

Your Guide to Assembly, Use and Care



WalkFit 3500

Welcome to WalkFit

CONGRATULATIONS!

**You have
made an excellent
investment in your health.**

The WalkFit® 3500 offers a workout that is safe, simple and effective. Decrease your body fat, improve your cardiovascular fitness and tone your muscles with the smooth, natural motion of the WalkFit nonmotorized treadmill. Whatever your fitness goals, WalkFit 3500 can help you achieve them.



WalkFit means Quality, Safety and Adaptability. You've made the right choice in exercise equipment and here's why:

Quality

- WalkFit 3500 is handcrafted in the U.S.A!
- 20 years of NordicTrack experience are built into your WalkFit.
- We stand behind our quality – you have free access to our customer service department for as long as you own your WalkFit.

Safety

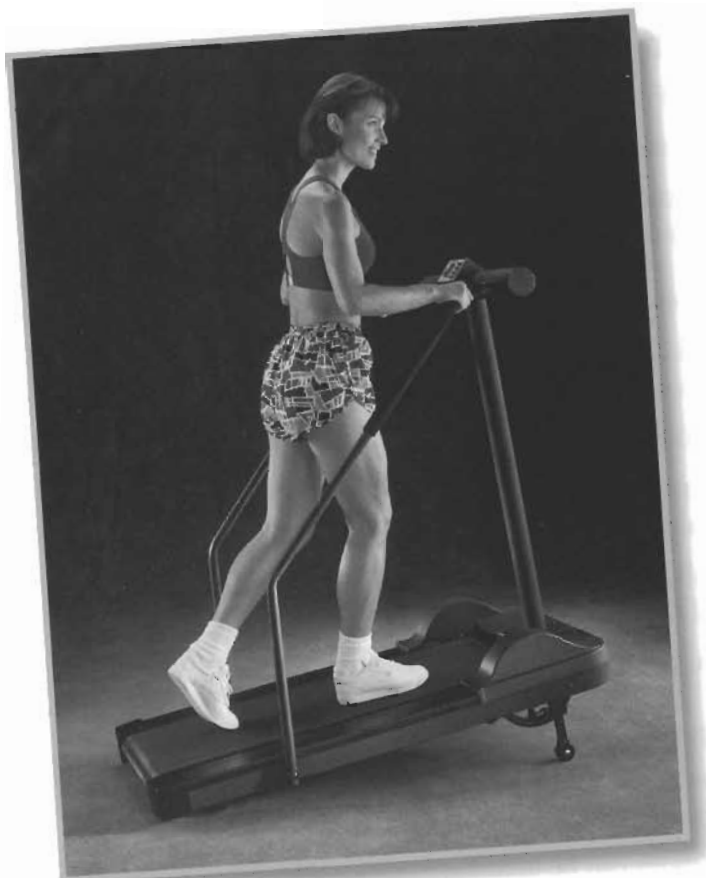
- WalkFit's cardiovascular workout is low-impact, which reduces stress on your ankles, knees, hips and back.
- WalkFit's conditioning helps ease many of life's aches and pains.
Getting on and off the WalkFit is safer and easier; there's no moving treadmill belt to throw you off balance.
- WalkFit is a unique nonmotorized treadmill; you set the pace as you walk or run.

You always have solid arm bars to stabilize you during your workouts.

Adaptability

- You'll never have to change your workout routine because of weather conditions.
- WalkFit can be used anywhere, unlike motorized treadmills, which require an electrical outlet.
- WalkFit is quieter than most treadmills; you can exercise anywhere and at any time.
- There's no electrical motor to break down or require service.

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Important Safety Information



THINGS TO KNOW BEFORE YOU START YOUR EXERCISE PROGRAM

- **Consult with your physician before beginning any exercise program.** If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, your physician's advice is absolutely essential.
- **Be aware of things that affect your heart rate.** Your heart rate may be affected by such things as stress, caffeine, nicotine and prescription drugs.
- **Stop exercising and consult your physician immediately if your experience any of the following symptoms:** Pain or tightness in your chest, an irregular heartbeat, extreme shortness of breath, nausea, dizziness, lower back pain or feeling lightheaded. You should be able to whistle or maintain a normal conversation while you are exercising.

- **Start your program slowly.** Changing your lifestyle takes time and commitment. Begin with a few minutes of exercise each day and progress gradually as your fitness level improves.
- **Stretching is an essential part of your exercise program.** Warm up and stretch your muscles before you exercise. Then, cool down and stretch your muscles again following your workout.
- **Always wear appropriate exercise clothes and shoes.** We recommend you wear exercise clothing such as a T-shirt, shorts and absorbent socks. It is essential that you wear comfortable athletic shoes. Do not exercise without wearing shoes.
- **This product is intended for adult use only.** Keep small children and pets away when setting up or using the exerciser.
- **Perform the recommended maintenance steps.** This will help ensure the safe and efficient operation of your exerciser. It will also protect your warranty rights.

Read the entire Owner's Guide and all information provided BEFORE assembling or using the fitness equipment. Safe and efficient use can be achieved only if the equipment is properly set up, used and maintained. The following symbols, found throughout your Owner's Guide, alert you to information you need to know to maintain the safety of the user and to avoid damage to the equipment.



CAUTION

This symbol refers to a hazard or unsafe practice which can result in personal injury or product or property damage.



IMPORTANT

This symbol refers to an unsafe practice which can result in product or property damage.

Parts

Please spend a moment to familiarize yourself with the parts and terminology in this illustration before you begin assembly. Read through this entire Owner's Guide BEFORE you assemble or use your exerciser.

