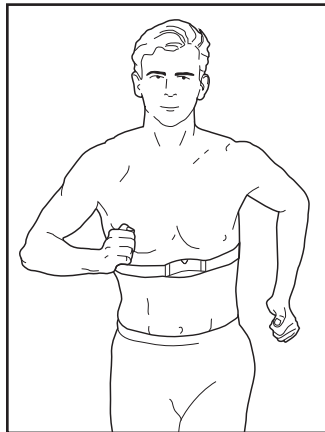


# HealthRider® Chest Pulse Sensor

Model No.  
HRMC09970

Congratulations for purchasing a state-of-the-art HealthRider® chest pulse sensor. The HealthRider® chest pulse sensor is designed to continuously monitor your heart rate during your workouts.

In addition, if you have a HealthRider®



SOFTSTRIDER EX or SOFTSTRIDER PRO treadmill, the chest pulse sensor adds two pulse programs to the console.

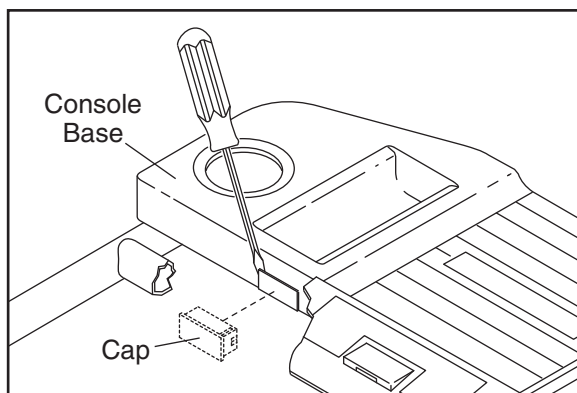
The instructions in this guide explain how to install and use the chest pulse sensor. Read this guide carefully before using the chest pulse sensor.

**If you have questions after reading this guide, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 am until 6 pm Mountain Time (excluding holidays). Please mention model number HRMC09970 when calling.**

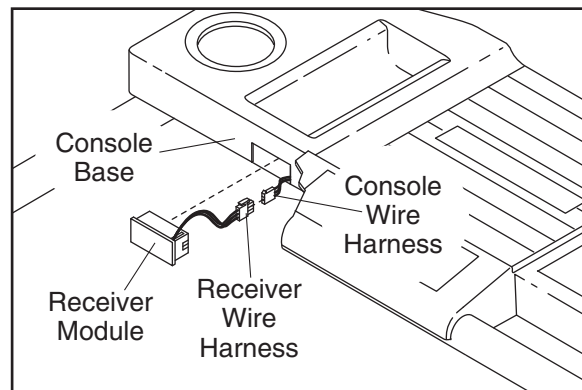
## Installation

The HealthRider® chest pulse sensor includes three components: the chest strap, the sensor unit, and the receiver module. Follow the steps below to install the receiver module. A standard screwdriver (not included) is required.

- 1** Using a standard screwdriver, pry the indicated cap out of the console base. Discard the cap.



- 2** Next, look into the opening in the console base and locate the console wire harness. Plug the receiver wire harness fully into the console wire harness.



Press the receiver module into the console base until it snaps into place. Be careful to avoid pinching the wire harnesses.

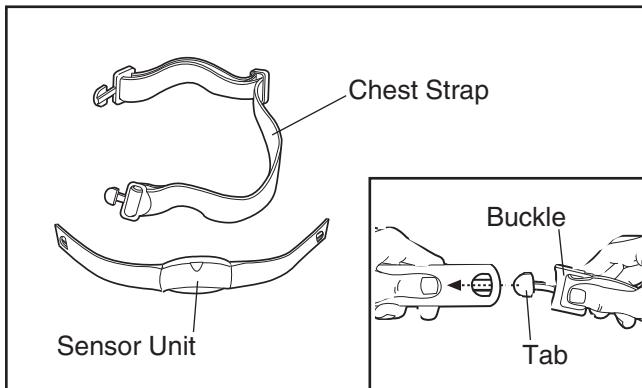
# How to Use the HealthRider® Chest Pulse Sensor

**IMPORTANT:** If the user has an implanted medical device such as a pacemaker, the user must check with his or her physician before using the chest pulse sensor.

