

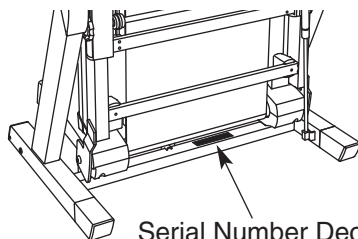
NordicTrack **E 3100**

Class HC Fitness Product

Model No. NETL90133

Serial No. _____

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



Serial Number Decal

USER'S MANUAL

QUESTIONS?

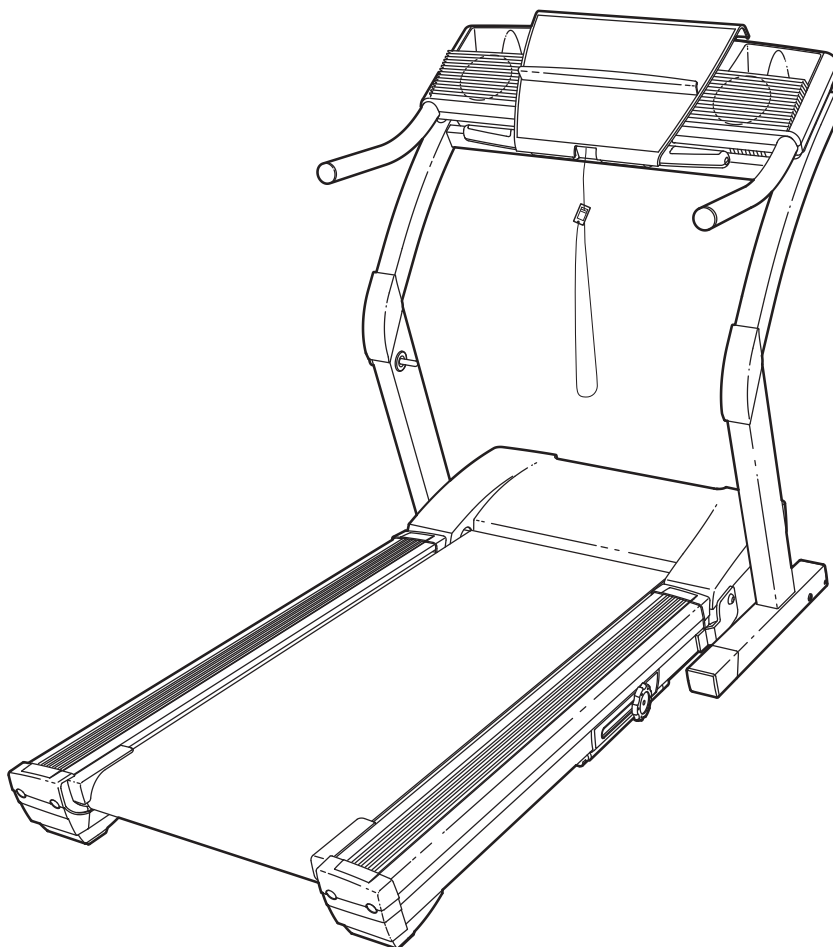
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

or write:

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

email: csuk@iconeurope.com



⚠ CAUTION

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



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 a surface that blocks any 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 9), 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 whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
14. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst 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 exercise aids in determining heart rate trends in general.
17. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/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 on/off circuit breaker.)
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 26.) You must be able to safely lift 20 kg (45 lbs) in order 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 CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

22. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

23. Always remove iFIT.com CDs and videos from your CD player or VCR 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.

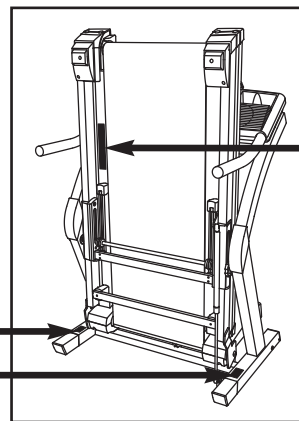
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other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

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

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

SAVE THESE INSTRUCTIONS

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



Note: The decal shown at the right is 50% of 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.

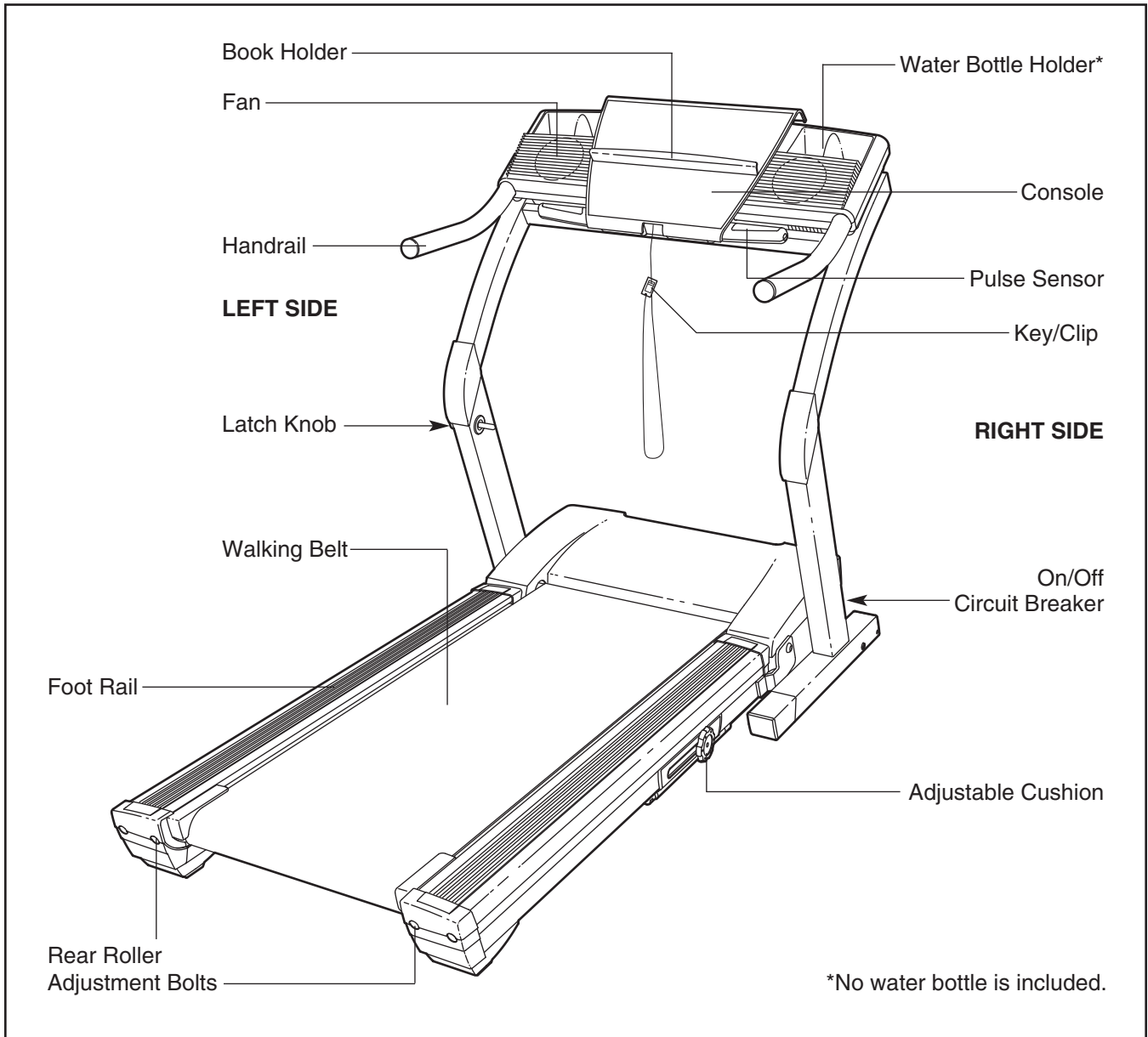
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® E 3100 treadmill. The E 3100 treadmill offers an impressive array of features to make your home workouts more enjoyable and effective. And when you're not exercising, the unique E 3100 treadmill can be folded up, requiring less than half the floor space of other treadmills.

