

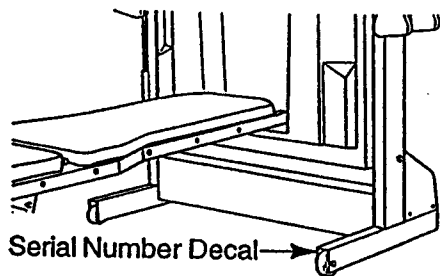
★ **HEALTHRIDER TXB**

TREADMILL - WEIGHT BENCH CROSS TRAINER

Patent Pending

Model No. HRTL27970

Serial No. _____



QUESTIONS?

If you have questions, or if there are missing or damaged parts, 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 to you.

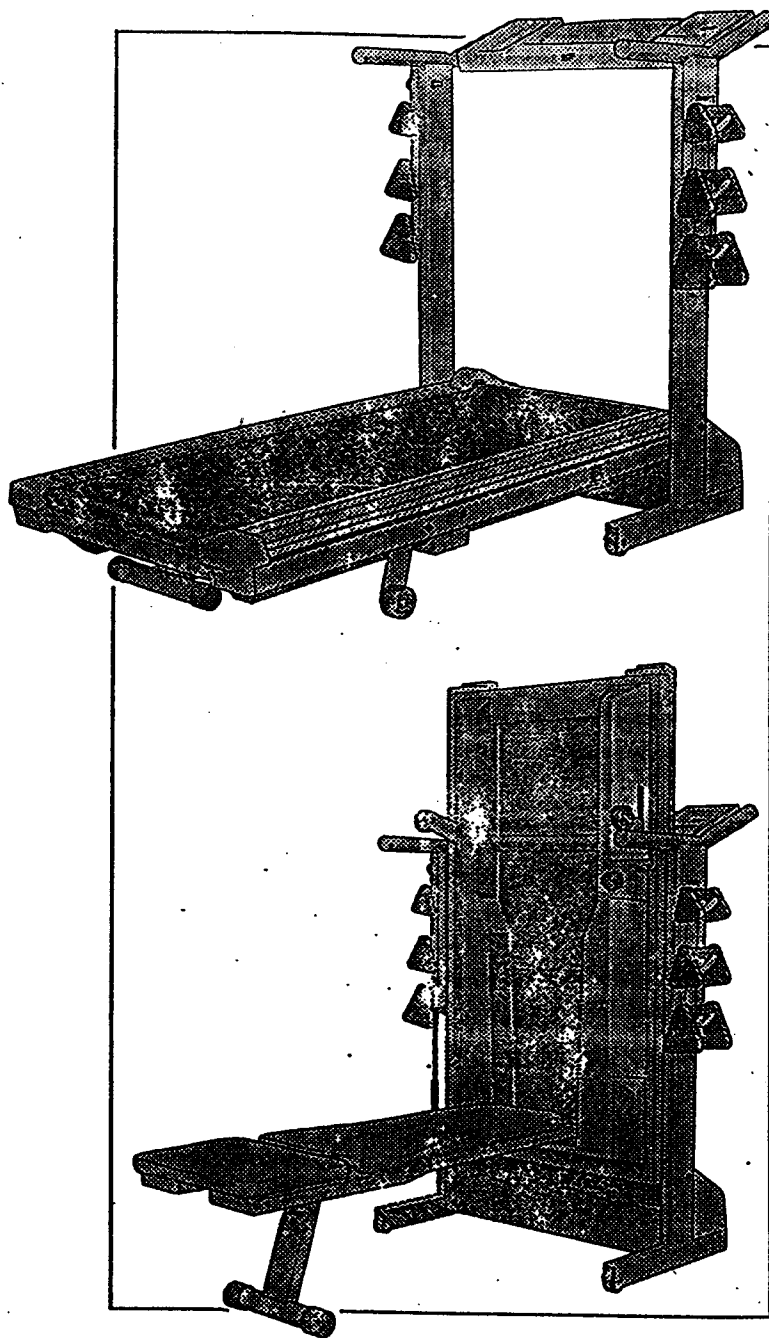
CUSTOMER HOT LINE:

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. Keep this manual for future reference.



USER'S MANUAL

HEALTHRIDER TXB

TREADMILL - WEIGHT BENCH CROSS TRAINER

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Note: An EXPLODED DRAWING is attached to the center of this manual. Save the EXPLODED DRAWING 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 the treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on a surface that blocks any 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 be used only by persons weighing 250 pounds or less.
8. The treadmill should never be used by more than one person at a time.
9. 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.
10. Always wear athletic shoes when using the treadmill. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
11. Inspect and tighten all parts of the treadmill regularly.
12. To connect the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
13. Use only a UL-listed surge suppressor, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
14. Keep the power cord and surge suppressor away from heated surfaces.
15. 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 5 if the treadmill is not working properly.)
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
19. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled.
21. You must be able to safely lift 50 pounds (23 kg) in order to raise, lower, or move the treadmill.
22. Three pairs of hand weights are included. Other hand-held weights may be used with the treadmill; however, do not put other weights on the weight rack, or use weights weighing more than 20 pounds each.

23. Before moving the treadmill, make sure that the bench and treadmill are folded to the storage position, and that the lock pins are fully engaged (see HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION on page 11, and HOW TO FOLD THE BENCH TO THE STORAGE POSITION on page 14).

24. Never insert any object into any opening.

25. Always unplug the power cord before performing the maintenance and adjustment

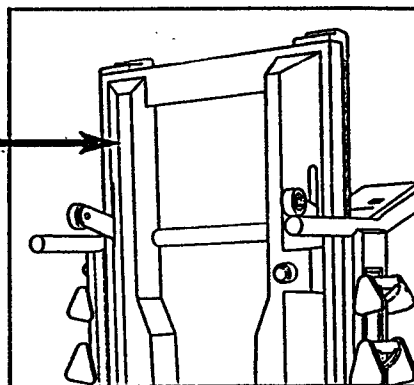
procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed only by an authorized service representative.

26. The treadmill is intended for in-home use only. Do not use the treadmill in any 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 decal shown below has been placed on the treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.



