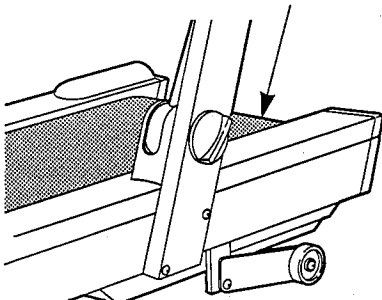


IMAGE[®] 10.4

Model No. IMTL10452

Serial No. _____

Serial Number Decal



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 you 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 to you.

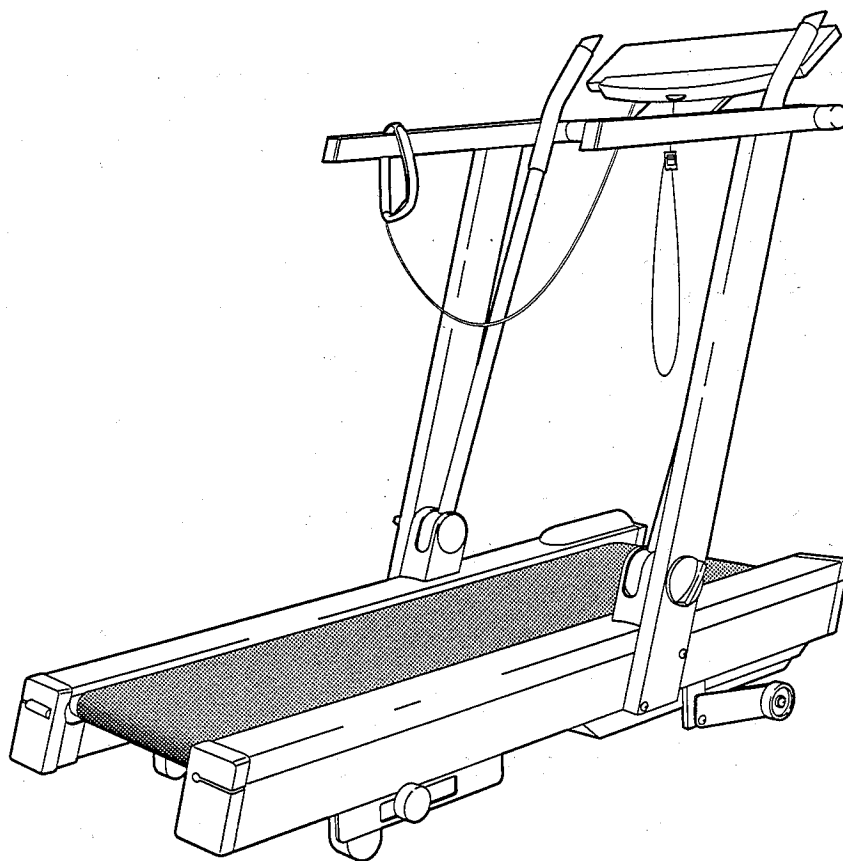
CUSTOMER HOT LINE:

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. Save this manual for future reference.



USER'S MANUAL

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 two (2) years from the date of purchase, excepting the pulse sensor which is covered by a 90 day limited warranty. 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 OTHER 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

IMAGE[®] 10.4

TABLE OF CONTENTS

LIMITED WARRANTY	2
IMPORTANT PRECAUTIONS	4
BEFORE YOU BEGIN	5
ASSEMBLY	6
HOW TO USE THE PULSE SENSOR	8
OPERATION AND ADJUSTMENT	9
TROUBLE-SHOOTING AND STORAGE	14
CONDITIONING GUIDELINES	16
ORDERING REPLACEMENT PARTS	Back Cover

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

⚠ 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.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with 8 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 small children and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 300 pounds. Allow only one person on the treadmill at a time.
8. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on 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.
9. 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.
10. Keep the power cord and the surge protector away from heated surfaces.
11. 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.)
12. Wear appropriate 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. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.*
13. Never start the treadmill while you are standing on the walking belt. Always hold the handrail while exercising on the treadmill.
14. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
15. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. 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 5 for the location of the on/off switch.)
18. Inspect and tighten all parts of the treadmill every three months.
19. Never insert any object into any opening.
20. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

SAVE THESE INSTRUCTIONS

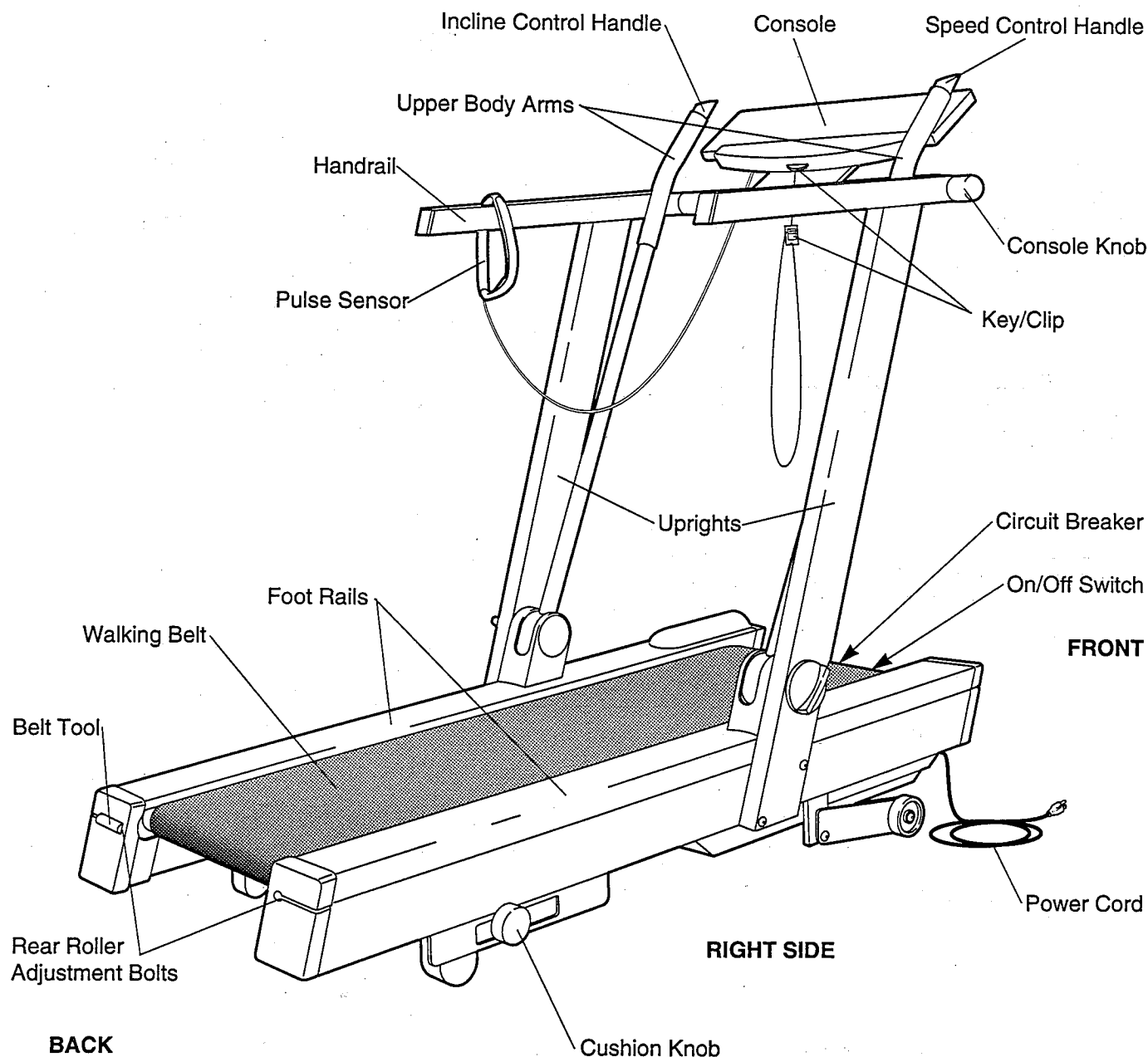
BEFORE YOU BEGIN

Thank you for selecting the IMAGE® 10.4 treadmill. The IMAGE 10.4 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

Please read this manual carefully before using the 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 of the treadmill is IMTL10452. 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 review the drawing below and familiarize yourself with the parts that are labeled.