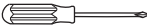


For your benefit, read this manual carefully before using the treadmill. If you have additional questions,

please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is NETL90133. 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

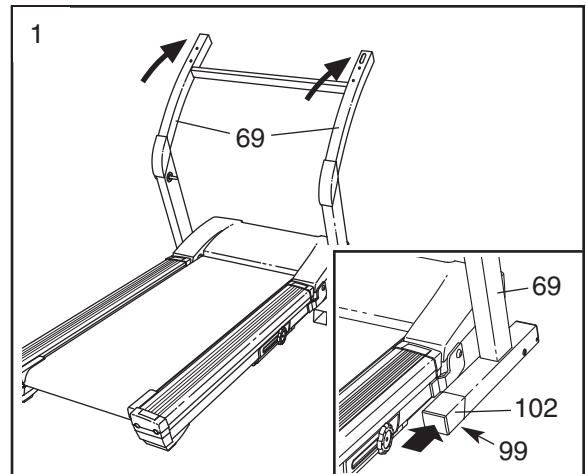
Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver** , **wire cutters** , and **rubber mallet** .

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 treadmill 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 or foot pads, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. With the help of a second person, carefully raise the Uprights (69) until the treadmill is in the position shown.

Refer to the inset drawing. Insert one of the Extension Legs (102) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (99) is on the bottom. Note: It may be helpful to tip the Uprights (69) forward and tap on the Extension Leg with a rubber mallet as you insert the Extension Leg.

Insert the other Extension Leg (not shown) in the same way.

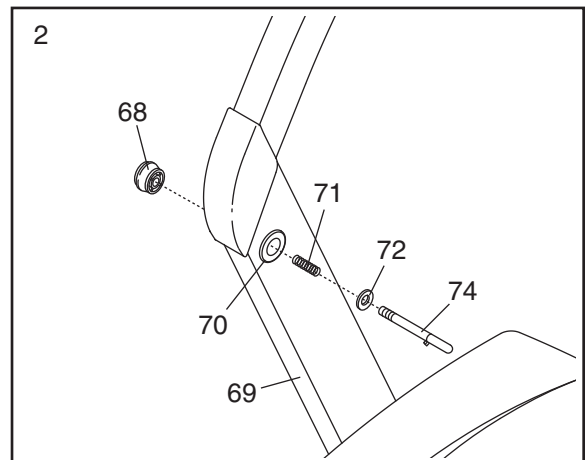


2. Press the Latch Knob Sleeve (70) into the left Upright (69).

Remove the Latch Knob (68) from the Latch Pin (74). Make sure that the Latch Pin Collar (72) and the Spring (71) are on the Latch Pin.

Insert the Latch Pin (74) into the Latch Knob Sleeve (70) and the left Upright (69).

Tighten the Latch Knob (68) back onto the Latch Pin (74).

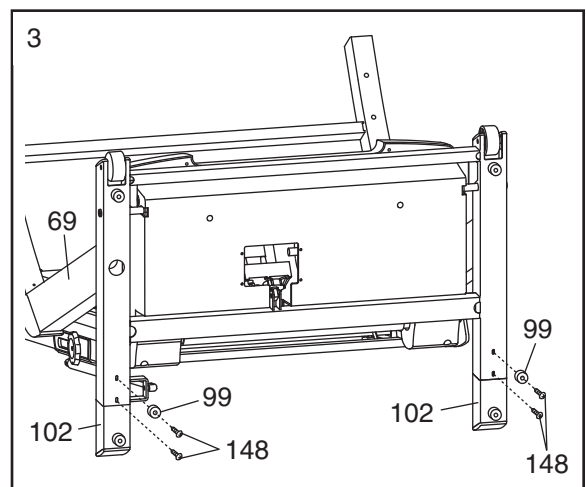


3. With the help of a second person, carefully tip the Uprights (69) down as shown. **Make sure that the Extension Legs (102) remain in the Uprights.**

Attach each Extension Leg (102) with two 1" Screws (148) and a Base Pad (99) as shown. Note: Attach the lower Screw (without the Base Pad) first.

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

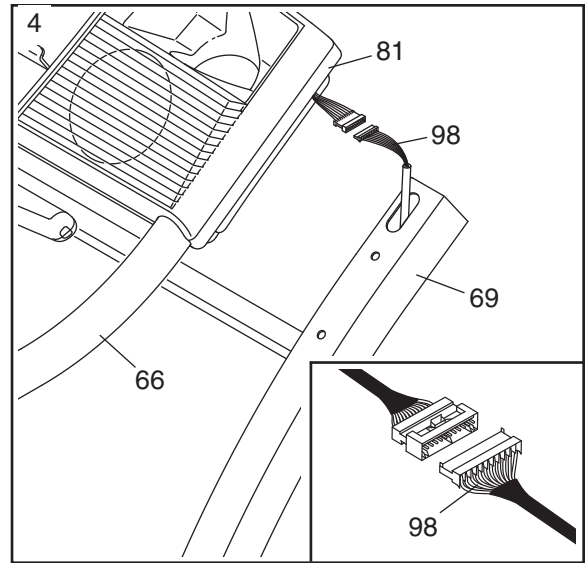
Note: One replacement Base Pad (99) may be included. Use the Base Pad to replace any Base Pad that becomes worn.



4. Cut the plastic tie holding the Upright Wire Harness (98) in the right Upright (69).

Have a second person hold the Handrails (66) near the Uprights (69) as shown. Connect the Upright Wire Harness (98) to the wires extending from the Console Base (81). **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Insert the connectors and the Upright Wire Harness into the hole in the right Upright.

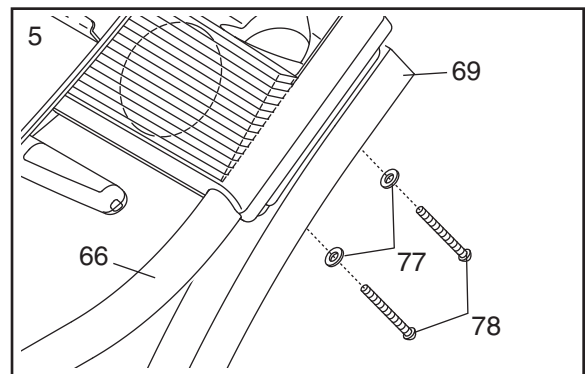
Set the Handrails (66) on the Uprights (69); be careful not to pinch the Upright Wire Harness (98).



5. Insert two Handrail Bolts (78) with Handrail Washers (77) into the right Upright (69) and the right Handrail (66). **Be careful not to pinch the wires.** Next, lift the right Handrail slightly and align the Handrail Bolts with the holes in the Handrail. Thread the Handrail Bolts into the Handrail; **do not tighten the Bolts yet.**

Attach the left Handrail (not shown) in the same way.

Tighten all four Handrail Bolts (78).

