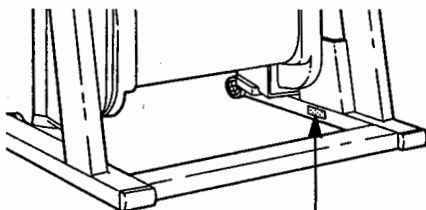


SOFT STRIDER SE

by **HEALTHRIDER**

Model No. HRTL24570

Serial No. _____



Serial Number Decal

RELEASED TO
APR 01 1997
MANUFACTURING

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

⚠ CAUTION

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



USER'S MANUAL

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Note: An EXPLODED DRAWING and a PART LIST are attached to the center of this manual. Please save them for future reference.

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. Place the treadmill on a level surface, with eight feet of clearance behind it. 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.
3. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
4. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
5. Keep children and pets away from the treadmill at all times.
6. The treadmill should not be used by persons weighing more than 250 pounds.
7. Never allow more than one person on the treadmill at a time.
8. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women.
9. *Always wear athletic shoes when using the treadmill—never use the treadmill with bare feet, wearing only stockings, or in sandals. For maximum walking belt life, never use shoes with heavy treads.*
10. When connecting the power cord (see page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector 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 **BEFORE YOU BEGIN** on page 4 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt.
15. 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. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
18. Never leave the treadmill unattended while it is running. Always remove the key and move the on/off switch to the "off" position when the treadmill is not in use. (See the drawing on page 4 for the location of the on/off switch.)
19. Never insert any object into any opening.
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on pages 5 and 6, and **HOW TO MOVE THE TREADMILL** on page 11.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.
22. Inspect and tighten all parts of the treadmill every three months.
23. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the belly pan 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.
24. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
25. Use the treadmill only as described in this manual.

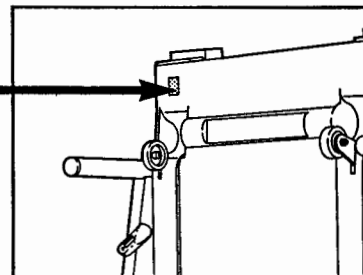
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. HealthRider assumes no responsibility for personal injury or property damage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

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING!

- Never allow children to play on or around treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.



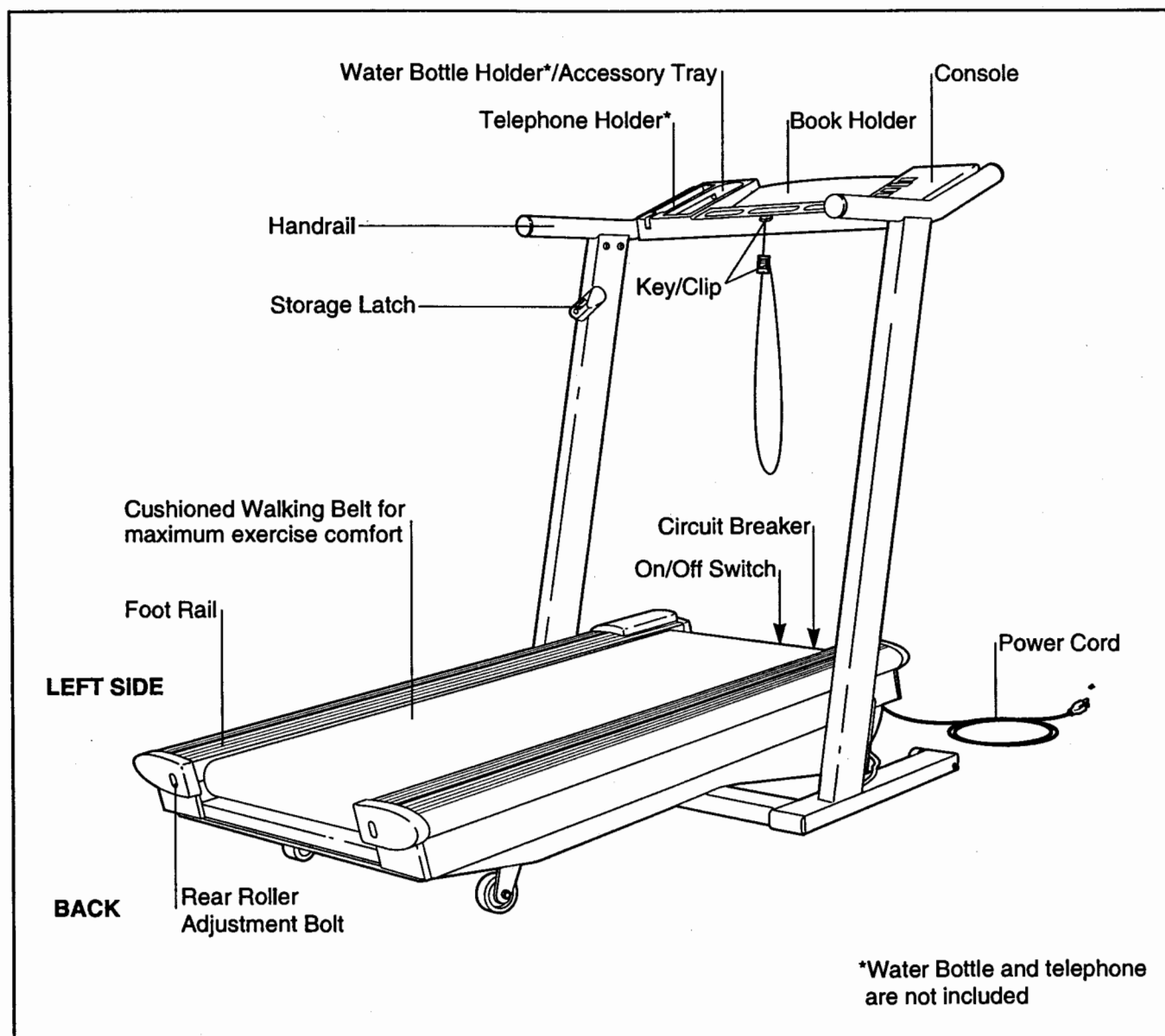
BEFORE YOU BEGIN

Congratulations for purchasing the SOFTSTRIDER™SE treadmill by HealthRider®. The SOFTSTRIDER SE offers an impressive array of features that will help you to improve your health and fitness in the convenience of your home. From the advanced console to the ultra-soft walking belt, the SOFTSTRIDER SE is designed to make each workout more effective and enjoyable. And when you're not exercising, the SOFTSTRIDER SE can be folded away, taking less than half the space of conventional treadmills.