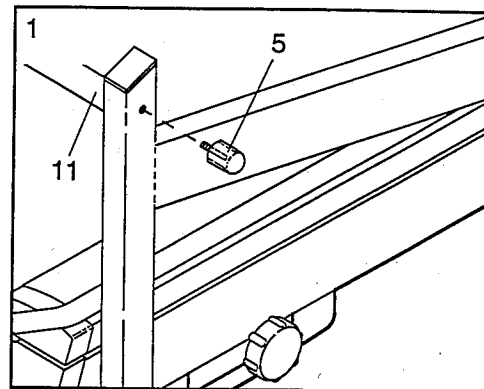


ASSEMBLY

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.

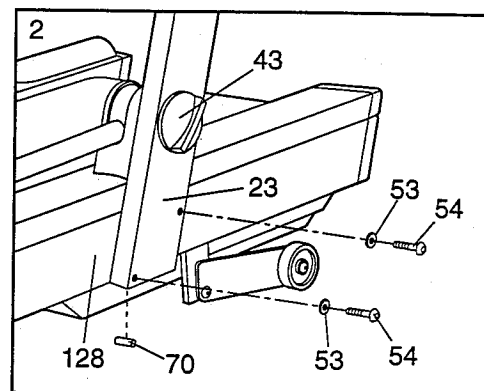
Assembly can be completed using the included 7/32" allen wrench .

1. Tighten a Console Knob (5) into each end of the Console Crossbar (11).



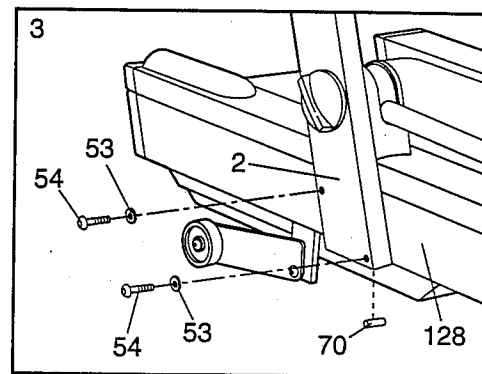
2. Loosen the Resistance Control (43) at the lower end of the Right Upright (23) and the Left Upright (not shown). Raise the Uprights to the position shown. Hold an Upright Spacer (70) inside the bottom of the Right Upright. Insert a 3/8" x 4" Bolt (54), with an Upright Washer (53), into the lower hole near the bottom of the Right Upright and through the Upright Spacer. Using the 7/32" allen wrench, tighten the Bolt into the Frame (128).

Insert a 3/8" x 4" Bolt (54), with an Upright Washer (53), into the other hole near the bottom of the Right Upright (23). Using the 7/32" allen wrench, tighten the Bolt into the Frame (128).

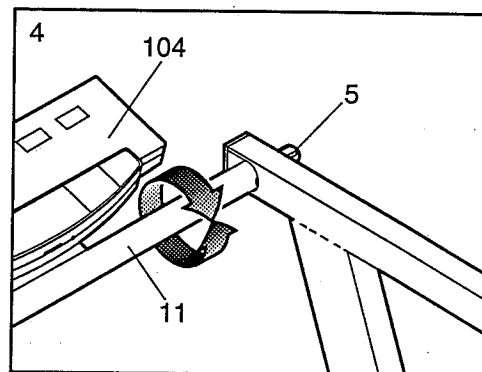


3. Hold an Upright Spacer (70) inside the bottom of the Left Upright (2). Insert a 3/8" x 4" Bolt (54), with an Upright Washer (53), into the lower hole near the bottom of the Left Upright and through the Upright Spacer. Using the 7/32" allen wrench, tighten the Bolt into the Frame (128).

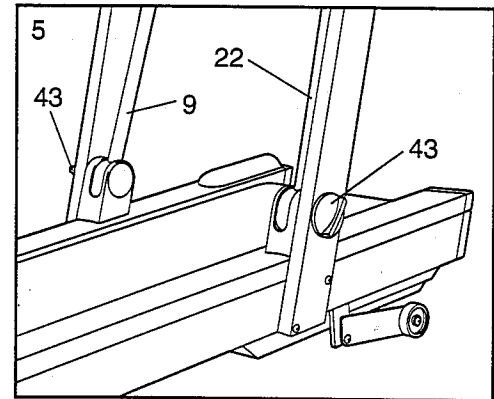
Insert a 3/8" x 4" Bolt (54), with an Upright Washer (53), into the other hole near the bottom of the Left Upright (2). Using the 7/32" allen wrench, tighten the Bolt into the Frame (128).



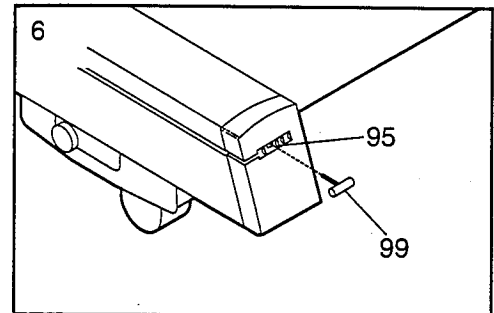
4. Loosen the Console Knob (5) in each end of the Console Crossbar (11). Rotate the Console (104) to the desired angle. Firmly tighten the Console Knobs.



5. Raise the Left and Right Upper Body Arms (9, 22). Tighten the Resistance Control (43) on the lower end of each Upper Body Arm. The use of the Upper Body Arms is explained in HOW TO USE THE UPPER BODY ARMS on page 13.



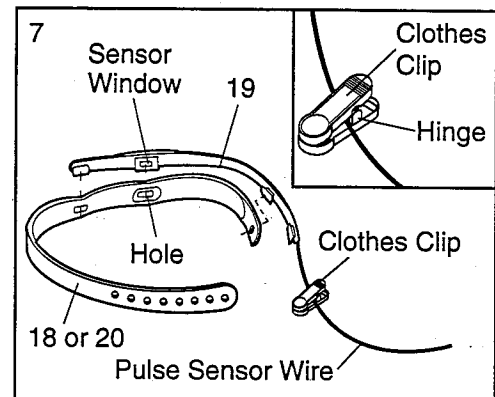
6. Press the Belt Tool (99) into the opening in the Left Rear Endcap (95). The Belt Tool is used to center the walking belt (see SYMPTOM 6 on pages 14 and 15).



7. Attach the Pulse Sensor (19) to one of the Headbands (18 or 20). Make sure that the sensor window is pressed through the indicated hole in the Headband.

