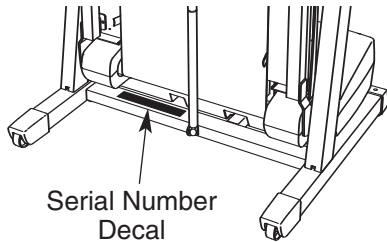


# HEALTHRIDER®

## PRO H250i

Model No. HITL49406.0

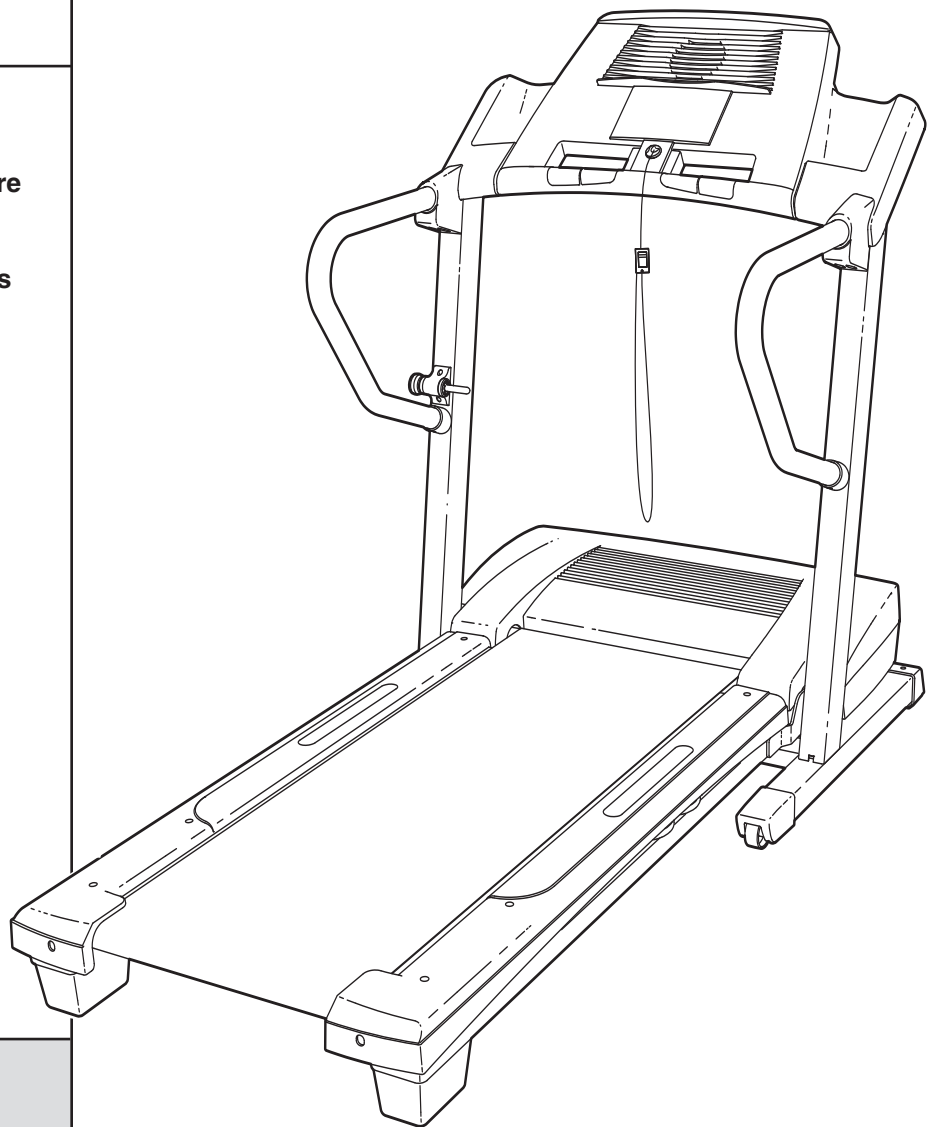
Serial No. \_\_\_\_\_



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing or damaged parts, please contact the establishment where you purchased this product.



### CAUTION

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

# **HEALTHRIDER®**

## **PRO H250i**

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# 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.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 136 kg (300 lbs.).
8. Never allow more than one person on the treadmill at a time.
9. 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.*
10. When connecting the power cord (see page 12), 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.
11. If an extension cord is needed, use only a 3-conductor, 1 mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.).
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while 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 sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch 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.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.
22. Never insert any object into any opening on the treadmill.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the

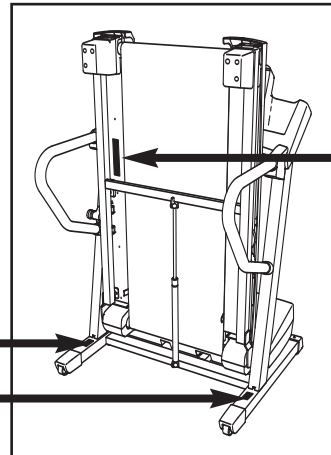
treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative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

25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

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

## SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Tilt treadmill 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.

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**⚠ 警告**  
为避免您或他人发生意外，请阅读使用手册并：

- 启动或停止跑步机时，请站立于侧栏两侧。
- 渐进调整速度。
- 手握把手防滑，启动时请佩戴安全制动带。
- 出现眩晕、过度疲劳或呼吸困难时，请停止使用。
- 搬运或储藏跑步机前，请折叠机前盖。
- 将跑步机折叠至最低位置，请先将坡度调整至最小。

• 勿让孩子接近或爬上跑步机。

• 不使用时，请拿走钥匙。

• 保持衣物、手指、头发远离运转跑步带。

• 跑步运行时，切勿调整或拆卸跑步机。

• 使用跑步机时请穿着运动鞋。

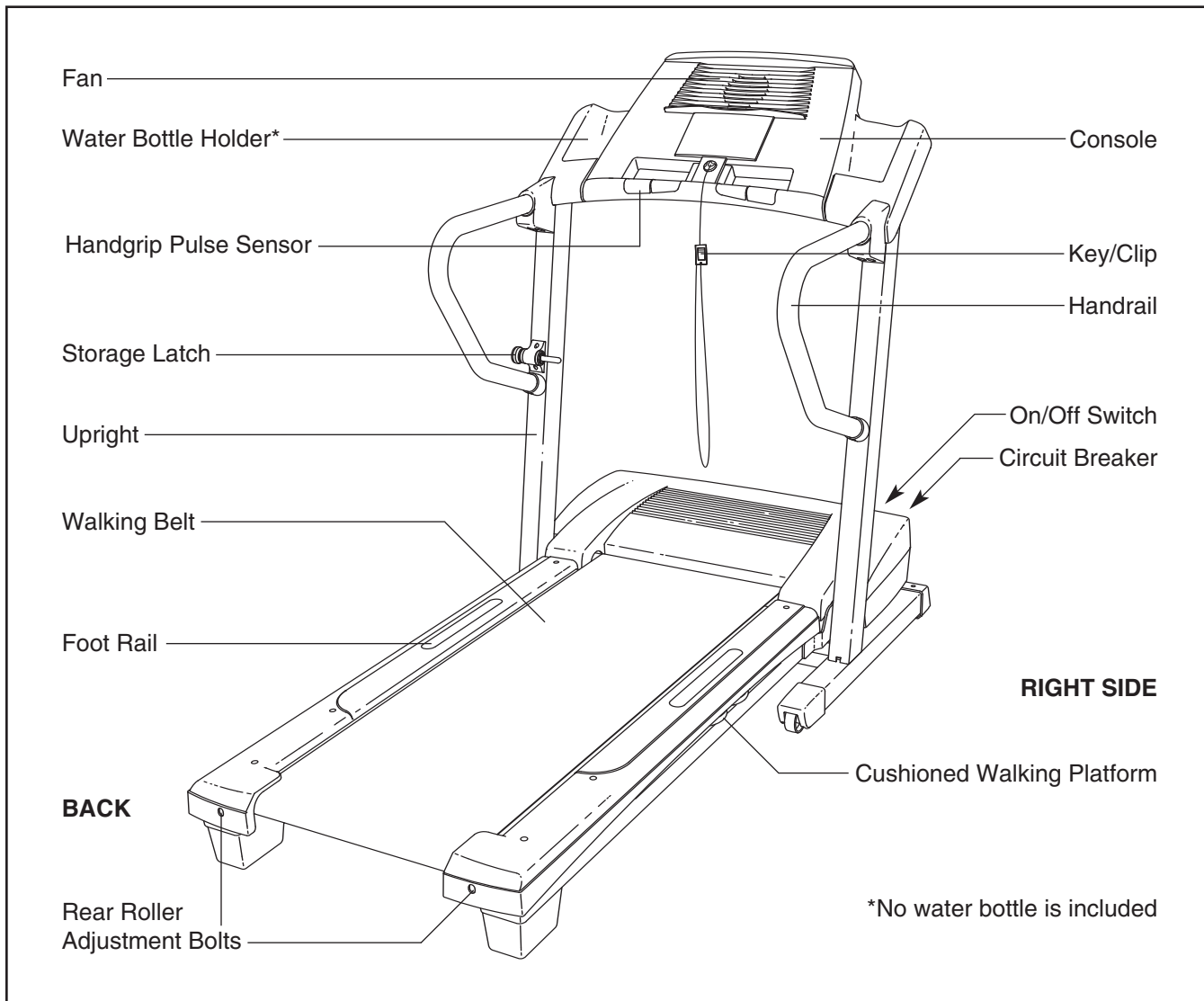
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary HealthRider® PRO H250i treadmill. The PRO H250i treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique PRO H250i treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is HITL49406.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

