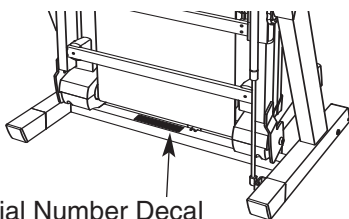


NordicTrack® **E3200**

Model No. NETL81905.0

Serial No. _____

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



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

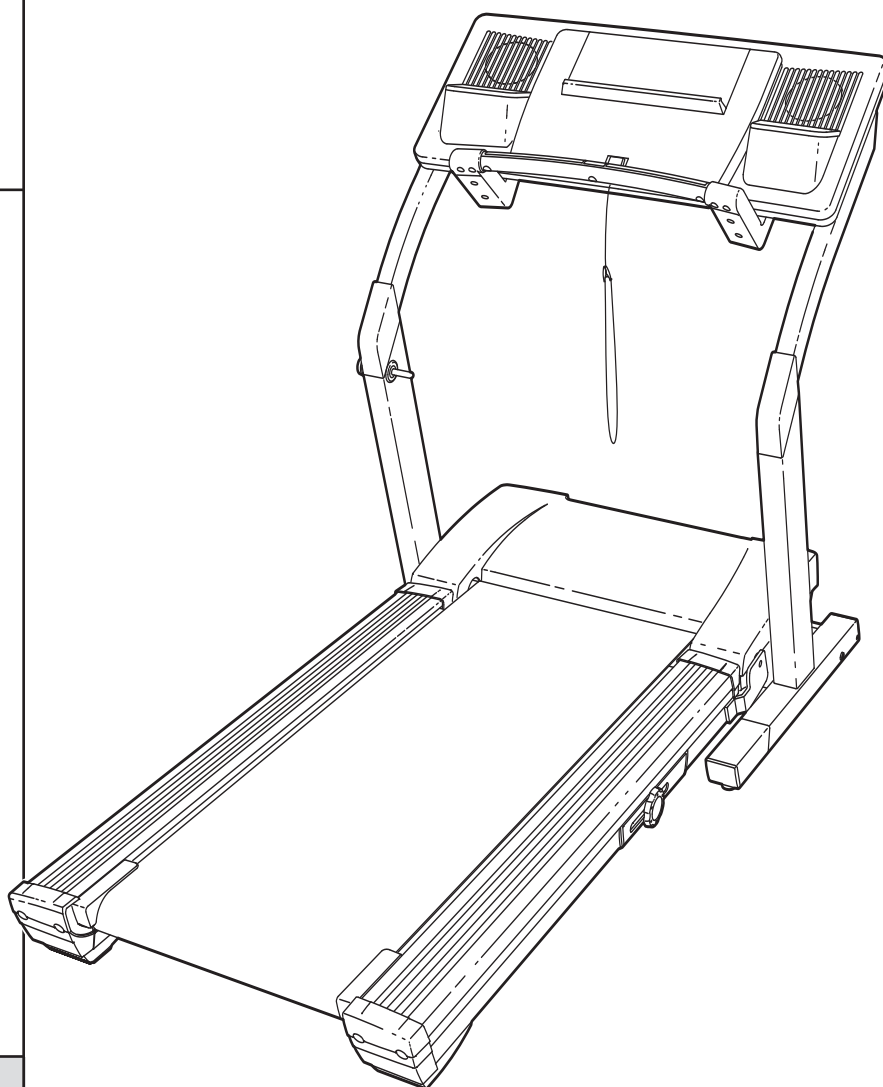
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

e-mail: csuk@iconeurope.com

CAUTION

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

USER'S MANUAL



Visit our website at

www.iconeurope.com



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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.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 135 kg (300 lbs.).
8. Never allow more than one person on the treadmill at a time.
9. 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.*
10. When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.
11. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).
12. Keep the power cord away from heated surfaces.
13. 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.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch 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.)
18. 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 20 kg (45 lbs.) to raise, lower, or move the treadmill.
19. Do not change the incline of the treadmill by placing objects under the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. When using iFIT.com programs, 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.

22. When using iFIT.com programs, you can manually override the speed and incline settings 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 program.

23. Always remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

24. Inspect and properly tighten all parts of the treadmill regularly.

25. Never insert or drop any object into any opening.

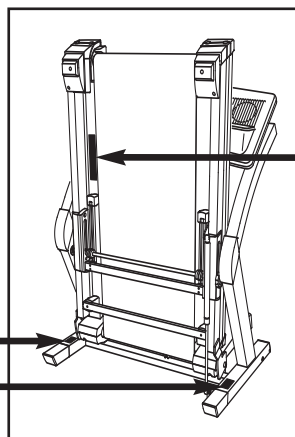
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

27. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

! 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 here have been placed on your treadmill. If a decal is missing or illegible, please call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



! WARNING:

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



- Stand only on the side rails when starting or stopping treadmill.

- Change speed in small increments.

- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

- Stop if you feel faint, dizzy, or short of breath.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.

- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.

- Never try to adjust or fix the belt while it is moving.

- Always wear athletic shoes while operating treadmill.

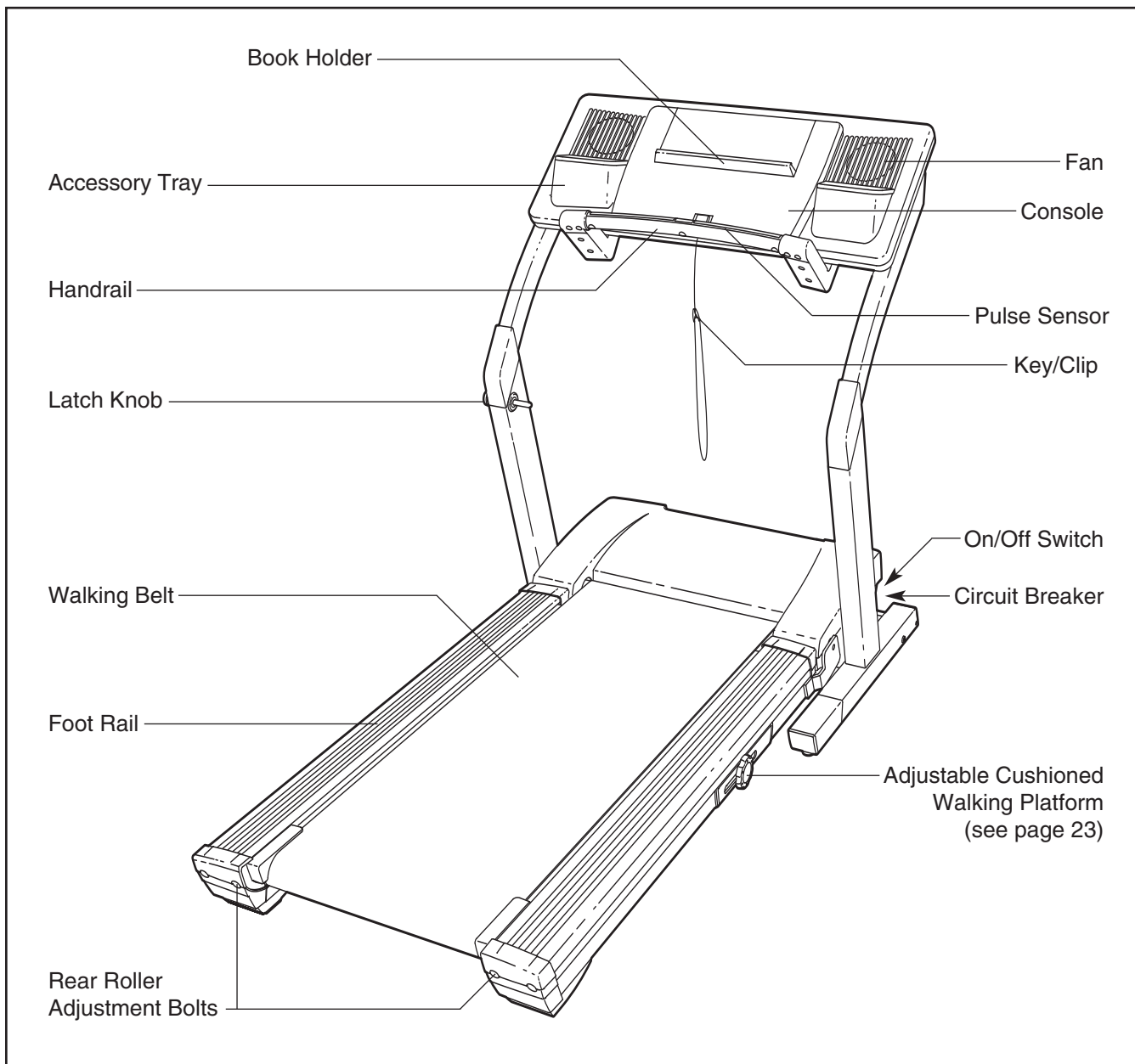
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® E3200 treadmill. The E3200 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique E3200 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, please call

the telephone number on the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is NETL81905.0. 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.