The unique HealthRider® chest pulse sensor is specially designed for accuracy, comfort, and durability. **To get the best performance from the chest pulse sensor, please read the instructions below.**

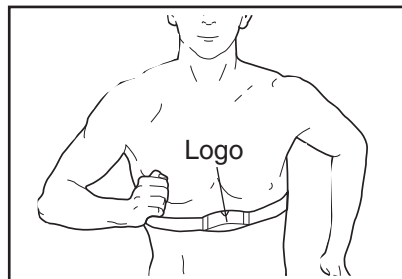
## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.



**1** Refer to the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the sensor unit. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.

**2** Wrap the chest strap around your chest and attach the other end of the chest strap to the sensor unit.



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

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

## CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

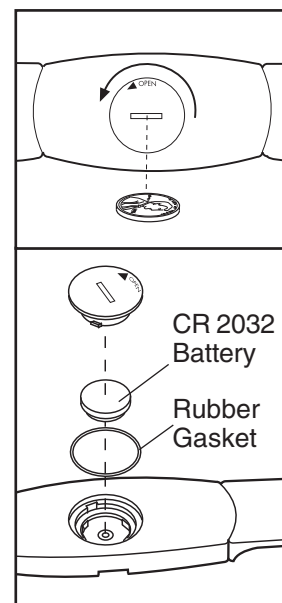
## CHEST PULSE SENSOR TROUBLE-SHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the letters “PLS” appear in the PULSE display or if the displayed heart rate is excessively high or low, try the steps below.

- Make sure that the chest pulse sensor is under your clothing, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. The logo on the sensor unit must be facing forward and be right-side-up. Note: If the chest pulse sensor does not function when positioned as described, try moving it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arms length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating the treadmill.
- The CR 2032 battery may need to be replaced.

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counter-clockwise, and remove it. Remove the old battery and insert a new CR 2032 battery, making sure that the battery is turned so the writing is on top. Make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it clockwise to close it.




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## How to Use the Chest Pulse Sensor with the HealthRider® S200, S400, or S600 Treadmill

**If you have a HealthRider® S200, S400, or S600 treadmill, the chest pulse sensor will continuously monitor your heart rate during your workouts.**

To use the chest pulse sensor, first put it on as described on page 2.

Next, follow the instructions in your treadmill user's manual to operate the treadmill. As you exercise, your heart rate will be shown in the CALORIES/PULSE display on the console.

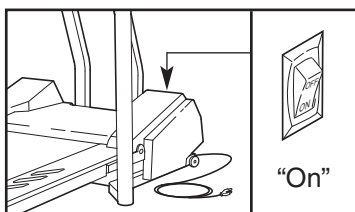
# How to Use the Pulse Programs with the HealthRider® SOFTSTRIDER EX Treadmill

If you have a HealthRider® SOFTSTRIDER EX treadmill, follow the instructions below to use the pulse programs. If you have a HealthRider® SOFTSTRIDER PRO treadmill, see pages 6 and 7 to use the pulse programs.

The chest pulse sensor adds two pulse programs to the console. The programs automatically control both the speed and incline of the treadmill to keep your pulse at a preset level based on your age.

**IMPORTANT:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Before using the pulse programs, make sure that the on/off switch located on the front of the treadmill is in the “on” position.

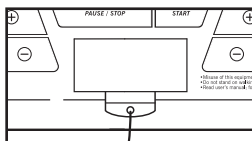


Next, make sure that the power cord is properly plugged in (see the treadmill user’s manual). Note: If the key is in the console when the power cord is plugged in, the letters “PO” will flash in the CALORIES/FAT CALORIES display. If this occurs, remove the key.

Follow the steps below to use a pulse program.

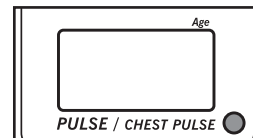
## 1 Insert the key fully into the console.

Step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothing. Next, insert the key fully into the console. The MANUAL indicator will begin to flash; all other indicators and displays will remain dark.



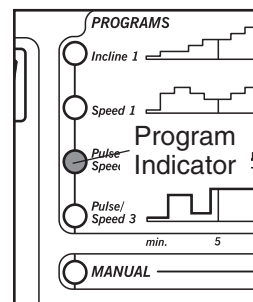
## 2 Put on the chest pulse sensor.

