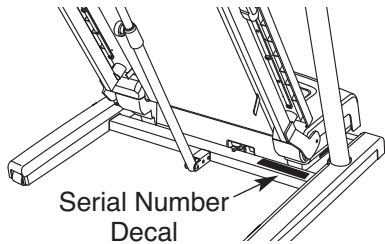


Model No. NCTL17810.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

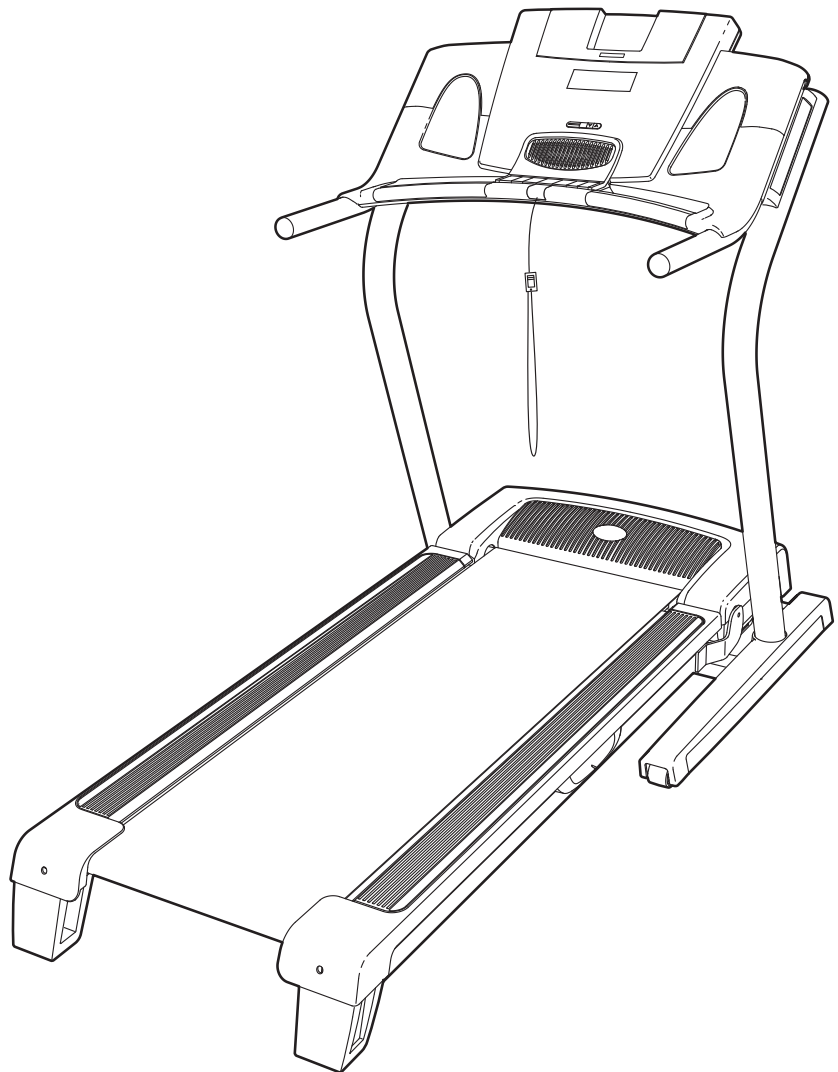
CALL TOLL-FREE:

**1-888-936-4266**

Mon.–Fri., 7:30 until 16:30 ET  
(excluding holidays)

OR E-MAIL US:

[customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)



## CAUTION

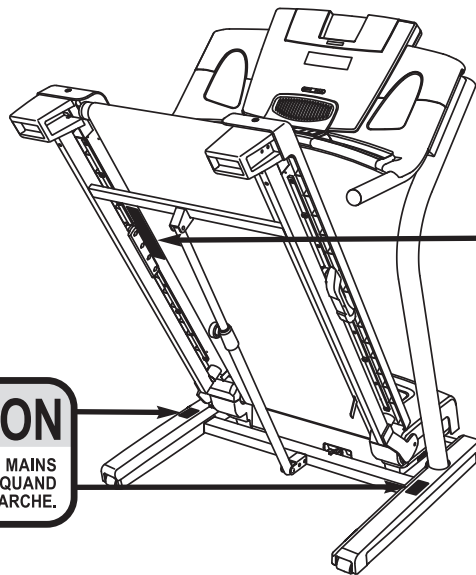
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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## WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



<b>CAUTION</b>	<b>ATTENTION</b>
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.	GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHÉ.

**▲WARNING:**  
 Protect yourself and others from risk of serious injury. Read the user's manual and:

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

---

- Never allow children on or around treadmill.
- Remove key when not in use.

---

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.

---

- Always wear athletic shoes while operating treadmill.

# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 325 lbs. (147 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 13), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor call the telephone number on the front cover of this manual.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 29 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 27.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. Do not change the incline of the treadmill by placing objects under the treadmill.
23. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. Never insert or drop any object into any opening on the treadmill.
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
27. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
28. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

**SAVE THESE INSTRUCTIONS**

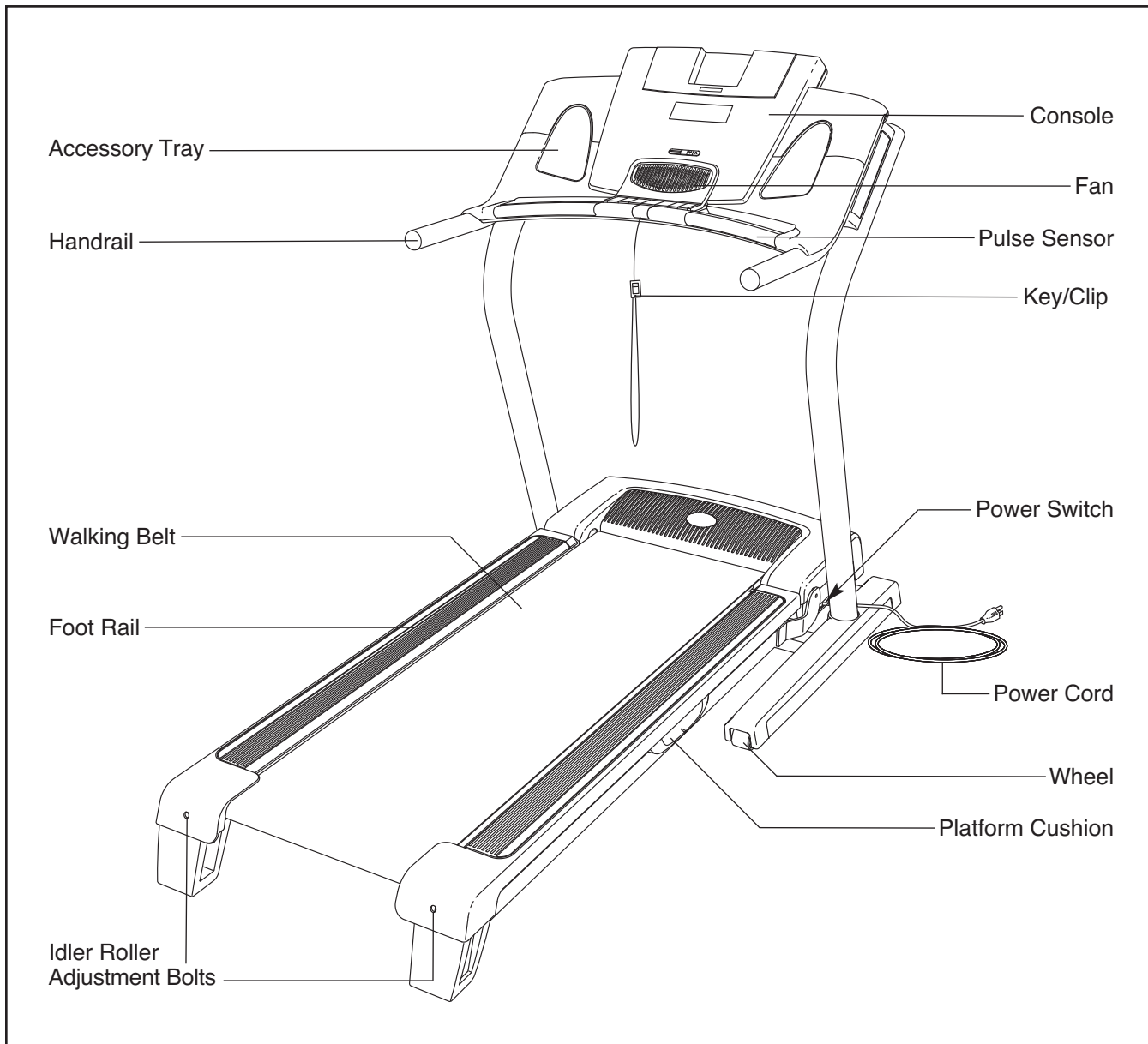
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® T7.3 treadmill. The T7.3 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-


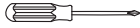

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

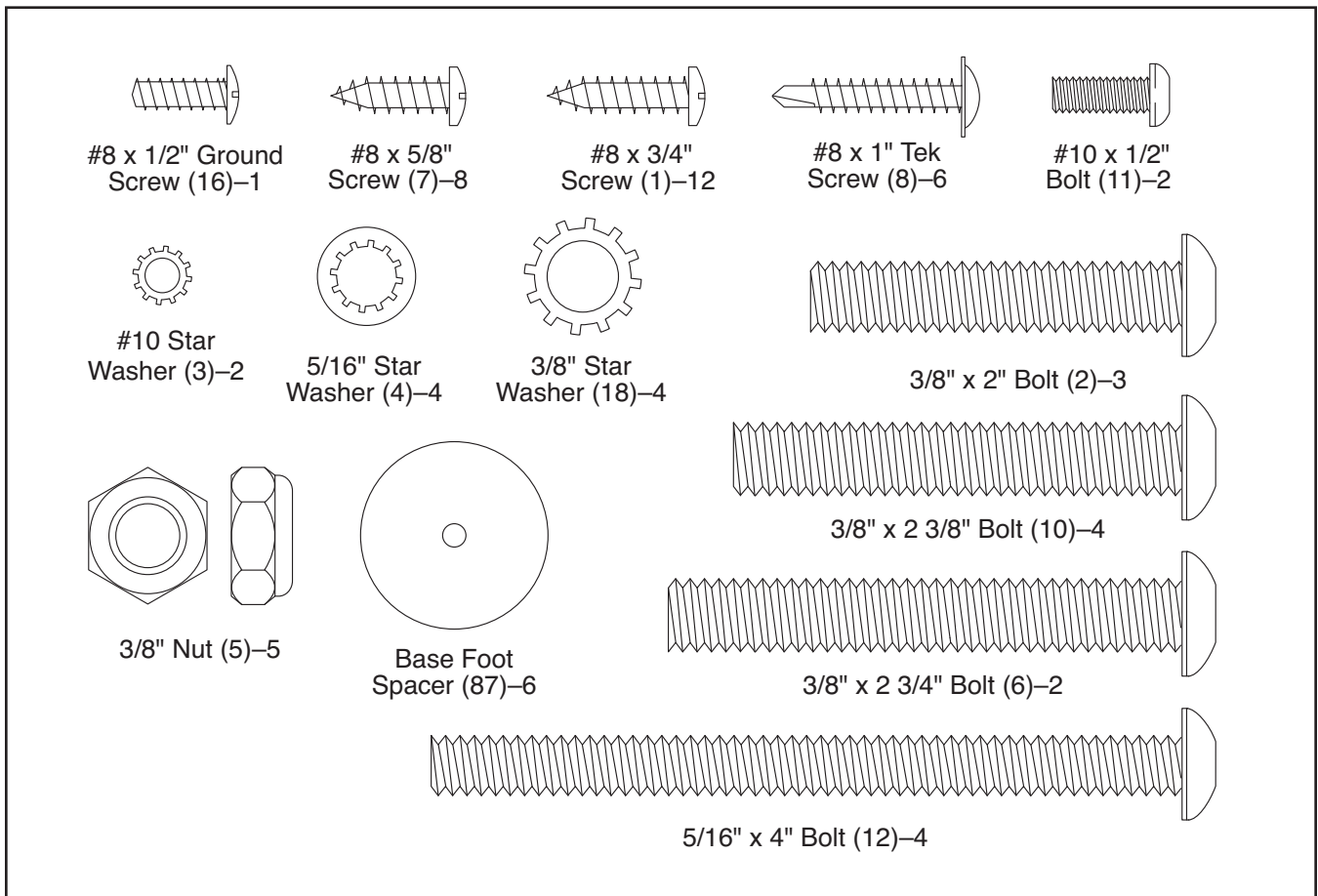


# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included hex keys  and your own Phillips screwdriver  and adjustable wrench .**