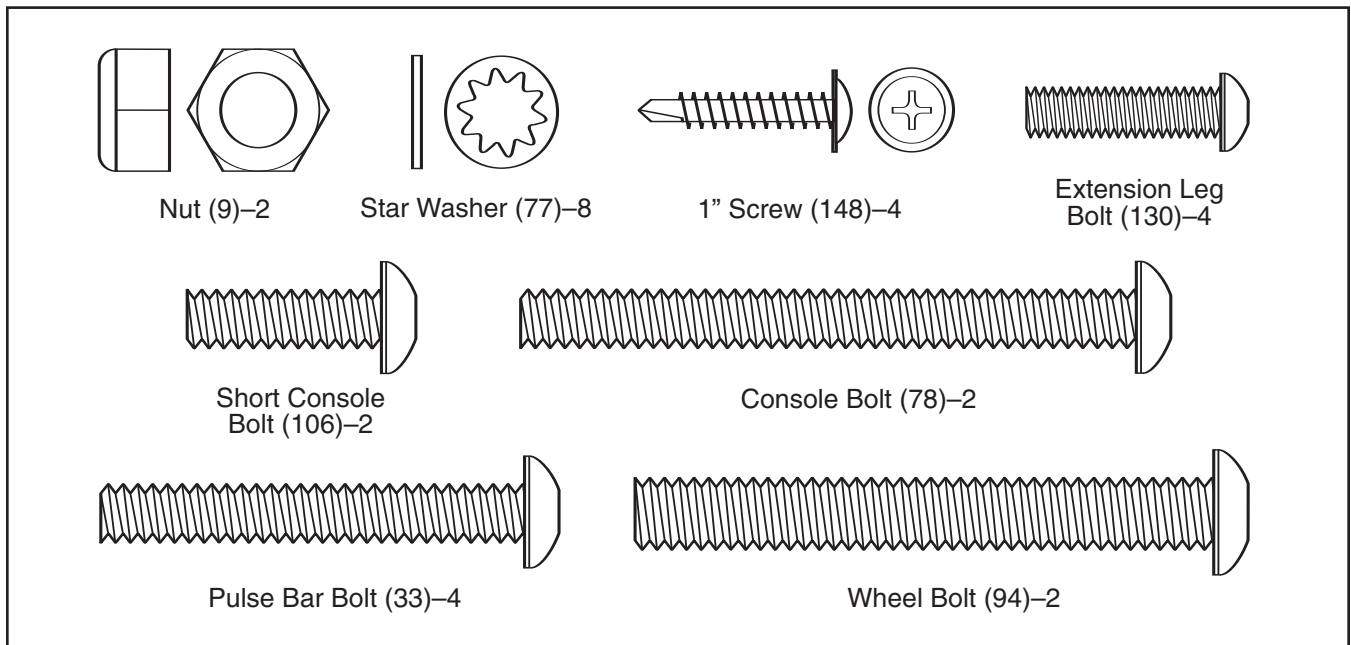


ASSEMBLY

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, 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.

Assembly requires the included hex key  **and your own phillips screwdriver**  **, wire cutters**  **, and rubber mallet**  **. For help identifying the assembly hardware, see the hardware drawings below.**

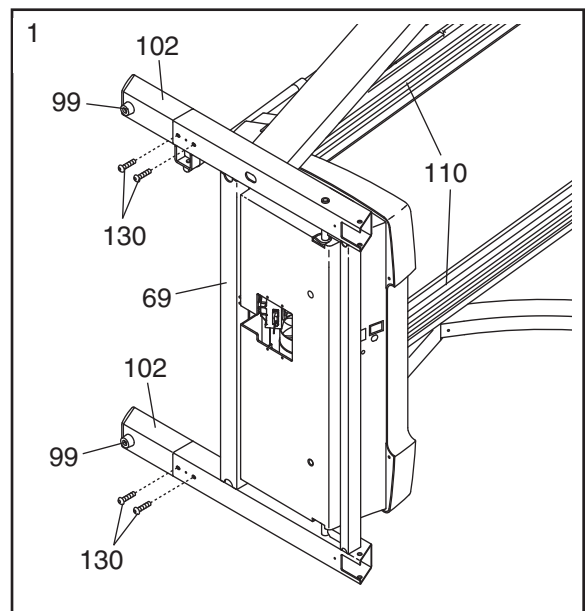


1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (110) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

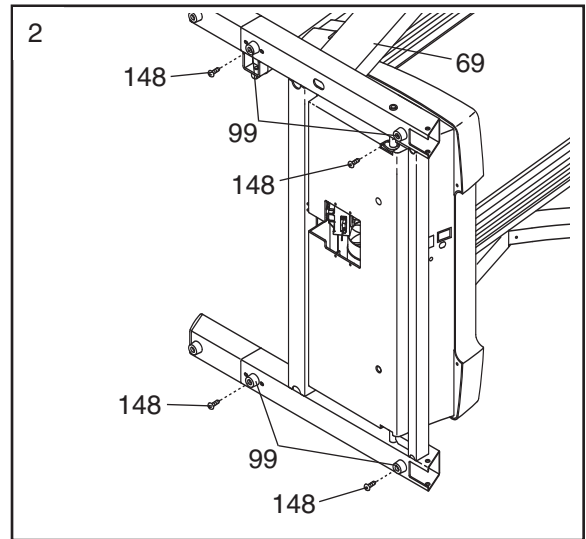
Insert the two Extension Legs (102) into the base of the Uprights (69); make sure that the Extension Legs are turned so the Base Pads (99) are in the positions shown.

Attach each Extension Leg (102) with two Extension Leg Bolts (130).



2. Attach four Base Pads (99) to the base of the Uprights (69) with four 1" Screws (148). Note: One replacement Base Pad may be included. Use the Base Pad to replace any Base Pad that becomes worn.

With the help of a second person, carefully tip the treadmill down so the four Base Pads (99) and the Frame (not shown) are flat on the floor and the Uprights (69) are in a vertical position.

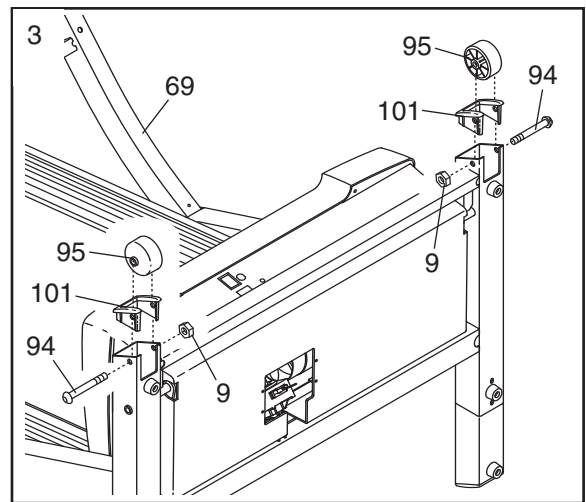


3. With the help of a second person, carefully tip the Uprights (69) down to the floor as shown.

Orient one of the Wheels (95) as shown, and insert it into one of the Wheel Endcaps (101). Next, press the Wheel Endcap and the Wheel into the base of the Uprights (69). Attach the Wheel Endcap and the Wheel with two Wheel Bolts (94) and two Nuts (9). **Do not overtighten the Wheel Bolts; the Wheels should turn freely.**

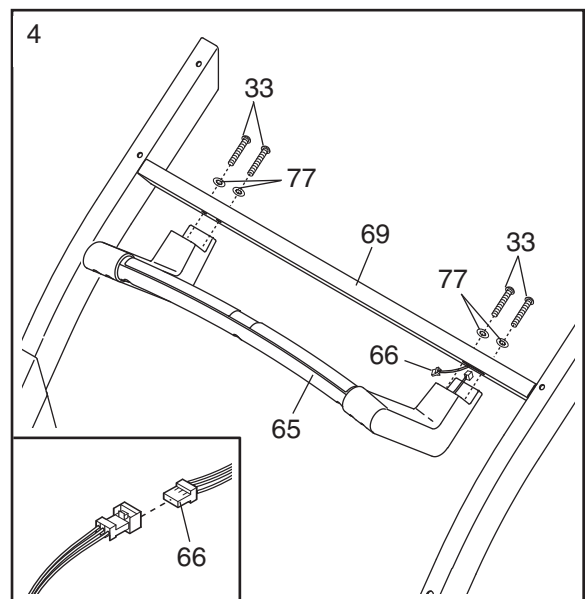
Attach the other Wheel (95) and Wheel Endcap (101) as described above.