First, we suggest that you unpack your WalkFit aerobic exerciser where you intend to use it. Please retain all packing materials for the duration of your in-home trial.



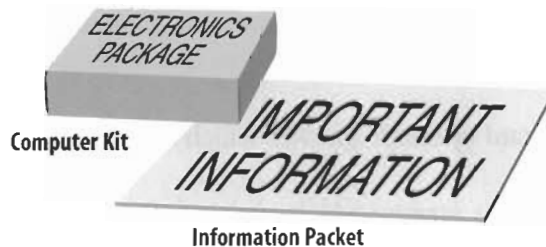
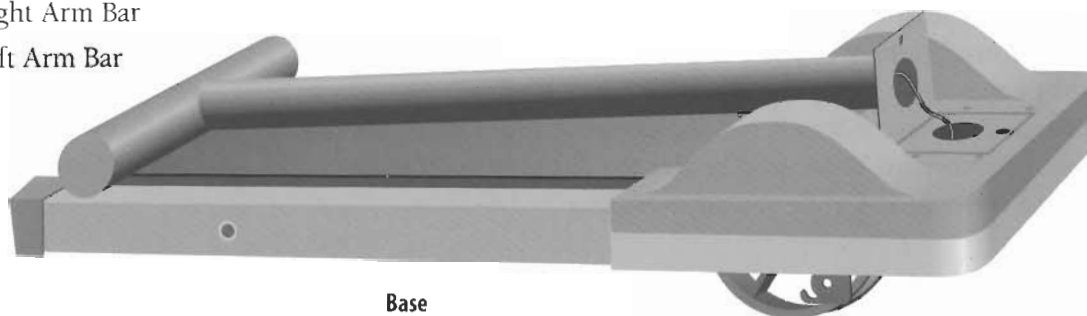
Place a protective covering between the exerciser and your carpet or flooring.

Box 1

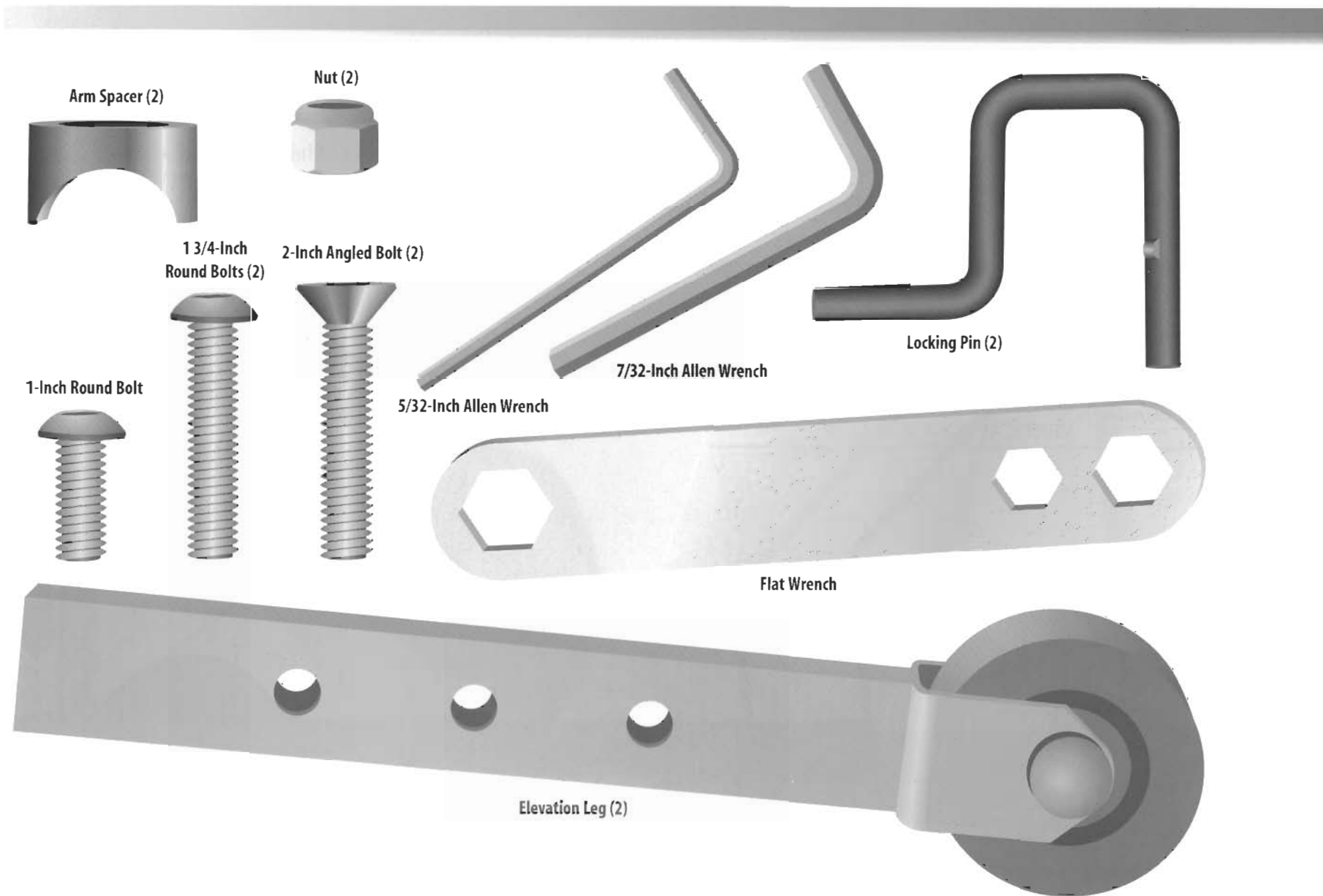
- ☐ 1 Base
- ☐ 1 Computer Kit
- ☐ 1 Information Packet
- ☐ 1 Silicone Lubricant Kit (3-Pack)
- ☐ 1 Flat Wrench
- ☐ 1 5/32-Inch Allen Wrench
- ☐ 1 7/32-Inch Allen Wrench
- ☐ 2 Elevation Legs
- ☐ 2 Locking Pins
- ☐ 2 Arm Spacers
- ☐ 2 1 3/4-Inch Round Bolts
- ☐ 2 2-Inch Angled Bolts
- ☐ 2 Nuts
- ☐ 1 1-inch Round Bolt