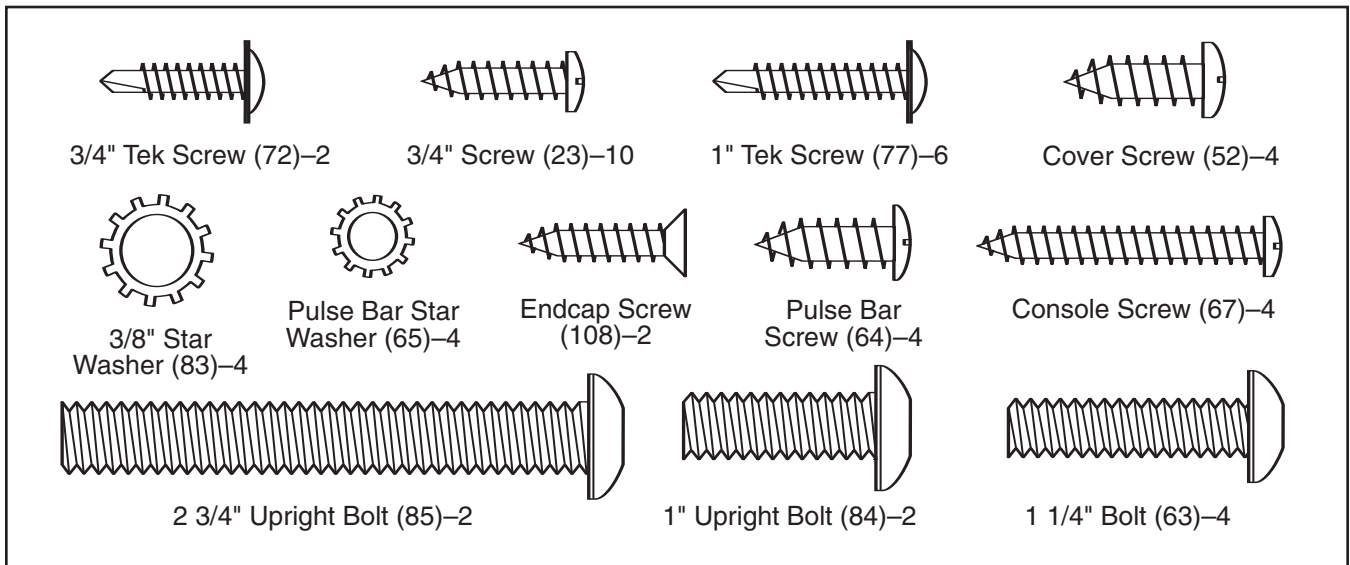


# ASSEMBLY

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

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

Use the drawings below to identify the hardware used during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly.**

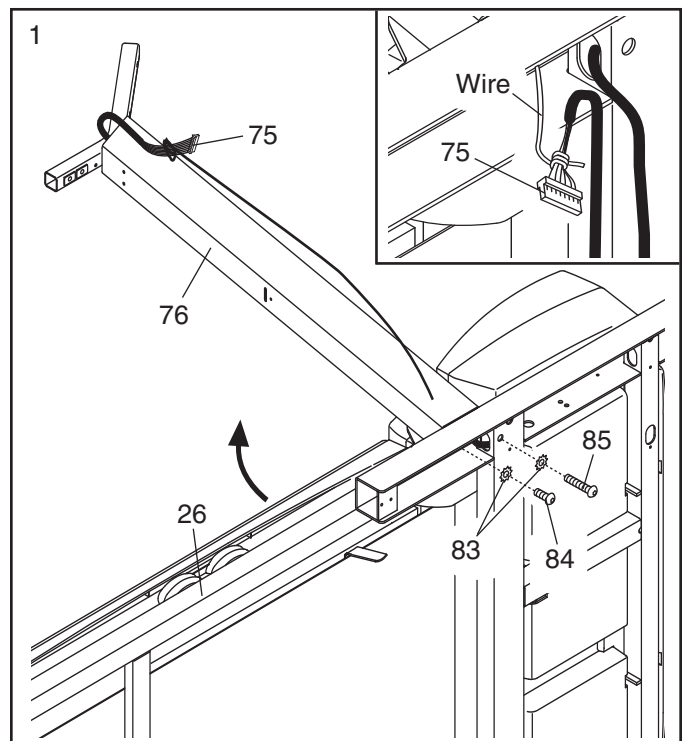


## 1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (26) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Identify the Right Upright (76), which has a sticker attached to it. Hold the Right Upright in the position shown. Next, locate the long wire in the lower end of the Right Upright (see the inset drawing). Securely tie the long wire to the Upright Wire (75). Then, pull the opposite end of the long wire until the Wire Harness is extending from the upper end of the Right Upright. **Make sure that the Upright Wire is on the indicated side of the Right Upright.**

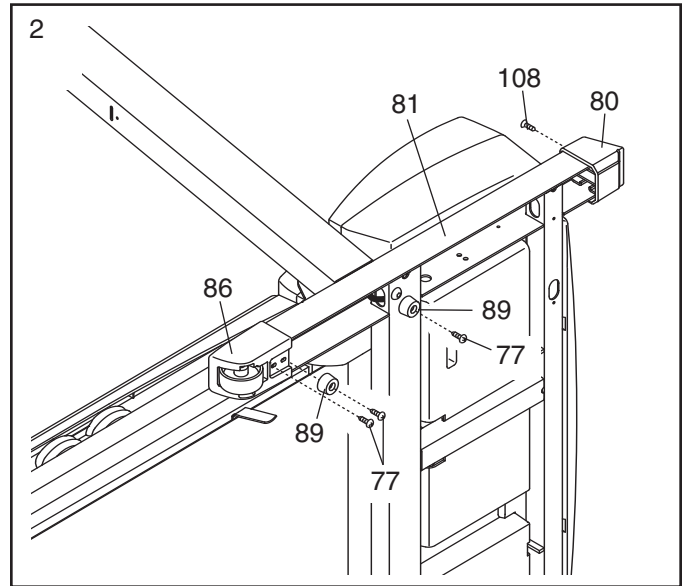
Finger tighten a 2 3/4" Upright Bolt (85) and a 1" Upright Bolt (84) with two 3/8" Star Washers (83) into the bottom of the Right Upright (76). **Do not tighten the Upright Bolts yet.**



2. Attach a Front Endcap (80) to the Base (81) with an Endcap Screw (108).

Attach a Wheel Housing (86) to the Base (81) with two 1" Tek Screws (77) and a Base Pad (89) as shown.

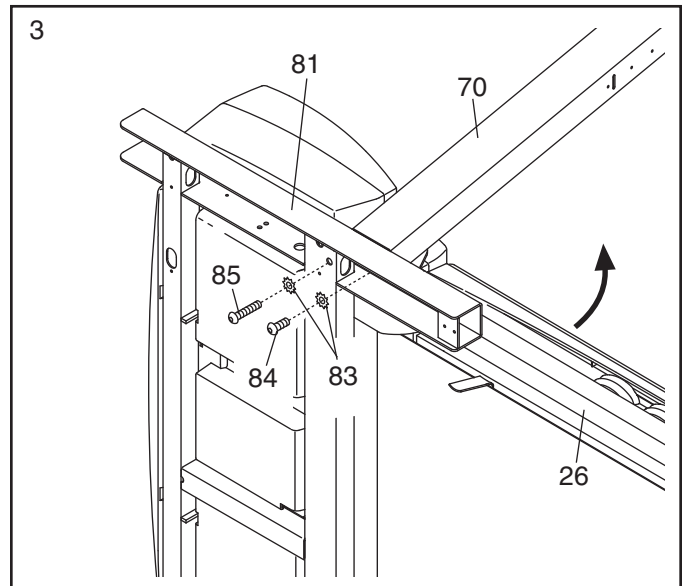
Attach an additional Base Pad (89) to the Base (81) with a 1" Tek Screw (77).



3. With the help of a second person, carefully tip the treadmill onto its right side as shown. Partially fold the Frame (26) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Hold the Left Upright (70) near the Base (81).

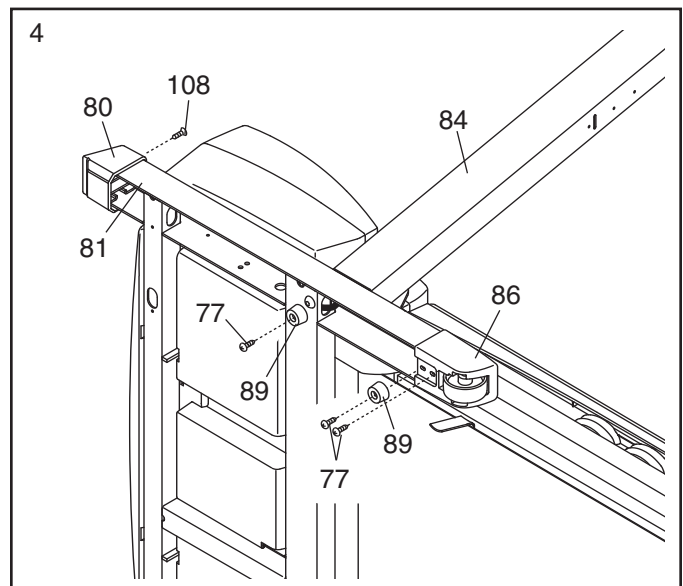
Finger tighten a 2 3/4" Upright Bolt (85) and a 1" Upright Bolt (84) with two 3/8" Star Washers (83) into the bottom of the Left Upright (70). **Do not tighten the Upright Bolts yet.**



4. Attach the other Front Endcap (80) to the Base (81) with an Endcap Screw (108).

Attach the other Wheel Housing (86) to the Base (81) with two 1" Tek Screws (77) and a Base Pad (89) as shown.

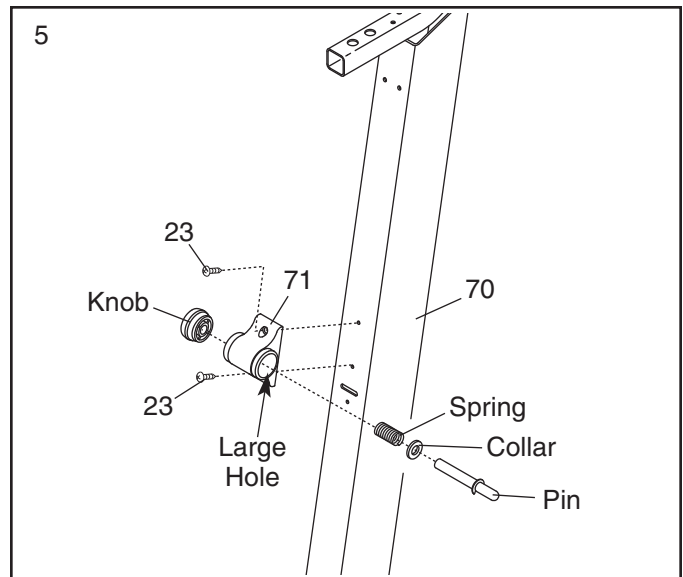
Attach an additional Base Pad (89) to the Base (81) with a 1" Tek Screw (77).



- With the help of a second person, carefully raise the Left Upright (70) and the Right Upright (not shown) to a vertical position.

