

WIDE STRIDE DUO 48

Model No. IMTL90070

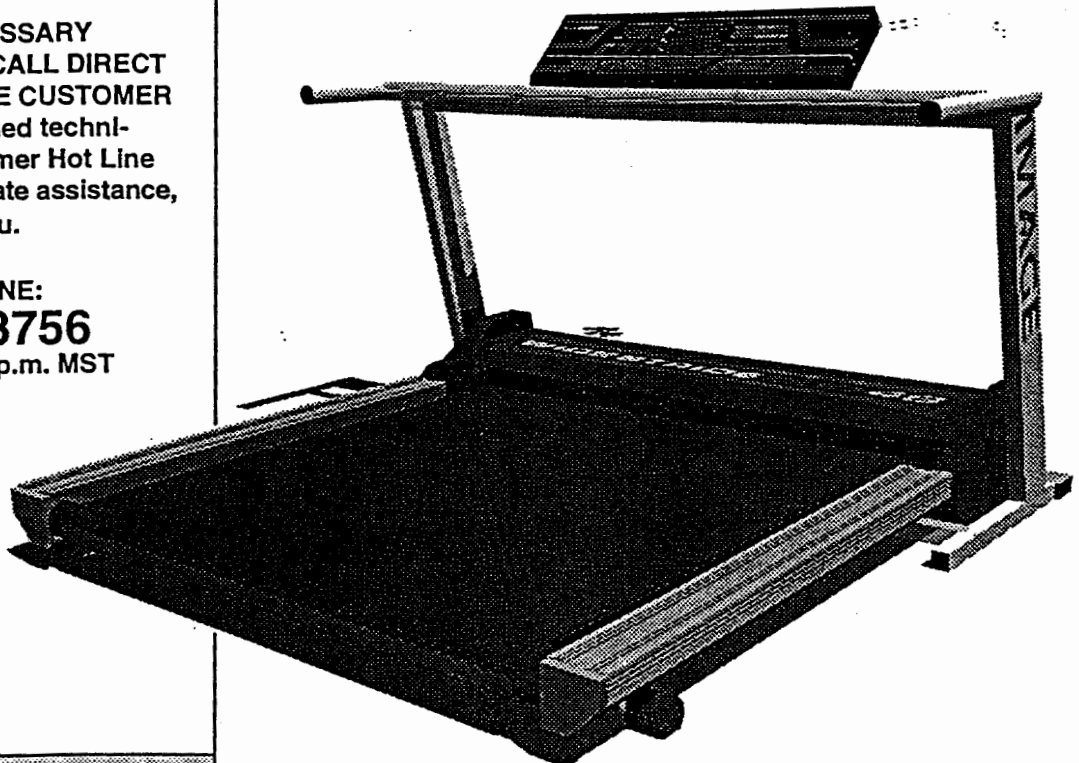
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if 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 to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

USER'S MANUAL



⚠ CAUTION

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

IMAGE

WIDE STRIDE DUO 48

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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. Misuse of the treadmill may cause serious injury.
3. Each user is responsible for his or her own safety as well as the safety of his or her partner.
4. Place the treadmill on a level surface, with eight feet of clearance behind it. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Do not place the treadmill on any surface that blocks air openings.
6. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
8. Keep children under age 12 and pets away from the treadmill at all times.
9. The treadmill should not be used by more than two persons at one time; the combined weight of both users should not exceed 500 pounds.
10. The roller guards must be 1/8 inch from the rear roller. Unplug the power cord and adjust the roller guards, if necessary.
11. 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.
12. Always wear athletic shoes when using the treadmill. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
13. When connecting the power cord (see page 9), plug the power cord directly into a grounded circuit capable of carrying 20 or more amps. No other appliance should be on the same circuit.
14. Keep the power cord away from heated surfaces.
15. Do not use an extension cord with the treadmill.
16. 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.
17. Never press the start button while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. Consult your partner before changing the speed or incline of the treadmill.
19. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
20. Be attentive to arm and leg movements and be careful not to interfere with your partner.
21. 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.)
22. When the walking belt stops, the treadmill will automatically adjust to the lowest incline level. Keep your feet and objects from beneath the treadmill.
23. To reduce the risk of electric shock, keep the console dry and avoid spilling liquids on the console.
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. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so will void the warranty and may result in damage to the treadmill.

⚠ 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 sign shown at the right is included with the treadmill. The sign must be posted in a highly visible location near the treadmill.

BE ALERT!

THE FITNESS EQUIPMENT IN THIS FACILITY PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

PRIOR TO USING THE EQUIPMENT, READ THE WARNING LABELS AND INSTRUCTION PLACARDS AFFIXED TO EACH MACHINE.

IF YOU ARE UNSURE ON HOW TO USE A MACHINE, SEEK THE ASSISTANCE OF OUR FLOOR PERSONNEL. WE WILL BE HAPPY TO INSTRUCT YOU ON HOW TO USE THE EQUIPMENT PROPERLY.

IMMEDIATELY REPORT ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY TO OUR FLOOR PERSONNEL SO THAT IT MAY BE EVALUATED AND SERVICED PROMPTLY.

DO NOT ATTEMPT TO USE OR FIX ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY.

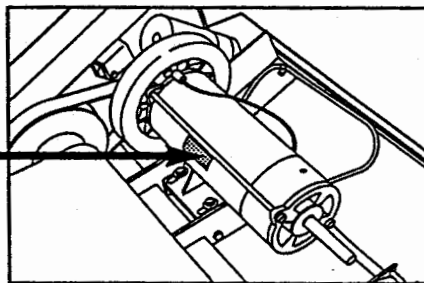
ASTM F1749-97,

Part 1380-08

The decals shown below are found in the indicated locations on the treadmill. If a decal is missing, or if it is not legible, call our Customer Service Department toll-free to order a free replacement decal (see page 31). Apply the decal in the location shown.

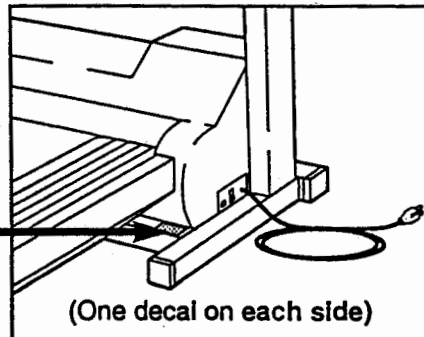
⚠ CAUTION

DO NOT TOUCH!
ELECTRIC SHOCK HAZARD
EXISTS ON MOTOR
SURFACE WHEN MOTOR IS
IN OPERATION.



CAUTION

Keep hands and feet away from
this area while the treadmill is
in operation.



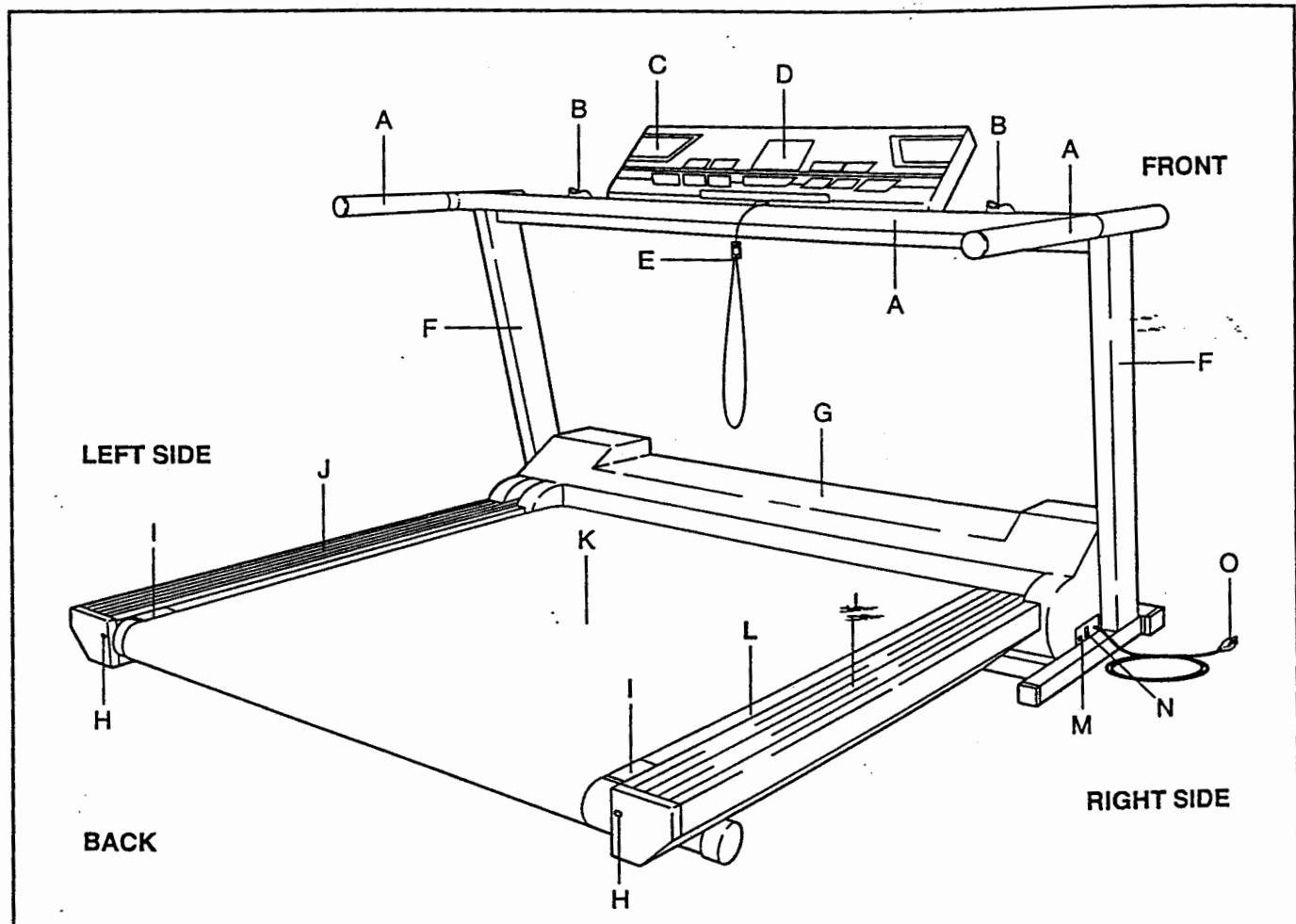
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary IMAGE® WIDESTRIDE DUO 48 treadmill. The world's first two-person treadmill, the WIDESTRIDE DUO 48 offers a wide array of features that make exercising more enjoyable and effective.

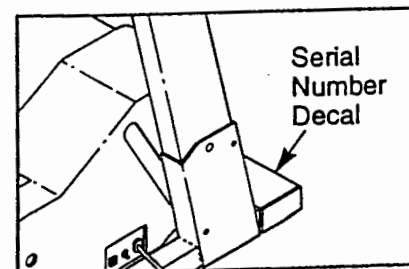
Before operating the WIDESTRIDE DUO 48 treadmill, please read this manual carefully. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us

assist you quickly, please note the model number and serial number of the treadmill before calling. The model number of the treadmill is IMTL90070. The serial number can be found on a decal attached to the treadmill (see the drawing below for the location of the decal). Write the serial number in the following space for future reference: _____.