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



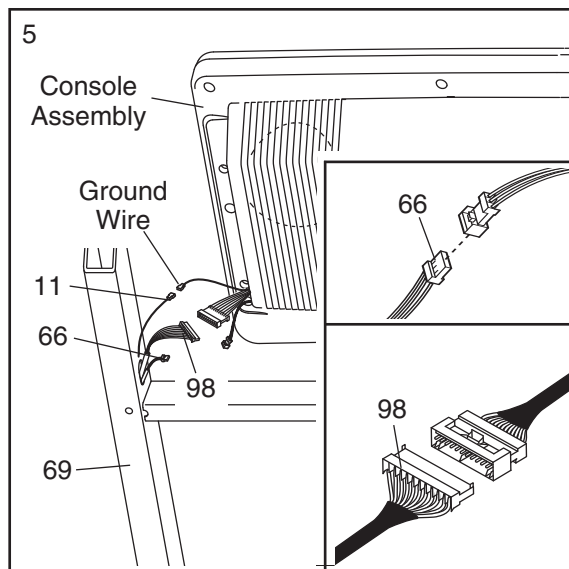
4. Cut the tie securing the Pulse Wire (66) to the Uprights (69). Hold the Pulse Bar Assembly (65) near the crossbar on the Uprights. Connect the Pulse Wire to the wire in the Pulse Bar Assembly. **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Insert the wires into the crossbar.

Attach the Pulse Bar Assembly (65) to the crossbar on the Uprights (69) with four Pulse Bar Bolts (33) and four Star Washers (77). **Start all four Pulse Bar Bolts and then tighten them. Make sure that no wires are pinched.**



5. Have a second person hold the console assembly near the Uprights (69). Connect the Upright Wire Harness (98) and the Pulse Wire (66) to the wires extending from the console assembly. **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Then, insert the connectors into the console assembly.

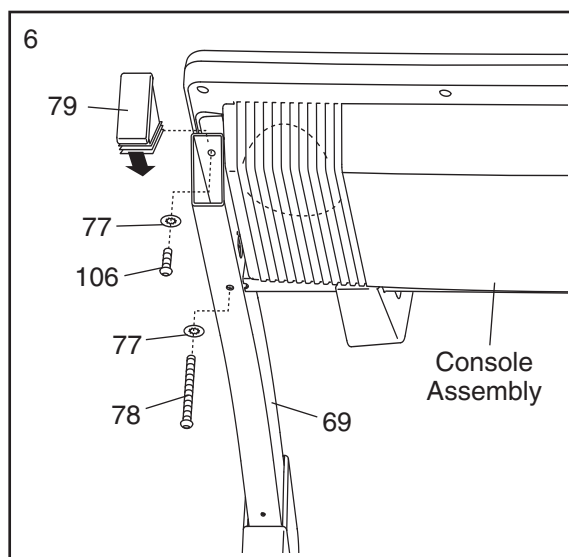
Connect the Upright Ground Wire (11) to the ground wire extending from the console assembly. **Make sure that the wires are fully connected.** Then, insert the ground wires into the console assembly.



6. Set the console assembly on the Uprights (69). **Make sure that no wires are pinched. Finger tighten** a Console Bolt (78) with a Star Washer (77) into the lower hole in each Upright (only one side is shown).

Next, **finger tighten** a Short Console Bolt (106) with a Star Washer (77) into the upper hole in each Upright (69) (only one side is shown). **Be careful not to drop the Short Console Bolts into the Uprights.** Firmly tighten the two Console Bolts (78) and the two Short Console Bolts.

Insert an Upright Endcap (79) into the top of each Upright (69) (only one side is shown). Note: Insert the end of the Upright Endcap indicated by the arrow first; use a rubber mallet if necessary.

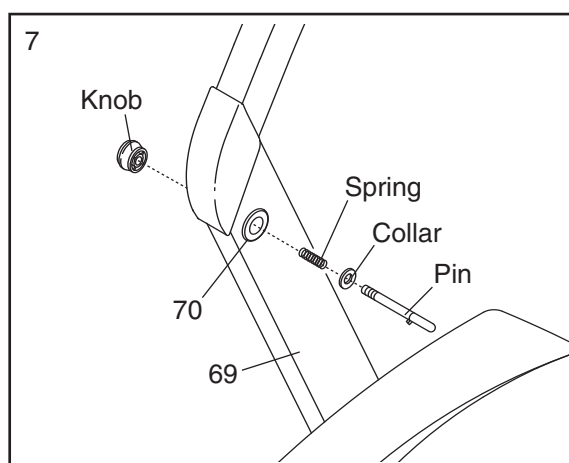


7. Press the Latch Knob Sleeve (70) into the left Upright (69). Note: It may be helpful to use a rubber mallet to fully insert the Latch Knob Sleeve.

Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. **Note: If there are two collars, place one on each side of the spring.**

Insert the pin into the Latch Knob Sleeve (70) and the left Upright (69).

Tighten the knob back onto the pin.

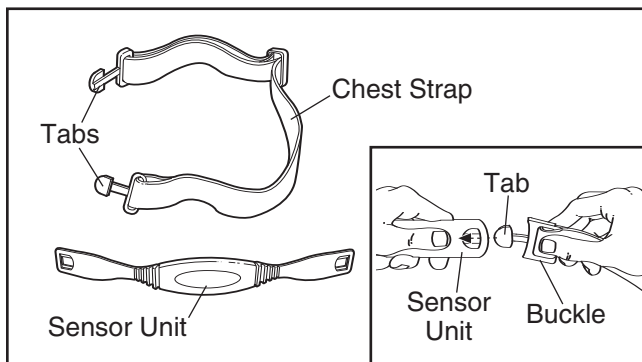


8. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 27). **To protect the floor or carpet from damage, place a mat under the treadmill.**

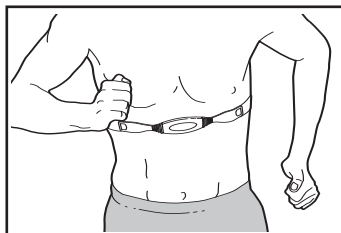
HOW TO USE THE CHEST PULSE SENSOR

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 heart rate monitor 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 centre 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.**

