

★Tane Fonda™

EASY STRIDE™

MODEL No. JFTL00040

SERIAL No. _____

(Located on underside of siderail.)

QUESTIONS?

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

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

Our trained technicians will provide you with immediate assistance, free of charge.

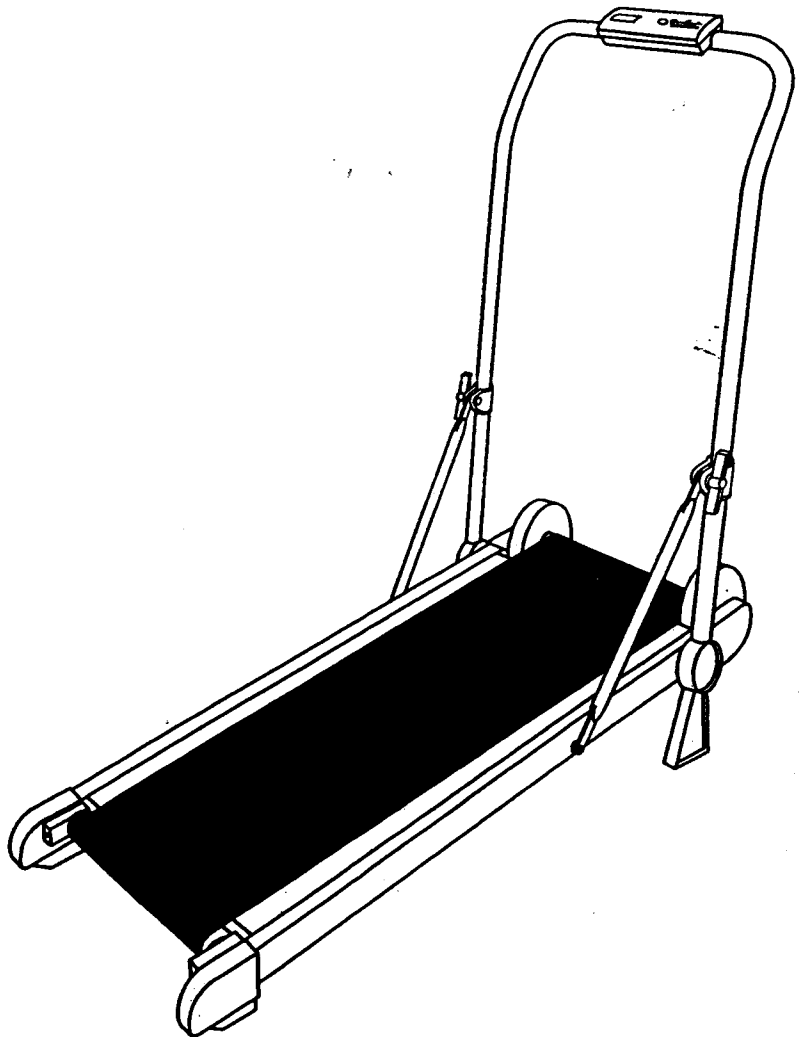
CUSTOMER HOT LINE

1-800-999-3756

Mon.-Fri., 6 A.M.-6 P.M. MST

⚠ CAUTION

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



OWNER'S MANUAL



LIMITED WARRANTY

Weider, Inc. ('WEIDER'), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER 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 preauthorized by WEIDER. 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 a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER 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.

WEIDER, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Jane Fonda™

EASY STRIDE™

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⚠ 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. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

IMPORTANT SAFETY PRECAUTIONS

⚠ WARNING: To reduce the risk of injury to persons, read the following important safety precautions and information *before* operating your treadmill and use the treadmill *only* as described in this manual.

1. Position the treadmill on a solid, level surface, with plenty of clearance around it.
2. Before getting on the Easy Stride, make sure that the handrail is completely raised, the bottom edges of the elevation supports rest flat on the floor, and the black plastic wing nuts on the handrail uprights are securely tightened. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
3. Do not operate the treadmill if it is not working properly.
4. Never allow more than one person on the treadmill at a time. The treadmill should be used only by persons weighing 250 pounds or less.
5. Use care and firmly hold the handrail while exercising, and especially when getting on and off. Make sure the walking belt has come to a complete stop before getting off.
6. Keep small children away from the treadmill at all times, both when it is in use and when it is not. Moving parts could cause falls or pinched fingers.
7. Never drop or insert any object into any opening on the treadmill.
8. The Easy Stride is a *walking* exerciser. It is not intended for running.
9. **Do not overexert yourself.** Stop exercising immediately and consult your physician before continuing if you experience any of the following symptoms: pain or tightness in your chest, an irregular heart beat, extreme shortness of breath, lightheadedness, nausea, dizziness, or lower back pain.