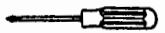


Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



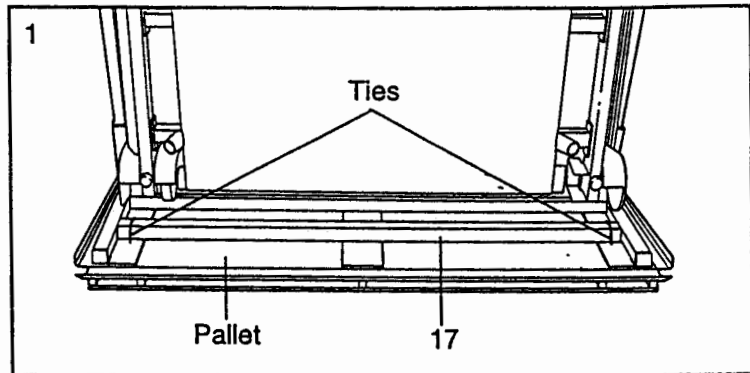
- | | |
|--------------------------------|--|
| A. Handrail | I. Roller Guard |
| B. Beverage Holder | J. Foot Rail |
| C. Console | K. Walking Belt |
| D. LED Matrix | L. Low-noise, Long-life Walking Platform |
| E. Key with Clip | M. Circuit Breaker |
| F. Upright | N. On/Off Switch |
| G. Hood | O. Power Cord |
| H. Rear Roller Adjustment Bolt | |



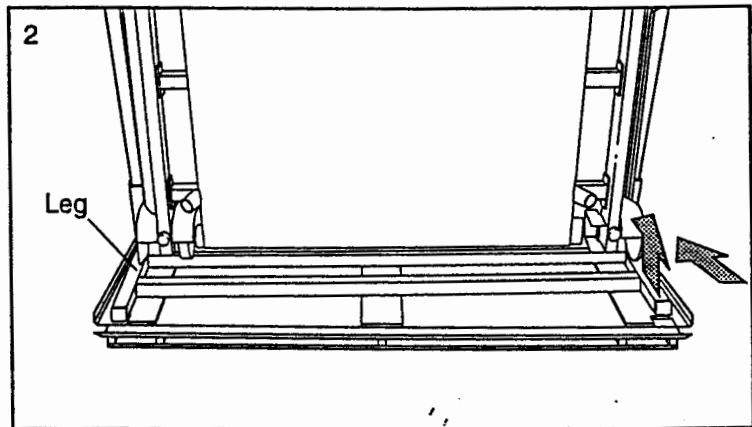
SETTING UP THE TREADMILL

Setting up the treadmill requires three people. Place the treadmill in the location where it will be used. Remove the packing materials, but do not cut any ties until instructed to do so. Do not dispose of the packing materials until the treadmill is fully set up. The following tools are required: the included allen wrench , and your own phillips screwdriver , adjustable wrench , and scissors .

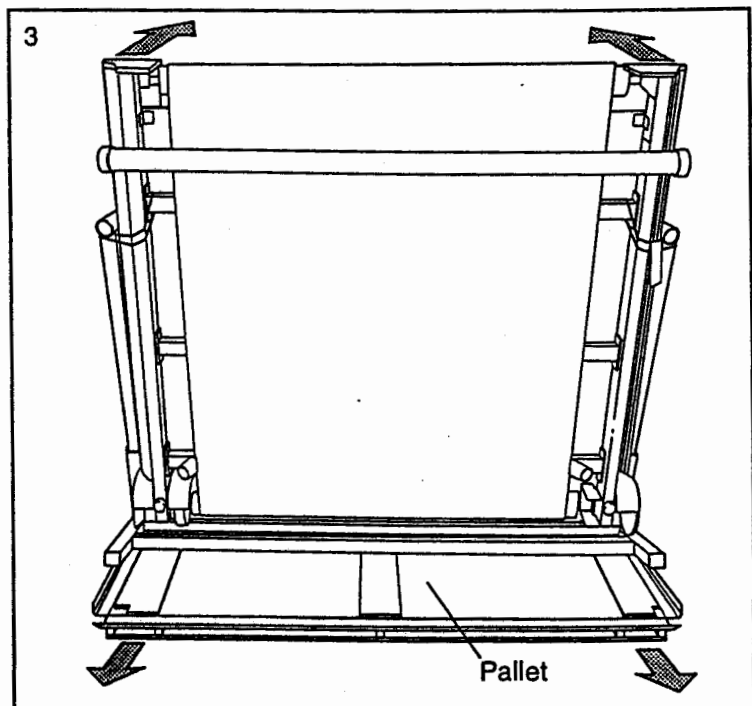
1. Cut the two ties holding the Upright Base (17) to the pallet.



2. Lift the right side of the treadmill slightly and slide it backward several inches (refer to the arrows in the drawing). Repeat with the left side of the treadmill. Repeat the process until the ends of both legs are resting on the floor.

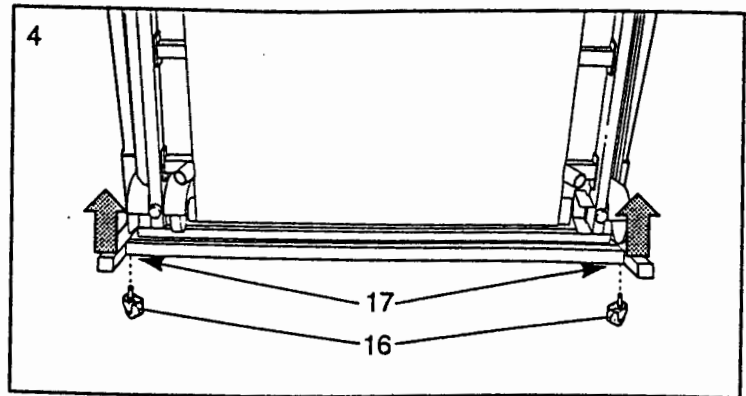


3. With one person holding each side of the treadmill, tip the treadmill back slightly while a third person removes the pallet from underneath the treadmill. Then return the treadmill to the upright position.

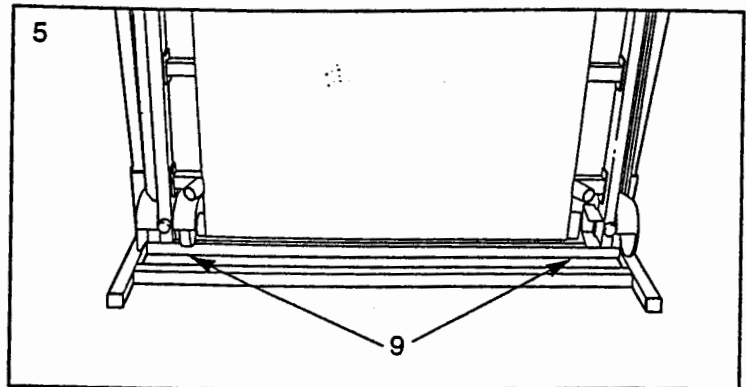


4. With one person holding each side of the treadmill, tip the treadmill back slightly while a third person inserts two Casters (16) into the Upright Base (17) as shown. Next, tip the treadmill in the opposite direction and insert the other two Casters. Move the treadmill to the desired location.

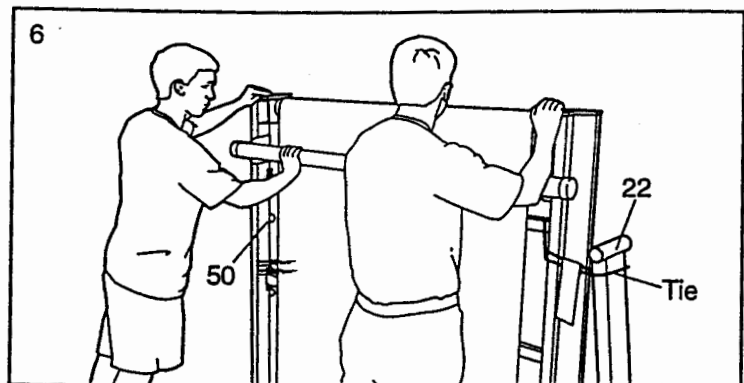
Tip the treadmill slightly and remove the Casters (16). Keep the Casters for future use. The Casters should be used each time the treadmill is moved.



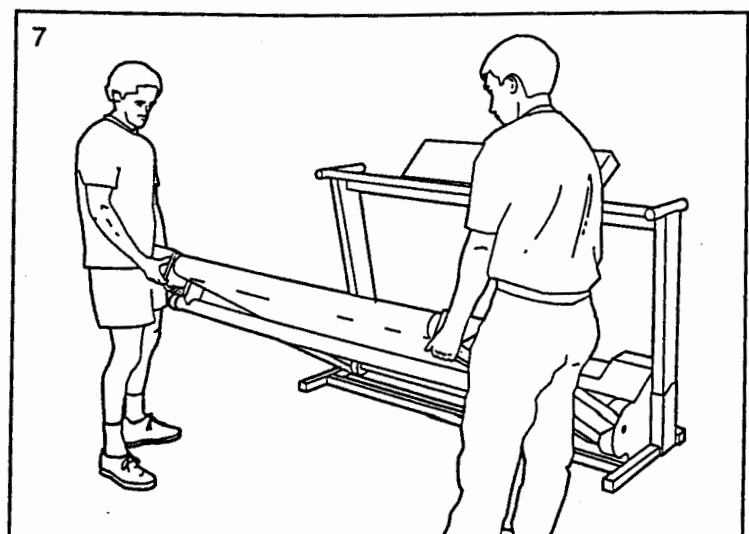
5. Using an adjustable wrench, adjust the two Leveling Feet (9) until the treadmill is level with the floor.



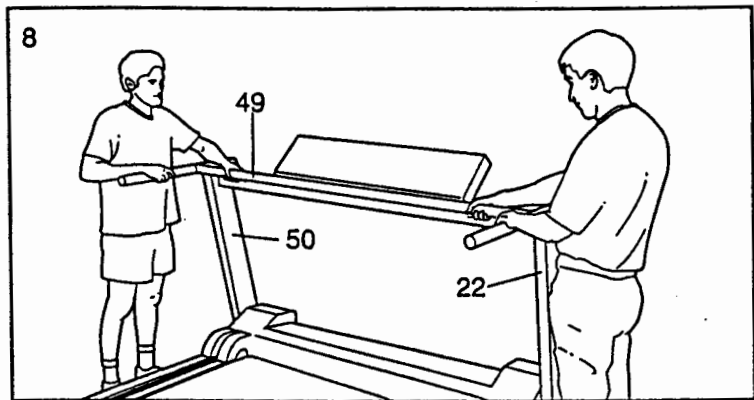
6. While two people hold the treadmill, cut the ties from the Right Upright (22) and the Left Upright (50).



7. This step requires two people. It will be necessary to support about 100 pounds of weight when the treadmill is being lowered. Carefully lower the treadmill until the back end is resting on the floor. To avoid injury, make sure to bend your legs and keep your back straight.

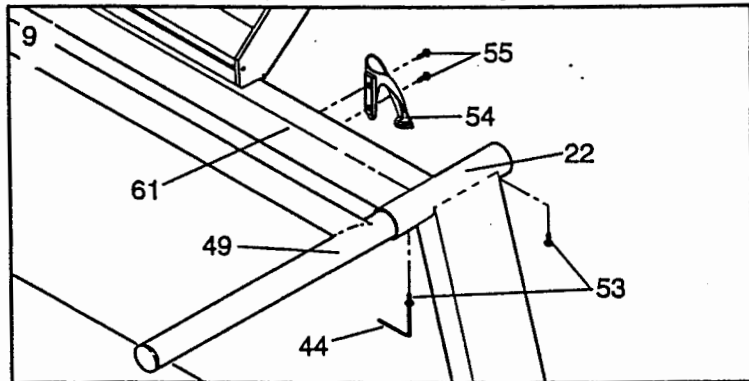


8. Slide the Handrail (49) into the Right and Left Uprights (22, 50). Make sure that the Handrail is turned so the small holes are in the underside.