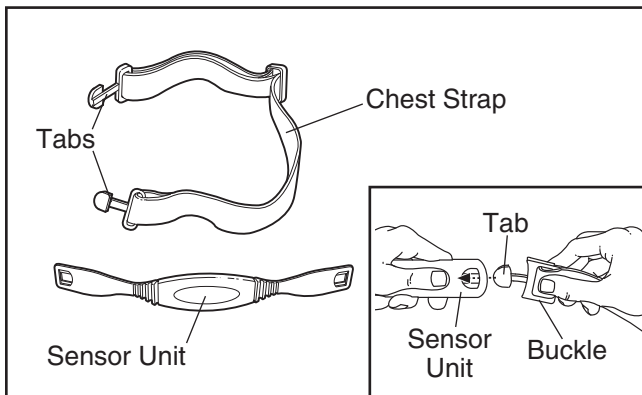


6. **Make sure that all parts are properly tightened before you use the treadmill. Place a mat beneath the treadmill to protect the floor.** For your benefit, familiarise yourself with the information on pages 28–30.

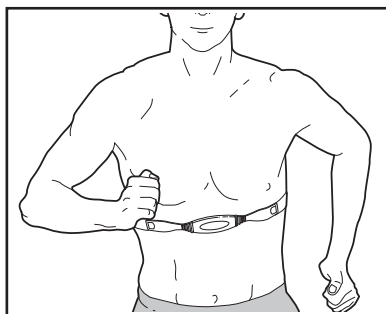
HOW TO USE THE CHEST PULSE SENSOR

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 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.



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 (122° F) or below -10° C (14° 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, re-wet 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 30).

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

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

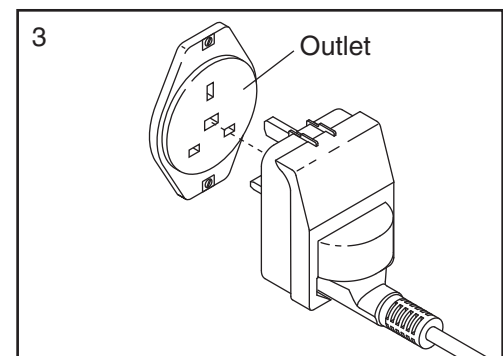
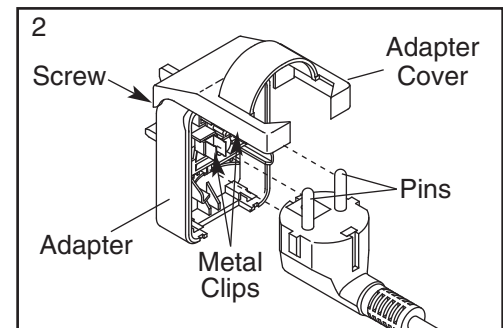
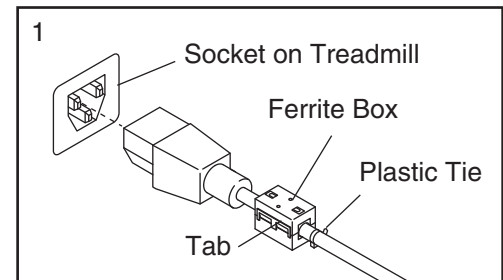
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a 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.**

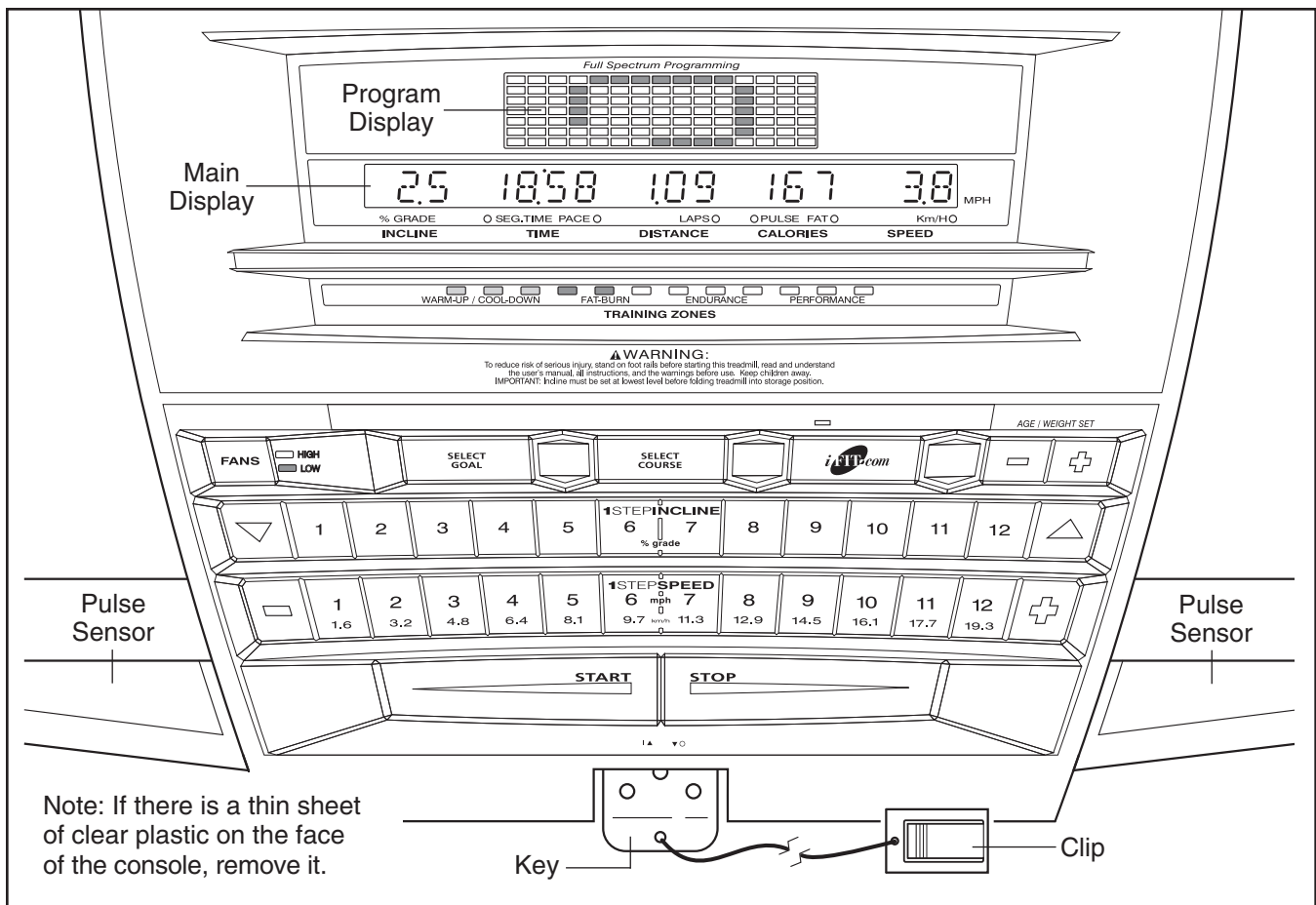
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. **If a ferrite box is included**, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. The plastic tie will prevent the ferrite box from sliding along the power cord.

See drawing 2. 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 adapter cover is secure and 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 advanced console offers a selection of features designed to help you get the most from your exercise.

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.

Eleven preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout.

In addition, the console offers two heart rate programs that automatically adjust the speed and incline of the treadmill to keep your heart rate near a target level whilst you exercise.

You can even create custom workout programs and store them in memory for future use.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using the included stereo audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.**

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

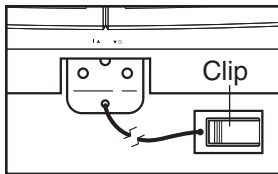
⚠ CAUTION: Before operating the console, read the following precautions.