Press open the clothes clip, and insert the pulse sensor wire into the clothes clip. **Make sure that the pulse sensor wire is resting against the hinge of the clothes clip (see the inset drawing).** The use of the pulse sensor is explained on page 8.

Make sure that all parts are tightened before you use the treadmill.
Note: In order to protect the floor, a covering should be placed on the floor underneath the treadmill.



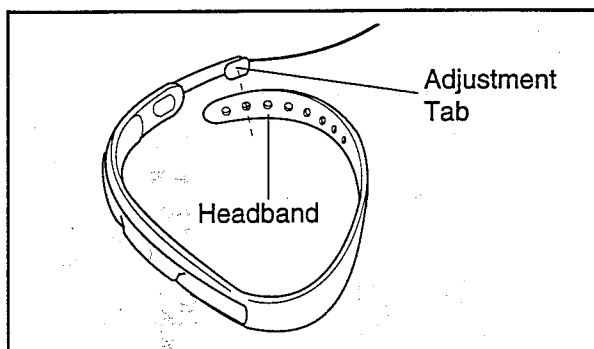
HOW TO USE THE PULSE SENSOR

The treadmill features a unique headband-style pulse sensor. The rubber-armored pulse sensor and light-weight headband are specially designed for greater accuracy, comfort and durability. **To get the best performance from the pulse sensor, please read the following instructions.**

HOW TO ADJUST THE HEADBAND

For the pulse sensor to function properly, the headband must fit snugly around your head, without being uncomfortable. To adjust the headband, insert the adjustment tab through the appropriate hole in the headband.

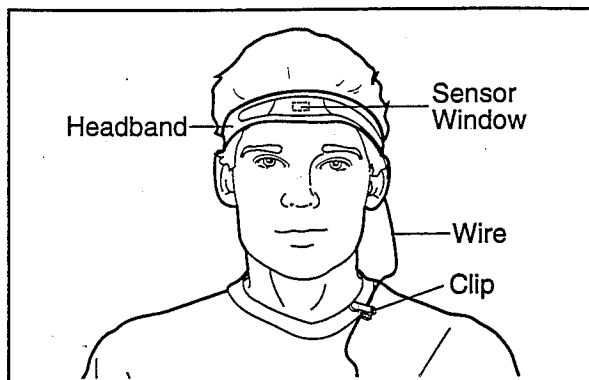
Note: Each time you exercise, the headband may expand slightly during the first few minutes of use. As a result, it may be necessary to readjust the headband periodically.



HOW TO PUT ON THE PULSE SENSOR

Rub your forehead for a moment to stimulate circulation. Put on the headband as shown below, with the sensor window centered on your forehead. Make sure that there is no hair between the sensor window and your forehead. **IMPORTANT: Wear the pulse sensor only while it is plugged into the console.**

Attach the pulse sensor wire to your collar with the clothes clip. The clip will minimize movement of the wire, helping to ensure accurate pulse readings.



HOW TO OBTAIN THE BEST RESULTS

The instructions on page 11 explain how the pulse sensor is used with the console (see HOW TO USE THE PULSE DISPLAY). For the best results, remember the following important guidelines:

- Before putting on the headband, rub your forehead for a moment to stimulate circulation.
- Make sure that the headband fits snugly around your head, without being uncomfortable. If the headband is too loose or too tight, your pulse may not be detected.
- The headband must be worn with the sensor window centered on your forehead. Make sure that there is no hair in front of the pulse sensor or between the sensor window and your forehead. Make-up applied to the forehead may also interfere with pulse readings.

Note: If the pulse sensor does not detect your pulse when the sensor window is centered on your forehead, try positioning the sensor window above your right or left eyebrow. Depending on the shape of your forehead, your pulse may be detected more easily from a slightly different position.

- Make sure that the pulse sensor wire is fully plugged into the jack on the console.
- Avoid excessive head movement during exercise.
- Clean the sensor window about once each week when the treadmill is used regularly. Using a cotton swab moistened with water, carefully wipe the sensor window.
- Because your pulse constantly changes, the pulse sensor will sample and average your pulse every few seconds. When you first put on the pulse sensor, it may be necessary to wait for up to ten seconds before an accurate pulse is shown.

HOW TO CLEAN THE PULSE SENSOR AND HEADBAND

To clean the pulse sensor, first remove the headband. Wipe the pulse sensor clean with a damp cloth; **never immerse the pulse sensor in water.**

To clean the headband, hand wash it in mild detergent and gently wring it out.

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

⚠ 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.

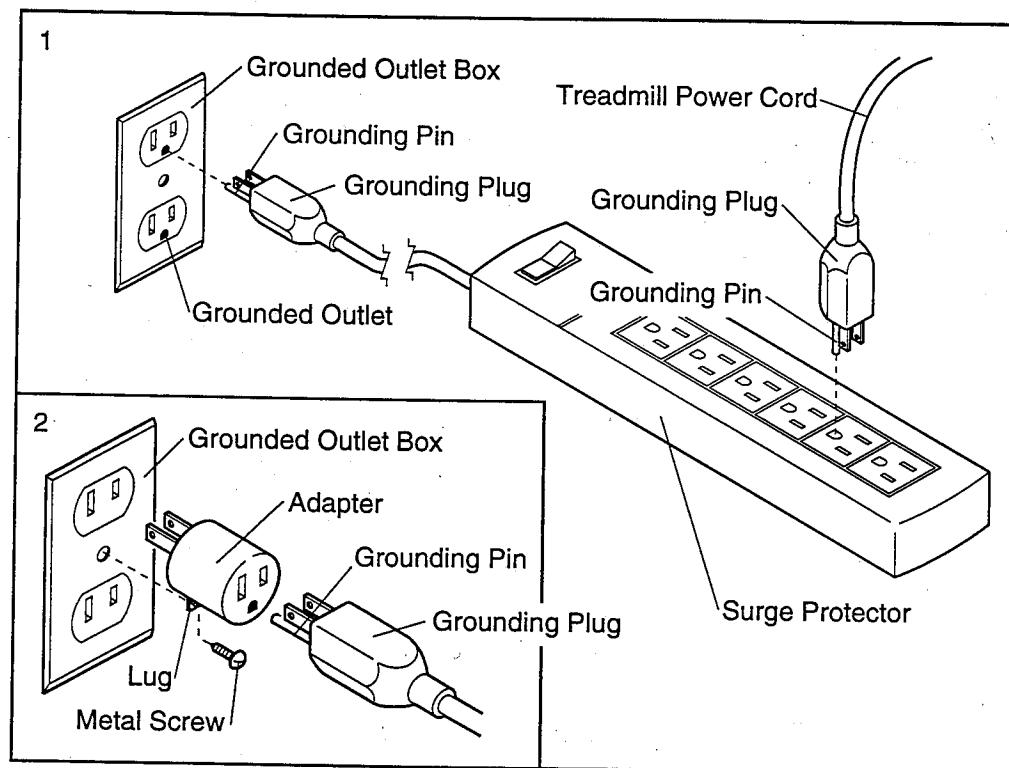
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the

