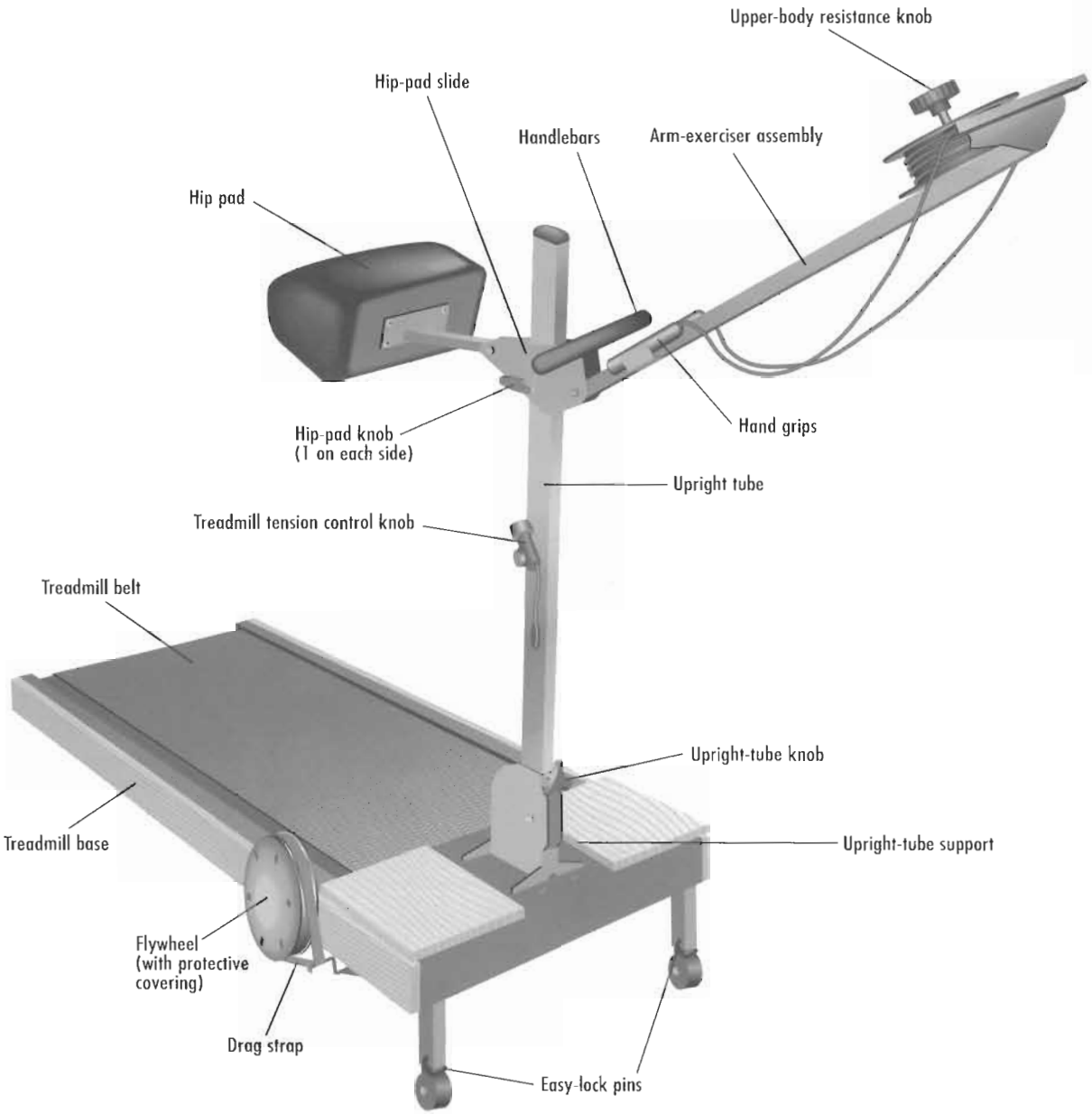
NordicTrack's **WalkFit®** *4500 & 5500*

"The World's Best Walking Workout"™

Owner's Guide

Parts



Please spend a moment to familiarize yourself with the WalkFit parts and terminology in this photo before you begin assembly. The Walkfit® 5500 model is shown. Parts listed are the same for the WalkFit 4500 and the WalkFit 5500.

First, we suggest that you unpack your WalkFit aerobic exerciser where you intend to use it. Place a protective covering between the exerciser and your carpet or flooring. Please retain all packing materials for the duration of your in-home trial.