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

GETTING STARTED

1 Attach the clip to the waistband of your clothes.

Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

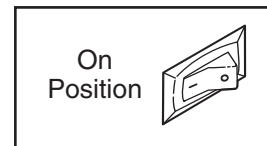


2 Plug in the power cord.

See HOW TO PLUG IN THE POWER CORD on page 9.

3 Make sure the on/off circuit breaker is in the on position.

Locate the on/off circuit breaker on the treadmill near the power cord. Make sure the on/off circuit breaker is in the on position.



4 Insert the key fully into the console.

Stand on the foot rails of the treadmill. **Attach the clip securely to the waistband of your clothes.** Next, insert the key into the console. After a moment, the program display and the main display will light. Note: When the key is inserted, the treadmill incline system may automatically calibrate itself—the treadmill will rise to the highest incline level and then return to the lowest incline level. During calibration, the left side of the main display will show two dashes (--) and the segment time indicator will flash.

5 Enter your weight.

Although you can use the console without entering your weight, the console will count your calorie expenditure more accurately if you enter your weight. To enter your weight, press either of the Age/Weight Set buttons. The words "ENTER WEIGHT" and the current weight setting will appear in the main display. Press the Age/Weight Set buttons again to enter your weight. The buttons can be held down to enter your weight quickly. Your weight will then be saved in memory.



To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program,** see page 14. **To create and use a custom program,** see pages 16 and 17. **To use a heart rate program,** see page 18. **To use an iFIT.com CD or video program,** see page 22. **To use an iFIT.com program directly from our Web site,** see page 24.

HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

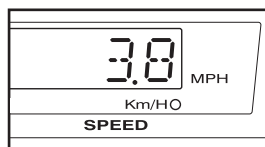
2 Select the manual mode.

When the key is inserted, the manual mode will automatically be selected. If a program has been selected, press the Select Goal button repeatedly until the words “MANUAL MODE” appear in the main display.



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

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the 1-step Speed buttons. The speed range is 0.5 mph to 12 mph. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

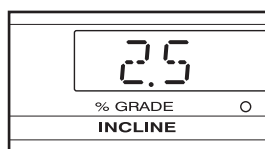


To stop the walking belt, press the Stop button. The time will begin to flash in the main display. To restart the walking belt, press the Start button or the Speed + button.

Note: The first time the treadmill is used, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 29).

4 Change the incline of the treadmill as desired.

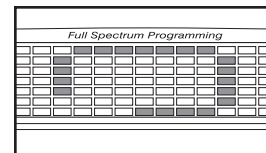
To change the incline of the treadmill, press the Incline Δ and ∇ buttons. Each time a button is pressed, the incline will



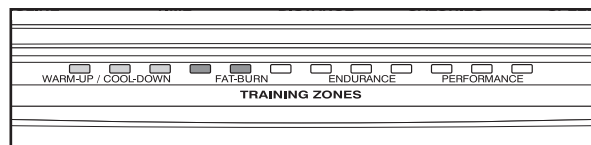
change by 0.5%. To change the incline quickly, press the 1-step Incline buttons. The incline range is 0% to 12%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 Follow your progress with the LED track, the Training Zone display, and the main display.

The LED track—When the manual mode or the iFIT.com mode is selected, the program display will show an LED track representing 400 m (1/4 mile). As you exercise, the indicators around the track will light, one at a time, until you have walked or run 400 m (1/4 mile). A new lap will then begin.

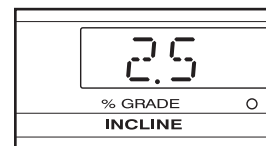


The Training Zone display—As you exercise, the Training Zone display will show the approximate intensity level of your exercise. As you increase the intensity, additional indicators will light.

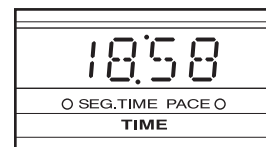


The Main Display—The main display will show the following information:

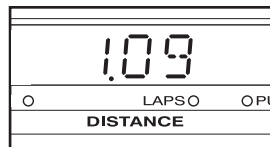
Incline—The left side of the main display shows the incline level of the treadmill.



Time/Pace—When the manual mode or the iFIT.com mode is selected, the next section of the main display will show the elapsed time and your current pace (pace is measured in *minutes per mile*). The display will change from one number to the other every few seconds; the Pace indicator will light when your pace is shown. When a program is selected, the display will show the time remaining in the program, your current pace, and the time remaining in the current segment of the program.



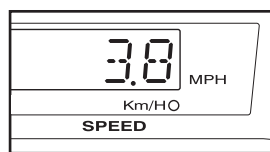
Distance/Laps—The centre section of the main display shows the distance that you have walked and the number of 400 m (1/4 mile) laps you have completed. The display will change from one number to the other every few seconds; the Laps indicator will light when the number of laps is shown.



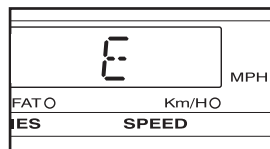
Calories/Pulse—When you are not using the handgrip pulse sensor, the next section of the main display will show the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 31). The display will change from one number to the other every few seconds; the Fat indicator will light when the number of fat calories is shown. When you are using the handgrip pulse sensor, the display will show your heart rate (see step 6 at the right).



Speed—The right side of the main display shows the speed of the walking belt.



Note: When the Km/H indicator below the Speed display is lit, the console will display speed and distance in kilometres; when the indicator is not lit, the console will display speed and distance in miles. To change the unit of measurement, first hold down the Stop button whilst inserting the key into the console. An “E” for English miles or an “M” for metric kilometres will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**

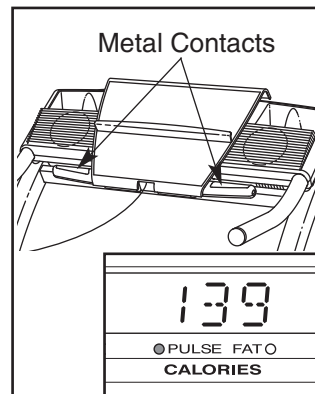


To reset the main display, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

To measure your heart rate, use the chest pulse sensor (see page 8) or the handgrip pulse sensor (follow the instructions below).

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



When your pulse is detected, the Pulse indicator will light and then your heart rate will be shown in the main display. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fans if desired.

To turn on the fans at low speed, press the Fans button. To turn on the fans at high speed, press the Fans button a second time. To turn off the fans, press the Fans buttons a third time. Note: Any time that the walking belt is stopped for a few minutes, the fans will automatically turn off.

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

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 25 and turn off the demo mode.**

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

HOW TO USE A PRESET PROGRAM

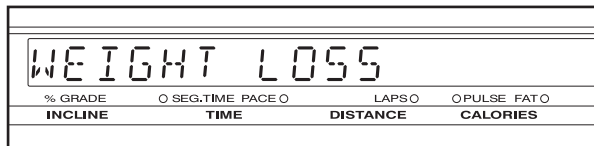
1 Insert the key fully into the console.

See GETTING STARTED on page 11.

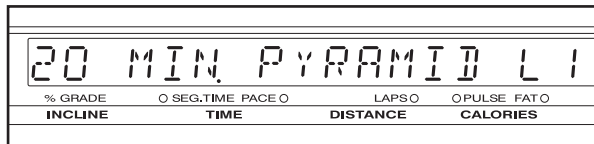
2 Select the desired preset program.

The console offers eleven preset programs—three programs that focus on weight loss, five programs designed for aerobic exercise, and three programs for high-performance conditioning.

When the key is inserted, the manual mode will be selected. To select one of the preset programs, first press the Select Goal button repeatedly until the words “WEIGHT LOSS,” “AEROBIC,” or “PERFORMANCE” appear in the main display.