Box 2

- ☐ 1 Right Arm Bar
- ☐ 1 Left Arm Bar



Silicone Lubricant Kit



Assembly

1. Raise and Secure the Vertical Post

- Take the 1-inch bolt and 7/32-inch Allen wrench (larger one) from the parts bag.
- Firmly grasp the vertical post and raise it to an upright position. DO NOT LET GO OF THE POST.
- Secure the vertical post with the bolt; tighten with the Allen wrench.

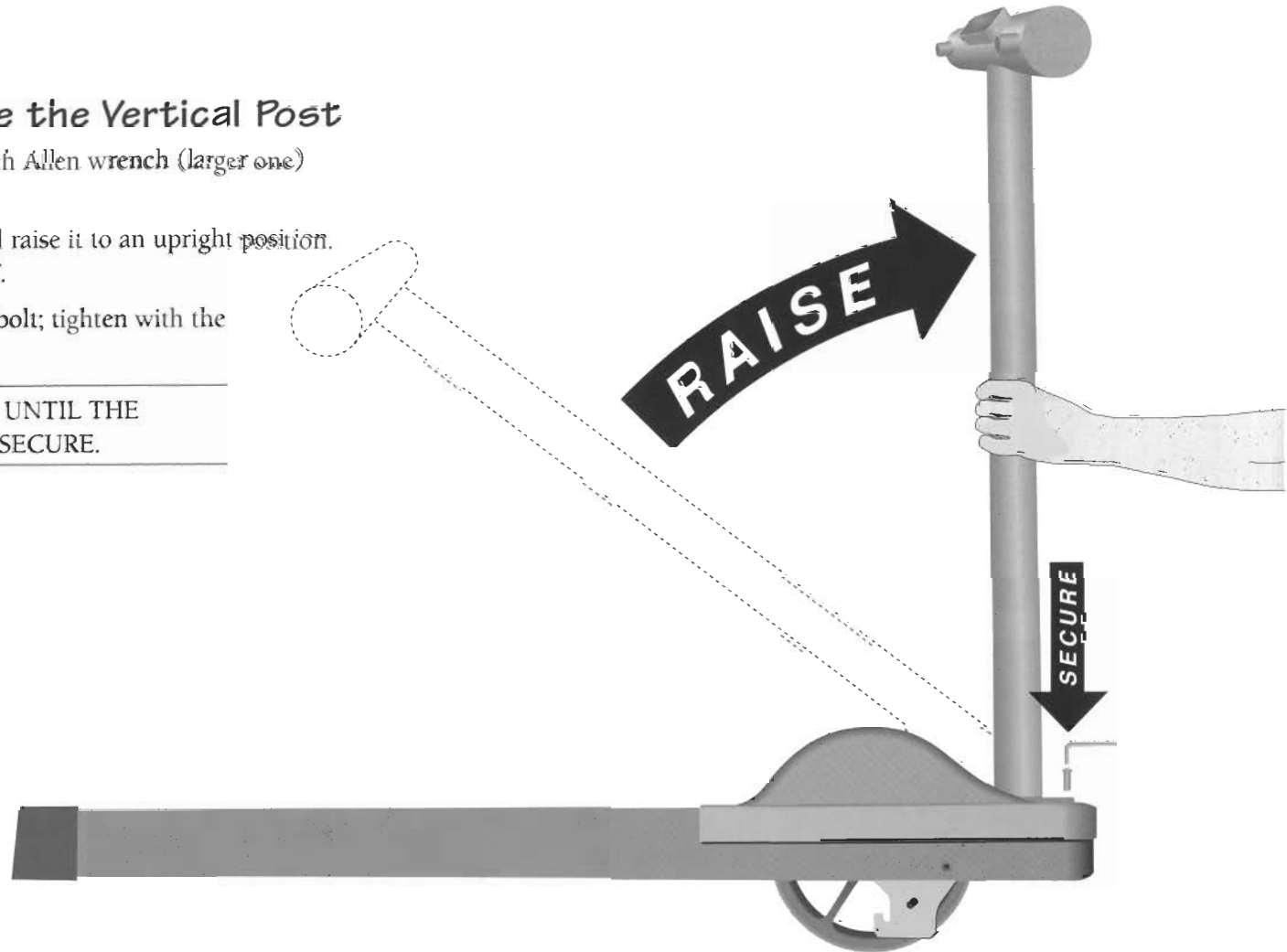


DO NOT PROCEED UNTIL THE VERTICAL POST IS SECURE.

Item Needed...