9. Using the 5/16" end of the Allen Wrench (44), tighten two Handrail Screws (53) into the Right Upright (22) and the Handrail (49). If necessary, move the Handrail slightly to align the holes. Tighten two Handrail Screws into the Left Upright (not shown) and the Handrail in the same manner.

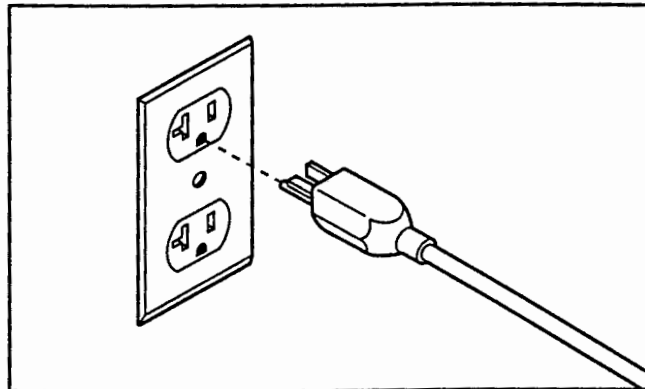
Attach a Beverage Holder (54) to the Crossbar (61) with two Beverage Holder Screws (55). Attach the other Beverage Holder to the Crossbar in the same manner.



10. Make sure that all parts are properly tightened before you use the treadmill. To protect the floor or carpet from damage, place a mat under the treadmill.

CONNECTING 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.

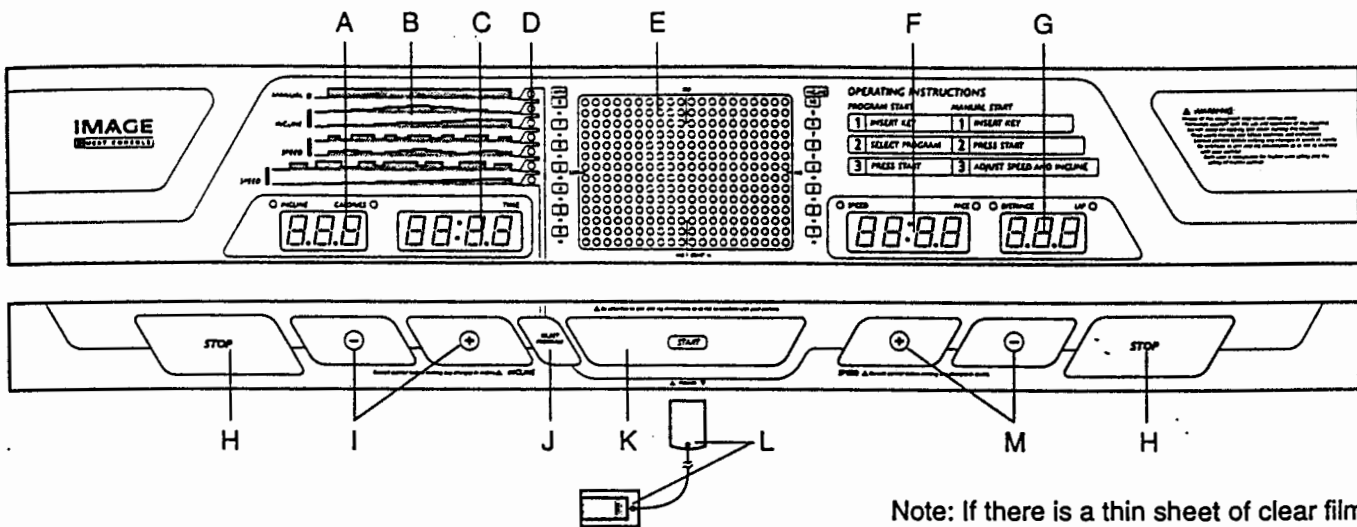


This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is for use on a dedicated 20-amp, 120-volt circuit. No other appliance should be on the same circuit. The product is equipped with a cord

having an equipment-grounding conductor and a grounding plug (refer to the drawing above). The grounding plug must be connected to a standard NEMA 5-20 receptacle. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord.

TREADMILL OPERATION



CAUTION: To reduce the risk of serious injury, read the following precautions before operating the console.

- Misuse of the treadmill may cause serious injury.
- Familiarize yourself with the use and operation of the treadmill.
- Do not stand on the walking belt when pressing the START button.
- Consult your partner before changing the speed or incline of the treadmill.
- Be attentive to arm and leg movements and be careful not to interfere with your partner.
- Each user is responsible for his or her own safety as well as the safety of his or her partner.
- The treadmill is capable of high speeds. Adjust the speed in small increments.
- To reduce the risk of electric shock, keep the console dry and avoid spilling liquids on the console.

FEATURES OF THE CONSOLE

The revolutionary IMAGE DUO 48 console offers an impressive array of features designed to make your workouts more enjoyable and effective.

When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will display instant exercise feedback—you can watch your progress on the LED "track," while the four displays show the incline, number of calories burned, workout time, speed, pace, distance, and laps completed.

The console also offers six preset programs—two incline programs and four speed programs. Each program is designed to automatically control either the incline or the speed of the treadmill as it guides you through an effective workout.

In addition, the console features a maintenance mode that keeps track of total time and distance, and shows when treadmill maintenance is required. A technical mode provides additional technical information.

To use the manual mode, refer to page 12. To use one of the six preset programs, refer to page 13. To access the maintenance mode, refer to page 14. To access the technical mode, refer to page 15.

Note: The console can display speed and distance in either miles or kilometers (refer to step 5 on page 15). For simplicity, all instructions in this manual refer to miles.

DIAGRAM OF THE CONSOLE

Please refer to the drawing on the opposite page.

- A. **INCLINE/CALORIES display**—This display shows both the incline of the treadmill and the approximate number of calories you have burned. The display will alternate between one number and the other every seven seconds.
- B. **Program profiles**—These profiles show how the speed or incline of the treadmill will change during the six preset programs.
- C. **TIME display**—This display shows the time remaining in your workout. Note: If the manual mode is selected and is set to last for 100 minutes, the console will count up rather than down (refer to step 5 on page 15).
- D. **Mode indicators**—These indicators show whether the manual mode or one of the six preset programs is selected.
- E. **LED matrix**—When the manual mode is selected, this matrix shows your progress on an LED track. When one of the preset programs is selected, this matrix shows your progress as well as upcoming incline or speed settings.
- F. **SPEED/PACE display**—This display shows both the speed of the walking belt and your current pace (minutes per mile). The display will alternate between one number and the other every seven seconds.
- G. **DISTANCE/LAP display**—This display shows both the distance you have walked and the number of laps you have completed (one lap equals 1/4 mile).
- H. **STOP buttons**—These buttons are used to stop the walking belt. When either of the buttons is pressed, the treadmill will automatically adjust to the lowest incline level. After ten seconds, the displays will be reset.
- I. **INCLINE buttons**—These buttons are used to change the incline of the treadmill. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline quickly. The incline range is 0% to 10%. Note: The incline can be adjusted only while the walking belt is moving.
- J. **SELECT PROGRAM button**—This button is used to select the manual mode and the six preset programs. Note: If the walking belt is moving when the SELECT PROGRAM button is pressed, the button will function in the same way as a STOP button.

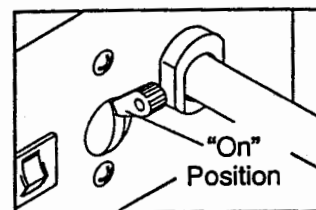
- K. **START button**—This button is used to start the walking belt when the manual mode or a preset program is selected.
- L. **Key with clip**—The key turns the console on and off. The clip can be worn on the waistband of your clothes.
- M. **SPEED buttons**—These buttons control the speed of the walking belt. Each time one of the buttons is pressed, the speed will change by 0.1 mph. The buttons can be held down to change the speed in increments of 0.5 mph. The speed range is 0.5 mph to 8 mph.

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, refer to step 5 on page 15.

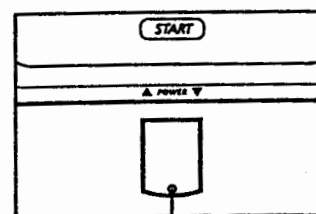
HOW TO TURN ON THE POWER

- 1** Plug in the power cord (see page 9). All displays and indicators on the console will flash once and then darken. 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, remove the key.

- 2** Make sure that the on/off switch located on the right side of the treadmill is in the "on" position.



- 3** Stand on the foot rails of the treadmill and insert the key fully into the console. After a brief pause, the four displays, various indicators, and the LED track in the center of the console will light.



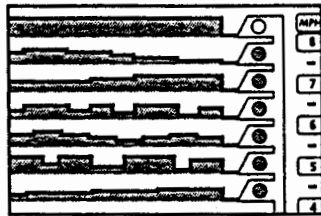
Note: Any time that the walking belt is stationary and no console buttons are pressed for ten minutes, the console will enter a "sleep" mode. The displays will darken and the LED matrix will show the LED track and the six preset program profiles in a repeating cycle. Pressing the START button or the SELECT PROGRAM button will cause the console to exit the sleep mode.

HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

Refer to HOW TO TURN ON THE POWER on page 11.

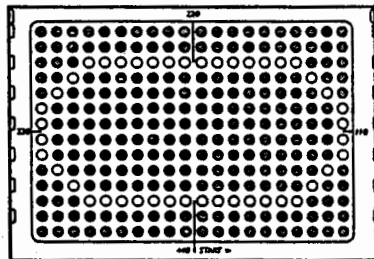
When the key is inserted, the manual mode will automatically be selected. The manual mode indicator and the LED track in the center of the console will light. Note: If a preset program has been selected, press the SELECT PROGRAM button repeatedly until the manual mode indicator is lit.



2 Press the START button.

Press the START button to start the walking belt. The LED track in the center of the console will disappear in a counterclockwise direction. One flashing indicator will then re-appear and the walking belt will begin to move at 1.0 mph. Hold the handrail and step onto the walking belt.

The LED track represents 1/4 of a mile. As you exercise, the indicators will light one at a time until the entire track is lit. The track will then disappear in a counterclockwise direction and another lap will begin.



When the TIME display reaches zero, the walking belt will slow to a stop and the treadmill will adjust to the lowest incline level. Note: If the manual mode is set to last for 100 minutes, the walking belt will move until the TIME display reaches 99 minutes, 59 seconds (refer to step 5 on page 15).

To stop the walking belt at any time, press either of the STOP buttons. The treadmill will automatically adjust to the lowest incline level. After ten seconds, the displays will be reset.

3 Adjust the Incline and speed of the treadmill.

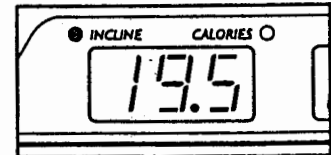
While the walking belt is moving, the incline of the treadmill can be adjusted with the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can

be held down to change the incline quickly. The incline range is 0% to 10%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

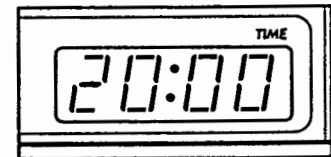
To adjust the speed of the walking belt, press the SPEED buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mph. The buttons can be held down to change the speed in increments of 0.5 mph. The speed range of the walking belt is 0.5 mph to 8.0 mph.

4 Follow your progress with the LED displays.

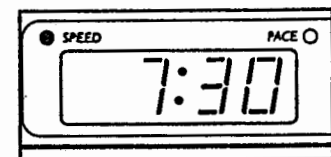
INCLINE/CALORIES display—This display shows the incline of the treadmill and the approximate number of calories you have burned. Note: When the INCLINE buttons are pressed, the display will change to show the incline.



