

Congratulations for purchasing the handgrip pulse sensor for your HealthRider® treadmill. The handgrip pulse sensor provides a convenient way to monitor your heart rate before, during, or after your workouts.

To install the handgrip pulse sensor, follow the instructions below and on pages 2 and 3. To use the handgrip pulse sensor, read the instructions on the back of this user's guide.

If you have questions after reading this user's guide, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). Please mention model number HRMC03090 when calling.

## WARNING

- The handgrip pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The handgrip pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

- Read all instructions in this user's guide and in your treadmill user's manual.

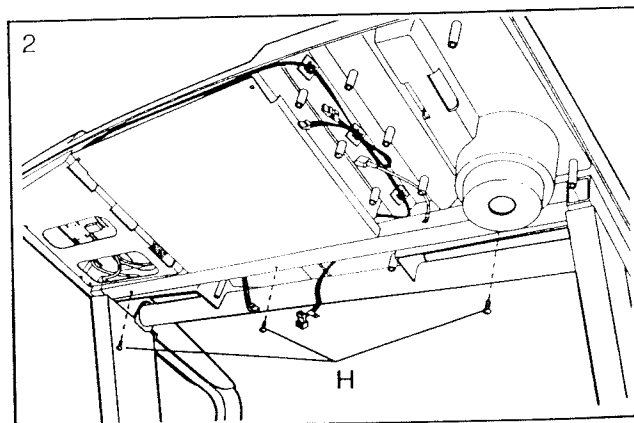
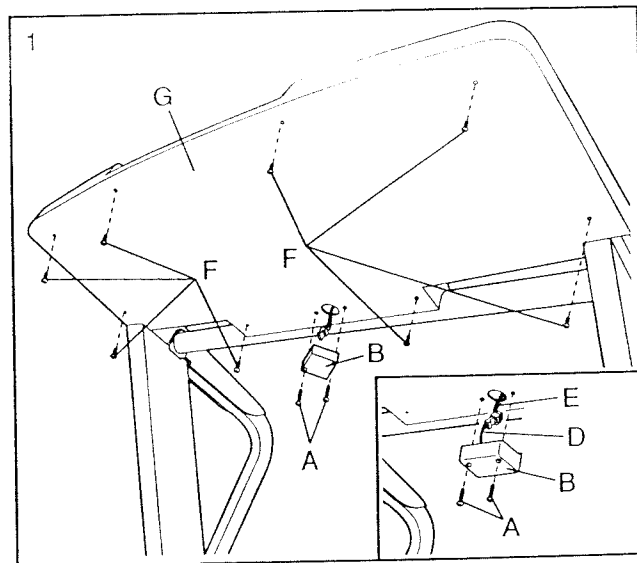
## How to Install the Handgrip Pulse Sensor

1. Remove the two screws (A) from the plastic cover (B) and remove the plastic cover. Save the screws and the plastic cover.

Note: If your treadmill has a chest pulse sensor, refer to the inset drawing. After removing the plastic cover (B), disconnect the receiver wire harness (D) from the console wire harness (E). Save the screws and the plastic cover.

Next, remove the eight indicated screws (F) from the console base cover (G) and remove the console base cover. Save the screws and the console base cover.

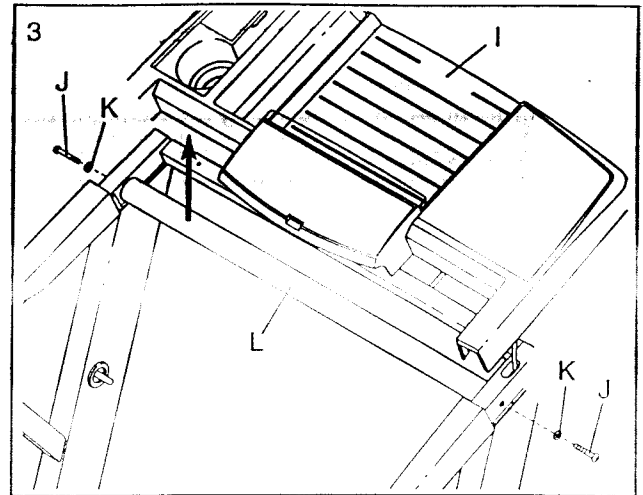
2. Remove the three indicated screws (H) from the treadmill.



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3. While a second person lifts the console base (I), remove the screw (J) and washer (K) from each end of the handrail (L). Save the screws and washers.