For your benefit, read this manual carefully before using the SOFTSTRIDER SE treadmill. If you have

additional questions, please 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). To help us assist you, please note the product model number and serial number before calling. The model number is HRTL24570. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

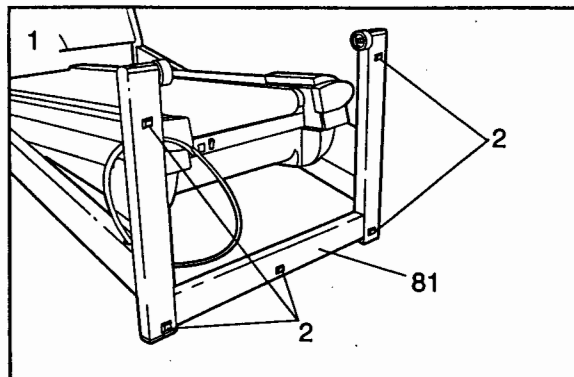
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own scissors** .

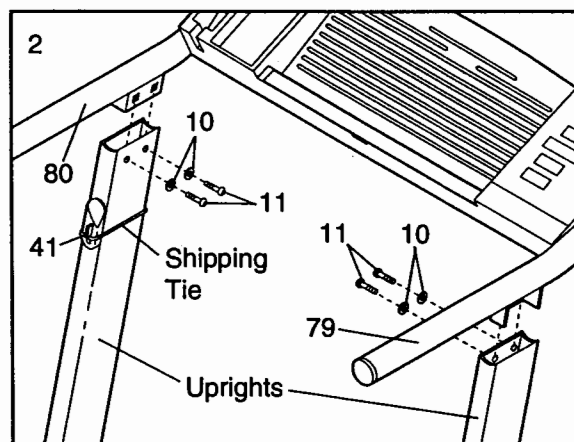
1. Attach five Base Pads (2) to the bottom of the Base (81) in the indicated locations. Note: One additional Base Pad may be included.



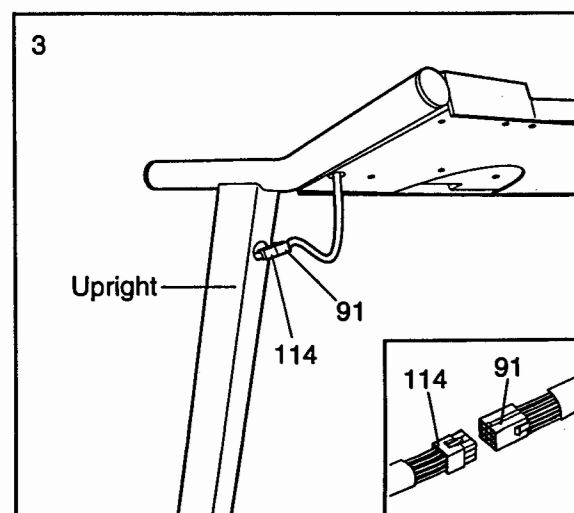
2. **With the help of a second person,** carefully raise the uprights to a vertical position. Insert the brackets on the Right and Left Handrails (79, 80) into the uprights. Hand tighten Upright Bolts (11) with Upright Washers (10) into the uprights and Handrails as shown.

Using the included allen wrench, tighten the four Upright Bolts (11).

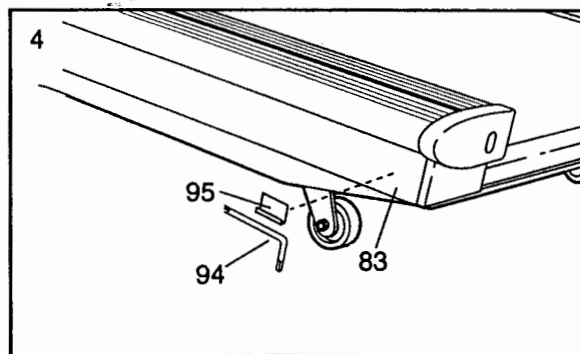
Using a pair of scissors, cut the shipping tie from the Storage Latch (41).



3. Plug the Console Wire Harness (91) into the Upright Wire Harness (114). Refer to the inset drawing. The small latch on the Upright Wire Harness should snap onto the Console Wire Harness. **Note: If the Wire Harnesses do not fit together easily, turn them; do not force the Wire Harnesses together.** Feed the Wire Harnesses into the right upright.



4. Remove the paper backing from the Adhesive Clip (95). Press the Adhesive Clip onto the Frame (83) in the indicated location. Press the Allen Wrench (94) into the Adhesive Clip. The use of the Allen Wrench is described on page 13.



5. Make sure that all parts are tightened before you use the treadmill. The use of all remaining parts will be explained in later sections of this manual. **Note: Place a mat beneath the treadmill to protect the floor or carpet.**

GROUNDING INSTRUCTIONS

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding 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 grounded. 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.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off.