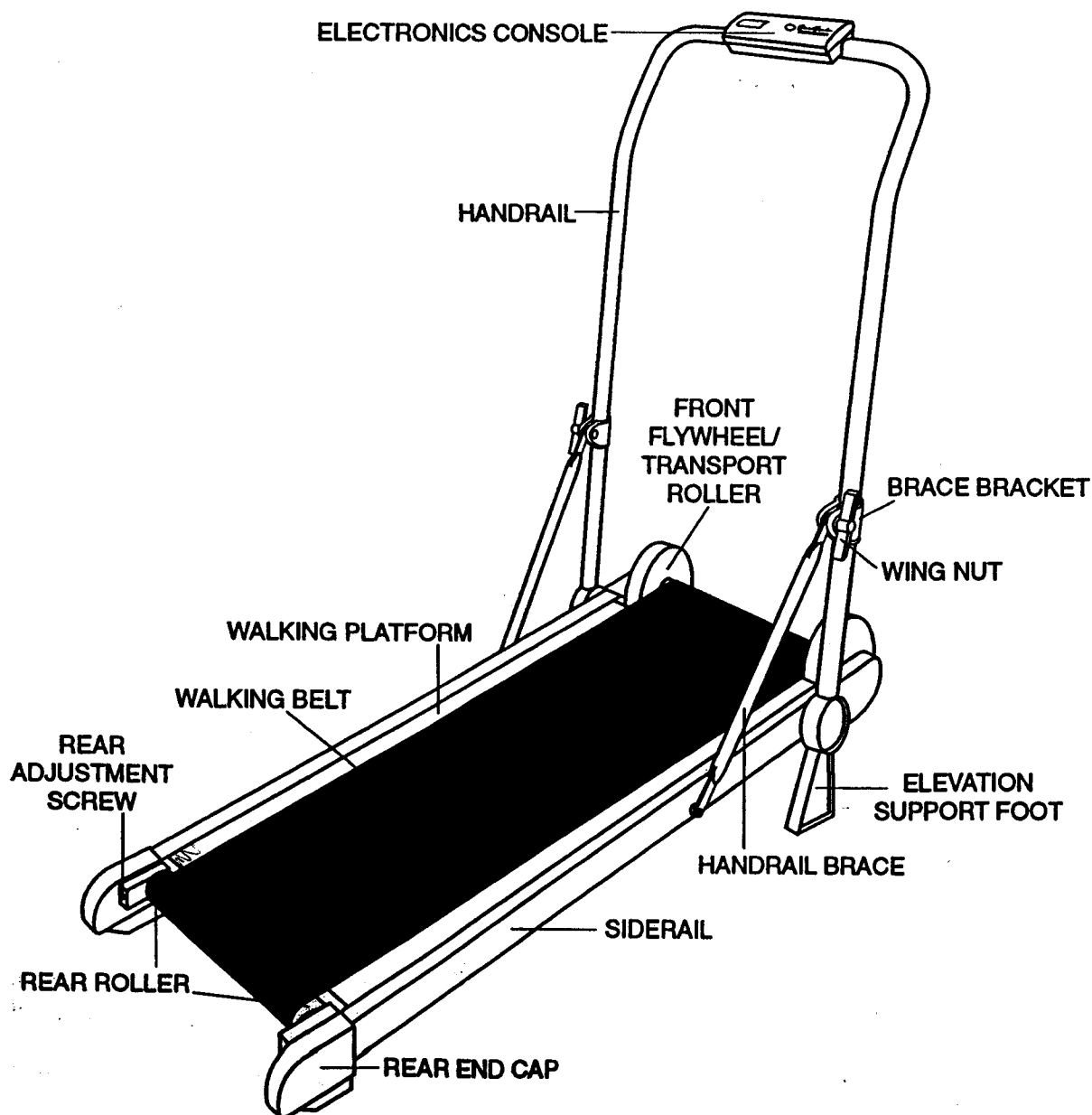
SAVE THESE INSTRUCTIONS !

BEFORE YOU BEGIN

Thank you for selecting the JANE FONDA EASY STRIDE treadmill. This treadmill blends advanced technology with innovative design so you can enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, READ THIS MANUAL CAREFULLY before using the treadmill. If you have additional questions, 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 **JFTL00040**. The serial number can be found on a decal attached to the underside of the treadmill. Record it on the front of this manual.

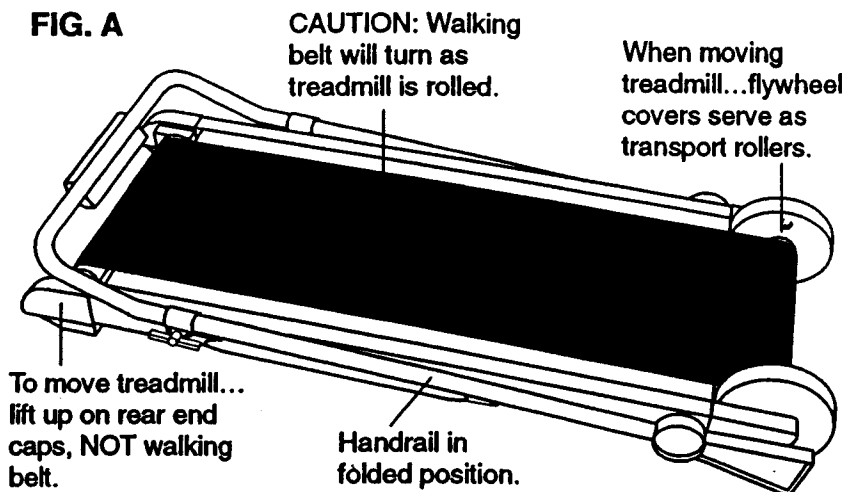
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



SET UP

Your Easy Stride treadmill requires no assembly. Just take it out of the shipping carton, remove all packing materials and it is ready to unfold and use.