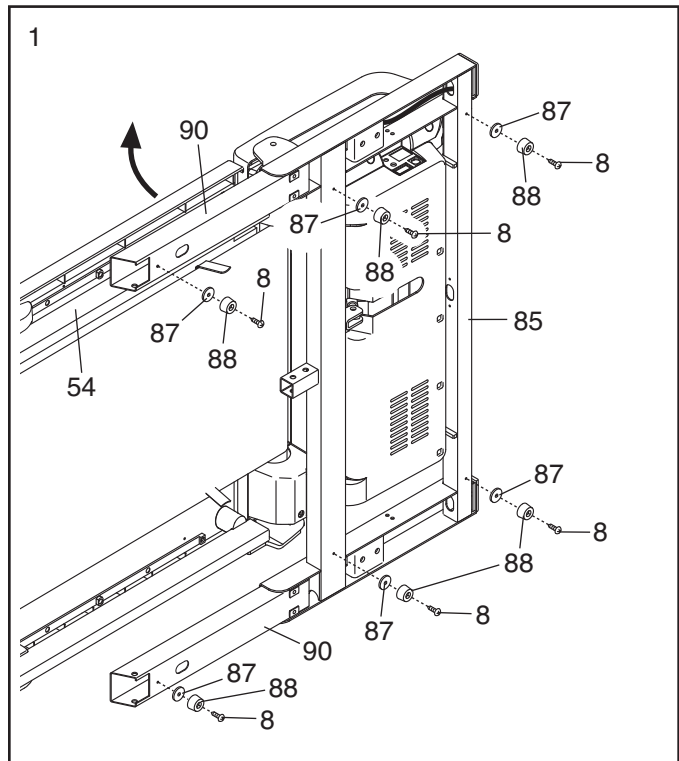
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



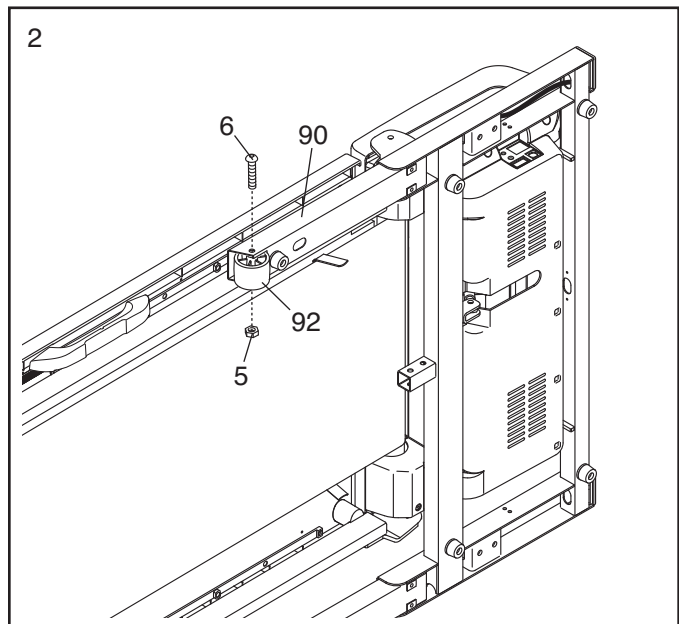
1. **Make sure that the power cord is unplugged.**

With the help of a second person, carefully tip the treadmill onto its side as shown. Partially fold the Frame (54) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Attach six Base Feet (88) and six Base Foot Spacers (87) to the Base (85) and the Extension Legs (90) in the locations shown with six #8 x 1" Tek Screws (8). **Do not overtighten the Tek Screws.**

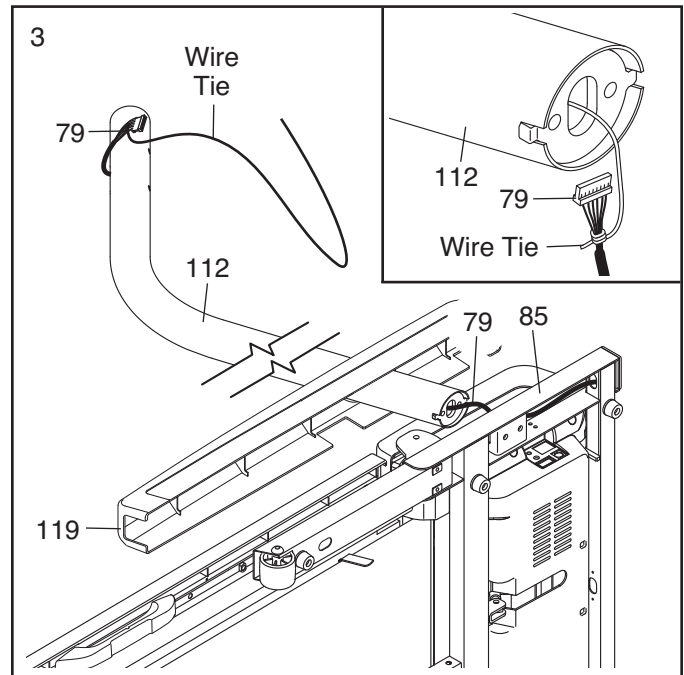


2. Attach a Wheel (92) to the indicated Extension Leg (90) with a 3/8" x 2 3/4" Bolt (6) and a 3/8" Nut (5). **Do not overtighten the Nut; the Wheel must turn freely.**



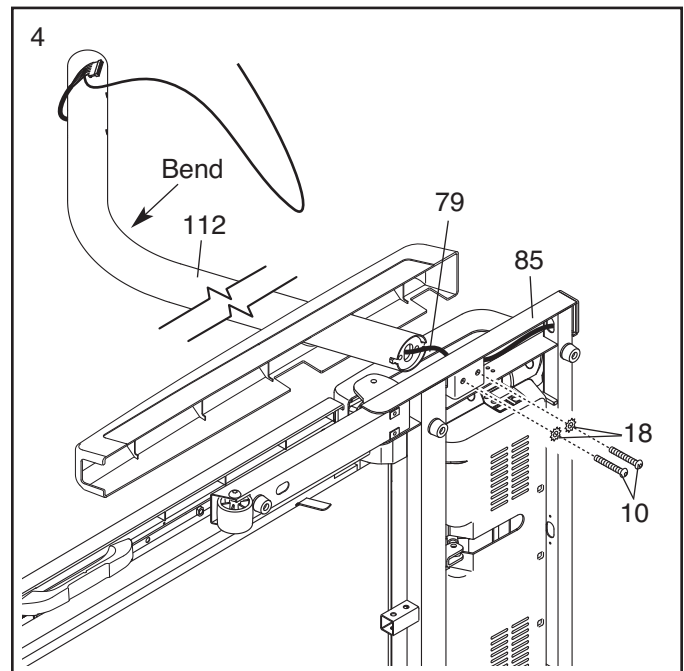
- Identify the Right Upright (112), which is marked with a sticker. Have a second person hold the Right Upright near the Base (85) as shown. Slide the Right Base Cover (119) onto the end of the Right Upright.

**See the inset drawing.** Tie the wire tie in the Right Upright (112) securely around the end of the Wire Harness (79). Then, pull the other end of the wire tie until the Wire Harness is routed completely through the Right Upright.

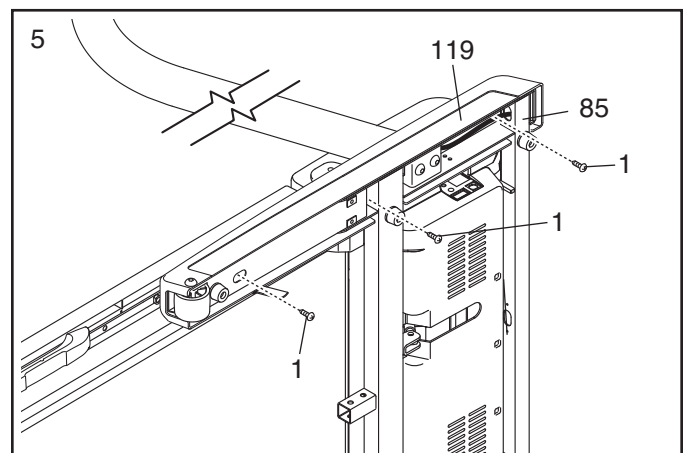


- Have a second person hold the Right Upright (112) against the Base (85), with the bend in the Right Upright positioned as shown. **Be careful not to pinch the Wire Harness (79).**

Attach the Right Upright (112) to the Base (85) with two 3/8" x 2 3/8" Bolts (10) and two 3/8" Star Washers (18); **do not fully tighten the Bolts yet.**



- Slide the Right Base Cover (119) over the Base (85). Attach the Right Base Cover with three #8 x 3/4" Screws (1). **Do not overtighten the Screws.**

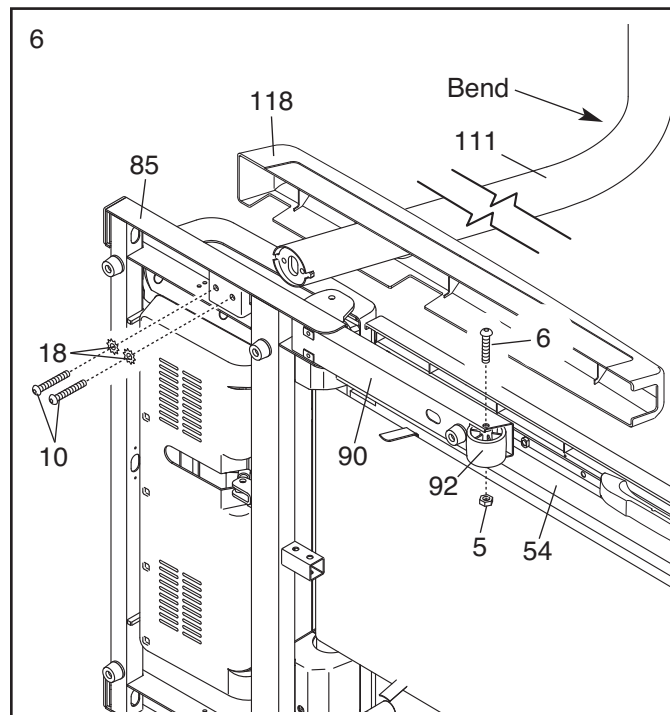


6. With the help of a second person, carefully tip the treadmill onto its side as shown. Partially fold the Frame (54) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Have a second person hold the Left Upright (111) against the Base (85), with the bend in the Left Upright positioned as shown. Slide the Left Base Cover (118) onto the end of the Left Upright.