To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

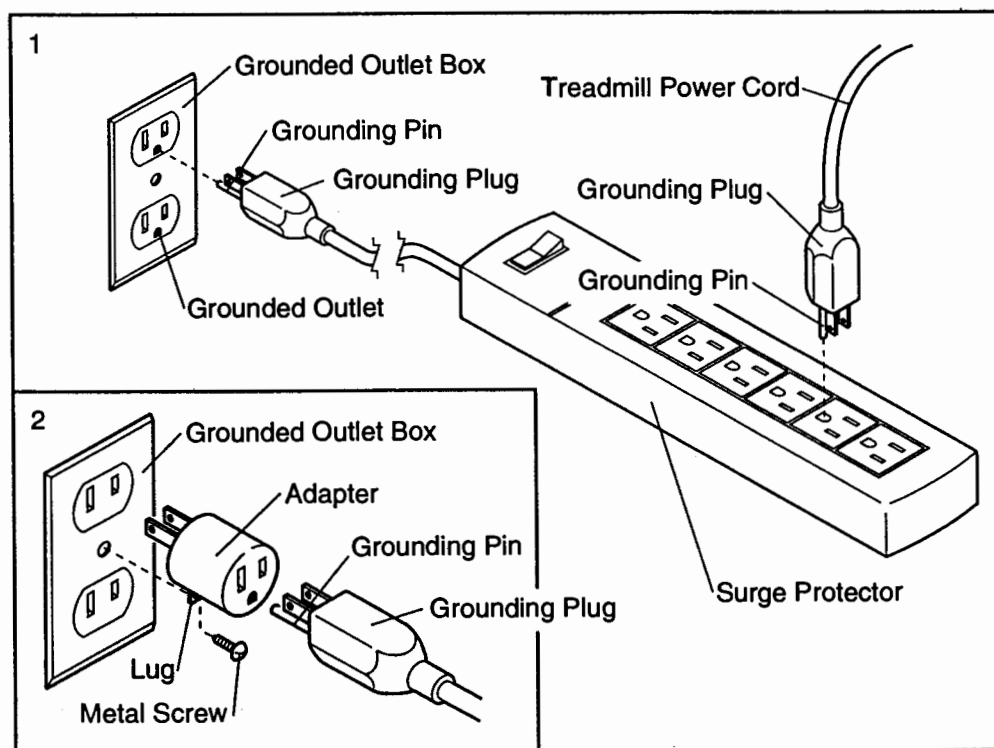
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

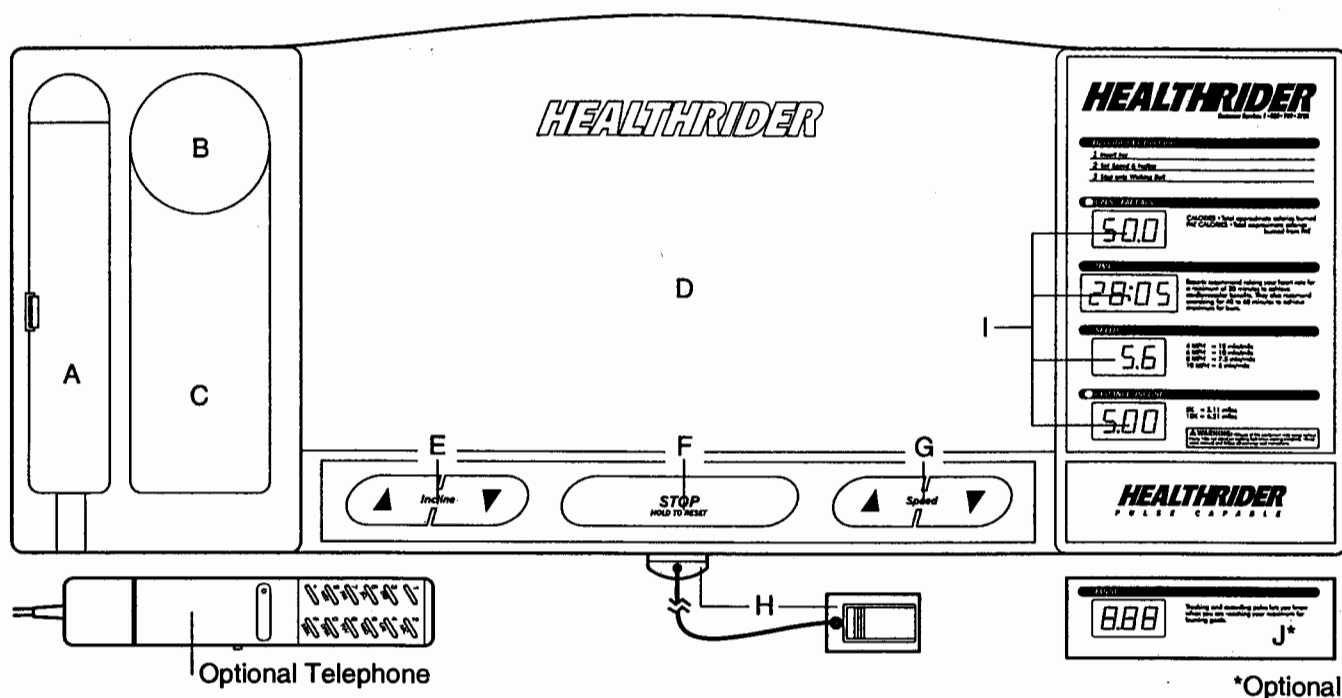
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



CONSOLE OPERATION



- A. Telephone Holder—With the purchase of the optional telephone, you can answer or make telephone calls without leaving the treadmill. To purchase the optional telephone, refer to the information accompanying the treadmill.
- B. Water Bottle Holder—Keeps your water bottle handy during your workouts.
- C. Accessory Tray—Holds your radio or other items.
- D. Reading Rack—Allows you to enjoy your favorite magazine or read a book while you get in shape.
- E. Incline Buttons—These buttons control the incline of the treadmill. Each time one of the buttons is pressed, the incline will change by 0.5%. The incline range is 2% to 10%.
- F. Stop Button—This button is used to stop the walking belt. If the button is pressed once, the LED displays will pause without being reset. If the button is held down for two seconds, the LED displays will be reset.
- G. Speed Buttons—These buttons control the speed of the walking belt. Each time one of the buttons is pressed, the speed will change by 0.1 mph. The speed range of the walking belt is 1 mph to 10 mph.
- H. Key with Clip—This key turns the console on and off. The attached clip is designed to be worn on

your waistband. If the key is pulled from the console, the power will automatically turn off.

