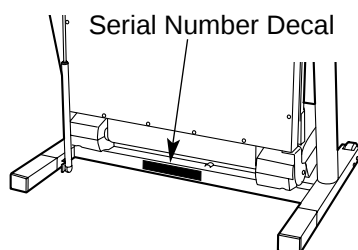


NordicTrack[®] *EXP1000*

Model No. NETL09900

Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.



USER'S MANUAL

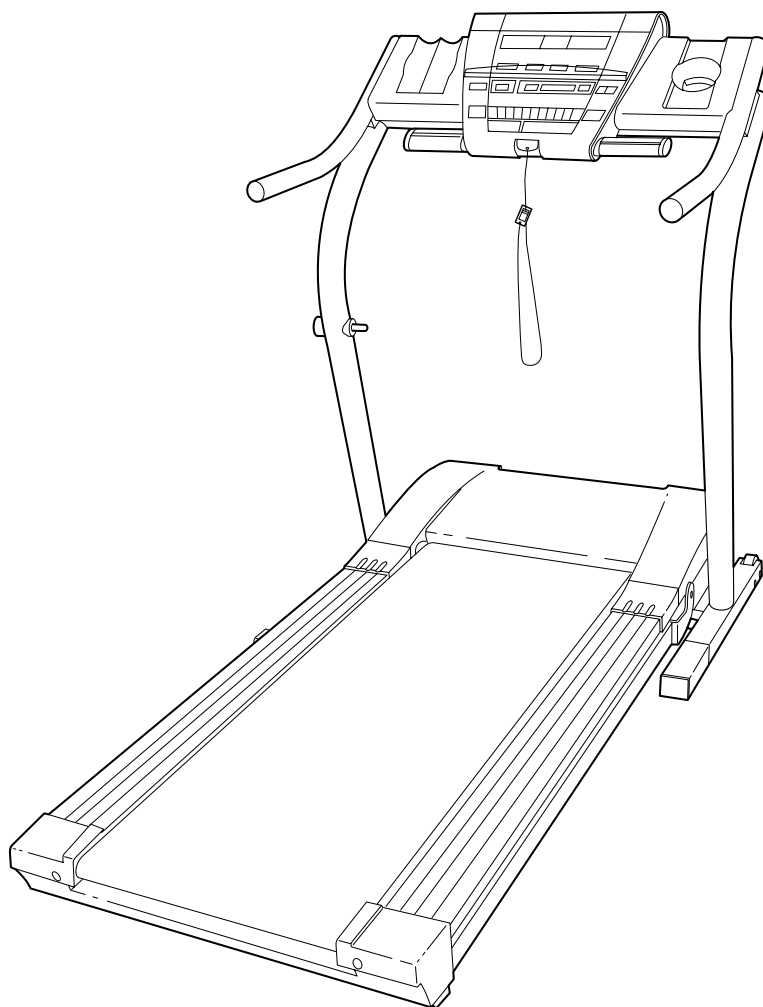
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

0345-089009

Or WRITE:
ICON Health & Fitness Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire



CAUTION

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



Visit our website at

www.nordictrack.com

*new products, prizes,
fitness tips, and much more!*



TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	8
HOW TO FOLD AND MOVE THE TREADMILL	22
TROUBLE-SHOOTING	23
CONDITIONING GUIDELINES	25
PART LIST	26
ORDERING REPLACEMENT PARTS	Back Cover

Note: An EXPLODED DRAWING is attached in the centre of this manual.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 2 meters of clearance behind it. 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.
4. When choosing a location for the treadmill, make sure that the location and position permit access to a plug.
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 the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 115 kgs.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *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 8), plug the power cord into an earthed circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
12. If an extension cord is needed, use only a 3-conductor, 1mm² (14 gauge) cord that is no longer than 1.5 meters.
13. Keep the power cord and the surge protector away from heated surfaces.
14. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
15. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
19. 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 22.) You must be able to safely lift 20 kg in order to raise, lower, or move the treadmill.
20. Do not change the incline of the treadmill by placing objects under the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.
22. When using iFIT.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.
23. When using iFIT.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.
24. Always remove iFit.com CD's and videos from your CD player or VCR when you are not using them.

25. Inspect and tighten all parts of the treadmill regularly.
26. Never insert or drop any object into any opening.
27. **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 authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
28. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the replacement decal in the location shown.

⚠ WARNING:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.

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

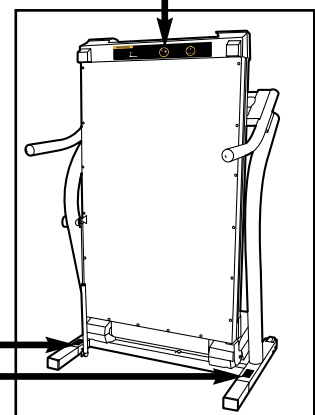
- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.





- 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.

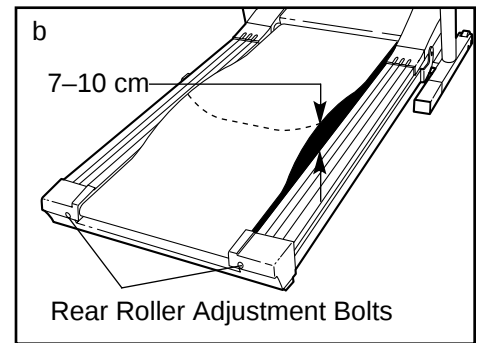
Note: This decal is shown at 38% of actual size.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm²) cord that is no longer than 1.5 meters.

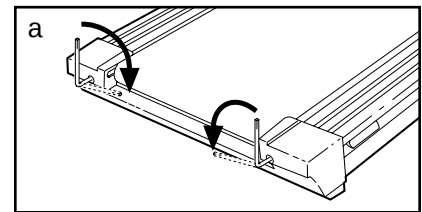
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7 to 10 cm off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



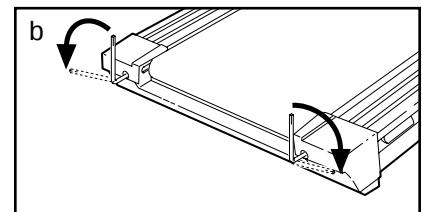
- c. If the walking belt still slows, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre

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

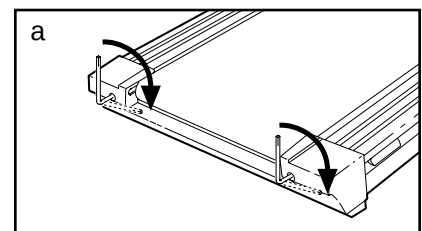


- b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power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



PROBLEM: The walking belt slips when walked on

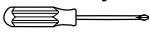
SOLUTION: a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 7 to 10 cm off the walking platform. Be careful to keep the walking belt centred. 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.



PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CD's and videos are played

SOLUTION: a. With the key in the console, press one of the Incline buttons. **Whilst the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline.

ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver**  **and wire cutters**  .

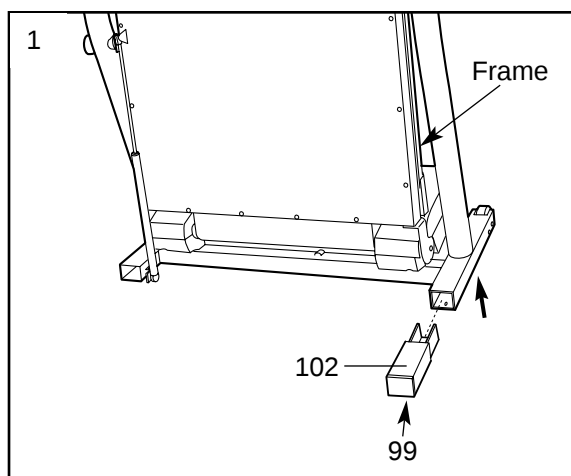
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner. **If further assistance is needed, please call our Customer Service Department at 0345-089009.**

1. With the help of a second person, carefully raise the treadmill to the upright position.

Whilst a second person tips the treadmill to one side and holds it, insert one of the Extension Legs (102) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (99) is on the bottom.