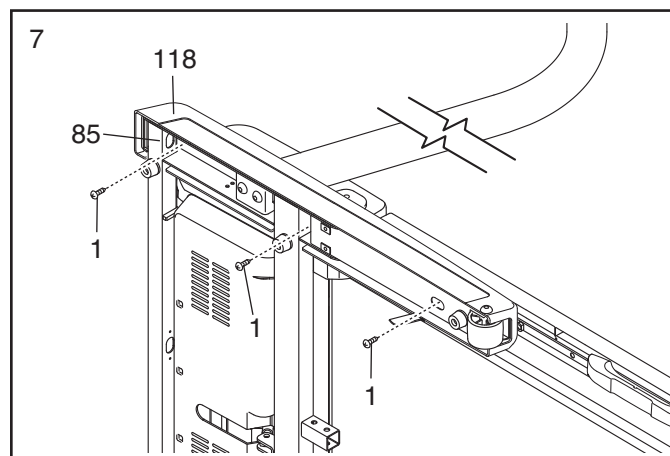
Attach the Left Upright (111) to the Base (85) with two  $\frac{3}{8}$ " x  $2\frac{3}{8}$ " Bolts (10) and two  $\frac{3}{8}$ " Star Washers (18); **do not fully tighten the Bolts yet.**

Attach a Wheel (92) to the indicated Extension Leg (90) with a  $\frac{3}{8}$ " x  $2\frac{3}{4}$ " Bolt (6) and a  $\frac{3}{8}$ " Nut (5). **Do not overtighten the Nut; the Wheel must turn freely.**



7. Slide the Left Base Cover (118) over the Base (85). Attach the Left Base Cover with three #8 x  $\frac{3}{4}$ " Screws (1). **Do not overtighten the Screws.**

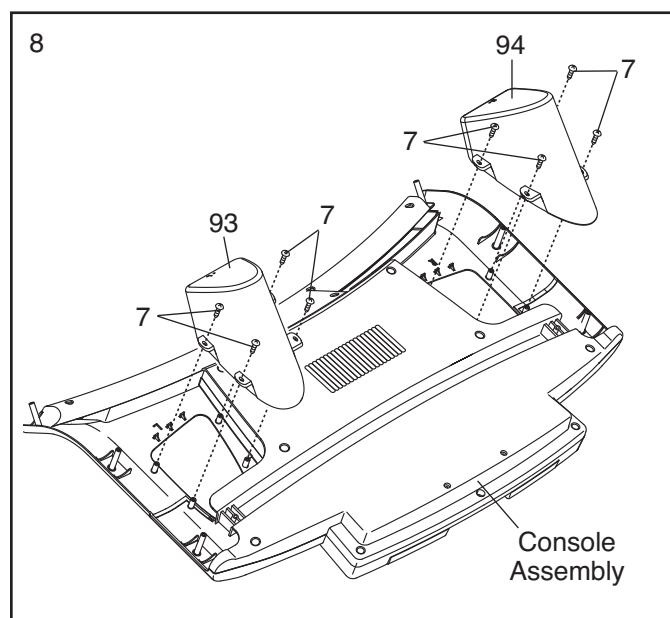
With the help of a second person, tip the treadmill so that the Base (85) is flat on the floor.



8. Set the console assembly face down on a soft surface to avoid scratching the console assembly.

Identify the Left Accessory Tray (93) and the Right Accessory Tray (94), which are marked with an "L" and an "R" on the bottom.

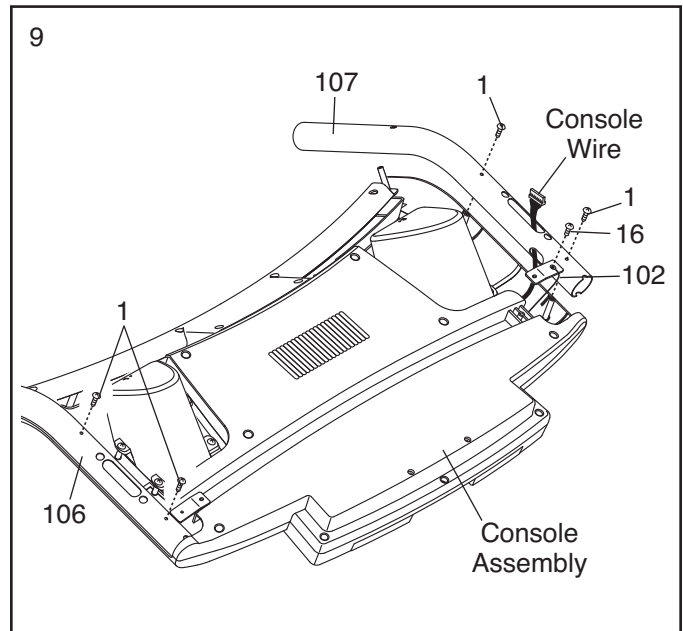
Attach the Left and Right Accessory Trays (93, 94) to the console assembly with eight #8 x  $\frac{5}{8}$ " Screws (7). **Do not overtighten the Screws.**



9. Hold the Right Handrail (107), which is labeled with a sticker, near the console assembly. Insert the console wire into the hole in the side of the Right Handrail.

Attach the Console Ground Wire (102) to the bracket on the Right Handrail (107) with the #8 x 1/2" Ground Screw (16).

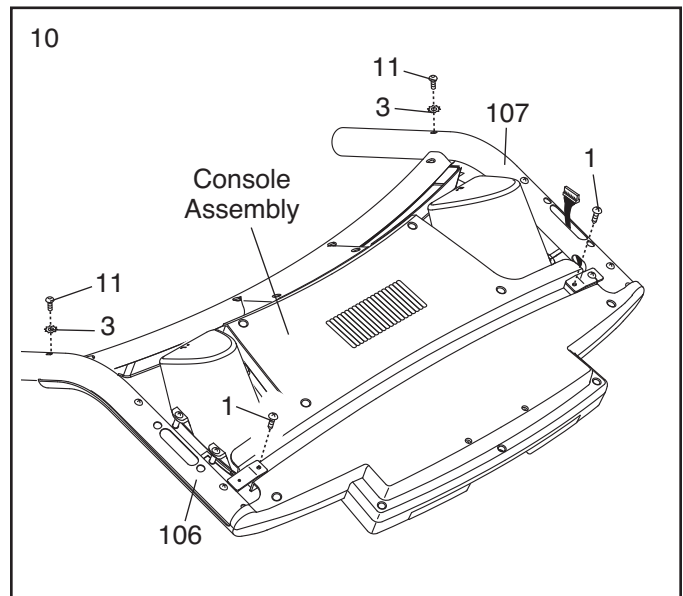
Set the Handrails (106, 107) on the console assembly. Start four #8 x 3/4" Screws (1) into the Handrail; **do not fully tighten the Screws yet. Be careful not to pinch the console wire.**



10. Partially tighten two #8 x 3/4" Screws (1) into the Left and Right Handrails (106, 107); **do not fully tighten the Screws yet.**

Tighten two #10 x 1/2" Bolts (11) with two #10 Star Washers (3) into the Left and Right Handrails (106, 107).

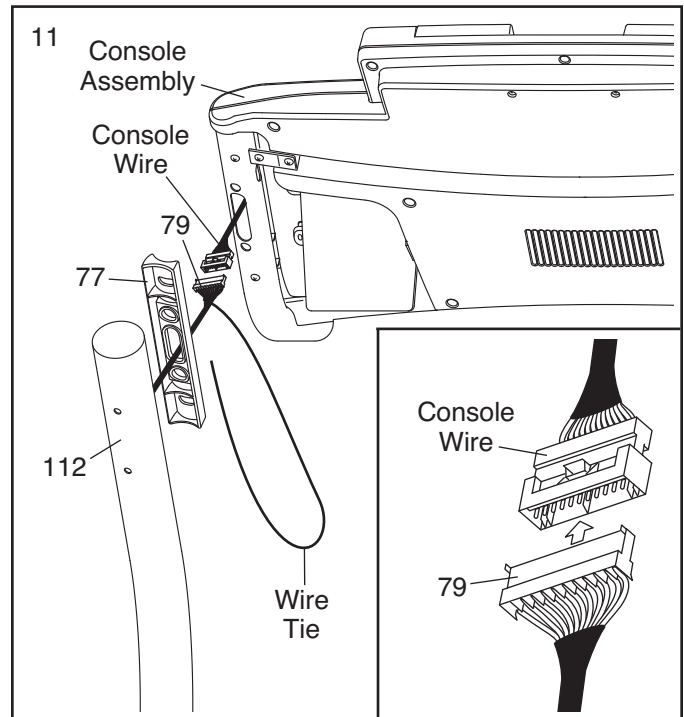
**See assembly steps 9 and 10.** Tighten the six #8 x 3/4" Screws (1). **Do not overtighten the Screws.**



11. Hold a Handrail Spacer (77) near the top of the Right Upright (112) as shown. Insert the Wire Harness (79) through the large hole in the center of the Handrail Spacer.

Have a second person hold the console assembly near the Right Upright (112).

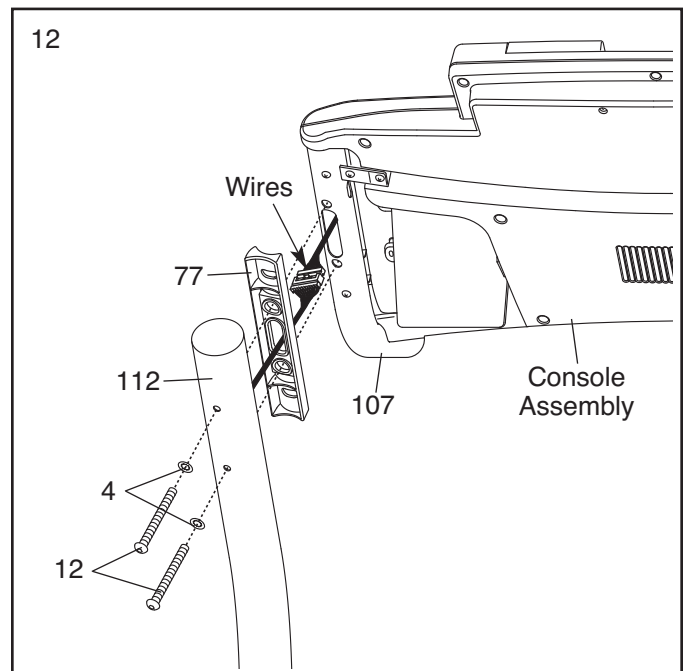
Connect the Wire Harness (79) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, remove the wire tie from the Wire Harness.