- I. Monitor Displays—These large LED displays provide continuous feedback of the elapsed time, speed, distance, incline, and the numbers of calories and fat calories you have burned.
- J. Optional Pulse Kit—An optional pulse kit includes a state-of-the-art chest strap pulse monitor, a receiver, and an LED module. The LED module is designed to track and display your heart rate during your workouts. To purchase the optional pulse kit, refer to the information accompanying the treadmill.

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

- Always wear the clip (see H above) while operating the treadmill. If the key is pulled from the console, the walking belt will stop.
- Do not stand on the walking belt when turning on the power or starting the walking belt.
- The treadmill is capable of high speeds. Adjust the speed in small increments.
- To reduce the risk of electric shock, keep the console dry, avoid spilling liquids on the console, and use only a sealed water bottle.

FEATURES OF THE CONSOLE

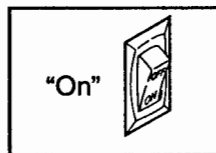
The treadmill console offers an impressive array of features to make your workouts more enjoyable and effective. With the electronic speed and incline controls, you can adjust the speed and incline of the treadmill with a touch of a button. As you exercise, four large LED displays will provide instant exercise feedback. The console even holds your favorite magazine and a cool drink.

With the purchase of the optional telephone, you can answer or make calls without leaving the treadmill. An optional pulse kit adds even more features to the console. The kit includes a state-of-the-art chest strap pulse monitor, a receiver, and an LED module. The LED module is designed to track and display your heart rate each time you exercise on the **SOFTSTRIDER™SE**. **To purchase the telephone or pulse kit, refer to the information accompanying the treadmill.**

Note: If there is a thin layer of clear plastic on the face of the console, remove it before using the console.

HOW TO OPERATE THE CONSOLE

Make sure that the on/off switch located on the front of the treadmill is in the "on" position.



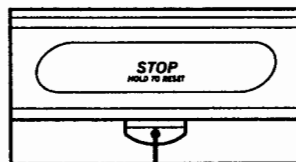
Next, make sure that the power cord is properly plugged in (see page 7). Note: If the key is in the console when the power cord is plugged in, the letters "PO" will flash in the **CALORIES/FAT CALORIES** display. If this occurs, remove the key.

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.

Follow the steps below to operate the console.

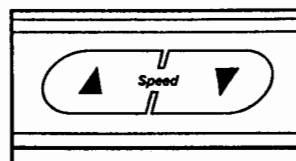
1 Insert the key fully into the console.

After the key is inserted, the four LED displays will light.



2 Start the walking belt.

When the power is turned on, the walking belt will be stationary. The speed of the



walking belt is controlled with the **SPEED** buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mph. The speed range is 1 mph to 10 mph.

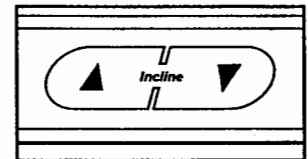
Press the **SPEED** Δ button until the walking belt is moving at slow speed. Hold the handrails and begin walking. Adjust the speed of the walking belt as desired with the **SPEED** buttons.

To stop the walking belt, press the **STOP** button once. The LED displays will pause and the **TIME** display will begin to flash. To restart the walking belt, press the **SPEED** Δ button. Note: To stop the walking belt and reset the displays, hold down the **STOP** button for two seconds.

Note: When one of the **SPEED** buttons is pressed, the **SPEED** display will show the selected speed setting for seven seconds. The display will then show the actual speed of the walking belt.

3 Adjust the Incline if desired.

To vary the intensity of your exercise, the incline of the treadmill can be changed with the **INCLINE** buttons. Each time



one of the buttons is pressed, the incline will change by 0.5%. The incline range is 2% to 10%. Note: The incline can be changed only while the walking belt is moving. After the **INCLINE** buttons are pressed, it may take a few seconds for the treadmill to reach the selected incline setting. Any time that the **INCLINE** buttons are pressed, the **DISTANCE/INCLINE** display will show the incline setting for seven seconds.

4 Follow your progress with the LED displays.

CALORIES/FAT CALORIES display—This display shows the numbers of *calories* and *fat calories* you have burned. (See **BURNING FAT** on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. The indicator beside the display will light when the number of calories is shown.



TIME display—

This display shows the total time that the walking belt has been moving.



SPEED display—

This display shows the current speed of the walking belt.

NOTE: When the SPEED buttons are pressed, the display will show the selected speed setting for seven seconds. The display will then show the actual speed of the walking belt.



Note: The speed can be displayed in either miles per hour or kilometers per hour. To change the unit of measurement, hold down the SPEED ▽ button while inserting the key into the console. An "E" (for English miles) or an "M" (for Metric kilometers) will appear in the SPEED display. Press the SPEED △ button to change the unit of measurement. When the desired unit of measurement is selected, remove and then reinsert the key.

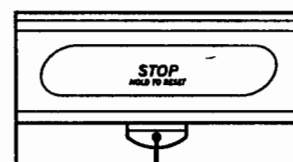
DISTANCE/INCLINE display—This display shows the distance that the walking belt has moved and the current incline of the treadmill. Every seven seconds, the display will change from one number to the other. The indicator beside the display will light when the distance is shown. Note: When the INCLINE buttons are pressed, the display will change to show the selected incline setting.



Note: If the speed is displayed in miles per hour, the distance will be displayed in miles. If the speed is displayed in kilometers per hour, the distance will be displayed in kilometers. (See SPEED DISPLAY above.)

5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a safe place. In addition, move the on/off switch to the "off" position.



THE USER INFORMATION MODE

The console features a user information mode that keeps track of the total time and distance accumulated on the treadmill. The information mode also allows you to switch the console from miles per hour to kilometers per hour.