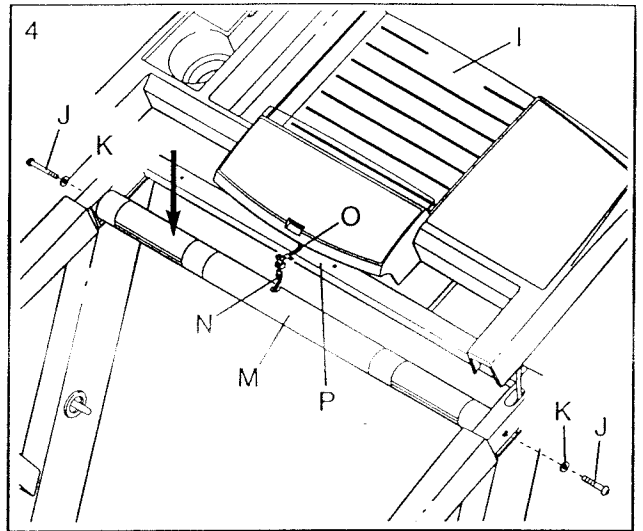
To remove the handrail (L), firmly lift the left end of the handrail and then slide the right end of the handrail out of the treadmill.



4. Identify the right end of the pulse handrail (M), which has two small notches in it. While a second person holds the console base (I), insert the right end of the pulse handrail into the treadmill and then push the left end of the pulse handrail into place as shown. Make sure that the handrail wire harness (N) is on top of the pulse handrail.

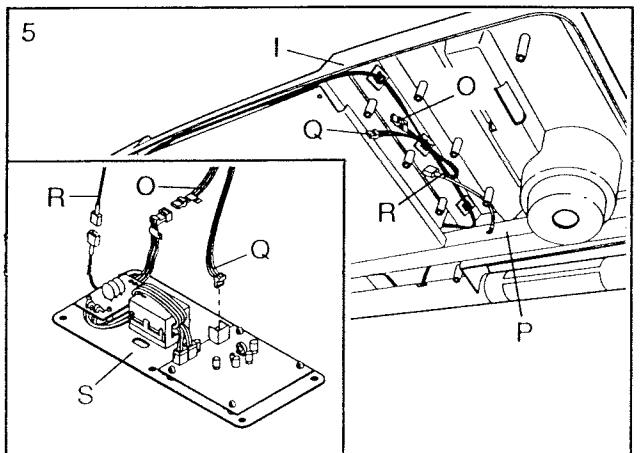
Attach the pulse handrail (M) with the screws (J) and washers (K) removed in step 3. Set the console base (I) back onto the treadmill.

Locate the wire harness with the tag (O) under the front of the console base (I). Make sure that the wire harness is on top of the crossbar (P). Connect the wire harness to the handrail wire harness (N). Insert the wire harness back under the console base.



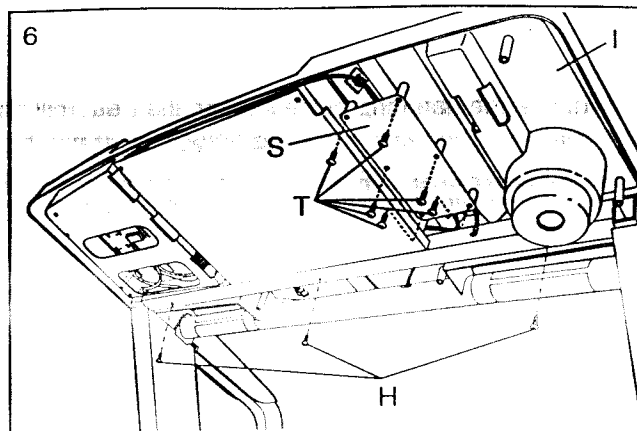
5. Look under the console base (I) and find the other end of the wire harness with the tag (O). In addition, find the wire harness without a tag (Q) and the ground wire (R) attached to the crossbar (P).

Refer to the inset drawing. Connect the wire harness with the tag (O), the wire harness without a tag (Q), and the ground wire (R) to the pulse board (S) as shown.