12. Have a second person set the console assembly on the Handrail Spacer (77) and the Right Upright (112) as you insert the wires into the Right Upright.

Partially tighten two 5/16" x 4" Bolts (12) with two 5/16" Star Washers (4) into the Right Upright (112) and the Right Handrail (107); **do not tighten the Bolts yet.**

**Repeat this step on the left side of the treadmill. Then, fully tighten the four 5/16" x 4" Bolts (12).**



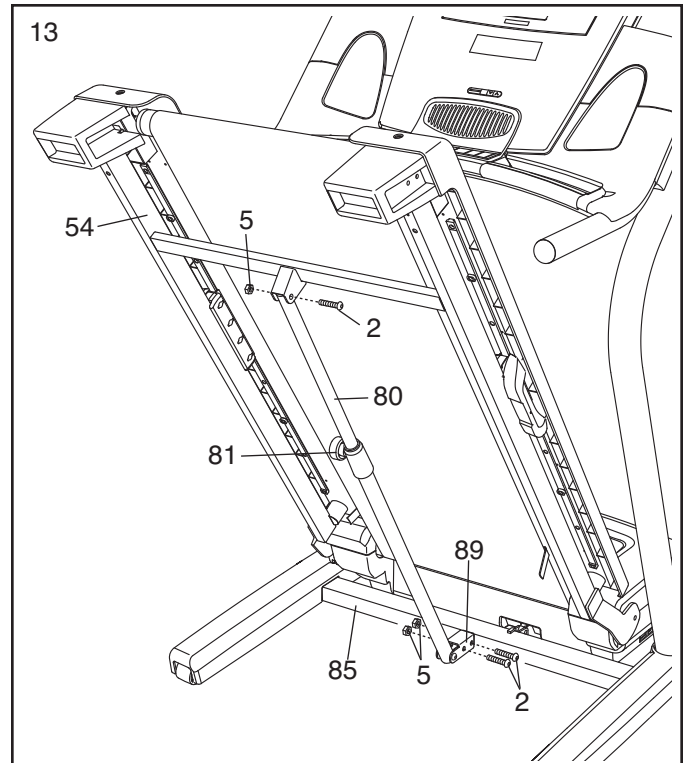
13. Raise the Frame (54) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (80) so that the Latch Bracket (89) and the Latch Knob (81) are oriented as shown.

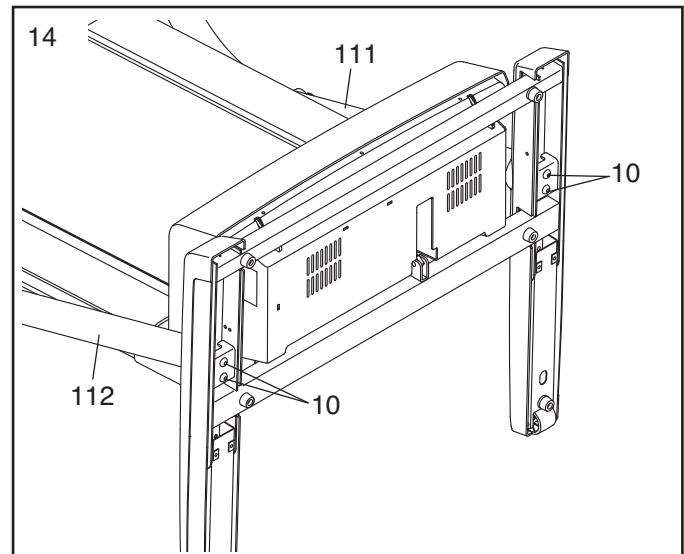
Attach the Latch Bracket (89) and the Storage Latch (80) to the Base (85) with two 3/8" x 2" Bolts (2) and two 3/8" Nuts (5).

Attach the upper end of the Storage Latch (80) to the bracket on the Frame (54) with a 3/8" x 2" Bolt (2) and a 3/8" Nut (5). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

Lower the Frame (54) (see HOW TO LOWER THE TREADMILL FOR USE on page 28).



14. With the help of a second person, carefully lower the Uprights (111, 112). Firmly tighten the four 3/8" x 2 3/8" Bolts (10). Then, raise the Uprights to the vertical position.



15. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. A hex key is used to adjust the walking belt (see pages 30 and 31). **To protect the floor or carpet from damage, place a mat under the treadmill.**

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

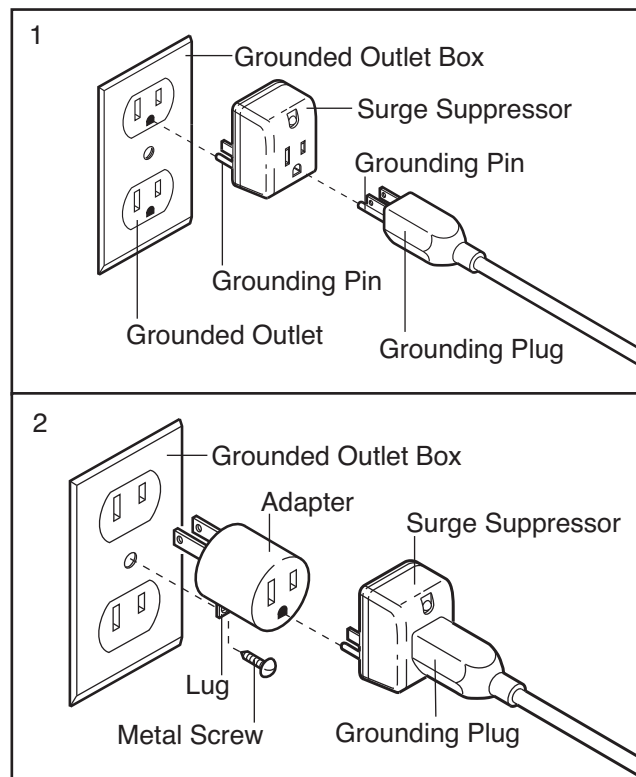
Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 11 on page 3.**

**Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 12 on page 3).**

**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's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet**

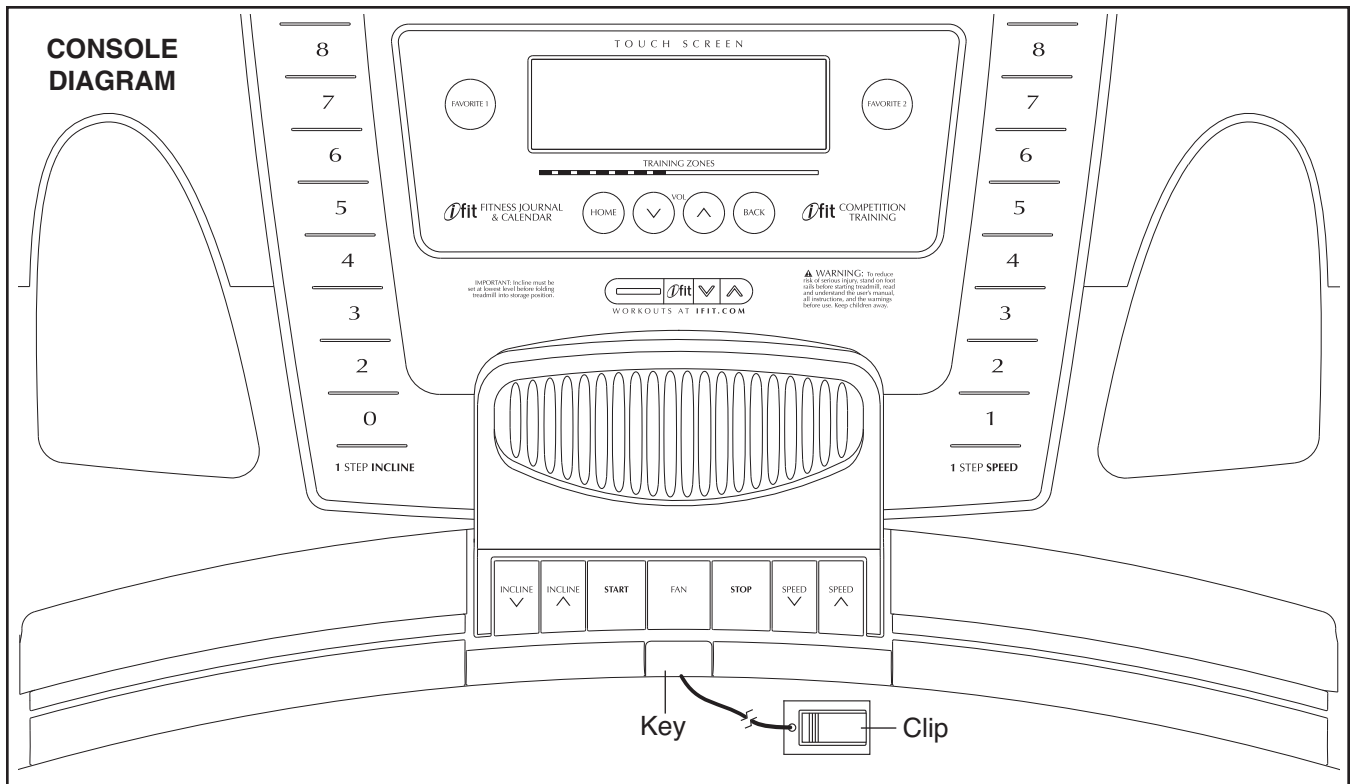
that is properly installed and grounded in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



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

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



## FEATURES OF THE CONSOLE

The revolutionary treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features sixteen preset workouts—eight weight loss workouts and eight performance workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can also create up to four of your own custom workouts and save them for future use. You can even compete against animated runners using the iFit Competition Training workout.

The console features an iFit Fitness Journal, which automatically records and stores your exercise information so that you can view your workout history and track your progress.

The console also features the iFit interactive workout system. The iFit system accepts iFit cards with workouts that help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts automatically control the treadmill. iFit cards are available separately. **To purchase iFit cards at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

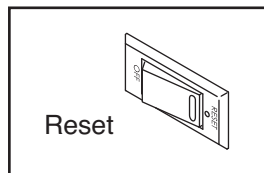
You can even listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

**To turn on the power, see page 15. To personalize console settings, see page 15. To personalize equalizer settings, see page 16. To use the manual mode, see page 16. To use a preset workout, see page 18. To create and use a custom workout, see pages 20 and 21. To use an iFit Competition Training workout, see page 22. To use an iFit card, see page 24. To view the iFit fitness journal, see page 25. To use the stereo sound system, see page 25. To use the information mode, see page 26.**

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 26 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

**Note:** If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 31).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 26. For simplicity, all instructions in this section refer to miles.