1. Set your treadmill on a solid surface in a cleared area. You may move the treadmill to its desired location by lifting up slightly on the rear end caps (NOT the walking belt) and rolling the treadmill on its front transport rollers as you would a wheelbarrow. Even though the Easy Stride is light, always protect your back by bending your legs when lifting, not by stooping forward from the hips.



Your Easy Stride may be used on hard surface flooring or on low-pile or loop carpeting. Deep plush carpeting can interfere with the movement of the treadmill rollers and belt. To protect your flooring and keep the treadmill operating properly, we recommend placing a smooth or low pile mat under the treadmill.

2. Raise the handrail until it stops in its upright position (*Fig. B, right*). Make sure that the elevation supports are resting flat on the floor on the floor.
3. Tighten the black wing nuts at the top of the handrail braces by turning them clockwise (RIGHT) (*Fig. C*). Your treadmill is ready to use.

FIG. C

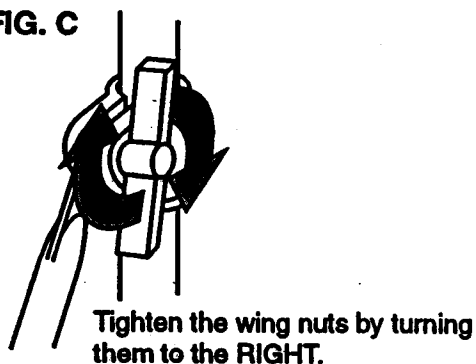
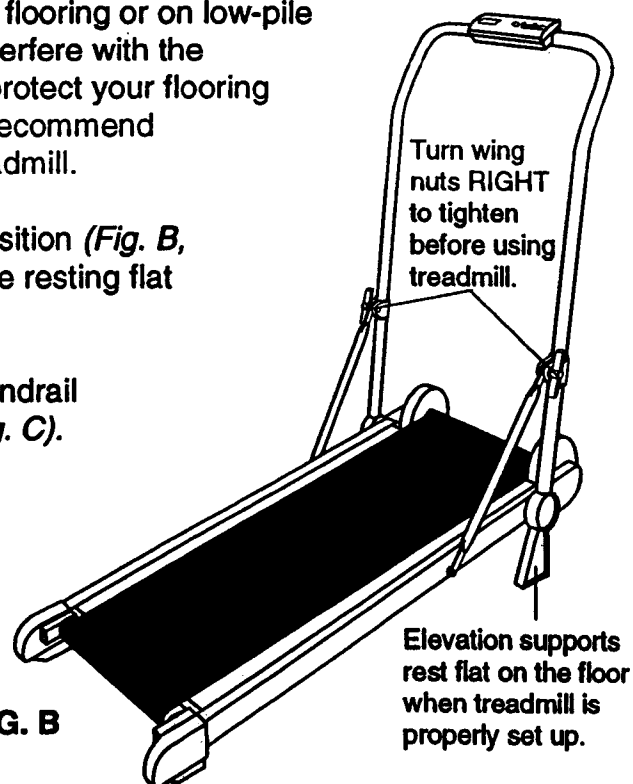


FIG. B



▲ CAUTION: Do not use this equipment unless both wing nuts are securely tightened.

GETTING STARTED

Getting started on your Easy Stride treadmill couldn't be easier, but it's important to do it safely. **Always hold the handrail while getting on and off, and while stopping and starting the walking belt.**

1. With hands on the handrail, step onto the Easy Stride and stand in the center of the belt at a comfortable arms' length from the handrail.
2. Then *just start walking!* You'll find that you get more of a workout on this treadmill—and burn more calories!—than you do walking outdoors. That's because your feet actually push the belt along. You also get more of a workout with the Easy Stride because of the incline of the tread. Practice a few times for short intervals—you'll soon get the feel of it.

The handrail is an important component of your treadmill. Holding onto it makes your workout safer by keeping you in the proper position on the belt and by helping you to maintain your balance. Plus, you'll want to 'push off' against it at the start of your workout.



