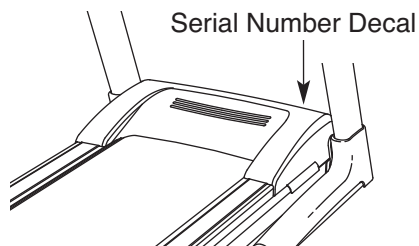




Model No. NETL19807.3

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

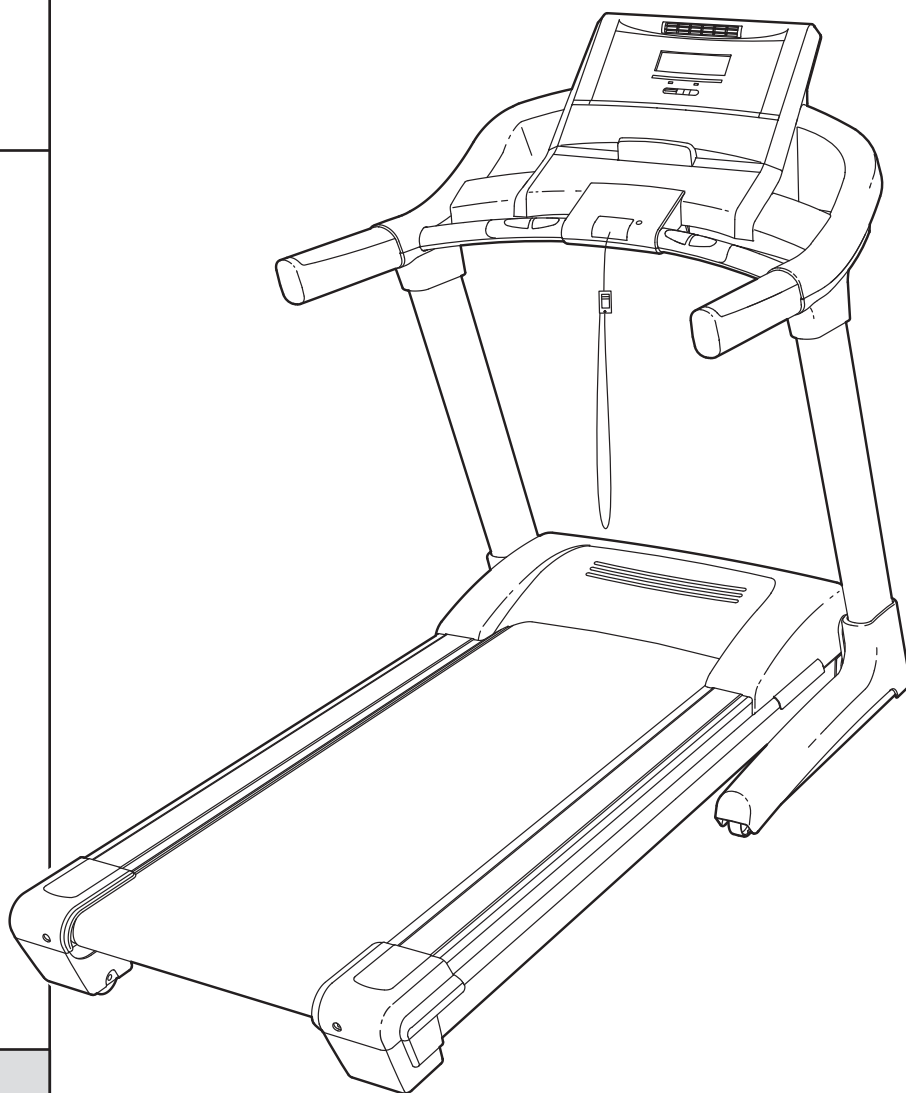
UK

AUSTRALIA

Call: 1-800-237-173

E-mail:

australiacc@iconfitness.com



CAUTION

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

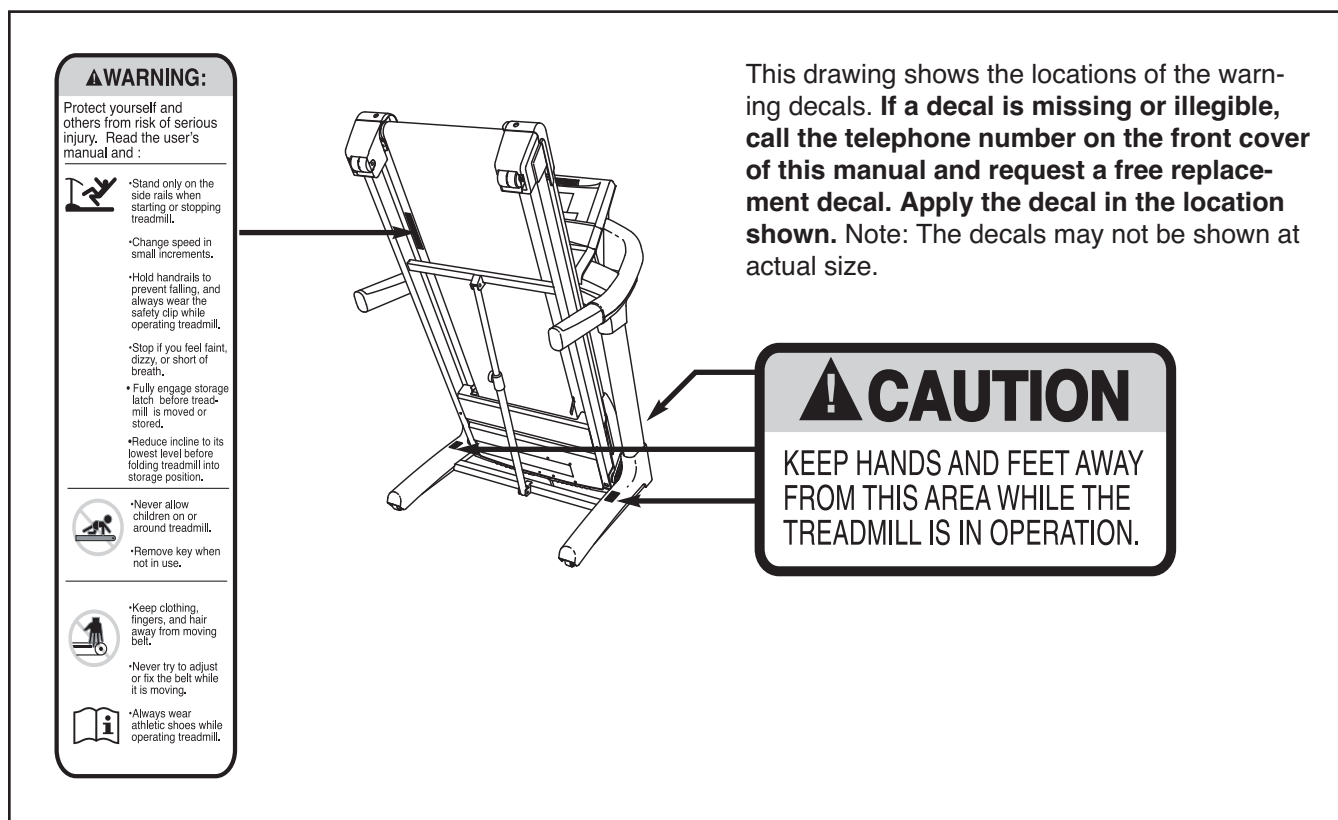
www.iconeurope.com

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

WARNING DECAL PLACEMENT



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 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 a surface that blocks any 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 350 lbs. (159 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 16), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).
13. Keep the power cord away from heated surfaces.
14. 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 26 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. 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.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

20. 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 24.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert or drop any object into any opening on the treadmill.
25. **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.
26. The treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.
27. 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