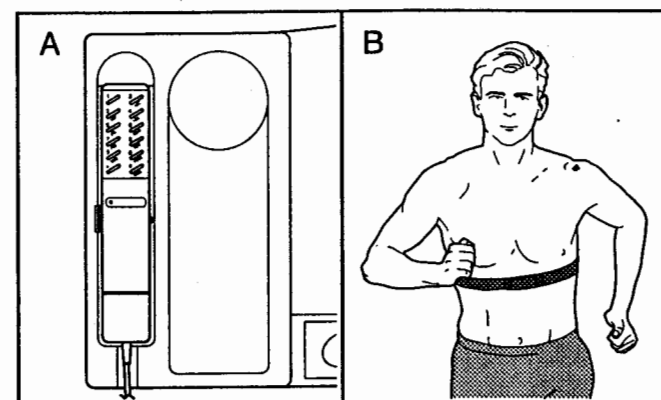
To select the information mode, hold down the SPEED ▽ button while inserting the key into the console.

The TIME display will show the total number of hours accumulated on the treadmill. The DISTANCE/INCLINE display will show the total number of miles accumulated on the treadmill. The console can display speed and distance in either miles or kilometers. When the information mode is selected, the SPEED display will show either an "E" (for English miles) or an "M" (for Metric kilometers). To change the unit of measurement, press the SPEED △ button.

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

THE OPTIONAL TELEPHONE AND PULSE KIT

With the purchase of the optional telephone (see drawing A below), you can answer or make calls without leaving the treadmill. An optional pulse kit (see drawing B) adds even more features to the console. The kit includes a state-of-the-art chest strap pulse monitor, a receiver, and an LED module. The LED module is designed to track and display your heart rate each time you exercise on the SOFTSTRIDER SE™. To purchase the telephone or pulse kit, refer to the Information accompanying the treadmill.



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.

2. Move your right hand to the position shown, and hold the treadmill firmly. Using your left hand, rotate the storage latch as shown. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch closes over the catch.**

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 85° Fahrenheit.

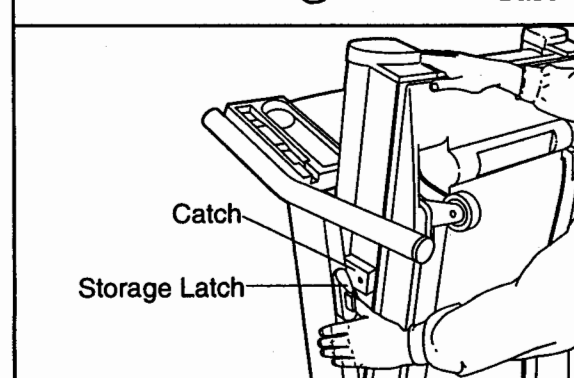
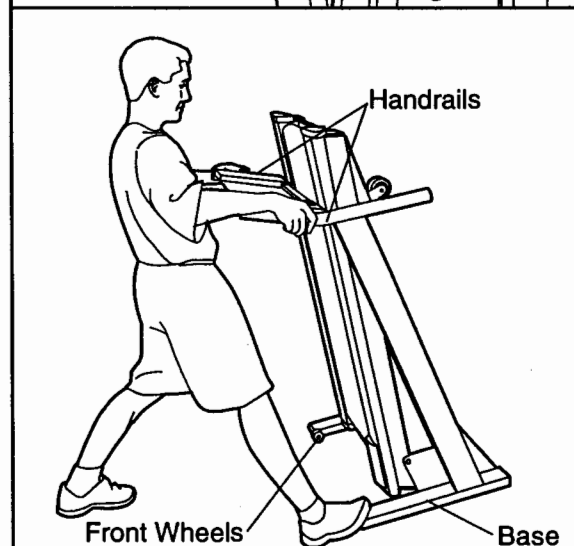
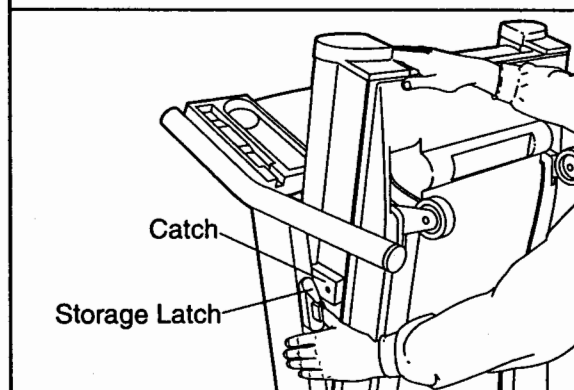
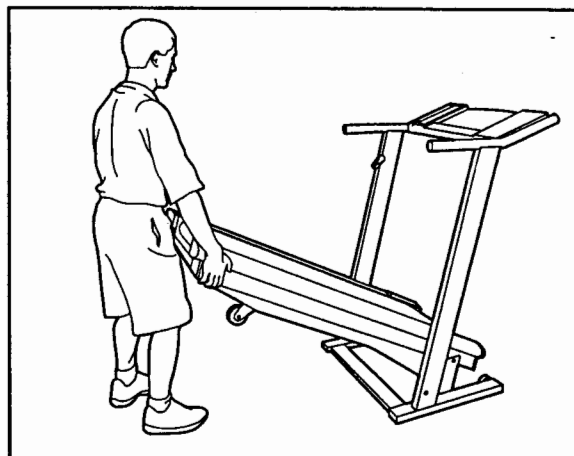
HOW TO MOVE THE TREADMILL

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

1. Hold the handrails. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, rotate the storage latch as shown. Pivot the treadmill until the catch is past storage latch.
2. See the drawing at the top of the page. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

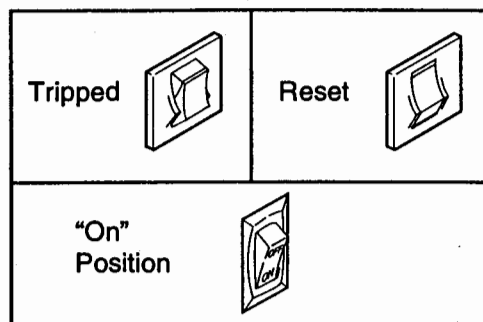


TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. See HOW TO PLUG IN THE POWER CORD on page 7. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 9.
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Check the on/off switch located at the front of the treadmill near the power cord. The switch must be in the "on" position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 9.
- Check to make sure that the on/off switch is in the "on" position. See 1. d. above.
- If the treadmill still will not run, please call our Customer Service Department, toll-free.