Box 1

Figure 1

1 Base

Box 2

Figure 2

1 Upper-body exerciser (with tension cable and sensor cord attached)

Figure 3

4 Bolts

2 Elevation legs with wheels

2 Easy-lock pins

1 Electronics package

1 Information packet

1 Upright-tube knob

3/16-inch Allen wrench

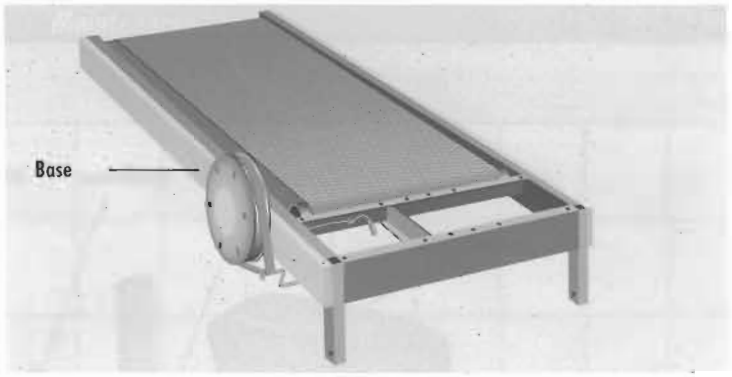


Figure 1

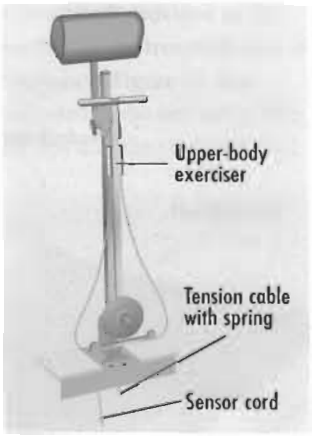


Figure 2

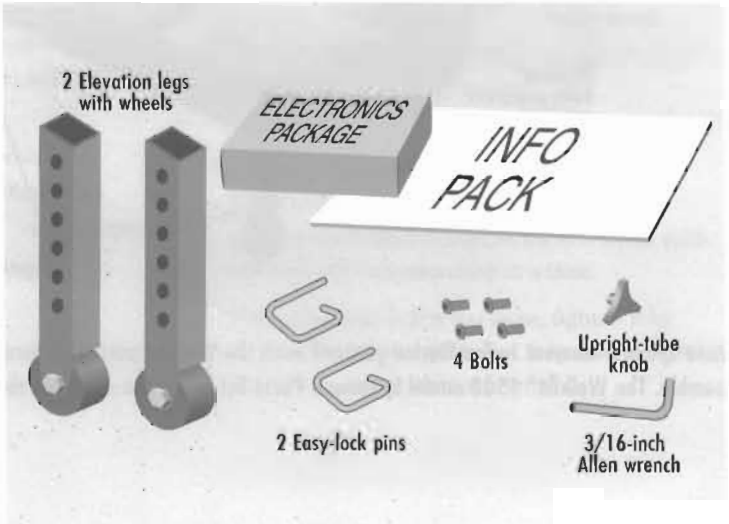


Figure 3 WalkFit 5500 elevation legs shown

Assembly

Assembly Overview

This section is an overview only. Detailed assembly instructions are in the following section.

1. Attach the front-elevation legs and lock them into place with the two easy-lock pins.
2. Position the upper-body exerciser over the front of the treadmill base and secure it with the four Allen bolts.
3. Connect the tension spring (below the upper-body exerciser) to the tension rod underneath the front of the treadmill deck.
4. Snap the sensor cord (below the upper-body exerciser) to the underside receptacle.
5. Raise the arm-exerciser assembly, then lower the hip pad and position it at hip level.

Attach the Front-Elevation Legs

1. Remove the elevation legs and the two easy-lock pins from Box 2.
2. Tilt the treadmill base to one side. There should be enough clearance to slide an elevation leg into the sleeve at the front of the treadmill deck (Figure 1).

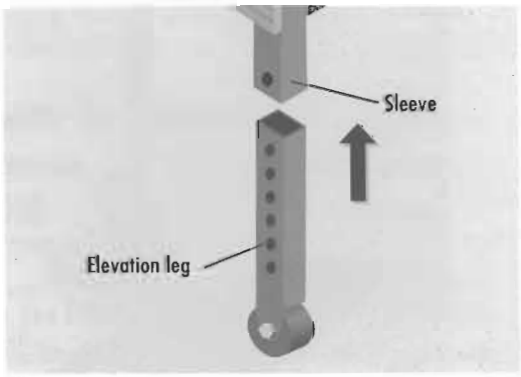


Figure 1

3. Place an elevation leg into a sleeve. Be sure the holes in the elevation leg are facing the same direction as those in the sleeve.
4. Align the holes in the leg and the sleeve. Choose an elevation setting near the middle of the leg. Insert the straight end of an easy-lock pin completely through the holes (Figure 2). Be sure the pin extends through both sides of the front-elevation leg and sleeve.

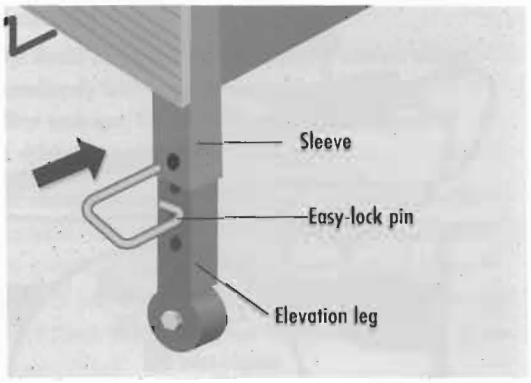


Figure 2

5. Rotate the bent side of the easy-lock pin down to secure it in place (Figure 3).

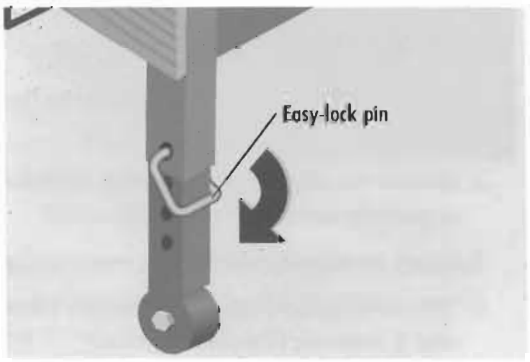


Figure 3

6. Repeat steps 2 through 5 with the other elevation leg. Be sure to set the legs at the same level. Figure 4 shows the front elevation legs and easy-lock pins properly installed.