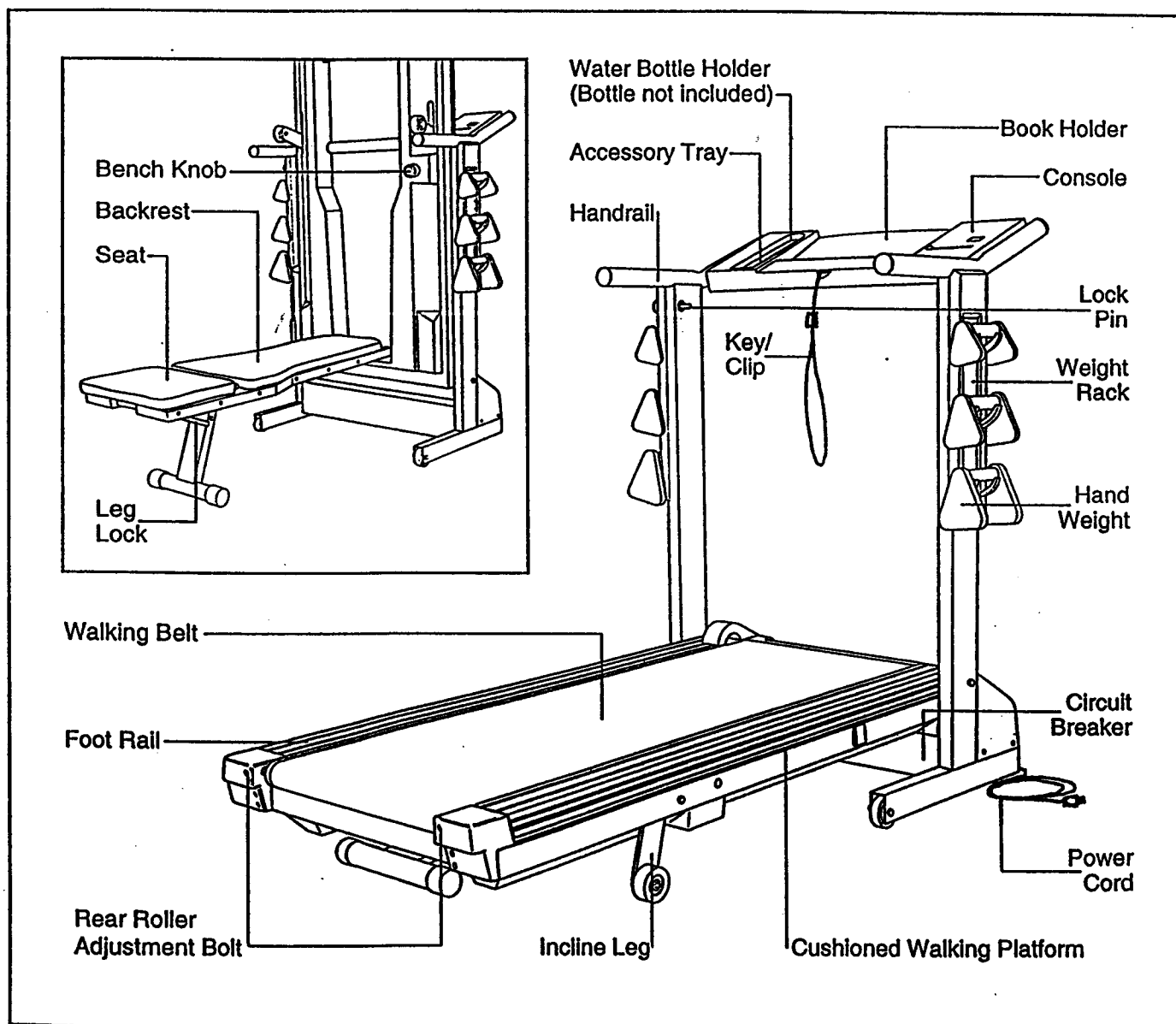
BEFORE YOU BEGIN

Congratulations for purchasing the revolutionary HealthRider® TXB treadmill. The unique HealthRider® TXB offers both aerobic exercise and strength training exercise to help you achieve total fitness in the convenience of your home. And when you're not exercising, the HealthRider® TXB can be folded up, taking a fraction of the space needed for both a treadmill and a bench.

For your benefit, read this manual carefully and view the included videocassette before using the HealthRider® TXB. 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). Please note the product model number and serial number before calling. The product model number is HRTL27970. The serial number can be found on a decal attached to the HealthRider® TXB (see the front cover of this manual for the location of the decal).

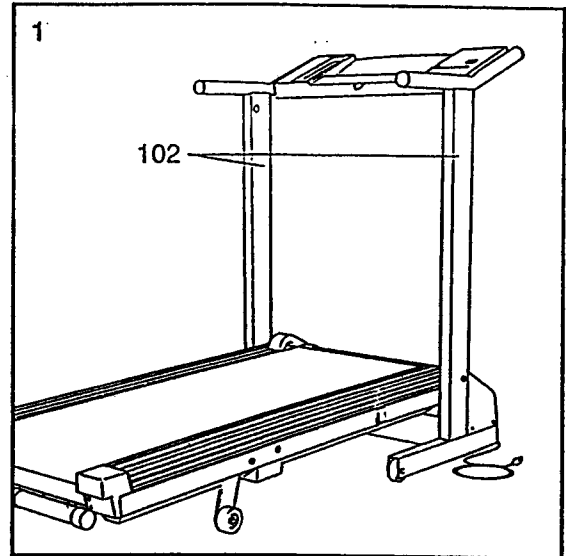
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

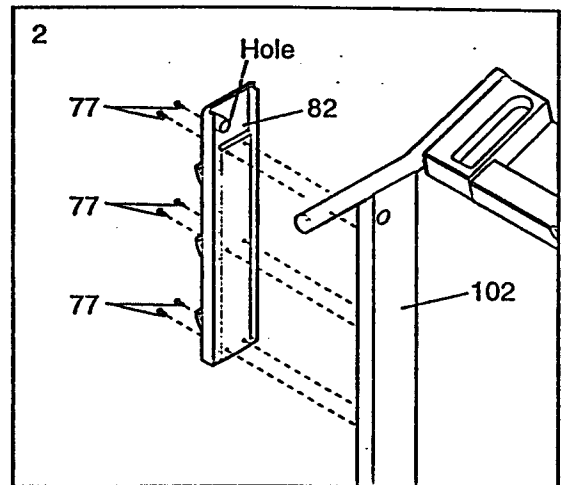
Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Assembly requires a phillips screwdriver (not included).

1. With the help of a second person, carefully raise the Uprights (102) until the treadmill is in the position shown at the right.

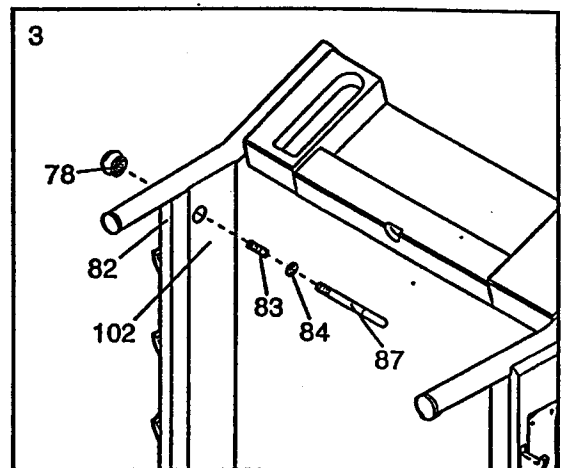


2. Locate the Left Weight Rack (82), which can be identified by the hole near the top. Attach the Left Weight Rack to the left Upright (102) with six Weight Rack Screws (77).

Attach the Right Weight Rack to the right Upright in the same manner (not shown).

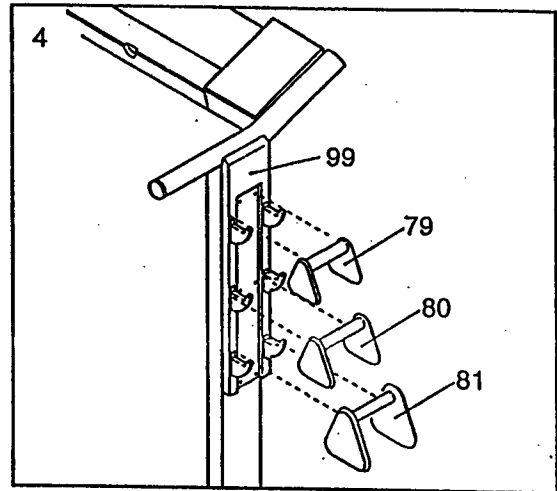


3. Slide the Lock Pin Collar (84) and the Spring (83) onto the Lock Pin (87). Insert the Lock Pin into the left Upright (102) and the Left Weight Rack (82). Tighten the Treadmill Knob (78) onto the Lock Pin.