- 7/32-Inch Allen Wrench





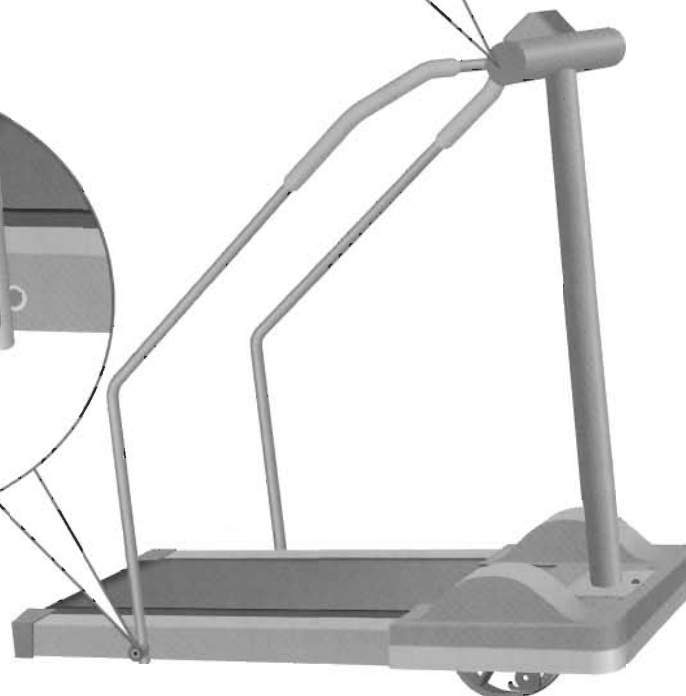
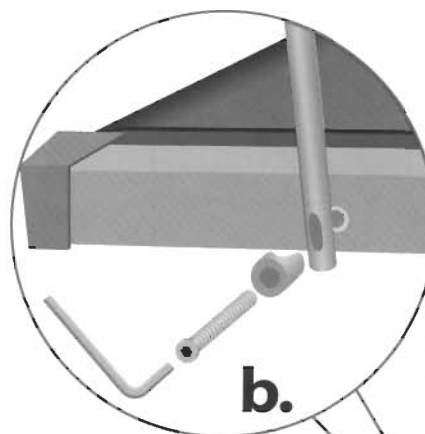
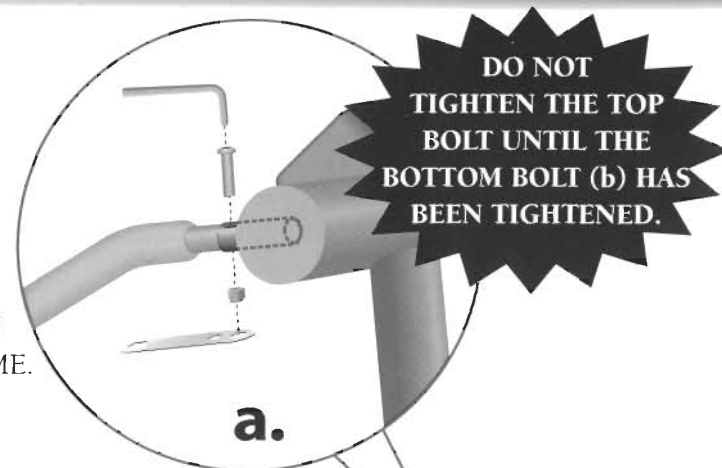
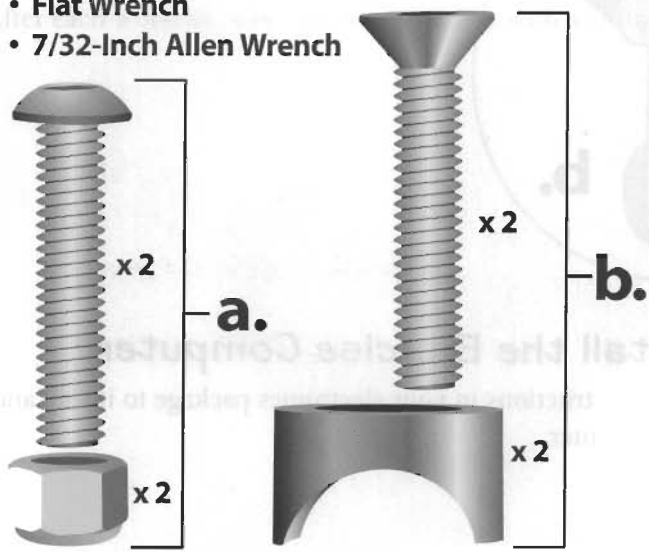
To prevent permanent damage during assembly, do not completely tighten the top bolt and nut (a) before the bottom bolt (b) is secure.