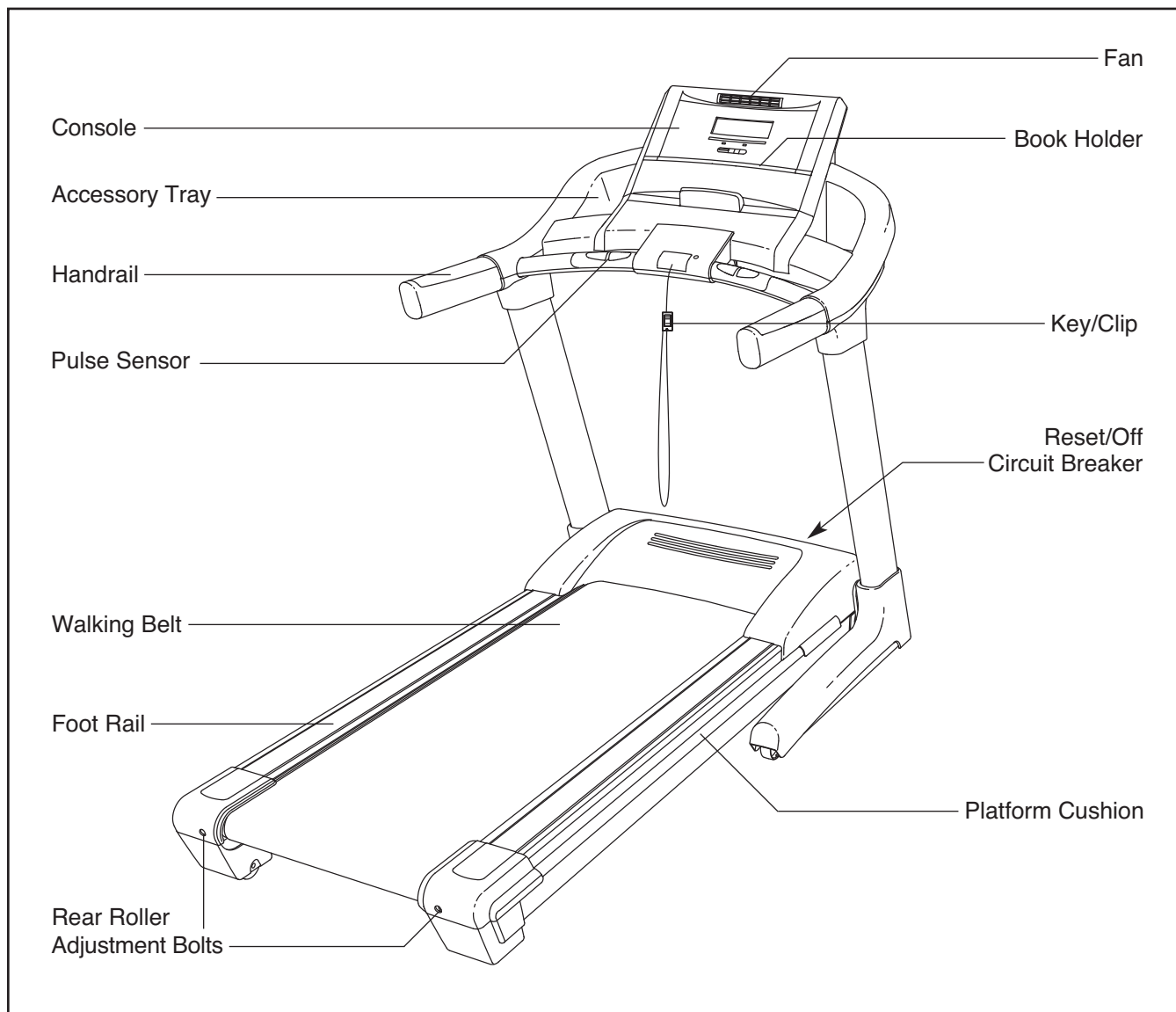
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® C4000 treadmill. The C4000 treadmill offers an impressive 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-

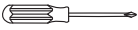
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

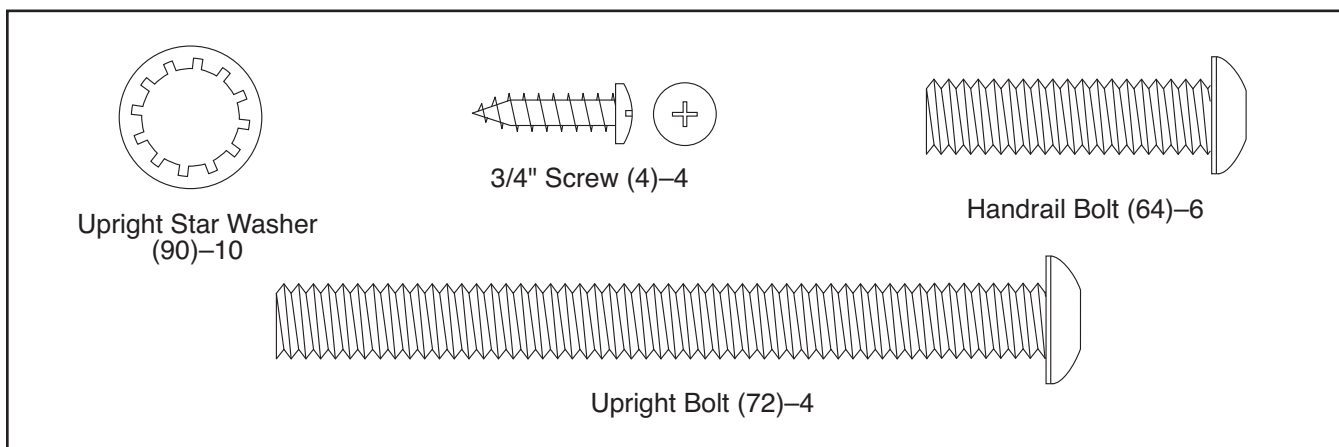


ASSEMBLY

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.

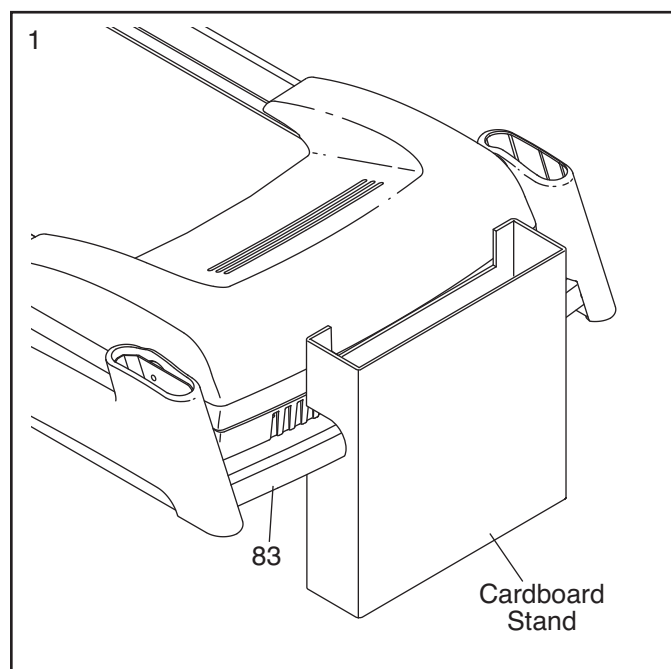
Assembly requires the included hex key  and your own Phillips screwdriver .

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: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic 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, lift the front of the treadmill and insert the crossbar on the Base (83) into the cutout in the cardboard stand as shown at the right. **Have the second person securely hold the cardboard stand and the treadmill until assembly step 2 is completed to prevent the treadmill from falling or moving forward or backward.**



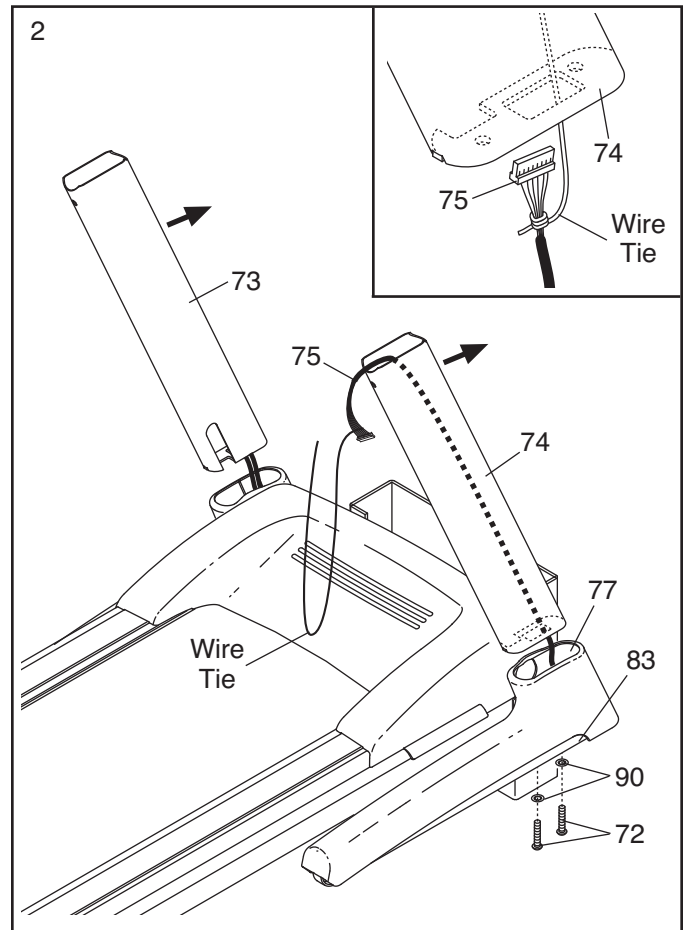
2. Identify the Left Upright (73) and the Right Upright (74). **See the inset drawing.** Tie the wire tie in the Right Upright securely around the end of the Upright Wire Harness (75). With the help of a second person, hold the Right Upright near the Right Base Cover (77). Then, pull the other end of the wire tie up through the bottom of the Right Upright until the Upright Wire Harness is routed completely through the Right Upright.