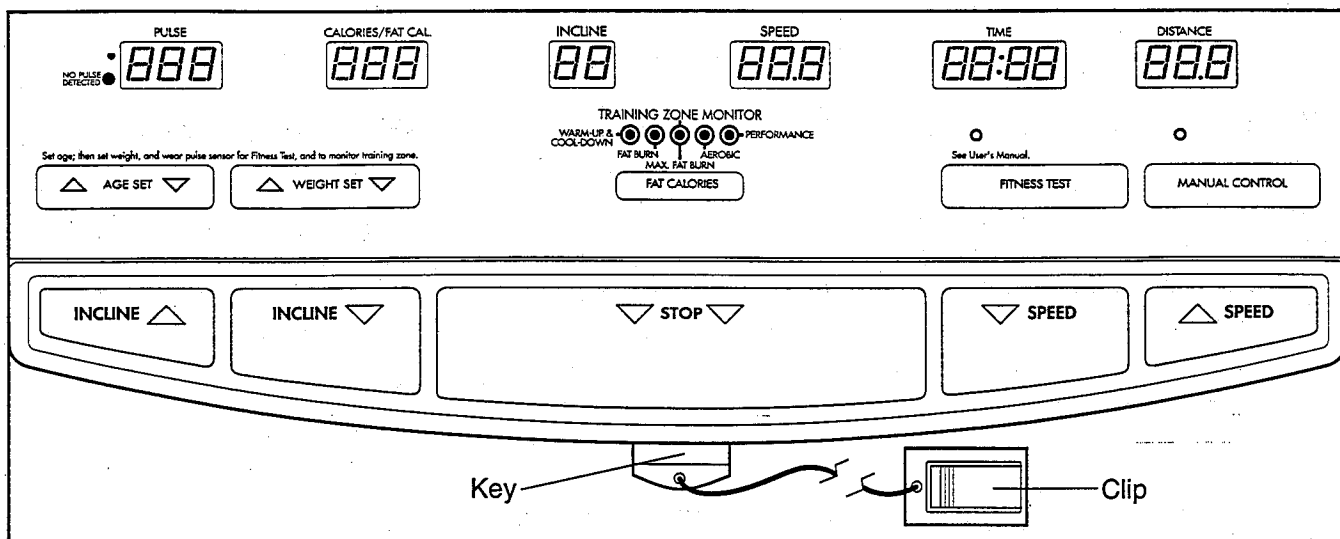
risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and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





THE INTERACTIVE CONSOLE

The heart of the treadmill is the interactive console. The console features electronic speed and incline controls, six independent displays, and a Fitness Test that measures your relative fitness level. In addition, the unique Training Zone Monitor will constantly monitor your exercise, and show you when your intensity level is perfect for burning fat, aerobic exercise, or high-performance conditioning. **Please read these instructions carefully before operating the console.** Note: If there is a thin sheet of clear plastic on the face of the console, peel it off before operating the console.

HOW TO TURN ON THE POWER

⚠ WARNING: Do not stand on the walking belt when turning on the power or starting the walking belt. Always wear the clip while operating the treadmill.

After the SPEED buttons are pressed, it will take a moment for the walking belt to reach the selected speed setting. Adjust the speed in small increments.

If the key is in the console, remove it. Make sure that the on/off switch near the power cord is in the "on" position.



Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 9). All displays and indicators will flash three times. Note: If the key is in the console when the power cord is plugged in, the letters "PO" will flash in the SPEED display. If this occurs, simply remove the key.

attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Insert the key into the console. The "NO PULSE DETECTED" indicator, the MANUAL CONTROL indicator, and the six displays will light. The PULSE display will flash the current age setting three times, and the CALORIES display will flash the current weight setting three times. Note: If age and weight settings have never been entered, the PULSE display will flash the letters "AGE" three times, and the CALORIES display will flash the letters "LBS" (pounds) three times.

Note: The console can measure speed and distance in either miles or kilometers. To change the unit of measurement, hold down the STOP button while inserting the key into the console. An "E" (for English system—miles) or "M" (for Metric system—kilometers) will appear in the PULSE display. Press the AGE SET decrease button to select the desired setting. Remove and then reinsert the key.

HOW TO ENTER YOUR AGE AND WEIGHT

For the console to measure calories accurately, and for the Training Zone Monitor and the Fitness Test to function properly, your age and weight must be entered into the console.

To enter your age, press one of the AGE SET buttons. The current age setting will be shown in the PULSE display. Press the AGE SET buttons to enter your age. Each time one of the buttons is pressed, the age setting will change by 1 year. If the buttons are held down, the age setting will change in increments of 5 years.

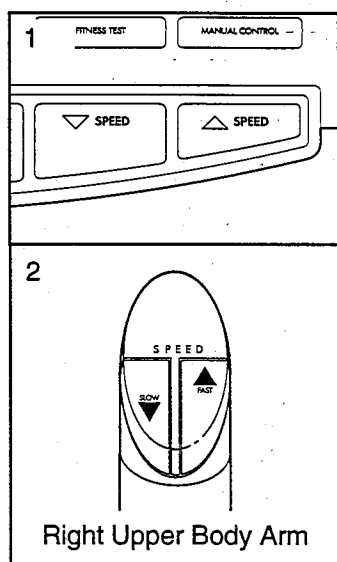
After you have entered your age, press one of the WEIGHT SET buttons. The current weight setting will be shown in the CALORIES display. Press the WEIGHT SET buttons to enter your weight. Each time one of the buttons is pressed, the weight setting will change by 1 pound. If the buttons are held down, the weight setting will change in increments of 5 pounds.

Once you have entered your age and weight, the numbers will be retained in the console's memory, even if the power cord is unplugged. The numbers can be changed, if desired, by pressing the AGE SET or WEIGHT SET buttons.

HOW TO MANUALLY CONTROL THE SPEED

When the power is turned on, the console will be in the MANUAL CONTROL mode. For your safety, the walking belt will be stationary.

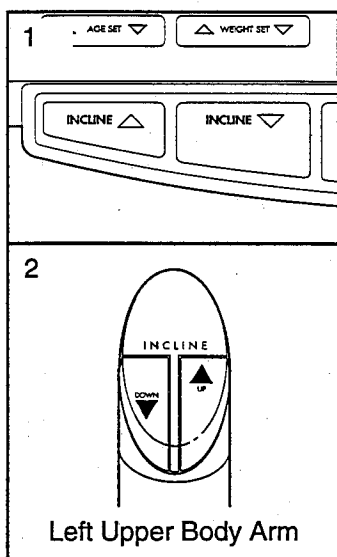
The speed of the walking belt can be controlled with either the SPEED buttons on the console (see drawing 1), or the SPEED buttons on the right upper body arm (see drawing 2). Each time one of the SPEED buttons is pressed, the speed will change by 0.1 mph. The buttons can be held down to change the speed rapidly. The speed range of the walking belt is 0.5 to 10 mph.



Press one of the SPEED buttons until the walking belt begins to move at slow speed. Hold the handrails and carefully begin walking on the walking belt. Change the speed as desired by pressing the SPEED buttons. To stop the walking belt, press the STOP button.

HOW TO MANUALLY CONTROL THE INCLINE

To vary the intensity of your exercise, the incline of the treadmill can be changed. The incline can be controlled with either the INCLINE buttons on the console (see drawing 1), or the INCLINE buttons on the left upper body arm (see drawing 2). Each time one of the INCLINE buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline rapidly. The incline range of the treadmill is 1% to 12%.