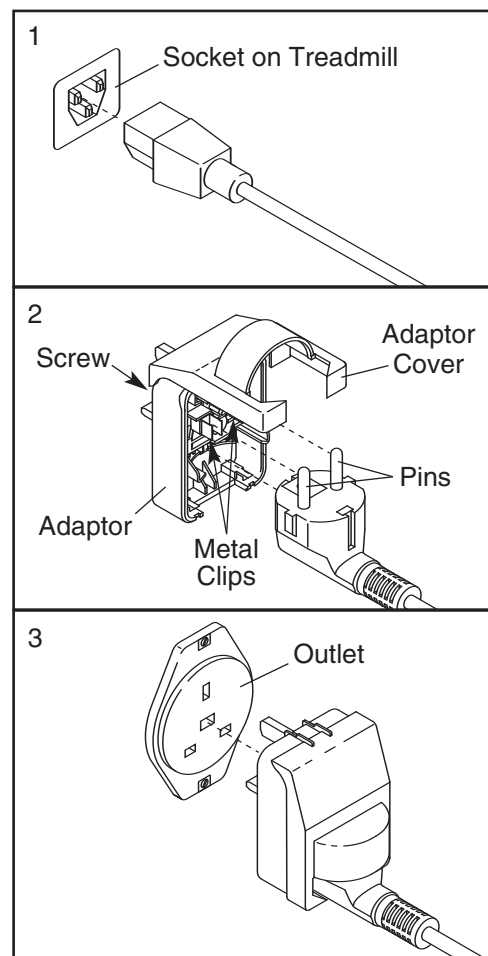
HOW TO PLUG IN THE POWER CORD

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.**

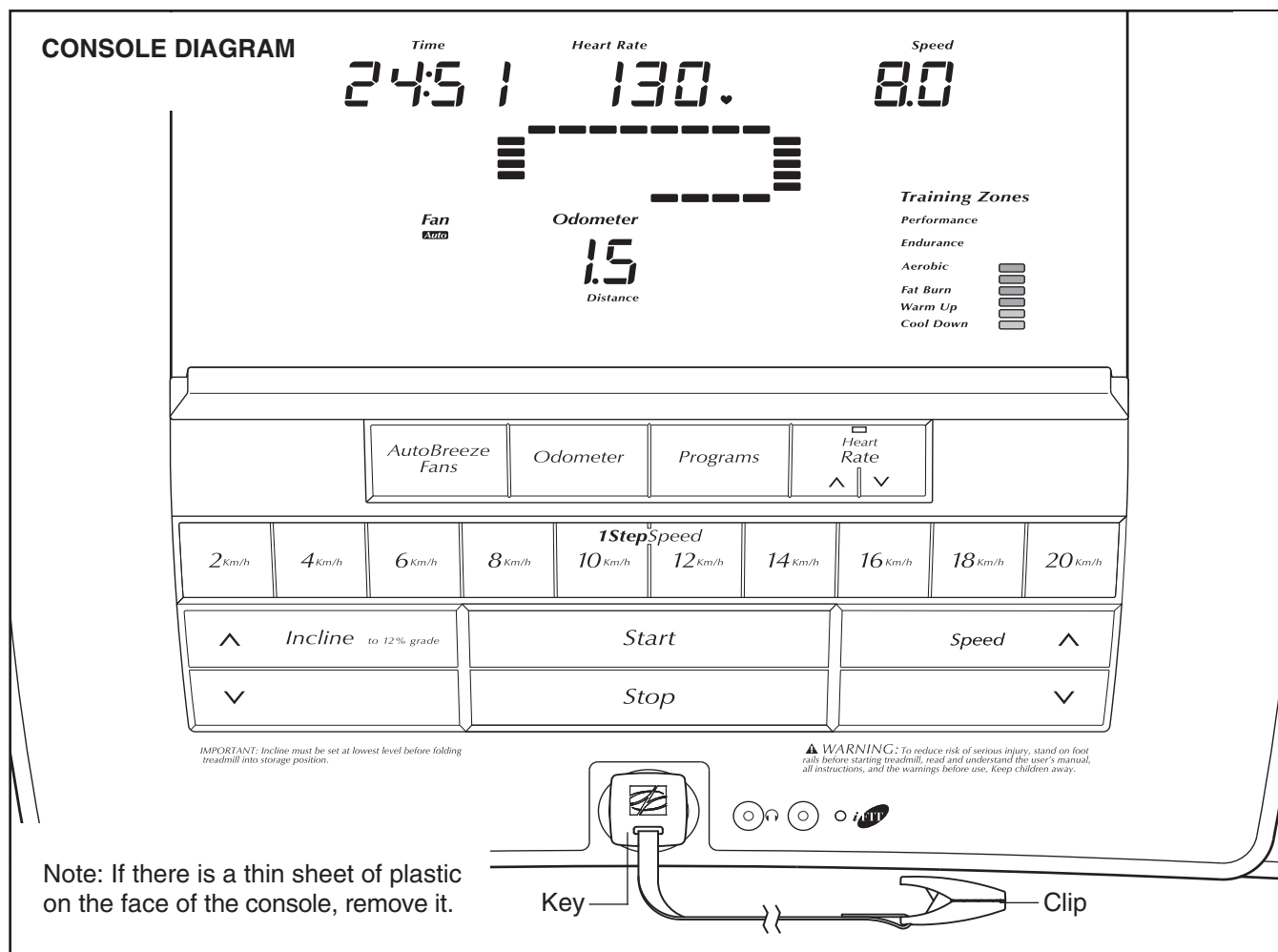
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the other end of the power cord into the indicated metal clips in the adaptor. Close the adaptor cover over the end of the power cord and tighten the screw in the adaptor. **Important: Make sure that the adaptor cover is secure and that the screw has been tightened before using the power cord.**

See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **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 treadmill console offers an impressive array of features designed to help you get the most from your workouts. 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 hand-grip pulse sensor or the chest pulse sensor.

In addition, the console features eight preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers two heart rate programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workouts.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special

iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com 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. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

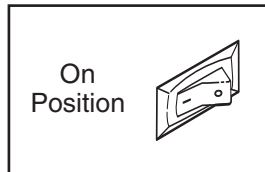
With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 15. **To use a heart rate program**, see page 16. **To use an iFIT.com MP3, CD, or video program**, see page 20. **To use an iFIT.com program directly from our Web site**, see page 22.

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 Locate the on/off switch near the power cord. Make sure that the switch is in the on position.



3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and attach the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the display will light. **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.**

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. 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. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



If one of the 1-Step 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. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the 1-Step Speed buttons.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and centre the walking belt if necessary (see page 27).

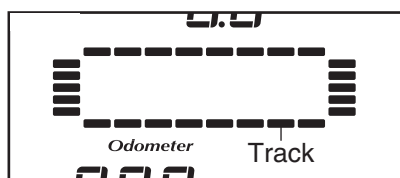
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected.



If a program has been selected, reselect the manual mode by pressing the Programs button repeatedly until a track appears in the centre of the display. Make sure that the word "Programs" does not appear below the track.

3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the ten 1-Step Speed buttons.

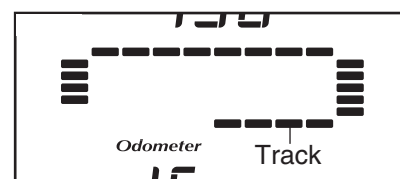
4 Change the incline of the treadmill as desired.

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



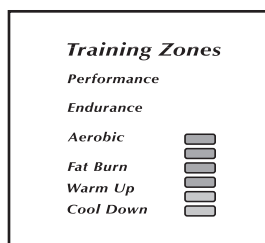
5 Follow your progress with the display.

When the manual mode or the iFIT.com mode is selected, the centre of the



display will show a 400-metre (1/4-mile) track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

The lower right area of the display will show a training zone bar that indicates the approximate intensity level of your exercise. If five or six indicators in the bar are lit, for example, the bar shows that your pace is ideal for aerobic exercise.



The upper left area of the display will show the incline level of the treadmill, the elapsed time, and the approximate number of grams of carbs you have burned. Note: Each time the incline changes, the display will show the incline setting for a few seconds. When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



The upper centre of the display will show the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



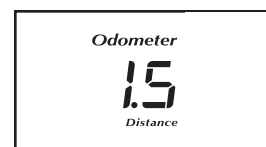
The upper right area of the display will show the speed of the walking belt and your pace (pace is measured in minutes per kilometre).



Note: The console can display speed and distance in either kilometres or miles. To determine which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “M” for metric kilometres or an “E” for English miles will appear in the upper right area of the display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key. **Note: For simplicity, all instructions in this section refer to kilometres.**



The lower centre of the display will show the distance that you have walked or run during your workout.



To see the total number of kilometres that the walking belt has moved since the treadmill was purchased, press the Odometer button; the words “Total Dist.” and the total number of kilometres will appear in the display.

To see the number of kilometres that the walking belt has moved during the last week, the last month, or another period of time, press the Odometer button again; the words “My Dist.” and the total number of kilometres will appear in the display. To reset this number, hold down the Odometer button for a few seconds.

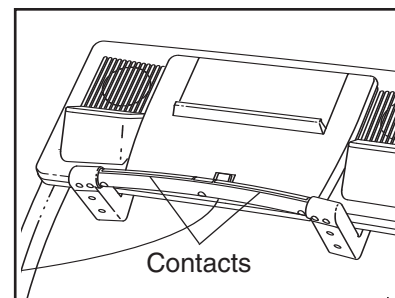
To see the distance that you have walked or run during your workout, press the Odometer button again.

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

6 Measure your heart rate if desired.

To use the chest pulse sensor, see page 9. To use the handgrip pulse sensor, see the instructions below. **Note: If you use the chest pulse sensor and the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**

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



Next, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the right side of the display will appear, one or two dashes will appear, 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 Turn on the fan if desired.

To turn on the fan at low speed, press the AutoBreeze Fans button; the word “Fan” and the number 1 will appear in the display. To turn on the fan at medium speed, press the button a second time; the number 2 will appear in the display. To turn on the fan at high speed, press the button a third time; the number 3 will appear in the display. To select the auto mode, press the button again; the word “Auto” will appear in the display. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

To turn off the fan, press the AutoBreeze Fan button again. Note: A few minutes after the walking belt is stopped, the fan will automatically turn off.



8 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded 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 display remains lit after the key is removed, the console is in the “demo” mode. See page 23 and turn off the demo mode.**

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

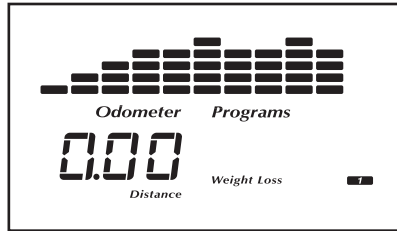
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the preset programs.

To select one of the eight preset programs, press the Programs button repeatedly until the words “Weight Loss,” “Aerobic,” or “Performance” and the number 1, 2, or 3 appear in the lower centre of the display.



As each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the centre of the display.

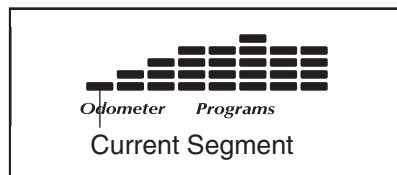
3 Press the Start button or the Speed increase button to start the program.

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 20, 30, or 40 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.