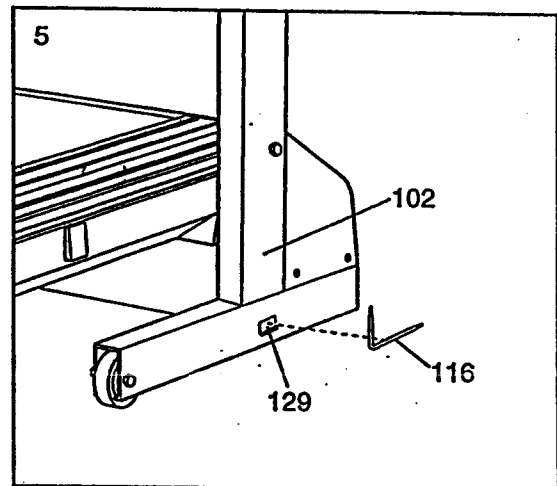


4. Place a 2-lb. Weight (79) on the upper hooks on the Right Weight Rack (99). Place a 4-lb. Weight (80) on the center hooks on the Right Weight Rack. Place a 6-lb. Weight (81) on the lower hooks on the Right Weight Rack.

Put the remaining Weights on the Left Weight Rack (not shown).



5. Remove the backing from the Adhesive Clip (129). Press the Adhesive Clip onto the base of the Uprights (102) in the indicated location. Press the Allen Wrench (116) into the Adhesive Clip.



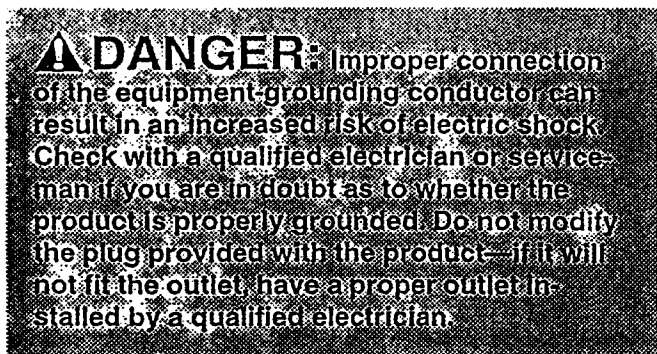
6. Make sure that all parts of the treadmill are properly tightened. To protect the floor or carpet from damage, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

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



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.

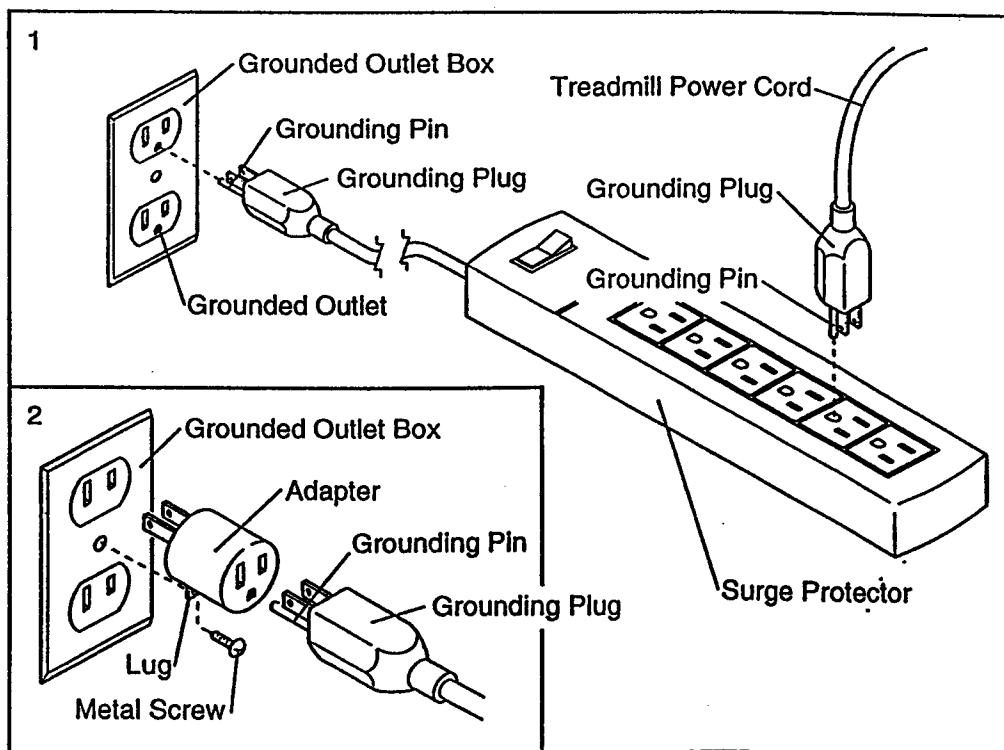
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

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.

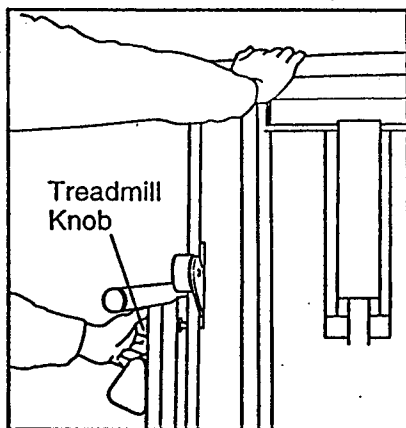


HOW TO LOWER THE TREADMILL FOR USE

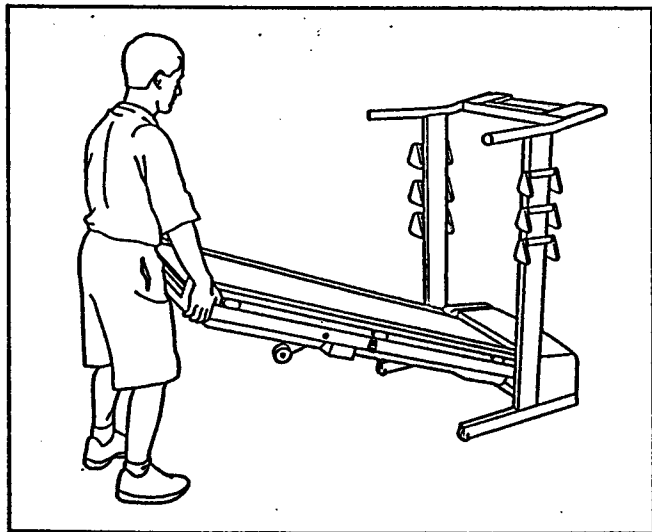
To use the treadmill, the bench must be folded to the storage position. See **HOW TO FOLD THE BENCH TO THE STORAGE POSITION** on page 14.

Caution: You must be able to safely lift 50 pounds (23 kg) in order to lower the treadmill.

To lower the treadmill, hold the upper end of the treadmill with your right hand as shown. Hold the treadmill knob with your left hand and pull it to the left. Pivot the treadmill down a few inches.



Next, hold the treadmill with both hands as shown below and lower the treadmill to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.



THE PERFORMANT LUBE™ WALKING BELT

The 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. Such substances will deteriorate the walking belt and cause excessive wear.

HEALTHRIDER

Customer Service: 1-800-999-3758

CALS. / FAT CALS.