You must wear the chest pulse sensor to use a pulse program. Put on the chest pulse sensor as described on page 2. When your pulse is detected, the green indicator beside the PULSE display will light. **Do not go to step 3 until the green indicator is lit.**



## 3 Select one of the pulse programs.

To select a pulse program, the MANUAL indicator or a program indicator must be flashing. If necessary, hold down the PAUSE/STOP button for two seconds until the MANUAL indicator is flashing. **Next, press the SELECT + or – button** repeatedly until one of the green Pulse indicators is flashing. Then, press the ENTER button.



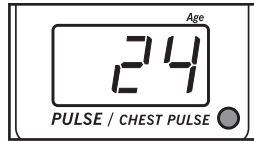
## 4 Enter your weight.

When a pulse program is selected, a weight setting will begin to flash in the CALORIES/FAT CALORIES display. You must enter your weight to use a pulse program. If you have already entered your weight, press the ENTER button. If you need to enter your weight, press the SELECT buttons. When the correct weight is shown, press the ENTER button.



## 5 Enter your age.

After your weight is entered, an age setting will begin to flash in the PULSE display. You must enter your age to use a pulse program. If you have already entered your age, press the ENTER button. If you need to enter your age, press the SELECT buttons. When the correct age is shown, press the ENTER button.



## 6 Press the START button or the SPEED + button

A moment after the START button or the SPEED + button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, the speed and incline of the treadmill will change periodically to keep your pulse near the current pulse setting of the program. The TIME display will show the time remaining in the program. When no time remains in the TIME display, the walking belt will slow to a stop and the program will be completed.

If your pulse is not detected during the program, the letters "PLS" will flash in the PULSE display. In addition, the speed and/or incline of the treadmill may automatically decrease. (If necessary, see CHEST PULSE SENSOR TROUBLE-SHOOTING on pages 2 and 3.)

Minor adjustments can be made to the speed or incline of the treadmill during the program by pressing the SPEED or INCLINE buttons. However, if you increase the speed, the incline will automatically decrease; if you decrease the speed, the incline will increase. If you increase the incline, the speed will automatically decrease; if you decrease the incline, the speed will increase. **The console will always attempt to keep your pulse near the current pulse setting of the program.**

To stop the program for a moment, press the PAUSE/STOP button. The displays will pause and the TIME display will begin to flash. To restart the program, press the START button or the SPEED + button. To end the program at any time, hold down the PAUSE/STOP button for two seconds. The console will then be in the same state as if the key had just been inserted.

## 7 Follow your progress with the LED displays.

See the treadmill user's manual.

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

Make sure that the incline of the treadmill is at 2%. **The incline must be at 2% when the treadmill is folded to the storage position, or the treadmill will be damaged.** Remove the key from the console and put it in a safe place. In addition, move the on/off switch to the "off" position.

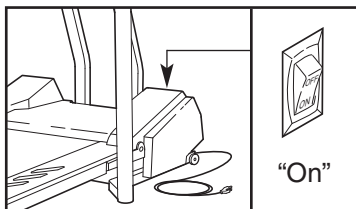
# How to Use the Pulse Programs with the HealthRider® SOFTSTRIDER PRO Treadmill

If you have a HealthRider® SOFTSTRIDER PRO treadmill, follow the instructions below to use the pulse programs. If you have a HealthRider® SOFTSTRIDER EX treadmill, see pages 4 and 5 to use the pulse programs.

The chest pulse sensor adds two pulse programs to the console. The programs automatically control both the speed and incline of the treadmill to keep your pulse at a preset level based on your age.

**IMPORTANT:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Before using the pulse programs, make sure that the on/off switch located on the front of the treadmill is in the “on” position.

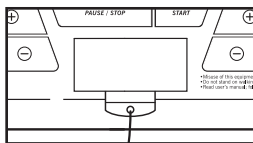


Next, make sure that the power cord is properly plugged in (see the treadmill user’s manual). Note: If the key is in the console when the power cord is plugged in, the letters “PO” will flash in the CALORIES/FAT CALORIES display. If this occurs, remove the key.

Follow the steps below to use a pulse program.