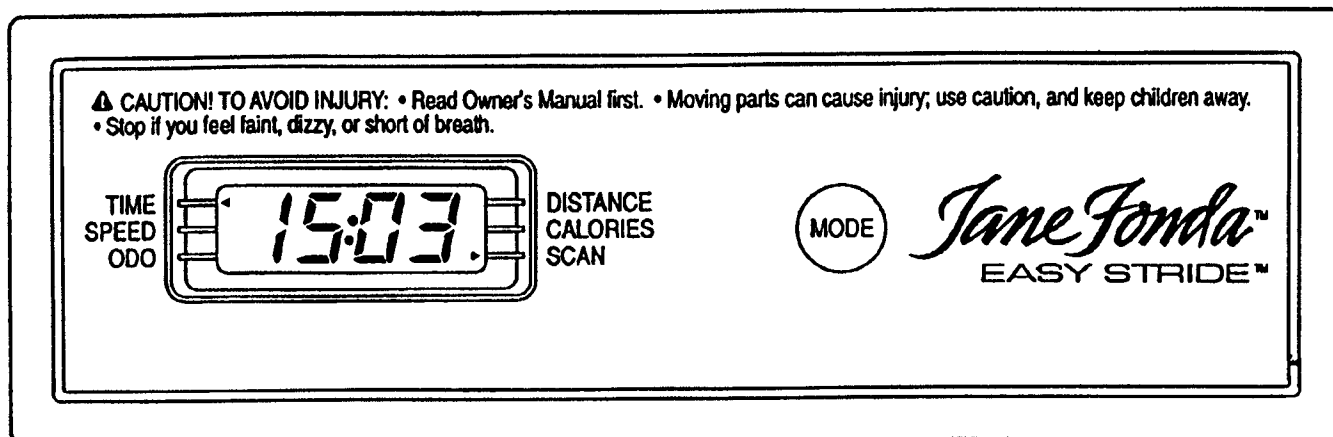
CHANGING SPEED

Because of its unique and innovative engineering, your Easy Stride is very responsive to your body. It couldn't be simpler to change the treadmill walking belt speed. When your feet speed up or slow down, the belt quickly responds, and if you stop walking, the treadmill stops with you. Whenever you're ready to increase the intensity of your workout, all you need to do is walk a little faster! Do **not** adjust the walking belt in an effort to make it harder to turn. Your Easy Stride requires a smoothly moving walking belt to operate properly.

We recommend that you do not run on this equipment. It is designed to provide a walking exercise and works best at a moderate to vigorous walking pace. When you first begin your exercise program, keep your pace moderate and build up speed and duration later. Don't challenge yourself so much that you 'dread gettin' on the tread.' After all, the most important aspect of exercise is sticking with it; so don't overdo it.

⚠ CAUTION: Stop exercising immediately and consult your physician before continuing if you experience tightness or pain in your chest, an irregular heartbeat, shortness of breath, lightheadedness, nausea, dizziness, or lower back pain.

MOTIVATIONAL ELECTRONICS



Your Easy Stride treadmill features an easy-to-read, easy-to-use motivational fitness monitor. As you exercise, the liquid crystal display will scan through the values for your workout TIME, SPEED, DISTANCE, and CALORIES. You may want to record this workout information in a special notebook to track your progress over time.

INSTALLING BATTERY — The motivational fitness monitor requires **one** 'AA' battery (*not included*); an alkaline battery is recommended. Slide open the battery access panel on the back of the electronics console. Press the battery into the space provided, noting the markings for positive and negative poles. Close the battery access panel.

TO TURN ON THE DISPLAY — Press the raised MODE button on the display panel.

SCAN MODE — As soon as you turn it on, the liquid crystal display will begin sequentially displaying your workout TIME, SPEED, DISTANCE, and CALORIES, pausing for six seconds on each value. If you want to view a particular function for longer than six seconds, press the MODE button again until an arrow appears next to the name of the function you want to view. To return to SCAN mode, press the MODE button again until the arrow appears next to the word SCAN on the display.

ODOMETER — This function will record the miles you walk on your treadmill each time you exercise and will continue to accumulate this data from one workout to the next. It will only reset when the battery is replaced, at which time it returns to zero.

RESET — To reset all values to zero (except the odometer) after your workout, press and hold the MODE button down for at least three seconds.

AUTOMATIC OFF — The electronics display will automatically shut down after five minutes if no activity is detected on the treadmill. Accumulated data will be retained for an inactive period of six minutes; then all values (except the odometer) will reset to zero.

EXERCISE GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential elements in any fitness program.

⚠ 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.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity, which can be found by using your heart rate as a guide. For effective aerobic exercise, maintain your heart rate at a level between 50% and 75% of its maximum (Maximum Heart Rate = $220 - \text{your age}$) as you exercise. This is known as your target heart rate zone. You can find the upper and lower limits of your target heart rate zone in the table at right. Just follow the line closest to your age across for the heart rate range (in beats per minute) where you should exercise.

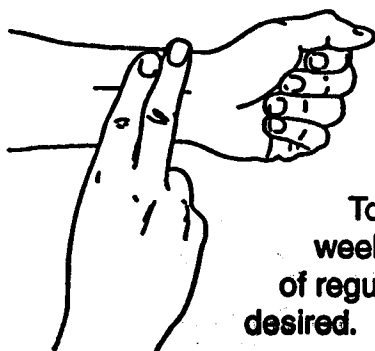
During the first few months of your exercise program, keep your heart rate near the lower end of your target heart rate zone as you exercise. Then increase gradually.

To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second pulse count, and multiply the result by 10 to find your heart rate. For example, if your six-second count is 12, your heart rate is 120 beats per minute. A six-second count is used because your heart rate drops rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.

WORKOUT GUIDELINES

Each workout should consist of three basic parts—a warm-up, 20 to 30 minutes of target zone exercise, and a cool-down. 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 at least five minutes of stretching and light exercise to warm up.