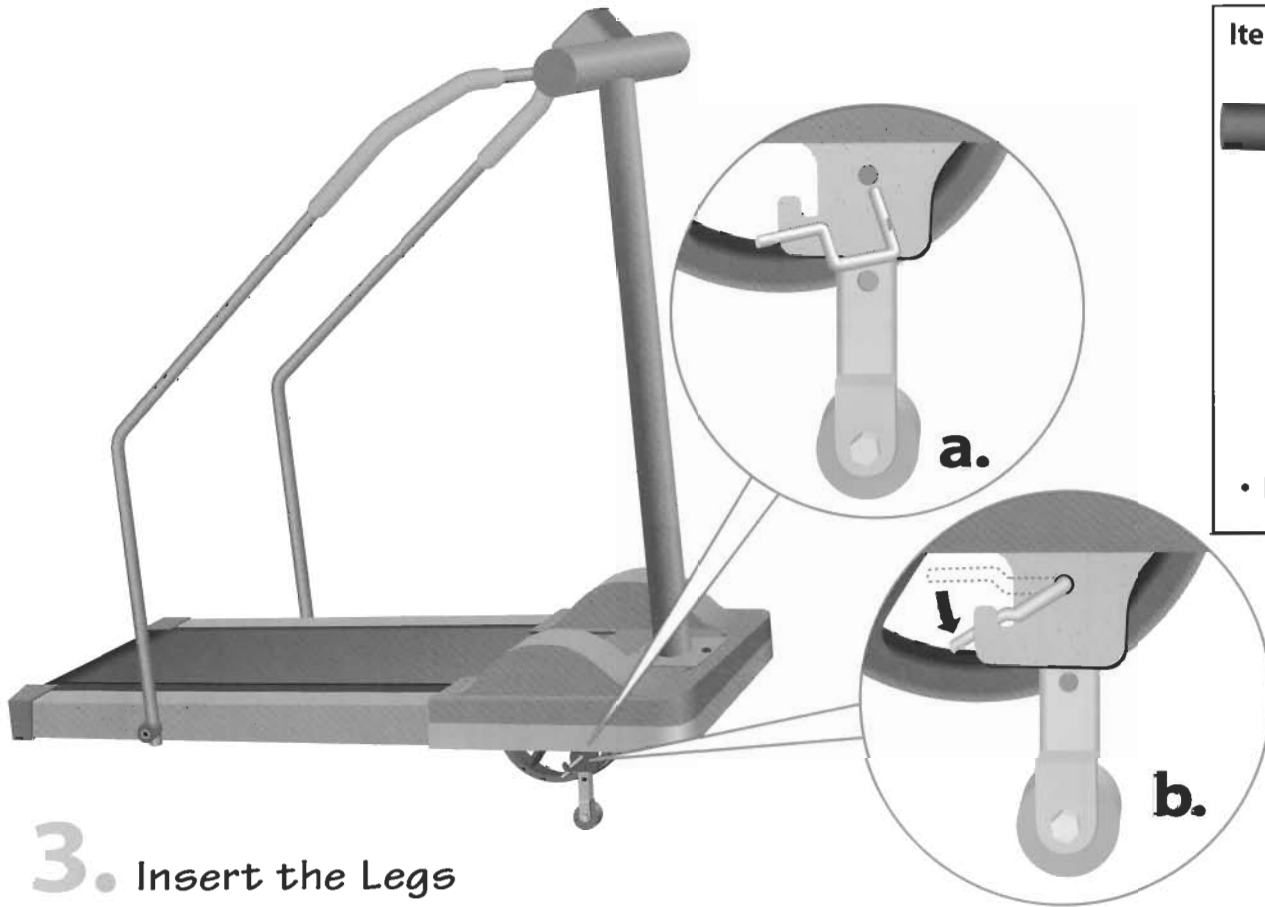
2. Attach the Arm Bars

- Remove the right arm bar from the box.
- Align the bar as shown, then push the top end of the bar all the way into the right side of the crossbar (a). **DO NOT COMPLETELY TIGHTEN THE BOLT AND NUT AT THIS TIME.**
- Pass one of the 2-inch angled bolts through the arm spacer and bottom of the bar to secure the bar in place (b). Tighten the bolt securely.
- Now, completely secure the 1 3/4-inch round bolt and nut at the top of the bar (a).
- Repeat with the left arm bar.

Items Needed...

- Flat Wrench
- 7/32-Inch Allen Wrench



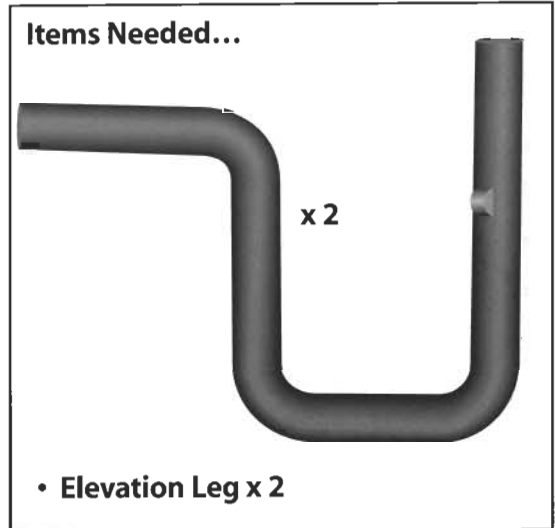


3. Insert the Legs

Choose the second hole in the elevation leg; this will be easiest for getting started (a).

Set both legs to the same elevation level.

Make sure both locking pins are secure; rotate the pins down to lock the legs in place (b).

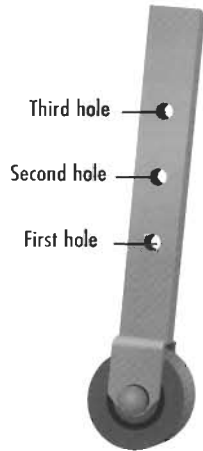


4. Install the Exercise Computer

Refer to the instructions in your electronics package to install and use your computer.