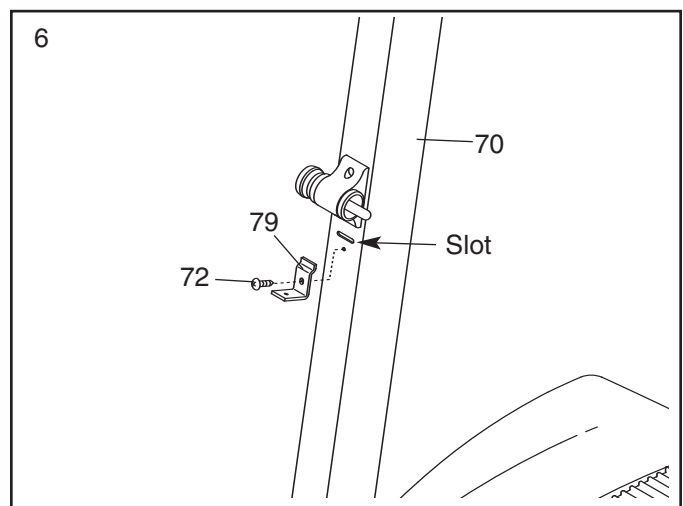
Attach the Latch Housing (71) to the Left Upright (70) with two 3/4" Screws (23); **start both Screws and then tighten them. Note: Make sure that the large hole in the Latch Housing is on the indicated side.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (71). Then, tighten the knob onto the pin.



- Insert the tab on one of the Handrail Brackets (79) into the indicated slot in the Left Upright (70). Attach the Handrail Bracket with a 3/4" Tek Screw (72).

Attach the other Handrail Bracket (not shown) to the Right Upright (not shown) as described above.



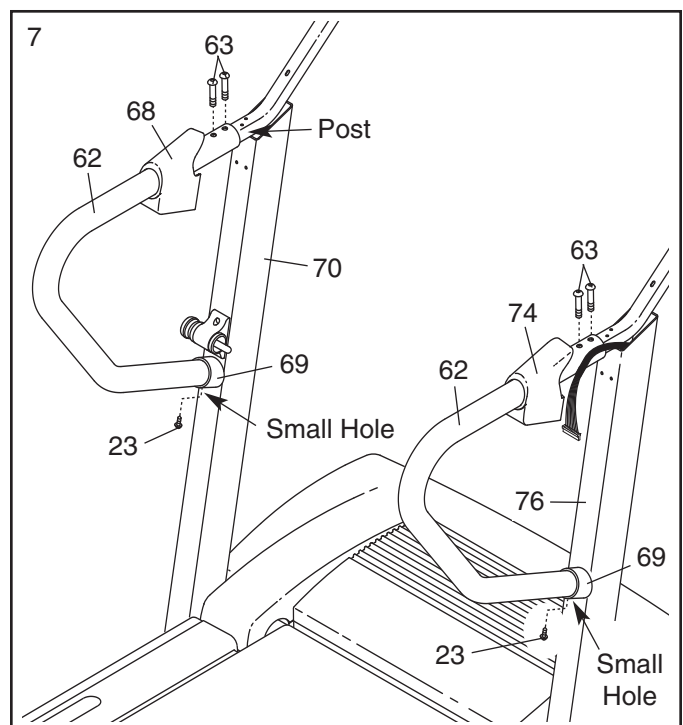
- Identify the Left Handrail Cover (68), which has a sticker attached to it. Slide the Left Handrail Cover onto the upper end of one of the Handrails (62). Slide one of the Handrail Caps (69) onto the lower end of the Handrail. **Make sure that the small hole in the Handrail Cap is on the bottom.**

Slide the Handrail (62) onto the post on the Left Upright (70) and onto the left Handrail Bracket (not shown). Finger tighten two 1 1/4" Bolts (63) into the Handrail and the post; **do not fully tighten the Bolts yet.**

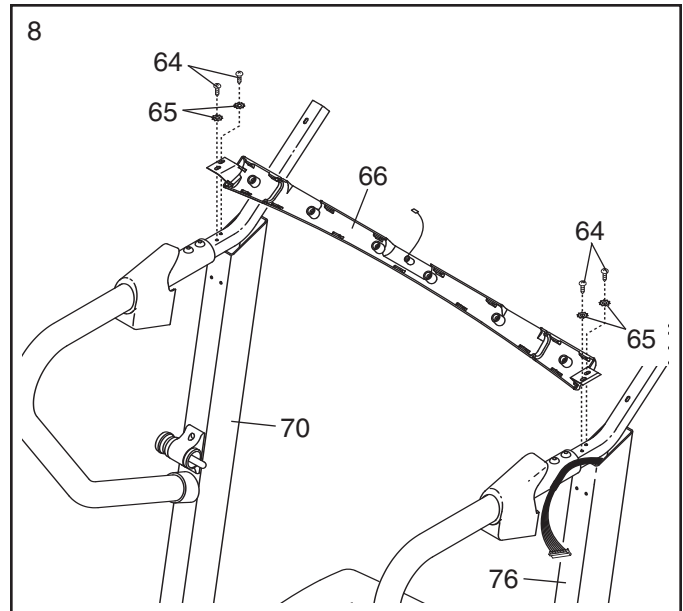
Tighten a 3/4" Screw (23) into the small hole in the Handrail Cap (69) and into the Handrail Bracket (not shown).

Slide the Right Handrail Cover (74) onto the other Handrail (62). Attach the Handrail to the Right Upright (76) as described above.

**Firmly tighten the four 1 1/4" Bolts (63).**

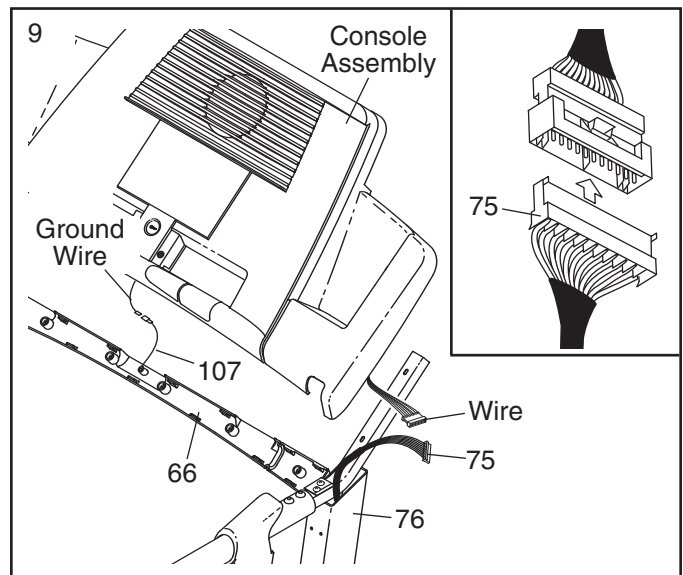


8. Orient the Pulse Bar (66) as shown. Attach the Pulse Bar to the Left and Right Uprights (70, 76) with four Pulse Bar Screws (64) and four Pulse Bar Star Washers (65). **Firmly tighten the Pulse Bar Screws.**



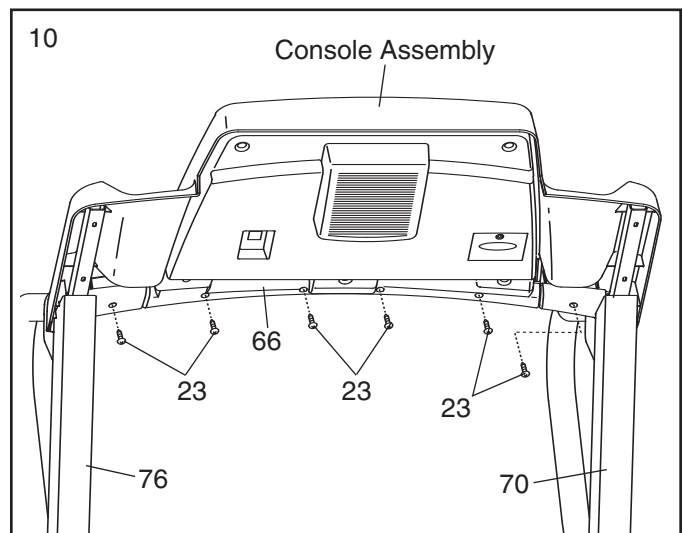
9. While a second person holds the console assembly near the Pulse Bar (66), connect the Ground Wire (107) on the Pulse Bar to the ground wire on the console assembly.

Next, connect the indicated wire on the console assembly to the Upright Wire (75). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors downward into the Right Upright (76).



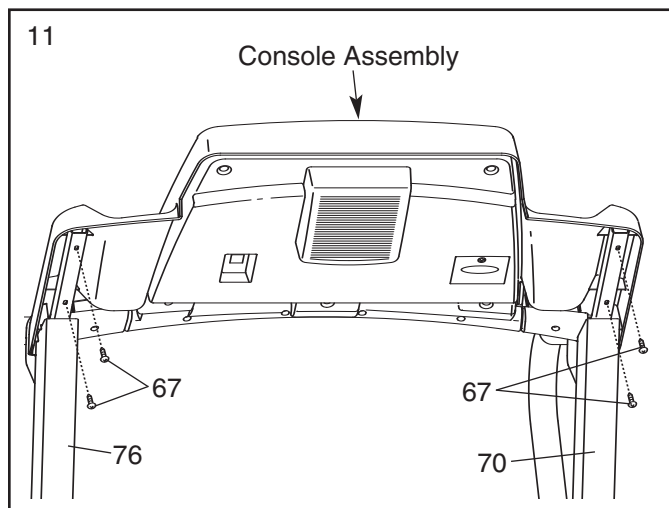
10. Set the console assembly on the Left and Right Uprights (70, 76). **Be careful not to pinch any wires.**

Attach the console assembly to the Pulse Bar (66) with six 3/4" Screws (23). **Do not tighten the Screws yet.**



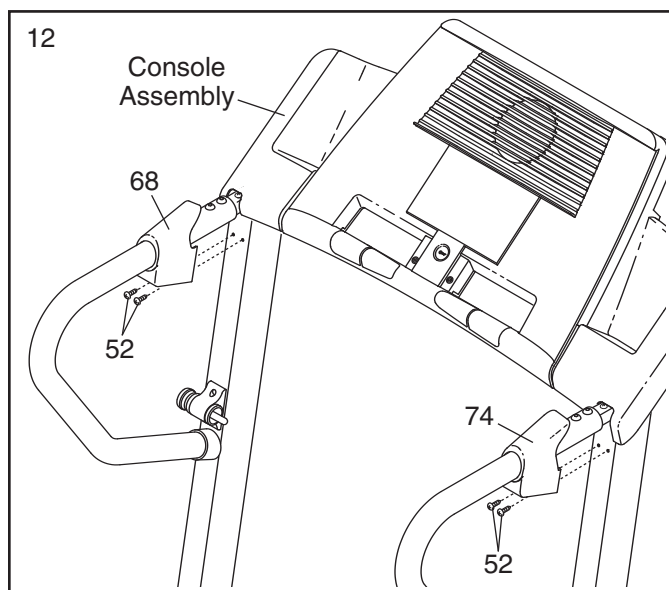
11. Tighten four Console Screws (67) into the Left and Right Uprights (70, 76) and the console assembly. **Start all four Screws and then tighten them; do not overtighten the Console Screws.**

See step 10. Tighten the six 3/4" Screws (23); do not overtighten the Screws.