AGE	TARGET HEART RATE	
	LOWER LIMIT (50% Max.)	UPPER LIMIT (75% Max.)
20	100	150
22	99	149
24	98	147
26	97	146
28	96	144
30	95	142
32	94	141
34	93	139
36	92	138
38	91	137
40	90	135
42	89	134
44	88	132
46	87	131
48	86	129
50	84	127
55	82	123
60	80	120
65	78	116
70	75	113
75	72	109
80+	70	105



Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—don't hold your breath. End each workout with at least five minutes of stretching to cool down, to increase the flexibility of the muscles, and reduce soreness after exercising.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

THE KEY TO SUCCESS IS CONSISTENCY! 9

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

A. 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 three times.

Stretches: HAMSTRINGS, BACK OF KNEES AND BACK.

B. 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 three times for each leg.

Stretches: HAMSTRINGS, LOWER BACK AND GROIN.

C. CALF AND ACHILLES TENDONS 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 three times for each leg. To stretch the achilles tendons further, bend your back leg as well.

Stretches: CALVES, ACHILLES TENDONS AND ANKLES.

D. QUADRICEPS STRETCH

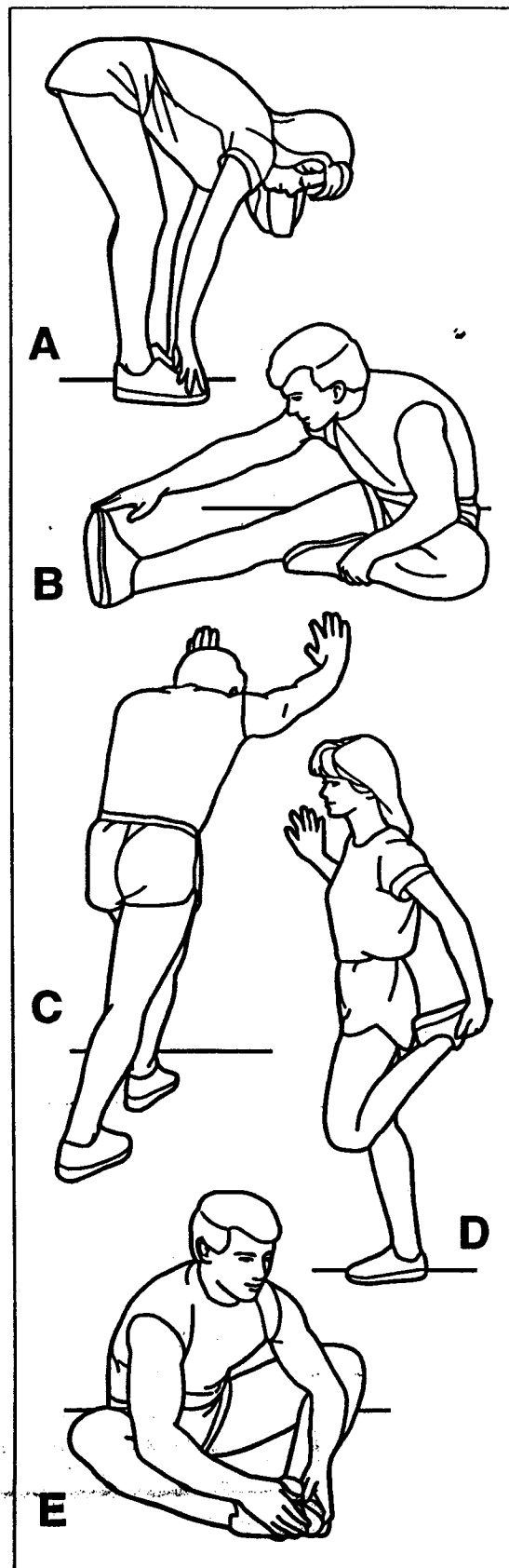
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts; then relax. Repeat three times for each leg.

Stretches: QUADRICEPS AND HIP MUSCLES.

E. 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 three times.

Stretches: QUADRICEPS AND HIP MUSCLES.



CARE AND STORAGE

CLEANING

Keep the walking belt and other surfaces of your treadmill clean by wiping them off with a clean damp cloth. This will help to keep your treadmill running smoothly.

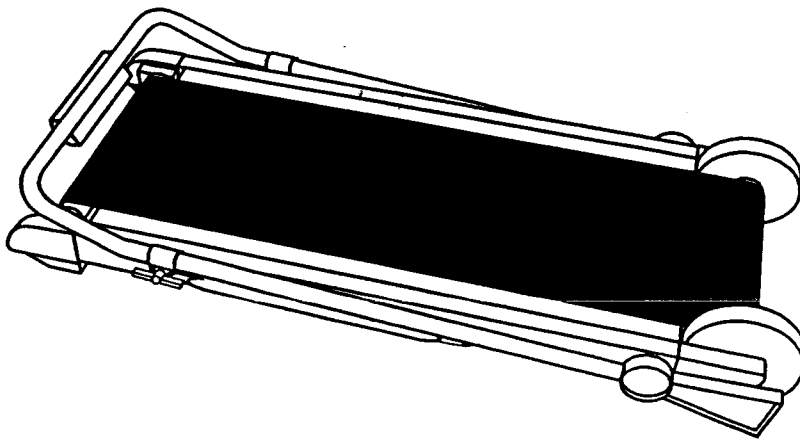
MAINTENANCE

The walking platform underneath the belt of your treadmill has been treated at the factory with a silicone spray, similar to products found at your local hardware store. During regular use of your treadmill, you may find it necessary to reapply silicone to the deck. If the belt becomes difficult to move or moves unevenly, get some silicone spray and follow the directions on the next page.