Gently pull up on the Upright Wire Harness (75) as you set the Right Upright (74) on the Base (83) inside the Right Base Cover (77). **Be careful not to pinch the Upright Wire Harness.**

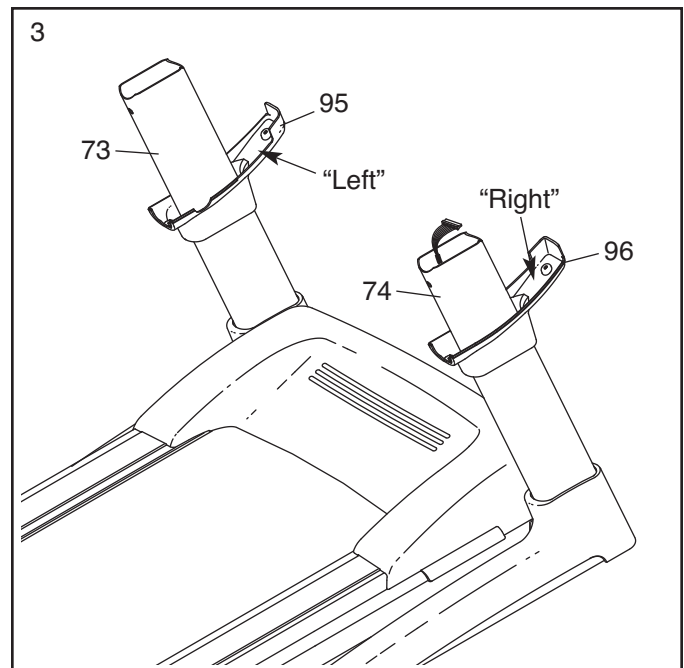
Attach the Right Upright (74) to the Base (83) with two Upright Bolts (72) and two Upright Star Washers (90). Note: It may be necessary to tip the top of the Right Upright forward slightly as you thread the Upright Bolts into the Right Upright. **Do not tighten the Bolts yet.**

Attach the Left Upright (73) to the Base (83) in the same way. Note: There are no wires on the left side.

With the help of a second person, lower the treadmill off the cardboard stand. Save the cardboard stand for step 7.



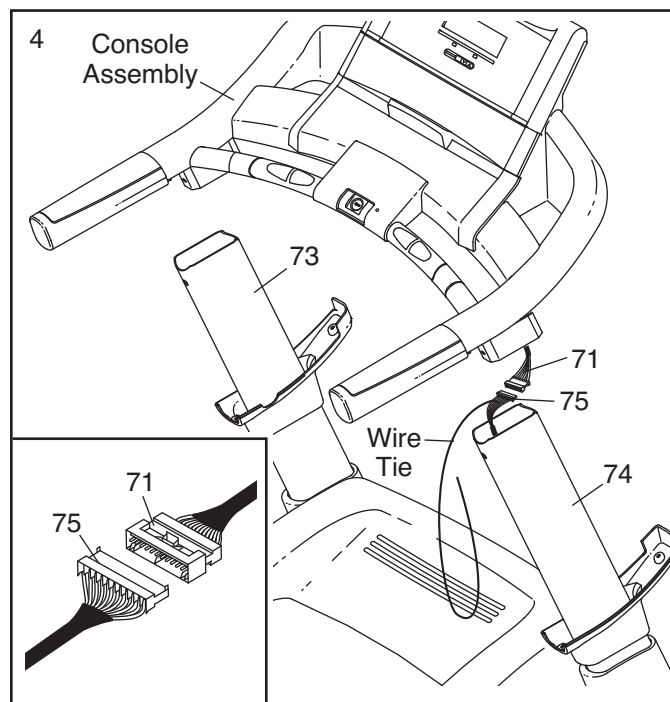
3. Identify the Right Upright Sleeve (96) and the Left Upright Sleeve (95). Slide the Right Upright Sleeve onto the Right Upright (74) and the Left Upright Sleeve onto the Left Upright (73).



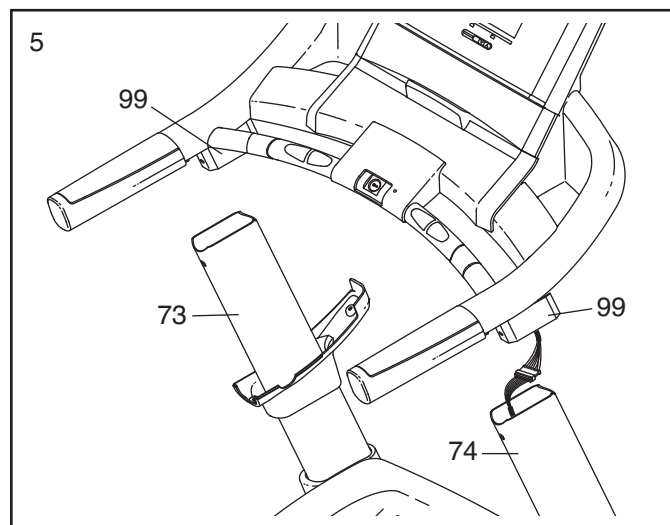
4. With the help of a second person, hold the console assembly near the Uprights (73, 74).

Connect the Upright Wire Harness (75) to the Console Wire Harness (71). **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.**

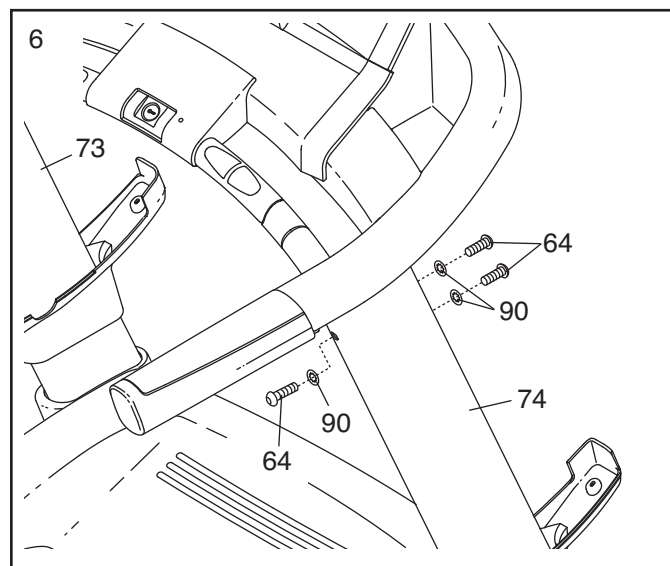
Remove the wire tie from the Upright Wire Harness (75).



5. Insert the brackets on the Handrails (99) into the Right Upright (74) and the Left Upright (73). **Make sure that no wires are pinched.**

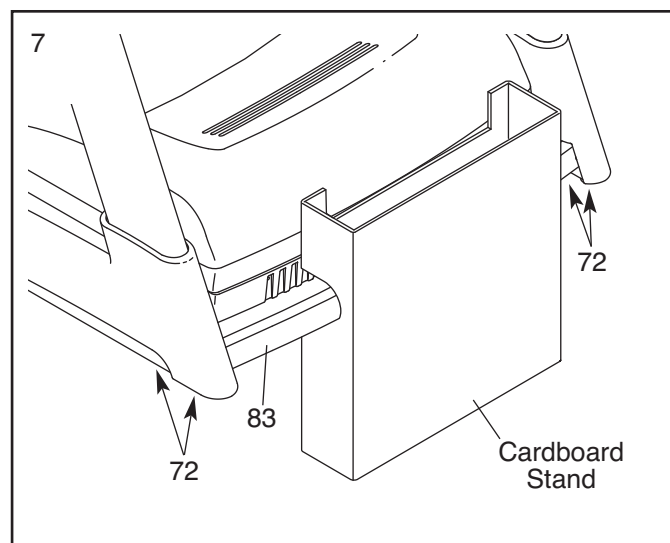


6. Partially tighten three Handrail Bolts (64) with three Upright Star Washers (90) into the Right Upright (74). Next, partially tighten three Handrail Bolts with three Upright Star Washers (not shown) into the Left Upright (73). **Then, firmly tighten all six Handrail Bolts.**



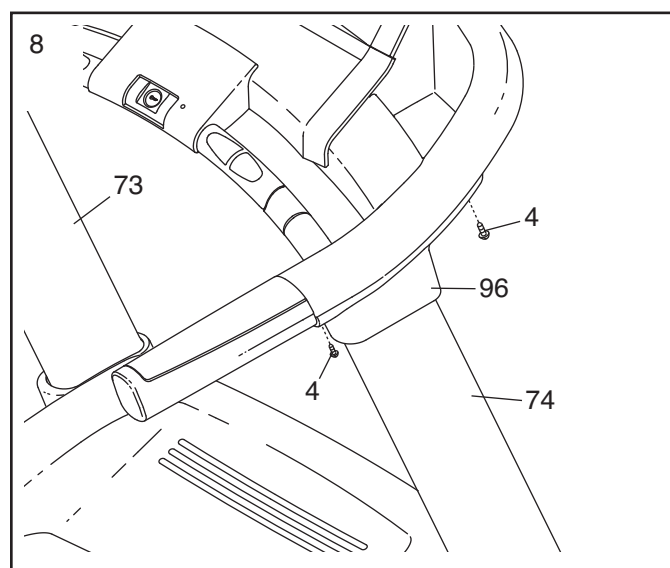
7. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (83) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

Firmly tighten the four Upright Bolts (72). With the help of a second person, lower the treadmill off the cardboard stand.