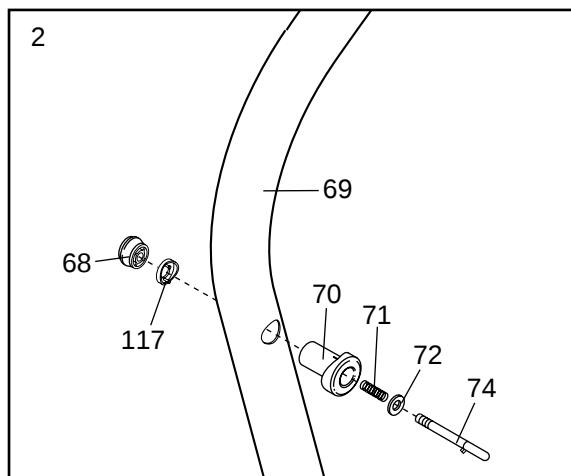
Next, tip the treadmill to the other side and insert the other Extension Leg (not shown) in the same way. Lower the side of the treadmill so that both Extension Legs (102) are resting flat on the floor.

With the help of a second person, carefully lower the treadmill frame.



2. Press the Lock Knob Sleeve (70) into the left Upright (69).

Make sure that the Lock Pin Collar (72) and the Spring (71) are on the Lock Pin (74). Insert the Lock Pin (74) into the Lock Knob Sleeve (70) and the left Upright (69). Next, press the Lock Knob Spacer (117) onto the left Upright. Tighten the Lock Knob (68) onto the Lock Pin.

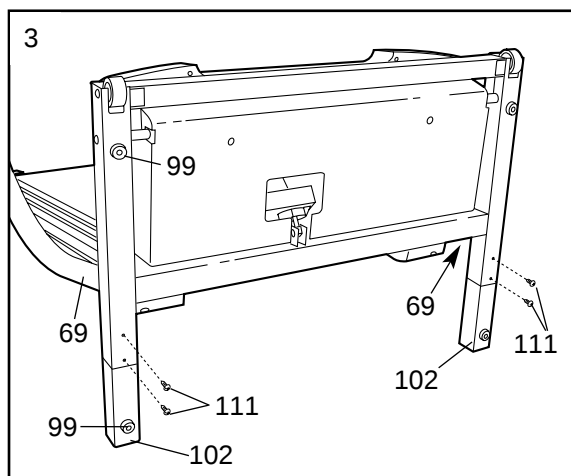


3. With the help of a second person, carefully tip the Uprights (69) down as shown. **Make sure that the Extension Legs (102) remain in the Uprights.**

Attach each Extension Leg (102) with two 3/4" Screws (111) as shown.

With the help of a second person, carefully tip the Uprights (69) back to the vertical position.

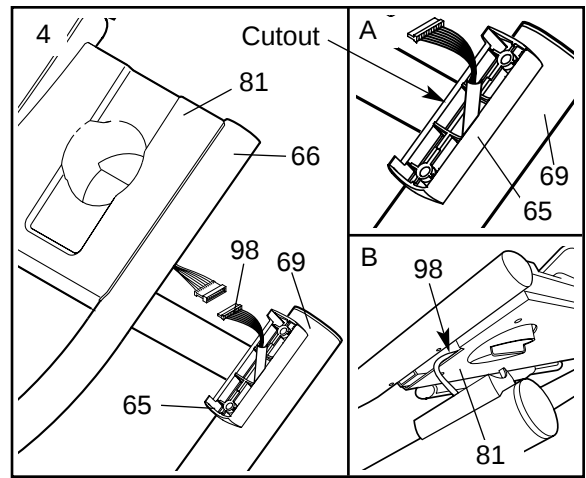
Note: One replacement Base Pad (99) may be included. Use the Base Pad to replace any Base Pad that becomes worn.



4. Place one of the Handrail Spacers (65) on the right Upright (69) as shown, with the cutout turned toward the treadmill (see inset drawing A). Pull the Upright Wire Harness (98) up through the Handrail Spacer. Place the other Handrail Spacer on the left Upright (not shown).

Have a second person hold the Handrails (66) near the Uprights (69) as shown. Connect the Upright Wire Harness (98) to the wires extending from the right Handrail. Insert the connectors and the Upright Wire Harness (98) into the hole in the Console Base (81) (see inset drawing B).

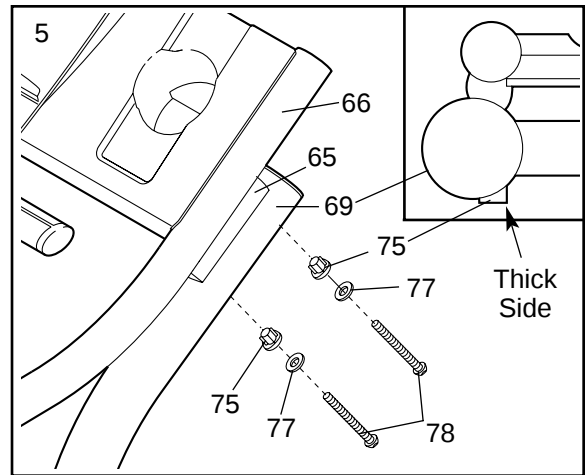
Be careful not to pinch the Wire Harness (98) as you set the Handrails (66) on the Handrail Spacers (65).



5. Insert two Handrail Bushings (75) into the right Upright (69). Turn the Handrail Bushings so they fit against the Upright with the thick sides of the Bushings facing the centre of the treadmill as shown in the inset drawing.

Insert two Handrail Bolts (78) with Handrail Washers (77) into the Handrail Bushings (75), the right Upright (69), and the right Handrail Spacer (65). Lift up the right Handrail (66) to align the Bolts with the holes in the Handrail. Next, thread the Bolts into the Handrail (66). **Do not tighten the Bolts yet.**

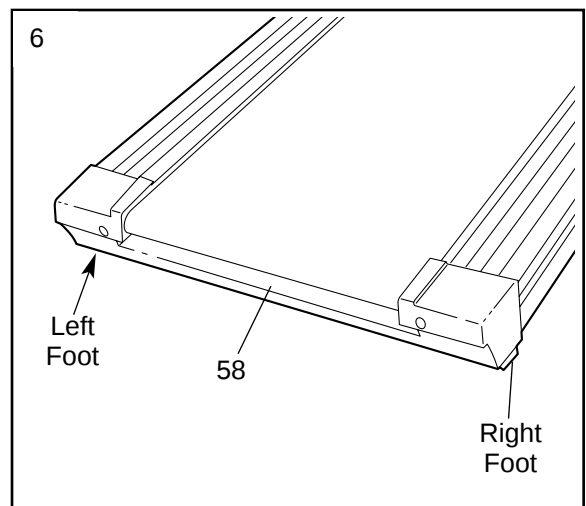
Attach the left Handrail (not shown) in the same way. Tighten all four Handrail Bolts (78).



6. Look at the Endcap (58). If the left or right foot on the Endcap does not touch the floor, the included thick base pads should be attached to the treadmill as described below.

Refer to assembly step 3. Lower the treadmill frame and the Uprights (69) as shown. If the **left** foot of the Endcap (58) was off the ground, remove the two Base Pads (99) from the **right** Upright (69). Attach the included Thick Base Pads (not shown) to the Upright. If the **right** side of the Endcap was off the ground, attach the Thick Base Pads to the **left** Upright.

Note: If either side of the Endcap (58) lifts off the floor when the treadmill is used, attach the Thick Base Pads as described.