STORAGE

To store your treadmill, loosen the black wing nuts on each side of the handrail and fold the handrail carefully down to the base. Lay the electronics down carefully at the end of the walking belt. In this position the Easy Stride is only 7" high and you may slide it under a bed or stand it against a wall (front end up).

We recommend that you cover your treadmill during extended periods of storage.



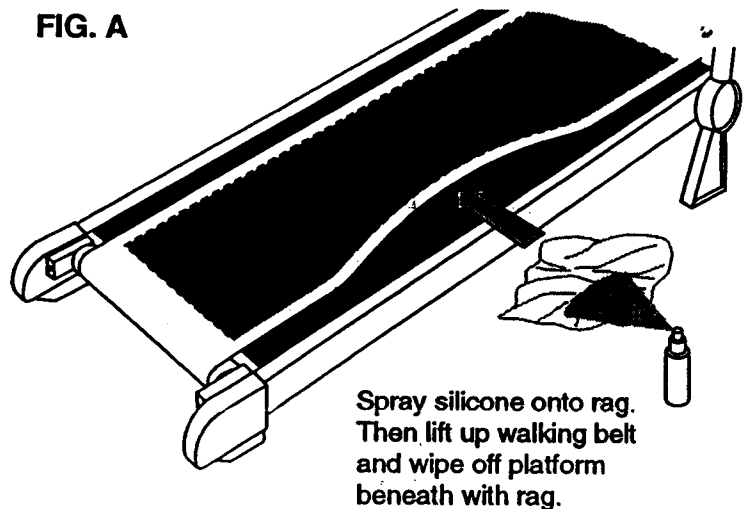
TROUBLESHOOTING GUIDE

Most treadmill problems can be easily solved by following the procedures outlined below. Find the symptom that applies to your treadmill and follow the directions for solving the problem. If you need further assistance, 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).

SYMPTOM: THE WALKING BELT FEELS UNEVEN OR DIFFICULT TO MOVE.

1. Get two clean rags. Dampen one with water. Lift the edge of the walking belt up slightly from the board beneath it (See Fig. A). Wipe the top surface of the board with the dampened rag to remove any dust or debris.
2. Spray a liberal amount of silicone spray, available in hardware stores, onto the other rag. Again, hold up the edge of the walking belt as you use this second rag to wipe the board. Spray only onto the rag. Do NOT spray the lubricant directly onto the treadmill. Avoid getting any lubricant on the walking surface of the belt or on the drive rollers. Try out the belt by walking on it. If it needs more lubrication, repeat this step. Apply the silicone lubricant regularly as needed.

FIG. A



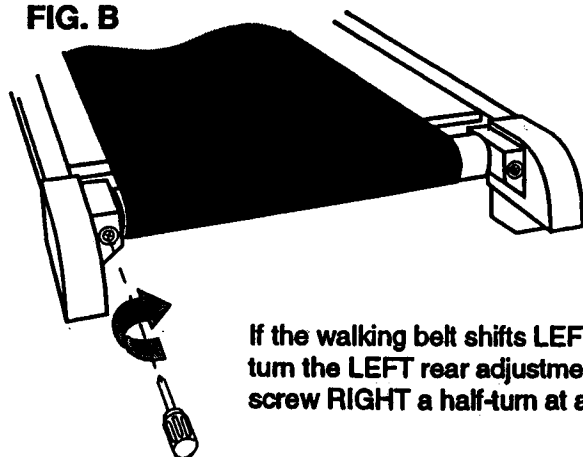
SYMPTOM: THE WALKING BELT IS OFF-CENTER, OR SLIPS WHEN WALKED ON

1. **If the walking belt has shifted LEFT...**

Use a Phillips screwdriver to turn the **LEFT** rear adjustment screw **clockwise (RIGHT)** a half-turn at a time (See Fig. B).

Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes to see if the belt moves back to the center. If not, repeat this procedure until the belt is centered.

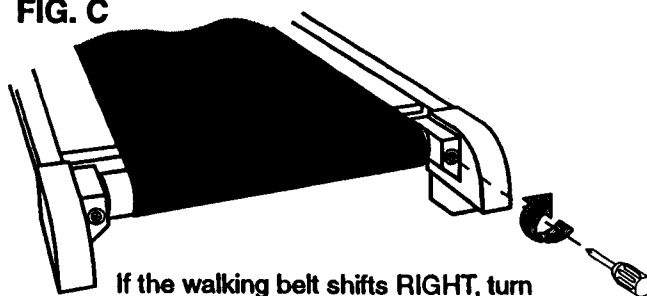
FIG. B



2. If the walking belt has shifted RIGHT... FIG. C

Use a Phillips screwdriver to turn the **RIGHT** rear adjustment screw **clockwise** (RIGHT) a half-turn at a time (See Fig C).

Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes to see if the belt moves back to center. Repeat until the belt is centered.