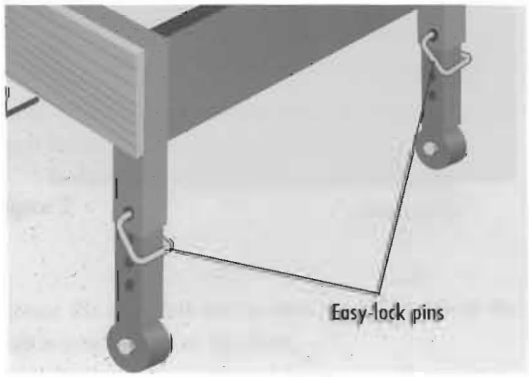


Figure 4

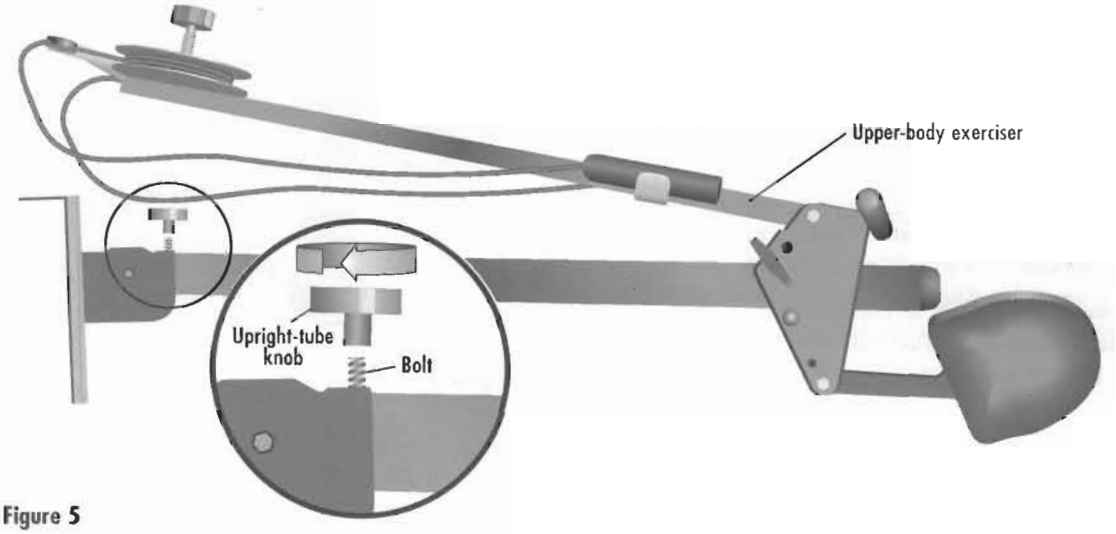


Figure 5

Attach the Upper-Body Exerciser

1. Place the upper-body exerciser flat on the floor (Figure 5).
2. Remove the shipping protector from the bolt in the upper-body exerciser; it may be discarded.
3. Locate the upright-tube knob in your parts bag.
4. Thread the upright-tube knob onto the bolt and turn it clockwise to securely tighten it.
5. Locate the sensor cord coming from the bottom of the upper-body exerciser. Unwrap the cord so it hangs free and straight (Figure 6).
6. Locate the tension cable hanging from the bottom of the upper-body exerciser; the tension cable has a spring attached to it (Figure 6).
7. Position the upper-body exerciser over the front of the treadmill base (Figure 6). The hip pad should face the rear of the treadmill deck.
8. Insert the sensor cord and tension cable through the opening in the base, making sure the tension cable and sensor cord do not get pinched (Figure 6).

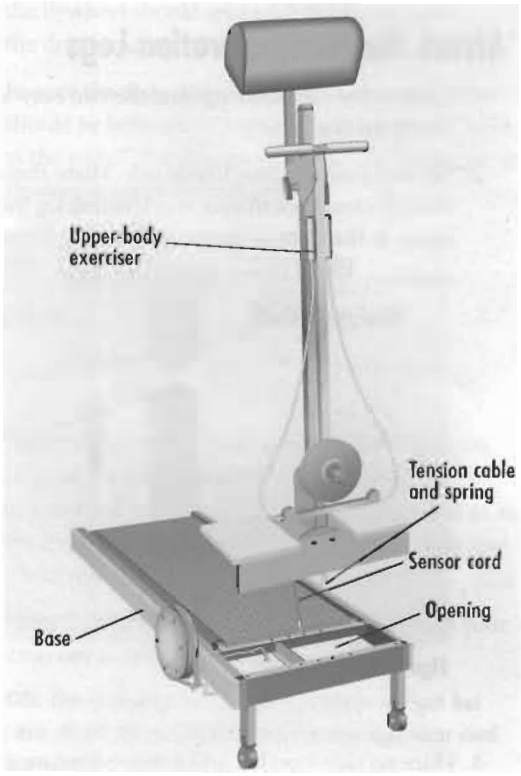


Figure 6

9. Align the four holes in the upper-body exerciser with the four holes in the treadmill base.
10. Insert the four bolts into the holes of the upper-body exerciser. Partially finger tighten each bolt as you insert it. Do not tighten the bolts until all four are inserted.
11. Tighten the bolts with the 3/16-inch Allen wrench (Figure 7). Make sure all four bolts are secure.

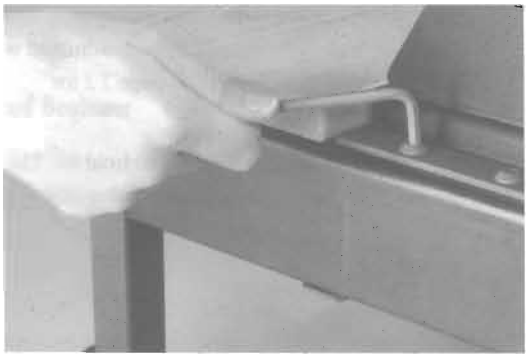


Figure 7

Connect the Tension Spring and Sensor Cord

1. Lay the WalkFit™ aerobic exerciser on its left side (the side opposite the flywheel).
2. Attach the tension spring below the upper-body exerciser to the small hole in the tension rod (Figure 8). Be sure that the hole in the tension rod extends toward the rear of the base.

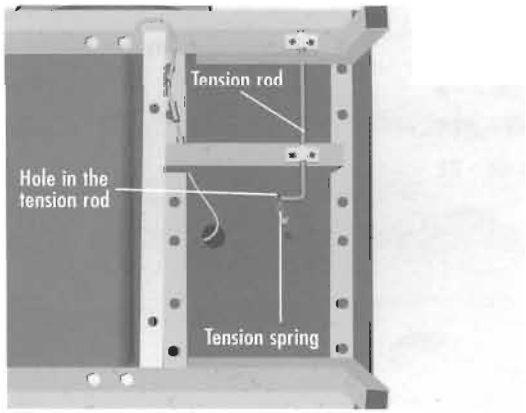


Figure 8

3. Route the sensor cord under the center frame support.
4. Snap the sensor cord to the the flywheel sensor receptacle (Figure 9). The connection should be tight.