7. **Make sure that all parts are tightened before you use the treadmill.** Note: If there is a thin sheet of clear plastic on the hood decal or the "ComforTrack" decal, remove it. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 24). To protect the floor or carpet from damage, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

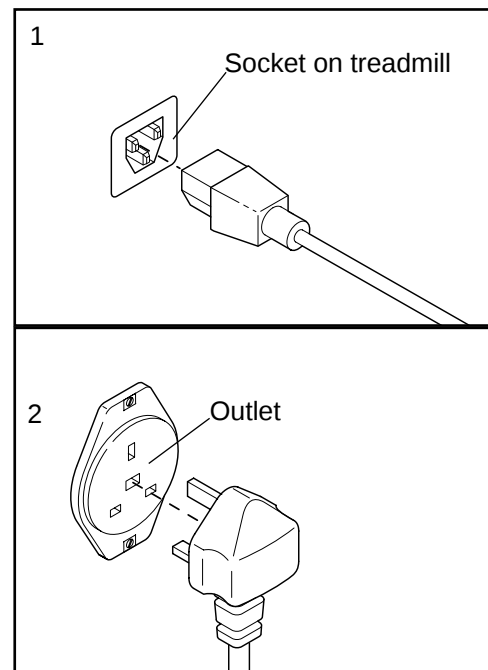
Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.

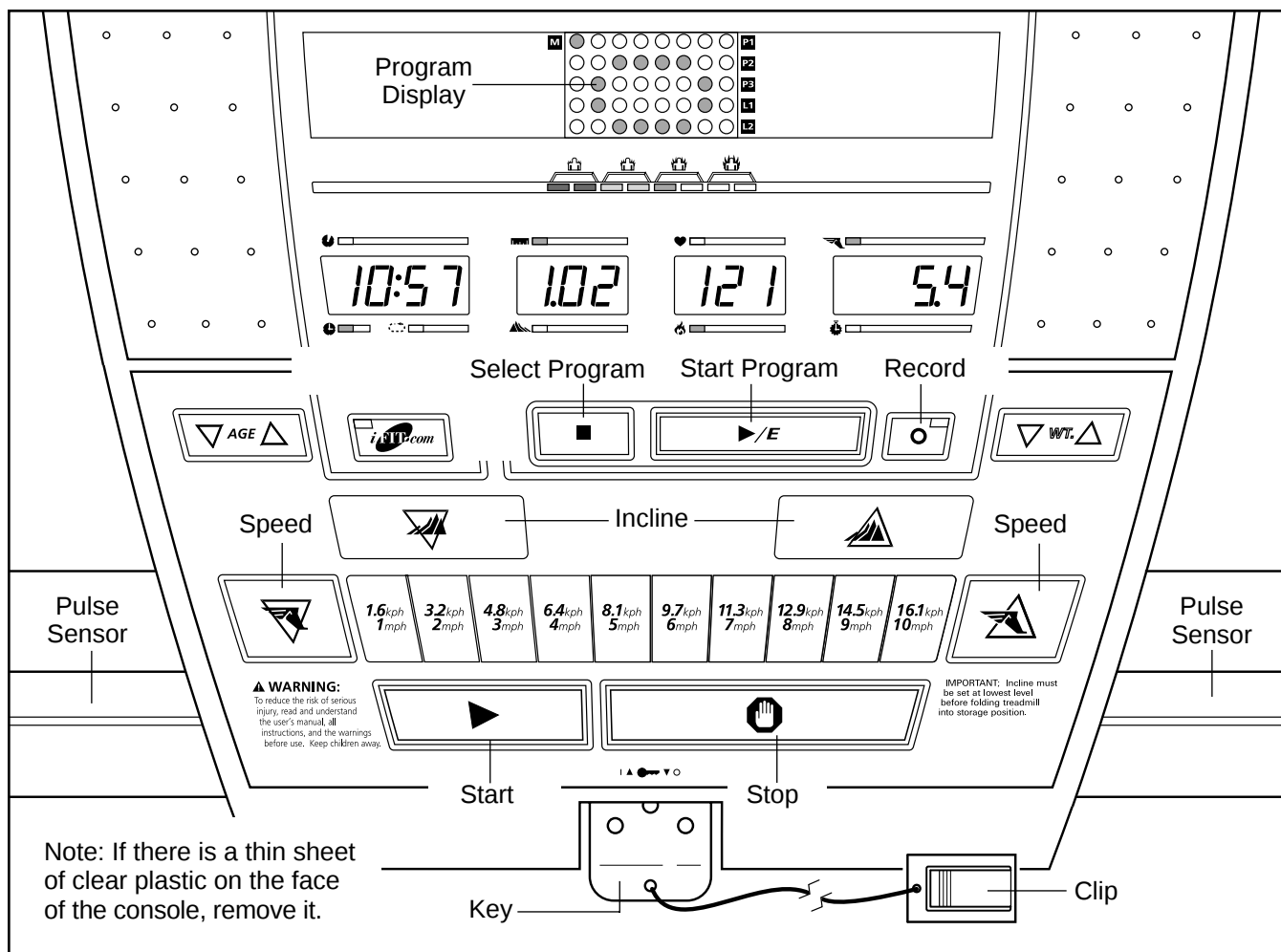
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket on the treadmill. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.





FEATURES OF THE CONSOLE

The advanced console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Three preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. You can even create your own custom workout programs and store them in memory for future use.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control

the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our new internet site at www.iFIT.com and access basic programs, audio programs, and video programs directly from the internet.

To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program**, see page 12. **To create and use a custom program**, see pages 14 and 15. **To use an iFIT.com CD or video program**, refer to page 18. **To use an iFIT.com program directly from our internet site**, see page 20.

⚠ CAUTION: Before operating the console, read the following precautions.

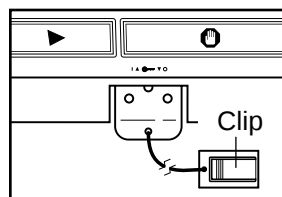
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing below) whilst operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

GETTING STARTED

1 Attach the clip to the waistband of your clothes.

Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip**

by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed. Then, remove the key from the console.

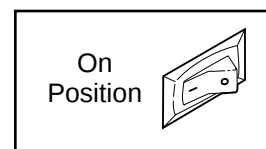


2 Plug in the power cord.

See HOW TO PLUG IN THE POWER CORD on page 8.

3 Move the on/off switch to the on position.

Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.

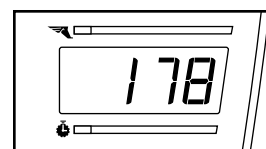


4 Insert the key fully into the console.

Stand on the foot rails of the treadmill. Make sure that the clip is securely attached to the waistband of your clothes. Next, insert the key into the console. After a moment, various displays and indicators on the console will light.

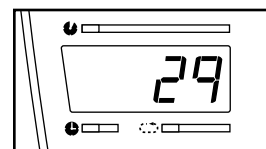
5 Enter your weight.

Although you can use the console without entering your weight, the console will display your calorie expenditure more accurately if you enter your weight. To enter your weight, press either of the Enter Weight buttons. The current weight setting will appear in the Speed/Pace display. Press the Enter Weight buttons again to enter your weight. Four seconds after the buttons are pressed, the weight setting will disappear from the display. Your weight will then be saved in memory.



6 Enter your age, if necessary.

Although you can use the console without entering your age, some features on our internet site may require you to enter your age (see page 20). To enter your age, press either of the Enter Age buttons. The current age setting will appear in the Time/Laps display. Press the Enter Age buttons again to enter your age. Four seconds after the buttons are pressed, the age setting will disappear from the display. Your age will then be saved in memory.



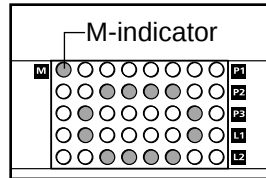
HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

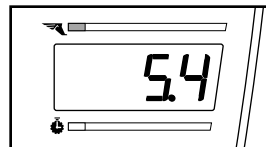
2 Select the manual mode.

When the key is inserted, the manual mode will be selected and the M-indicator will light. If a program has been selected, press the Select Program button repeatedly to select the manual mode.



3 Press the Start button or the Speed Δ button to start the walking belt.

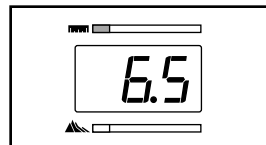
A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed Δ and ∇ buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the 1-step speed buttons. The speed range is 0.5 mph to 10 mph.