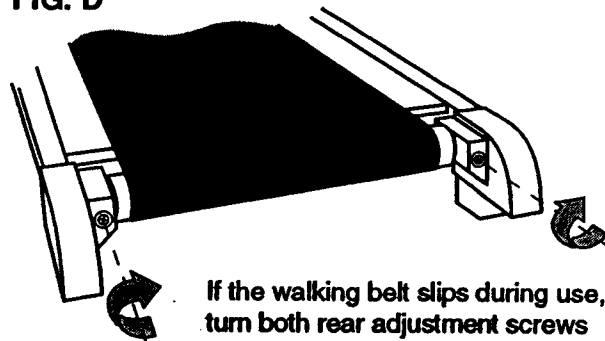


If the walking belt shifts RIGHT, turn the RIGHT rear adjustment screw RIGHT a half-turn at a time.

3. If the belt SLIPS when walked on...

Use a Phillips screwdriver to turn both rear adjustment screws **clockwise** (RIGHT), a half-turn (See Fig. D). When the walking belt is correctly tightened, you will be able to lift each side of it 3–4" off the walking platform, and the center of the walking belt will just touch the walking platform (See Fig. E).

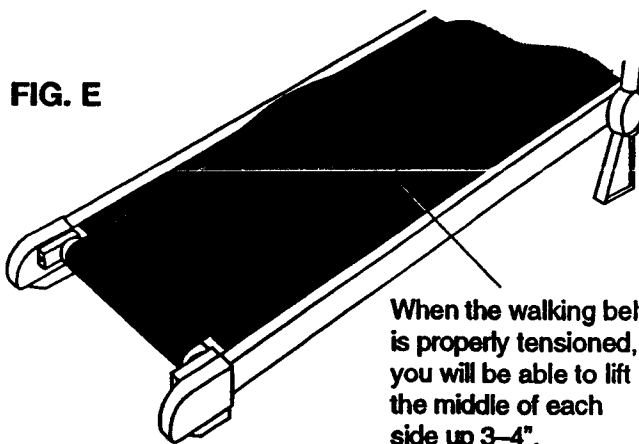
FIG. D



If the walking belt slips during use, turn both rear adjustment screws RIGHT a half-turn at a time.

Be careful to keep the walking belt centered. Walk on the treadmill for a few minutes. Repeat this procedure until the walking belt is properly tightened.

FIG. E

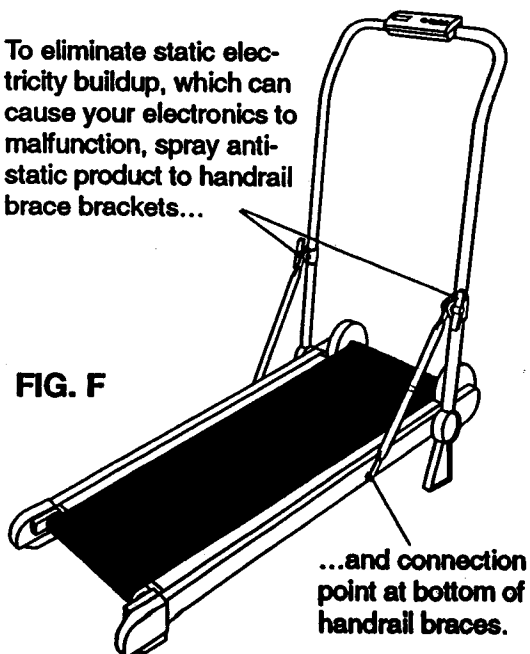


When the walking belt is properly tensioned, you will be able to lift the middle of each side up 3–4".

SYMPTOM: THE ELECTRONICS DISPLAY IS SLOW, GIVES ERROR READINGS, (e.g. all 8's) OR BLANKS OUT.

To eliminate static electricity buildup, which can cause your electronics to malfunction, spray anti-static product to handrail brace brackets...