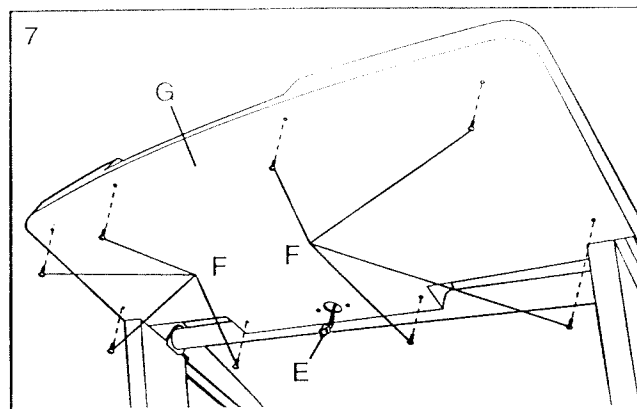


6. Hold the pulse board (S) in the position shown. Make sure that no wires are pinched between the pulse board and the console base (I). Attach the pulse board with the six included screws (T).

Next, attach the console base (I) with the three screws (H) removed in step 2.



7. Reattach the console base cover (G) with the eight screws (F) removed in step 1. Make sure that the console wire harness (E) is extending from the indicated hole.

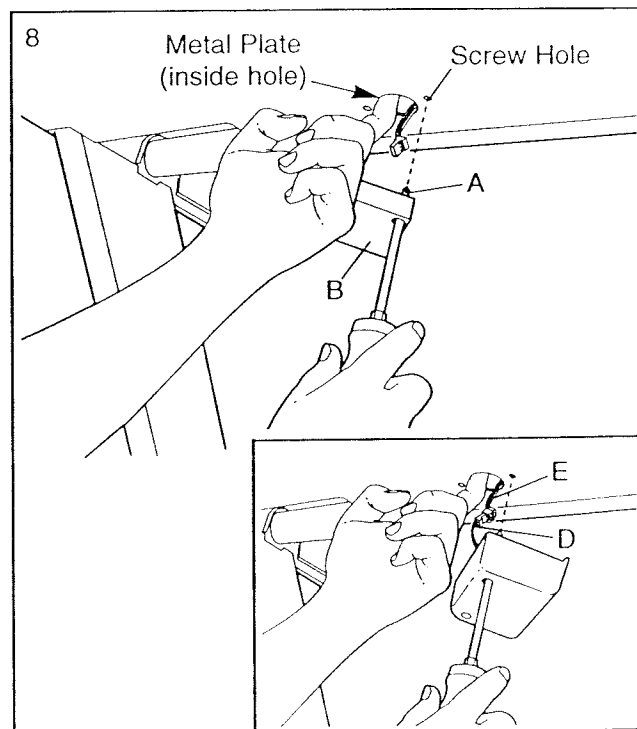


8. If your treadmill has a chest pulse sensor, refer to the inset drawing. Connect the receiver wire harness (D) to the console wire harness (E).

Next, insert one of the screws (A) removed in step 1 into the plastic cover (B) and then insert a screwdriver as shown.

Insert a finger into the indicated hole and locate the metal plate inside the hole. Move the metal plate with your finger until the two screw holes line up with the holes in the metal plate.

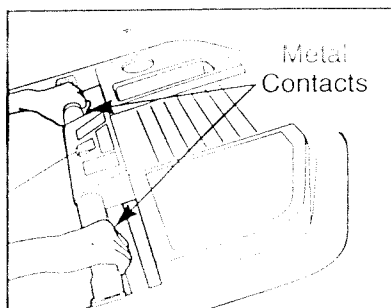
Using the screwdriver, insert the screw (A) into one of the holes and thread the screw into the metal plate. Insert the other screw (not shown) into the plastic cover (B) and thread it into the metal plate in the same way. Tighten both screws. **Be careful to avoid pinching the wire harness.**



# How to Use the Handgrip Pulse Sensor

To use the handgrip pulse sensor, the treadmill power cord must be plugged in, the on/off switch must be in the on position, and the key must be inserted in the console (refer to your treadmill user's manual).

To measure your heart rate, stand on the foot rails and place your hands on the metal contacts on the pulse hand-rail. Your palms must be resting on the upper contacts, and



your fingers must be touching the lower contacts—avoid moving your hands. When your pulse is detected, the console will display your heart rate. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

If your heart rate is not displayed, make sure that you are standing on the foot rails and that you are keeping your hands stationary. In addition, be careful not to hold the metal contacts too tightly. For optimal performance of the handgrip pulse sensor, clean the metal contacts periodically with a soft cloth—never use alcohol, abrasives, or chemicals.

## Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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