The speed setting for the first segment will be shown in the flashing Current

Segment column of the matrix in the centre of the display. (The incline settings are not shown in the



matrix.) The speed settings for the next several segments will be shown in the 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 and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *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. Note: If all seven of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button 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.

Important: When the current segment of the program ends, 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. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase 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.

4 Follow your progress with the display.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fan if desired.

See step 7 on page 14.

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

When the program has ended, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 23 and turn off the demo mode.**

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

HOW TO USE A HEART RATE PROGRAM

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate 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 heart rate program.

1 Put on the chest pulse sensor.

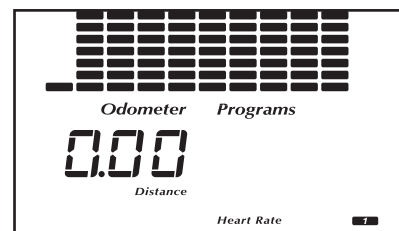
You must wear the chest pulse sensor to use a heart rate program.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

3 Select a heart rate program.

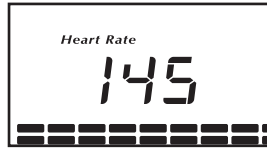
To select a heart rate program, press the Programs button repeatedly until the words “Heart Rate” and the number 1 or 2 appear in the lower centre of the display.



When a heart rate program is selected, the matrix in the centre of the display will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.

4 Enter a maximum heart rate setting.

When a heart rate program is selected, the words "Heart Rate" will appear in the upper centre of the display and the target heart rate setting for the program will flash. If desired, press the Heart Rate increase and decrease buttons to adjust the target heart rate setting. **Note: See the heart rate chart on page 29 for heart rate guidelines.**



5 Press the Start button or the Speed increase 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.

Each heart rate program is divided into 20 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

During each segment, the console will regularly compare your heart rate to the current target heart rate. If your heart rate is too far below or above the target heart rate, the speed and/or incline of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the speed setting and the incline setting will flash in the display.

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 is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the display and the speed and incline of the treadmill may automatically decrease. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the console compares your heart rate to the target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

6 Follow your progress with the display.

See step 5 on page 12.

7 Turn on the fan if desired.

See step 7 on page 14.

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

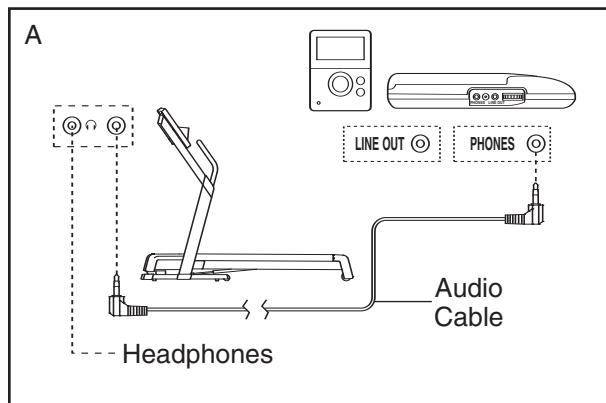
See step 7 on page 16.

HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 18 and 19 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your computer. See page 19 for connecting instructions. To use iFIT.com video programs, the treadmill must be connected to your VCR. See page 20 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

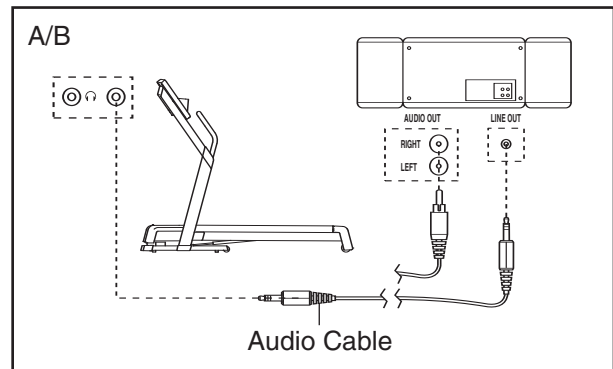
- A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

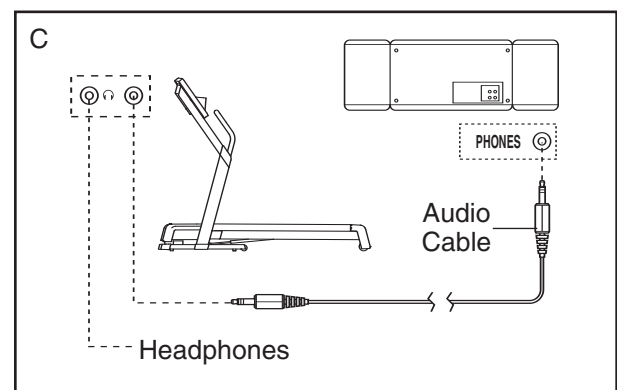
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



- B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

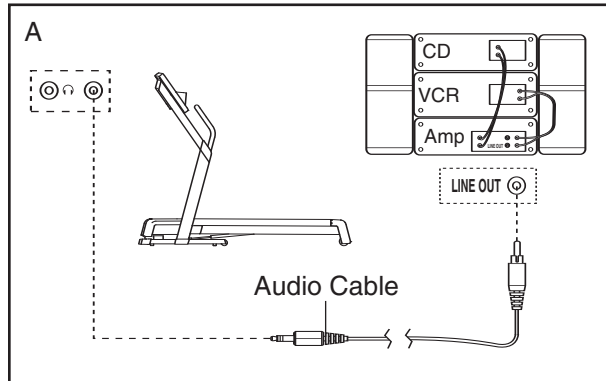
- C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



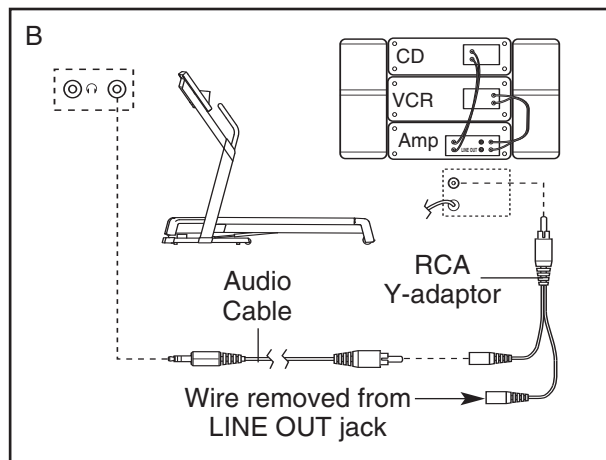
HOW TO CONNECT YOUR HOME STEREO

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 a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

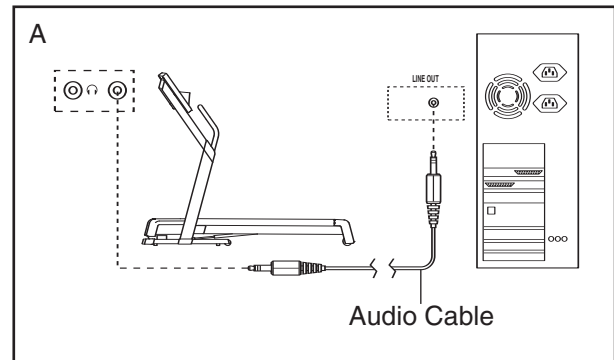


- B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo. Note: While the Y-adaptor is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

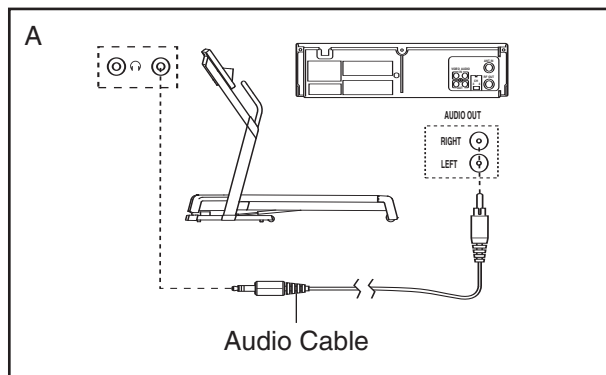
- A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



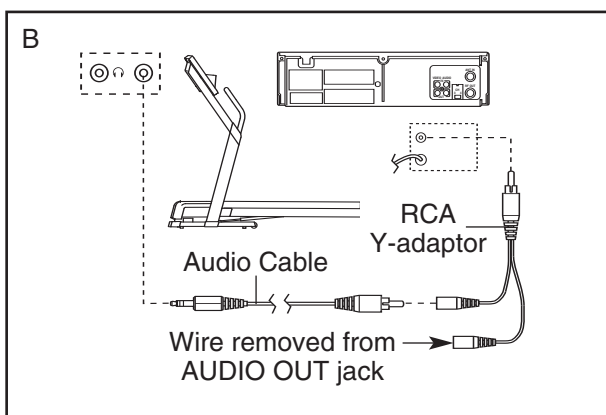
HOW TO CONNECT YOUR VCR

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 19.

