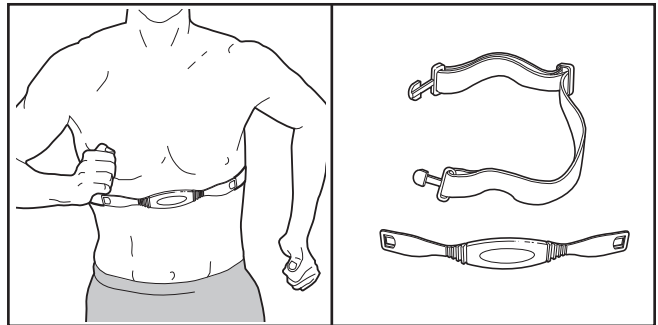
To play music or audio books through the console sound system while you exercise, plug an audio cable (not included) into the MP3 jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

You can use your own headphones with the optional Workout TV (see page 10) or with an iFit workout (see HOW TO USE AN IFIT WORKOUT to the left). To use your headphones, plug the jack on your headphones into the headphones jack on the console; **make sure that the headphones jack is fully plugged in.**

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, please see the back cover of this manual.**



MAINTENANCE AND TROUBLESHOOTING

If you have questions about maintenance or troubleshooting, please see the back cover of this manual.

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the rollers and the track frame on which the rollers ride.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 16.

HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL on page 11.

EXERCISE GUIDELINES

⚠ 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.

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	♥
<hr/>							
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.

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

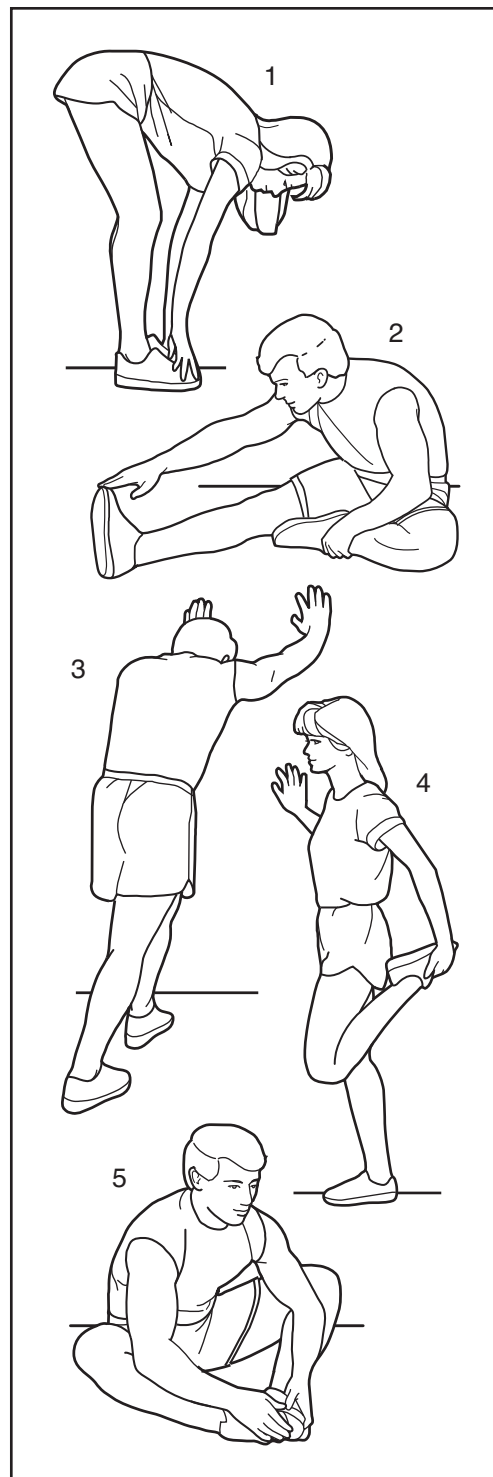
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST

Model No. HF-XT9800-E.1 R1210A

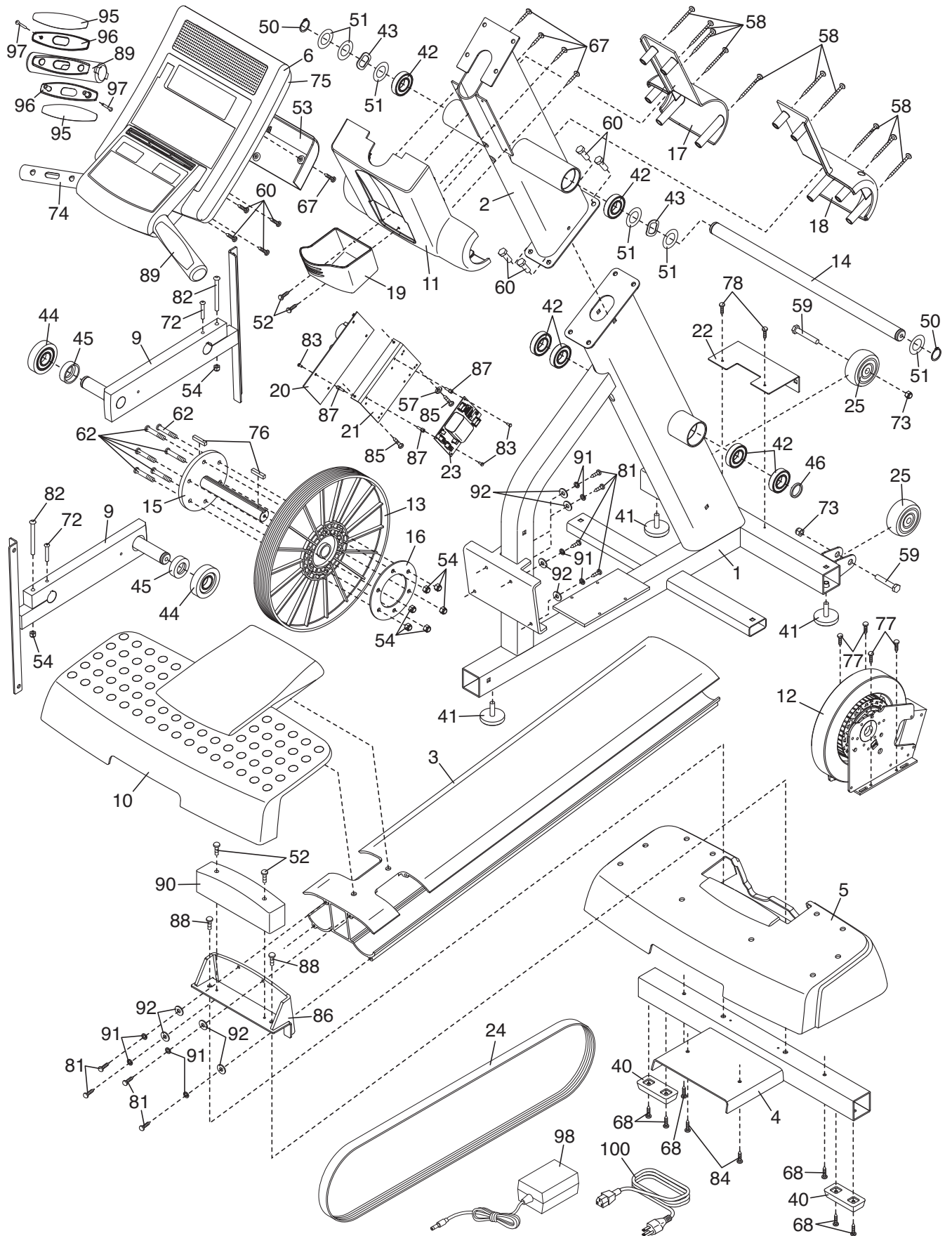
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Large Washer
2	1	Upright	47	6	11mm Cover
3	1	Track Frame	48	4	Roller Bushing
4	1	Rear Stabilizer	49	2	Handlebar Cap
5	1	Rear Stabilizer Cover	50	10	Snap Ring
6	1	Console	51	6	Thrust Washer
7	1	Left Frame Cover	52	6	M4 x 15mm Screw
8	1	Right Frame Cover	53	1	Console Back Cover
9	2	Crank Arm	54	10	M8 Locknut
10	1	Rear Stabilizer Overlay	55	2	Roller Arm Cap
11	1	Upright Cover	56	8	5mm Bushing
12	1	Generator	57	1	M4 Washer
13	1	Pulley	58	10	M4 x 50mm Screw
14	1	Handlebar Axle	59	2	M12 x 60mm Bolt
15	1	Pulley Axle	60	8	M8 x 20mm Screw
16	1	Axle Plate	61	2	M6 Large Washer
17	1	Left Handlebar Cover	62	6	M8 x 42mm Bolt
18	1	Right Handlebar Cover	63	2	M8 x 32mm Screw
19	1	Water Bottle Holder	64	6	M10 x 20mm Screw
20	1	Power Board	65	4	M8 x 40mm Bolt
21	1	Power Board Bracket	66	2	M6 x 20mm Screw