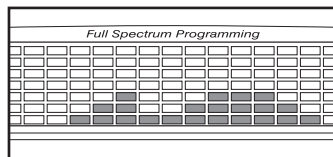
Next, press the Select Course button repeatedly to select one of the weight loss, aerobic, or performance programs. For example, if the words “WEIGHT LOSS” appear in the main display, you can select the 20-minute Pyramid, 35-minute Pyramid, or 20-minute Fat Burn program.



Three seconds after a preset program is selected, the name of the selected program, the maximum speed setting for the program, the maximum incline setting for the program, and the total program time will begin to scroll across the main display.

The program display will show the speed settings of the program you have selected.

Note: If you have selected a program with more than twelve segments, the display will show only the first twelve speed settings.

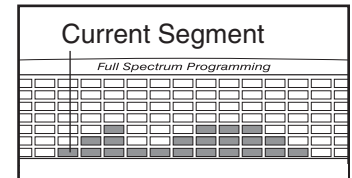


3 Press the Start button or the Speed + button to start the program.

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

Each program is divided into several time segments of different lengths. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for consecutive segments.)

The speed setting for the first segment is shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next several segments are 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. In addition, if the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash in the main 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 of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings will move downward* so that only the highest indicators appear in the program display. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

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

If the speed or incline setting is too high or too low during the program, you can manually override the setting by pressing the Speed or Incline buttons on the console. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.) Note: If you *manually* adjust the speed setting so that all of the indicators in the Current Segment column are lit, the speed settings in the program display will *not* move downward as described above. **Note: If you manually override the speed or incline setting, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fans if desired.

See step 7 on page 13.

7 When the program has ended, remove the key.

Step onto the foot rails and **make sure that the incline of the treadmill is at the lowest level.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 25 and turn off the demo mode.**

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

HOW TO USE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select one of the custom programs.

When the key is inserted, the manual mode will be selected. To select a custom program, first press the Select Goal button repeatedly until the words "CUSTOM PROGRAM" appear in the main display. Next, press the Select Course button repeatedly to select the Learn 1 or Learn 2 program.

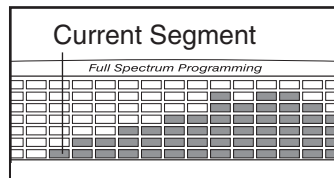
Three seconds after a custom program is selected, the name of the selected program and the total program time will begin to scroll across the main display.

The program display will show the first speed settings of the program you have selected (see the drawing below). **Note: If only three columns of indicators are lit in the program display, see HOW TO CREATE A CUSTOM PROGRAM on page 16.**

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

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

Each program is divided into several one-minute segments. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment is shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next 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, a series of tones will sound, the speed setting and the incline setting will flash in the main display, and *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

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

If desired, you can redefine to the program whilst using it. **To change the speed or incline setting during the current segment**, simply press the Speed or Incline buttons. When the current segment is completed, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button, and program speed and incline settings for as many additional segments as desired. 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 is completed.

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 12.

5 When the program has ended, remove the key.

See step 7 on page 15.

HOW TO USE HEART RATE PROGRAMS

Heart rate programs automatically adjust the speed and incline of the treadmill to keep your heart rate near a target level whilst you exercise. **Note: You must wear the chest pulse sensor (see page 8) to use the heart rate programs.**

⚠ 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.

See page 8.

2 Insert the key fully into the console.

See GETTING STARTED on page 11.

3 Select a heart rate program.

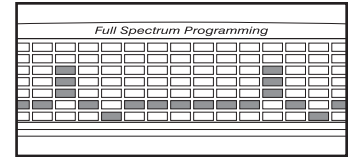
When the key is inserted, the manual mode will be selected. To select a heart rate program, first press the Select Goal button repeatedly until the words “HEART RATE” appear in the main display.



Next, press the Select Course button until the words “PULSE DRIVEN 1” or “PULSE DRIVEN 2” appear.



During heart rate programs, the program display will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.

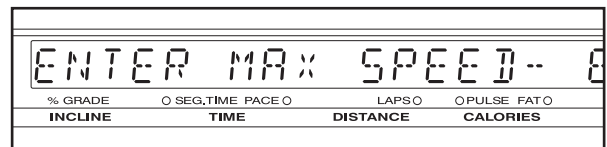


4 Enter your age and a maximum speed setting.

Three seconds after a heart rate program is selected, the words “ENTER AGE” and the current age setting will appear in the main display. You must enter your age to use a heart rate program. If you have already entered your age, press the Start button (pressing the button will not start the program at this time). If you have not entered your age, press the Age/Weight Set buttons to enter your age. The buttons can be held down to enter your age quickly. Then, press the Start button. Once you have entered your age, it will be saved in memory.



After you have entered your age, the words “ENTER MAX SPEED” and the maximum speed setting of the program will appear in the main display. If desired, press the Speed + buttons or the 1-step Speed buttons to change the maximum speed setting.



5 Press the Start button or the Speed + button to start the program.

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

Each heart rate program is divided into several time segments of different lengths. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One target heart rate setting is programmed for each segment.

During each segment, the console will regularly 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 treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed reaches the maximum speed setting of the program (see step 4 on page 18) and your heart rate is still too far below the current target heart rate setting, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate setting.

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

The program will continue until no time remains in the program. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low 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 current target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters "PLS" will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see page 8.

To stop the program at any time, press the Stop button. Heart rate programs should not be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

6 Follow your progress with the displays.

See step 5 on page 12.

7 Turn on the fans if desired.

See step 7 on page 13.

8 When the program has ended, remove the key.

See step 7 on page 15.

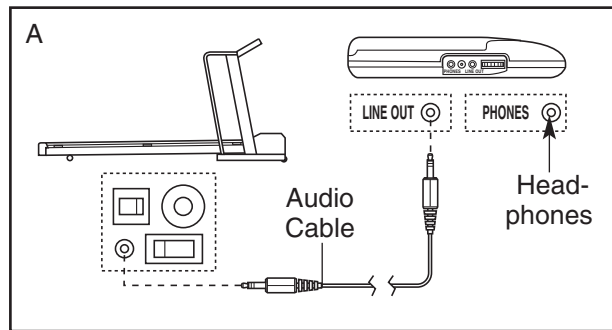
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 20 and 21 for connecting instructions. To use **iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 22 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 21 for connecting instructions.

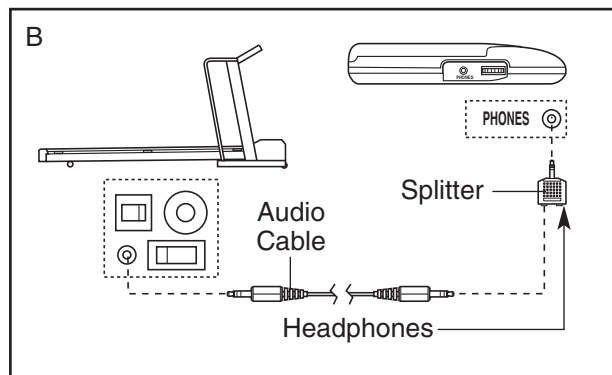
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

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



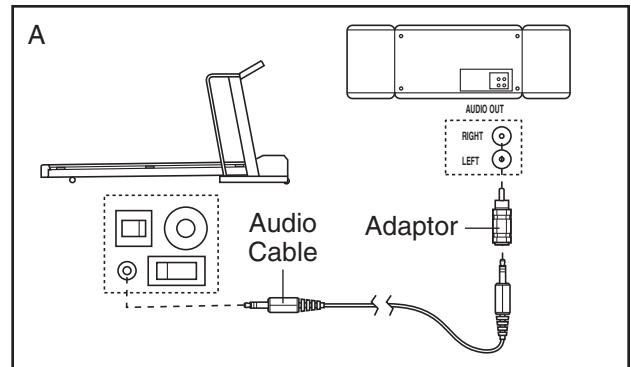
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the splitter.