12. Slide the Left Handrail Cover (68) against the console assembly. Attach the Left Handrail Cover with two Cover Screws (52); **do not overtighten the Cover Screws.**

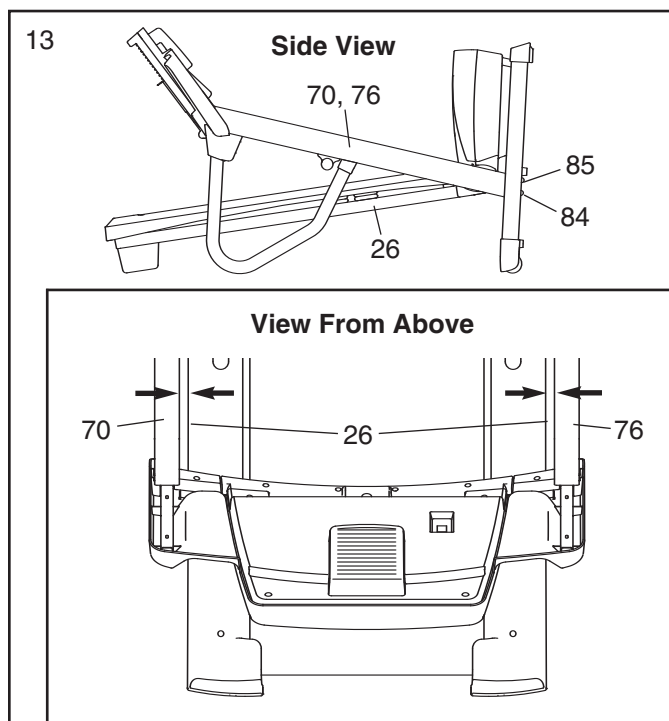
Attach the Right Handrail Cover (74) in the same way.



13. Lower the Uprights (70, 76).

See the inset drawing. Push the Uprights (70, 76) sideways so that the treadmill Frame (26) is centered between the Uprights.

Firmly tighten the Upright Bolts (84, 85) on each side of the treadmill.

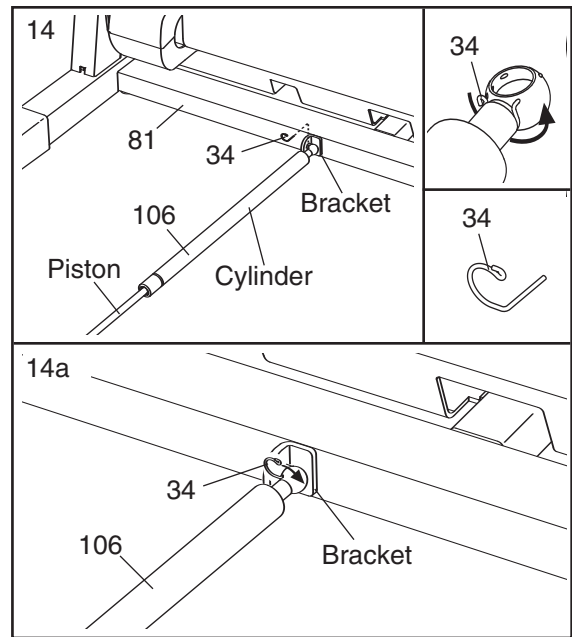


14. Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 20).

Next, place the cylinder end of the Gas Spring (106) near the bracket on the Base (81).

See the two small inset drawings. Using your fingernail or the end of a screwdriver, press on the end of the Spring Pin (34) in the cylinder end of the Gas Spring (106). Rotate the Spring Pin and pull it out of the Gas Spring. **Be careful to avoid losing the Spring Pin.**  
Note: Extra Spring Pins are included.

See drawing 14a. Press the cylinder end of the Gas Spring (106) onto the ball on the bracket. Next, insert the end of the Spring Pin (34) into two of the small holes in the end of the Gas Spring. Then, rotate the Spring Pin until it clips onto the Gas Spring.

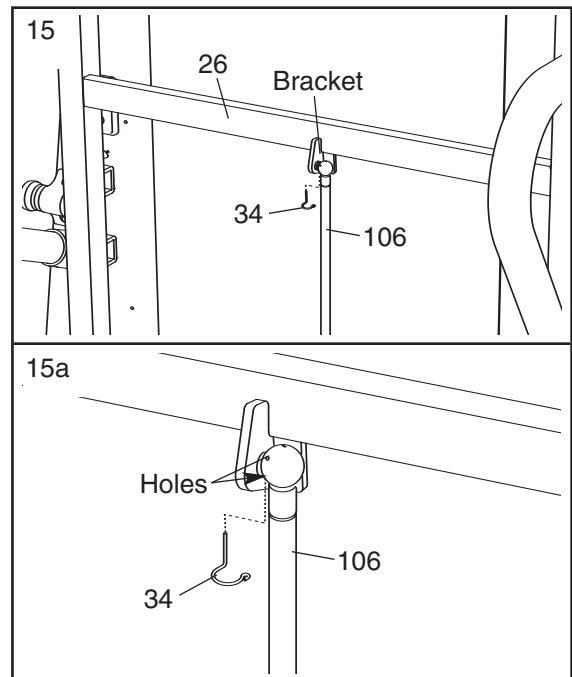


15. Raise the Gas Spring (106) to a vertical position. Remove the Spring Pin (34) from the raised end of the Gas Spring as described in step 14. If necessary, rotate the Gas Spring to align the end of the Gas Spring with the ball on the bracket on the Frame (26).

Plug in the power cord as described on page 12. Turn on the power as described on page 14. Next, press the Incline increase and decrease buttons until the ball on the bracket is aligned with end of the Gas Spring (106). Then, press the end of the Gas Spring onto the ball.  
Note: It may be necessary to press the end of the Gas Spring onto the ball while the treadmill is moving.

See drawing 15a. Insert the Spring Pin (34) into the two indicated small holes in the Gas Spring (106). Then, rotate the Spring Pin until it clips onto the Gas Spring.

Press the Incline decrease button until the treadmill is at the lowest incline level. Then, unplug the power cord.



16. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 23).

# OPERATION AND ADJUSTMENT

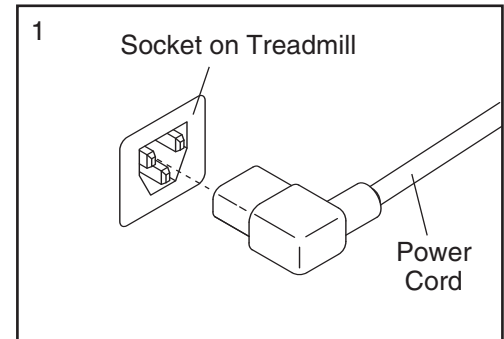
## THE PRE-LUBRICATED WALKING BELT

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

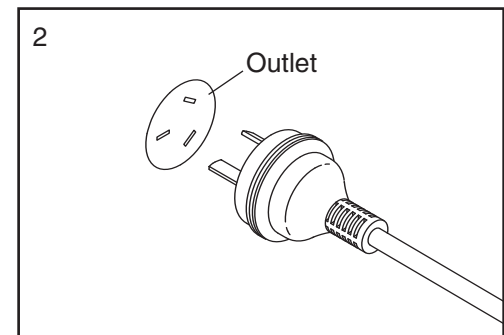
## HOW TO PLUG IN THE POWER CORD

**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.

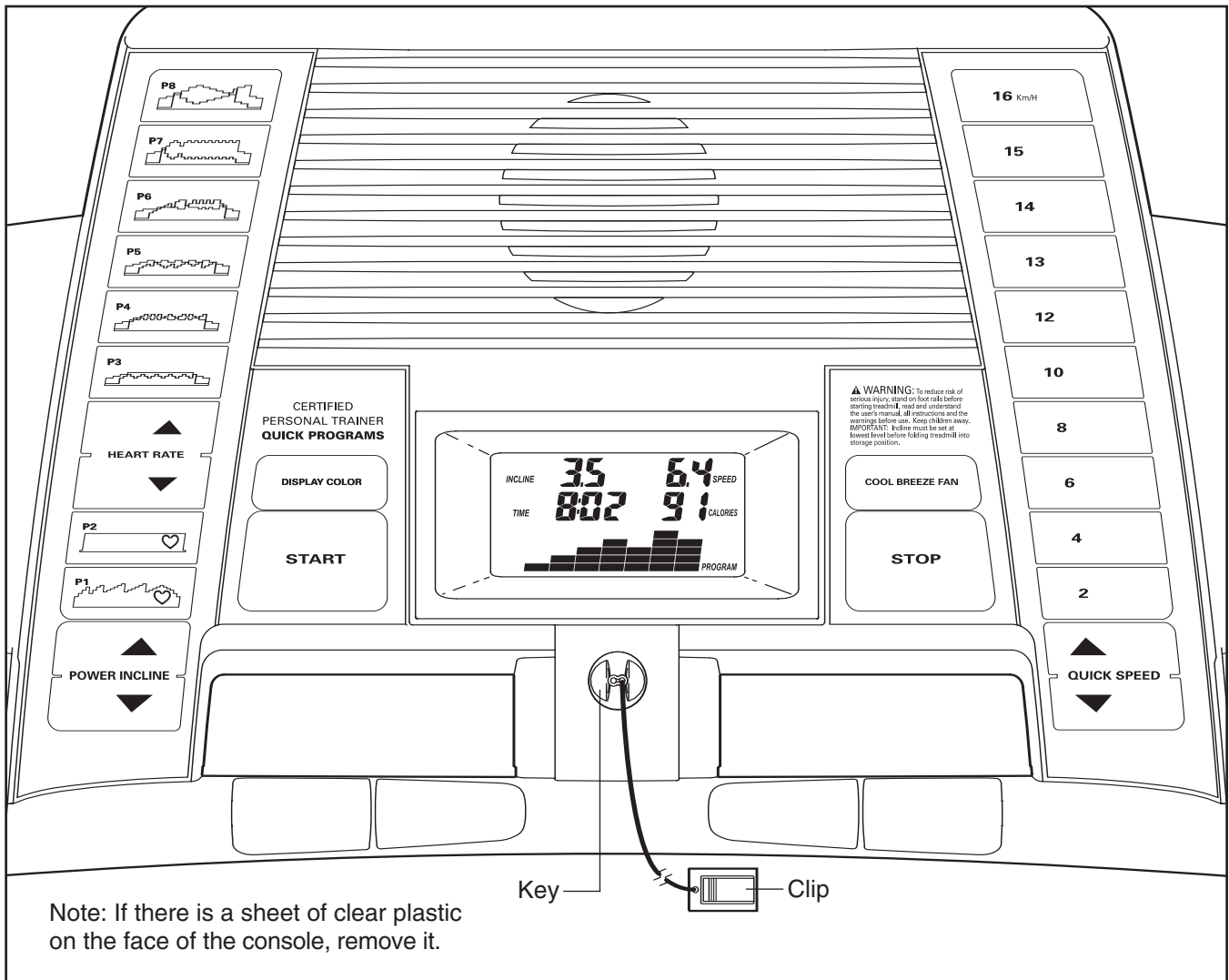


See drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: Your power cord and outlet may appear different. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



**⚠ 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



### FEATURES OF THE CONSOLE

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

When you select the manual mode of the console, 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 optional chest pulse sensor (see page 19).