97.6

OPERATING INSTRUCTIONS

1. Insert Key
2. Press On / Reset
3. Reset and Adjust Speed

TIME

ON / RESET

13:45

SPEED

3.3

5K = 3.11 miles
10K = 6.21 miles

4 MPH = 15 min / mile
6 MPH = 10 min / mile
8 MPH = 7.5 min / mile
10 MPH = 6 min / mile

DISTANCE

POWER INCLINE

1.20

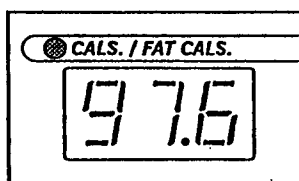
SPEED Reset / Slow

Fast

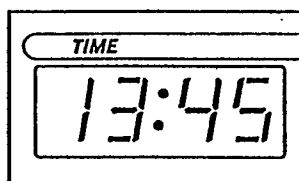
5 Follow your progress with the monitor displays.

CALORIES/FAT CALORIES display—

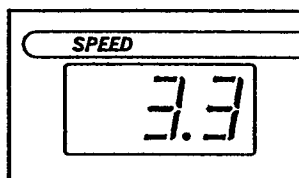
This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See **FAT BURNING** on page 12 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. An indicator will light when the number of calories is shown.



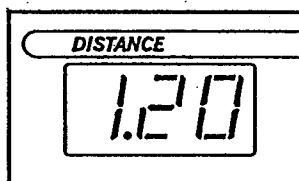
TIME display—This display shows the total time that you have walked or run on the treadmill.



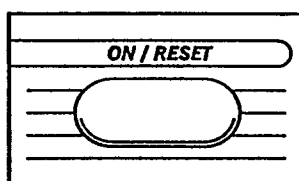
SPEED display—This display shows the speed of the walking belt, in miles per hour.



DISTANCE display—This display shows the total distance that you have walked or run, in miles.



The displays can be reset, if desired, by pressing the **ON/RESET** button.



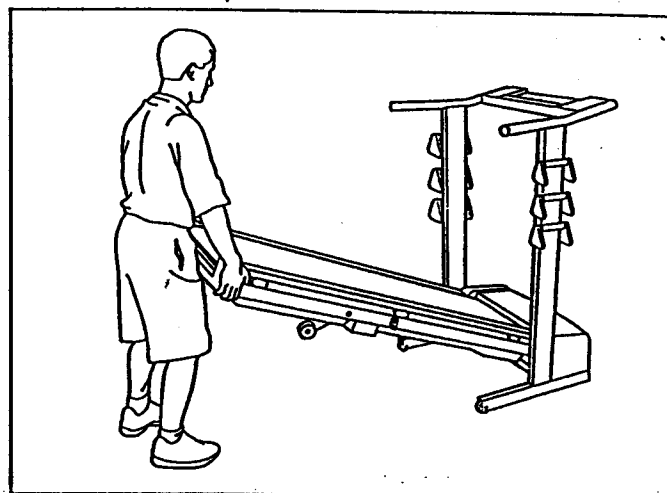
6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and slide the speed control to the **RESET** position. Remove the key from the console and store it in a secure place.

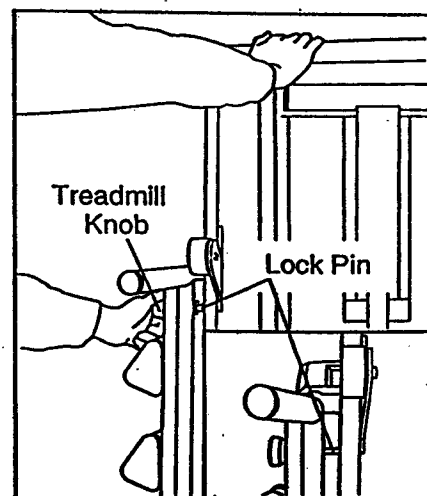
HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION

Before folding the treadmill, unplug the power cord. **Caution:** You must be able to safely lift 50 pounds (23 kg) in order to raise the treadmill.

Hold the treadmill in the locations shown below. 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 until it is almost vertical.



Next, hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the treadmill knob to the left. Pivot the treadmill until the lock pin is aligned with the hole in the side of the treadmill frame (refer to the inset drawing).



Slowly release the knob. Make sure that the lock pin is inserted into the hole in the treadmill frame.

Note: 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 EXERCISE ON THE TREADMILL

⚠ 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 information, view the included videocassette.

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. (This chart is also found on the console.)

HEART RATE TRAINING ZONES							
AGE	20	30	40	50	60	70	80
AEROBIC	165	155	145	140	130	125	115
MAX. FAT	145	138	130	125	118	110	105
FAT BURN	125	120	115	110	105	95	90

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are 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 one of the lower two numbers in your training zone.

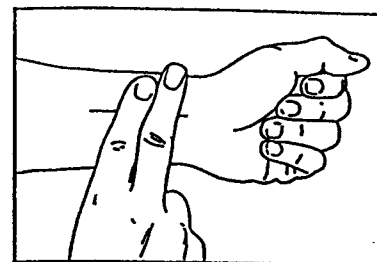
Aerobic Exercise

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.

HOW TO MEASURE YOUR HEART RATE

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



by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up—Start each workout with 5 to 8 minutes of stretching and light exercise (see **SUGGESTED STRETCHES** on page 13). 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—do not hold your breath.

A cool-down—Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, 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

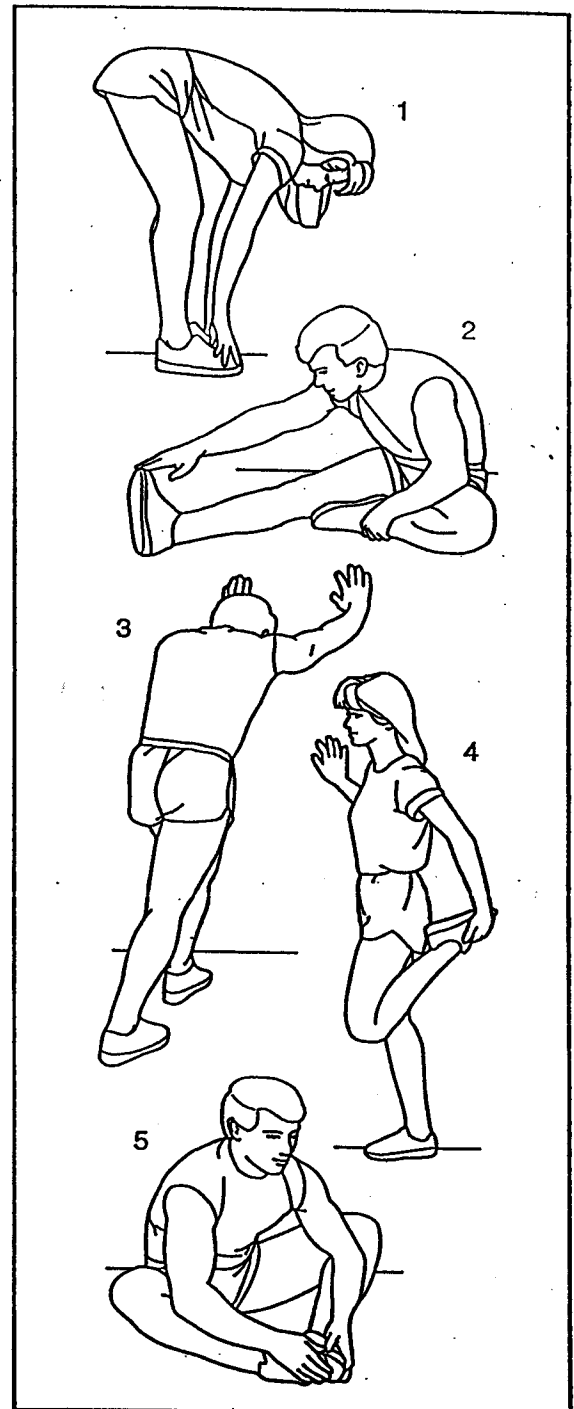
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