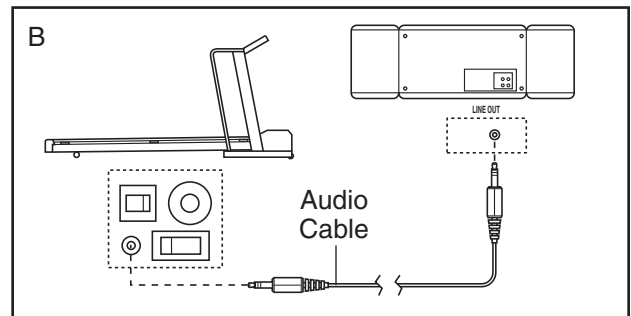
HOW TO CONNECT YOUR PORTABLE STEREO

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.

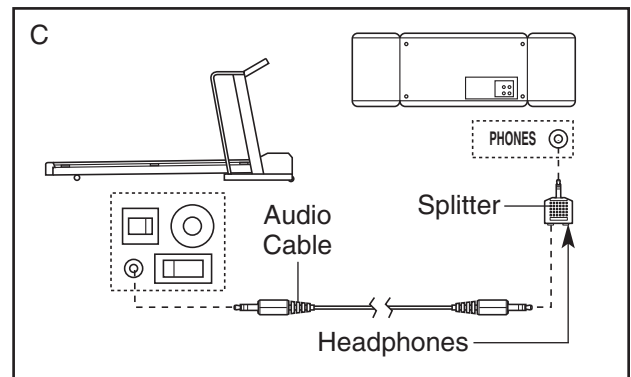
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



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



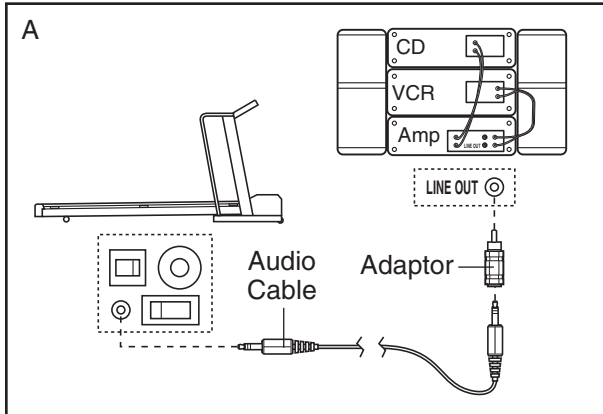
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the splitter.



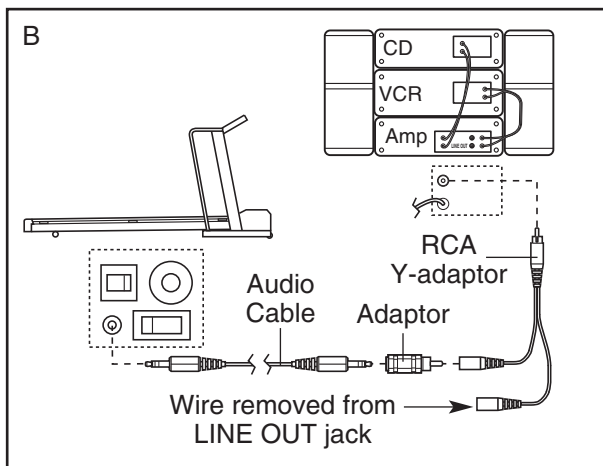
HOW TO CONNECT YOUR HOME STEREO

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

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



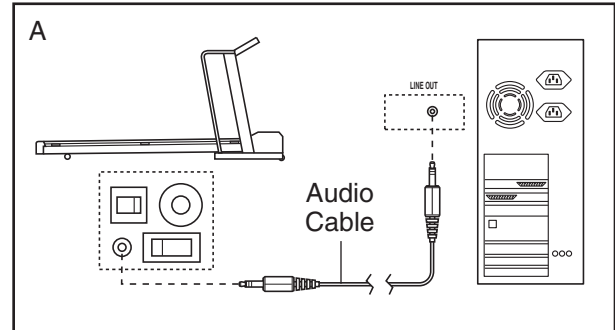
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an **RCA Y-adaptor** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack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



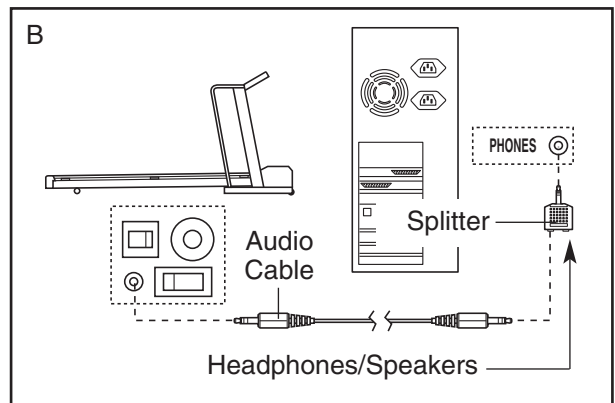
HOW TO CONNECT YOUR COMPUTER

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

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



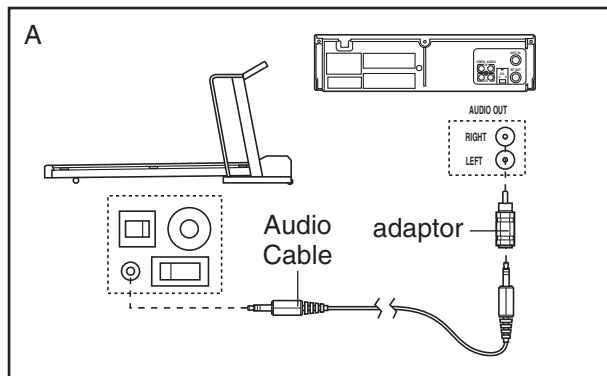
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the splitter.



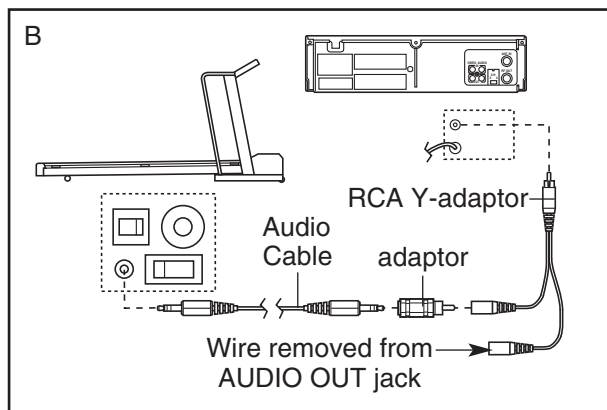
HOW TO CONNECT YOUR VCR

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 21.

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



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



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 20. **Note:** To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.

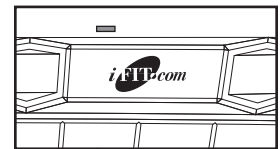
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the iFIT.com button. The indicator above the button will light and the words "iFIT MODE" will appear in the main display.



3 Insert the iFIT.com CD or videocassette.

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

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

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

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

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the time will begin to flash in the main display. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 22.

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

- **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. If the time is flashing, press the Start button or the Speed + button on the console.**

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 Follow your progress with the displays.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 Turn on the fans if desired.