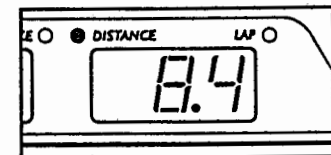
TIME display—This display shows the time remaining in your workout. Note: If the manual mode is selected and is set to last for 100 minutes, the console will count up rather than down (refer to step 5 on page 15).



SPEED/PACE display—This display shows the speed of the walking belt and your current pace. Note: When the SPEED buttons are pressed, the display will change to show the speed.



DISTANCE/LAP display—This display shows the distance you have walked and the number of laps you have completed.



Note: Speed and distance can be displayed in either miles or kilometers. To change the unit of measurement, refer to step 5 on page 15.

5 Remove the key from the console.

When you are finished exercising, stop the walking belt and remove the key from the console. All displays and indicators on the console will darken.

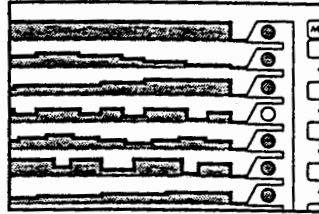
HOW TO USE A PRESET PROGRAM

1 Insert the key fully into the console.

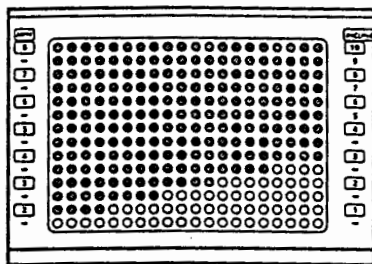
Refer to HOW TO TURN ON THE POWER on page 11.

2 Select one of the six preset programs.

When the key is inserted, the manual mode will automatically be selected. To select a preset program, press the SELECT PROGRAM button repeatedly. Indicators will light to show which program is selected.



When a preset program is selected, the LED matrix will show all of the incline or speed settings of the program. Each incline program



has twenty incline settings; each speed program has twenty speed settings. One setting is shown in each vertical column of the LED matrix. Refer to the INCLINE and MPH scales on the sides of the LED matrix. The first column of the LED matrix will be flashing.

3 Press the START button.

Press the START button to start the program. After a moment, the walking belt will begin to move. Hold the handrail and step onto the walking belt.

If an Incline program is selected: When the START button is pressed, the walking belt will begin to move at 1.0 mph and the incline will adjust to the setting shown in the first column of the LED matrix. After one minute, the second column of the LED matrix will begin to flash and the incline will adjust to the setting shown in the second column. After another minute, the third column will begin to flash and the incline will adjust to the setting shown in the third column. The program will continue in this manner until the twentieth column is flashing and no time remains in the TIME display. The walking belt will then slow to a stop and the treadmill will adjust to the lowest incline level.

The speed of the walking belt can be adjusted during an incline program with the SPEED

buttons. If the incline settings of the program are too low or too high, the difficulty level of the program can be adjusted with the INCLINE buttons. Each time the "+" button is pressed, all twenty incline settings will increase slightly. Every few times the button is pressed, one additional indicator will light in each column of the LED matrix. The INCLINE "-" button functions in the same way to decrease the settings. To stop the program at any time, press either of the STOP buttons. The treadmill will automatically adjust to the lowest incline level. After ten seconds, the displays will be reset. The console will then be in the same state as if the program had been completed.

If a speed program is selected: When the START button is pressed, the walking belt will begin to move at 1.5 mph, the setting shown in the first column of the LED matrix. After one minute (or 90 seconds if a thirty-minute program is selected), the second column of the LED matrix will begin to flash and the speed will adjust to the setting shown in the second column. After another minute (or 90 seconds), the third column will begin to flash and the speed will adjust to the setting shown in the third column. The program will continue in this manner until the twentieth column is flashing and no time remains in the TIME display. The walking belt will then slow to a stop and the treadmill will adjust to the lowest incline level.

The incline of the treadmill can be adjusted during a speed program with the INCLINE buttons. If the speed settings of the program are too slow or too fast, the difficulty level of the program can be adjusted with the SPEED buttons. Each time the "+" button is pressed, all twenty speed settings will increase slightly. Every few times the button is pressed, one additional indicator will light in each column of the LED matrix. The SPEED "-" button functions in the same way to decrease the settings. To stop the program at any time, press either of the STOP buttons. The displays will pause for ten seconds and will then be reset, and the treadmill will adjust to the lowest incline level. The console will then be in the same state as if the program had been completed.

4 Follow your progress with the LED displays.

Refer to step 4 on page 12.

5 Remove the key from the console.

When you are finished exercising, stop the walking belt and remove the key from the console. All displays and indicators on the console will darken.

HOW TO USE THE MAINTENANCE MODE

The maintenance mode provides information about treadmill error codes, keeps track of the total time and distance accumulated on the treadmill, and shows when important treadmill maintenance is required. Follow the steps below to access the maintenance mode.

1 Press the STOP and SPEED “-” buttons while inserting the key fully into the console.

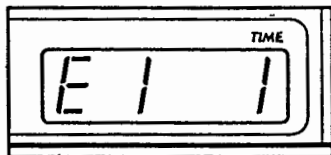
When the key is inserted as described, the words “MAINTENANCE INFORMATION” will scroll across the top of the LED matrix. All other displays and indicators will remain dark.

The maintenance mode is divided into five screens: the ERROR, TIME AND DISTANCE, LUBRICATION, MOTOR BRUSH, and PREFERENCES screens. Pressing either of the STOP buttons will select the screens one at a time. Pressing the STOP button while the last screen is displayed will exit the maintenance mode. Follow the steps below to select the screens..

2 Press either of the STOP buttons to select the ERROR screen.

Note: If no treadmill errors have been detected, the ERROR screen will be bypassed and the TIME AND DISTANCE screen will be selected (see step 3 at the right).

If any treadmill errors have been detected, an error code will appear in the TIME display and a description of the error will be shown in the LED matrix.

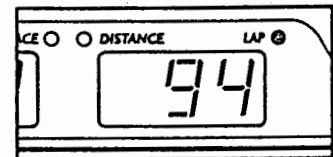
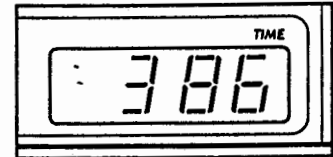


There are ten possible error codes: E1 1, E1 2, E2 0, E2 1, E2 2, E2 3, E2 4, E7 0, E7 1, and E7 2. To find the cause of the error code and correct the problem, refer to SYMPTOM 7 on pages 23 to 25. After the problem has been corrected, return to the maintenance mode, select the ERROR screen, and hold down the SPEED “-” button for three seconds to clear the error code. If another error has been detected, the next error code will then appear in the TIME display. Clear this error code in the same manner. When all error codes have been cleared, the TIME AND DISTANCE screen will be selected. **Note:** You can also press the STOP button to view all error codes and select the TIME AND DISTANCE display. However, this will not clear the error codes.

3 View the TIME AND DISTANCE screen.

When the TIME AND DISTANCE screen is selected, the words “TOTAL TIME” will scroll across the top of the LED matrix, and the bottom of the matrix will show the total number of hours that the treadmill has been used. Next, the words “TOTAL DISTANCE” will scroll across the top of the LED matrix, and the bottom of the matrix will show the total number of miles.

In addition, the TIME display will show the total number of hours. (**Note:** When the number exceeds four digits, it will overflow into the INCLINE/CALORIES display). The DISTANCE/LAP display will show the total number of miles. **Note:** When the number exceeds three digits, it will overflow into the SPEED/PACE display.



4 Press either of the STOP buttons to select the LUBRICATION screen.

When the LUBRICATION screen is selected, the words “LUBE DECK” will scroll across the top of the LED matrix, and the bottom of the matrix will show the number of hours before the walking platform needs to be lubricated. **Note:** If maintenance is overdue, the words “LUBE DECK OVERDUE” will scroll across the top of the LED matrix, and the bottom of the matrix will show the number of hours since the walking platform should have been lubricated.

To lubricate the walking platform, refer to WALKING PLATFORM LUBRICATION on page 17. After lubricating the walking platform, return to the maintenance mode, go to the LUBRICATION screen, and hold down the SPEED “-” button for three seconds while the words “LUBE DECK” are scrolling across the LED matrix. This will reset the maintenance clock.

5 Press either of the STOP buttons to select the MOTOR BRUSH screen.

When the MOTOR BRUSH screen is selected, the words “MOTOR BRUSHES” will scroll across the top of the LED matrix, and the bottom of the matrix will show the number of hours before the motor

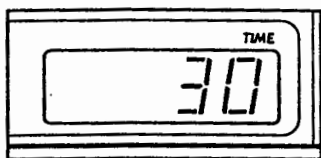
brushes need to be checked. Note: If maintenance is overdue, the words "MOTOR BRUSHES OVERDUE" will scroll across the top of the LED matrix, and the bottom of the matrix will show the number of hours since the motor brushes should have been checked.

To check the motor brushes, refer to CHECKING THE MOTOR BRUSHES on page 18. After checking the motor brushes, return to the maintenance mode, go to the MOTOR BRUSHES screen, and hold down the SPEED "-" button for three seconds while the words "MOTOR BRUSHES" are scrolling across the LED matrix.

6 Press either of the STOP buttons to select the PREFERENCES screen.

When the PREFERENCES screen is selected, the letters "ENG" will appear in the LED matrix. These letters indicate that the console will measure distance in miles ("English"). For the console to measure distance in kilometers, press the START button. The letters "MET" will appear in the LED matrix ("Metric"). Pressing the START button again will change the unit of measurement back to miles.

In addition, the TIME display will show the number 20, 30, 60, or 100. This shows how many minutes the treadmill will run when the manual mode is selected. To change the length of time, press either of the SPEED buttons repeatedly.



Pressing either of the INCLINE buttons will start the incline calibration cycle. The treadmill will automatically adjust to the highest incline level and then return to the lowest incline level. The INCLINE/CALORIES display will show a pattern that represents the signals received from the two incline sensors. When the incline calibration cycle is completed, the LED matrix will display "S1" and "S2" followed by "OK" or "BAD." This shows the state of each of the incline sensors.

7 Press either of the STOP buttons to exit the maintenance mode.

Pressing the STOP button while the PREFERENCES screen is selected will exit the maintenance mode.

HOW TO USE THE TECHNICAL MODE

This mode provides information about various treadmill systems. Follow the steps below to access this mode.

1 Press the STOP and SPEED "+" buttons while inserting the key fully into the console.

When the key is inserted as described, the first screen of the technical mode will be selected.

The technical mode is divided into five screens: the CONSOLE CONFIGURATION, MOTOR CALIBRATION, LED TEST, TIME AND DISTANCE, and FUNCTIONAL TEST screens. Pressing either of the STOP buttons will select the screens one at a time. Pressing the STOP button while the FUNCTIONAL TEST screen is displayed will exit the technical mode. Follow the steps below to select the screens.

2 View the CONSOLE CONFIGURATION screen.

When this screen is selected, the displays will show the following information:

INCLINE/CALORIES: calorie configuration
TIME (left digit): hex button
TIME (right three digits): code version
SPEED/PACE (left half): maximum speed
SPEED/PACE (right half): maximum incline
DISTANCE/LAP: controller type.

3 Press either of the STOP buttons to select the MOTOR CALIBRATION screen.

When this screen is selected, the displays will show the following information:

INCLINE/CALORIES: incline
TIME: EEPROM test results
SPEED/PACE: actual speed
DISTANCE/LAP: PWM output.