Front Elevation

Front Elevation



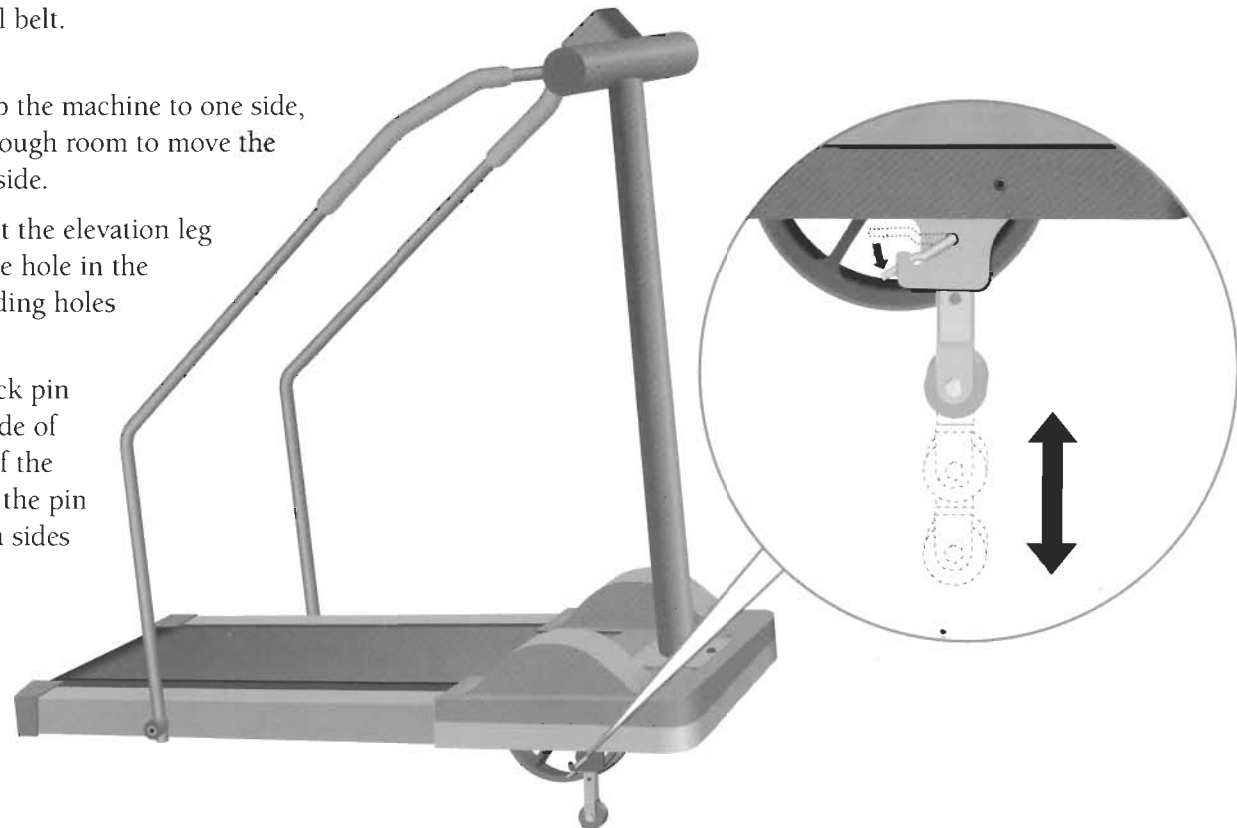
You can change the front elevation of your WalkFit 3500 to three different positions. Use different elevation settings to vary your workouts. If you have trouble getting started on the treadmill, elevate the front of the machine to the second or third hole. When the base is elevated, gravity aids the movement of the treadmill belt.

1. Carefully tip the machine to one side, allowing enough room to move the leg on that side.
2. Remove the easy-lock pin. Adjust the elevation leg to the desired elevation. Align the hole in the elevation leg with the corresponding holes in the sleeve.
3. Insert the straight end of easy-lock pin through the holes from the outside of the exerciser toward the center of the machine. Be sure that the end of the pin extends completely through both sides of the front elevation leg.

4. Rotate the pin down into the notch in the sleeve to secure the easy-lock pin in place.
5. Carefully tip the machine to the other side. Remove the easy-lock pin. Repeat the steps with the other easy-lock pin.



Both elevation legs must be adjusted to the same elevation setting.



Getting Started



Before You Begin

- Always consult your physician before beginning any exercise program.
- It is essential to warm up and stretch your muscles before exercising. Follow the guidelines in *A Guide to Healthy Living*.
- Read through *A Guide to Healthy Living* BEFORE you begin to exercise.

Helpful Hints

-  Begin slowly. If you haven't exercised for a long time, begin with three to five minutes of slow walking a day and progress gradually. Remember, changing your lifestyle takes time.
-  Keep your weight on your feet; don't support your weight with your arms.
-  Don't lean over. Stand up straight.
-  Be very aware of your body's signals and react to them accordingly. Your heart rate may be affected by such things as stress, caffeine, nicotine and prescription drugs. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.
-  Don't overexert yourself. Stop exercising if you experience any unusual discomfort or signs of overexertion, lightheadedness, dizziness, nausea or extreme breathlessness. Other symptoms include prolonged fatigue (more than an hour) or pain of the muscles or skeletal system. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity.
-  Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
-  Make your exercise time more enjoyable. While exercising on the WalkFit® 3500 aerobic exerciser, you can listen to music or a book on tape or watch your favorite television show.
-  Always wear exercise clothing such as shorts, T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. It is important that you wear comfortable athletic shoes.

Learn to Use Your WalkFit 3500

1. Adjust the front elevation to the second hole of each elevation leg. You may wish to try a different elevation after you get comfortable walking on the treadmill.
2. Grasp the arm bars in a grip that is comfortable for you.
3. Stand near the front of the treadmill and begin to walk at a slow pace. Take normal, comfortable strides. Follow a heel-to-toe pattern. Maintain an upright and straight body position. Keep your weight on your feet.