See step 7 on page 13.

8 When the program is completed, remove the key.

See step 7 on page 15.

HOW TO USE PROGRAMS 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 21. 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 fully into the console.

See GETTING STARTED on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The indicator above the button will light and the words "iFIT MODE" will appear in the main 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 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 main display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program.**

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

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

8 When the program has ended, remove the key.

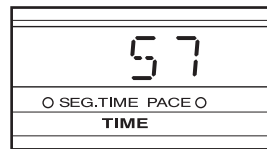
See step 7 on page 15.

THE INFORMATION MODE/DEMO MODE

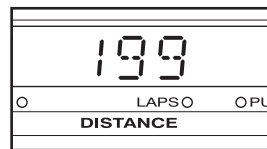
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition,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

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

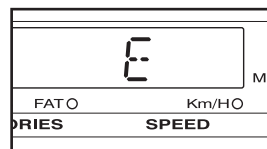
The left side of the main display will show the total number of hours that the treadmill has been used.



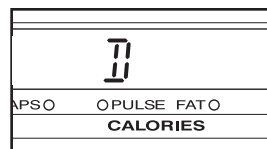
The centre of the main display will show the total number of miles that the walking belt has moved.



An “E” for English miles or an “M” for metric kilometers will appear on the right side of the main display. Press the Speed + button to change the unit of measurement.



IMPORTANT: Make sure that there is not a letter “D” in the main display. If a “D” appears in the display, the console is in the “demo” mode. This mode is intended



to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. If a “D” appears in the display when the information mode is selected, press the Speed – button so that it disappears.

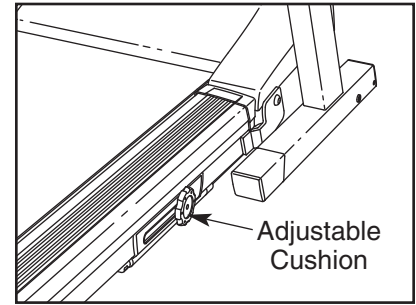
To exit the information mode, remove the key from the console.

HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill.

To increase the firmness of the walking platform, 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.

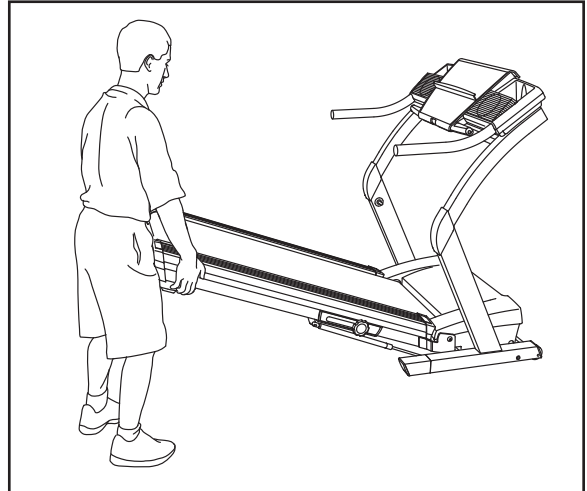


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

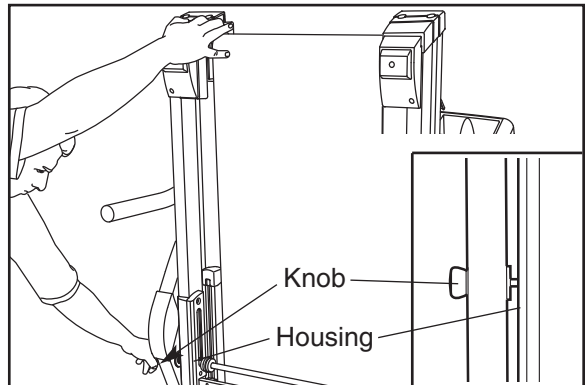
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

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



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the housing. Insert the latch pin into the housing. **Make sure that the latch pin is fully inserted into the housing.** Note: If the adjustment knob (not shown) hits the 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 30° C (85° F).



HOW TO MOVE THE TREADMILL

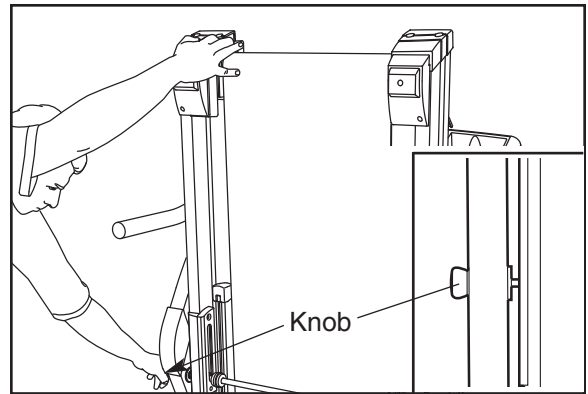
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the housing.**

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

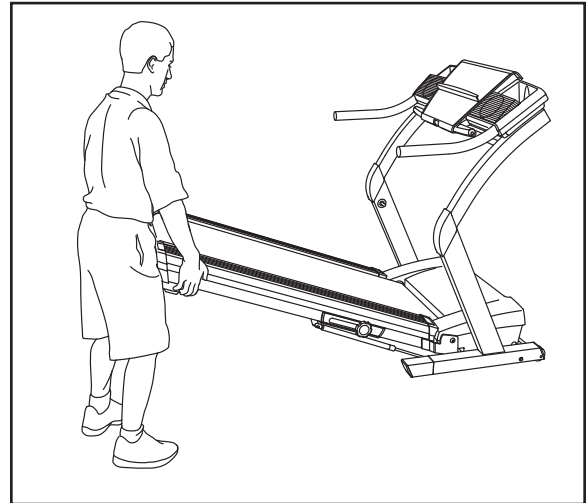


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the 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. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

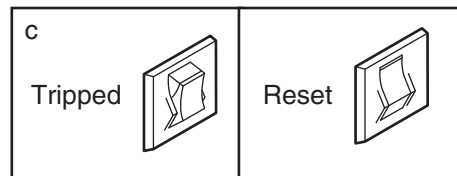
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 9.) 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 fully inserted into the console.

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



PROBLEM: The power turns off during use

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

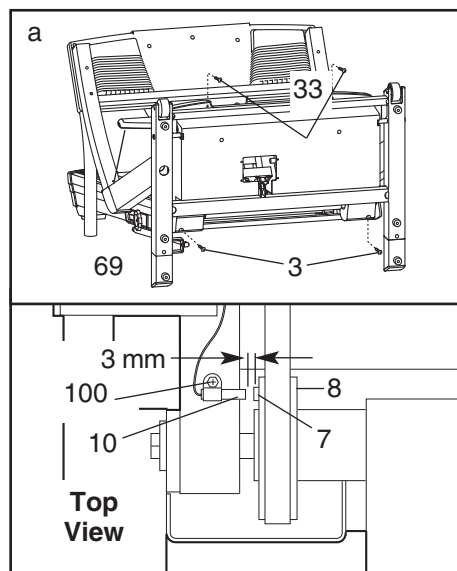
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

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

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Carefully tip the treadmill down as shown in drawing a. Remove the 1" Screws (33) and 2" Screws (3) from the hood. Raise the Uprights (69) and carefully remove the hood.