Pressing the SPEED "+" button will start the speed calibration cycle and cause the PWM signal to ramp up to 85% of duty cycle. Pressing the SPEED "-" button will cause the PWM signal to return to 25%. The PWM signal will remain at 25% until actual speed doesn't change more than 0.1 mph for four seconds. The PWM signal will then return to zero.

Pressing either of the INCLINE buttons will start the incline calibration cycle (refer to step 5 at the left). Note: The speed calibration cycle and the incline calibration cycle cannot be run at the same time.

4 Press either of the STOP buttons to select the LED TEST screen.

When this screen is selected, all LED segments on the console will light in sequence. Pressing the SPEED "+" button will speed up the sequence. Pressing the SPEED "-" button will slow it down.

Pressing the INCLINE "+" button will light half of the columns of indicators in the LED matrix. Pressing the button again will light the other half. Pressing the INCLINE "-" button will light half of the rows of indicators in the LED matrix. Pressing the button again will light the other half.

If the START button is pressed, all LED segments on the console will again light in sequence. Pressing the button again will light all LED segments at once. Pressing the button a third time will darken all LED segments at once.

5 Press either of the STOP buttons to select the TIME AND DISTANCE screen.

When this screen is selected, the displays will show the following information:

INCLINE/CALORIES: "E" (miles) or "M" (kilometers)
TIME: total time
SPEED/PACE: overflow of total distance
DISTANCE/LAP: total distance.

The total time and total distance can be reset to zero by pressing the SPEED "+" and "-" buttons while removing the key from the console. Note: Removing the key will exit the information mode. If you reset the total time and total distance, disregard steps 6 and 7 below.

6 Press either of the STOP buttons to select the FUNCTIONAL TEST screen.

When this screen is selected, the displays will show the following information:

INCLINE/CALORIES: actual speed
TIME: time
SPEED/PACE: target speed
DISTANCE/LAP: PWM output

7 Remove the key from the console to exit the technical mode.

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

MAINTENANCE

Regular maintenance is necessary for optimal treadmill performance and long treadmill life. Please read and follow all instructions below. If the treadmill is not maintained as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided. If you have questions about maintenance, 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).

WEEKLY MAINTENANCE

1. Make sure that all parts of the treadmill are properly tightened. Tighten any loose parts.
2. Raise the treadmill to the highest incline level. Remove the key and unplug the power cord. Remove the screws attaching the motor hood and lift off the motor hood. Using a hand-held vacuum, clean around the motor and other components. Be careful to avoid touching any components. Reattach the motor hood.
3. Using a soft cloth and a mild multi-purpose cleaner, remove any accumulated dust and grime from the handrails, uprights, foot rails, frame, and motor hood. Do not use abrasives or solvents. Using a soft, dry cloth, wipe the console and the walking platform along the sides of the walking belt. Do not wipe under the walking belt.
4. Make sure that the walking belt is centered and is properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, refer to SYMPTOMS 3 and 4 on pages 22 and 23. Note: When the power cord is plugged back in, the treadmill will automatically adjust to the lowest incline level.

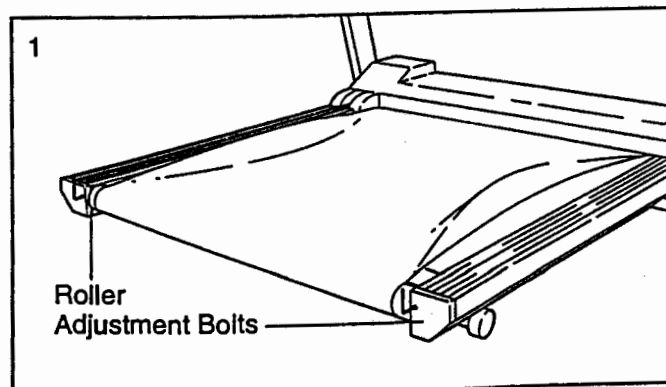
MONTHLY MAINTENANCE

1. Raise the treadmill to the highest incline level. Remove the key and unplug the power cord. Remove the screws attaching the motor hood and lift off the motor hood. Check the motor belt for wear and cracks. If the motor belt needs to be replaced, refer to ORDERING REPLACEMENT PARTS on page 31.
2. With the motor hood removed, plug in the power cord. The treadmill will automatically adjust to the lowest incline level. Insert the key into the console and press the START button. Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothing cannot become caught in moving parts. While the walking belt is moving, check the motor for any. Next, check the treadmill for unusual noises or odors. If any of these problems exists, 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).

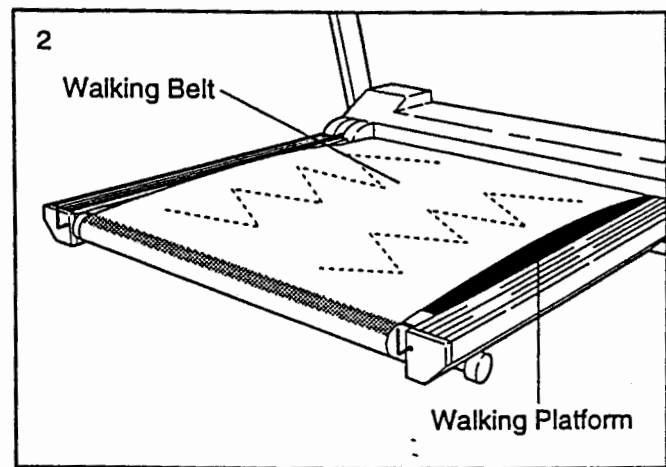
WALKING PLATFORM LUBRICATION

The special walking platform should not be lubricated before initial use. However, lubricant should be applied after every 600 hours of use. For your convenience, the maintenance mode of the console will keep track of treadmill use, and indicate when the walking platform needs to be lubricated (refer to step 4 on page 14). Follow the steps below to apply lubricant (included).

1. Remove the key and unplug the power cord. Using the included allen wrench, loosen the walking belt by turning the roller adjustment bolts counterclockwise eight complete turns.



2. Open one 1-ounce packet of lubricant. Lift one side of the walking belt and spread half of the packet in a zigzag pattern on one side of the walking platform. Do not apply lubricant all of the way to the edge of the walking belt; leave a few inches along the edge of the walking belt unlubricated. Spread the other half of the packet on the other side of the walking platform in the same manner.

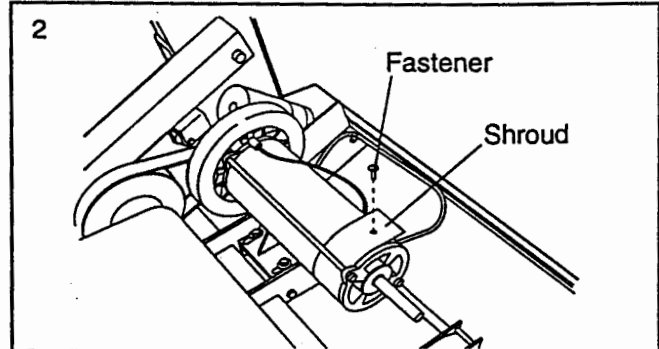


3. Turn both roller adjustment bolts clockwise eight complete turns. Readjust the tension of the walking belt (see SYMPTOMS 3 and 4 on pages 22 and 23).
4. After you have completed the above steps, reset the maintenance clock (refer to step 4 on page 14).

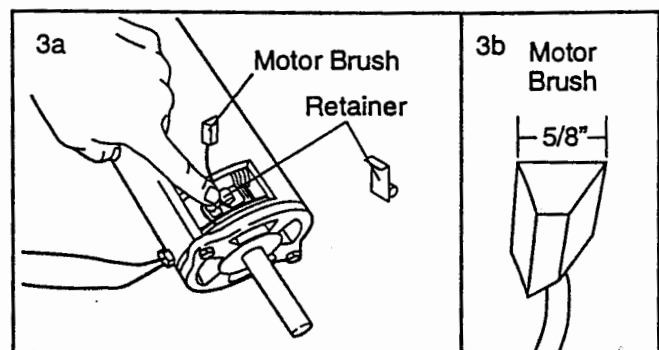
CHECKING THE MOTOR BRUSHES

After every 1800 hours of use, the motor brushes should be checked. If the motor brushes are not checked and replaced as needed, the motor will be damaged. The maintenance mode of the console will keep track of treadmill use, and indicate when the motor brushes should be checked (refer to step 5 on page 14). Follow the steps below to check the motor brushes.

1. Raise the treadmill to the highest incline level. Remove the key and unplug the power cord. Remove the screws from the motor hood and lift off the motor hood.
2. Using a small standard screwdriver, pry off the plastic fastener on top of the motor. Next, remove the shroud.



3. Using your index finger, push down and forward on the metal retainer. Remove the retainer and the motor brush. Do not disconnect the small wire extending from the motor brush. Refer to drawing 3b. Inspect the motor brush for wear. When the indicated edge of the motor brush is only 5/8" wide, the motor brush should be replaced. To order a motor brush, refer to ORDERING REPLACEMENT PARTS on page 31.



4. Insert the motor brush into the motor so that the small wire extending from the motor brush is visible. Push down and back on the retainer until it locks into position over the motor brush.

Check the motor brush in the other side of the motor in the same manner.

5. Reattach the motor hood. Make sure to reset the maintenance clock (refer to 4 on page 14). Note: When the power cord is plugged back in, the treadmill will automatically adjust to the lowest incline level.

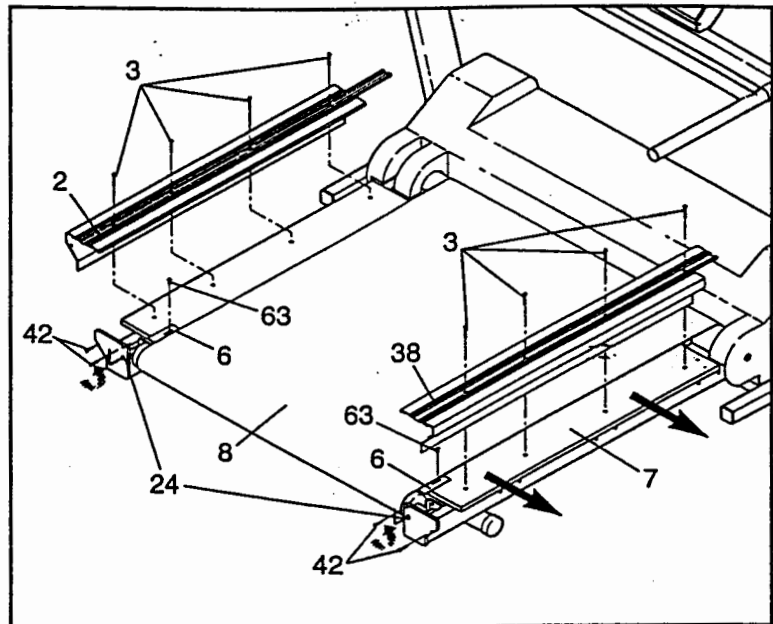
TURNING THE WALKING PLATFORM

Both sides of the walking platform are designed to be used as walking surfaces. When the upper surface of the walking platform becomes worn, the walking platform can be turned over. Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be turned over. Follow the instructions below to turn over the walking platform.

1. **Remove the key and unplug the power cord.** Using the included allen wrench, loosen the Walking Belt (8) by turning the Roller Adjustment Bolts (24) several turns counterclockwise. Count the number of turns so that you can properly retighten the walking belt.

2. Remove the four Plate Screws (42) and the eight Walking Platform Screws (3). Lift the Foot Rails (2, 38) off the treadmill. Remove the Roller Guard Screws (63) and the Roller Guards (6).