To stop the walking belt, press the Stop button. The Time/Laps display will begin to flash. To restart the walking belt, press the Start button or the Speed Δ button.

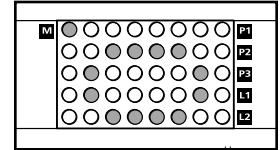
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. The incline range is 1% to 10%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

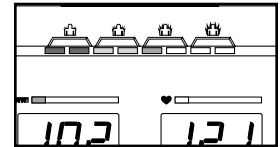


5 Follow your progress with the LED track and the displays.

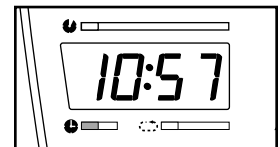
The LED track—When the manual mode or an iFIT.com program is selected, the program display will show an LED track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until you have completed 1/4 mile. A new lap will then begin.



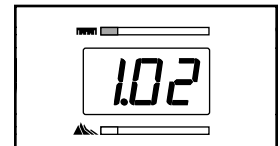
The Training Zone display—As you exercise, the Training Zone display will show the approximate intensity level of your exercise. For example, if three or four indicators in the display are lit, your intensity level is ideal for fat burning.



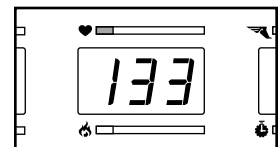
Time/Laps display—When the manual mode or an iFIT.com program is selected, this display will show the elapsed time and the number of 1/4-mile laps you have completed. When a preset program or a custom program is selected, the display will show the time remaining in the program, the time remaining in the current segment of the program, and the number of 1/4-mile laps you have completed. The display will change from one number to the next every seven seconds.



Distance/Incline display—This display shows the distance that you have walked and the incline level of the treadmill. The display will change from one number to the other every seven seconds.



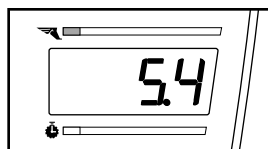
Heart Rate/Calories display—When you are not using the handgrip pulse sensor, this display will show the approximate number of calories you have burned. When the are using the handgrip pulse sensor, the display will show your heart rate (see step 6).



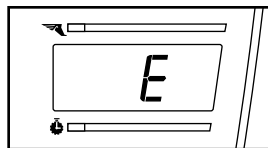
Speed/Pace display—

This display shows the speed of the walking belt and your current pace (pace is measured in *minutes per mile*).

Every seven seconds, the display will change from one number to the other.



Note: The console can display speed and distance in either miles or kilometres. To find which unit of measurement is selected, hold down the Stop button whilst inserting the key into the console. An “E,” for English miles, or an “M,” for metric kilometres, will appear in the Speed/Pace display. Press the Speed Δ button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. Note: For simplicity, all instructions in this manual refer to miles.

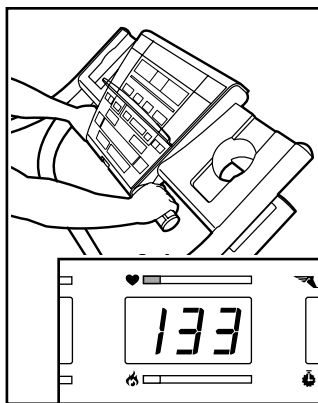


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate, if desired.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts on the handrail. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—**avoid moving your hands**.

When your pulse is detected, the Heart Rate indicator will flash, three dashes (— — —) will appear in the Heart Rate/Calories display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**



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

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to 1%. **The incline must be at 1% when the treadmill is raised to**

the storage position or the treadmill will be damaged. Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

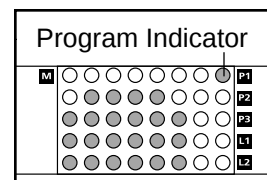
HOW TO USE PRESET PROGRAMS

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select one of the three preset programs.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To select one of the preset programs, press the Select Program button repeatedly until the P1, P2, or P3 indicator lights.

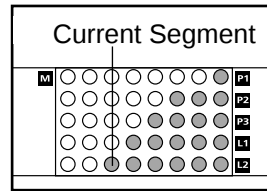


When you select a preset program, the program display will show a simplified profile of the program you have selected. For example, the profile above shows that the intensity of the selected program will be greater during the middle of the program and less during the beginning and end. The Time/Laps display will show how long the program will last.

3 Press the Start Program button or the Speed Δ button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The Time/Laps display shows both the time remaining in the program and the time remaining in the current segment. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next five segments will be shown in the five columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and no time remains in the Time/Laps display. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move to the left, *if all of the indicators in the Current Segment column are lit, the speed settings may move downward so that only the highest indicators in the columns will appear in the program display*. When the speed settings move to the left again and some indicators in the Current Segment column are dark, the speed settings will move back up.

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 on the console. Every few times

one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column. If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well. Note: If you *manually* adjust the speed setting so that all of the indicators in the Current Segment column are lit, the speed settings in the program display will *not* move downward as described above. **Note: If you manually override the speed or incline setting for the current segment, when the segment ends the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The Time/Laps display will begin to flash. To restart the program, press the Start Program button or the Speed Δ button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

Refer to step 5 on page 11.

5 Measure your heart rate, if desired.

See step 6 on page 12.

6 When the program has ended, remove the key.

Step onto the foot rails and make sure that the incline of the treadmill is at 1%. **The incline must be at 1% when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

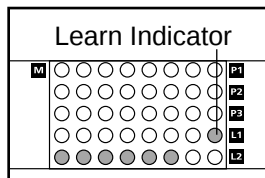
HOW TO CREATE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select one of the custom programs.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To select one of the custom programs, press the Select Program button repeatedly until the Learn 1 or Learn 2 indicator lights.



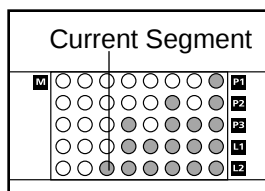
3 Press the Start Program button or the Speed Δ button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

4 Press the Record button and program the desired speed and incline settings.

When the Record button is pressed, the indicator on the button will light. **Speed and incline settings can be programmed only when the indicator is lit.** Note: When the indicator on the Record button is lit, the Time/Laps display will show the elapsed time instead of the time remaining in the program.

Refer to the program display. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) To program the desired speed and incline settings for the first segment, simply adjust the speed and incline of the treadmill to the desired levels with the Speed and Incline buttons. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column.



When the first segment of the program is completed, the current speed setting and the current incline setting will be stored in memory. All columns in the program display will then move one column to the left and the speed setting for the second segment will be shown in the flashing Current Segment column. Program speed and incline settings for the second segment as described above.

Repeat this procedure until you have programmed speed and incline settings for as many segments as desired—custom programs can have from one to forty segments.

To stop the program temporarily, press the Stop button. All displays will pause and the Time/Laps display will begin to flash. To restart the program, press the Start Program button or the Speed Δ button.

5 Press the Stop button, remove the key, and then reinsert the key.

When you have programmed speed and incline settings for as many segments as desired, press the Stop button, remove the key, and then reinsert the key. The speed and incline settings that you programmed and the number of completed segments will be stored in memory. To use the custom program, see HOW TO USE CUSTOM PROGRAMS on page 15.

6 Remove the key.

Step onto the foot rails and make sure that the incline of the treadmill is at 1%. **The incline must be at 1% when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

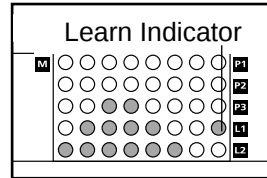
HOW TO USE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select one of the custom programs.

When the key is inserted, the manual mode will be selected and the M-indicator will light. To select one of the custom programs, press the Select Program button repeatedly until the L1 or L2 indicator lights.

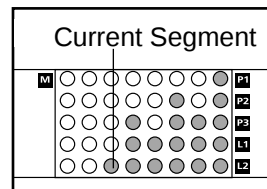


When a custom program is selected, the program display will show a simplified profile of the program. The Time/Laps display will show how long the program will last.