8. Slide the Right Upright Sleeve (96) against the console assembly. Attach the Right Upright Sleeve with two 3/4" Screws (4).

Attach the Left Upright Sleeve (not shown) to the Left Upright (73) in the same way.

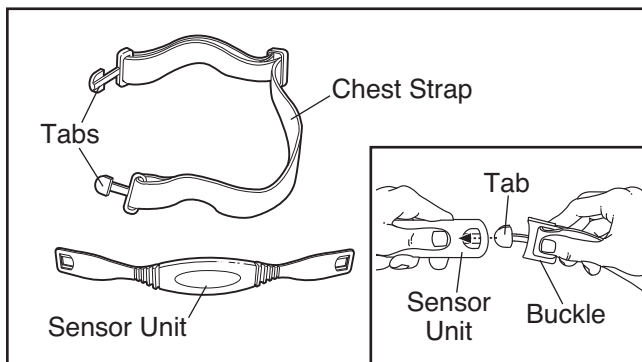


9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 27). **To protect the floor or carpet from damage, place a mat under the treadmill.**

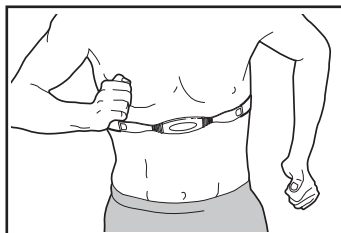
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse



sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (120° F) or below -10° C (15° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

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 deteriorate the walking belt and cause excessive wear.**

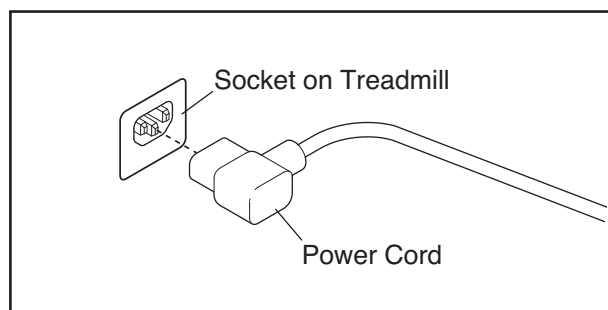
HOW TO PLUG IN THE POWER CORD

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 power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

⚠ 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.

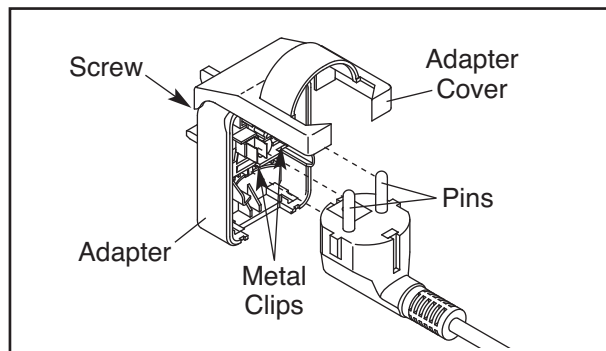
Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the treadmill.

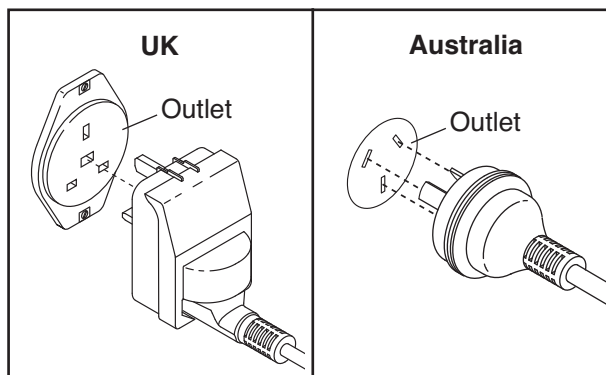


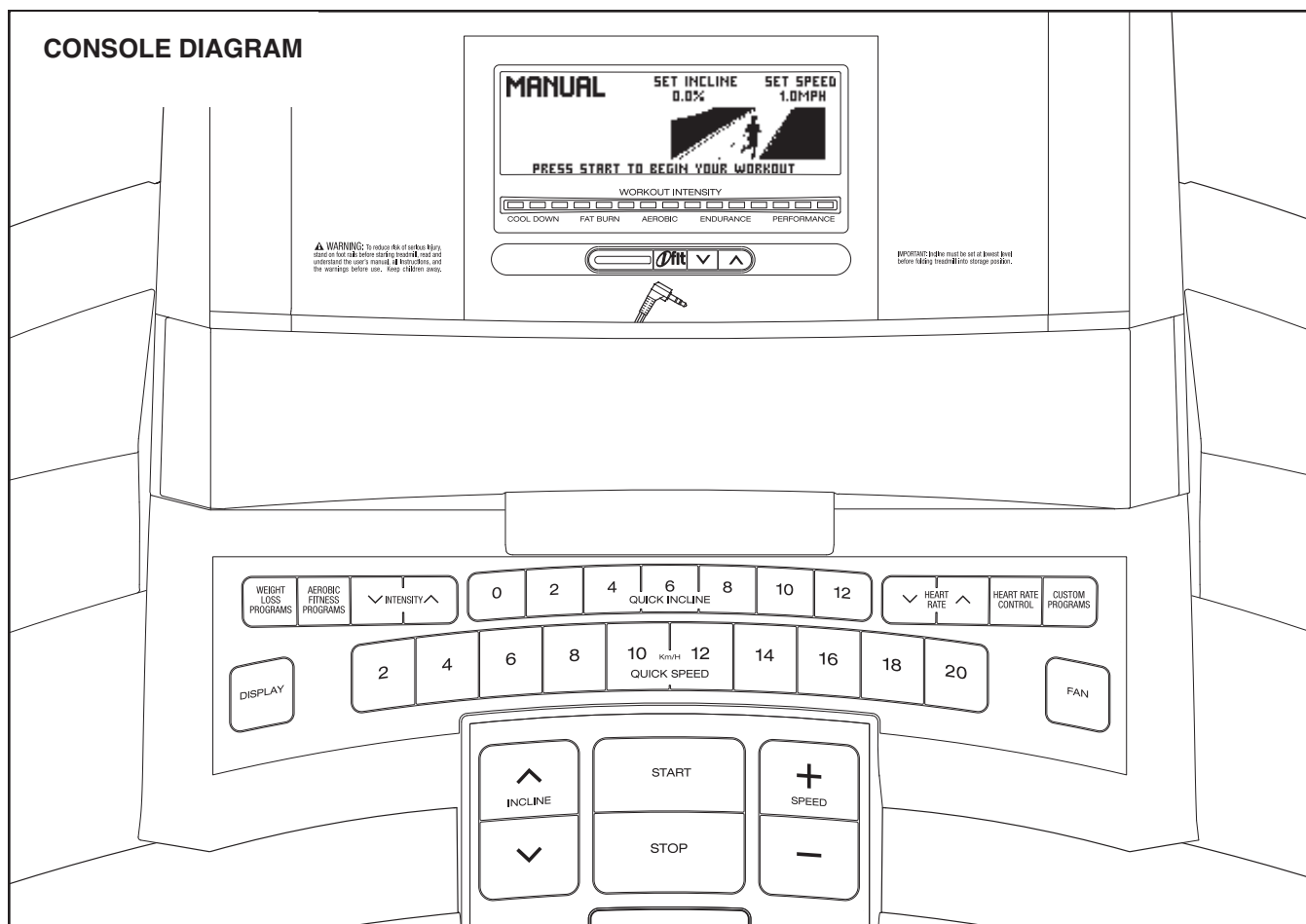
2. If you are plugging in the power cord in Australia, go to step 3.

If you are plugging in the power cord in the UK, first press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the screw is tightened into the adapter cover.** Then, go to step 3.



3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.





FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed 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 or the chest pulse sensor.

In addition, the console features twenty-four preset programs—twelve weight loss programs and twelve aerobic fitness programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom programs and save them for future use. The console also offers four pulse programs that control the speed and incline of the treadmill to help you keep your heart rate near target heart rate settings.

The console also features the new iFit interactive workout system. The iFit system enables the console to ac-

cept iFit interactive workout cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss program, or train for a long-distance run with the Marathon program. iFit programs automatically control the treadmill while the voice of a personal trainer coaches you and motivates you through every step of your workout. iFit cards are available separately. **To purchase iFit cards at any time, call the telephone number on the front cover of this manual.**

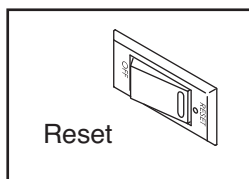
You can even listen to your favorite workout music or audio books with the console's premium sound system while you get in shape.

To turn on the power, see page 13. To personalize console settings, see page 13. To use the manual mode, see page 15. To use a preset program, see page 17. To create and use a custom program, see pages 19 and 20. To use a pulse program, see page 21. To use the sound system, see page 22. To use an iFit card, see page 23.

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, the console displays or other electrical components may become damaged.

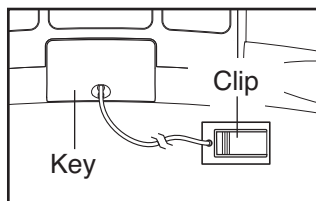
Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



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 switch the circuit breaker to 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 step 1 at the right 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 at the right) 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.