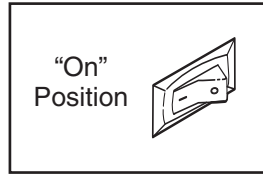
In addition, the console features six preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers two heart rate programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workouts. **Note: You must wear the optional chest pulse sensor to use the heart rate programs.**

**To use the manual mode of the console**, follow the steps beginning on page 14. **To use a preset program**, see page 16. **To use a heart rate program**, see page 17.

## HOW TO TURN ON THE POWER

**1** Plug in the power cord (see page 12).

**2** Locate the on/off switch near the power cord. Make sure that the on/off switch is in the reset position.



**3** Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 13) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Quick Speed increase and decrease 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: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



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

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

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 23).

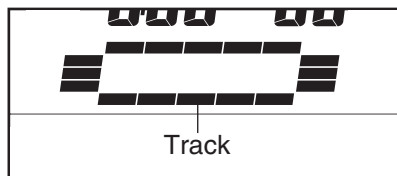
## HOW TO USE THE MANUAL MODE

**1** Insert the key into the console.

See HOW TO TURN ON THE POWER above.

**2** Select the manual mode.

When the key is inserted, the manual mode will be selected.



If a program has been selected, reselect the manual mode by pressing any of the buttons numbered P1 to P8 once or twice until a track appears in the lower part of the display.

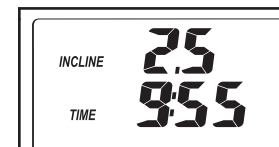
**3** Start the walking belt.

To start the walking belt, press the Start button, the Quick Speed increase button, or one of the speed buttons numbered 2 to 16.

If the Start button or the Quick Speed increase 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

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

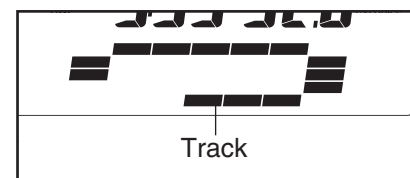
To change the incline of the treadmill, press the Power Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



**5** Follow your progress with the display.

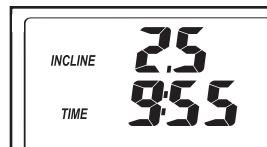
**Note: The display can be backlit with any of five colors. To select the desired color, press the Display Color button repeatedly.**

When the manual mode is selected, the lower part of the display will show a



400-meter (1/4-mile) track. As you walk or run, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The left side of the display will show the incline level of the treadmill, the elapsed time, and the distance you have walked or run. Note:



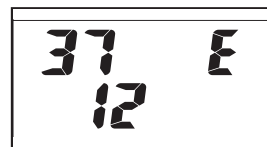
When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

The right side of the display will show the speed of the walking belt, the approximate number of calories you have burned, and your pace (in minutes per mile). The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.



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

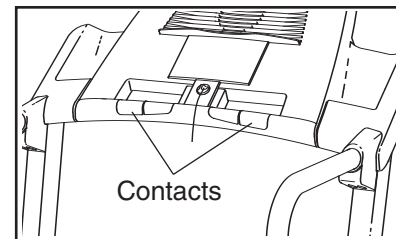
Note: The console can display speed and distance in either miles or kilometers. To determine which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the right side of the display. Press the Quick Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key. **Note: For simplicity, all instructions in this section refer to kilometers.**



## 6 Measure your heart rate if desired.

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

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—



**avoid moving your hands.** When your pulse is detected, the heart symbol in the right side of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 7 Turn on the fan if desired.

The fan features low, medium, and high settings. To select the desired setting, press the Cool Breeze Fan button one, two, or three times. To turn off the fan, press the button a fourth time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

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

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

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

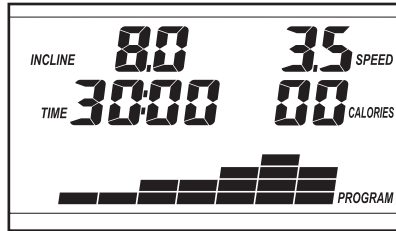
## HOW TO USE A PRESET PROGRAM

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

See HOW TO TURN ON THE POWER on page 14.

### 2 Select one of the preset programs.

To select one of the preset programs, press the P3, P4, P5, P6, P7, or P8 button. After each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. The matrix in the lower part of the display will show the first seven speed settings of the program.



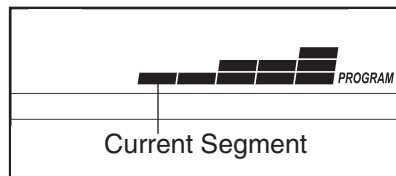
### 3 Press the Start button or the Quick Speed increase button to start the program.

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

Each program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current

Segment column of the matrix in the lower part of the display. (The incline settings are not shown in



the matrix.) The speed settings for the next four segments will be shown in the four 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. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

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 five of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

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

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

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

**4 Follow your progress with the display.**

See step 5 on page 14.

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

See step 6 on page 15.

**6 Turn on the fan if desired.**

See step 7 on page 15.

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

When the program has ended, **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 display remains lit after the key is removed, the console is in the “demo” mode. See page 19 to turn off the demo mode.**

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

**HOW TO USE A HEART RATE PROGRAM**

Heart rate program 1 will automatically adjust the speed and incline of the treadmill to keep your heart rate within a preset range that you select. Heart rate program 2 will keep your heart rate near a target heart rate.

**⚠ 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 optional chest pulse sensor.**

You must wear the optional chest pulse sensor (see page 15) to use a heart rate program.

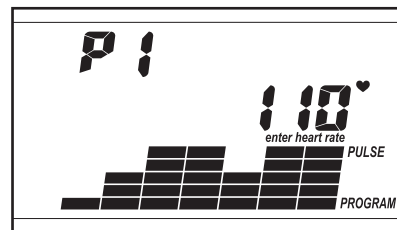
**2 Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 14.

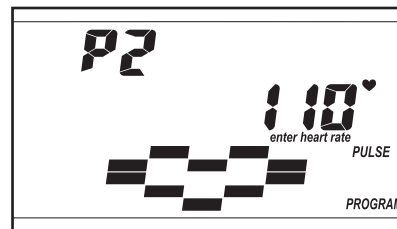
**3 Select a heart rate program.**

To select a heart rate program, press the P1 button or the P2 button. The display will show which program (“P1” or “P2”) is selected.

If heart rate program 1 is selected, a profile of the target heart rate settings of the program will appear in the matrix.



If heart rate program 2 is selected, a heart symbol will appear in the matrix.

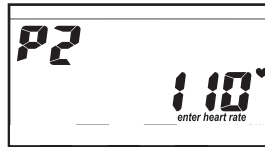


#### 4 Enter a target heart rate setting.

If heart rate program 1 is selected, the maximum target heart rate setting of the program will appear in the display. If desired, press the Heart Rate increase and decrease buttons to change the maximum target heart rate setting (see EXERCISE INTENSITY on page 24). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.



If heart rate program 2 is selected, the target heart rate setting for the program will appear in the display. If desired, press the Heart Rate increase and decrease buttons to change the target heart rate setting (see EXERCISE INTENSITY on page 24). Note: The same target heart rate setting will be programmed for the entire program.



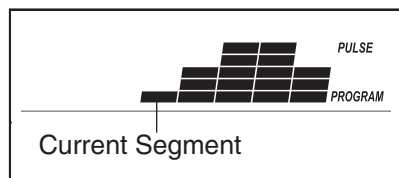
#### 5 Press the Start button or the Quick Speed increase button to start the program.

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

Heart rate program 1 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

Heart rate program 2 is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, simply stop the program before it ends.

If heart rate program 1 is selected, the target heart rate setting for the first segment will



be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment, both the Current

Segment column and the column to the right will flash and a series of tones will sound. In addition, the speed setting and the incline setting will flash in the displays to alert you. When the first segment ends, all target heart rate settings will move one column to the left. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both heart rate programs, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed of the walking belt reaches 12 kph and your heart rate is still too far below the target heart rate setting, the incline of the treadmill will also increase.

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 target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

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

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Quick Speed increase button. The walking belt will begin to move at 2 kph. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

#### 6 Follow your progress with the display.

See step 5 on page 14.

#### 7 Turn on the fan if desired.

See step 7 on page 15.

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

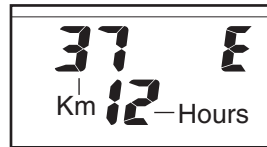
See step 7 on page 17.

## 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 number of miles or kilometers that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

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

The left side of the display will show the total number of miles or kilometers that the walking belt has moved and the total number of hours that the treadmill has been used. An "E" for English miles or an "M" for metric kilometers will appear in the right side of the display. Press the Quick Speed increase button to change the unit of measurement.

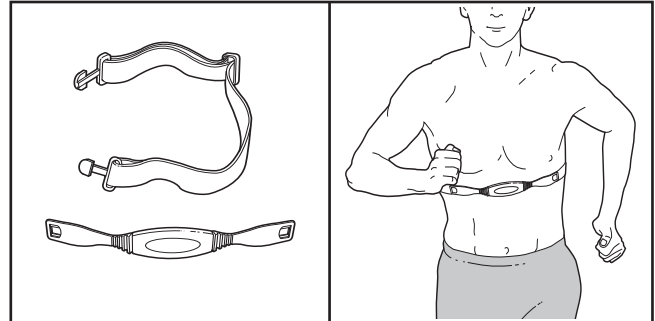


**IMPORTANT:** If a "d" appears in the right side of the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the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

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

## THE OPTIONAL CHEST PULSE SENSOR

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

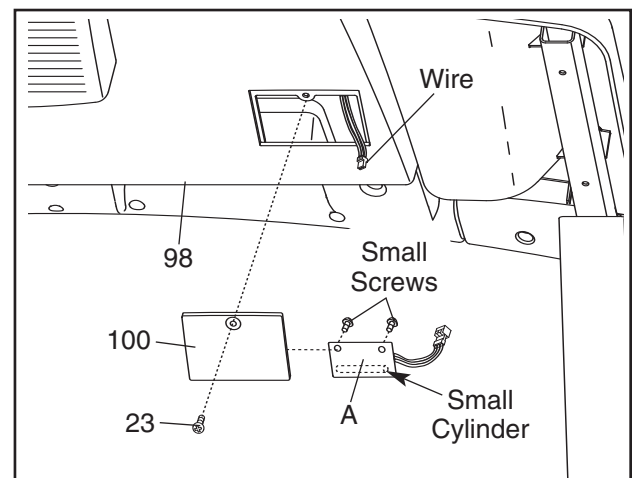


**If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.**

1. **Remove the key from the console and unplug the power cord.**

Remove the 3/4" Screw (23) and the Access Door (100) from the back of the Console Base (98).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (98). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (100) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (100) with the 3/4" Screw (23). Discard the other wires included with the receiver.