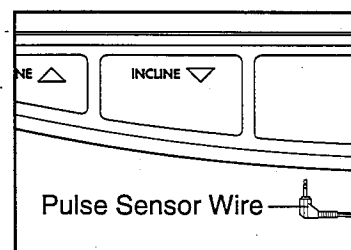


Note: After the INCLINE buttons are pressed, it will take a few seconds for the treadmill to reach the selected incline setting. Because the INCLINE display has only two digits, the display will show 10% when the incline is set at either 10% or 10.5%, and 11% when the incline is set at either 11% or 11.5%.

HOW TO USE THE PULSE DISPLAY

To measure your pulse, first put on the pulse sensor (see HOW TO USE THE PULSE SENSOR on page 8).

Next, plug the pulse sensor wire into the jack on the front of the console. After a few seconds, the heart-shaped pulse indicator next to the PULSE display will flash each time your heart beats, the "NO PULSE DETECTED" indicator will darken, and your pulse will be shown. Note: Because your pulse constantly changes, the pulse sensor will measure and average your pulse every few seconds. **When you first put on the pulse sensor, it may take several seconds before an accurate pulse is displayed.**



If your pulse is not shown, see HOW TO OBTAIN THE BEST RESULTS on page 8.

HOW TO USE THE CALORIES DISPLAY

For the CALORIES display to be accurate, your age and weight must be entered into the console. If you have not entered your age and weight, see HOW TO ENTER YOUR AGE AND WEIGHT on page 10. The CALORIES display will show the total number of calories that you have burned.

To find the number of *fat calories* that you have burned (see BURNING FAT on page 16), press the FAT CALORIES button.

The number of fat calories that you have burned will be shown in the CALORIES display for three seconds.



INCLINE DISPLAY OPERATION

The INCLINE display will show the incline level that has been selected.

SPEED DISPLAY OPERATION

The SPEED display will show the speed setting that has been selected.

TIME DISPLAY OPERATION

The TIME display will show the total time that the walking belt has been moving. Note: If the Fitness Test is selected, the display will be reset to zero. The display will be reset again when the Fitness Test is completed.

DISTANCE DISPLAY OPERATION

The DISTANCE display will show the total distance that you have walked or run. Note: If the Fitness Test is selected, the display will be reset to zero. The display will be reset again when the Fitness Test is completed.

HOW TO USE THE TRAINING ZONE MONITOR

The Training Zone Monitor is designed to help you get the most from your exercise. Whether you want to burn fat, strengthen your cardiovascular system, or increase your athletic performance, the Training Zone Monitor will show you when you are exercising at the proper intensity level to achieve your goals. (See **CONDITIONING GUIDELINES** on pages 16 and 17.)

For the Training Zone Monitor to operate properly, you must enter your age and weight into the console. If you have not entered your age and weight, see **HOW TO ENTER YOUR AGE AND WEIGHT** on page 10. In addition, the pulse sensor must be used (see **HOW TO USE THE PULSE DISPLAY** on page 11).

When the Training Zone Monitor is activated, one of the five indicators in the center of the console will light. The FAT BURN or MAX. FAT BURN

indicator will light when your intensity level is perfect for burning fat. The AEROBIC indicator will light when your intensity level is perfect for aerobic exercise. When your intensity level is perfect for high-performance conditioning, the PERFORMANCE indicator will light. As you exercise, simply adjust the speed of the walking belt and the incline of the treadmill so that the desired indicator remains lit. **Note: After adjusting the speed or incline, wait for about two minutes for your pulse to respond before adjusting the speed or incline again.**

HOW TO USE THE FITNESS TEST

The Fitness Test is designed to measure your relative fitness level. For the best results, the Fitness Test should be taken at a time of day when your energy level is high. The Fitness Test should not be taken after you have already exercised during the day.

The Fitness Test consists of seven 3-minute segments. The console will automatically control the incline of the treadmill and the speed of the walking belt during the Fitness Test. During the first segment, the incline will be 2%, and the speed will be 1.5 mph; at the beginning of the second segment, the incline will increase to 3%, and the speed will increase to 2.5 mph; at the beginning of the third segment, the speed will increase to 3.3 mph; at the beginning of the fourth segment, the incline will increase to 6%; at the beginning of the fifth segment, the incline will increase to 9%; at the beginning of the sixth segment, the incline will increase to 12%; at the beginning of the seventh segment, the speed will increase to 4 mph.

Follow the instructions below to use the Fitness Test.

1. Press the FITNESS TEST button

When the FITNESS TEST button is pressed, the PULSE display will flash the current age setting three times, and the CALORIES display will flash the current weight setting three times. For the Fitness Test to operate properly, your age and weight must be entered into the console. If you have not entered your age and weight, see **HOW TO ENTER YOUR AGE AND WEIGHT** on page 10.

When the Fitness Test button is pressed, the INCLINE display will show that the treadmill is at an incline level of 2%. The CALORIES, SPEED, TIME and DISTANCE displays will be reset to zero. **Note: While the Fitness Test is selected, only the STOP and MANUAL MODE buttons will function.**

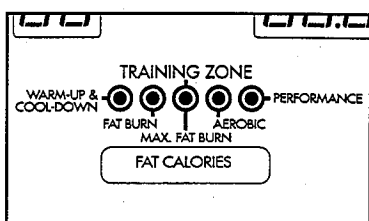
2. Put on the pulse sensor

See **HOW TO USE THE PULSE DISPLAY** on page 11. If your pulse is not detected, the letters "PLS" will flash in the PULSE display.

3. Press the FITNESS TEST button

To start the Fitness Test, stand on the foot rails of the treadmill and press the FITNESS TEST button. The first segment of the Fitness Test will begin, and the walking belt will begin to move at 1.5 mph. Step onto the walking belt and begin exercising.

After three minutes, the second segment of the Fitness Test will begin, the incline will increase to 3%, and the speed will increase to 2.5 mph. The Fitness Test will continue in this manner **until your pulse reaches 70% of your maximum heart rate, and the current segment is completed.** The walking belt will then slow to a stop, and the Fitness Test will be completed, **regardless of how many segments remain.**



When the Fitness Test is completed, your fitness level will be shown in the TIME display. There are ten fitness levels: fitness level 1 (FL 1) is the lowest, and fitness level 10 (FL10) is the highest. **Remember, the Fitness Test is intended only to indicate your relative fitness level, and to show your progress over a period of time.**

Note: If your pulse is not detected during the last thirty seconds of any segment, the walking belt will slow to a stop and the TIME display will show "FL 0," indicating that an error has occurred. If you wish to stop the walking belt while the Fitness Test is in progress, press the STOP button. The console will then be in the MANUAL CONTROL mode.

HOW TO TURN OFF THE POWER

To turn off the power, remove the key from the console. All indicators and LED displays will darken. Store the key in a secure location. In addition, move the on/off switch to the "off" position. (See the drawing near the bottom of page 10.)

HOW TO SELECT THE INFORMATION MODE

The console features an information mode that keeps track of trip time and distance, as well as the total time and distance that the treadmill has been operated. To select the information mode, hold down the STOP button while inserting the key into the console.