IMPORTANT: If there are sheets of clear plastic on 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 27).

Note: The console can display speed and distance in either kilometers or miles. To find out which unit of measurement is selected or to change the unit of measurement, see step 1 at the right. Note: For simplicity, all instructions in this section refer to kilometers.

HOW TO PERSONALIZE CONSOLE SETTINGS

The console features a settings mode that allows you to view your workout history, select a system of measurement for the console, turn on and turn off the demo mode, enter an audio trainer setting, adjust the volume and contrast settings of the console, and turn on and turn off the welcome screen.

Follow the steps below to personalize console settings.

1. Select the settings mode.

To select the settings mode, first remove the key from the console. Then, hold down the Stop button while reinserting the key into the console.

When the settings mode is selected, the top of the display will show the total number of hours that the treadmill has been used and the total number of kilometers or miles that the walking belt has moved.

Below the workout history, the display will show the word ENGLISH or METRIC to indicate which system of measurement is selected. To change the system of measurement, first highlight UNITS by pressing the Heart Rate increase or decrease button, and press the Heart Rate Control button. Next, press the Heart Rate increase or decrease button to select the desired system of measurement. Then, press the Heart Rate Control button.

The display will also show the words DEMO MODE and the current setting: OFF, LOGO, ROAD, or PROGRAMS. The "demo mode" can be used while the treadmill is displayed in a store. While the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the display will remain on. The console buttons will not function. To select a demo mode, highlight DEMO MODE and then press the Heart Rate Control button. Next, press the Heart Rate increase or decrease button to highlight OFF (to turn off the demo mode), VISUAL EQ (to display visual equalizer), ROAD (to display an animation of a runner on a road), or PROGRAMS (to display previews of various programs). Then, press the Heart Rate Control button.

You can select an audio setting if desired. When you use an iFit card, a personal trainer will guide you through your workouts and instruct you how to purchase more iFit cards if "Instruction" is selected as your audio setting. If you select the "On" setting, your personal trainer will simply guide you through your iFit workouts. If you select "Off," you will hear no audio guidance during your workouts. To change the audio setting, first highlight AUDIO TRAINER and press the Heart Rate Control button. Next, press the Heart Rate increase or decrease button to select the desired audio setting. Then, press the Heart Rate Control button.

You can adjust the volume of your personal trainer's voice by highlighting VOLUME, pressing the Heart Rate Control button, and then pressing the Heart Rate increase and decrease buttons to select a volume setting. Then, press the Heart Rate Control button.

The contrast of the display can also be adjusted. To adjust the contrast of the display, first highlight

CONTRAST and press the Heart Rate Control button. Next, press the Heart Rate increase and decrease buttons to select a contrast setting. Then, press the Heart Rate Control button.

You can also select an equalizer setting to optimize the sound of your personal music. Choose among DEFAULT, CLASSIC, COUNTRY, TECHNO, or ROCK. To select an equalizer setting, first highlight EQUALIZER and press the Heart Rate Control button. Next, press the Heart Rate increase and decrease buttons to select an equalizer setting. Then, press the Heart Rate Control button.

2. When you are finished using the settings mode, remove the key.

To exit the settings mode at any time, remove the key from the console.

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

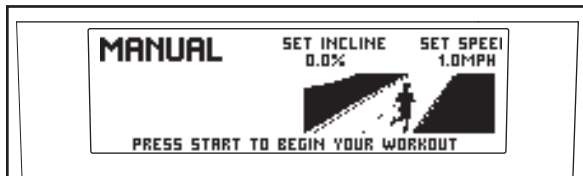
See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a program, press any of the program buttons repeatedly until the word **MANUAL** appears in the display. Note: Make sure that an iFit card is not inserted into the iFit slot.

4. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button next to the Start button, or one of the numbered Quick Speed buttons.



If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons next to the Start button. Each time a button is pressed, the speed setting will change by 0.1 Km/H; if a button is held down, the speed setting will change in increments of 0.5 Km/H. If one of the numbered Quick Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop 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 Quick Speed buttons.

5. Change the incline of the treadmill as desired.

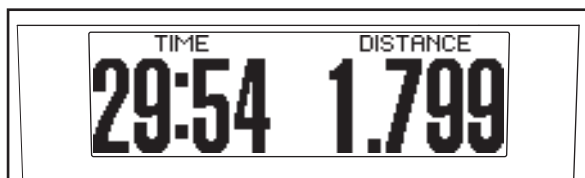
To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered Quick Incline buttons. Each time one of the buttons is pressed, the incline will gradually increase until it reaches the selected incline setting.

6. Select a display mode and monitor your progress with the display and the intensity level bar.

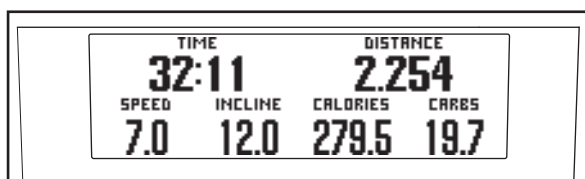
As you walk or run on the treadmill, the display can show the following workout information:

- The elapsed time.
- The distance that you have walked or run.
- The speed of the walking belt.
- The incline level of the treadmill.
- The approximate number of calories you have burned.
- Your walking or running pace, in minutes per mile or minutes per kilometer.
- A visual equalizer.
- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor or the chest pulse sensor.
- In addition, the display can show a “workout history”—a profile that represents the speed settings that you select during your workout. At the beginning of each minute of your workout, an additional column will appear in the profile; as you increase or decrease the speed setting, the height of the column will increase or decrease.
- The display can also show an animation of a runner on a road. As you increase or decrease the speed setting, the runner will speed up or slow down.

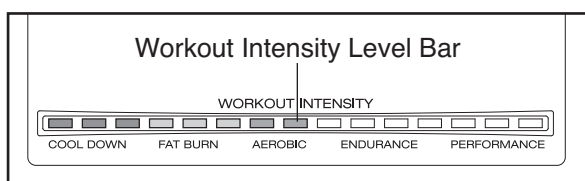
When the manual mode is selected, the console offers eight display modes. The display mode that you select will determine which workout information is shown. For example, the first display mode shows only the elapsed time and the distance that you have walked or run. Press the Display button repeatedly to select the desired display mode.



Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting. In addition, your heart rate will appear in the display for up to 40 seconds each time you use the handgrip pulse sensor or put on the chest pulse sensor. Note: If you select the display mode shown below, your heart rate will be shown in place of the approximate exercise pace.



As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise. For example, if eight of the indicators in the bar are lit, the bar shows that your intensity level is ideal for aerobic exercise.

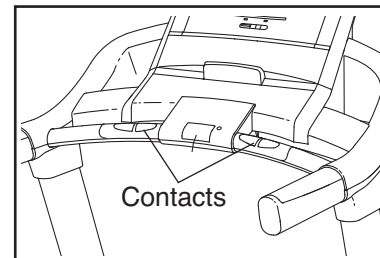


To reset the console, press the Stop button, remove the key, and then reinsert the key.

7. Measure your heart rate if desired.

You can measure your heart rate using either the chest pulse sensor (see page 10) or the handgrip pulse sensor. Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the display will not show your heart rate accurately.

To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the handgrip pulse sensor.



Next, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, your heart rate will appear in the display. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. Turn on the fan if desired.

The fan features low and high speed settings. 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 or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to 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 PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select a preset program.

To select a preset program, press the Weight Loss Programs button or the Aerobic Fitness Programs button repeatedly.

When a preset program is selected, the display will show the name of the program, the program time, the maximum incline setting of the program, and the maximum speed setting. In addition, a profile of the speed settings of the program will appear in the display.

Each preset program is divided into 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

4. Press the Start button to start the program.

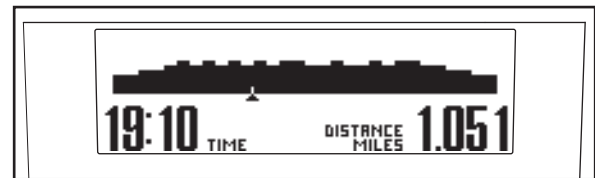
A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

5. Select a display mode and monitor your progress with the display.

When a preset program is selected, the console offers three display modes. Press the Display but-

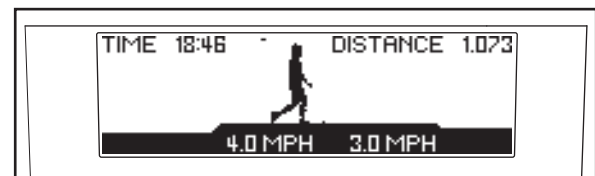
ton repeatedly to select the desired display mode. **If the first or second display mode is selected,** a profile of the speed settings of the program will appear in the display. A small arrow below the profile will indicate your progress.

At the end of the first one-minute segment of the program, a series of tones will sound. If a different speed setting and/or incline setting is programmed for the second segment, the speed setting and/or incline setting will appear at the top of the display for a moment to alert you. The treadmill will then automatically adjust to the speed and incline settings for the second segment.