- A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable 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 Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE AN iFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS** on pages 18 to 20. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

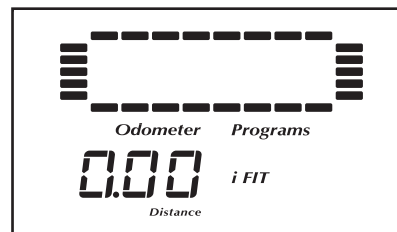
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the Programs button until the letters "iFIT" appear in the display.



3 Press the Play button on your MP3 player, CD player, or VCR.

Note: 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.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. **Note:** If the time is flashing in the display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

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. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

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 will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 km/h. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 20.

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

- **Make sure that the letters “iFIT” appear in the display and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, 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.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 Follow your progress with the display.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fan if desired.

See step 7 on page 14.

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

See step 7 on page 16.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN iFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

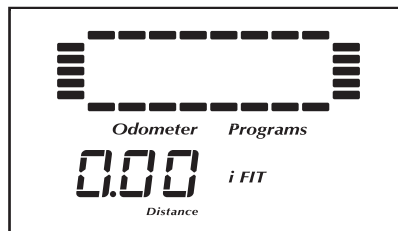
Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the Programs button until the letters “iFIT” appear in the display.



3 Go to your computer and start an internet connection.

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

5 Follow the desired links on our Web 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 clip onto the waistband of your clothes.

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 for the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 km/h. **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. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard, make sure that the letters “iFIT” appear in the display and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8 Follow your progress with the display.

See step 5 on page 12.

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

See step 7 on page 16.

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 kilometres that the walking belt has moved. The information mode also allows you to select kilometres or miles as the unit of measurement and to turn on and turn off the demo mode.

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

The upper left area of the display will show the total number of hours that the treadmill has been used. The lower centre of the display will show the total number of kilometres that the walking belt has moved. An “M” for metric kilometres or an “E” for English miles will appear in the upper right area of the display. Press the Speed increase button to change the unit of measurement.



IMPORTANT: If a “d” appears in the upper centre of the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is

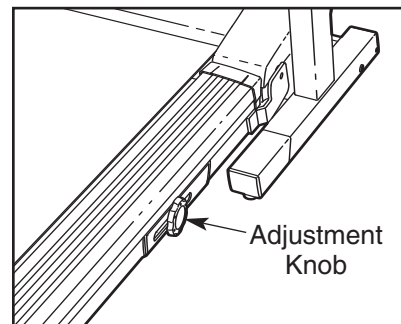
displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so “d” disappears.**

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

HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features an adjustable cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, turn the adjustment knob counterclockwise. To decrease the firmness, turn the knob clockwise.

Note: The faster you run on the treadmill, or the more you weigh, the firmer the cushioning system should be.

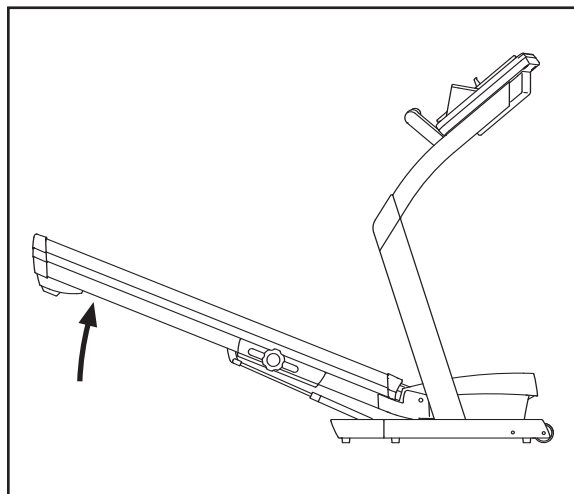


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

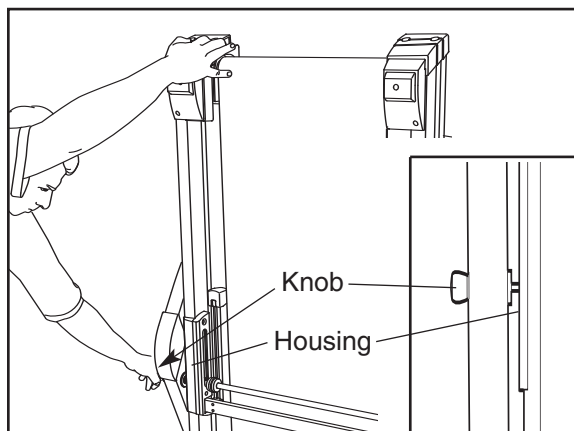
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the location shown by the arrow 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 housing, and insert the latch pin into the hole. **Make sure that the latch pin is fully inserted into the hole.** Note: If the adjustment knob (see page 23) hits the right upright, press on the knob.

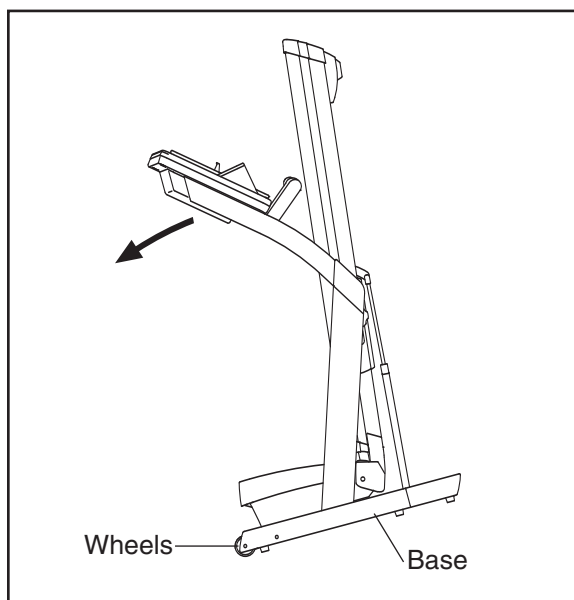
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

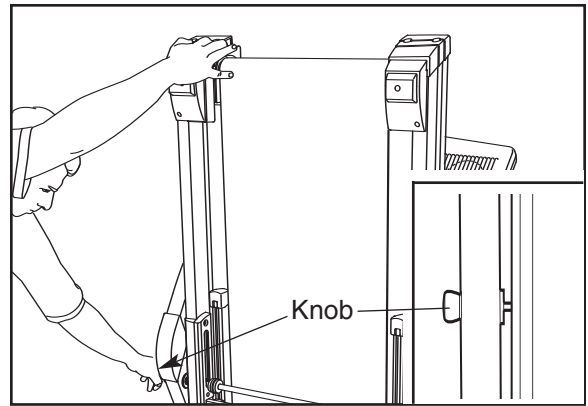
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the housing.**

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

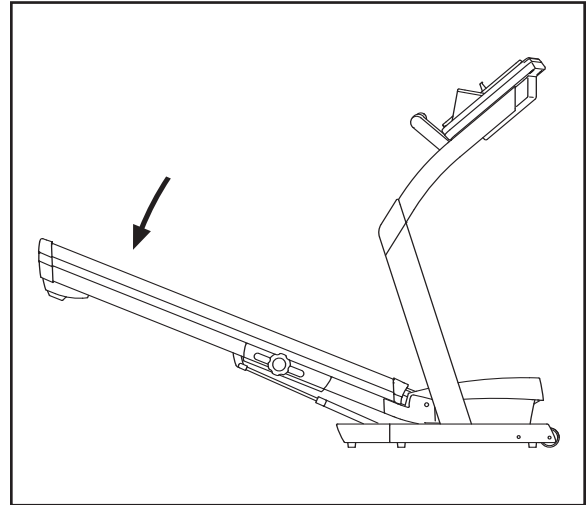


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, 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 call the telephone number on the front cover of this manual.

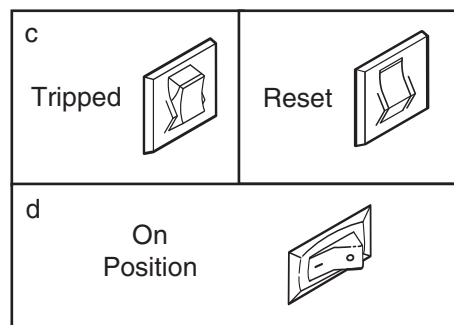
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the 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 (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

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.