3. SYMPTOM: BUBBLES FORM IN THE WALKING BELT

- Due to variations in humidity and temperature, there is a possibility that bubbles may form in the walking belt. Although the bubbles will disappear with time, you may unplug the power cord, carefully insert a needle into the bubbles, and push the air out of the bubbles.

4. SYMPTOM: THE WALKING BELT NEEDS TO BE CLEANED

- Use a color-fast upholstery cleaner to clean the walking belt. Test the cleaner on a small area before cleaning the entire belt.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

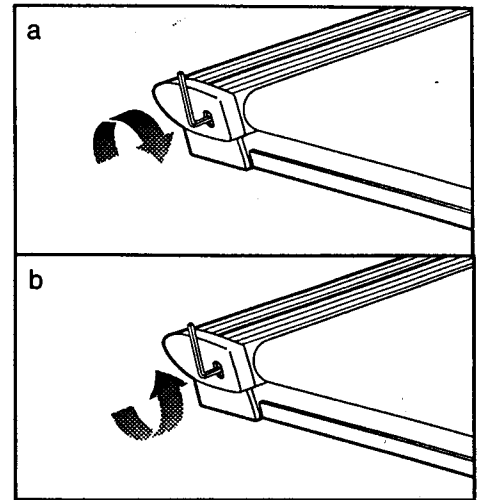
- Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

6. SYMPTOM: THE TREADMILL SITS UNEVENLY ON THE FLOOR

- Make sure that the five base pads are attached to the treadmill. See assembly step 1 on page 5.

7. SYMPTOM: THE WALKING BELT IS OFF-CENTER WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the 3/16" end of the allen wrench, turn the left rear roller adjustment bolt clockwise 1/4 of a turn. 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 has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the 3/16" end of the allen wrench, turn the left rear roller adjustment bolt counter-clockwise 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



8. SYMPTOM: AN ERROR CODE ("E1," "E2," "E3," OR "E4") APPEARS IN THE SPEED DISPLAY

- a. Error code "**E1**" may appear in the SPEED display if the console receives no speed signal while the incline is being changed. If this occurs, remove the key, wait for ten seconds, and then reinsert it. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**
- b. Error code "**E2**" may appear in the SPEED display if the console receives no speed signal when the speed setting is increased. If this occurs, remove the key, wait for ten seconds, and then reinsert it. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**
- c. Error code "**E3**" may appear in the SPEED display if the actual speed of the walking belt remains two miles per hour or more above the selected speed setting. If this occurs, remove the key, wait for ten seconds, and then reinsert it. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**
- d. Error code "**E4**" may appear in the SPEED display if the walking belt is moving at slow speed and there is excessive stress on the motor. If this occurs, remove the key, wait for ten seconds, and then reinsert it. If you weight over 200 pounds, it may also be helpful to increase the incline of the treadmill. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**

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.

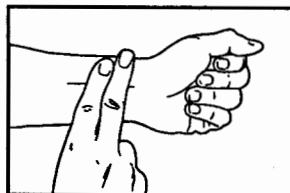
The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether you want to burn fat, strengthen your cardiovascular system, or tone your upper body, you can tailor your exercise for your specific goals. One of the keys to achieving the desired results is to exercise with the proper intensity. As you exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (Beats/Min.)	
	Unconditioned	Conditioned
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeats count, and



multiply the result by ten to find your heart rate. For example, if your six-second heartbeats count is 12, your heart rate is 120 beats per second.

Burning Fat

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 of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, keep your heart rate near the low end of your training zone as you exercise.

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, keep your heart rate near the middle of your training zone during exercise.

WORKOUT GUIDELINES

Each workout should include three parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

- Begin each workout with five to ten minutes of stretching and light exercise to warm up. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for strenuous exercise. (See SUGGESTED STRETCHES on page 15.)
- After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. Breathe regularly and deeply as you exercise—never hold your breath.
- End each workout with five to ten minutes of stretching to cool down. This will develop muscle flexibility and will help to prevent problems caused when you stop exercising suddenly.

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. Remember, the key to success is to make exercise an enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. 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

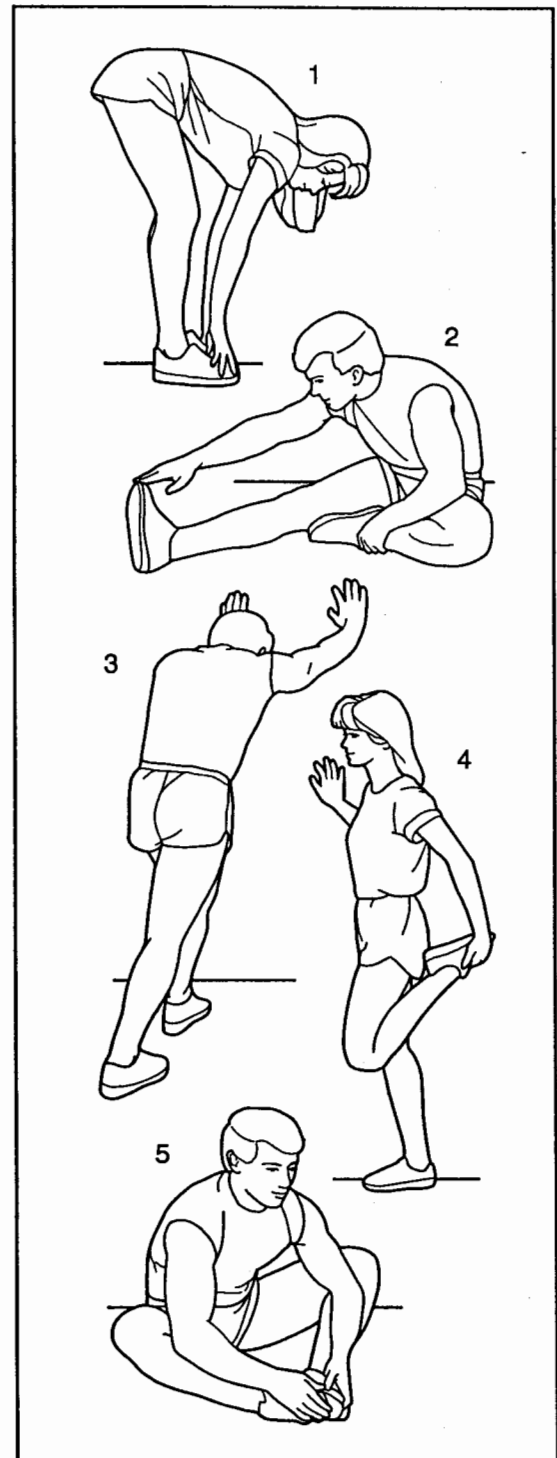
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