Customer Service Department
Monday - Friday 6:00 a.m.-6:00 p.m. MST
1 (877) 651-6119
www.iconfitness.com



Proper Posture

Troubleshooting

If the belt resistance is too hard...

Elevate the treadmill deck to the second or third hole (see page 7).

Lubricate the deck with the NordicTrack treadmill lubricant (see page 12).

If the treadmill resistance is too easy...

Lower the treadmill deck to the first or second hole (See page 7).

If your treadmill belt moves so far to the left that the left side of the roller is not visible...

Adjust the treadmill belt (see page 14).

If your treadmill belt moves so far to the right that the right side of the roller is not visible...

Adjust the treadmill belt (see page 14).



The WalkFit® 3500 aerobic exerciser is built to require minimal maintenance. Perform the following maintenance to help ensure the safe and efficient operation of your exerciser.

Maintenance Schedule

	After Every Workout	Every 12-15 Hours of Use
Clean the Treadmill Belt	X	
Lubricate the Treadmill Deck		X

Clean the Treadmill Belt

Items Needed

Clean, Dry Cloth

Time Required

1-2 Minutes

After each workout, wipe the treadmill belt with a clean, dry cloth.

Maintenance Log

Lubricate the Treadmill Deck	
Date	Date

Lubricate the Treadmill Deck

Items Needed

- Clean, Dry Cloth
- Treadmill Lubricant

Time Required

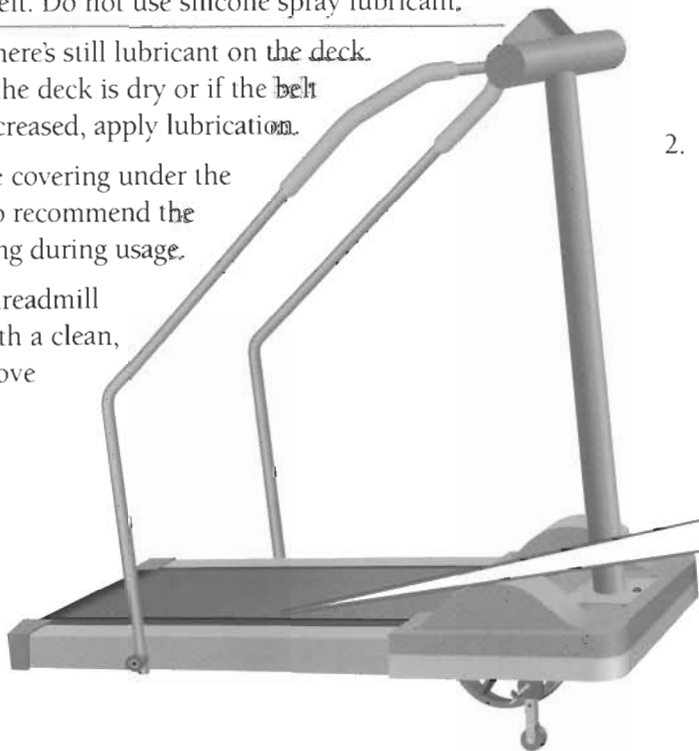
- 15 Minutes

Before You Begin



Use lubricant obtained only through NordicTrack. Other lubricants may damage the treadmill deck or belt. Do not use silicone spray lubricant.

- Check to see if there's still lubricant on the deck. If the surface of the deck is dry or if the belt resistance has increased, apply lubrication.
- Place a protective covering under the machine. We also recommend the protective covering during usage.
- Wipe the entire treadmill deck and belt with a clean, dry cloth to remove dust and dirt.

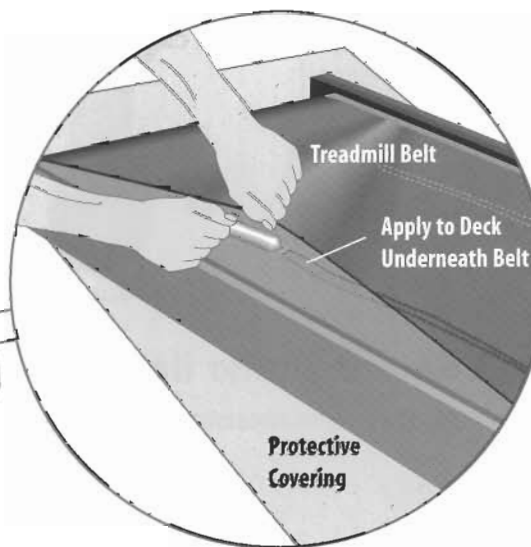


Apply Lubricant

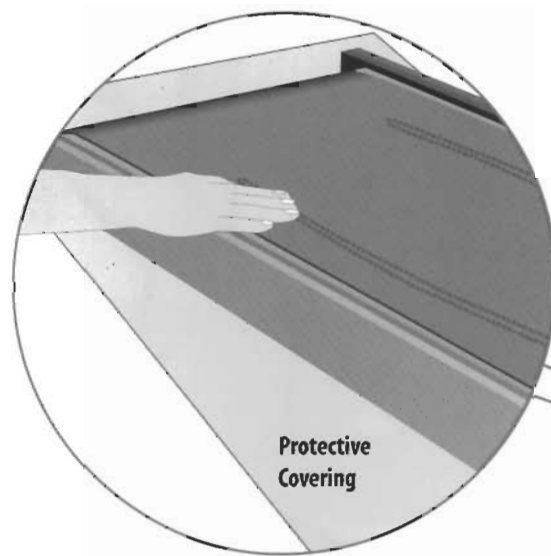


Avoid direct contact with eyes. If contact occurs, flush immediately with large amounts of water. Wash hands after each use. Do not take internally. Keep out of reach of children.