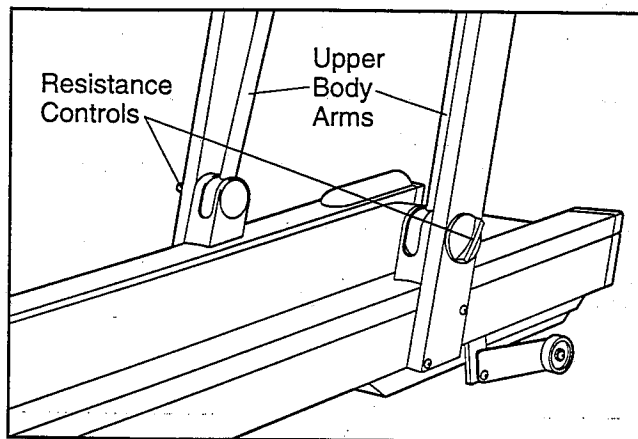
The SPEED display will show the letter "T," indicating that trip time and distance are shown. The trip time will be shown in the TIME display. The trip distance will be shown in the DISTANCE display. The trip time and distance can be reset to zero, if desired, by pressing the WEIGHT SET decrease button.

To view total time and distance, press the FITNESS TEST button. The letter "T" in the SPEED display will darken. The total time will be shown in the TIME display, up to 9,999 hours. The total distance will be shown in the DISTANCE display, up to 999 miles (if the total distance exceeds 999 miles, the display will begin again at zero). The total time and distance cannot be reset to zero.

To exit the information mode, remove the key.

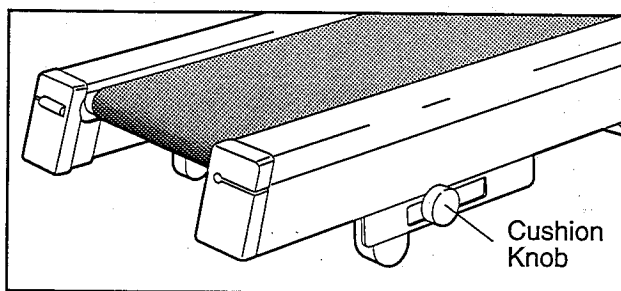
HOW TO USE THE UPPER BODY ARMS

As you exercise on the treadmill, you can either hold the handrails or use the upper body arms. The upper body arms are designed to work your arms, shoulders, and back for a total body workout. Move the upper body arms forward and back as you walk on the treadmill.



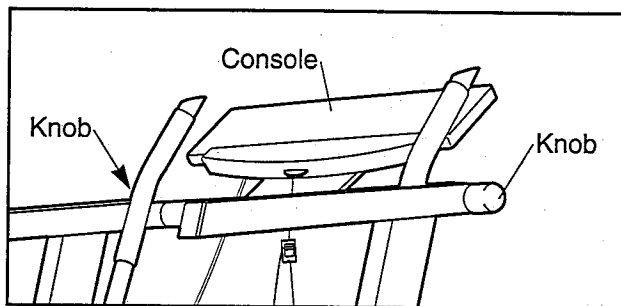
The resistance of the upper body arms can be adjusted with the resistance controls near the lower ends. To increase the resistance, turn the controls clockwise; to decrease the resistance, turn the controls counter-clockwise.

HOW TO ADJUST THE CUSHION LEVEL



The rear legs of the treadmill are designed to cushion the impact as you walk or run on the treadmill. The legs can be adjusted for a firmer or softer cushion level using the knob on the right side of the treadmill.

HOW TO ADJUST THE ANGLE OF THE CONSOLE



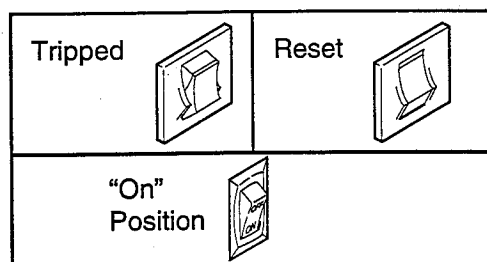
The angle of the console can be adjusted for easy viewing. Loosen the knobs on the ends of the console crossbar, rotate the console to the proper angle, and retighten the knobs.

TROUBLE-SHOOTING AND STORAGE

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

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 9.) 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. Various indicators on the console should light. (See HOW TO TURN ON THE POWER on page 10.)
- 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 near the power cord. If the circuit breaker has tripped (see the drawing above), 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. Various indicators on the console should light.
- Check to make sure 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.

3. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

- See HOW TO USE THE PULSE SENSOR on page 8.

4. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

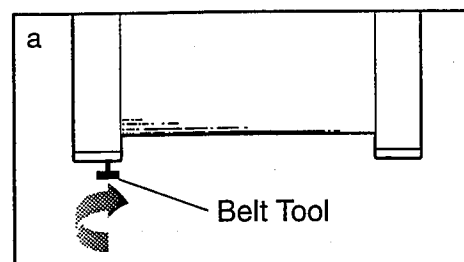
- If a console malfunction occurs, an error code ("E1," "E2," "E3," etc.) may appear on the display. If an error code appears, remove the key, wait for ten seconds and then reinsert the key. If an error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

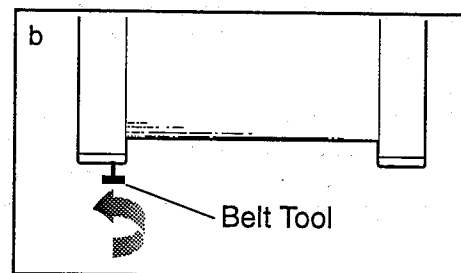
- Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- If the walking belt still slows when walked on, please call our Customer Service Department.

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

- If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the belt tool, turn the 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 belt tool, turn the rear roller adjustment bolt counterclockwise 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.

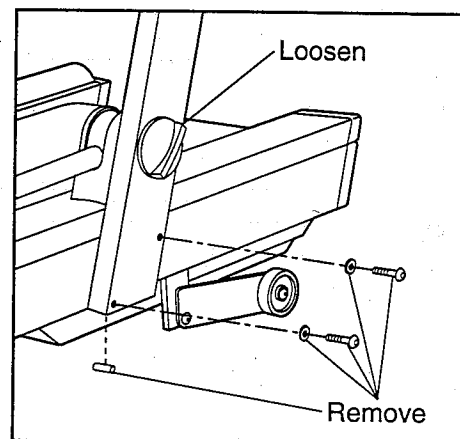


STORAGE

Unplug the power cord when the treadmill is not in use.

Remove the bolts, washers and upright spacer from the lower end of each upright. Loosen the resistance control on each upright. Carefully lay the uprights and the upper body arms on the treadmill. Keep the bolts, washers, and spacers in a secure location.

It is recommended that the treadmill be covered during extended periods of storage.



CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

Whether you want to burn fat, strengthen your cardiovascular system, or increase your athletic performance, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

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 does your body begin to use stored *fat calories*. If your goal is to burn fat, use the Training Zone Monitor on the console to help you maintain the proper intensity level. (See page 12.)

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. The proper intensity level for aerobic exercise can be found by using your pulse as a guide. As you exercise, your pulse should be kept 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 at the top of this page. Training zones are listed according to age and physical condition.

During the first few months of your exercise program, keep your pulse near the low end of your training zone

Age	Unconditioned Training Zone (Beats/Min.)	Conditioned Training Zone (Beats/Min.)
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
85	118-144	114-139

as you exercise. After a few months of regular exercise, your pulse can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your pulse using the pulse sensor. Exercise for about four minutes, and then measure your pulse immediately. If your pulse is too high or low, adjust the intensity of your exercise. You can also use the Training Zone Monitor on the console to help you maintain the proper intensity level. (See page 12.)

Performance Training

If your goal is high performance athletic conditioning, use the Training Zone Monitor on the console to help you maintain the proper intensity level. (See page 12.)