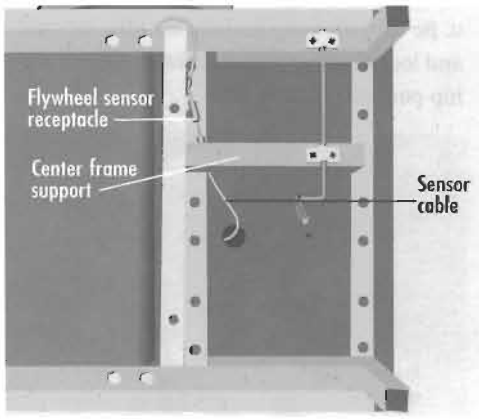


Figure 9

Position the Arm-Exerciser Assembly and the Hip Pad

1. Lift the arm-exerciser assembly into position. The snap buttons will lock into place to secure it. Be sure the snap buttons are fully extended and locked into position on both sides of the hip-pad slide (Figure 10).

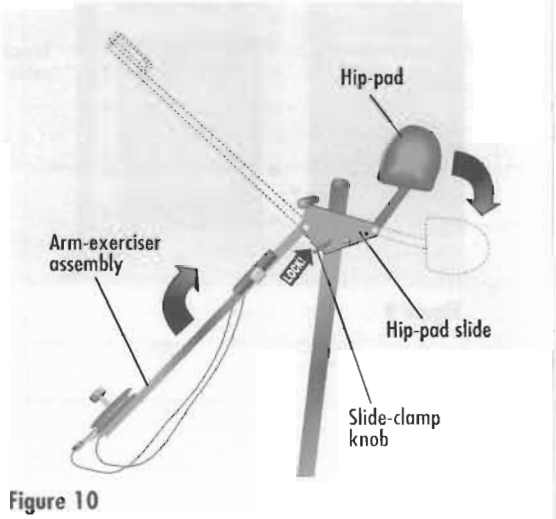


Figure 10

2. Pivot the hip pad down as far as it will go (Figure 10).
3. Loosen the slide-clamp knobs on each side of the hip-pad slide. Hold firmly onto the hip-pad slide, and keep your fingers away form the underside of the hip-pad slide.
4. Move the hip-pad slide to the desired position. The hip pad should rest at hip level, about one inch below your navel. The hip pad should be high enough so it does not restrict leg movement and low enough so it does not press against your abdomen. The height of the hip pad can be readjusted when you are ready to exercise. See page 12 for additional tips.
5. Tighten the slide-clamp knobs to hold the hip pad in position. Make sure both knobs are secure.

Install the Computer

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

Customize Your WalkFit

The WalkFit™ aerobic exerciser has several adjustable features to accommodate your fitness level.

The Upper-Body Resistance

The upper-body resistance can be adjusted by turning the upper-body resistance knob on top of the cord drum (Figure 1). Turn the knob clockwise to increase the upper-body resistance. Turn the knob counterclockwise to decrease the upper-body resistance.

CAUTION: The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

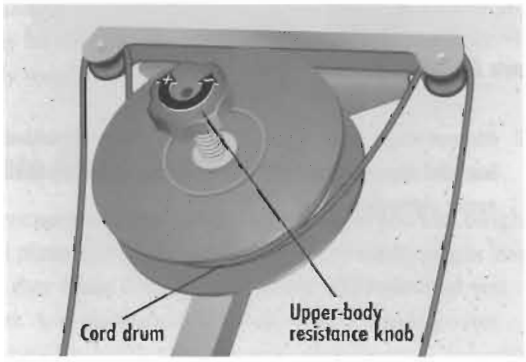


Figure 1

The Treadmill Resistance

NOTE: You should adjust the treadmill resistance only while you are using the treadmill. This will enable you to easily adjust it to a level that is comfortable for you and will prevent unnecessary wear on the resistance mechanism.

The treadmill tension control knob is found on the right side of the upright tube (Figure 2). While walking on the treadmill, turn the knob clockwise to increase the resistance and counterclockwise to decrease resistance.

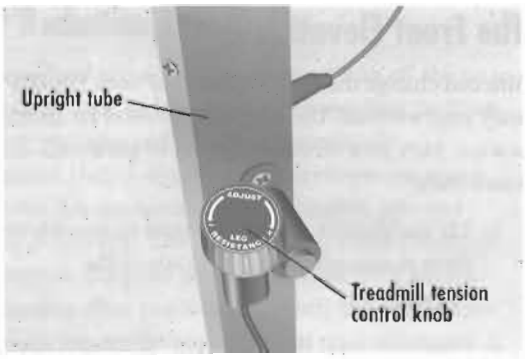


Figure 2

Adjust the Arm-Exerciser Cord Length

The proper arm-cord length should allow your arms to extend just beyond your hips. The arm-cord length can be adjusted by retying the knots inside the handgrips. For greater adjustments in the cord length, one loop of the cord can be added or taken off the cord drum.

The Front Elevation

You can change the front elevation of your WalkFit™ to vary your workout. Use a higher elevation for getting started. Vary your elevation setting to work your entire lower body.

1. Tilt the WalkFit acrobic exerciser to one side so there is enough clearance to adjust the elevation leg.
2. Rotate the bent side of the pin off the elevation leg to release the easy-lock pin.
3. Remove the easy-lock pin.
4. Adjust the elevation leg to the desired elevation and align the holes in the elevation leg with the corresponding holes in the sleeve. While you are learning to use the treadmill, choose an elevation setting near the middle.
5. Insert the straight end of an easy-lock pin completely through the holes. Be sure that the end of the pin extends completely through both sides of the front elevation leg.
6. Rotate the bent side of the pin down onto the elevation leg to secure the easy-lock pin in place (Figure 3).