1. Lift the treadmill belt and squirt 1/4 of the packet contents onto the treadmill deck in a straight line the length of the deck where your right foot would travel if you were walking on the belt. Be careful not to get lubricant on the top surface of the treadmill belt. If lubricant does get on the top surface of the belt, do not use the exerciser until the lubricant has been removed with a clean, dry cloth.
2. Repeat step 1 with 1/4 of the lubricant onto the treadmill deck where your left foot would travel if you were walking on the belt.



3. Set the belt down onto the deck and pat the belt with your hand along the length of the deck where you applied the lubricant.
4. Rotate the treadmill belt so that the other side of the belt is now on top of the deck (1/2 rotation).
5. Repeat steps 1–3 to apply the remaining lubricant to the deck under the other side of the treadmill belt.
6. Walk on the treadmill belt to evenly distribute the lubricant.
Use caution when walking on the deck after you have applied the lubricant.



Adjust the Treadmill Belt

Items Needed

5/32-Inch Allen Wrench

Time Required

5 Minutes

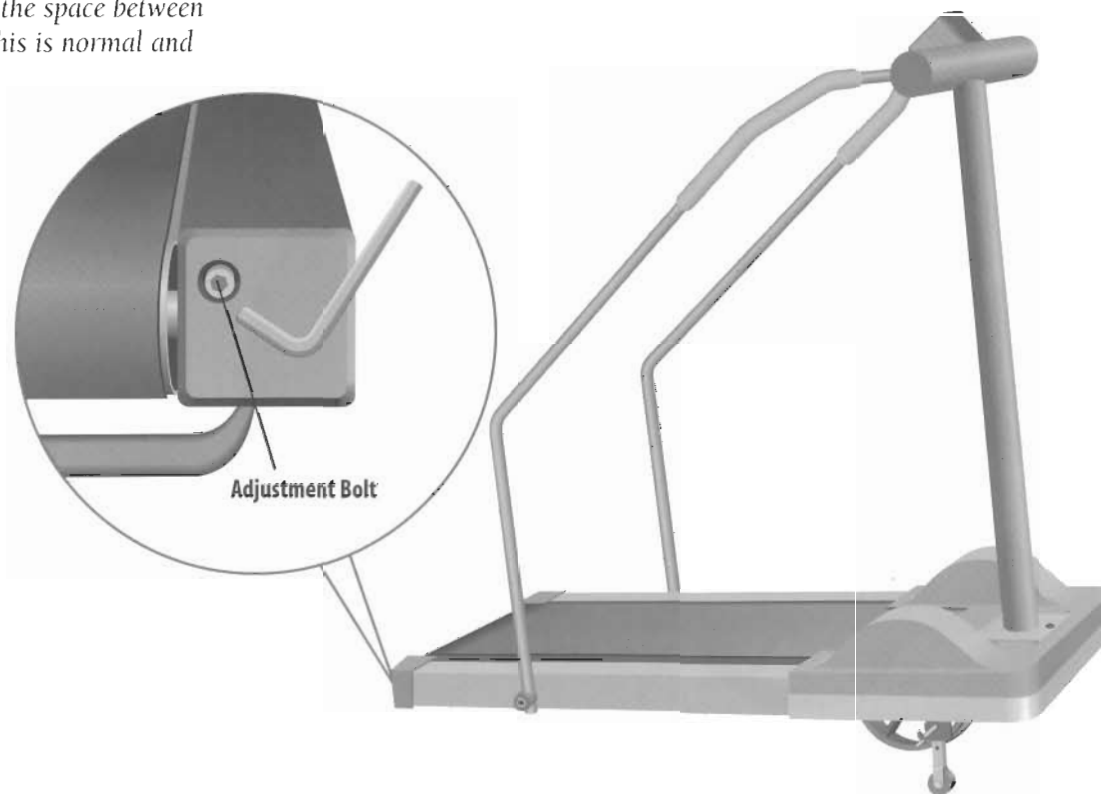
If the treadmill belt moves to one side, it can be adjusted. **The belt will not stay perfectly centered.** Adjust the belt only if you can't see some of the roller on both sides of the belt.

NOTE: The two guides beneath the treadmill deck are designed to keep the belt centered. The belt is cut slightly wider than the space between the two guides, so it may curl down on each side. This is normal and will not damage the treadmill belt.

Center the Belt

1. If the belt has overlapped the roller on the left side, turn the adjustment bolt on the right counterclockwise and the adjustment bolt on the left clockwise. Turn each bolt equally a quarter turn at a time.

2. If the belt has overlapped the roller on the right side, turn the adjustment bolt on the right clockwise and the adjustment bolt on the left counterclockwise. Turn each bolt equally a quarter turn at a time.
3. Use your foot to rotate the treadmill belt six to ten times.
4. Repeat the steps above until the belt is centered.



CUSTOMER INFORMATION

Please call toll free to our Customer Service Department with questions concerning the use or operation of your NordicTrack equipment. Our representatives are available:

Monday - Friday 6:00 a.m. to 6:00 p.m. MST

1 (877) 651-6119

Visit our website at www.iconfitness.com
or e-mail us at service@iconfitness.com.