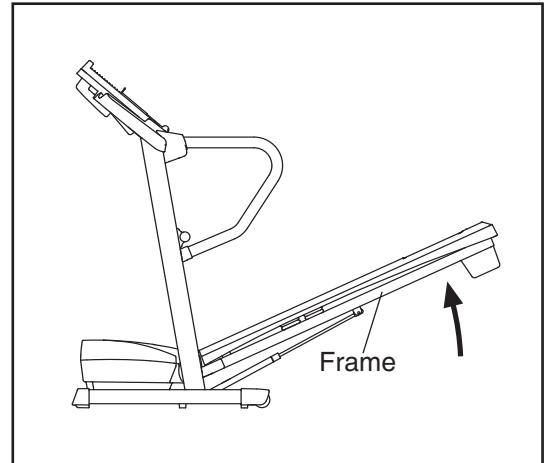


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

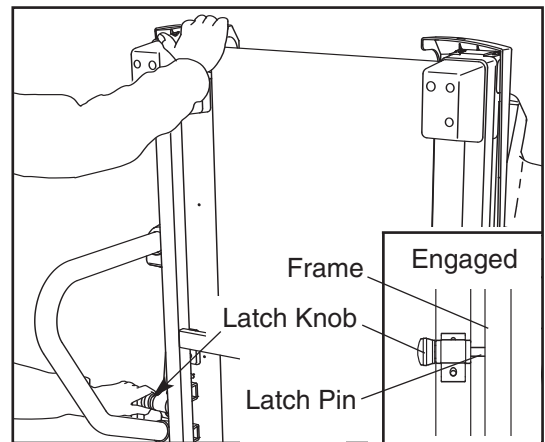
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you will damage the treadmill when you raise it. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back. Raise the frame about halfway to the vertical position.



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

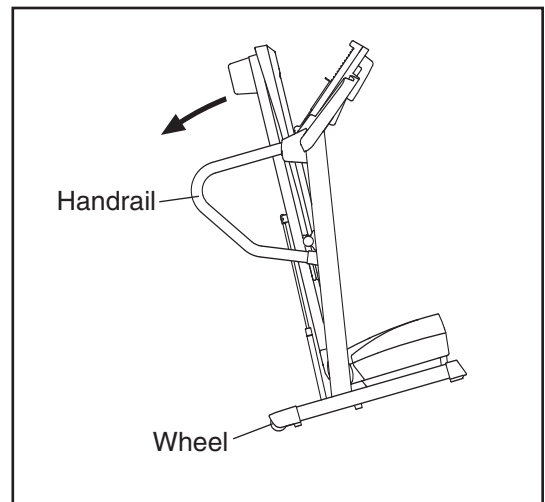
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



## HOW TO MOVE THE TREADMILL

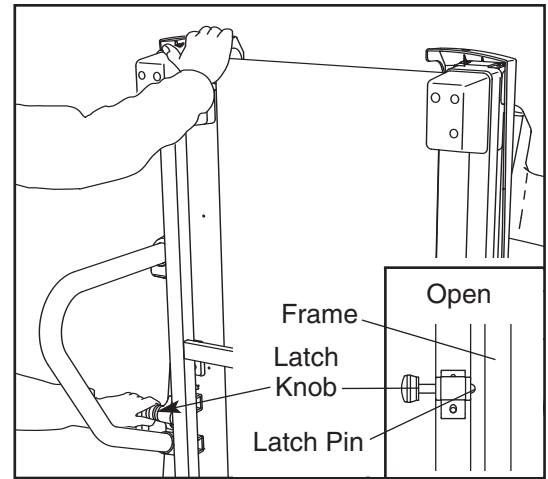
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted between the frame and the foot rail.**

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

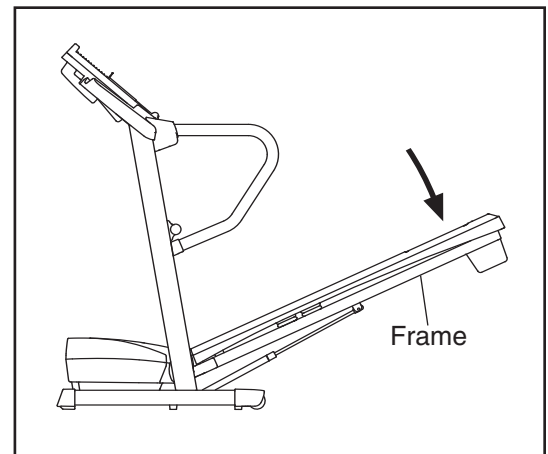


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame downward until the frame and the foot rail are past the latch pin.



2. Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



# TROUBLESHOOTING

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

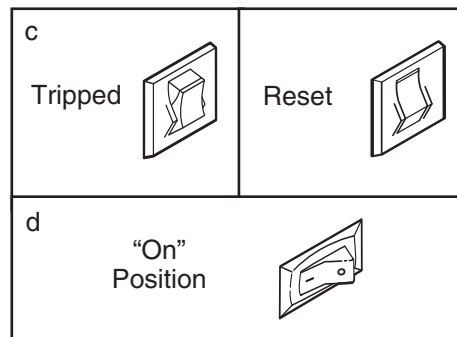
## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 12.) If an extension cord is needed, use only a 3-conductor, 1 mm<sup>2</sup> (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 inserted into the console.

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

d. Check the on/off switch located on the treadmill frame near the power cord. Make sure that the switch is in the “on” position.



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame 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 into the console.

d. Make sure that the on/off switch is in the “on” position.

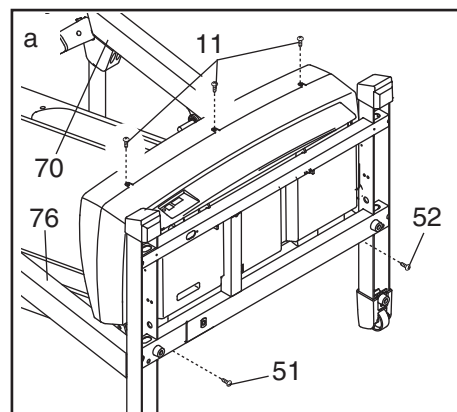
e. If the treadmill still will not run, please see the front cover of this manual.

## PROBLEM: The incline of the treadmill does not change correctly

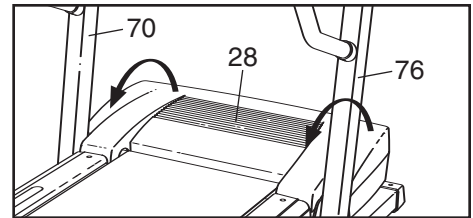
**SOLUTION:** a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the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

## PROBLEM: The display of the console does not function properly

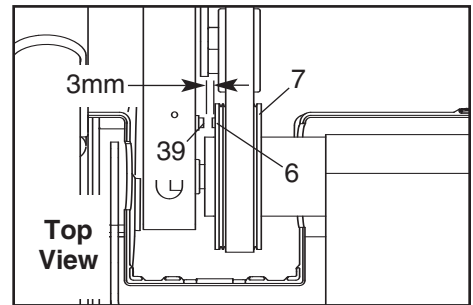
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (70, 76) down as shown. Next, remove the three Hood Screws (11), the Belly Pan Screw (51), and the Large Belly Pan Screw (52). Note: A Phillips screwdriver with a shaft at least 5 inches (12 cm) long is required.



With the help of a second person, raise the Uprights (70, 76). Carefully pivot the Hood (28) off.



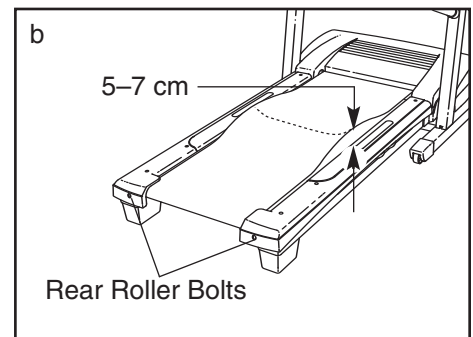
Locate the Reed Switch (39) and the Magnet (6) on the left side of the Front Roller (7). Turn the Front Roller until the Magnet is aligned with the Reed Switch. **The gap between the Magnet and the Reed Switch should be about 3 mm (1/8 in.).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Hood (not shown), making sure that the Screws (not shown) are inserted into the same holes from which they were removed. Then, 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, 1mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.).

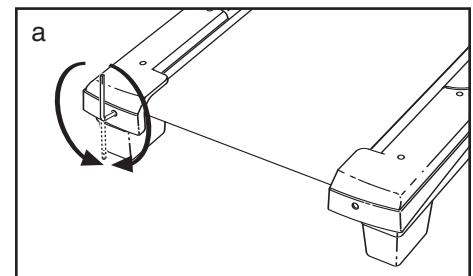
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) above the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



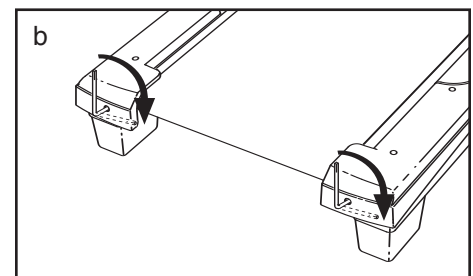
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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



b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) above the walking platform. Keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill. Repeat until the walking belt is properly tightened.



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

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

## EXERCISE INTENSITY

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

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.

## Fat Burning

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

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed 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 heart rate is in your training zone for 20 to 60 minutes. (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.