The program will continue in this way until the small arrow reaches the right end of the profile. The walking belt will then slow to a stop.

If the third display mode is selected, the display will show an animation of a runner.



At the end of the first one-minute segment of the program, a series of tones will sound. If a different speed setting is programmed for the second segment, the speed setting will move along the bottom of the display to alert you. If a different incline setting is programmed, the incline setting will appear at the top of the display for a moment. The treadmill will then automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until 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 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 change the intensity level of the entire program, press the Intensity increase and decrease buttons.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 2 Km/H. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. Measure your heart rate if desired.

See step 7 on page 16.

7. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO CREATE A CUSTOM PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select a custom program.

To select a custom program, press the Custom Programs button once or twice.

If the custom program has not yet been defined, the display will show a program time of three minutes. If the program time is more than three minutes, see HOW TO USE A CUSTOM PROGRAM on page 20.

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

4. Press the Start button to start the program.

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

5. Select a display mode and program the desired speed and incline settings.

When a custom program is selected, the console offers three display modes. Press the Display button repeatedly to select the desired display mode.

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

When the first segment ends, a series of tones will sound and the current speed setting and the current incline setting 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 30 segments.

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

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

See step 9 on page 16.

HOW TO USE A CUSTOM PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select a custom program.

To select a custom program, press the Custom Programs button once or twice.

When a custom program is selected, the display will show the name of the program, the program time, the maximum incline setting of the program, and the maximum speed setting. In addition, a profile of the speed settings of the program will appear in the display.

Note: If the display shows a program time of three minutes, see HOW TO CREATE A CUSTOM PROGRAM on page 19.

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

4. Press the Start button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

5. Select a display mode and monitor your progress with the display.

The custom program will function in the same way as a preset program (see step 5 on pages 17 and 18).

If desired, you can redefine the program while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline buttons or the Intensity buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program ends. Then, press the Start button and program speed and incline settings for as many additional segments as desired; custom programs can have up to 30 segments. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program ends.

6. Measure your heart rate if desired.

See step 7 on page 16.

7. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO USE A PULSE PROGRAM

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a pulse program.

1. Put on the chest pulse sensor.

Note: You must wear the chest pulse sensor to use a pulse program (see page 10 for information about using the chest pulse sensor).

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

3. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

4. Select a pulse program.

To select a pulse program, press the Heart Rate Control button repeatedly.



When a pulse program is selected, the display will show the name of the program and the maximum target heart rate setting of the program. In addition, a profile of the target heart rate settings of the program will appear in the display.

The pulse programs are each divided into one-minute segments. During the first pulse program, the same target heart rate setting is programmed for all segments (except for the first two segments). During the second, third, or fourth pulse program, one target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

5. Adjust the maximum target heart rate setting if desired.

To adjust the maximum target heart rate setting, press the Heart Rate increase and decrease buttons (see EXERCISE INTENSITY on page 29). To adjust the target heart rate setting quickly, hold down one of the buttons.

6. Press the Start button to start the program.

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

7. Select a display mode and monitor your progress with the display.

When a pulse program is selected, the console offers two display modes. Press the Display button to select the desired display mode.



Regardless of which display mode you select, a profile of the target heart rate settings of the program will appear in the display. A white line representing your heartbeat will also appear; each time a heartbeat is detected, an additional peak will appear in the line. A small arrow below the profile will indicate your progress.

During each one-minute segment of the program, the console will compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt or the incline of the treadmill will automatically change to bring your heart rate closer to the target heart rate setting. Each time the speed or incline changes, the speed setting and the incline setting will appear at the top of the display for a moment to alert you.

When each segment ends, a series of tones will sound.

If the speed or incline setting for the current segment is too high or too low, you can override the setting by pressing the Speed or Incline buttons; however, when the console compares your heart rate to the current target heart rate setting, the speed or incline of the treadmill may automatically change.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 2 Km/H. When the console compares your heart rate to the current target heart rate setting, the speed or incline of the treadmill may automatically change.

If the first pulse program is selected, the program will continue until you stop it by pressing the Stop button. If the second, third, or fourth pulse program is selected, the program will continue until the small arrow reaches the right end of the profile. The walking belt will then slow to a stop.

8. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system, you must connect your MP3 player, CD player, or personal audio player to the console. Locate the audio jack below the display on the console, and plug it into a jack on your MP3 player, CD player, or personal audio player. **Make sure that the audio cable is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or personal audio player. Then, adjust the volume on your MP3 player, CD player, or personal audio player.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO USE AN IFIT CARD

1. Insert the key into the console.

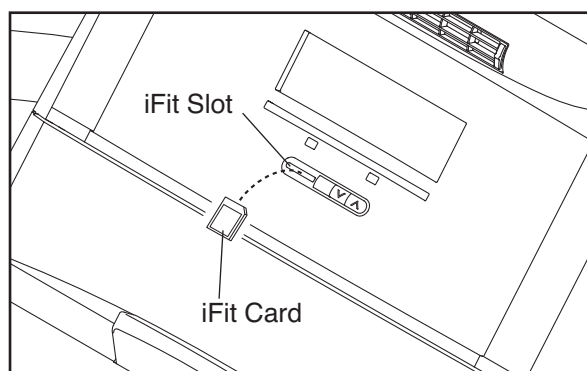
See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

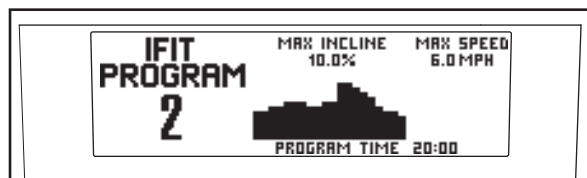
See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Insert an iFit card and select a program.

To use an iFit program, 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 program by pressing the iFit increase or decrease button. When an iFit program is selected, the display will show the name of the program, the maximum incline setting and the maximum speed setting of the program, and the program time. In addition, a profile of the speed settings of the program will appear in the display.



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

4. Press the Start button to start the program.

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

5. Select a display mode and monitor your progress with the display and the intensity level bar.

When an iFit program is selected, the console offers three display modes (see step 6 on page 15). Press the Display button repeatedly to select the desired display mode. **If the first or second display mode is selected**, a profile of the speed settings of the program will appear in the display. A small arrow below the profile will indicate your progress.

During the program, the voice of a personal trainer will guide you through the workout. You can adjust the volume or select an audio setting for your personal trainer (see HOW TO PERSONALIZE CONSOLE SETTINGS on pages 13 and 14).

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

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

6. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

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

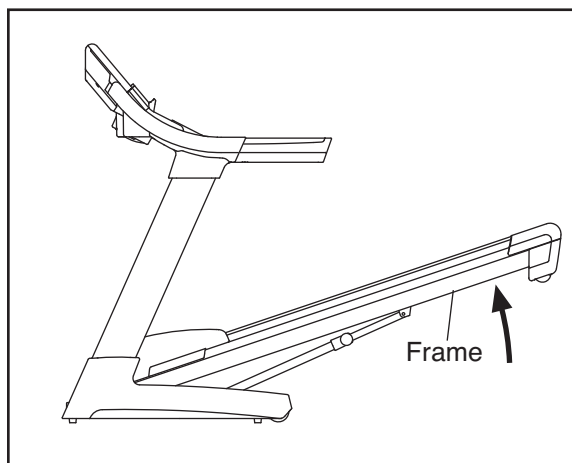
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill. Remove the key and unplug the power cord.

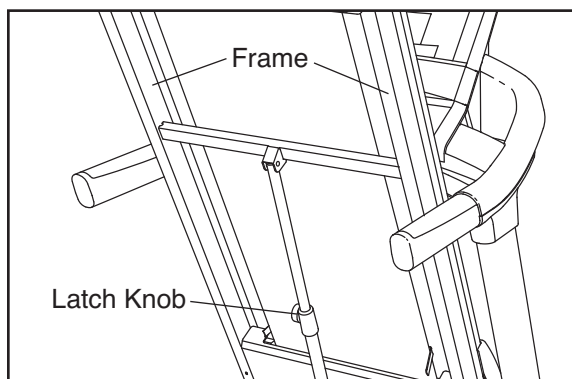
CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the chances of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs. 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.**

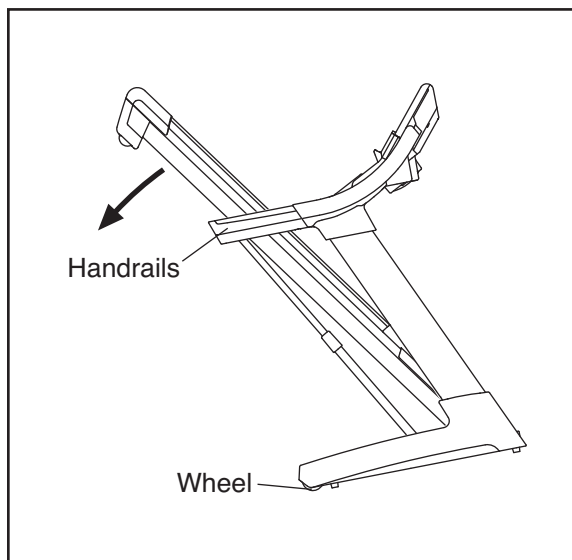
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