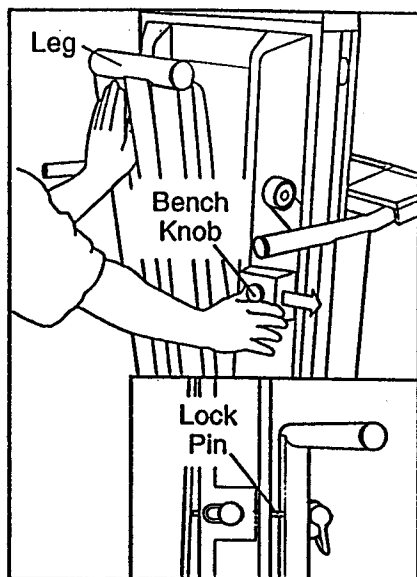


HOW TO OPERATE THE WEIGHT BENCH

HOW TO LOWER THE BENCH FOR USE

To use the bench, the treadmill must be folded to the storage position. See **HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION** on page 11.

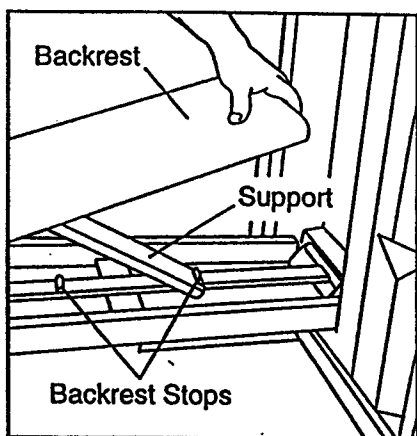
Next, place your left hand on the bench as shown. Using your right hand, slide the bench knob to the right as far as possible. It may be helpful to push on the leg while you slide the knob. Make sure that the knob is moved all of the way to the "bench" position. Refer to the inset drawing. Make sure that the lock pin is inserted into the hole in the right upright.



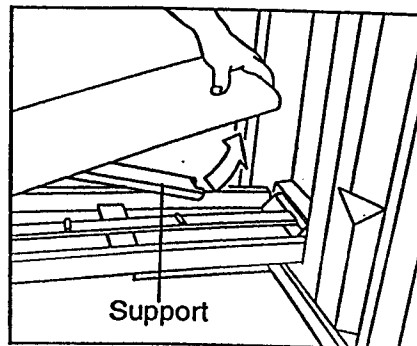
Lower the bench until the leg is resting on the floor.

HOW TO ADJUST THE BACKREST

The backrest can be used in a level position or in either of two inclined positions. When the bench is first lowered, the backrest will be in the level position. To adjust the backrest to an inclined position, first raise the backrest and lower the support (see the drawing above). Rest the end of the support against either of the backrest stops as shown. Make sure that the support is resting against one of the backrest stops.



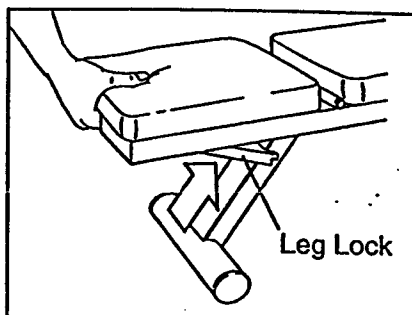
To adjust the backrest to the level position, first raise the backrest slightly. Pivot the end of the support in the direction shown by the arrow. Lower the backrest onto the bench frame.



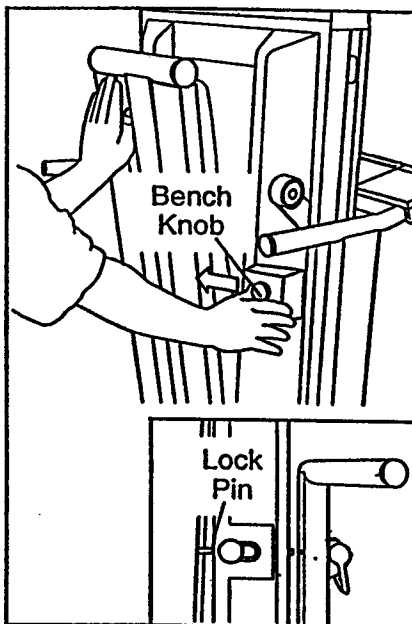
HOW TO FOLD THE BENCH TO THE STORAGE POSITION

Before folding the bench, make sure that the backrest is adjusted to the level position.

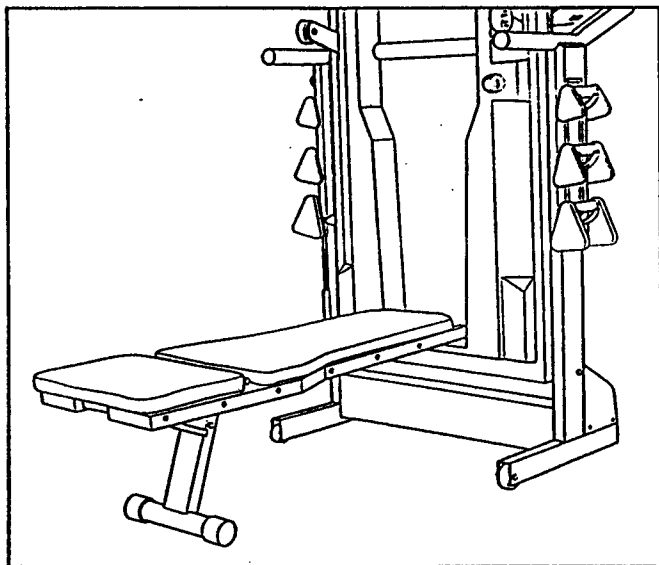
Hold the bench seat with your right hand as shown. Using your fingers, push up the leg lock.



Next, raise the bench to the vertical position and hold it in place. Using your right hand, slide the bench knob to the left as far as possible. Make sure that the knob is moved all of the way to the "treadmill" position. Refer to the inset drawing. Make sure that the lock pin is inserted into the hole in the bench frame.



HOW TO EXERCISE ON THE WEIGHT BENCH



The treadmill offers a variety of exercises designed to trim, tone, and strengthen the body. Please read these guidelines before using the weight bench. For more information, view the included videocassette.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

STRENGTH TRAINING GUIDELINES

Your strength training program should include 3 workouts each week. To give your body time to rest, workouts should be on alternating days, such as Monday, Wednesday, and Friday.

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise may result in greater productivity throughout the day. For others, exercising before dinner offers a chance to wind down from the day's activities. Whatever time you choose, be consistent and stick with it.

Each workout should include the following three essential parts: (1) a warm-up, (2) 6 to 10 exercises, and (3) a cool-down.

Begin each workout with 5 to 8 minutes of stretching to warm up (see **SUGGESTED STRETCHES** on page 13). This will prepare the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature.

Next, perform 6 to 10 of the exercises shown on the included chart. To give balance and variety to your workouts, vary the exercises from workout to workout. Begin with 1 set of 12 repetitions for each exercise. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed without pausing.) As your fitness level increases, perform 2 or 3 sets for each exercise. Always rest for at least 1 minute after each set. When you can complete 3 sets of 12 repetitions without difficulty, you may choose to use heavier weights. **CAUTION:** The treadmill includes three pairs of hand weights. Other hand-held weights may be used with the treadmill; however, do not put other weights on the weight rack, or use weights weighing more than 20 pounds each.

Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase your flexibility, and will help to reduce soreness.

It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. **CAUTION:** If you feel pain or dizziness at any time, stop immediately and begin cooling down.

EXERCISE FORM

For the best results, correct form is important. Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. The photographs on the included chart show the correct starting and ending positions for each exercise. Make sure to perform each exercise with a smooth, steady motion. Exhale as you exert yourself, and inhale as you return to the starting position; never hold your breath.

STAYING MOTIVATED

To stay motivated, try listening to music or watching television while you exercise. It may also be helpful to work out with a training partner. If desired, use a calendar to keep a record of your workouts, and write key body measurements at the end of every month.

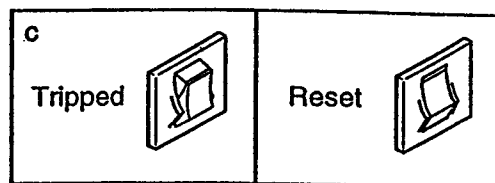
Remember, the key to lasting results is to make exercise a regular and enjoyable part of your daily life.

MAINTENANCE AND 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).

PROBLEM: The power does not turn on

- SOLUTION:**
- a. 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 8.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
 - b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 10.
 - 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.

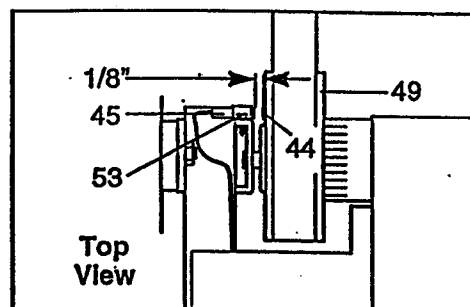


PROBLEM: The power turns off during use

- SOLUTION:**
- a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing 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.
 - c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 10.
 - d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

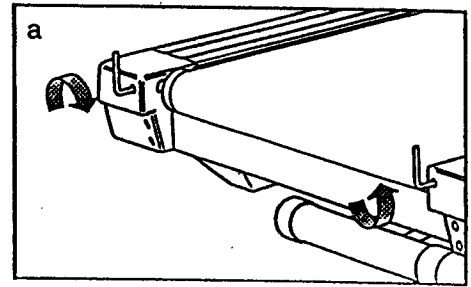
PROBLEM: The displays of the console do not function properly

- SOLUTION:**
- a. Remove the six screws from the hood. Carefully remove the hood. Locate the Reed Switch (45) and the Magnet (44) on the left side of the Pulley (49). Turn the Pulley until the Magnet is aligned with the Reed Switch. Make sure that the gap between the Magnet and the Reed Switch is about 1/8". If necessary, loosen the Screw (53) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

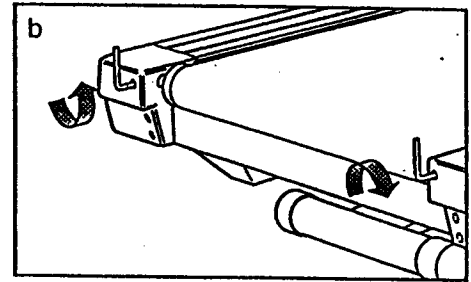


PROBLEM: The walking belt is off-center or slips when walked on

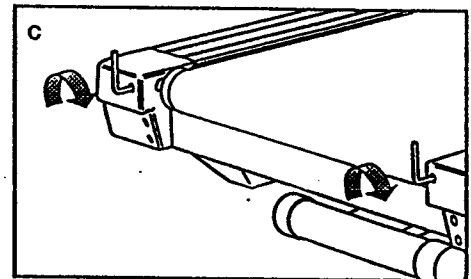
SOLUTION: a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, 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 allen wrench, turn the left adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



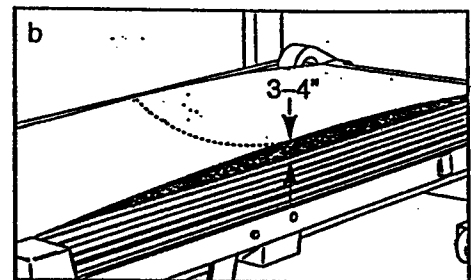
c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



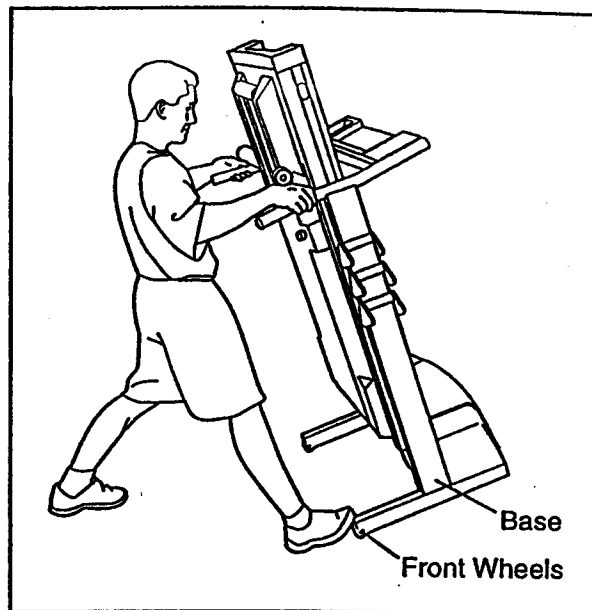
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, make sure that the bench and treadmill are folded to the storage position. In addition, make sure that the lock pins are fully engaged (see **HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION** on page 11, and **HOW TO FOLD THE BENCH TO THE STORAGE POSITION** on page 14).

To move the treadmill, first hold the handrails and place one foot on the base as shown.

Next, tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. Place one foot on the base, and carefully lower the treadmill until it is resting on the base. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.