**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

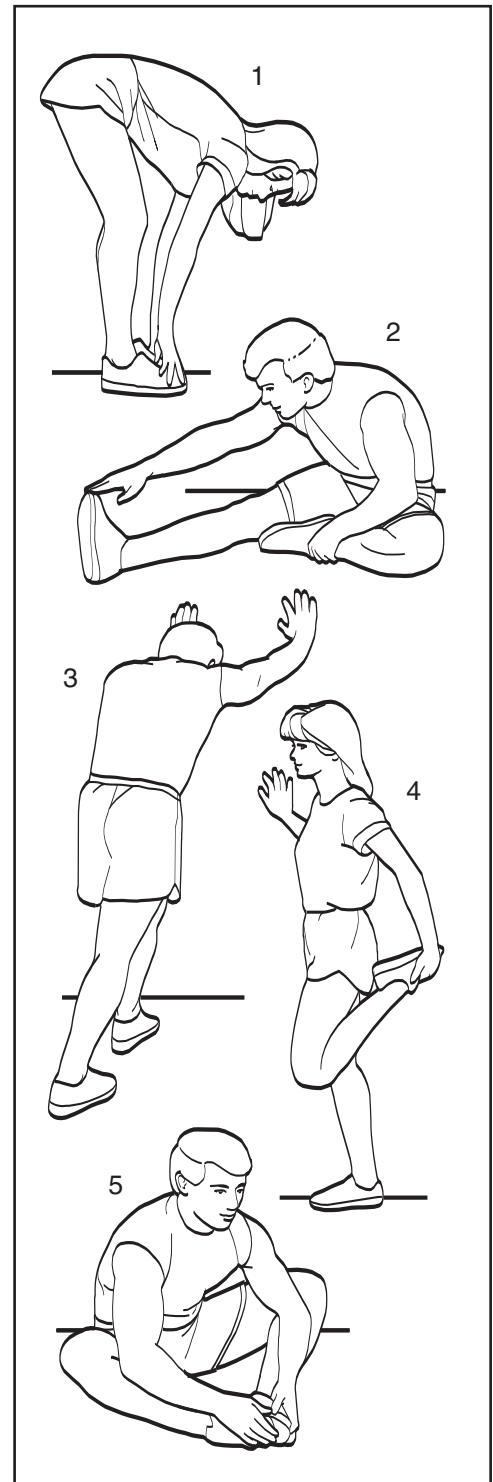
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



# PART LIST—Model No. HITL49406.0

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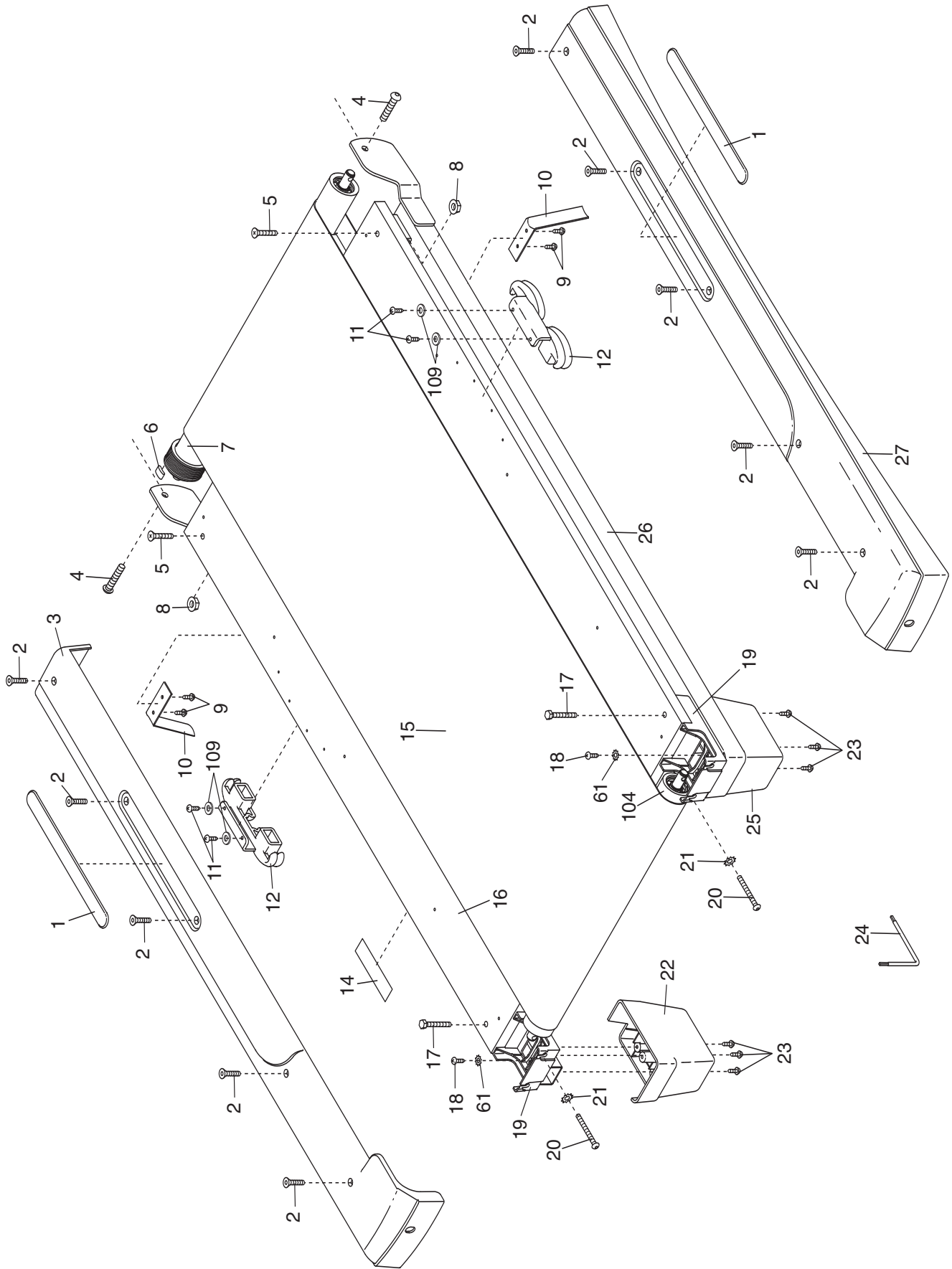
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Decal	50	7	Plastic Tie
2	10	Foot Rail Cover Screw	51	3	Belly Pan Screw
3	1	Left Foot Rail	52	5	Large Belly Pan Screw/Cover Screw
4	2	Frame Pivot Bolt	53	1	Belly Pan
5	2	Front Platform Bolt	54	3	Belly Pan Clip
6	1	Magnet	55	1	Circuit Breaker
7	1	Front Roller/Pulley	56	1	Receptical
8	2	Platform Nut	57	1	Power Cord
9	4	Belt Guide Screw	58	1	Controller Board
10	2	Belt Guide	59	12	1/2" Screw
11	10	Screw	60	1	Controller
12	2	Isolator	61	4	Small Star Washer
13	3	Wire Tie	62	2	Handrail
14	1	Latch Warning Decal	63	4	1 1/4" Bolt
15	1	Walking Belt	64	4	Pulse Bar Screw
16	1	Walking Platform	65	4	Pulse Bar Star Washer
17	2	Rear Platform Bolt	66	1	Pulse Bar
18	2	Rear Roller Bracket Screw	67	4	Console Screw
19	2	Rear Roller Bracket	68	1	Left Handrail Cover
20	2	Rear Roller Bolt	69	2	Handrail Cap
21	2	Rear Roller Star Washer	70	1	Left Upright
22	1	Left Rear Endcap	71	1	Latch Housing
23	24	3/4" Screw	72	2	3/4" Tek Screw
24	1	Hex Key	73	1	Latch Pin Assembly
25	1	Right Rear Endcap	74	1	Right Handrail Cover
26	1	Frame	75	1	Upright Wire
27	1	Right Foot Rail	76	1	Right Upright
28	1	Hood	77	6	1" Tek Screw
29	2	Motor Bolt	78	4	Lift Bolt
30	2	Motor Isolator	79	2	Handrail Bracket
31	1	Motor Isolator Plate	80	2	Front Endcap
32	1	Motor Belt	81	1	Base
33	1	Drive Motor	82	1	Front Roller/Lift Frame Ground Wire
34	1	Spring Pin Kit	83	4	3/8" Star Washer
35	1	Idler Arm Spacer	84	2	1" Upright Bolt
36	1	Idler Arm	85	2	2 3/4" Upright Bolt
37	1	Lift Frame	86	2	Wheel Housing
38	1	Reed Switch Clip	87	2	Wheel Pin
39	1	Reed Switch	88	2	Wheel
40	2	Lift Frame Spacer	89	4	Base Pad
41	7	Pivot Nut	90	1	Incline Motor
42	2	Caution Decal	91	1	Stop Bracket
43	1	Idler Arm Spring	92	1	Optic Disk
44	1	Idler Pivot Bolt	93	2	Small Nut
45	1	Lift Frame/Upright Base Ground Wire	94	1	Photo Switch
46	1	Front Roller Bolt	95	2	Small Bolt
47	1	Transformer	96	1	Key/Clip
48	1	Releasable Tie	97	1	Photo Switch Wire
49	1	Idler Pulley	98	1	Console Base

Key No.	Qty.	Description	Key No.	Qty.	Description
99	1	Console	112	1	Idler Pivot Washer
100	1	Access Door	113	1	Idler Pulley Bolt
101	1	Console Fan	#	1	4" Black Wire, 2F
102	2	Fan Screw	#	1	4" Black Wire, M/F
103	1	Static Decal	#	1	6" Green/Yellow Wire, F/Ring
104	1	Rear Roller	#	1	4" Green/Yellow Wire, F/Ring
105	1	Controller Wire	#	1	10" White Wire, 2F
106	1	Gas Spring	#	1	10" Blue Wire, 2F
107	1	Pulse Bar Ground Wire	#	1	4" Red Wire, M/F
108	2	Endcap Screw			
109	4	Isolator Washer			
110	1	On/Off Switch			
111	1	Filter			

"#" indicates a non-illustrated part.  
Specifications are subject to change without notice.