ORDERING REPLACEMENT PARTS

To order replacement parts, 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). Before calling, please note the following information:

- The MODEL NUMBER of the product (HRTL24570).
- The NAME of the product (HealthRider® SOFTSTRIDER™ SE treadmill).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the replacement part(s) (see the EXPLODED DRAWING and PART LIST attached to the center of this manual).

LIMITED WARRANTY

HealthRider Corp., Inc. (HealthRider), 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. HealthRider's obligation under this warranty is limited to replacing or repairing, at HealthRider's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by HealthRider 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 HealthRider. 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 HealthRider authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by HealthRider.

HealthRider 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.

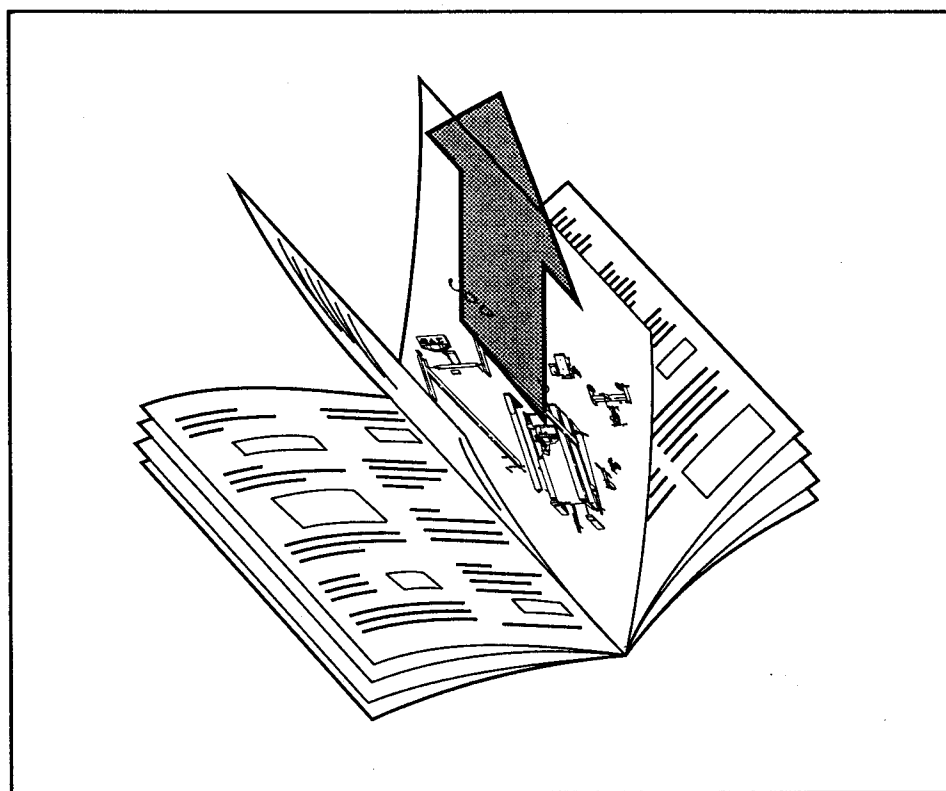
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

HealthRider Corp. 1500 S. 1000 W., LOGAN, UT 84321-9813

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

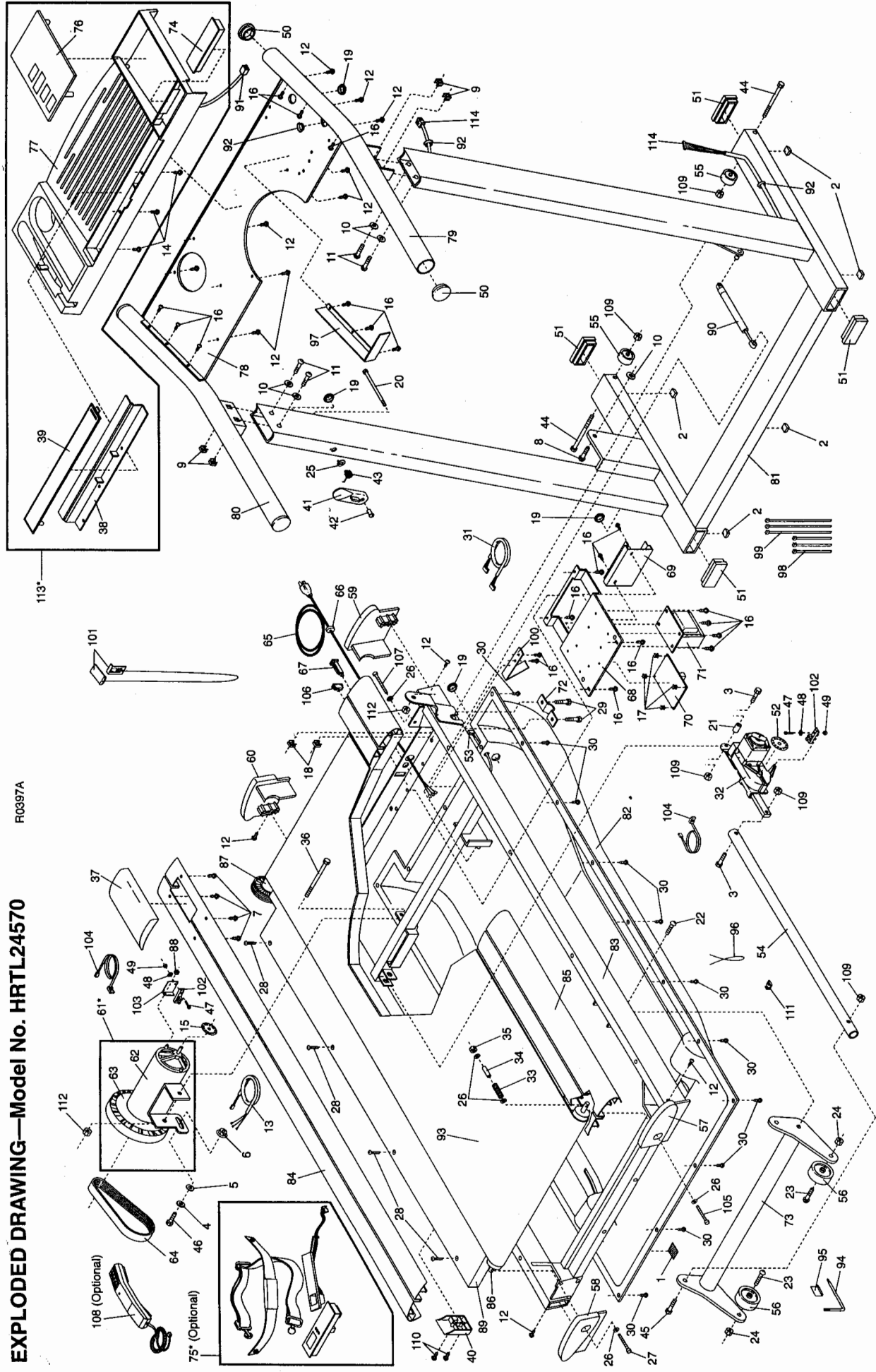
Save this EXPLODED DRAWING and PART LIST for future reference.