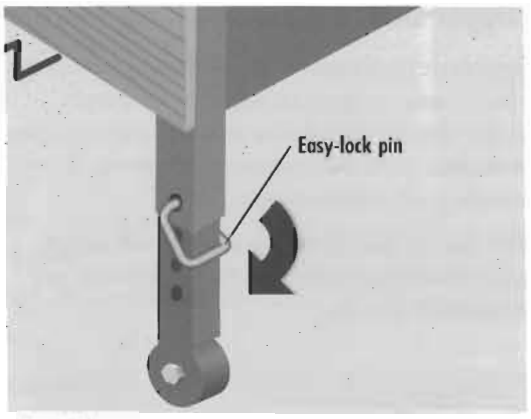


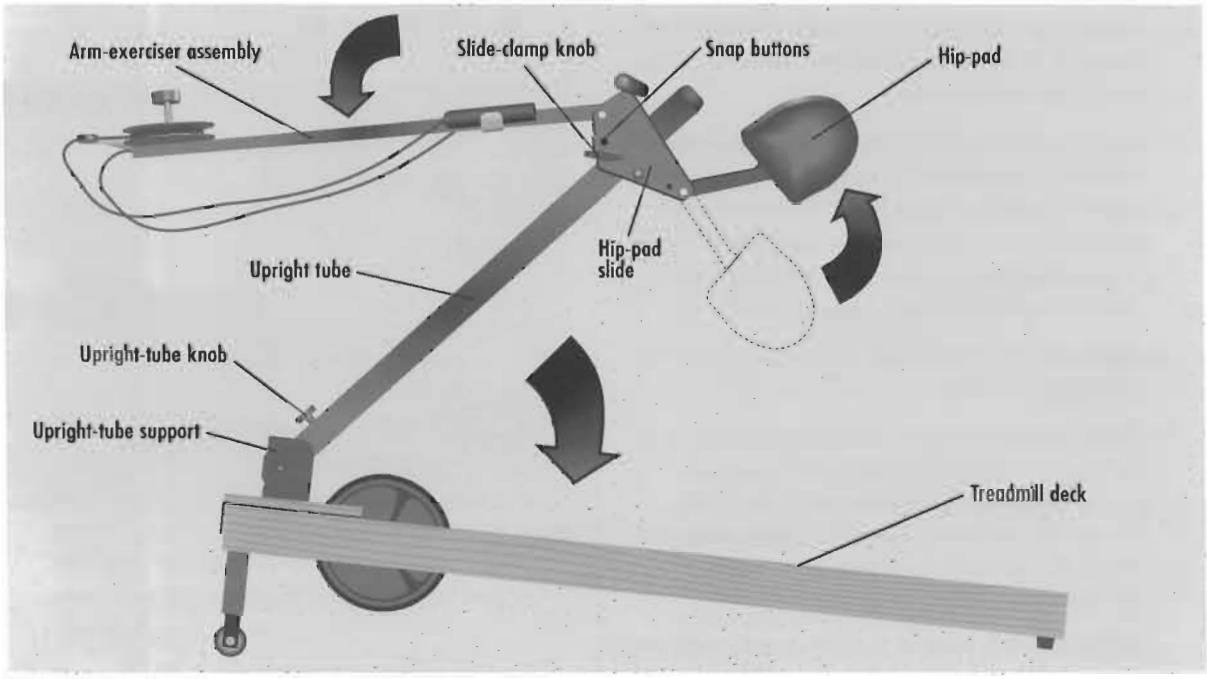
Figure 3

7. Repeat steps 1 through 6 with the other elevation leg and sleeve. Make sure both legs are set to the same elevation level.

Fold Your WalkFit for Storage

The WalkFit aerobic exerciser is collapsible for convenient storage.

1. Loosen the two slide-clamp knobs on the hip pad.
2. Move the hip-pad slide so the top is about seven inches below the top of the upright tube. Retighten both the slide-clamp knobs and pivot the hip pad upward.
3. Support the arm-exerciser assembly with one hand. Use the other hand to depress the two snap buttons. Lower the arm-exerciser assembly until it rests against the upright tube.
4. Hold the upright tube with one hand. Loosen the upright-tube knob by turning it counterclockwise. Lift the upright tube until the bolt clears the notch in the upright tube support. Lay the upright-tube back on the treadmill deck.



Using Your WalkFit

Before You Begin

CAUTION: Keep small children and pets away from the moving parts of the exerciser while it is in use. Keep hands and feet away from the flywheel at all times. Do not operate the exerciser without the protective flywheel cover in place.

1. The treadmill belt has been pre-lubricated at our factory. Slightly increase the lower-body or treadmill resistance before walking on the treadmill deck. Use caution when stepping on and off the treadmill deck. You may want to hold onto the handlebars as you get on and off the exerciser.
2. Keep a protective covering under your exerciser at all times. Silicone drippings from the belt or deck may damage your flooring.
3. Be sure there is enough clearance for the flywheel to turn. There should be at least 1/2-inch between the flywheel and the floor. When the WalkFit is on carpeting, the flywheel may touch the carpet. If this occurs, try increasing the elevation to raise up the flywheel. Or move the exerciser to flatter carpeting or an uncarpeted surface.
4. Check to make sure that the drag strap is properly adjusted. There should be no more than one-half inch to one inch of strap through the buckle when the leg-resistance knob is turned to its lowest level. Adjust the drag strap accordingly if there is more than one inch or less than one-half inch.
5. Make sure the upright tube knob is secure and the upright tube is tight.
6. Adjust the upper-body resistance, treadmill resistance and hip pad to positions that are comfortable for you. We recommend the front elevation be set near the middle for getting started. Follow the instructions on page 10 to adjust the elevation.