## HOW TO PERSONALIZE CONSOLE SETTINGS

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left. Then, slide your finger across the screen to begin.

The main menu will appear on the screen. Slide your finger across the screen to scroll through the main menu or other menus. When you reach either end of the menu, a small dot will appear on the screen. To select a menu item, press the screen near the item. Press the Home button to return to the main menu at any time. Press the Back button to return to the previous screen.

### 2. Select the settings mode.

To select the settings mode, scroll through the main menu and press SETUP.

### 3. Set user weight.

Press SET USER WEIGHT. A cursor will appear below the weight. Weights are measured in pounds. To enter a number above the cursor, press the numbered buttons on the screen. The cursor will then move to the next number. When you are finished entering your weight, press ENTER. Note: To enter a weight less than 100 pounds, press 0 for the first number. You cannot enter a user weight greater than the maximum user weight for the treadmill (see page 3).

### 4. Reset the calendar.

Press RESET CALENDAR. To delete all of the saved workout information, press YES. To save the information, press NO. After you have pressed YES, you can press the screen within eight seconds to cancel the reset.

## 5. Set the date and time.

Setting the date and time will allow the console to record your workout history accurately in the fitness journal.

To set the date and time, press SET DATE & TIME. Press the information you wish to change. Then, press the increase and decrease buttons until the desired information appears. Repeat this step to change all desired information. When you are finished, press DONE.

## 6. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. To turn on or turn off the display demo mode, scroll through the setup menu and press DEMO ON/OFF. Press the screen to turn on or turn off the display demo mode. When you are finished, press the Back button. See THE INFORMATION MODE on page 26 for information on the display demo mode.

To exit the settings mode, press the Home button.

## HOW TO PERSONALIZE EQUALIZER SETTINGS

Press the Home button to return to the main menu. Press EQUALIZER. Scroll through the settings and press the desired setting.

## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin. The main menu will appear on the screen (see step 1 on page 15).

### 2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

### 3. Select the manual mode.

To select the manual mode, scroll through the main menu and press the screen near the word MANUAL.

### 4. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button, or one of the 1 Step Speed buttons numbered 1 to 12. Note: After you press a button, it may take a moment for the walking belt to reach the selected speed setting.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. If you press one of the numbered 1 Step Speed buttons, the speed of the walking belt will gradually change until it reaches the selected speed setting.

To pause the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

## 5. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease buttons, or one of the 1 Step Incline buttons numbered 0 to 12. Each time you press a button, the incline will gradually change until it reaches the selected incline setting.

## 6. Follow your progress with the screen.

The console offers several display options. The display option you select will determine which workout information is shown. Slide your finger across the screen to scroll to the desired display option.

As you walk or run on the treadmill, the screen can show the following workout information:

- The elapsed time.
- The distance that you have walked or run.
- The approximate number of calories you have burned.
- The speed of the walking belt.
- The incline level of the treadmill.

- Your pace in minutes per mile or kilometer.

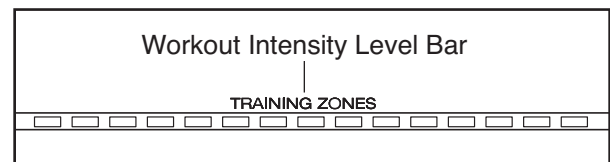
- Your heart rate. Note: Your heart rate can be displayed only while



you use the handgrip pulse sensor (see step 7 on page 18). If you wish to see your heart rate for more than 40 seconds, select the display option shown above.

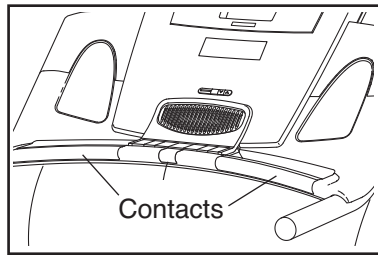
Note: Regardless of which display option you select, the speed or incline setting will appear on the screen for a few seconds each time you change the setting.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



## 7. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 8. Turn on the fan if desired.

The console features an adjustable speed fan. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

## 9. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

## HOW TO USE A PRESET WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin. The main menu will appear on the screen (see step 1 on page 15).

### 2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

### 3. Select a weight loss workout or a performance workout.

To select a preset workout, scroll through the main menu and press the screen near the words WEIGHT LOSS or the word PERFORMANCE. Then, slide your finger across the screen until the name of the desired preset workout appears on the screen. Press the desired workout.

When you select a weight loss workout or a performance workout, the screen will



show the name, the maximum incline setting, the total time, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout and the approximate number of calories that will be burned during the workout will appear on the screen.

Favorite workouts allow you to access two workouts with the touch of a button. To set a workout as one of your favorites, press the plus sign in the upper right corner of the screen. Then, press the 1 or the 2 on the screen to replace the old favorite workout 1 or 2 with the current workout. To easily return to a favorite workout at any time, press one of the Favorite buttons on the console.

Each preset workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

#### **4. Start the walking belt.**

Press the Start button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

During the program, the profile will show your progress. The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If the speed and/or incline is about to change, the speed and/or incline setting will appear on the screen to alert you. The treadmill will then automatically adjust to the speed and/or incline settings for the next segment.

The program will continue in this way until the last segment of the profile flashes and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed and incline

buttons; **however, when the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To pause the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

#### **5. Follow your progress with the screen.**

See step 6 on page 17. Note: Preset workouts offer three display options. Instead of displaying pace, the screen will show your exercise intensity in METs. One MET is the amount of energy you use while resting.

#### **6. Measure your heart rate if desired.**

See step 7 on page 18.

#### **7. Turn on the fan if desired.**

See step 8 on page 18.

#### **8. When you are finished exercising, remove the key from the console.**

See step 9 on page 18.

## HOW TO CREATE A CUSTOM WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin. The main menu will appear on the screen (see step 1 on page 15).

### 2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

### 3. Select a custom workout.

To select a custom workout, scroll through the main menu and press the screen near the word CUSTOM. Then, slide your finger across the screen until the name of the desired custom workout appears on the screen. Press the desired workout.

When a custom workout is selected, the screen will show the name, total time, maximum incline setting, and maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear on the screen.

**If the custom workout has not yet been defined, the screen will show a workout time of forty minutes and a flat profile. If the workout time is not forty minutes or the profile is not flat, see HOW TO USE A CUSTOM WORKOUT on page 21.**

Each custom workout is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment.

### 4. Start the walking belt.

Press the Start button to start the workout. A moment after you press the button, the walking belt

will begin to move. Hold the handrails and begin walking.

To program a speed setting and an incline setting for the first one-minute segment of the workout, simply adjust the speed and incline of the treadmill as desired by pressing the speed and incline buttons.

When the first segment ends, a series of tones will sound and the current speed and incline settings will be saved in memory.

Program a speed setting and an incline setting for the second segment as described above. Continue programming speed and incline settings for up to 40 segments.

When you are finished programming your workout, press the Stop button twice. The custom workout will then be saved in memory.

### 5. Follow your progress with the screen.

See step 5 on page 19.

### 6. Measure your heart rate if desired.

See step 7 on page 18.

### 7. Turn on the fan if desired.

See step 8 on page 18.

### 8. When you are finished exercising, remove the key from the console.

See step 9 on page 18.

## HOW TO USE A CUSTOM WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin. The main menu will appear on the screen (see step 1 on page 15).

### 2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

### 3. Select a custom workout.

To select a custom workout, scroll through the main menu and press the screen near the word CUSTOM. Then, slide your finger across the screen until the name of the desired custom workout appears on the screen. Press the desired workout.

When a custom workout is selected, the screen will show the name, total time, maximum incline setting, and maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear on the screen.

**Note: If the screen shows a workout time of forty minutes and the profile is flat, see HOW TO CREATE A CUSTOM WORKOUT on page 20.**

Favorite workouts allow you to access two workouts with the touch of a button. To set a workout as one of your favorites, press the plus sign in the upper right corner of the screen. Then, press the 1 or the 2 on the screen to replace the old favorite workout 1 or 2 with the current workout. To easily return to a favorite workout at any time, press one of the Favorite buttons on the console.

Each custom workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment.

### 4. Start the walking belt.

The custom workout will function in the same way as a preset workout (see step 4 on page 19).

If desired, you can redefine the workout while using it. **To change the speed or incline setting for the current segment**, simply press the speed or incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout**, first wait until the workout ends. Then, press the Start button and program speed and incline settings for as many additional segments as desired; custom workouts can have up to 40 segments. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the workout**, press the Stop button twice when you want the workout to end.

### 5. Follow your progress with the screen.

See step 5 on page 19.

### 6. Measure your heart rate if desired.

See step 7 on page 18.

### 7. Turn on the fan if desired.

See step 8 on page 18.

### 8. When you are finished exercising, remove the key from the console.

See step 9 on page 18.

## HOW TO USE AN IFIT COMPETITION TRAINING WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin. The main menu will appear on the screen (see step 1 on page 15).

### 2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

### 3. Personalize race settings if desired.

To personalize race settings, scroll through the main menu and press the screen near the word COMPETITION. Then press SETTINGS.

Select a maximum incline by scrolling through the incline settings and pressing the desired maximum incline. Then, select the speed at which you will start walking in the race by scrolling through the speeds and pressing the desired speed.

### 4. Select an iFit competition training workout.

To select a competition workout, scroll through the main menu and press COMPETITION. You can race against one opponent or against a group of four opponents.

If you choose to compete against one opponent, press HEAD TO HEAD. Scroll through your opponents. For each the opponent, the screen will display the opponent's level of endurance, average speed, maximum speed, and level of spirit. Each opponent may appear more than once in different levels, or tiers, of difficulty. The least challenging opponent is in tier one and the most challenging opponent is in tier three. Press the desired opponent. Then, select the distance of the race.

If you choose to compete against a group, press RACE AGAINST A PACK. Select a level of difficulty by scrolling through the levels and pressing the desired level. Level one is the easiest level and level twelve is the hardest. Then, select the distance of the race.

After you select a distance, READY, SET, GO will appear on the screen and then the race will begin. Hold the handrails and begin walking.

Adjust the speed and incline of the treadmill as desired. Your opponents will adjust their speed and tactics based on the course and the situation.

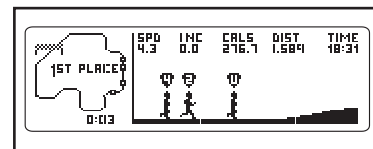
The workout will continue until you complete the race.

### 5. Follow your progress with the screen.

The console offers several display options. The display option you select will determine which workout information is shown. Slide your finger across the screen to select the desired display option.

As you walk or run on the treadmill, the screen can show the following workout information:

- An animation of a runner labeled "U," which represents you. As you increase or decrease the speed of the walking belt, the runner will speed up or slow down.



- Animations of the other runners.
- A map of the course you are running. The map will appear on the left side of the screen. The runners will be represented by squares on the map.