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

EXPLODED DRAWING—Model No. HRTL24570

R0397A



PART LIST—Model No. HRTL24570

R0397A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Latch Decal	63	1	Pulley/Flywheel/Fan
2	6	Base Pad	64	1	Motor Belt
3	2	Incline Motor Bolt	65	1	Power Cord
4	1	Motor Tension Washer	66	1	Grommet
5	1	Motor Tension Star Washer	67	1	Circuit Breaker
6	1	Motor Tension Nut	68	1	Electronics Bracket
7	4	Pulley Cover Screw	69	1	Controller
8	1	Left Pivot Bolt	70	1	Power Supply w/Clips
9	4	Cage Nut	71	1	Choke
10	4	Upright Washer	72	1	Lower Saddle Bracket
11	4	Upright Bolt	73	1	Incline Leg
12	18	Console Screw/Latch Screw	74	1	Small Console Cover
13	1	Motor-Controller Wire	75*	1	Pulse Kit (Optional-see page 10)
14	3	Book Rack Screw	76	1	Console
15	1	Speed Disk	77	1	Console Base
16	22	Screw	78	1	Console Plate
17	4	Plastic Stand-Off	79	1	Right Handlebar
18	2	Cage Nut	80	1	Left Handlebar
19	4	Round Plug	81	1	Base
20	1	Storage Latch Bolt	82	1	Belly Pan
21	1	Incline Motor Spacer	83	1	Frame
22	2	Incline Leg Bolt	84	1	Left Foot Rail
23	2	Wheel Bolt	85	1	Right Foot Rail
24	4	Wheel Nut	86	1	Rear Roller
25	1	Spring Washer	87	1	Front Roller/Pulley
26	5	Adjustment Washer	88	1	Optic Bracket Nut
27	1	Short Adjustment Bolt	89	1	Walking Board
28	8	Platform Screw	90	1	Shock
29	2	Saddle Bracket Bolt	91	1	Console Wire Harness
30	17	Belly Pan Screw	92	3	Wire Harness Grommet
31	1	Console Wire Harness	93	1	Walking Belt
32	1	Incline Motor	94	1	Allen Wrench
33	1	Tension Spring	95	1	Adhesive Clip
34	1	Spring Sleeve	96	1	Releaseable Wire Tie
35	1	Roller Tension Nut	97	1	Console Shield
36	1	Motor Pivot Bolt	98	3	4" Cable Tie
37	1	Pulley Cover	99	4	8" Cable Tie
38	1	Book Rack	100	2	Belt Guide
39	1	Book Rack Cover	101	1	Key/Clip
40	1	Storage Latch Catch	102	2	Optic Switch
41	1	Storage Latch	103	1	Optic Speed Bracket
42	1	Storage Latch Insert	104	2	Photo Wire
43	1	Storage Latch Spring	105	1	Long Adjustment Bolt
44	2	Base Wheel Bolt	106	1	On/Off Switch
45	1	Incline Pivot Bolt	107	1	Front Roller Adjustment Bolt
46	1	Motor Tension Bolt	108	1	Telephone (Optional-see page 10)
47	2	Optic Switch Screw	109	5	Incline Nut/Base Wheel Nut
48	2	Optic Switch Star Washer	110	2	Latch Screw
49	2	Optic Switch Nut	111	1	Flat Wire Tie Clamp
50	4	Handlebar Endcap	112	2	Motor Pivot Nut/Upright Nut
51	4	Base Endcap	113*	1	Console Assembly
52	1	Incline Disk	114	1	Upright Wire Harness
53	1	Belly Pan Wire Harness	#	1	8" White Wire, Male/Female
54	1	Incline Extension	#	1	8" White Wire, 2 Female
55	2	Base Wheel	#	1	8" Blue Wire, 2 Female
56	2	Incline Wheel	#	1	4" Blue Wire, 2 Female
57	1	Right Rear Endcap	#	1	4" Black Wire, 2 Female
58	1	Left Rear Endcap	#	1	8" Green Ground Wire
59	1	Right Front Endcap	#	1	Personal Profile
60	1	Left Front Endcap	#	1	User's Manual
61*	1	Motor/Pulley/Flywheel/Fan			
62	1	Motor			

* Includes all parts shown in the box

These parts are not illustrated