IMPORTANT: It is essential to warm up and stretch your muscles before exercising. Follow the guidelines on pages 15 through 18.

Start With the Leg Motion Only

NOTE: You may want to hold on to the handlebars as you get on and off the machine.

1. **Verify that the upright tube is locked in place.** Make sure the upright-tube knob is tight.
2. **Adjust the front elevation near the middle of each elevation leg.** You may wish to try a different elevation after you get comfortable walking on the treadmill surface.
3. **Grasp the handlebars in a grip that is comfortable for you.**
4. **Gently rest your hips against the hip pad.** Check to make sure the hip pad is properly adjusted (Figure 1). The top of the hip pad should rest at hip level, about one inch below your navel. It should be high enough so that it does not restrict leg movement.

NOTE: The upright tube and hip pad were designed to flex while you work out.

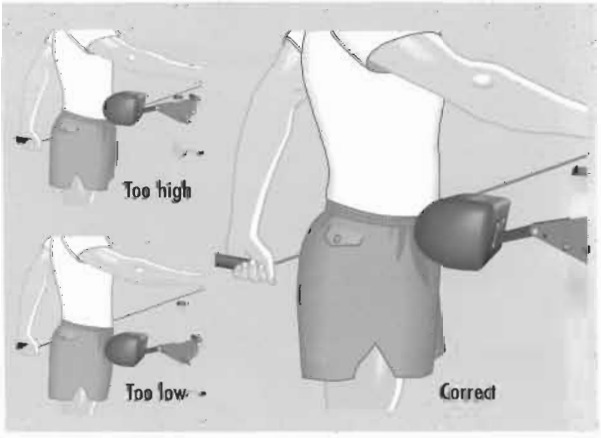


Figure 1

5. **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 (Figure 2). Keep your weight on your feet. Use the handlebars and hip pad for balance and stability only.

NOTE: As you walk on the treadmill, the flywheel should spin, but the drag strap will not.

Figure 2

6. **Continue to walk and turn the treadmill tension control knob until the treadmill resistance is at a comfortable level.** Turn the knob only when you are walking; never force the knob. We recommend that you start with a lower resistance and increase it as your fitness level improves.

NOTE: Remember to use the handlebars and hip pad for balance and support only. Keep your weight on your feet. Be sure to set the treadmill resistance high enough so you can maintain a stationary position on the treadmill.

7. **Once you are comfortable with the treadmill surface, begin to swing your arms without using the upper-body exerciser as described in the next section.** If you have trouble getting started with the leg motion, try elevating the front of the WalkFit. Elevating the base aids the movement of the treadmill belt.

Add Arm Swings to the Leg Motion

1. **Continue your leg motion.**
2. **Keep one hand on the handlebar or the hip pad for balance.** Swing the other arm at your side, as when walking; when your left leg is forward, your left arm should swing back. Repeat this same process with your other hand.
3. **Swing both arms naturally.** Try swinging both arms when you are comfortable swinging each arm separately. A full arm swing motion allows your hands to extend just beyond your hips (Figure 3). Practice this motion until it feels comfortable.

Figure 3

Use the Treadmill and the Upper-Body Exerciser

Use the upper-body exerciser as you walk to give you a total-body workout that is more effective than walking alone. You'll burn more calories and tone your upper body too!

1. **Adjust the upper-body resistance knob to a setting that is comfortable for you.**
2. **Gently rest your hips against the hip pad.**
3. **Grasp the handgrips. Continue your leg motion.**
4. **Pull the handgrips through your natural arm swing**. Your hands should extend back just beyond your hips. When your right leg is forward, your right hand should be back. And when your left leg is forward, your left hand should be back. Practice this motion until it feels comfortable to you (Figure 4).

Figure 4

Keep your weight on your feet. Use the hip pad for balance and stability only. If you are unable to achieve or maintain a smooth, rhythmic stride, it may be easier to get the treadmill belt moving if you adjust the elevation to a higher level.

Your Personal Fitness Program

This section was developed by exercise physiologists at The National Exercise For Life Institute to help maximize your use and enjoyment of the WalkFit® aerobic exerciser.

We recommend that you consult your physician before beginning any exercise program.

Set Goals for Yourself

Finding the motivation to exercise and make positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Below are some examples of typical goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina and athletic performance

Exercise Progression

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts which should be performed in the following order:

1. Warm-up
2. Stretching
3. Aerobic conditioning
4. Cool-down
5. Strength conditioning
6. Stretching

1. Warm-Up

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness — common reasons for quitting an exercise program. We suggest that you warm up with three to five minutes of slow exercise on your WalkFit aerobic exerciser.

2. Stretching

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 18.

3. Aerobic Conditioning

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity.

Frequency

Frequency refers to the number of workouts per week. The recommended number of workouts is three to five days per week. However, four to five workouts per week maximizes fat reduction and cardiovascular development.

Duration

Duration is the amount of time that the proper intensity level is maintained. The timer function of the computer can help you track your workout duration. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out for 30 to 60 minutes.

Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the section on the next page, Monitoring Your Heart Rate.

4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

5. Strength Conditioning

A strength-conditioning program is an essential component of any exercise program. It adds lean muscle mass to the body and aids in burning body fat.

6. Stretching

Stretching after exercise helps decrease muscle soreness. We recommend that you complete the stretches described on page 18.

Monitoring Your Heart Rate

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

Resting Heart Rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart rate should have nearly returned to its resting heart rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart rate begins to return to its resting heart rate more quickly during your cool-down.

Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can "pump" during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number, but only clinical stress testing can provide a precise MHR reading.

Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their maximum heart rate. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts.

We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

Taking Your Heart Rate (Pulse)

Touch your left wrist, one-fourth of an inch from the wrist joint at the base of thumb, with the index and middle fingertips of your right hand (Figure 1). Relax your left thumb and roll your hand so your palm is facing up. Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers — let the beat come to your fingers.