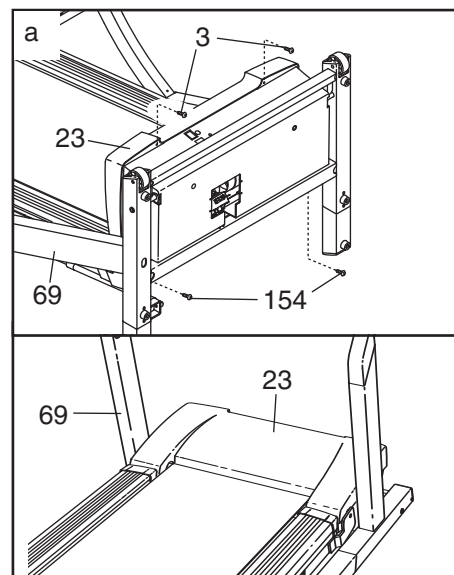
d. Make sure that the on/off switch is in the on position.

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

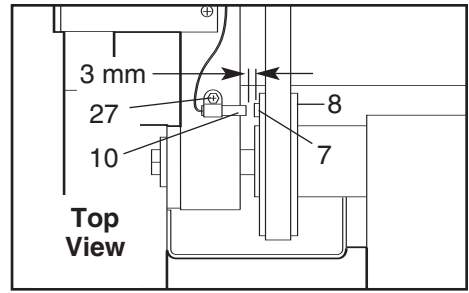
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Carefully tip the Uprights (69) down as shown at the right. Remove the 1" Screws (154) and the 2" Screws (3) from the Hood (23).

Raise the Uprights (69) and carefully remove the Hood (23).



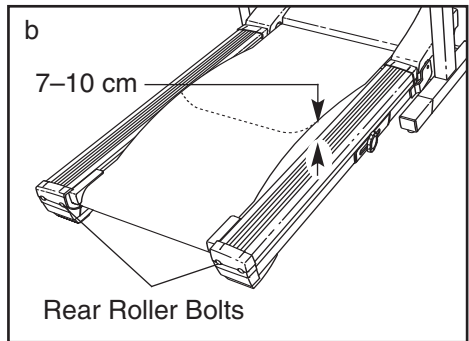
Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (27), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), making sure the screws are in the same holes from which they were removed. 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, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

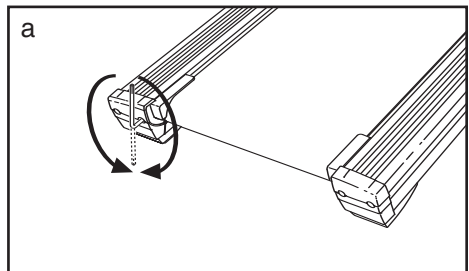
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 7 to 10 cm (3 to 4 in.) 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.



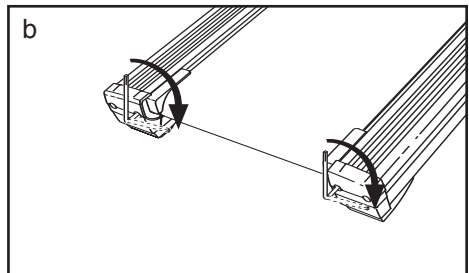
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-centre, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench 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 centred.



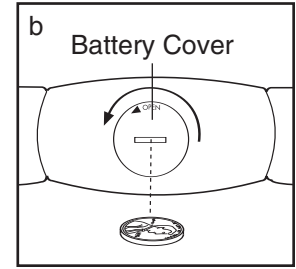
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 7 to 10 cm (3 to 4 in.) 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.



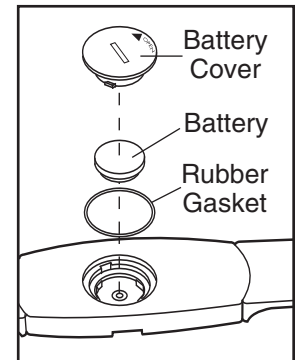
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLE-SHOOTING on page 9.

- 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 CR 2032 battery, **with the battery oriented so the writing 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.



PROBLEM: The shock does not assist the lowering of the treadmill frame

SOLUTION: a. Environmental factors such as cold temperatures can affect the performance of the shock. To restore shock performance, hold the ends of the frame near the endcaps firmly with both hands, and carefully lower the frame to the floor and then raise it several times. **To decrease the possibility of injury, bend your legs and keep your back straight.**

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 sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. 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.

	♥	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 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.

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. NETL81905.0

R0805A

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	51	1	Front Right Endcap
2	1	Left Foot Rail	52	1	Walking Platform
3	2	2" Belly Pan Screw	53	2	Front Platform Screw
4	1	Front Left Endcap	54	2	Rear Platform Screw
5	2	Frame Pivot Bolt	55	2	Spring Pad
6	2	Frame Pivot Spacer	56	2	Spring
7	1	Magnet	57	1	Idle Ground Wire
8	1	Front Roller/Pulley	58	1	Rear Endcap, Right
9	5	Nut	59	2	Rear Roller Adj. Bolt
10	1	Reed Switch/Sensor Wire	60	1	Warning Decal
11	1	Upright Ground Wire	61	1	Allen Wrench
12	1	Reed Switch Clip	62	1	Rear Roller
13	1	Lift Frame	63	1	Audio Wire
14	1	Walking Belt	64	1	Chest Pulse Sensor
15	14	Foot Rail Screw/Endcap Screw	65	1	Pulse Bar
16	1	Motor	66	1	Pulse Wire
17	1	Receptical	67	2	Spring Pad Screw
18	2	Motor Bolt	68	1	5/16" Allen Wrench
19	1	Front Roller Bushing	69	1	Uprights
20	2	Frame Pivot Nut	70	1	Latch Knob Sleeve
21	1	Top Incline Bolt	71	1	Chest Strap
22	1	Motor Belt	72	1	Roller Star Washer
23	1	Hood	73	1	Filter
24	1	Incline Motor Bolt	74	1	Adapter
25	2	Motor Bushing	75	1	Filter Wire
26	1	Splitter	76	1	Bracket Bolt
27	19	Electronics Screw	77	8	Star Washer
28	2	Foam Pad	78	2	Console Bolt
29	1	Controller	79	2	Upright Endcap
30	1	Left Outside Housing	80	1	Access Door
31	1	Motor Controller Wire	81	1	Console Base
32	1	Front Roller Adj. Bolt	82	1	Console
33	4	Pulse Bar Bolt	83	2	Upright Cap
34	6	Roller Washer/Spring Washer	84	1	Key/Clip
35	1	Left Roller Guard	85	1	iFIT.com Wire
36	1	Incline Motor	86	1	Jack
37	1	Incline Motor Stop	87	1	Console Insert
38	1	Motor Belly Pan	88	1	Console Back
39	1	Audio Wire Nut	89	1	Releaseable Tie
40	1	Static Decal	90	14	Console Screw
41	1	On/Off Switch	91	2	Cable Tie Clamp
42	1	Power Cord	92	5	8" Cable Tie
43	1	Right Roller Guard	93	2	Lift Pivot Bolt
44	4	Spring Bolt	94	2	Wheel Bolt
45	4	Belt Guide Screw	95	2	Wheel
46	2	Belt Guide	96	1	Rear Endcap, Left
47	2	Isolator	97	1	Grommet
48	1	Pulley Nut	98	1	Upright Wire Harness
49	1	Ground Screw	99	6	Base Pad
50	4	Spring Nut	100	12	3/4" Screw

Key No.	Qty.	Description
101	2	Wheel Endcap
102	2	Extension Leg
103	2	Extension Leg Endcap
104	2	Incline Warning Decal
105	1	Idler Arm Bolt
106	2	Short Console Bolt
107	2	Fan
108	1	Book Holder
109	1	Ferrite Box
110	1	Frame
111	1	Latch Assembly
112	1	Console Ground Wire
113	2	Spring Plate
114	1	Ground Nut
115	1	Left Tray
116	1	Right Tray
117	1	Left Inside Housing
118	1	Right Inside Housing
119	1	Right Outside Housing
120	2	Cushion Adj. Pin
121	2	Cushion Adj. Gear
122	2	Cushion Adj. Wheel
123	2	Cushion Adj. Rod
124	1	Cushion Adj. Knob
125	1	Cushion Knob Screw
126	1	Pulse Receiver
127	1	Electronic Bracket
128	2	Spring Plate Spacer
129	2	Gear Rack
130	4	Extension Leg Bolt
131	1	Circuit Breaker
132	1	Motor Isolator
133	1	Idler Arm