3. Carefully slide the Walking Platform (7) to the side and remove it. Turn the Walking Platform over and slide it back into place. **Be careful to avoid damaging the Walking Belt (8) or the Walking Platform.**



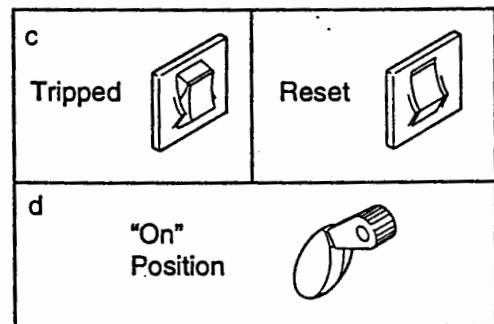
4. Reattach the Foot Rails (2, 38) with the Platform Screws (3) and the Plate Screws (42). Reattach the Roller Guards (6) with the Roller Guard Screws (63). The space between the Roller Guards and the rear roller should be 1/4" to 1/8". Make sure that the Roller Guards do not touch the rear roller when it turns.
5. Turn both Roller Adjustment Bolts (24) clockwise the same number of turns used to loosen them in step 1. Readjust the tension of the Walking Belt (8) (see SYMPTOMS 3 and 4 on pages 22 and 23).

TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps outlined in this section. Find any applicable symptoms, 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

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See page 9.)
- b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 3 on page 11.)
- c. 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.
- d. Check the on/off switch located on right side of the treadmill. The switch must be in the "on" position.

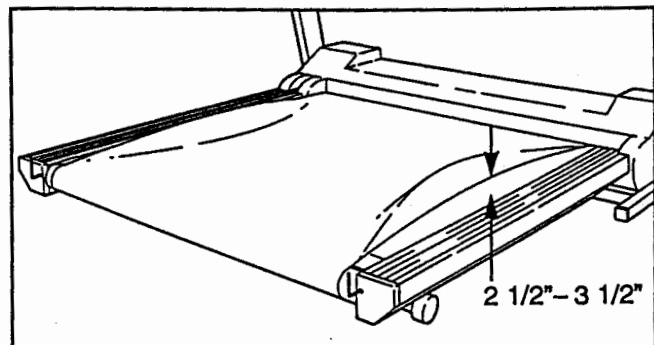


2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker (see 1. c. 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 3 on page 11.)
- d. Make sure that the on/off switch is in the "on" position. (See 1. d. above.)
- e. If the treadmill still will not run, please call our Customer Service Department, toll-free.

3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

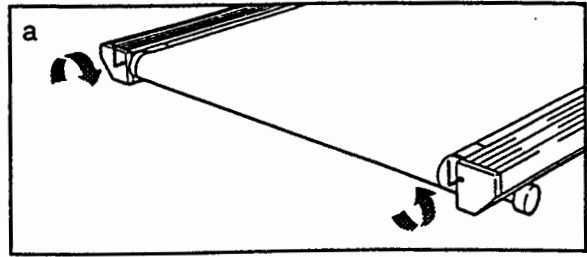
- a. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 1/2" to 3 1/2" inches off the walking platform. **If adjustments need to be made, remove the key and unplug the power cord.** Using the allen wrench, turn both roller adjustment bolts counterclockwise 1/4 of a turn. 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.



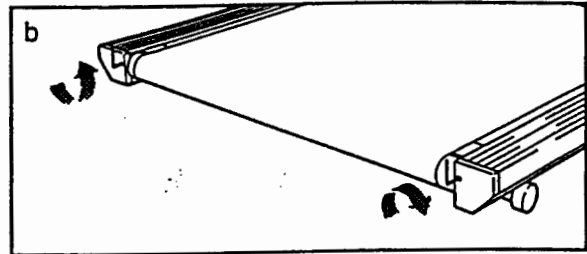
- b. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

4. SYMPTOM: THE WALKING BELT IS OFF-CENTER

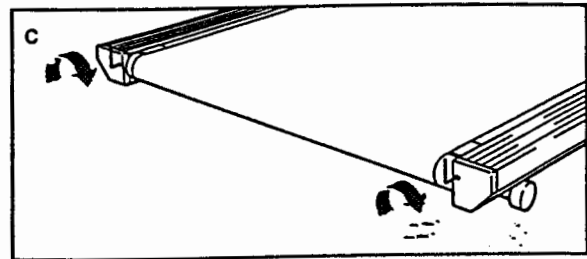
a. If the walking belt has shifted to the left: Remove the key and unplug the power cord. Using the included allen wrench, turn the left roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert 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: Remove the key and unplug the power cord. Using the included allen wrench, turn the left roller 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: Remove the key and unplug the power cord. Using the included allen wrench, turn both roller 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 2 1/2" to 3 1/2" inches off the walking platform. The center of the walking belt should just touch the walking platform. Make sure 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.



5. SYMPTOM: THE WORDS "SYSTEM HAS ERRORS" SCROLL ACROSS THE LED MATRIX WHEN THE KEY IS INSERTED INTO THE CONSOLE

a. This indicates that a treadmill error has been detected. If the problem is not corrected within twenty hours, error code E7 2 will appear in the SPEED/PACE display and the treadmill will cease to operate. To correct the problem, refer to SYMPTOM 7 below.

6. SYMPTOM 6: THE WALKING BELT STOPS OR THE INCLINE CANNOT BE ADJUSTED EVEN THOUGH THE CONSOLE REMAINS LIT

a. This indicates that a treadmill error has been detected. To correct the problem, refer to SYMPTOM 7 below.

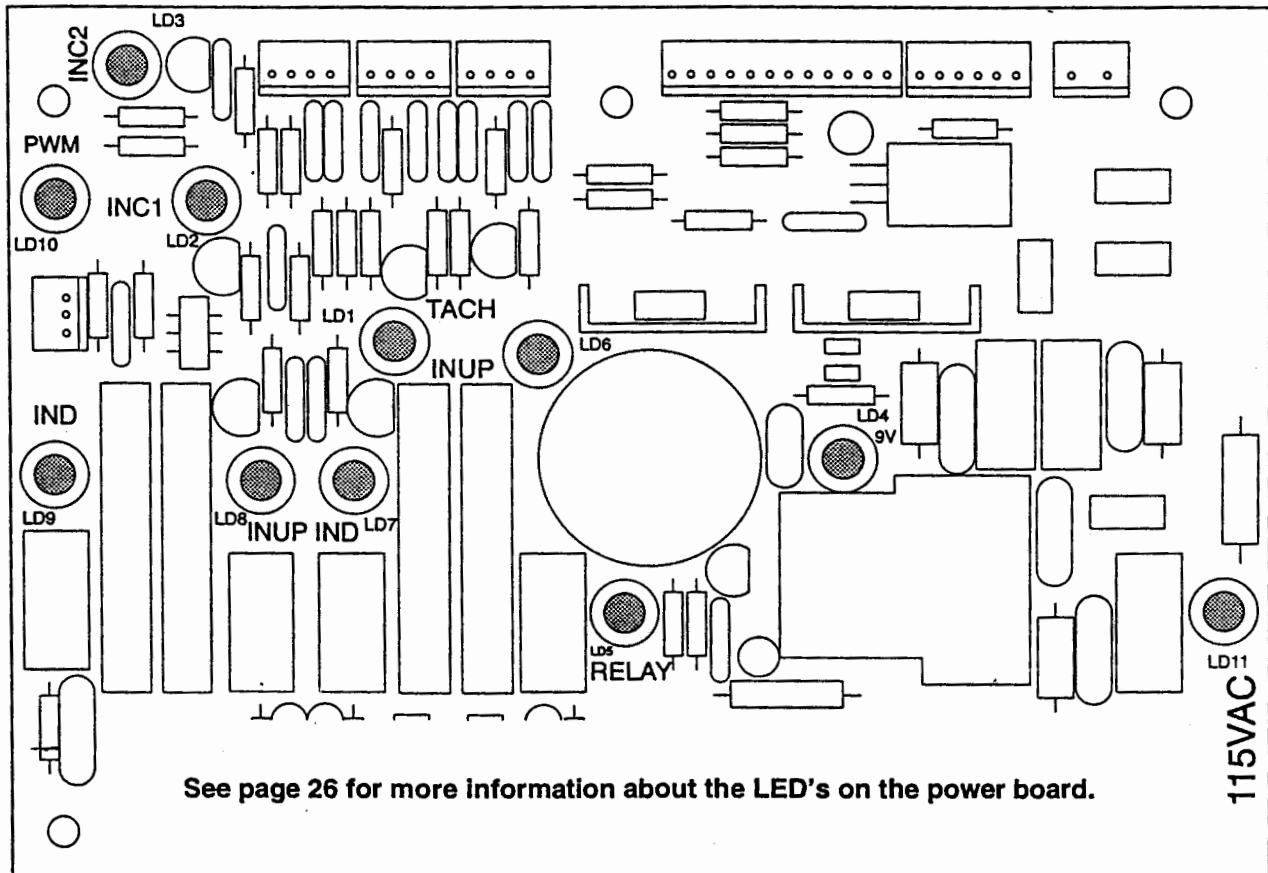
7. SYMPTOM: AN ERROR CODE (SUCH AS E1 1) APPEARS IN THE INCLINE/CALORIES DISPLAY OR THE SPEED/PACE DISPLAY

If an incline error is detected on an incline sensor, an error code such as E1 1 will flash in the INCLINE/CALORIES display each time the incline is adjusted. If an incline error is detected on the second incline sensor, the incline will cease to be adjustable and the error code will appear in place of the incline level in the INCLINE/CALORIES display.

If a speed error is detected, the walking belt will slow to a stop and an error code such as E2 1 will appear in the SPEED/PACE display. If the speed error is still detected when the walking belt is restarted, the error code will flash in the SPEED/PACE display for one second each time the speed is displayed.

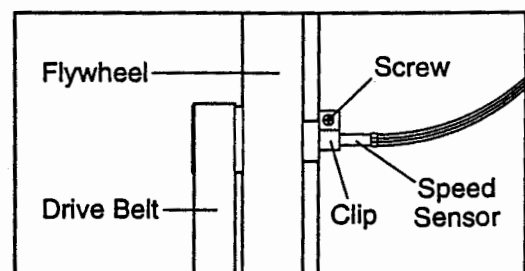
When an error code appears, refer to step 2 on page 14 and clear the error code. If the error code reappears, refer to pages 24 and 25, find the applicable error code, and follow the instructions for correcting the problems.

- a. **Error code E1 1 or E1 2**—These error codes indicate that incline motor 1 or incline motor 2 are experiencing problems. Remove the motor hood and locate the power board (refer to the drawing below). The LED's on the power board are used for trouble-shooting. With the walking belt moving, press the INCLINE "+" button to increase the incline. As soon as the button is pressed, the INUP LED should light. Next, press the INCLINE "-" button. The IND LED should light. If the LED's do not light, the signal from the console is not being received. This is probably due to a wire harness failure, although there may be a failure in the console or the circuit board. As soon as the INUP or IND LED lights, the INC1 (incline motor 1) or INC2 (incline motor 2) LED should flicker repeatedly on and off. These LED's monitor the incline sensor signals. If they flicker, the power board is receiving the signals. If either of the LED's does not flicker, the sensor may have failed and the corresponding motor may need to be replaced. If all LED's light but the error code still appears, check the wire harness to the console. If the wire harness is good, the console may need to be replaced (refer to ORDERING REPLACEMENT PARTS on page 31).



- b. **Error code E2 0**—This error code indicates that the console is not receiving a consistent speed signal. In most cases, this problem can be corrected by adjusting the gap between the speed sensor and the flywheel. **Remove the key and unplug the power cord.** Locate the speed sensor mounted on the motor near the flywheel. Make sure that the speed sensor is at a right angle to the flywheel. Next, check the gap between the speed sensor and the ribs on the flywheel. The gap must be between 0.06 inches and 0.1 inches.