Figure 1

Helpful Hints

- Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.
- If you can't find your pulse, try using the opposite wrist and hand.

Target Heart Rate Zones Chart

	Beginner 60%-70% of MHR*		Intermediate 70%-80% of MHR*		Advanced 80%-85% of MHR*	
Age	**10 seconds**	**One minute**	**10 seconds**	**One minute**	**10 seconds**	**One minute**
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 –144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

**Figures are rounded to the nearest whole number.*

Training Tips

1. Consult your physician before beginning any exercise program. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, a physician's advice is absolutely essential.
2. 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 or prescription drugs. You should be able to whistle or maintain a normal conversation while you are exercising at the appropriate intensity. 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.
3. 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.
4. 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.
5. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
6. Make your exercise time more enjoyable. While exercising on the WalkFit™ aerobic exerciser, you can listen to music or a book on tape or watch your favorite television show.
7. Always wear exercise clothing such as shorts and a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. It is important that you wear comfortable athletic shoes.

Recommended Stretches

Hold each stretch for 15 to 30 seconds without bouncing. Always stretch both sides of your body.

Shoulder Stretch

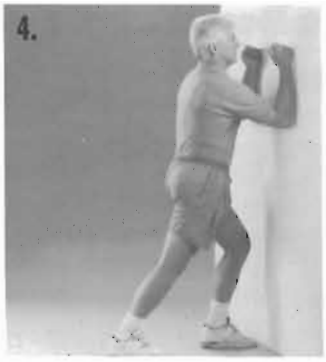
Pull your elbow across your chest. Repeat with your other arm.

Back and Arm Stretch

Pull your elbow behind your head. Keep your head facing forward. Repeat with your other arm.

Quadriceps Stretch

Pull your heel slowly toward your buttocks. Repeat with your other leg.



Calf Stretch

Extend one leg behind you; keep that heel on the floor. Lean forward using a wall to maintain your balance. Repeat with your other leg.

Hamstring Stretch

Position your legs as shown and bend forward from your hips. Be sure to keep your back straight. Repeat with your other leg.

Inner-Thigh Stretch

Put the bottoms of your feet together and press your knees toward the floor.

Lower-Back and Hip Stretch

Pull each knee to your chest. Then pull both knees to your chest at the same time.

Essentials of Weight Management

Being overweight is risky business. Obesity increases your risk of high blood pressure and diabetes. It may also raise your blood cholesterol and triglyceride levels. These factors add up to a higher risk of heart disease and stroke.

What's the Ideal Weight for You?

Ideal body weight varies from person to person, depending on genetics, height and body structure. Height and weight tables that attempt to predict ideal body weight based solely on body height can be misleading.

Rather than focusing on weight alone, you should concentrate on your body composition: the percentage of your weight that is coming from fat. Ideally, a man's body fat should be 15 to 20%of his total weight. A woman's body fat should be between 20 and 25% of her total body weight.

Diets Alone Don't Work.

There are no miracle diets that can help you lose weight. Diet plans low in calories may achieve some weight loss, but they make it hard to get all the nutrients that you need. And crash diets fail because they don't change your eating habits permanently. Proper weight loss and management occurs with a combination of a sensible diet and aerobic exercise. That sounds simple enough, but if you have ever tried to lose weight you know that it takes motivation and determination!

Exercise Helps You Keep it Off.

Proper weight loss occurs at a rate of one to two pounds per week. Long-term success depends on proper eating habits complemented by a regular exercise routine. Exercise helps you burn calories both during and after exercise. Aerobic exercise is one of the best types of exercises you can perform. The most effective known forms of aerobic exercise are cross-country skiing, running (jogging), rowing, biking and brisk walking.

Spot Reduction is a Myth.

Exercising one part of your body won't take off the fat in that specific area. In fact, research shows that the areas in which you gain and lose fat are genetically determined. Only a regular program of exercise and a nutritious diet can assure you of a healthy, safe and natural weight loss. The fastest way to a trim tummy or firm thighs is a regular program of total-body aerobic conditioning. Plus, you'll be pleasantly surprised when the weight comes off in other places!

Exercise for Weight Loss.

Consistent exercise at the proper intensity, combined with a sensible diet, will create a calorie deficit and result in weight loss. An ideal program for weight loss is to exercise at an intensity of 70 to 85% of your Maximum Heart Rate (MHR) for 30 to 60 minutes four to five times a week. (Beginning exercisers may need to start at 60 to 70% of their MHR and progress to the higher intensity.) Participating in a strength conditioning program on an every-other-day basis can also supplement this type of training by increasing your muscle mass, which is your body's primary calorie burner.

Make Exercise a Way of Life.

The "yo-yo" cycle of weight loss is not only stressful mentally, it also takes its toll on the heart. In the long run, the only way to stay healthy is to make exercise a way of life. Instead of thinking of exercise as a chore, think of it as a way to jump start your morning or as your time to unwind. Ironically, when people feel they are too busy or too stressed out to exercise, that's exactly when they need it the most. Exercise provides natural stress relief in the form of endorphins, your body's own painkillers. Your body releases endorphins when you exercise. So, the next time you feel too busy or stressed out to exercise, remember that exercise is "nature's best tranquilizer."

Workout Programs

When you begin an exercise program, five to ten minutes of exercise may be sufficient. Slowly increase your workout duration as you are able to do so. Take rest periods if you need them.

Standard Workout Programs

Beginner

Walking only:	10 minutes
Walking while using the arm exerciser:	10 minutes
Frequency:	2 – 3 days per week
Intensity:	60% – 70% of your maximum heart rate
Duration:	20 minutes

NOTE: If you have trouble getting started on the treadmill, try elevating the front of the WalkFit®. When the base is elevated, gravity aids the movement of the treadmill belt.