WORKOUT GUIDELINES

Each workout should include three basic parts: a **warm-up**, **training zone exercise**, and a **cool-down**.

Warming Up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. To warm up on the treadmill, use the Training Zone Monitor on the console to help you maintain the proper intensity level. (See page 12.)

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching

to cool down. This will increase the flexibility of your muscles and will help 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 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 both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

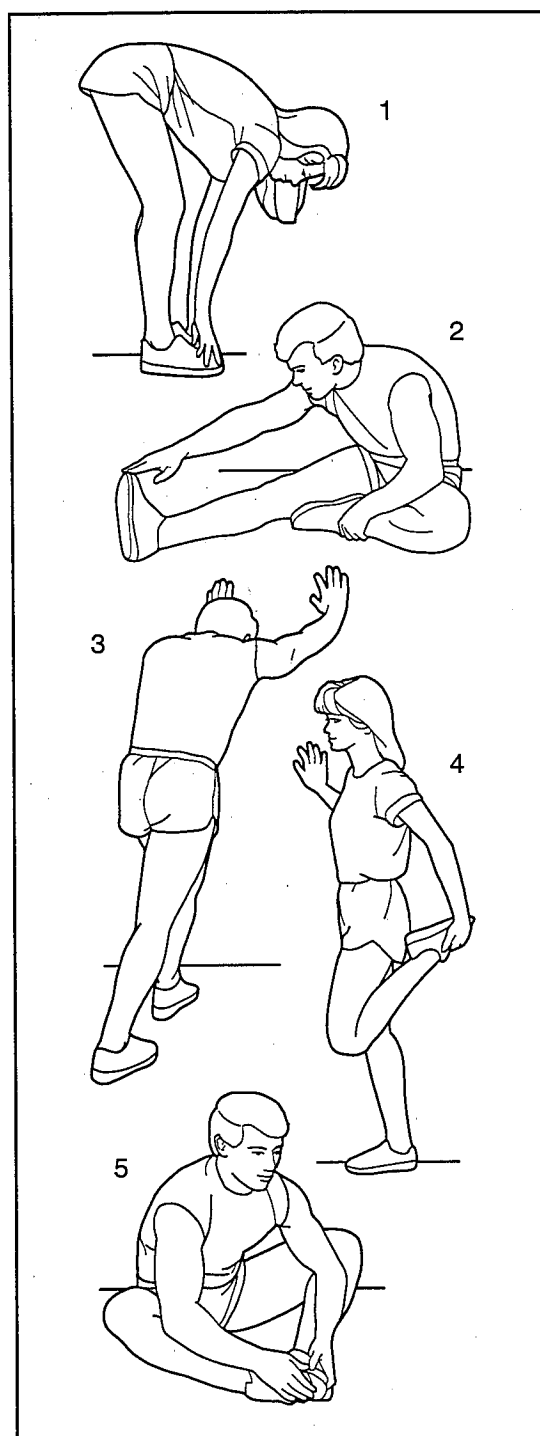
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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



NOTES

NOTES

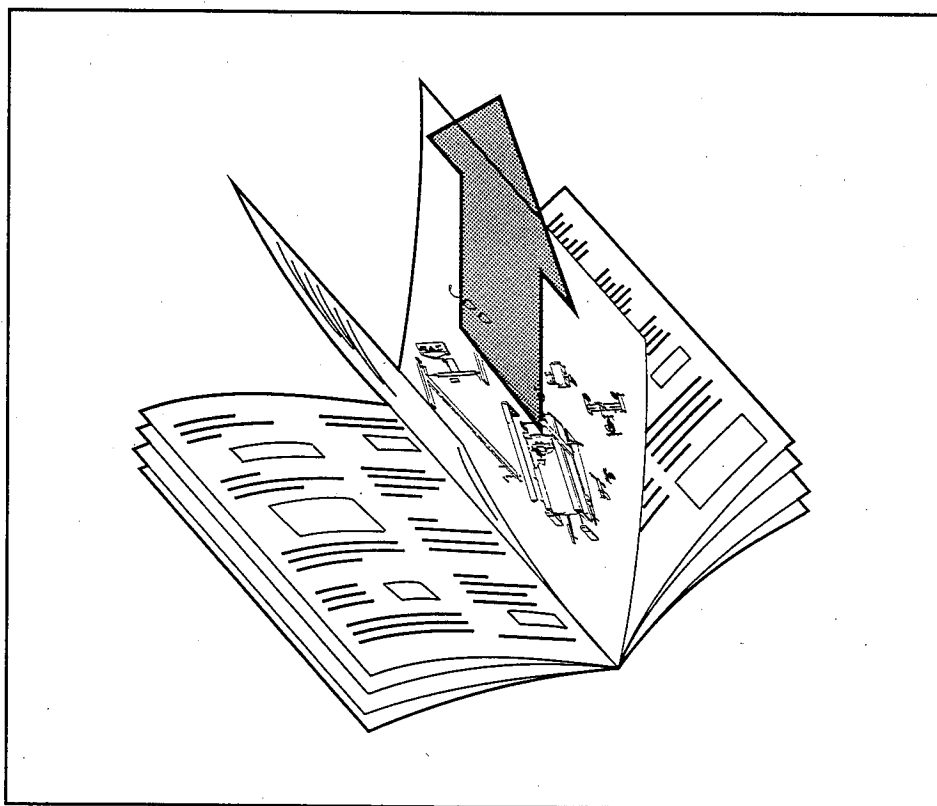
ORDERING REPLACEMENT PARTS

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). When ordering parts, please be prepared to give the following information:

- The **MODEL NUMBER** of the product (IMTL10452).
- The **NAME** of the product (IMAGE® 10.4 treadmill).
- The **SERIAL NUMBER** of the product (see the front cover of this manual).
- The **KEY NUMBER** of the part(s) (see the **EXPLODED DRAWING** and **PART LIST** attached to the center of this manual).
- The **DESCRIPTION** of the part(s) (see the **EXPLODED DRAWING** and **PART LIST** attached to the center of this manual).