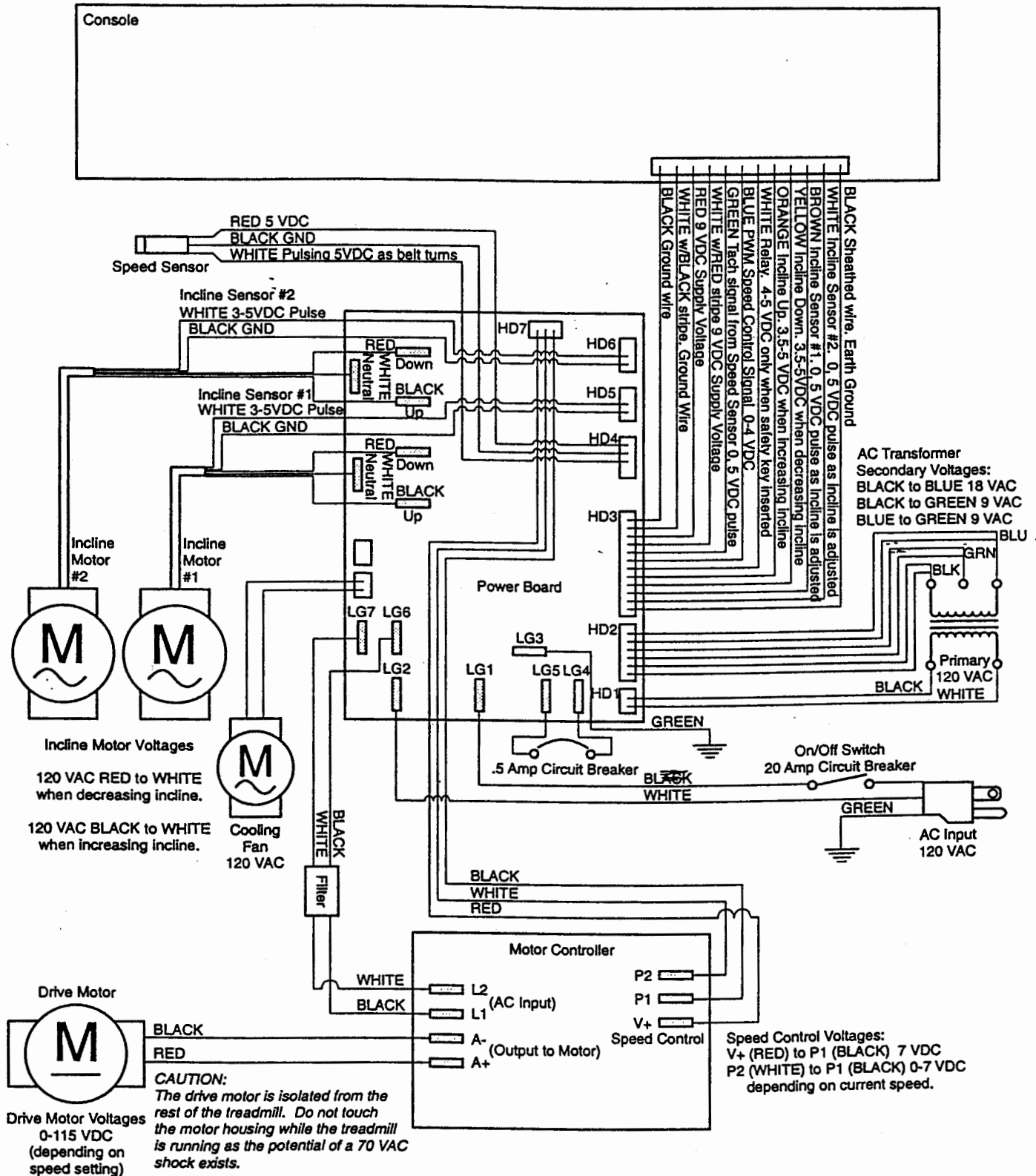
If necessary, loosen the indicated screw and remove the clip. **Handle the speed sensor carefully to avoid damaging it.** Adjust the position of the speed sensor and reattach the clip with the screw. Make sure that the speed sensor is at a right angle to the flywheel and that the speed sensor is the proper distance from the flywheel. Using your hand, turn the flywheel to ensure that the speed sensor does not hit it. **Be careful to keep your hands away from the motor belt.**



- c. **Error code E2 1**—This error code indicates that the console is not receiving a speed signal. Remove the motor hood and observe the TACH LED on the power board while the walking belt is moving (refer to the drawing at the left). The LED should flicker repeatedly on and off. If it does not, the speed sensor should be checked (refer to the paragraph at the bottom of page 24). If the speed sensor is correctly positioned, it may need to be replaced. If the TACH LED lights, the speed signal is being lost between the power board and the console. Check the wire harness between the power board and the console. If the wire harness is good, the console may need to be replaced (refer to ORDERING REPLACEMENT PARTS on page 31).
- d. **Error code E2 2**—This error code may be caused by either of two problems. The speed sensor may be too close to the flywheel and may be double-counting. To correct this problem, refer to the paragraph at the bottom of page 24. Another possible cause is excessive friction between the walking belt and the walking platform. If this problem exists, the walking belt may move normally or a little slowly, and may then speed up when the user steps off. Refer to step 4 on page 14 and see if lubricant needs to be applied. In addition, check the walking belt and the walking platform for wear. It may be necessary to apply lubricant (refer to WALKING BELT LUBRICATION on page 17), turn over the walking platform (refer to TURNING THE WALKING PLATFORM on page 19), or replace the walking platform or the walking belt (refer to ORDERING REPLACEMENT PARTS on page 31).
- e. **Error code E2 3**—This error code indicates that the speed signal being received by the console is not consistent. Speeds varying by more than 3 mph may be received within one second. This can be caused by incorrect positioning of the speed sensor. To correct this problem, refer to the paragraph at the bottom of page 24.
- f. **Error code E2 4**—This error code indicates that the motor has been stalled by an excessively heavy load. The treadmill should not be used by more than two persons at one time; the combined weight of both users should not exceed 500 pounds.
- g. **Error code E7 0**—This error code appears if the maintenance mode has not been selected and exited from the last screen for more than 100 hours. Refer to page 14.
- h. **Error code E7 1**—This error code appears if the walking platform maintenance or motor brush maintenance is more than 50 hours overdue. Refer to step 4 on page 14.
- i. **Error code E7 2**—This error code indicates that other error codes have appeared on the console and the problems have not been corrected for 20 hours. The treadmill will not operate until the problems have been corrected and the error codes have been cleared in the maintenance mode. Refer to step 2 on page 14.

LED Label	Lights to indicate . . .	Should be lit . . .	If not lit when expected, check . . .
115VAC (LD11)	Power board is receiving AC voltage.	Whenever the treadmill is plugged in and the main on/off switch is turned on.	Make sure the treadmill is plugged in and the 20 A circuit breaker has not tripped. Also check all wire connections from where the power cord enters the treadmill to the power board connections.
9V (LD4)	The power board is generating the 9VDC needed by the console to operate.	Should light at all times the 115 VAC LED is lit.	Make sure the 0.5 A circuit breaker has not tripped. Also check the wire connections between the power board and the transformer at HD1 and HD2.
RELAY (LD5)	The safety key has been inserted. This sends a signal to the power board to close the relay and allow AC voltage to all treadmill system.	Only the 115 VAC and 9V LEDs are lit and the safety key inserted.	Check the wire harness between the console and power board. If this wire checks out, possible failures included the microswitch inside the console and the relay on the circuit board.
PWM (LD10)	The power board is receiving a speed signal from the speed sensor.	Only when the 115 VAC, 9V, and RELAY LEDs are lit and treadmill speed has been set above 0.0 MPH.	Check the wire harness between the console and power board. If this wire checks out, the console is failing to send the Pulse Width Modulation (PWM) speed control signal.
TACH (LD1)	The power board is receiving a speed signal from the speed sensor. The LED will flicker.	Only when the treadmill is operating at a speed other than 0.0 MPH. When the treadmill is at rest, this LED can be turned on or off.	Check the spacing between the speed sensor and the flywheel. If this gap is too large, the sensor will not register movement. Correct spacing is 0.06 to 0.10 inches.
INC1 (LD2)	Turns on and off (pulses) to indicate the incline is being adjusted. This LED monitors incline motor 1.	When the incline is not being adjusted, this LED may be either on or off. It only pauses as the incline is moving.	Check the wiring between the incline motor and the power board. If the wiring checks out, the incline motor, or the sensor inside the motor, has failed.
INC2 (LD3)	Turns on and off (pulses) to indicate the incline is being adjusted. This LED monitors incline motor 2.	When the incline is not being adjusted, this LED may be either on or off. It pauses only as the incline is moving.	Check the wiring between the incline motor and the power board. If the wiring checks out, the incline motor, or the sensor inside the motor, has failed.
INUP (LD6, LD8)	This LED lights to indicate the Incline up button on the console has been pressed to change the incline setting.	Only when the incline up button has been pressed and the incline setting is increasing.	If both INUP LEDs fail to light, check the wire harness between the console and power board. If the wiring checks out, the console is failing to send the incline control signal to the power board. If only one INUP LED lights, there has been a failure on the power board, causing it to only send the incline control signal to one incline motor.
IND (LD7, LD9)	This LED lights to indicate the Incline down button on the console has been pressed to change the incline setting.	Only when the incline down button has been pressed and the incline setting is decreasing.	If both IND LEDs fail to light, check the wire harness between the console and power board. If the wiring checks out, the console is failing to send the incline control signal to the power board. If only one IND LED lights, there has been a failure on the power board, causing it to only send the incline control signal to one incline motor.

WIRING DIAGRAM



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 with planning an exercise program. Remember—these are general guidelines. For more detailed information about exercise, obtain a reputable book or consult your physician.

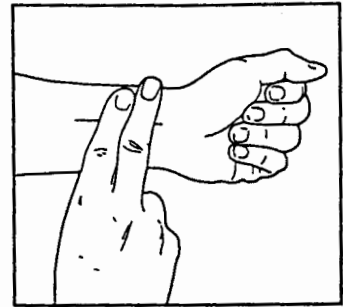
EXERCISE INTENSITY

Whether you want to burn fat or strengthen your cardiovascular system, 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 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 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
85	118-144	114-139

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 heartbeat count, and multiply the result by ten to find your heart rate. For example, if your six-second heartbeat 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, your heart rate should be maintained 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, your heart rate should be maintained near the middle of your training zone during exercise.

Performance Training

If your goal is high performance athletic conditioning, your heart rate should be kept near the high end of your training zone as you exercise.

WORKOUT GUIDELINES

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

Warm-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 (see **SUGGESTED STRETCHES** on page 29).

Training Zone Exercise

After warming up, the intensity of your exercise should be increased until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of exercise, 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.