PART LIST—Model No. HRTL27970

R1297A

To identify parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	53	4	Screw	105	1	Motor Tension Washer
2	8	Backrest Screw	54	4	Incline Bracket Bolt	106	1	Tension Star Washer
3	13	Nut	55	1	Extension Bracket	107	1	Motor Tension Nut
4	7	Backrest Support Bolt	56	1	Incline Motor	108	1	Wire Harness
5	1	Left Backrest Frame	57	3	Hood Clips	109	2	Front Wheel Bolt
6	1	Right Backrest Frame	58	1	Bench Lock Pin	110	2	Base Wheel
7	2	Bench Frame Spacer	59	2	Bench Latch Bolt	111	2	Front Wheel Nut
8	1	Bench Bracket	60	2	Bench Latch Washer	112	1	Choke
9	2	Bench Bracket Bolt	61	1	Latch Frame Spacer	113	1	Power Cord
10	1	Bench Pivot Bolt	62	1	Latch Slide	114	1	Circuit Breaker
11	2	Support Pivot Bolt	63	1	Latch Bracket	115	1	Power Cord Grommet
12	1	Backrest Support	64	2	Latch Nut	116	1	Allen Wrench
13	1	Bench Adjustment	65	1	Latch Bracket	117	4	Base Pad
14	1	Bench Seat	66	2	Wheel Bolt	118	2	Upright Pivot Bolt
15	1	Bench Pin	67	2	Incline Wheel Bolt	119	2	Upright Pivot Washer
16	1	Bench Back	68	2	Incline Wheel	120	1	Belly Pan
17	22	Plastic Fastener	69	1	Motor	121	1	Console Plate
18	2	Bench Leg Cap	70	1	Flywheel	122	2	Flange Nut
19	1	Bench Leg	71	1	Incline Leg	123	1	Controller
20	1	Bench Leg Pivot Bolt	72	1	Latch Spring	124	1	Hood Cover
21	1	Bench Poster (small)	73	4	Tie Clamp	125	1	Hood
22	1	Bench Poster (large)	74	2	Spring Screw	126	2	Backrest Spacer
23	1	Bench Bottom	75	3	Releasable Tie	127	2	Bench Pin Cap
24	2	Rear Roller Adj. Bolt	76	4	8" Cable Tie	128	16	Front Belly Pan Screw
25	3	Adjustment Washer	77	12	Weight Rack Screw	129	1	Adhesive Clip
26	2	Leg Lock Screw	78	2	Lock Knob	130	1	Incline Switch
27	2	Endcap Screw	79	2	2-lb. Weight	131	2	Incline Wheel Nut
28	1	Left Roller Endcap	80	2	4-lb. Weight	132	1	Bench Leg Lock
29	1	Latch Warning Decal	81	2	6-lb. Weight	133	2	Bench Lock Bracket
30	1	Belly Pan	82	1	Left Weight Rack	134	1	Incline Wire Harness
31	1	Frame	83	1	Lock Knob Spring	135	1	Book Rack
32	2	Base Endcap	84	1	Lock Pin Collar	136	1	Grommet
33	1	Console Shield	85	1	Incline Motor Spacer	137	1	Electronic Bracket
34	4	Hood Isolator	86	1	Latch Clip	138	1	Power Supply
35	4	Isolator	87	1	Treadmill Lock Pin	139	1	Switch Board
36	1	Rear Roller	88	4	Handrail Cap	140	1	Console Insert
37	1	Left Foot Rail	89	1	Motor Belt	141	1	Console Label
38	1	Right Foot Rail	90	4	Console Base Screw	#	1	8" Green Ground Wire
39	1	Walking Belt	91	1	Frame Guide	#	1	6" Blue Wire, 2 Female
40	1	Motor Pivot Nut	92	1	Console Base	#	1	6" White Wire, 2 Female
41	4	Walking Platform Screw	93	1	Right Roller Endcap	#	1	8" White Wire Harness
42	59	Walking Platform	94	1	Left Bench Bracket	#	1	User's Manual
43	2	Upright Spacer	95	1	Right Bench Bracket	#	1	38" Blue Pigtail Wire
44	1	Magnet	96*	1	Console			
45	1	Reed Switch/Wire	97	1	Videocassette			
46	1	Reed Switch Clip	98	1	Key/Clip			
47	1	Ground Wire	99	1	Right Weight Rack			
48	2	Upright Pivot Washer	100*	1	Motor Assembly			
49	1	Front Roller/Pulley	101	1	Motor Pivot Bolt			
50	2	Cage Nut	102	1	Upright Base			
51	1	Front Roller Adj. Bolt	103	1	Shock			
52	2	Belt Guide	104	1	Frame Guide			

* Includes all parts shown in the box
These parts are not illustrated

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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 be prepared to give the following information when calling:

- The MODEL NUMBER of the product (HRTL27970).
- The NAME of the product (HealthRider® TXB 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 on page 19 of this manual and the EXPLODED DRAWING attached in the center of this manual).

HealthRider® is a registered trademark of ICON Health & Fitness, Inc.

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, 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 ICON.

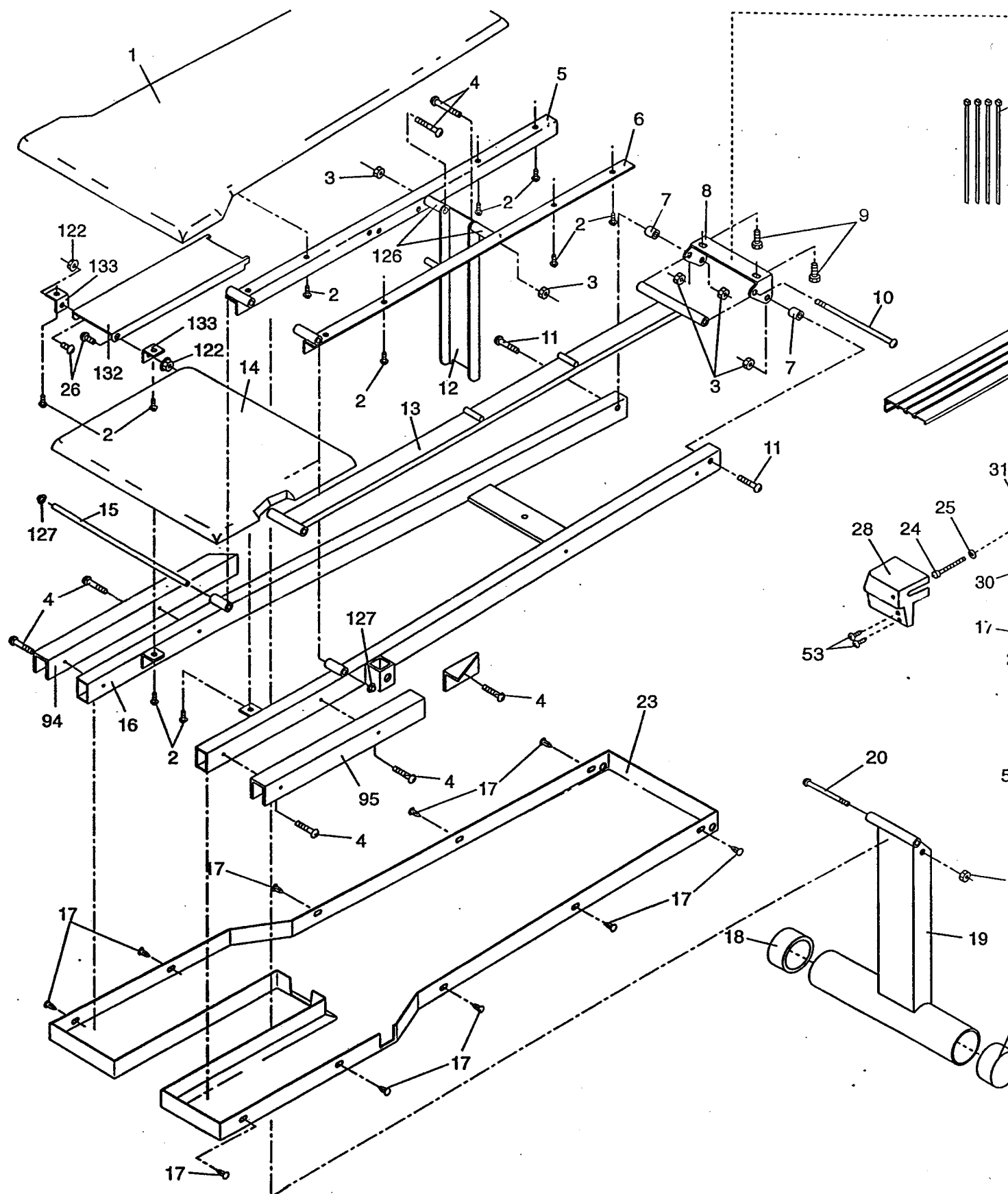
ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation 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.