- The number of seconds that you are ahead of the other runners or behind the lead runner. The seconds will appear below the map of the course. If you are behind the other runners, a negative number of seconds will appear.
- Your rank in the race. Your rank will appear inside the map of the course.
- The speed of the walking belt.
- The incline level of the treadmill.
- The approximate number of calories you have burned.
- The distance that you have walked or run.
- The elapsed time.
- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor (see step 7 on page 18).
- A profile of the incline settings of the race. The profile will appear in the lower part of the screen.
- A status bar showing the distance you have travelled in the race and the distance you still have to

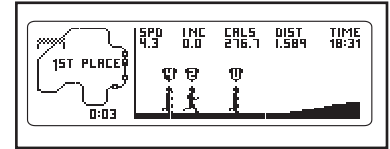
travel. The status bar can appear at the bottom of the screen or as a full screen. If you are viewing the full screen status bar, the numbers inside the bars represent the speeds of the runners.

- Your average speed.

## 6. Measure your heart rate if desired.

See step 7 on page 18.

To view your heart rate, select the display option shown at the right.



## 7. Turn on the fan if desired.

See step 8 on page 18.

## 8. When you are finished exercising, remove the key from the console.

See step 9 on page 18.

## HOW TO USE AN IFIT CARD

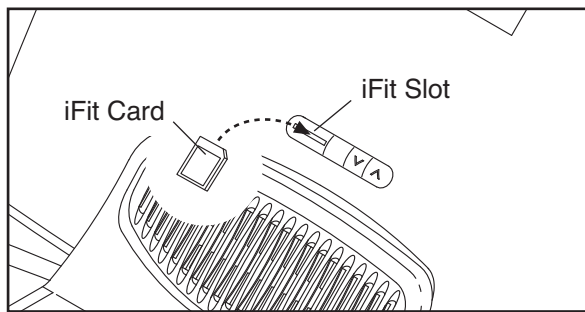
To purchase iFit cards at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin.

### 2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are inserted into the iFit slot.



Next, select an iFit workout by pressing the iFit increase and decrease buttons next to the iFit slot. When an iFit workout is selected, the screen will show the name, the maximum incline setting, the total time, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear on the screen.

Each iFit workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

### 3. Start the walking belt.

Press the Start button to start the workout. A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

During the workout, a personal trainer will guide you through the workout.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To pause the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Follow your progress with the screen.

See step 5 on page 19.

### 5. Turn on the fan if desired.

See step 8 on page 18.

### 6. When you are finished exercising, remove the key from the console.

See step 9 on page 18.

**CAUTION: Always remove iFit cards from the iFit slot when you are not using them.**

## HOW TO VIEW THE IFIT FITNESS JOURNAL

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15. Then, slide your finger across the screen to begin. The main menu will appear on the screen (see step 1 on page 15).

### 2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 15.

### 3. Select the iFit fitness journal.

To select the fitness journal, scroll through the main menu and press the screen near the word JOURNAL. The console will then load the stored journal information.

To enter the date and time, see step 5 on page 16.

### 4. View exercise information.

When you select the fitness journal, a calendar for the current month will appear. To select a day of the month, press the day on the screen. To select a week, press the box at the left of the desired week. To view exercise information for the current month, press MONTH TOTALS. To view a different month, slide your finger across the screen to scroll through the months. If not all of the days of a month are displayed on the screen, press the More increase or decrease button on the screen to see additional days. Note: If you exercise more than once per day, all of the exercise information for that day will be combined.

The fitness journal can display the following exercise information:

- Time—The total number of hours you have walked or run on the treadmill.

JUNE		2010	
TIME	45.8 HRS	AUC. SPEED	3.8 MPH
DISTANCE	1267 MI	AUC. PACE	15:49
CALORIES	22439.8		

- Distance—The total distance you have walked or run on the treadmill.
- Calories—The total approximate number of calories you have burned.
- Average Speed—Your average walking or running speed.
- Average Pace—Your average walking or running pace in minutes per mile or kilometer.

### 5. Exit the fitness journal.

To exit the fitness journal, press the Home button at any time.

Note: To delete the exercise information stored in the fitness journal and reset the calendar, see step 4 on page 15.

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack.

To use the audio jack, locate the audio wire and plug it into the audio jack near the speakers. Then plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the Volume increase and decrease buttons on the console.

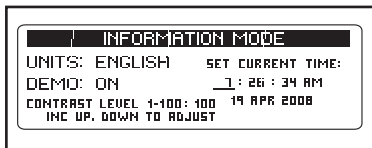
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface and not on the console.

## THE INFORMATION MODE

The console features an information mode that allows you to select a unit of measurement for the console and turn on or turn off the display demo mode. You can also adjust the contrast of the screen and set the date and time.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear on the screen:

The screen will show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word "ON" will appear on the screen while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

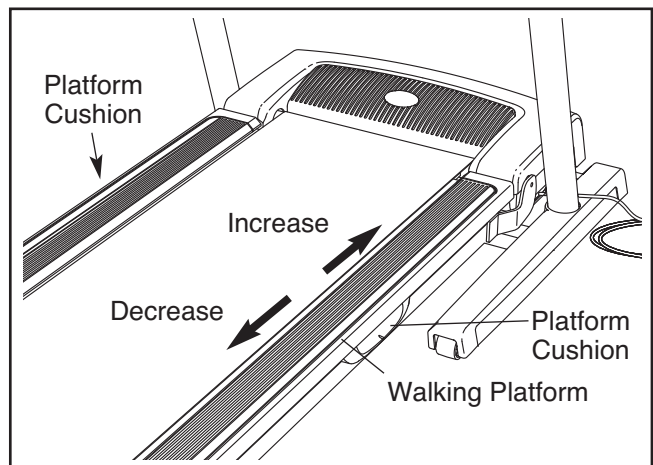
To change the contrast of the screen, press the Incline increase and decrease buttons.

You can also view the date and time. To set the date and time, see step 5 on page 16.

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

## HOW TO ADJUST THE CUSHIONING SYSTEM

**Remove the key from the console and unplug the power cord.** The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



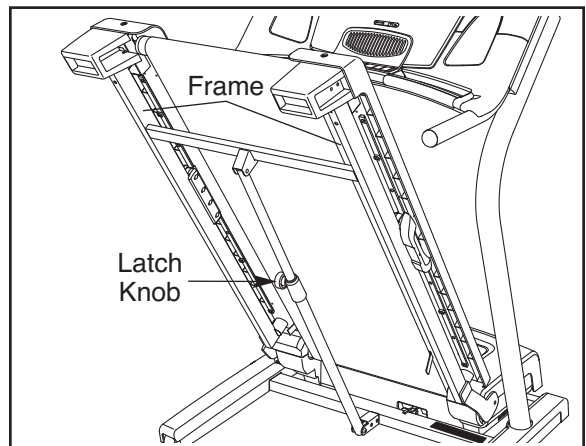
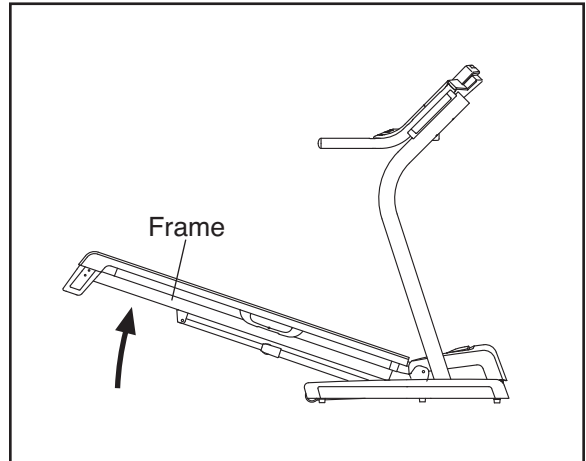
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back. Raise the frame about halfway to the vertical position.
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

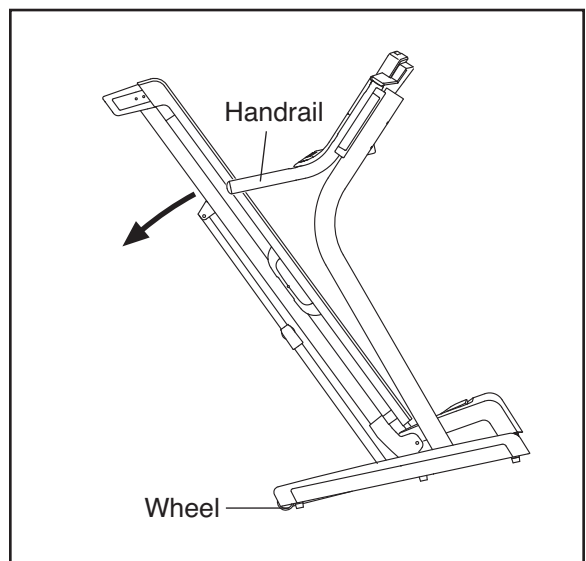
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

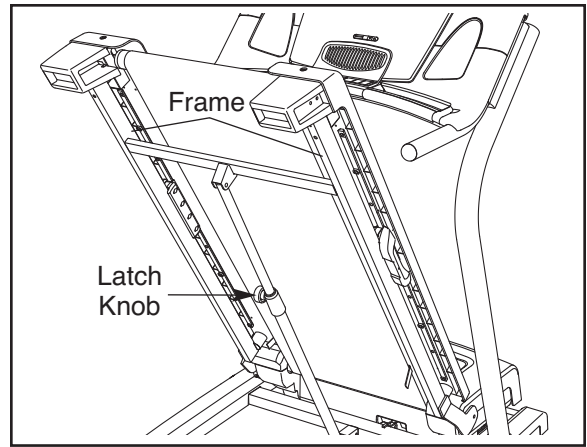
Before moving the treadmill, convert it to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

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

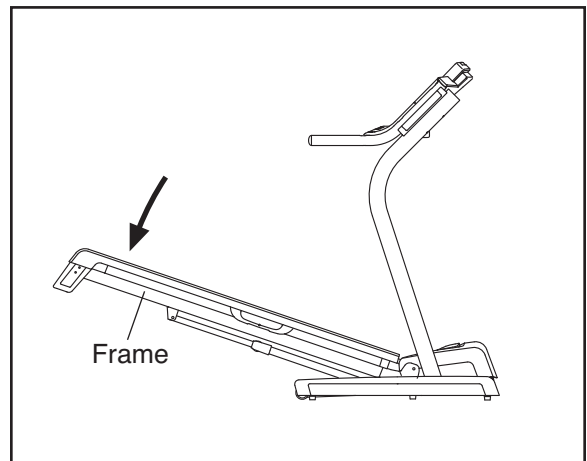


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the frame with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.



2. **Hold the metal frame firmly with both hands, and lower it to the floor. CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



# TROUBLESHOOTING

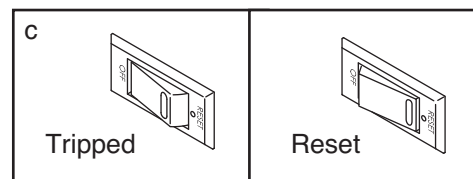
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

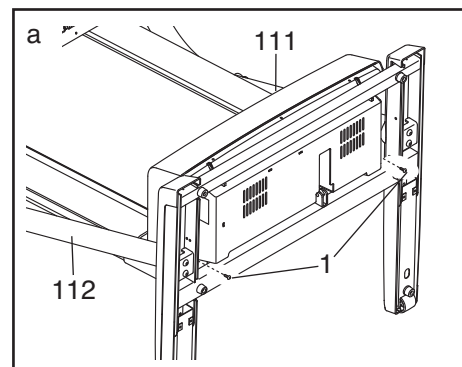
d. If the treadmill still will not run, please see the front cover of this manual.