3 Press the Start Program button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several one-minute segments. The Time/Laps display shows both the time remaining in the program and the time remaining in the current segment. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next five segments will be shown in the five columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and all speed settings will move one column to the left. The speed setting for the second segment will then be shown in the flashing Current Segment column and the tread-

mill will automatically adjust to the speed and incline settings that you programmed previously.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and no time remains in the Time/Laps display. The walking belt will then slow to a stop.

Note: If the program is too easy or too difficult, the speed or incline setting for the current segment can be adjusted with the Speed or Incline buttons. Adjustments will not be stored in memory. To **reprogram** the speed or incline setting for the current segment, press the Record button. The indicator on the button will light. **Speed and incline settings can be programmed only when the indicator is lit.** (Note: When the indicator on the Record button is lit, the Time/Laps display will show the elapsed time instead of the time remaining in the program.) Adjust the speed or incline setting for the current segment with the Speed or Incline buttons. *After the segment is completed*, press the Record button again. The new setting will be stored in memory.

To stop the program temporarily, press the Stop button. All displays will pause and the Time/Laps display will begin to flash. To restart the program, press the Start Program button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

Refer to step 5 on page 11.

5 Measure your heart rate, if desired.

See step 6 on page 12.

6 When the program has ended, remove the key.

Step onto the foot rails and make sure that the incline of the treadmill is at 1%. **The incline must be at 1% when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

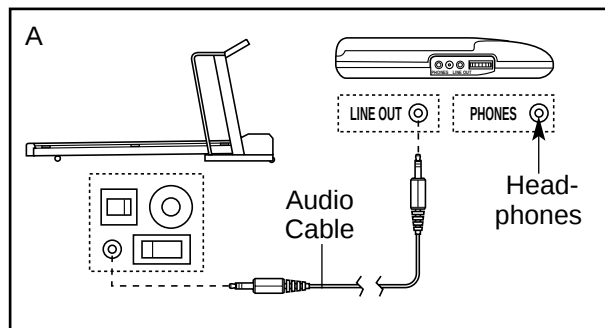
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 and 17 for connecting instructions. To use iFIT.com videocassettes, the treadmill must be connected to your VCR. See page 18 for connecting instructions. To use iFIT.com programs directly from our internet site, the treadmill must be connected to your home computer. See page 17 for connecting instructions.

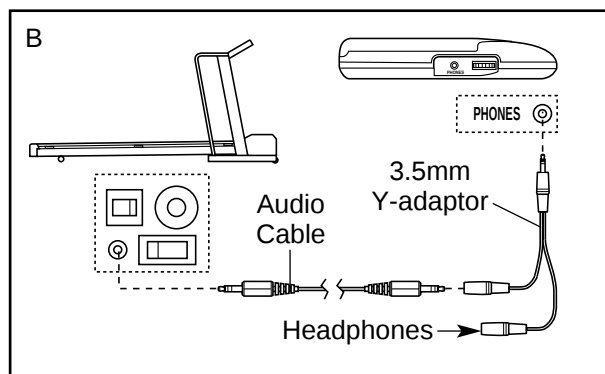
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



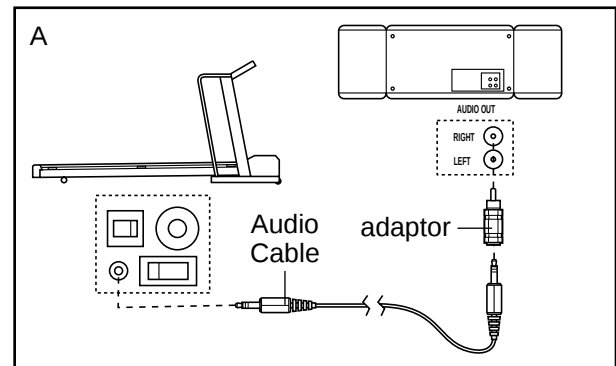
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



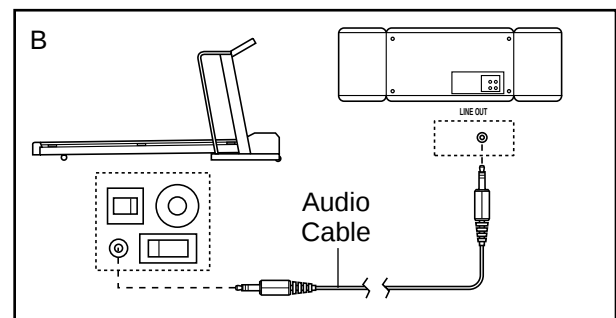
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

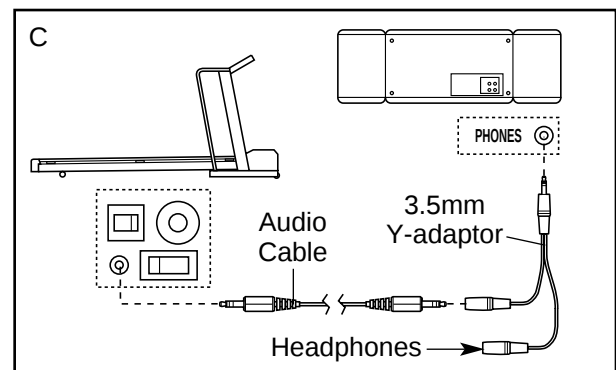
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an AUDIO OUT jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.



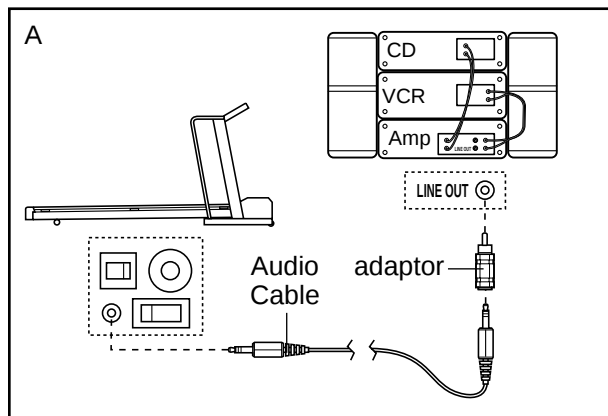
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



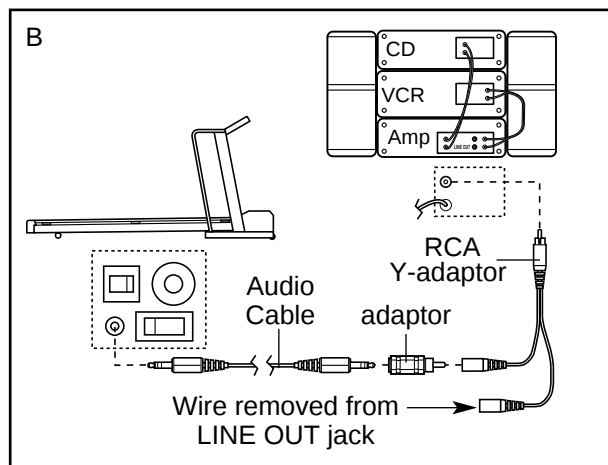
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction A below. If the **LINE OUT** jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into the **LINE OUT** jack on your stereo.



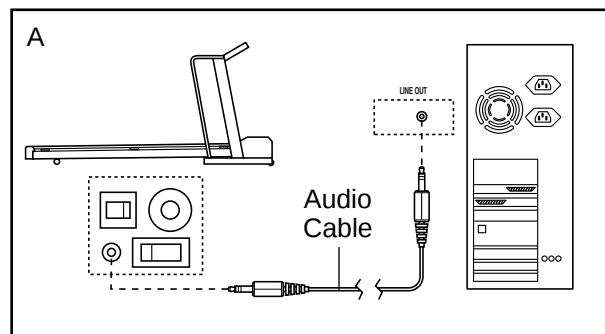
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the RCA Y-adaptor. Plug the RCA Y-adaptor into the **LINE OUT** jack on your stereo.