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

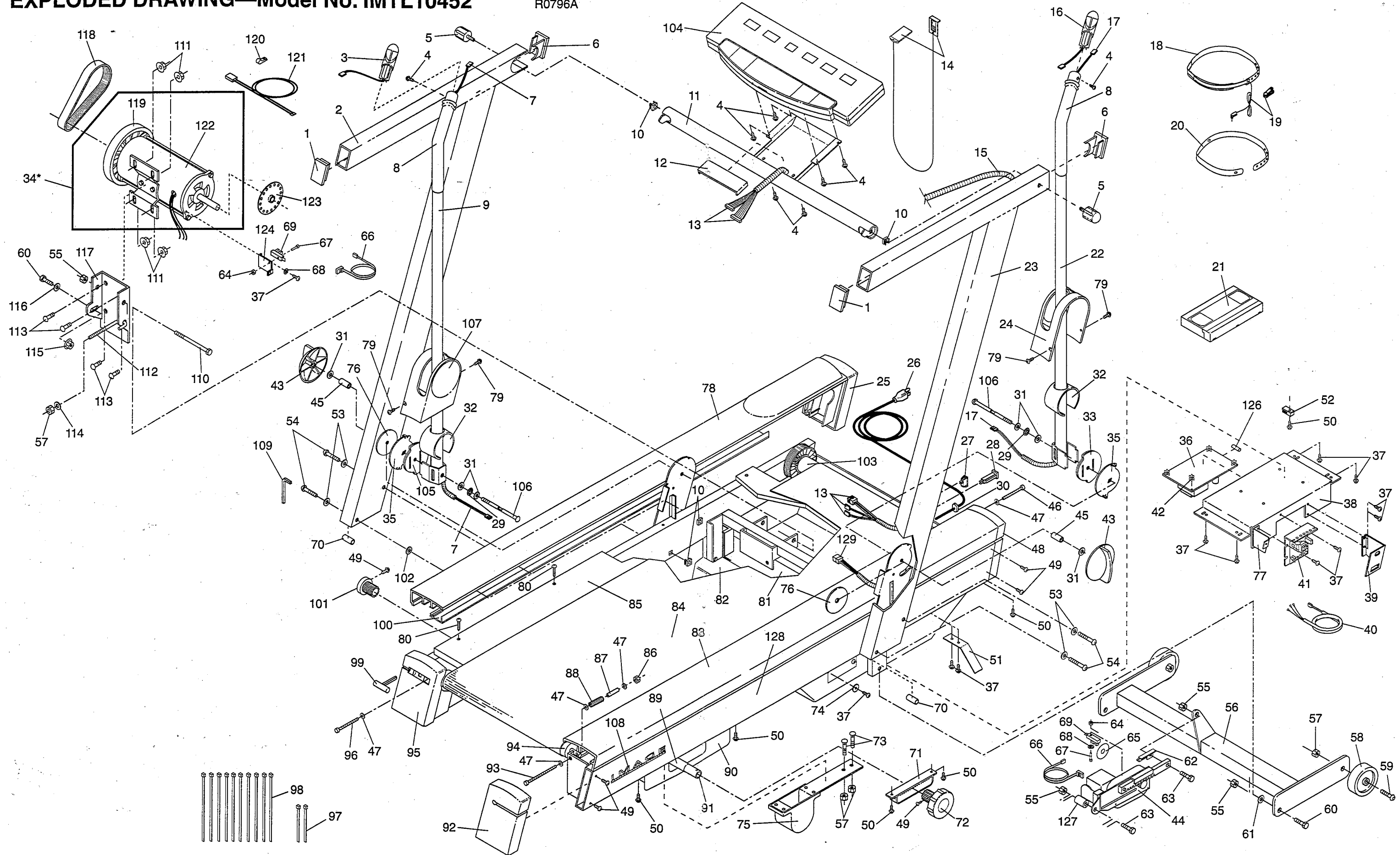
Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. IMTL10452

R0796A



PART LIST—Model No. IMTL10452

R0796A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Endcap	72	1	Cushion Knob
2	1	Left Upright	73	4	Cushion Foot Bolt
3	1	Incline Control Handle	74	2	Safety Cover Washer
4	8	Screw	75	2	Cushion Foot
5	2	Console Knob	76	2	Large Tension Spacer
6	2	Upright Endcap	77	1	Bracket
7	1	Incline Wire Harness	78	1	Left Foot Rail
8	2	Upper Body Arm w/Foam	79	4	Cover Screw
9	1	Left Upper Body Arm	80	8	Platform Screw
10	6	Cage Nut	81	1	Front Safety Cover
11	1	Console Crossbar	82	1	Rear Safety Cover
12	1	Wire Cover	83	1	Right Foot Rail
13	1	Console Wire Harness	84	1	Walking Belt w/Fastener
14	1	Key/Clip	85	1	Walking Platform w/Fastener
15	1	24" Cable Loom	86	1	Belt Tension Nut
16	1	Speed Control Handle	87	1	Spacer Sleeve
17	1	Speed Wire Harness	88	1	Belt Tension Spring
18	1	Red Headband	89	2	Rod Sleeve
19	1	Pulse Sensor/Clothes Clip	90	2	Cushion Foot Cover
20	1	Blue Headband	91	1	Cushion Foot Rod
21	1	Videocassette	92	1	Right Rear Endcap
22	1	Right Upper Body Arm w/Foam	93	1	Right Rear Belt Tension Bolt
23	1	Right Upright	94	1	Rear Roller
24	1	Right Resistance Cover	95	1	Left Rear Endcap
25	1	Left Front Endcap	96	1	Left Rear Adjustment Bolt
26	1	Power Cord	97	2	4" Cable Tie
27	1	On/Off Switch	98	10	8" Cable Tie
28	1	Circuit Breaker	99	1	Belt Tool
29	2	Thrust Bearing	100	2	Foot Rail Bracket w/Fastener
30	1	Grommet	101	1	Rod Endcap
31	6	Thrust Washer	102	2	Star Washer
32	2	Resistance Cover	103	1	Front Roller/Pulley
33	1	Right Leather/Metal Plate	104	1	Console
34*	1	Motor/Pulley/Fan/Flywheel	105	1	Left Leather/Metal Plate
35	2	Resistance Plate	106	2	Resistance Bolt
36	1	Power Board	107	1	Left Resistance Cover
37	17	Small Screw	108	1	Logo Plate
38	1	Electronics Bracket	109	1	7/32" Allen Wrench
39	1	Safety Cover Bracket	110	1	Motor Pivot Bolt
40	1	Power Board-Controller Wire	111	4	Motor Nut
41	1	Controller	112	1	J-Bolt
42	4	Plastic Stand-Off	113	4	Motor Bolt
43	2	Resistance Control	114	1	J-Bolt Washer
44	1	Incline Motor	115	1	Motor Tension Nut
45	2	Upright Spacer	116	1	Motor Tension Washer
46	1	Front Roller Adjustment Bolt	117	1	Motor Bracket
47	5	Roller Adjustment Washer	118	1	Motor Belt
48	1	Front Right Endcap	119	1	Pulley/Flywheel/Fan
49	8	Endcap Screw	120	1	Strain Relief
50	23	Safety Cover Screw	121	1	Thermal Switch
51	2	Belt Guide	122	1	Motor
52	1	Tie Block	123	1	Optic Speed Disk
53	4	Upright Washer	124	1	Optic Switch Bracket
54	4	3/8" x 4" Bolt	125	1	Optic Switch Bracket Nut
55	5	Incline Leg/Motor Tension Nut	126	1	Power Board Fuse
56	1	Incline Leg	127	1	Incline Motor Spacer
57	7	Wheel Bolt/J-Bolt Nut	128	1	Frame
58	2	Front Wheel	129	1	20" Wire Harness
59	2	Front Wheel Bolt	#	1	20" Black Wire, 2 Female
60	3	Leg Bolt/Motor Tension Bolt	#	1	9" Black Wire, Male/Female
61	2	Nylon Washer	#	1	4" Black Wire, 2 Female
62	1	Incline Motor Bracket	#	1	14" White Wire, Male/Female
63	2	Incline Motor Bolt	#	1	8" White Wire, 2 Female
64	2	Small Nut	#	1	8" Blue Wire, 2 Female
65	1	Incline Optic Disk	#	1	8" Blue Wire, Male/Female
66	2	Optic Switch Wire Harness	#	1	8" Green Ground Wire
67	2	Small Bolt	#	1	8" Red Wire, Male/Female
68	2	Optic Switch Washer	#	1	User's Manual
69	2	Optic Switch			
70	2	Upright Spacer			
71	2	Cushion Foot Insert			

* Includes all parts in the box.

These are non-illustrated parts.