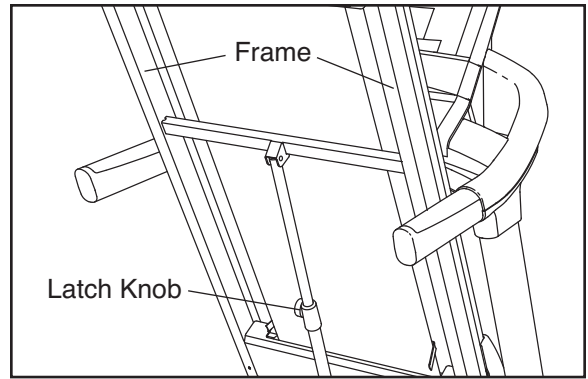
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold the handrails and place one foot against one of the wheels.
2. Tilt the treadmill backward until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. 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 one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

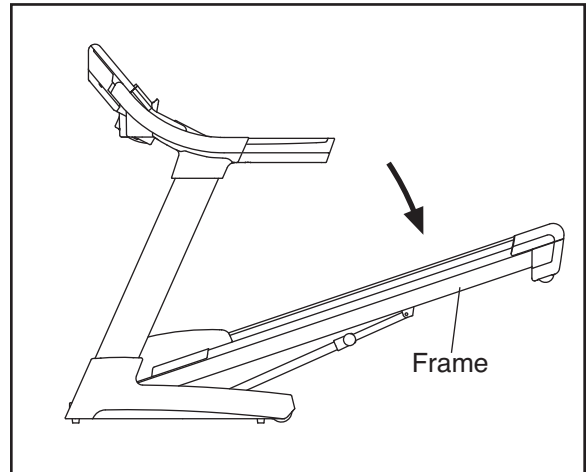


HOW TO LOWER THE TREADMILL FOR USE

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



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

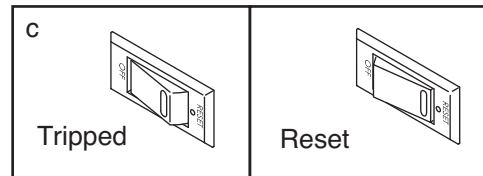
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 11.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 1.5 m (5 ft.).

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

c. Check the reset/off circuit breaker located on the treadmill frame 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.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing 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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

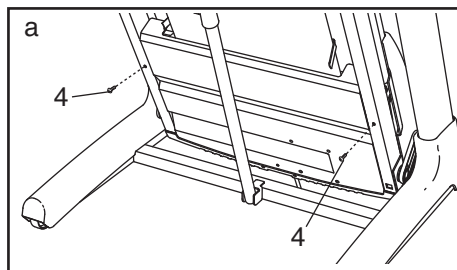
c. Remove the key from the console. Reinsert the key into the console.

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

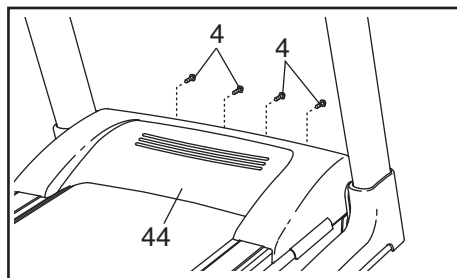
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 24).

Next, remove the two indicated 3/4" Screws (4).

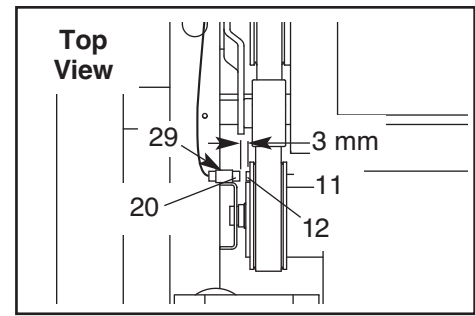


Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 25). Remove the four indicated 3/4" Screws (4), and remove the Hood (44).



Next, locate the Reed Switch (20) and the Magnet (12) on the left side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch.

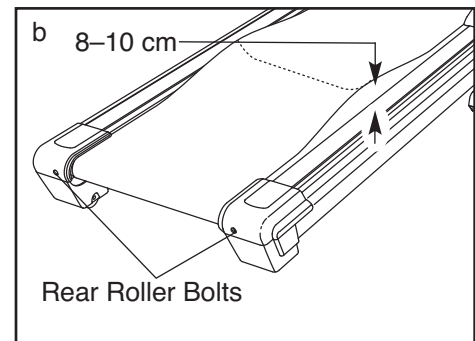
Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm). If necessary, loosen the indicated 3/4" Tek Screw (29), move the Reed Switch slightly, and then retighten the Screw. Then, reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



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 5 ft. (1.5 m).

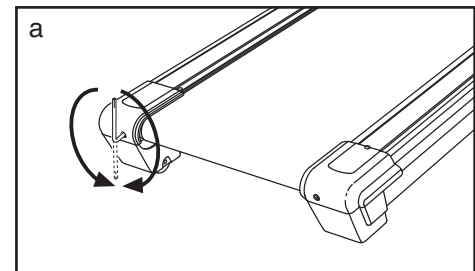
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be 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.



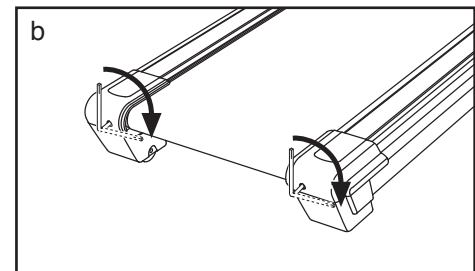
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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 rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear 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.



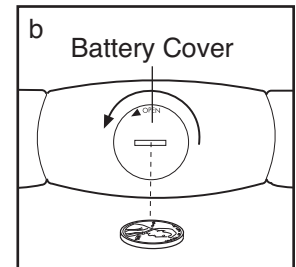
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While 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 system.

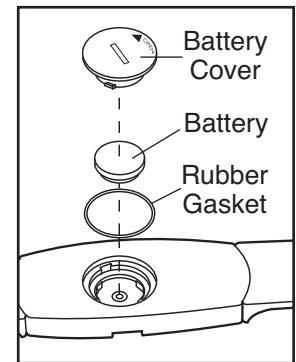
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 10.

- b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, first locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, and turn the cover counterclockwise to the “open” position. Then, remove the cover.



Next, remove the old battery from the sensor unit, and insert a new CR2032 battery, **with the battery oriented so the writing is on top.** Make sure that the rubber gasket is in place in the sensor unit. Then, reinsert the battery cover and turn it to the closed position.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or 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	♥
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.