**PROBLEM: The console displays remain lit when you remove the key from the console**

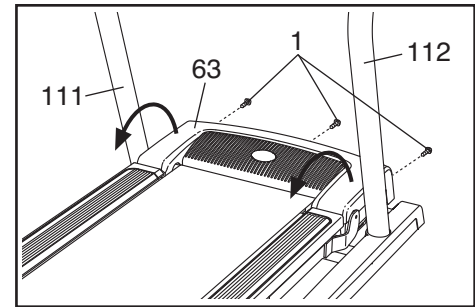
**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 26 to turn off the demo mode.

**PROBLEM: The displays of the console do not function properly**

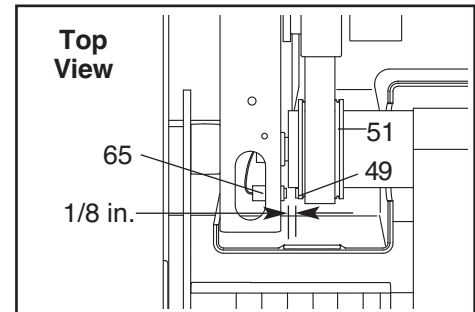
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, carefully lower the Uprights (111, 112). Remove the two indicated #8 x 3/4" Screws (1). Note: A Phillips screwdriver with a shaft at least 8 in. (20 cm) long is needed.



Raise the Uprights (111, 112) to the vertical position. Remove the three #8 x 3/4" Screws (1) from the Motor Hood (63), and carefully pivot off the Motor Hood.



Locate the Reed Switch (65) and the Magnet (49) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Motor Hood (not shown), making sure that the five #8 x 3/4" Screws (not shown) are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.



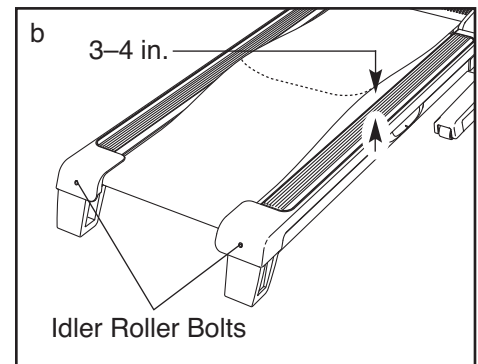
**PROBLEM: The incline of the treadmill does not change correctly**

**SOLUTION:** a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13.

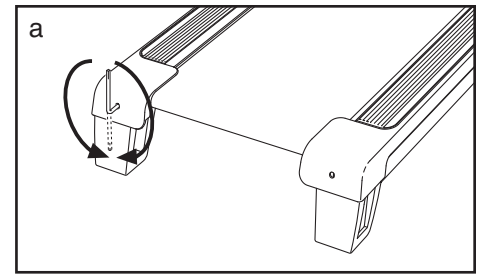
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



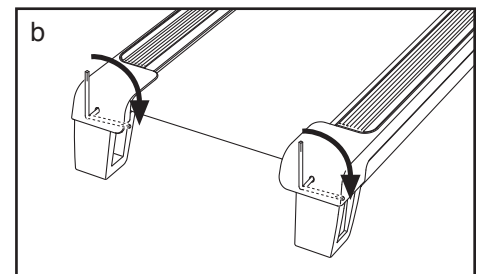
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

**SOLUTION:** a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to over-tighten 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 slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	❤️
145	138	130	125	118	110	103	❤️
125	120	115	110	105	95	90	❤️
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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 of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

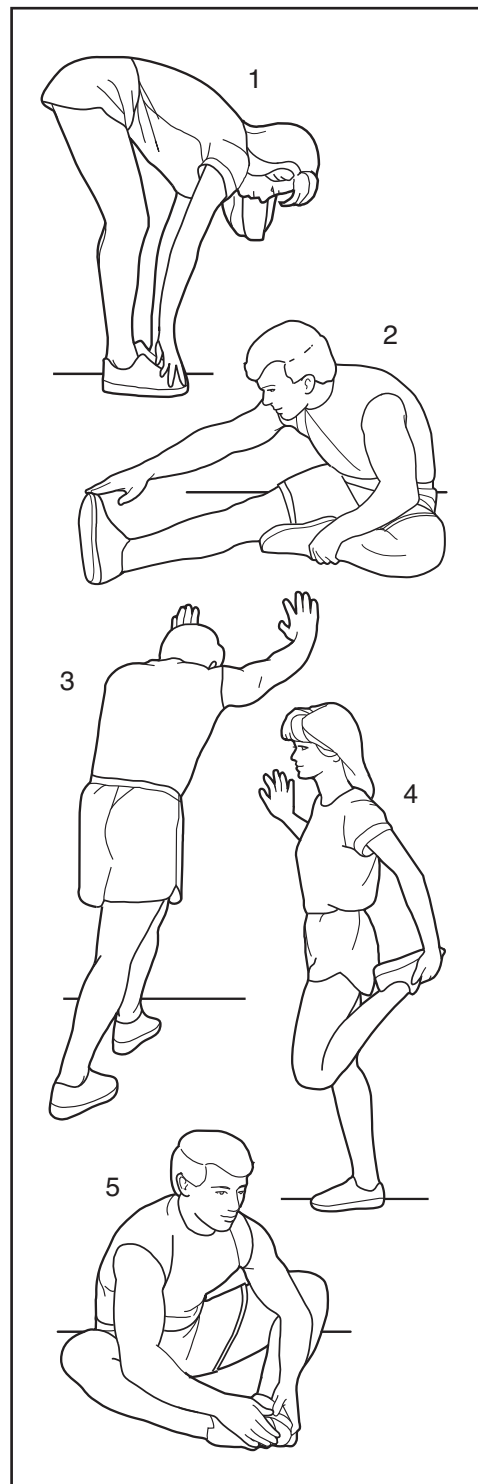
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. NCTL17810.0

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

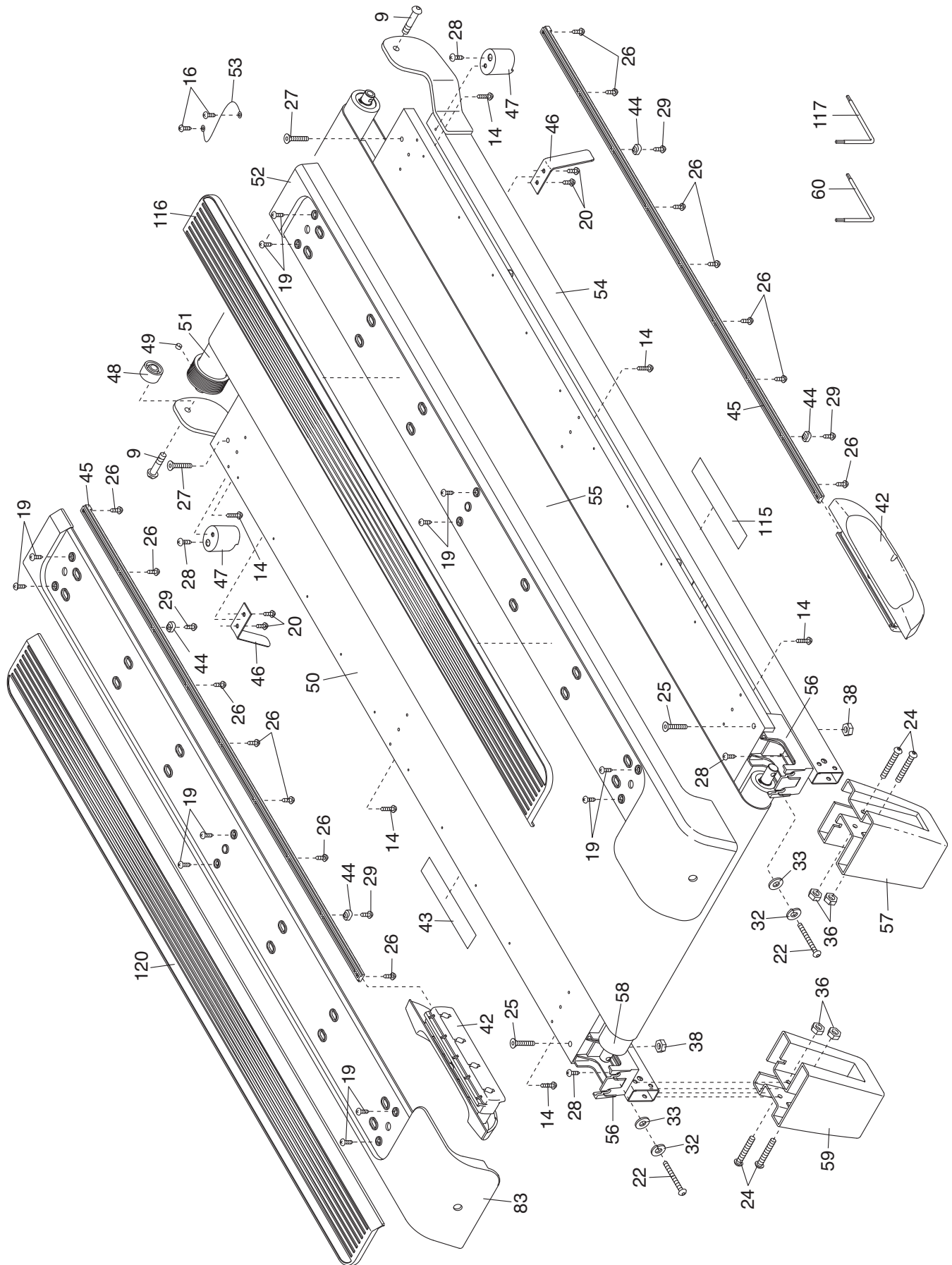
Key No.	Qty.	Description	Key No.	Qty.	Description
1	52	#8 x 3/4" Screw	51	1	Drive Roller/Pulley
2	4	3/8" x 2" Bolt	52	1	Right Foot Rail
3	2	#10 Star Washer	53	1	Drive Roller Ground Wire
4	8	5/16" Star Washer	54	1	Frame
5	8	3/8" Nut	55	1	Walking Belt
6	2	3/8" x 2 3/4" Bolt	56	2	Roller Bracket
7	8	#8 x 5/8" Screw	57	1	Right Foot
8	6	#8 x 1" Tek Screw	58	1	Idler Roller
9	2	3/8" x 1 1/2" Bolt	59	1	Left Foot
10	4	3/8" x 2 3/8" Bolt	60	1	Hex Key
11	2	#10 x 1/2" Bolt	61	1	Motor Belt
12	4	5/16" x 4" Bolt	62	1	Drive Motor
13	1	Controller Ground Wire	63	1	Motor Hood
14	6	#8 x 1" Screw	64	1	Reed Switch Clamp
15	6	#8 x 3/4" Tek Screw	65	1	Reed Switch
16	7	#8 x 1/2" Ground Screw	66	1	Lift Frame
17	2	7/16" x 1" Bolt	67	1	Lift Frame Ground Wire
18	4	3/8" Star Washer	68	1	Incline Motor Wire
19	12	#12 x 1 1/4" Screw	69	1	Incline Motor
20	9	#8 x 1/2" Belt Guide/Hood Screw	70	1	Controller
21	1	1/4" x 2" Bolt	71	1	Power Switch
22	2	Idler Roller Bolt	72	1	Belly Pan
23	2	Motor Bolt	73	1	Power Cord
24	4	1/4" x 1 3/4" Bolt	74	1	Power Cord Grommet
25	2	5/16" x 4 1/2" Bolt	75	18	8" Tie
26	14	#8 x 3/4" Track Screw	76	2	Console Clamp
27	2	1/4" x 1 1/4" Bolt	77	2	Handrail Spacer
28	4	#8 x 1/2" Screw	78	2	Upright Cap
29	4	#8 x 1" Screw	79	1	Wire Harness
30	1	3/8" x 1 3/4" Pin	80	1	Storage Latch
31	1	3/8" x 1 1/8" Pin	81	1	Latch Knob
32	2	1/4" Lock Washer	82	4	5/16" x 2" Bolt
33	2	1/4" Flat Washer	83	1	Left Foot Rail
34	2	7/16" Nut	84	1	Hood Accent
35	4	U-nut	85	1	Base
36	4	1/4" Flange Nut	86	1	6" Console Ground Wire
37	3	Hood Clip	87	6	Base Foot Spacer
38	2	5/16" Flange Nut	88	6	Base Foot
39	1	1/4" Nut	89	1	Latch Bracket
40	2	Cotter Pin	90	2	Extension Leg
41	8	#8 x 3/8" Speaker Screw	91	2	Caution Decal
42	2	Platform Cushion	92	2	Wheel
43	1	Warning Decal	93	1	Left Accessory Tray
44	4	Cushion Stop	94	1	Right Accessory Tray
45	2	Cushion Track	95	1	Console
46	2	Belt Guide	96	1	Speaker Cover
47	2	Isolator	97	1	Console Back
48	2	Frame Spacer	98	1	4" Console Ground Wire
49	1	Magnet	99	1	Fan Cover/Console Buttons
50	1	Walking Platform	100	2	Speaker