Cool-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 five 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 both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

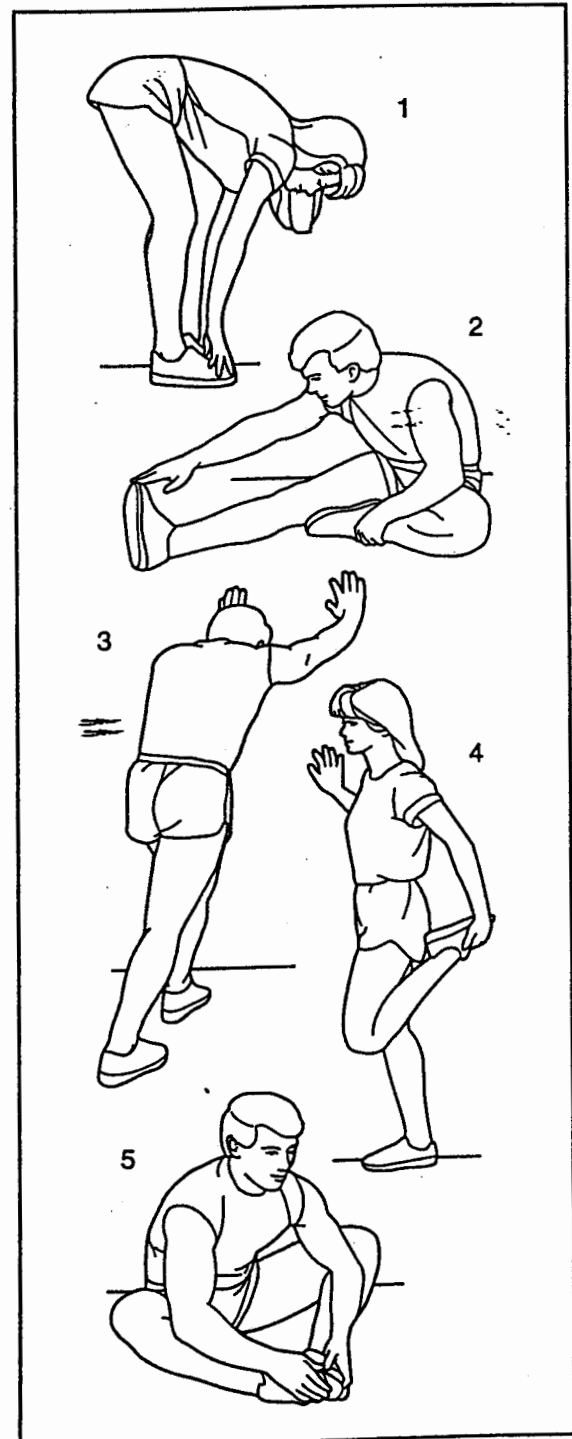
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further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



PART LIST—Model No. IMTL90070

R0597A

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	62	1	Hood
2	1	Left Foot Rail	63	10	Console Plate Screw
3	8	Platform Screw	64	1	Power Cord
4	7	Platform Isolator	65	2	Incline Pivot Bolt
5	1	Motor Pivot Bolt	66	1	Circuit Breaker
6	2	Roller Guard	67	2	On/Off Switch Fastener
7	1	Walking Platform	68	1	Power Cord Grommet
8	1	Walking Belt	69	1	On/Off Switch
9	2	Leveling Foot	70	1	Upright Wire Harness
10	1	Sensor Clamp Washer	71	3	Fastener
11	2	Lower Incline Motor Bolt	72	1	Belly Pan/Incline Leg
12	1	Front Roller/Pulley	73	1	Filter
13	1	Motor Pulley	74	3	Screw
14	2	Incline Motor	75	1	Transformer
15	2	Incline Motor Spacer	76	1	Power Board
16	4	Caster Wheel	77	1	Controller
17	1	Upright Base	78	1	Fan
18	1	7" Green Ground Wire	79	1	Pulley Cover
19	4	Crossbar Screw	80	2	Fan Bolt
20	1	Motor Controller Wire	81	2	Fan Nut
21	2	Upright Endcap	82	7	Cable Clamp
22	1	Right Upright	83	1	Motor Tension Bolt
23	1	Upright Grommet	84	2	Motor Bracket Bolt
24	6	Upright Bolt/Roller Adj. Bolt	85	1	Console Plate
25	2	Frame Pivot Bolt	86	1	Motor Bracket
26	2	Upright Base Endcap	87	4	Motor Mount Bolt
27	11	Base Pad Screw/Electronics Screw	88	2	Motor Bracket Nut
28	2	Base Pad	89	4	Upright Nut
29	12	Frame Crossbar Bolt	90	4	Motor Mount Nut
30	1	Front Frame Crossbar	91	1	Pulley/Flywheel/Fan
31	18	3/8" Lock Nut	92	1	Rear Roller
32	2	Base Endcap (square)	93	1	Motor
33	2	Frame Bumper	94	1	Speed Sensor
34	1	12 1/2" x 2" Wire Harness	95	1	Sensor Clamp
35	3	Roller Adjustment Washer	96	1	Sensor Clamp Screw
36	1	12 1/2" x 3" Wire Harness	97	7	8" Wire Tie
37	2	Frame Pivot Nut	98	6	Flat Wire Tie Holder
38	1	Right Foot Rail	99	4	Motor Mount Bushing
39	2	Frame Crossbar	100	1	Motor Mount Spacer
40	2	Rear Leg Endcap	101	8	Motor Mount Washer
41	2	Foot Rail Plate	102	6	Plastic Stand-Off
42	6	Foot Rail Plate Screw	103	1	Key/Clip
43	1	Fan Wire Harness	104*	1	Motor/Pulley/Flywheel/Fan
44	1	Allen Wrench	105	2	Plastic Fastener
45	1	Adhesive Clamp	106	1	Component Filter
46	6	Platform Isolator	107	2	On/Off Switch Washer
47	4	Console Mounting Bolt	108	4	Console End Plate Screw
48	2	Handrail Endcap	109	1	Ferrite Core
49	1	Handrail	110	4	Incline Motor Bolt
50	1	Left Upright	111	1	Safety Sign
51	2	Reading Rack Spacer	112	2	Warning Decal, Incline
52	1	Reading Rack	113	1	Warning Decal, Motor
53	4	Handrail Screw/Hood Screw	#	1	42" Black Wire, 2 Female
54	2	Beverage Holder	#	2	36" Black Wire, 2 Female
55	4	Beverage Holder Screw	#	1	42" White Wire, 2 Female
56	4	Console Washer	#	1	8" Green Wire, Female/Ring
57	2	Console End Plate	#	1	29" Blue Wire, 2 Female
58	1	Console	#	2	Walking Platform Lubricant
59	4	Console Nut	#	1	User's Manual
60	1	Speed Sensor Wire			
61	1	Upright Crossbar			

* Includes all parts shown in the box

These parts are not illustrated

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:

1. The MODEL NUMBER of the product (IMTL90070)
2. The NAME of the product (IMAGE® WIDESTRIDE DUO 48 treadmill)
3. The SERIAL NUMBER of the product (refer to page 5 for the location of the serial number decal)
4. The KEY NUMBER of the needed part(s) (refer to the PART LIST on page 30 and the EXPLODED DRAWING attached to the center of this manual)
5. The DESCRIPTION of the needed part(s) (refer to the PART LIST on page 30 and the EXPLODED DRAWING attached to the center of this manual).

LIMITED WARRANTY

WHAT IS COVERED—The entire WIDESTRIDE DUO 48 ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the housing and decals for six months after the date of purchase. The belt and deck are covered for one year after the date of purchase. All mechanical components are covered for one year after the date of purchase. All electrical components are covered for two years after the date of purchase. Labor is covered for one year within the contiguous United States.

WHO PAYS TRANSPORTATION AND INSURANCE FOR SERVICE—If the Product or any covered part must be returned to a service facility for repairs, we will pay all transportation and insurance charges for the first year for electrical and mechanical components. We will pay all transportation and insurance charges for the second year for electrical components.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

WARRANTY REGISTRATION—Attached is a registration card. COMPLETE AND MAIL THE CARD IMMEDIATELY. Our receipt assures that your name, address, and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. In any event, always retain proof of purchase, such as your bill of sale.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

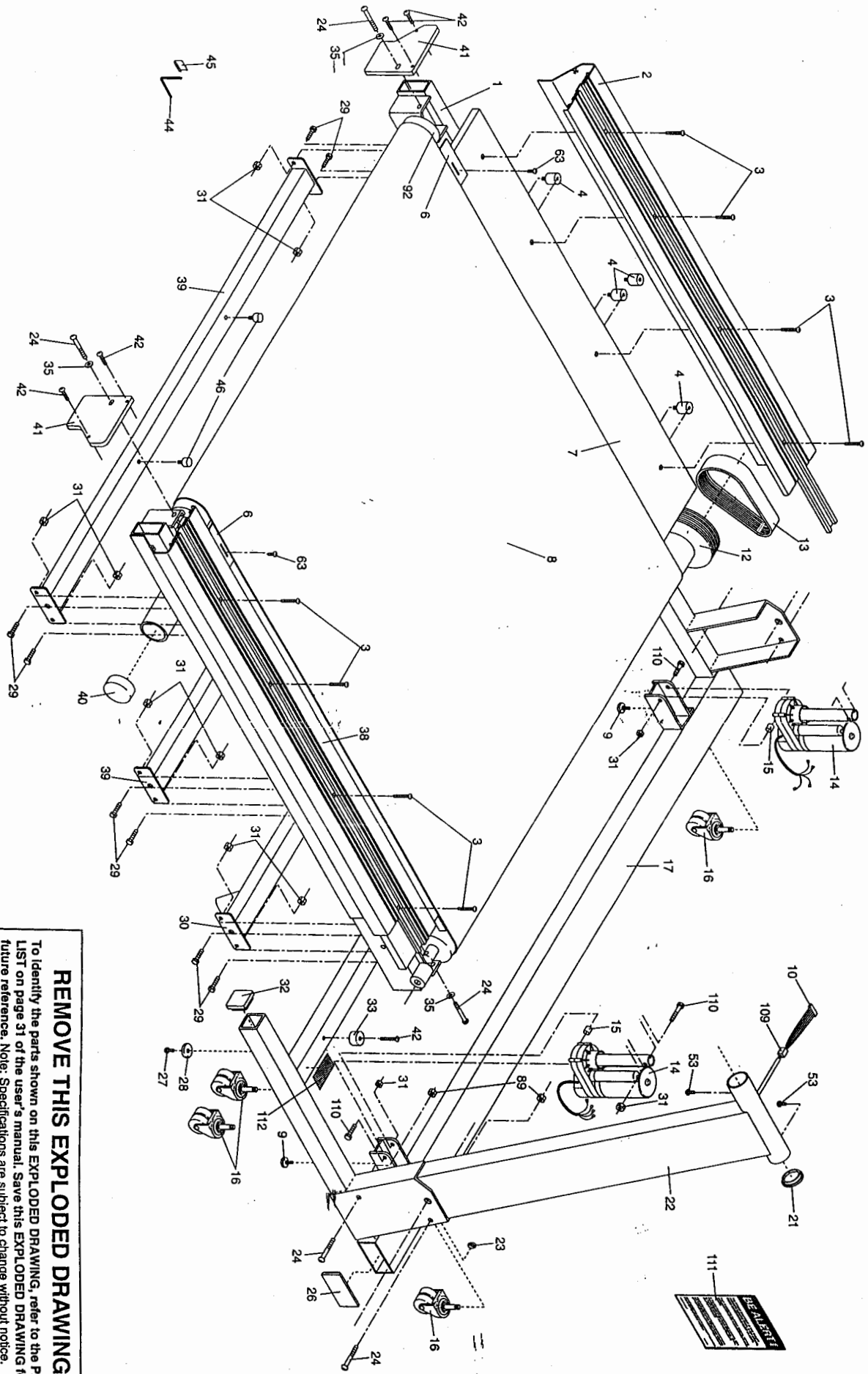
ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation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

No one is authorized to change, modify or extend the terms of this limited warranty.

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

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



REMOVE THIS EXPLODED DRAWING
To identify the parts shown on this EXPLODED DRAWING, refer to the PART LIST on page 31 of the user's manual. Save this EXPLODED DRAWING for future reference. Note: Specifications are subject to change without notice.