PART LIST—Model No. NETL19807.3

R0710A

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

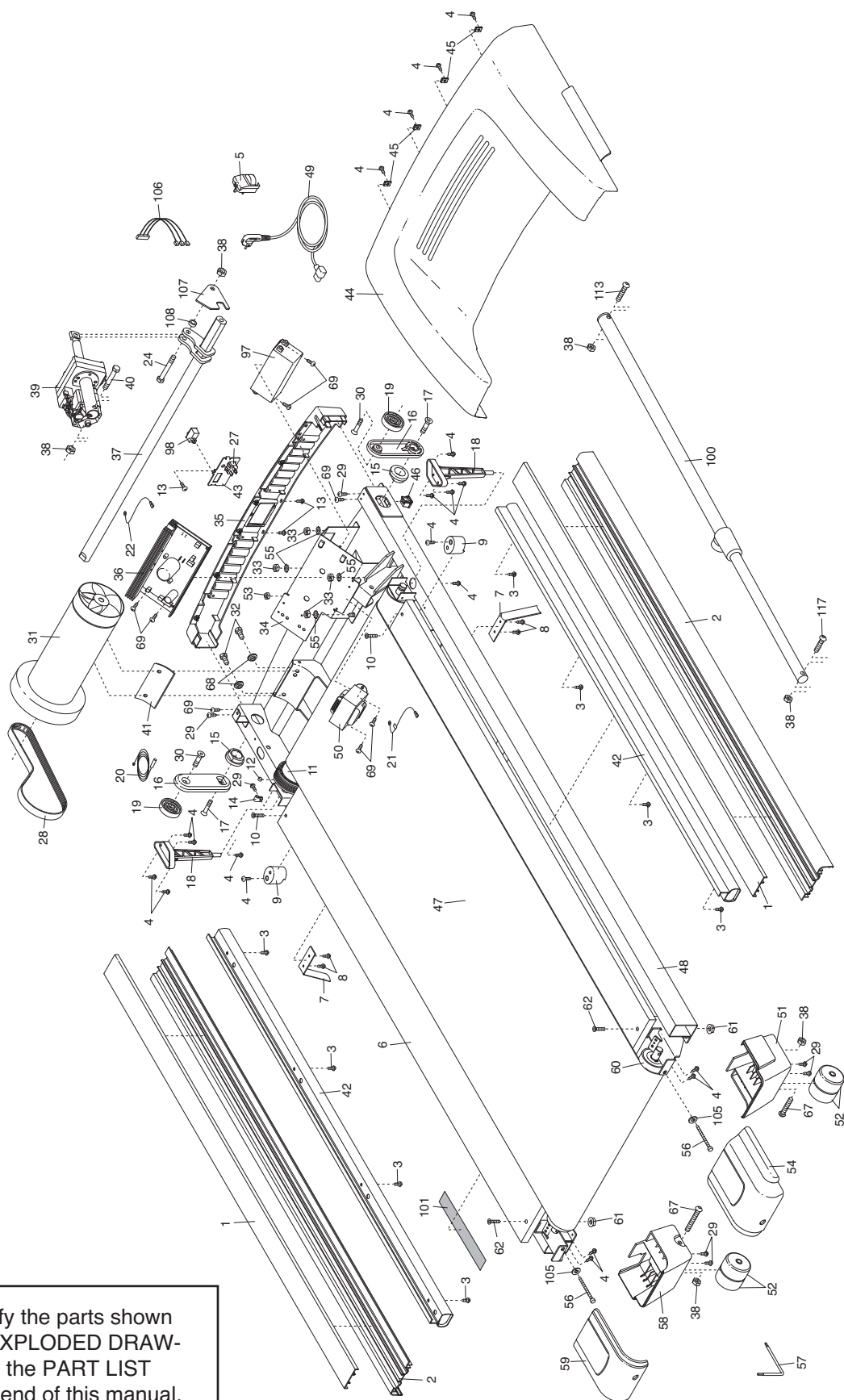
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	51	1	Right Rear Foot
2	2	Foot Rail	52	4	Rear Wheel
3	8	Isolator Screw	53	1	Ground Wire Nut
4	50	3/4" Screw	54	1	Right Rear Cap
5	1	Power Cord Adapter	55	4	Bracket Washer
6	1	Walking Platform	56	2	Rear Roller Adj. Bolt
7	2	Belt Guide	57	1	Hex Key
8	4	Belt Guide Screw	58	1	Left Rear Foot
9	2	Front Isolator	59	1	Left Rear Cap
10	2	Platform Bolt, Front	60	1	Rear Roller
11	1	Front Roller/Pulley	61	2	Platform Nut
12	1	Magnet	62	2	Platform Bolt, Rear
13	17	1/2" Screw	63	1	Console Fan
14	1	Reed Switch Clip	64	6	Handrail Bolt
15	2	Incline Rod Bushing	65	1	Console Base
16	2	Lift Arm	66	1	Console
17	2	Lift Pivot Bolt	67	2	Rear Wheel Bolt
18	2	Hood Mount	68	2	Motor Bushing
19	2	Lift Arm Spacer	69	9	Electronics Screw
20	1	Reed Switch	70	1	Pulse Receiver Cover
21	1	4" Ground Wire w/Decal	71	1	Console Wire Harness
22	1	Controller Ground Wire	72	4	Upright Bolt
23	3	Console Ground Screw	73	1	Left Upright
24	1	Lift Motor Bolt, Bottom	74	1	Right Upright
25	1	Speaker	75	1	Upright Wire Harness
26	1	Speaker Cover	76	1	Left Base Cover
27	1	Receptacle	77	1	Right Base Cover
28	1	Motor Belt	78	8	3/4" Tek Screw
29	9	3/4" Tek Screw	79	3	4" Ground Wire
30	2	Lift Pivot Bolt	80	4	Console Crossbar Star Washer
31	1	Drive Motor	81	4	Base Pad
32	2	Motor Bolt	82	4	1" Tek Screw
33	4	Electronic Bracket Nut	83	1	Base
34	1	Electronic Bracket	84	1	Book Rack
35	1	Front Cap	85	2	Wheel Bolt
36	1	Controller	86	2	Wheel
37	1	Incline Rod	87	3	Caution Decal
38	10	Nut	88	1	Left Grip
39	1	Lift Motor	89	1	Key/Clip
40	1	Lift Motor Bolt, Top	90	10	Upright Star Washer
41	1	Motor Plate	91	4	Releasable Tie
42	2	Platform Cushion	92	2	Tie Clamp
43	1	Outlet Bracket	93	11	Plastic Tie
44	1	Hood	94	2	Handrail Cover
45	4	Hood Clip	95	1	Left Upright Sleeve
46	2	Grommet	96	1	Right Upright Sleeve
47	1	Walking Belt	97	1	Filter
48	1	Frame	98	1	Reset/Off Circuit Breaker
49	1	Power Cord	99	1	Handrail
50	1	Transformer	100	1	Latch Assembly

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Latch Warning Decal	110	1	Console Plate
102	4	Speaker Screw	111	1	Chest Pulse Sensor
103	4	Console Clamp Screw	112	1	Chest Pulse Receiver
104	1	Right Grip	113	1	Lower Latch Bolt
105	2	Rear Roller Washer	114	4	Handrail Cover Fastener
106	1	Incline/Controller Wire	115	2	Receiver Screw
107	1	Incline Stop Bracket	116	2	Console Clamp
108	1	Stop Bracket Spacer	117	1	Upper Latch Bolt
109	1	Chest Pulse Strap	*	—	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.

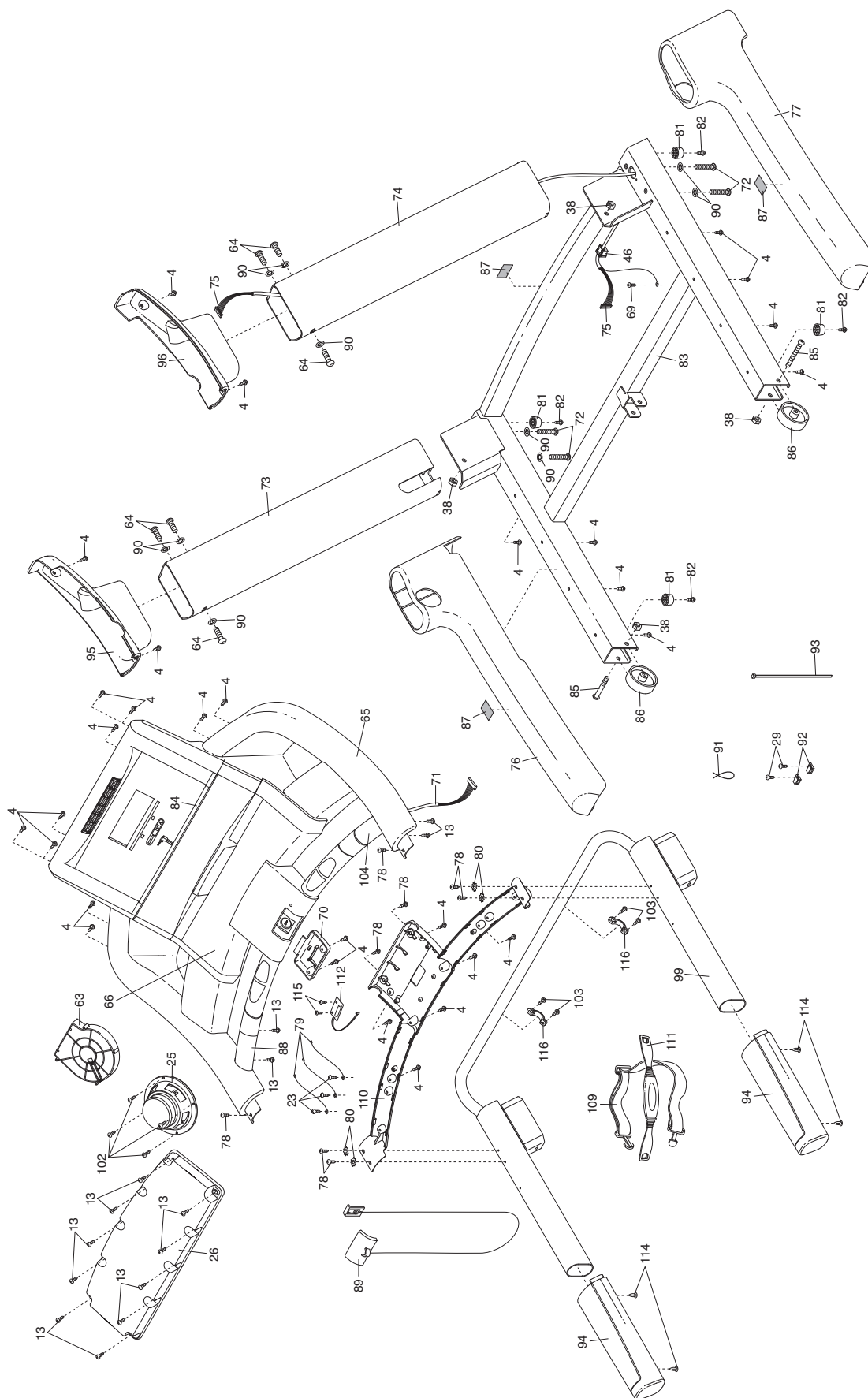
EXPLODED DRAWING—Model No. NETL19807.3

R0710A



To identify the parts shown on this EXPLODED DRAWING, see the PART LIST near the end of this manual.

R0710A



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 near the end of this manual and the EXPLODED DRAWING in the center of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