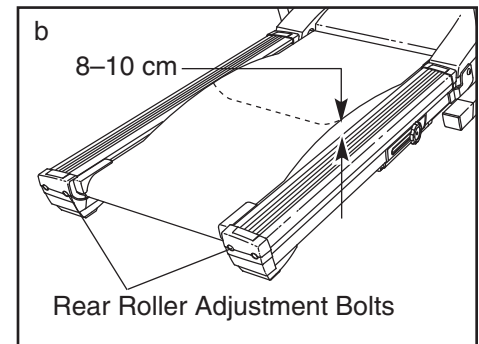


Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.)** . If necessary, loosen the 3/4" Screw (100) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, making sure the screws are in their same holes. 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.).

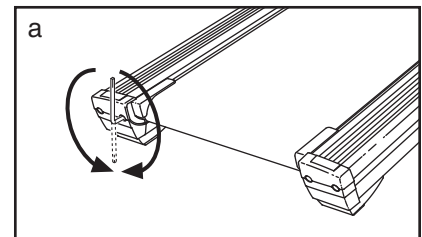
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 8–10cm (3–4 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.



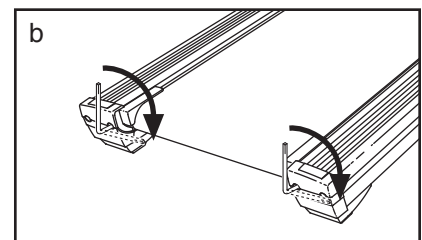
c. If the walking belt still slows when walked on, call our Customer Service Department.

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 side of the walking belt 8–10cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



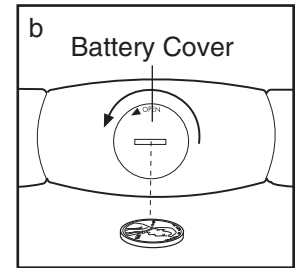
PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CDs and videos are played

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

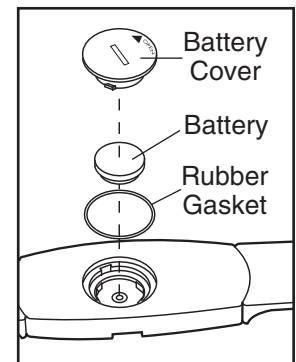
PROBLEM: The heart rate monitor does not function properly

SOLUTION: a. If the heart rate monitor does not function properly, see CHEST PULSE SENSOR TROUBLE-SHOOTING on page 8.

b. If the heart rate monitor still does not function properly, the battery should be changed. To replace the battery, 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. Remove the cover.



Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



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 exercise aids 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.

To measure your heart rate during exercise, use the pulse sensor on the console.

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 en-

ergy. 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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

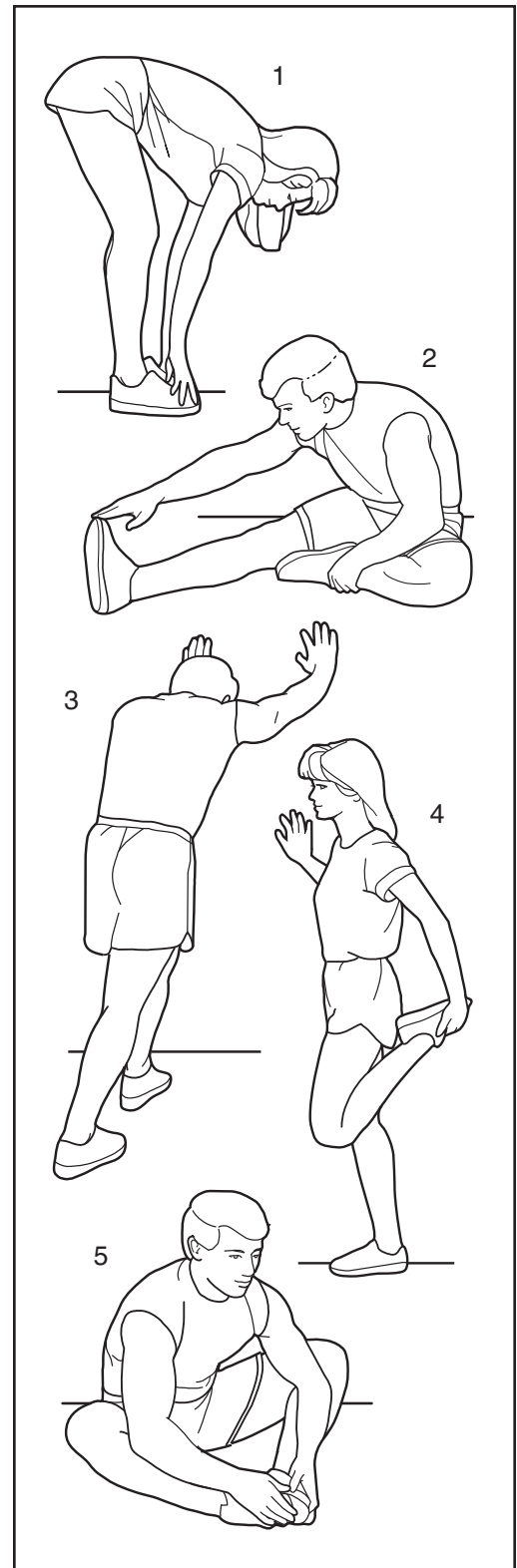
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

PART LIST—Model No. NETL90133

R0604A

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

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

Key No.	Qty.	Description	Key No.	Qty.	Description
103	2	Extension Cap	136	1	Pulley Bolt
104	2	Incline Warning Decal	137	1	Pulley Washer
105	1	Idler Arm Bolt	138	1	Idler Pulley
106*	1	Extension Leg Assembly	139	1	Idler Arm Spacer
107	2	Fan	140	1	Left Rear Foot
108	1	Book Holder	141	1	Right Rear Foot
109	1	Ferrite Box	142	1	Shock
110	1	Frame	143	1	Transformer
111*	1	Idler Arm Assembly	144	2	Isolator Screw
112	1	Console Ground Wire	145	1	Right Foot Rail
113	2	Spring Plate	146	2	Walking Platform Nut
114*	2	Cushion Assembly	147	2	Front Incline Pivot Nut
115	1	Left Cup Holder	148	4	1" Screw
116	1	Right Cup Holder	149	1	Choke
117	1	Left Inside Housing	150	1	Filter
118	1	Right Inside Housing	151	1	Power Board
119	1	Right Outside Housing	152	4	Plastic Standoff
120	2	Cushion Adj. Pin	153	1	Ground Nut
121	2	Cushion Adj. Gear	154	1	Chest Strap
122	2	Cushion Adj. Wheel	155	1	Pulse Extension Wire
123	2	Cushion Adj. Rod	156	1	Adapter
124	1	Cushion Adj. Knob	#	1	12" Green Wire, 2 Ring
125	1	Cushion Knob Screw	#	1	8" Green Wire, F/Ring
126	1	Pulse Receiver	#	1	4" Green Wire, F/Ring
127	1	Electronic Bracket	#	1	10" Blue Wire, 2F
128	2	Spring Plate Spacer	#	1	4" Blue Wire, 2F
129	2	Gear Rack	#	1	14" White Wire, 2F
130	1	Right Fan Housing	#	1	10" White Wire, 2F
131	1	Circuit Breaker	#	1	4" Black Wire, 2F
132	1	Motor Isolator	#	1	User's Manual
133	1	Idler Arm			
134	1	Idler Spring			
135	2	Idler Arm Nylon Washer			

* Includes all parts shown in box

These parts are not illustrated

ORDERING REPLACEMENT PARTS

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

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

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133

Fax: 0 (444) 113 387 7125

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

- The MODEL NUMBER OF THE PRODUCT (NETL90133)
- The NAME OF THE PRODUCT (NordicTrack® E 3100 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 34 and 35 and the EXPLODED DRAWING attached in the centre of this manual)