FIG. F



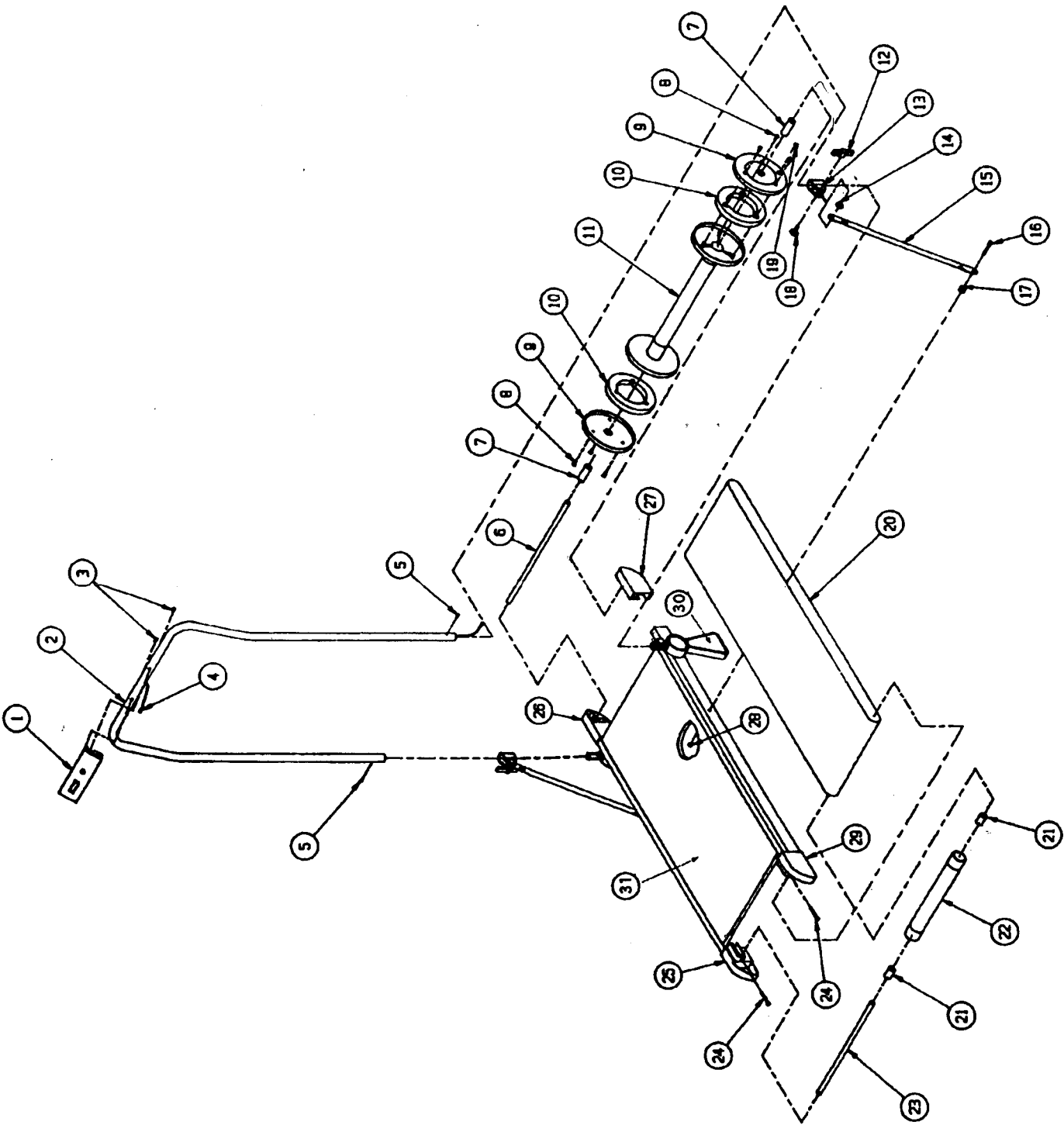
...and connection point at bottom of handrail braces.

1. Most problems with the electronics are the result of a drained battery. Open the battery access door on the back side of the electronics console and remove the old battery. Replace it with a fresh 'AA' battery.
2. Your treadmill electronics—like most computer-based electronics—are susceptible to static electricity buildup caused by certain types of clothing, or simply the operation of the machine itself. If you frequently get error readings or the display blanks out, we recommend that you purchase an anti-static spray, available in the laundry supply section of grocery stores. Apply this spray periodically to both handrail brace brackets and the connection point at the bottom of both handrail braces (See Fig. F, at left).

PARTS LIST — Model No. JFTL00040

KEY No.	PART No.	QTY.	DESCRIPTION
1	9333-00	1	Electronics Module
2	9319-11	1	Handrail
3	9341-00	2	#10 x 7/8" Screw
4	9344-00	1	Extension Wire
5	4026-00	2	#6 x 3/8" Screw
6	9317-00	1	Front Roller Axle
7	9334-00	2	Front Axle Spacer
8	1636-00	6	#10 x 1/2" Screw
9	9325-00	2	Front Roller Hub Cover
10	9308-00	2	Flywheel
11	9311-00	1	Front Roller Assembly
12	9107-00	2	Knob
13	9109-00	2	Brace Bracket
14	9234-00	2	Brace Bracket Spacer
15	9138-11	2	Handrail Brace
16	9335-00	2	1/4-20 x 2" Screw
17	9329-00	2	Standoff Brace
18	9146-00	2	5/16-18 x 1" Carriage Bolt
19	9144-00	1	Magnet
20	9318-00	1	Walking Belt
21	9324-00	2	Rear Axle Spacer
22	9312-00	1	Rear Roller Assembly
23	9316-00	1	Rear Roller Axle
24	9177-00	2	1/4-20 x 2 1/2" Screw
25	9326-00	1	Left Rear End Cap
26	9313-00	1	Left Front End Cap
27	9314-00	1	Right Front End Cap
28	1132-00	2	1/4-20 Nylock Nut
29	9327-00	1	Right Rear End Cap
30	9271-00	2	Elevation Support Foot
31	9307-00	1	Walking Platform

EXPLODED DRAWING — Model No. JFTL00040



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:

1. The **MODEL NUMBER** of the product (**JFTL00040**).
2. The **NAME** of the product (the **Jane Fonda Easy Stride** treadmill).
3. The **SERIAL NUMBER** of the product (located on the underside of a siderail; record your serial number on the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION OF THE PART(s)** from page 14 of this manual.

If possible, place the treadmill near your telephone for easy reference when calling.