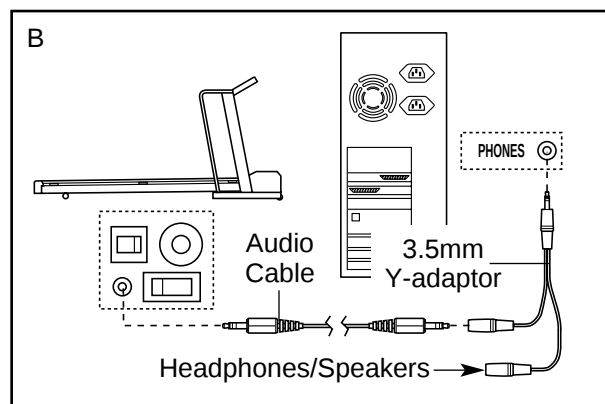
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm **LINE OUT** jack, see instruction A. If your computer has only a **PHONES** jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



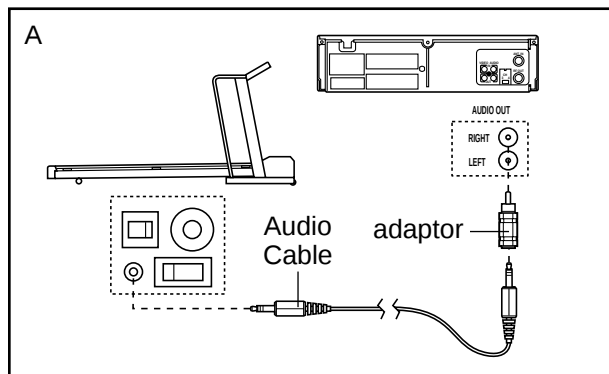
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adaptor.



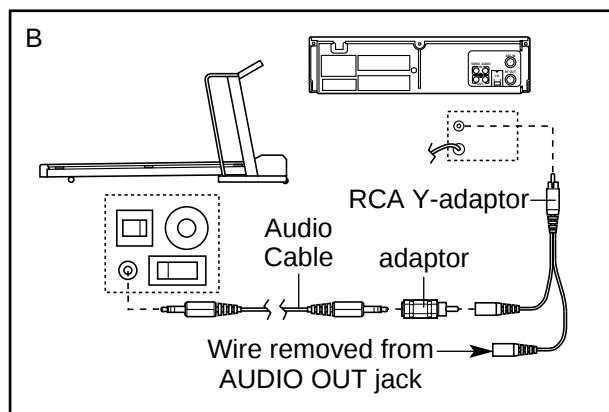
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 17.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA Y-adaptor. Plug the RCA Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.com CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on page 16. **Note:** To purchase iFIT.com CD's or videocassettes, please call our Customer Service Department at 0345-089009.

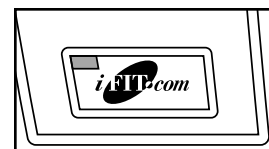
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To use an iFIT.com CD or video program, press the iFIT.com button or press the Select Program button repeatedly until the indicator on the iFIT.com button lights.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Laps display is flashing, press the Start button or the Speed Δ button on the console. The treadmill will not respond to a CD or video program when the Time/Laps display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Laps display will begin to flash. To restart the program, press the Start Program button or the Speed Δ button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.** The program can also be stopped by pressing the Stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the Time/Laps display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 18.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:

- **make sure that the iFIT.com indicator is lit and that the Time/Laps display is not flashing. If the Time/Laps display is flashing, press the Start button or the Speed Δ button on the console**
- **adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals**
- **make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord**
- **if you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 Follow your progress with the LED track and the displays.

See step 5 on page 11.

6 Measure your heart rate, if desired.

Refer to step 6 on page 12.

7 When the program is completed, remove the key.

Step onto the foot rails and make sure that the incline of the treadmill is at 1%. **The incline must be at 1% when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at www.iFIT.com allows you to access a selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet.

To use programs from our internet site, the treadmill must be connected to your home computer. See **HOW TO CONNECT YOUR COMPUTER** on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

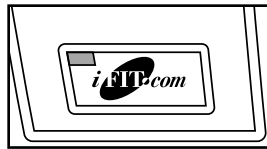
Follow the steps below to use a program from our internet site.

1 Insert the key fully into the console.

See **GETTING STARTED** on page 10.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To use a program from our internet site, press the iFIT.com button or press the Select Program button repeatedly until the indicator on the iFIT.com button lights.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our internet site at www.iFIT.com.

5 Follow the desired links on our internet site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the key onto the waistband of your clothing.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change.

CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Laps display will begin to flash. To restart the program, press the Start Program button or the Speed Δ button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time/Laps display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time/Laps display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the LED track and the displays.

See step 5 on page 11.

9 When the program has ended, remove the key.

Step onto the foot rails and make sure that the incline of the treadmill is at 1%. Next, remove the key from the console and put it in a secure place.

Note: If the displays and indicators on the console remain lit after the key is removed, refer to page 21 and turn off the demo mode.

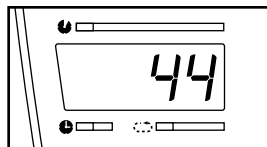
When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

THE INFORMATION MODE/DEMO MODE

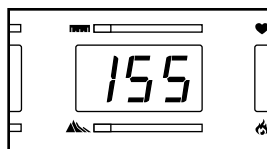
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometres per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button whilst inserting the key into the console. When the information mode is selected, the following information will be shown:

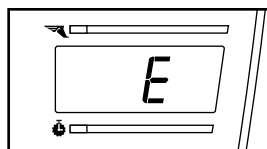
The Time/Laps display will show the total number of hours that the treadmill has been used.



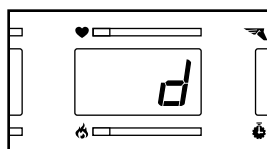
The Distance/Incline display will show the total number of miles that the walking belt has moved.



An "E," for English miles, or an "M," for metric kilometres, will appear in the Speed/Pace display. Press the Speed Δ button to change the unit of measurement.



IMPORTANT: The Heart Rate/Calories display should be blank. If a "d" appears in the display, the console is in the "demo" mode.

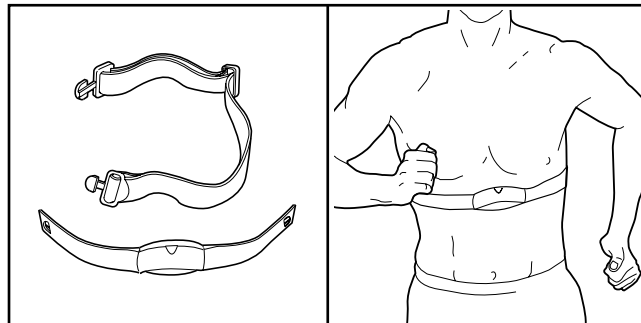


This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Heart Rate/Calories display when the information mode is selected, press the Speed ∇ button so the Heart Rate/Calories display is blank.**

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

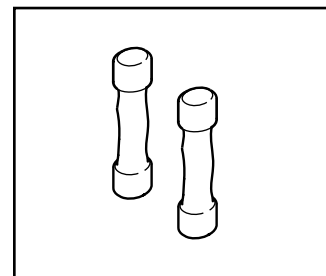
THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, please call our Customer Service Department at 0345-089009.**



OPTIONAL HAND WEIGHTS

Optional hand weights let you exercise your upper body whilst you walk on the treadmill. The hand weights fit into convenient holders in the console. **To purchase hand weights, please call our Customer Service Department at 0345-089009.**