22	1	Frame Cover Bracket	67	15	M4 x 10mm Screw
23	1	Battery Pack	68	23	M6 x 20mm Screw
24	1	Drive Belt	69	3	M6 x 140mm Screw
25	2	Transport Wheel	70	6	M6 x 100mm Screw
26	2	Roller Arm	71	2	M6 x 40mm Screw
27	1	Left Pedal Arm	72	2	M6 x 25mm Screw
28	1	Right Pedal Arm	73	2	M12 Locknut
29	1	Left Handlebar Leg	74	1	Console Handlebar
30	1	Left Pedal	75	1	Console Back
31	1	Right Pedal	76	2	Key
32	1	Right Handlebar Leg	77	4	M5 x 15mm Screw
33	2	Handlebar Foam	78	2	M4 x 14mm Screw
34	1	Left Handlebar	79	2	M6 x 60mm Screw
35	1	Right Handlebar	80	2	Roller
36	1	Right Shield	81	8	M6 x 30mm Hex Bolt
37	1	Left Shield	82	2	M8 x 80mm Bolt
38	2	Pedal Disc	83	16	M3 x 6mm Screw
39	1	Shield Cover	84	4	M6 x 13mm Screw
40	2	Rear Stabilizer Foot	85	2	M4 x 14mm Screw
41	3	Frame Foot	86	1	Stabilizer Bracket
42	10	25mm Bearing	87	8	M3 Standoff
43	8	Wave Washer	88	2	M8 x 60mm Screw
44	8	Bushing	89	2	Pulse Grip
45	2	14mm Spacer	90	1	Stabilizer Block