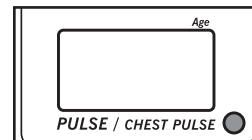
## 1 Insert the key fully into the console.

Step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothing. Next, insert the key fully into the console. The MANUAL indicator will begin to flash; all other indicators and displays will remain dark.



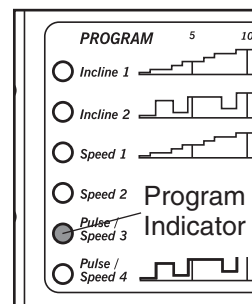
## 2 Put on the chest pulse sensor.

You must wear the chest pulse sensor to use a pulse program. Put on the chest pulse sensor as described on page 2. When your pulse is detected, the green indicator beside the PULSE display will light. **Do not go to step 3 until the green indicator is lit.**



## 3 Select one of the pulse programs.

To select a pulse program, the MANUAL indicator or a program indicator must be flashing. If necessary, hold down the PAUSE/STOP button for two seconds until the MANUAL indicator is flashing. **Next, press the SELECT + or – button** repeatedly until one of the green Pulse indicators is flashing. Then, press the ENTER button. A profile of the program you have selected will appear in the program display.



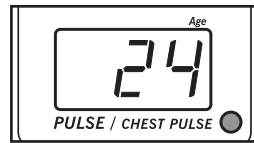
## 4 Enter your weight.

When a pulse program is selected, a weight setting will begin to flash in the CALORIES/FAT CALORIES display. You must enter your weight to use a pulse program. If you have already entered your weight, press the ENTER button. If you need to enter your weight, press the SELECT buttons. When the correct weight is shown, press the ENTER button.



## 5 Enter your age.

After your weight is entered, an age setting will begin to flash in the PULSE display. You must enter your age to use a pulse program. If you have already entered your age, press the ENTER button. If you need to enter your age, press the SELECT buttons. When the correct age is shown, press the ENTER button.



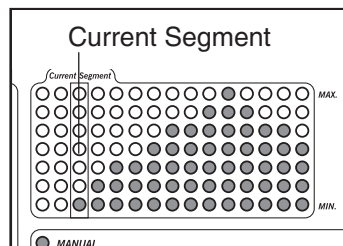
## 6 Press the START button or the SPEED + button

A moment after the START button or the SPEED + button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Each program consists of twenty 60-second or 90-second segments. One pulse setting is programmed for each segment. The pulse setting of the first segment is shown in the flashing current segment column of the program display.

The pulse settings of the next twelve segments are shown in the twelve 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. When the first segment is completed, two tones will sound and all pulse settings will move one column to the left. The pulse setting of the second segment will then be shown in the current segment column. If necessary, the speed and/or incline of the treadmill will automatically change to keep your pulse near the pulse setting of the second segment. The program will continue until the pulse setting of the last segment is shown in the current segment column and no time remains in the TIME display. The walking belt will then slow to a stop and the program will be completed.



If your pulse is not detected during the program, the letters "PLS" will flash in the PULSE display. In addition, the speed and/or incline of the treadmill may automatically decrease. (If necessary, see CHEST PULSE SENSOR TROUBLE-SHOOTING on pages 2 and 3.)

Minor adjustments can be made to the speed or incline of the treadmill during the program by pressing the SPEED or INCLINE buttons. However, if you increase the speed, the incline will automatically decrease; if you decrease the speed, the incline will increase. If you increase the incline, the speed will automatically decrease; if you decrease the incline, the speed will increase. **The console will always attempt to keep your pulse near the current pulse setting of the program.**

To stop the program for a moment, press the PAUSE/STOP button. The displays will pause and the TIME display will begin to flash. To restart the program, press the START button or the SPEED + button. To end the program at any time, hold down the PAUSE/STOP button for two seconds. The console will then be in the same state as if the key had just been inserted.

## 7 Follow your progress with the LED displays.

See the treadmill user's manual.

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

Make sure that the incline of the treadmill is at 2%. **The incline must be at 2% when the treadmill is folded to the storage position, or the treadmill will be damaged.** Remove the key from the console and put it in a safe place. In addition, move the on/off switch to the "off" position.

## 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 through one of its authorized service centers. All repairs for which warranty claims are made 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

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