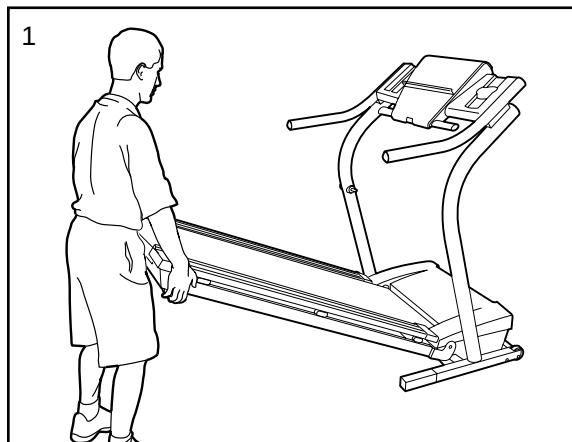


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

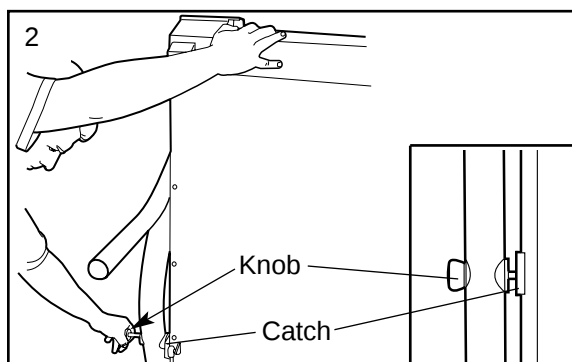
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the catch. Insert the latch pin into the catch. **Make sure that the latch pin is fully inserted into the catch.**

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 29° Celsius.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is inserted into the slot in the catch.**

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the front 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 whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the lock knob. Note: You may need to push the handrail to the side slightly.
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

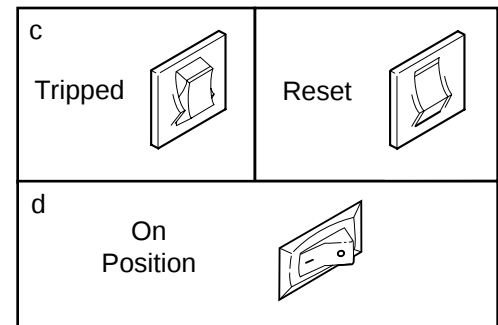
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) If an extension cord is needed, use only a conductor, 14-gauge (1mm²) cord that is no longer than 1.5 meters. Important: The treadmill is not compatible with CFCI-equipped outlets.

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

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

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

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

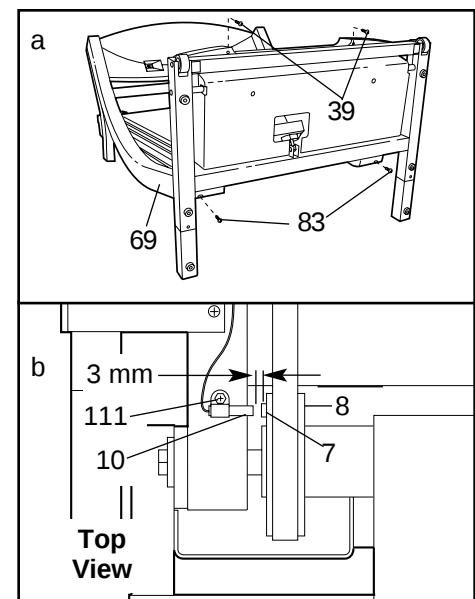
d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **unplug the power cord**. Carefully tip the treadmill down as shown in drawing a. Remove the Screws (39, 83) from the hood. Raise the Uprights (69) and carefully remove the hood.

b. Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). 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 3 mm.** If necessary, loosen the 3/4" Screw (111) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



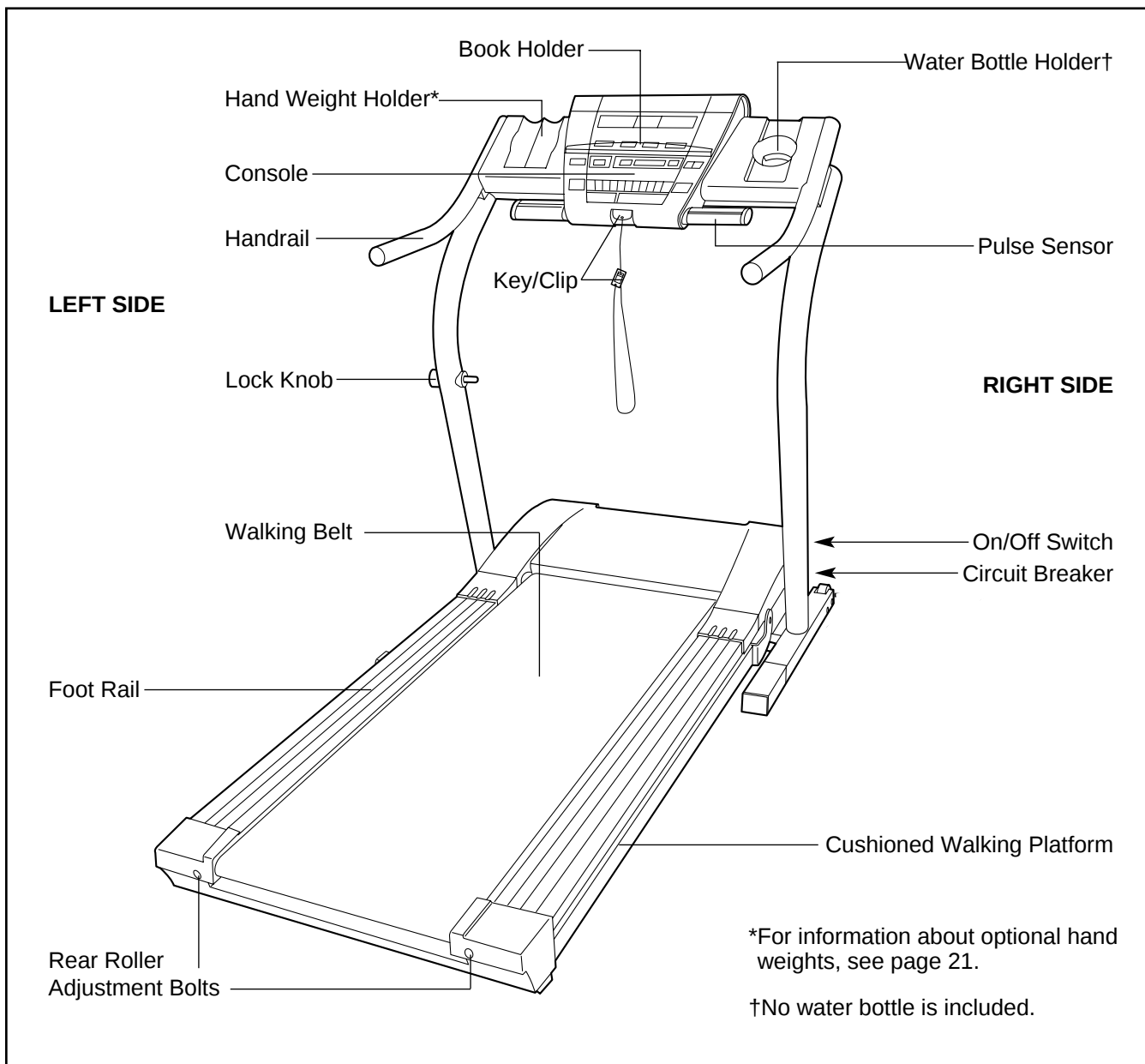
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® EXP1000 treadmill. The EXP1000 treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience of your home. And when you're not exercising, the unique EXP1000 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 additional questions,

please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is NETL09900. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body

uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Exercise Frequency

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

The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NETL09900

R0800A

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	52	1	Walking Platform
2	2	Foot Rail	53	6	Platform Screw
3	2	Foot Rail Cap Screw	54	4	Rear Platform Screw
4	1	Left Foot Rail Cap	55	2	Rear Isolator
5	2	Frame Pivot Bolt	56	14	Ground Screw/ Controller Screw
6	2	Frame Pivot Spacer	57	1	Ground Wire
7	1	Magnet	58	1	Rear Endcap
8	1	Front Roller/Pulley	59	2	Rear Roller Adj. Bolt
9	8	Frame Pivot Nut	60	1	Latch Warning Decal
10	1	Reed Switch/Sensor Wire	61	1	Allen Wrench
11	4	U-Nut	62	1	Rear Roller
12	1	Reed Switch Clip	63**	1	Optional Chest Pulse Strap
13	1	Lift Frame	64**	1	Optional Chest Pulse
14	4	Star Washer	65	2	Handrail Spacer
15*	1	Motor Assembly	66	1	Handrail
16	1	Motor	67	2	Endcap Clip
17	1	Pulley/Flywheel/Fan	68	1	Lock Knob
18	1	Motor Belt	69	1	Upright
19	1	Motor Pivot Nut	70	1	Lock Knob Sleeve
20	1	Motor Controller Wire	71	1	Spring
21	1	Motor Tension Bolt	72	1	Lock Pin Collar
22	1	Motor Pivot Bolt	73	1	Pin Clip
23	1	Hood	74	1	Lock Pin
24	2	Incline Motor Bolt	75	4	Handrail Bushing
25	4	Plastic Stand-Off	76	1	Pulse Grip
26	1	Power Board w/Clips	77	4	Handrail Washer
27	4	Electronics Screw	78	4	Handrail Bolt
28	1	Choke	79	2	Upright Endcap
29	1	Controller	80*	1	Latch Assembly
30	1	Electronics Plate	81	1	Console Base
31	1	8" Wire Harness	82	1	Console
32	1	Front Roller Adj. Bolt	83	2	Console Screw/Belly Pan Screw
33	2	2" Console Screw	84	1	Key/Clip
34	3	Roller Washer	85	1	15' iFIT.com Wire
35	1	Front Roller Nut	86	1	Jack
36	1	Incline Motor	87	2	Handrail Endcap
37	1	Incline Motor Stop	88	1	Console Back
38	1	Belly Pan	89	1	Releaseable Tie
39	2	Belly Pan Screw (Long)	90	10	1" Console Screw
40	2	Static Decal	91	3	Cable Tie Clamp
41	1	Circuit Breaker	92	5	8" Cable Tie
42	1	Receptacle	93	2	Lift Pivot Bolt
43	1	On/Off Switch	94	2	Wheel Bolt
44	1	Left Endcap Insert	95	2	Wheel
45	4	Belt Guide Screw	96	1	Right Endcap Insert
46	1	Belt Guide	97	3	Grommet
47	4	Isolator	98	1	Upright Wire Harness
48	1	40" Reed Switch Wire	99	4	Base Pad
49	16	Fastener	100	13	Screw
50	1	Belly Pan	101	1	Motor Washer
51	1	Right Foot Rail Cap	102	2	Extension Leg

Key No.	Qty.	Description
103	2	Extension Cap
104	2	Incline Warning Decal
105	1	Shock
106*	1	Extension Leg Assembly
107	2	1 3/4" Console Screw
108	1	Book Holder
109	1	Power Cord Set
110	1	Frame
111	8	3/4" Screw
112	1	Catch
113	1	12" Audio Wire
114	1	Walking Belt
115	1	15" Wire Harness
116	1	20" Wire Harness
117	1	Lock Knob Spacer
118**	2	Hand Weights
119	1	Grounding Screw
120	1	Grounding Star Washer
121	3	Nylon Washer
122	1	Grounding Nut
123	1	Plate

Key No.	Qty.	Description
124	1	Incline Spacer
125	1	Motor Pivot Sleeve
126	2	Motor Pivot Bushing
127	2	3/4X3" Spacer
128	1	Filter
129	1	Photo Sensor Switch
130	1	Chest Pulse Wire
#	1	8" White Wire, 2F
#	1	14" Blue Wire, 2F
#	1	4" Blue Wire, 2F
#	1	4" Black Wire, 2F
#	1	8" Green Wire, F/Ring
#	2	Thick Base Pad
#	1	User's Manual

* Includes all parts shown in box

**For information about the optional chest pulse sensor and hand weights, see page 21

These parts are not illustrated

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code:

0345-089009

Fax: 0113-2411120

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

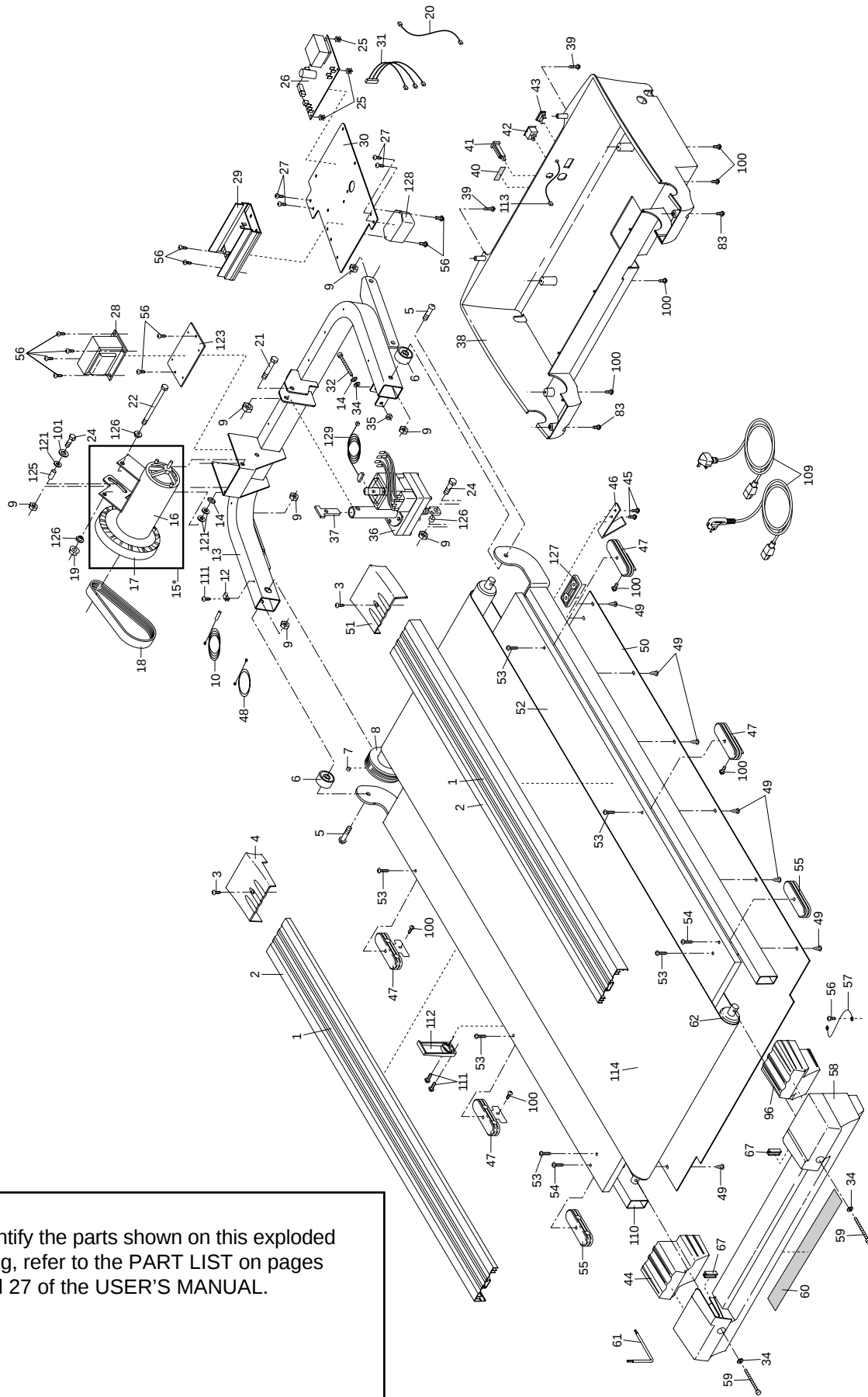
- The MODEL NUMBER OF THE PRODUCT (NETL09900)
- The NAME OF THE PRODUCT (NordicTrack® EXP1000 treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 26 and 27 and the EXPLODED DRAWING attached in the centre of this manual).

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

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

EXPLODED DRAWING—Model No. NETL09900

R0800A



To identify the parts shown on this exploded drawing, refer to the PART LIST on pages 26 and 27 of the USER'S MANUAL.

EXPLODED DRAWING—Model No. NETL09900

R0800A