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Plastic Tie	112	1	Right Upright
102	1	Console Ground Wire	113	1	Latch Cap
103	4	#3 x 3/16" Fan Screw	114	4	Wire Tie
104	1	Console Fan	115	1	French Latch Decal
105	1	Pulse Crossbar	116	1	Right Foot Rail Insert
106	1	Left Handrail	117	1	3/16" Hex Key
107	1	Right Handrail	118	1	Left Base Cover
108	2	Handrail Cap	119	1	Right Base Cover
109	1	Key/Clip	120	1	Left Foot Rail Insert
110	1	Audio Wire	121	2	#3 x 1/4" Screw
111	1	Left Upright	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

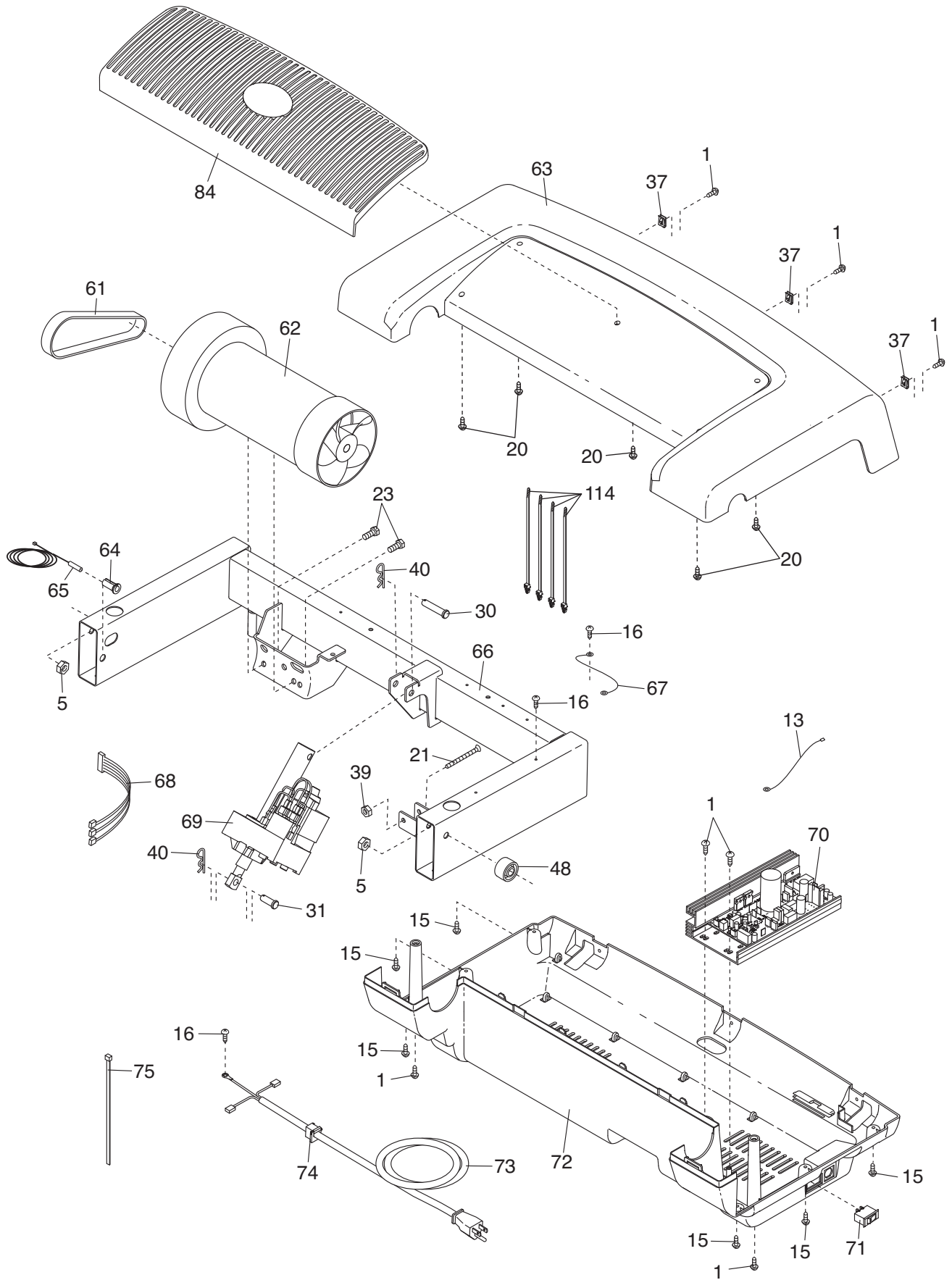
# EXPLODED DRAWING A—Model No. NCTL17810.0

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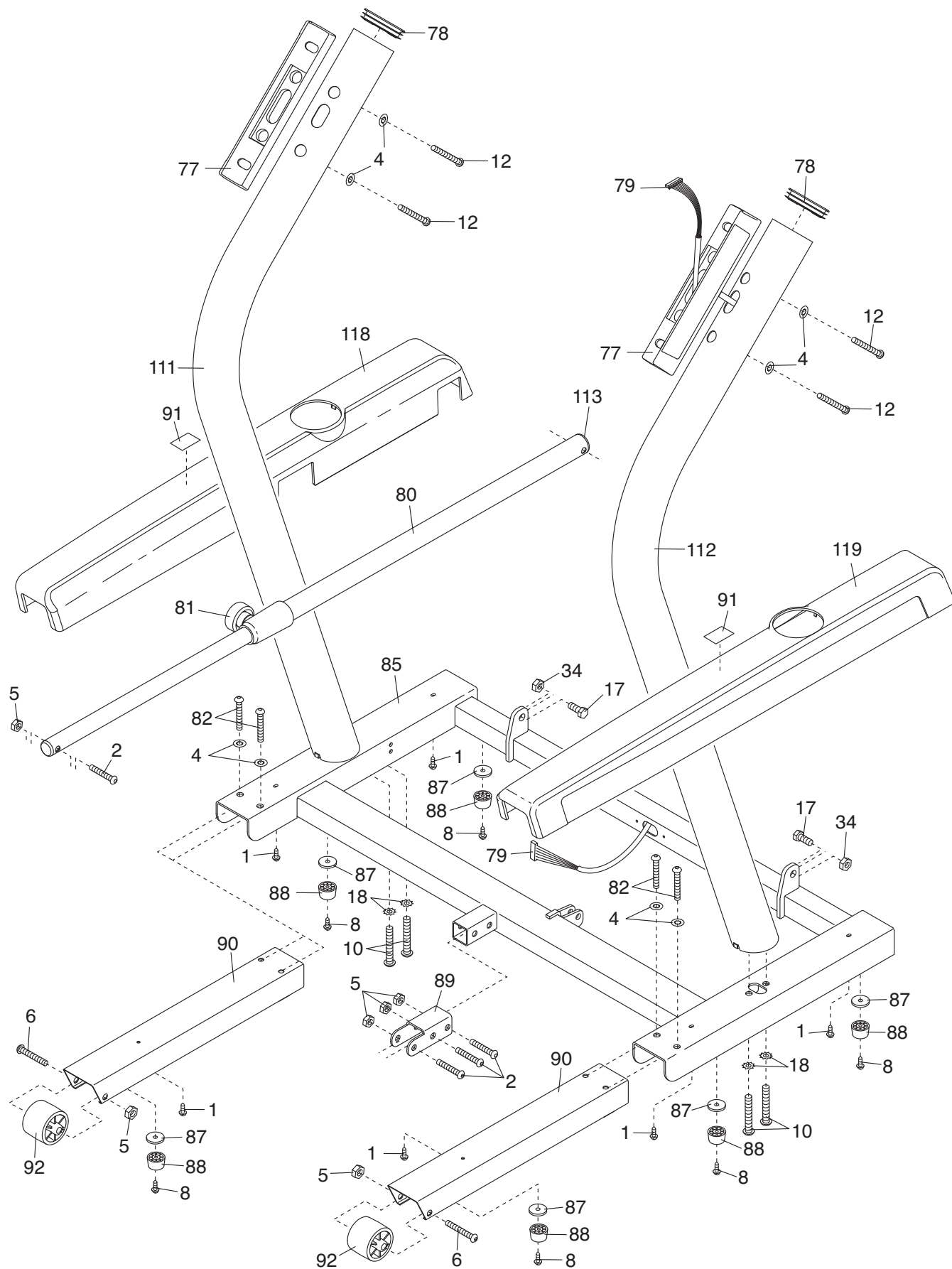
# EXPLODED DRAWING B—Model No. NCTL17810.0

R0910A



# EXPLODED DRAWING C—Model No. NCTL17810.0

R0910A





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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some provinces 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 are limited in their scope and duration to the terms set forth herein. Some provinces 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 that vary from province to province.

**ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**