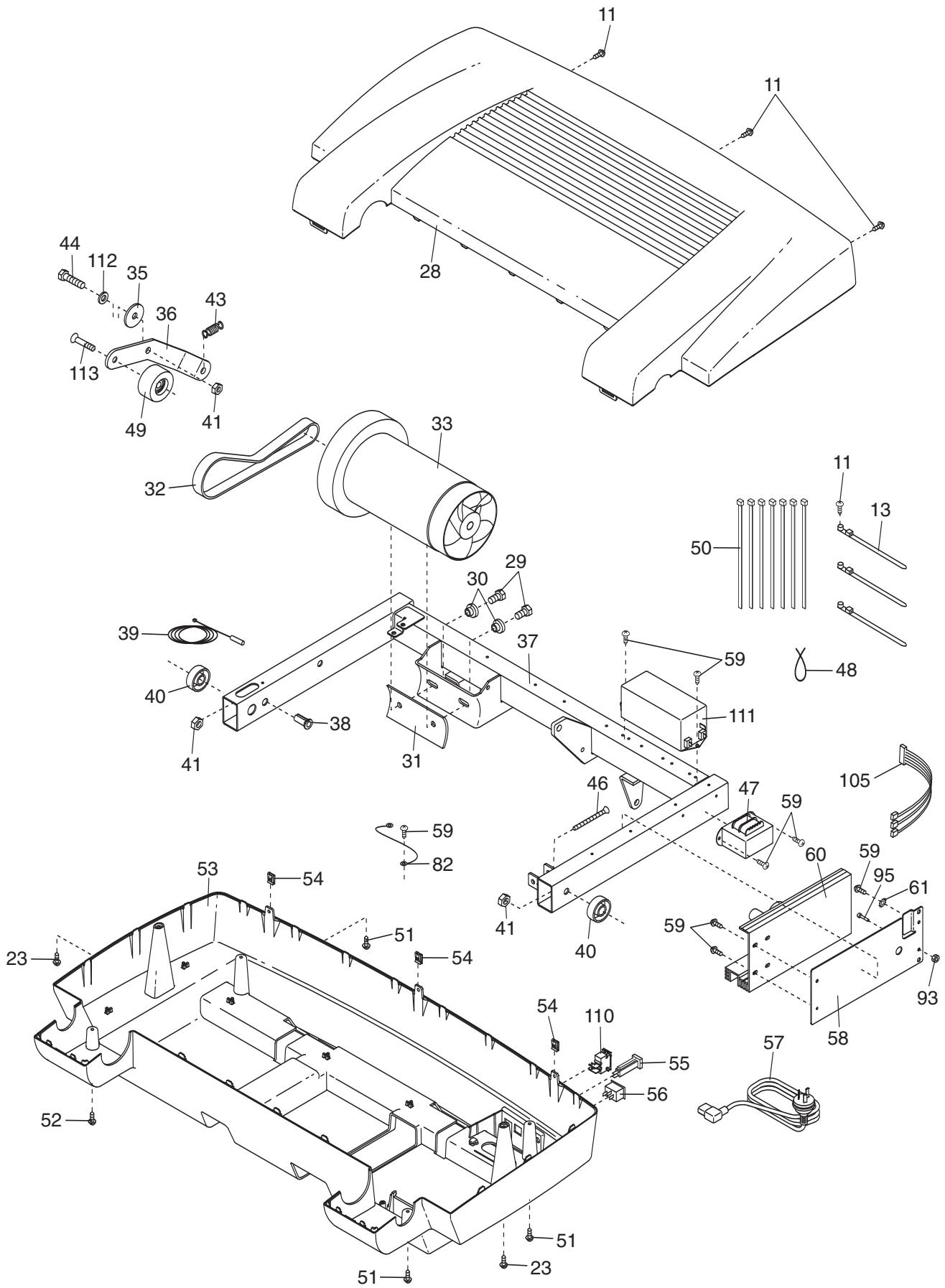
# EXPLODED DRAWING A—Model No. HITL49406.0

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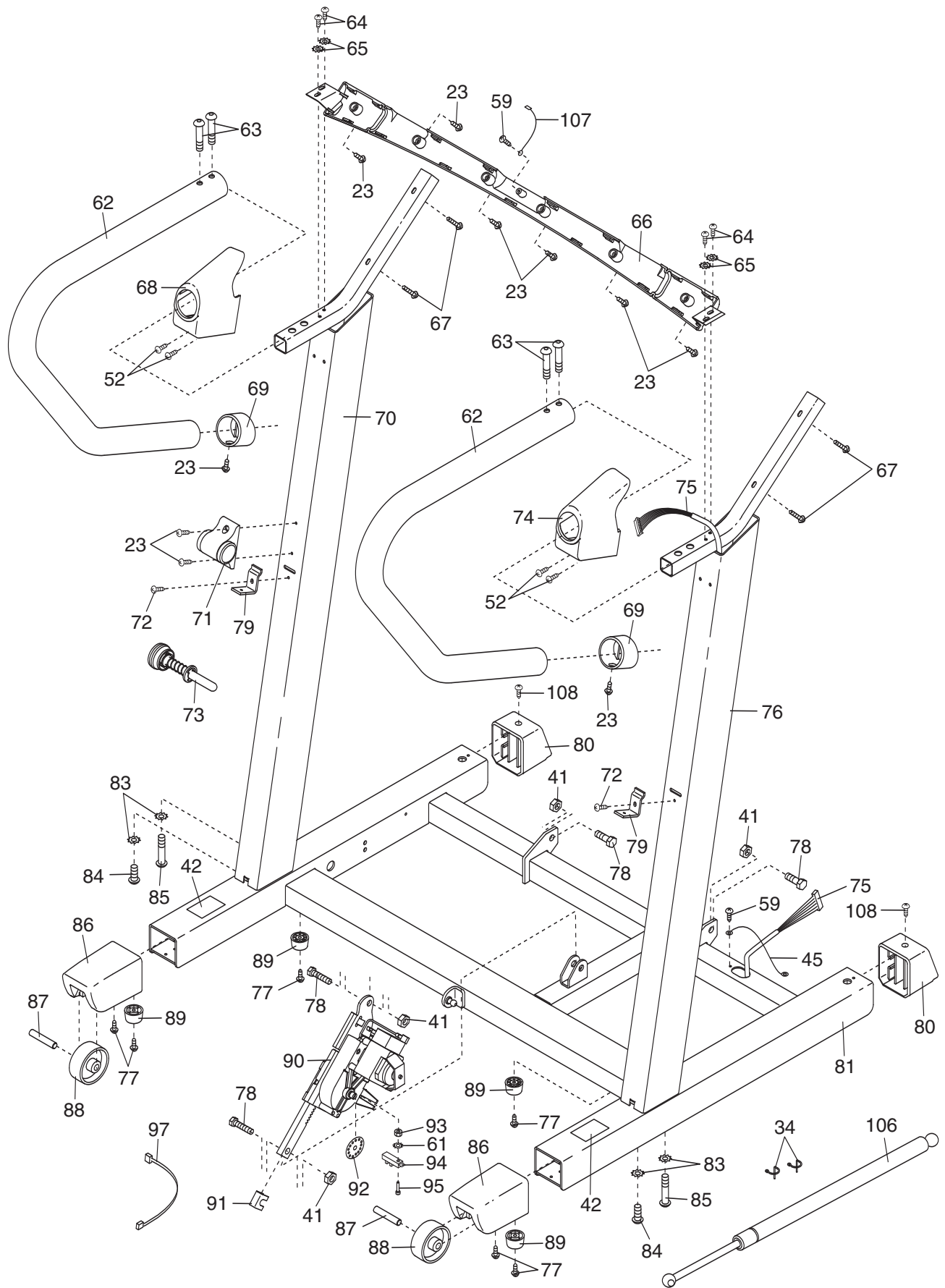
# EXPLODED DRAWING B—Model No. HITL49406.0

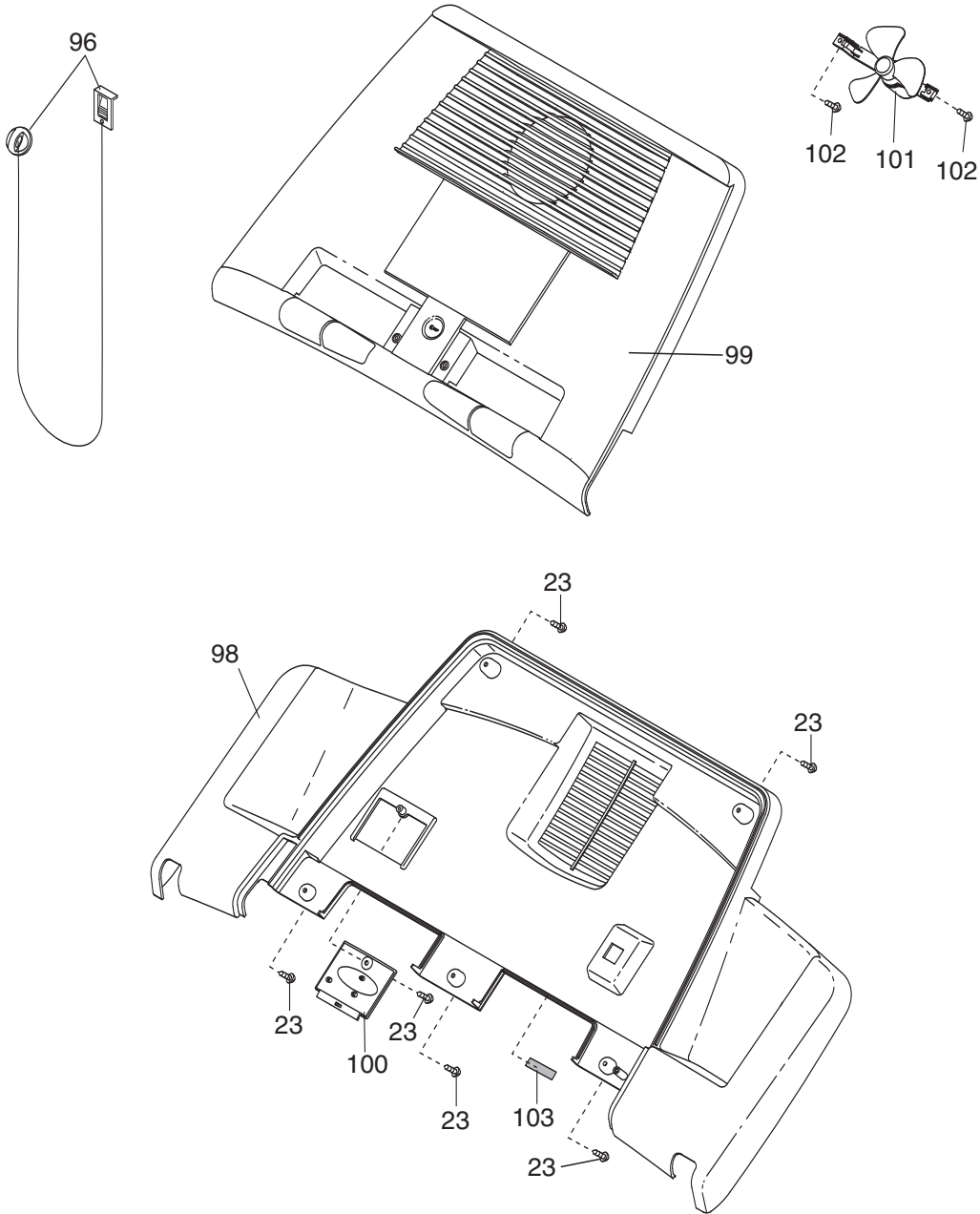
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# EXPLODED DRAWING C—Model No. HITL49406.0

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# ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (HITL49406.0)
- the NAME of the product (HealthRider PRO H250i 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 on pages 26 to 31)