Key No.	Qty.	Description	Key No.	Qty.	Description
91	8	M6 Split Washer	*	—	A/V Wire
92	8	M6 Washer	*	—	Audio Out Wire
93	12	M5 Washer	*	—	Coaxial Wire
94	12	M4 Split Washer	*	—	Right Pulse Wire
95	4	Pulse Sensor Contact	*	—	Left Pulse Wire
96	4	Grip Insert	*	—	User's Manual
97	4	M4 x 25mm Screw	*	—	Console Wire
98	1	Power Adapter	*	—	CN-3 Jumper Wire
99	4	M8 Acorn Nut	*	—	Ground Wire
100	1	Power Cord	*	—	CN-2 Generator Wire
*	—	Power Receptacle	*	—	CN-1 Generator Wire

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

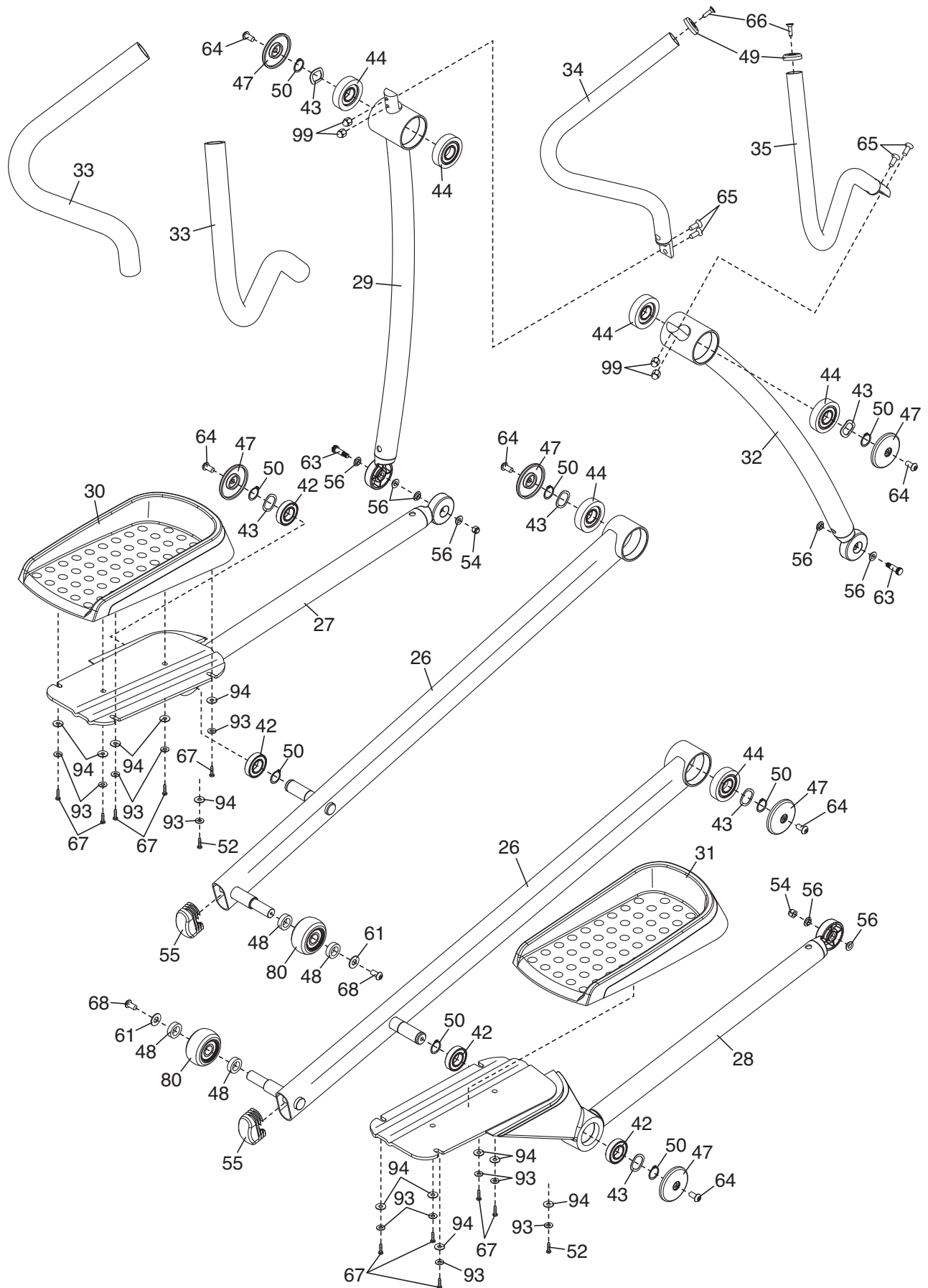
EXPLODED DRAWING A

Model No. HF-XT9800-E.1 R1210A



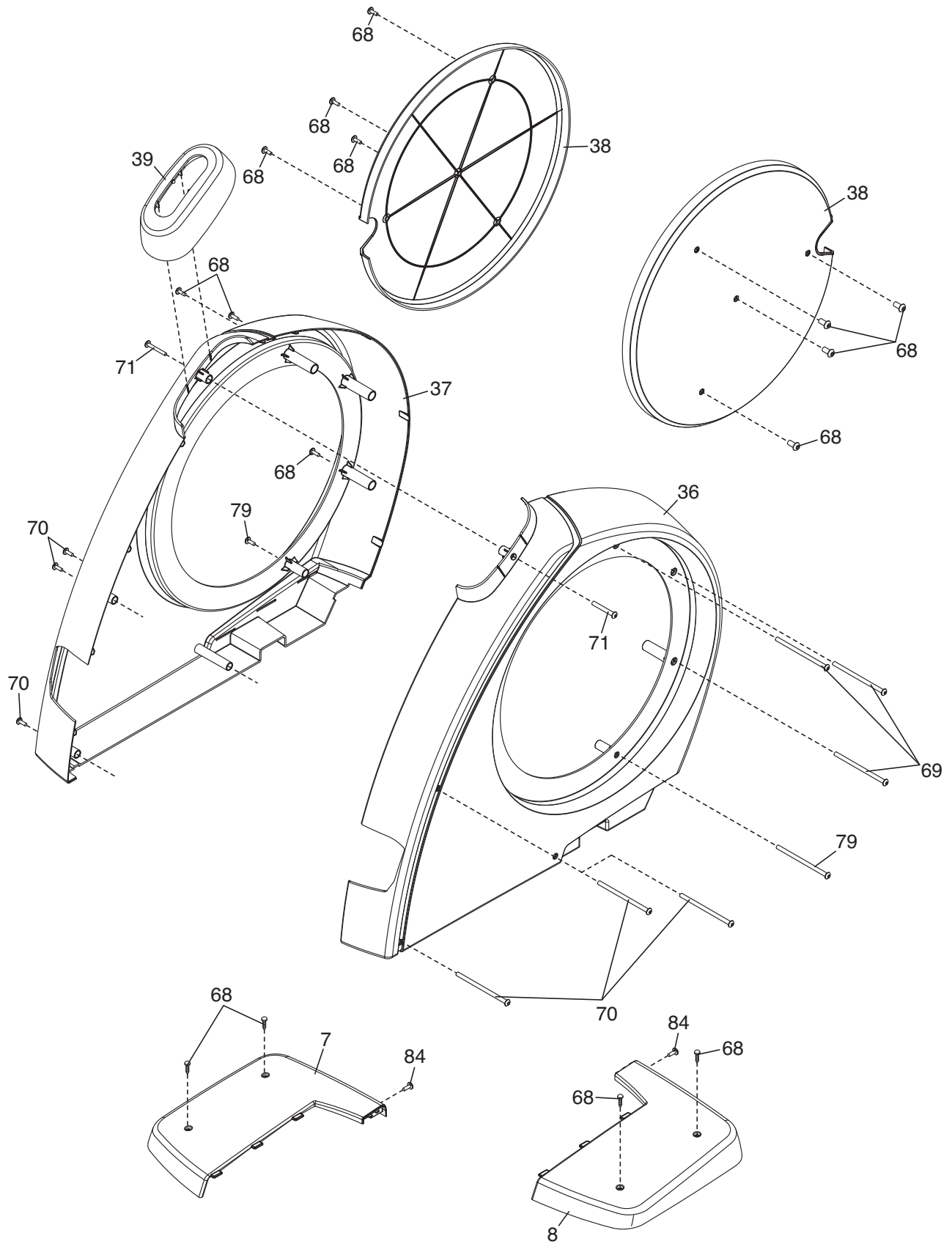
EXPLODED DRAWING B

Model No. HF-XT9800-E.1 R1210A



EXPLODED DRAWING C

Model No. HF-XT9800-E.1 R1210A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone number, email address, or postal address listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Call toll free: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT

Email: fmfvcustomerservice@freemotionfitness.com

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813

To contact Product Sales, call Hotel Fitness toll-free at 1-800-291-0403, send a fax to 1-800-813-1102, send an email to sales@HotelFitness.com, or go to www.HotelFitnessClub.com.

This product is proudly designed and produced by FreeMotion Fitness, a subsidiary of ICON Health & Fitness, Inc.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Frame: Lifetime

Parts: 3 years

Labor: 2 years

This product is warranted for use in non-dues-paying institutional settings to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations.

CONDITIONS AND LIMITATIONS

This warranty applies only to the original owner and is non-transferable. The labor warranty applies only to products sold in the US. The following will void the warranty on this product:

1. Any misuse, abuse, or improper service
2. Users in excess of 350 lbs. (159 kg) in weight.
3. Damage caused by moving the product or improper storage including moving or storing the product on its side.
4. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
5. Damage caused by improper wiring or insufficient electrical current.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

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

Hotel Fitness and FreeMotion Fitness are not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from state to state.

HOW TO CONTACT CUSTOMER CARE

See HOW TO CONTACT CUSTOMER CARE at the top of this page.