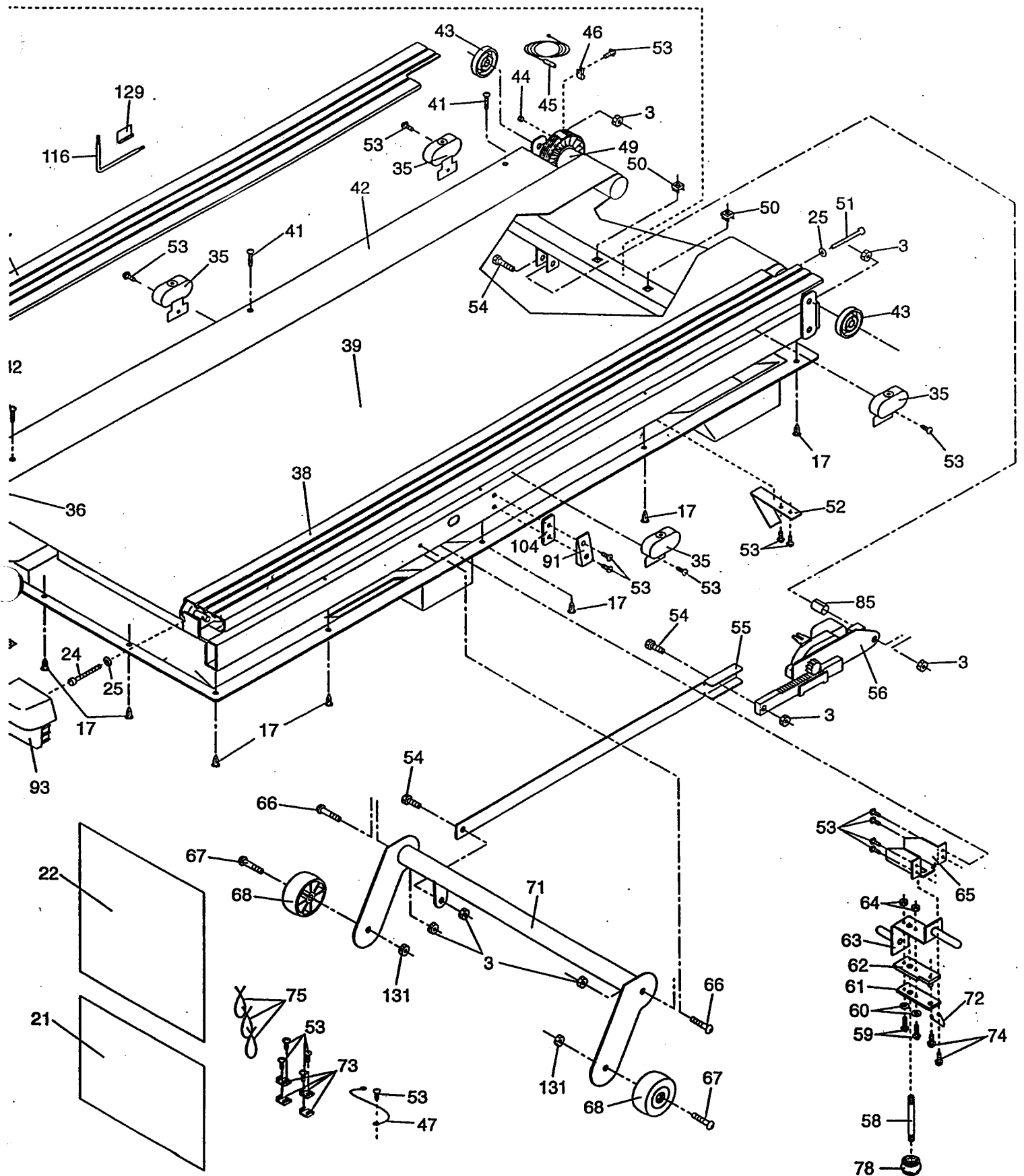
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

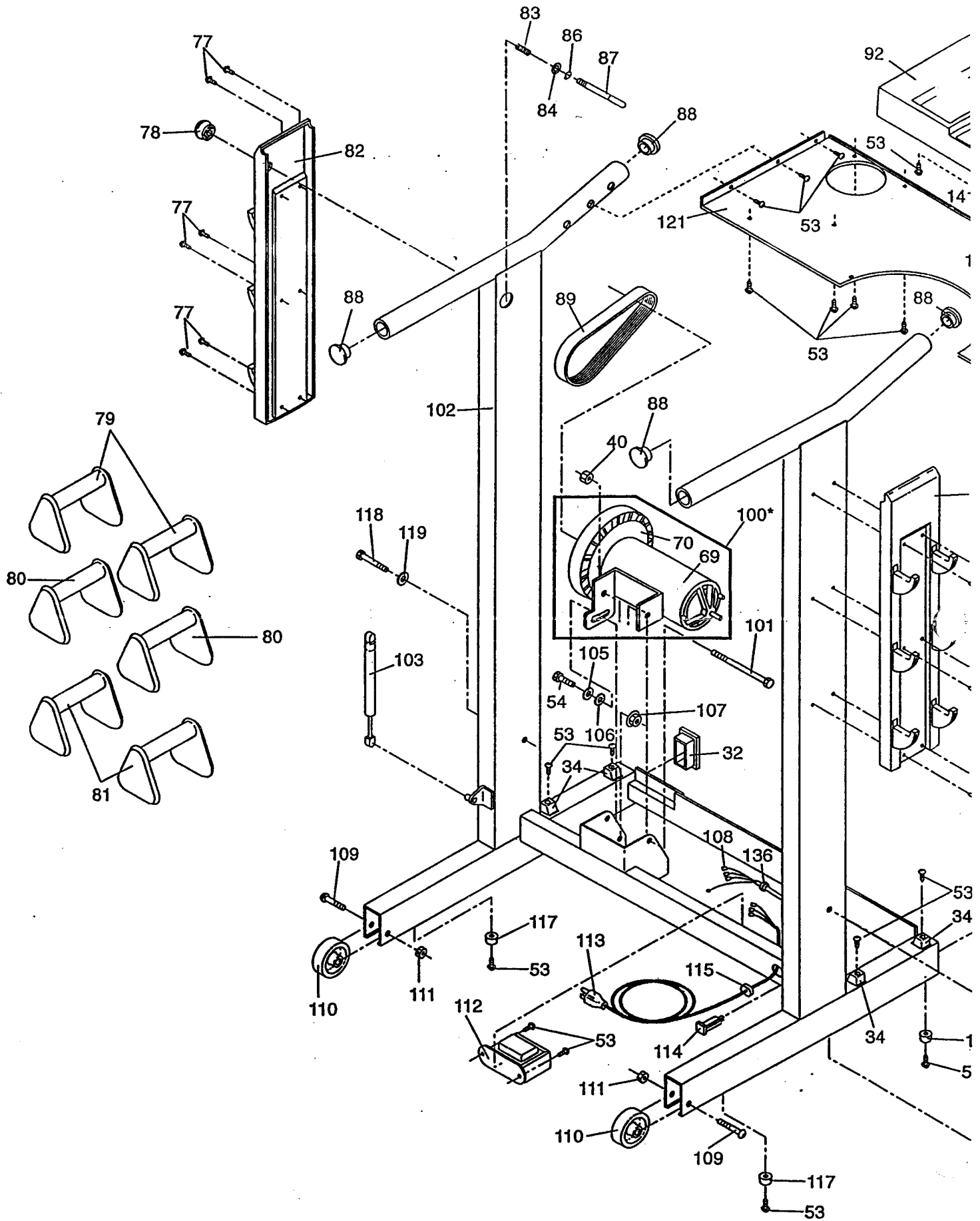
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

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**Remove this EXPLODED DRAWING
from the user's manual. Save this
EXPLODED DRAWING for future
reference.**

To identify parts shown on this EXPLODED DRAWING, refer to
the PART LIST on page 19 of the user's manual.