Key No.	Qty.	Description
134	1	Idler Spring
135	2	Idler Arm Nylon Washer
136	1	Bracket Nut
137	1	Idler Pulley Washer
138	1	Idler Pulley
139	1	Idler Arm Spacer
140	1	Left Rear Foot
141	1	Right Rear Foot
142	1	Shock
143	1	Transformer
144	2	Isolator Screw
145	1	Right Foot Rail
146	2	Walking Platform Nut
147	2	Front Incline Pivot Nut
148	6	1" Screw
149	2	Shock Clip
150	1	Lift Frame Ground Wire
151	4	Fan Screw
152	3	3/4" Belly Pan Screw
153	2	1" Belly Pan Screw
154	1	Belly Pan Screw
#	1	8" Green Wire, F/Ring
#	1	8" Green Wire, 2 Ring
#	1	4" Green Wire, F/Ring
#	1	16" Blue Wire, 2F
#	1	6" Blue Wire, 2F
#	1	16" White Wire, 2F
#	1	12" Black Wire, 2 Ring
#	1	User's Manual

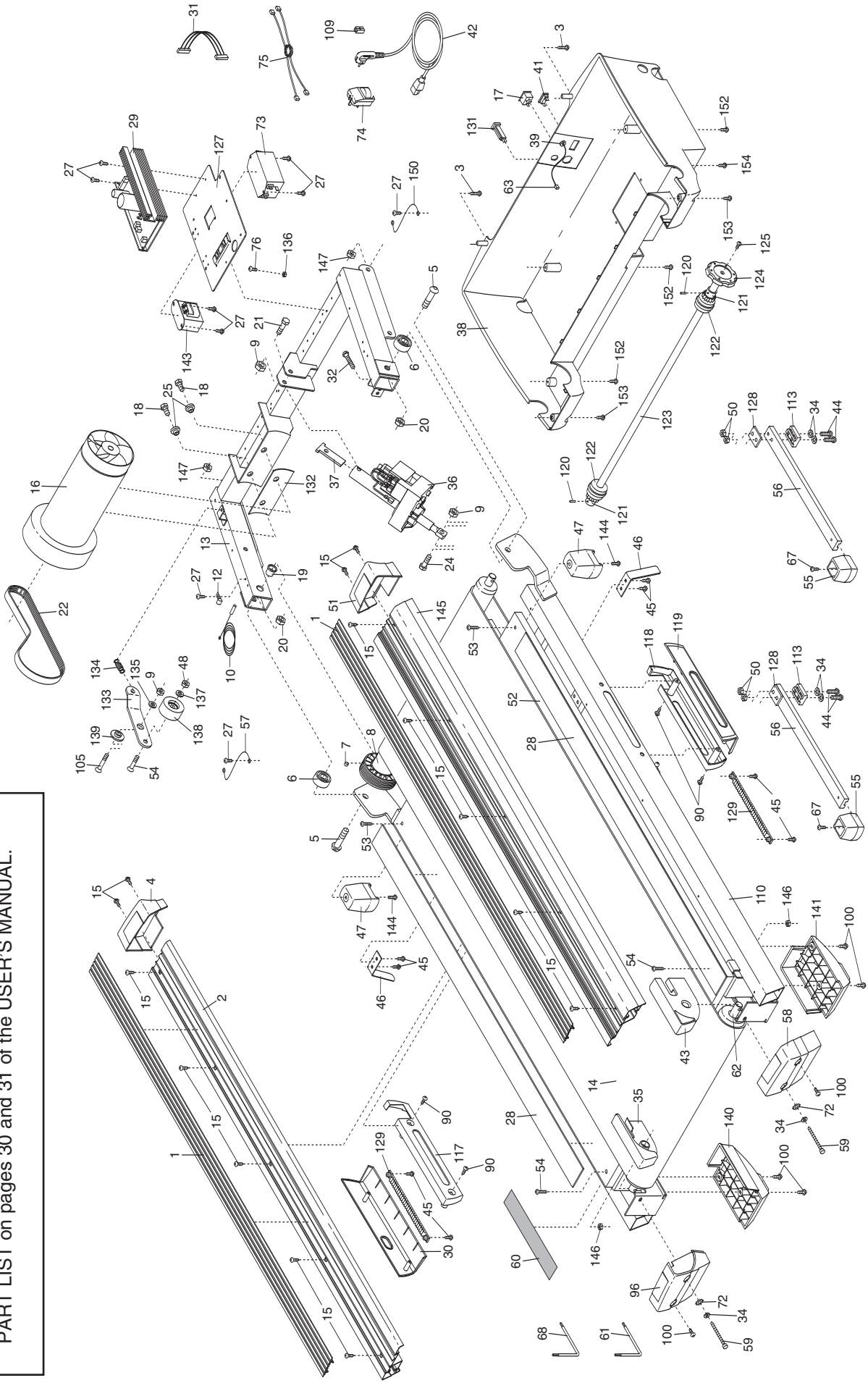
#These parts are not illustrated

Specifications are subject to change without notice.

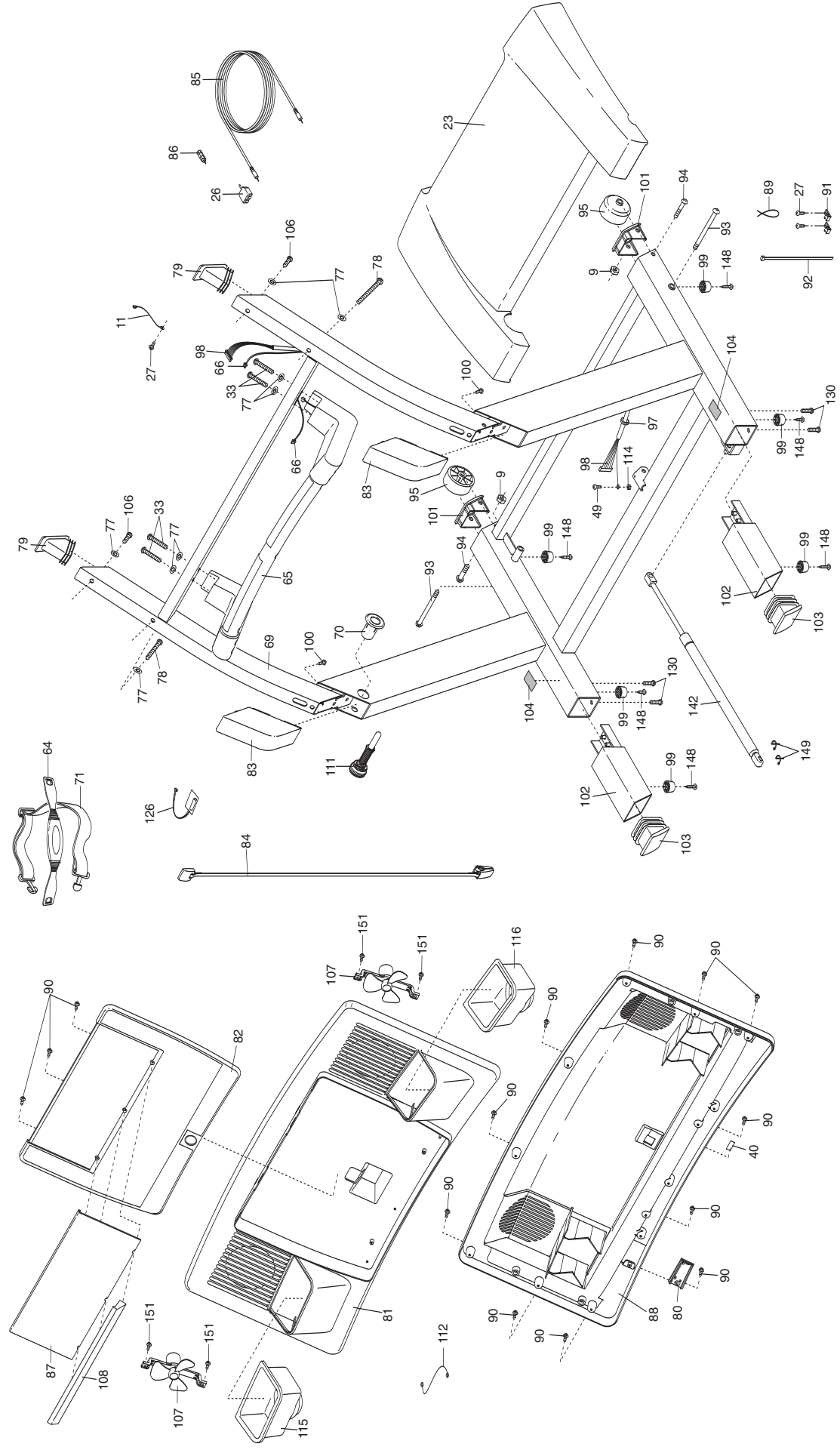
EXPLODED DRAWING—Model No. NETL81905.0

R0805A

To identify the parts shown on this exploded drawing, see the PART LIST on pages 30 and 31 of the USER'S MANUAL.



R0805A



ORDERING REPLACEMENT PARTS

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

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 113 387 7133
Fax: (44) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (NETL81905.0)
- the NAME of the product (NordicTrack E3200 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 30 and 31 and the EXPLODED DRAWING attached in the centre of this manual)