Intermediate

Walking only:	15 – 20 minutes
Walking while using the arm exerciser:	10 – 20 minutes
Frequency:	3 – 4 days per week
Intensity:	70% – 80% of your maximum heart rate
Duration:	25 – 40 minutes

Advanced

Walking only:	20 – 25 minutes
Walking while using the arm exerciser:	20 – 30 minutes
Frequency:	4 – 5 days per week
Intensity:	80% – 85% of your maximum heart rate
Duration:	40 – 55 minutes

Workout Programs for Mature Exercisers

Beginner

Walking only:	10 – 20 minutes
Frequency:	2 – 3 days per week
Intensity:	60% –65% of your maximum heart rate
Duration:	10 – 20 minutes

NOTE: If you have trouble getting started on the treadmill, try elevating the front of the WalkFit®. When the base is elevated, gravity aids the movement of the treadmill belt.

Advanced Beginner

Walking only:	15 minutes
Walking while using the arm exerciser:	5 – 15 minutes
Frequency:	3 – 4 days per week
Intensity:	60% – 65% of your maximum heart rate
Duration:	20 – 30 minutes

Intermediate

Walking only:	20 – 25 minutes
Walking while using the arm exerciser:	10 – 15 minutes
Frequency:	3 – 4 days per week
Intensity:	65% – 75% of your maximum heart rate
Duration:	30 – 40 minutes

Advanced

Walking only:	30 minutes
Walking while using the arm exerciser:	5 – 20 minutes
Frequency:	4 – 5 days per week
Intensity:	75% – 85% of your maximum heart rate
Duration:	35 – 50 minutes

Workout Log

You may want to photocopy this page before you use it.

Date	Program	Duration	Distance	Treadmill Resistance	Total Calories Burned	Pulse Rate

Care

The WalkFit aerobic exerciser is built to require minimal maintenance. Perform the following maintenance to help ensure the safe and efficient operation of your WalkFit exerciser. We recommend that you wipe your WalkFit with a clean, dry cloth after each workout. Be sure to wipe both the treadmill belt and the treadmill deck beneath it.

Maintenance Schedule

	after every workout	every 12-15 hours of use	every 3 months	as needed
Clean Treadmill Deck and Belt	X			
Lubricate the Treadmill Belt		X		
Clean Drag Strap and Flywheel			X	
Oil the Upper-Body Exerciser				X

Clean the Treadmill Deck and Belt

Items Needed

- Clean, dry cloth

Time Required

- 2 minutes

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

Lubricate the Treadmill Belt

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.
- Check to see if there's still lubricant on the deck. If the surface of the deck is dry or if the belt resistance is uneven, 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

CAUTION: 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 (Figure 1). Be careful not to get lubricant on the top surface of the treadmill belt.

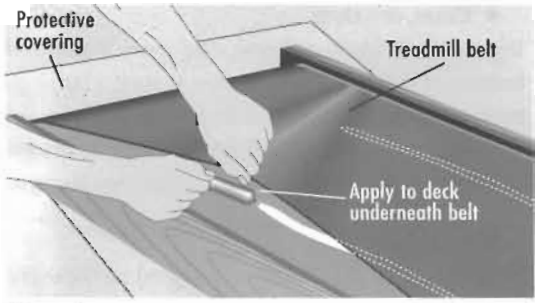


Figure 1

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 (Figure 2).

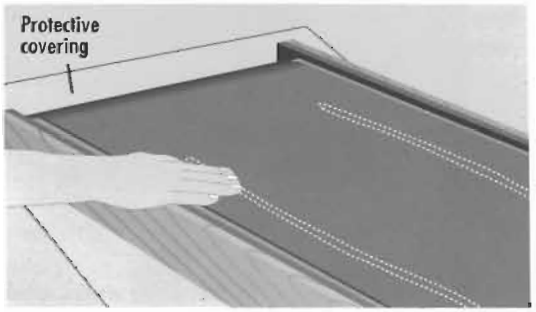


Figure 2

4. Rotate the treadmill belt so that the other side of the belt is now on top of the deck.

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. You may want to increase the treadmill tension and grasp the handlebars before walking on the treadmill.

Clean the Drag Strap and the Flywheel

Items Needed

- Brush
- Clean, dry cloth

Time Required

- 10 minutes

Inspect the flywheel and drag strap every 3 months for a buildup of dirt or gummy residue. If such a buildup does exist, clean the flywheel and drag strap as instructed in the sections that follow. A clean flywheel and drag strap will help ensure smooth, even resistance on the treadmill.

1. Place a protective covering on your floor.
2. Note how the drag strap is routed on the exerciser before you remove the drag strap (Figure 3). Disconnect the drag strap and remove it from the flywheel.

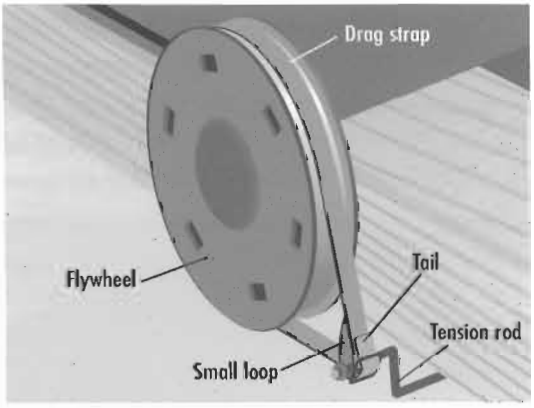


Figure 3

3. Brush both sides of the drag strap with a small stiff-bristled brush. NEVER wash the drag strap with water or any cleaner because it will shrink.
4. Follow the instructions below to clean the flywheel before you reattach the drag strap.

Clean the Flywheel

With the drag strap removed, wipe the surface of the flywheel with a clean cloth dampened with rubbing alcohol. If there is any rust or corrosion on the flywheel, follow these steps:

1. Use very fine steel wool to spot rub any rust or corrosion. Rub the entire flywheel if necessary.
2. Wipe the flywheel with a clean, dry cloth to remove the residue. NEVER place oil between the flywheel and the drag strap; this will damage the drag strap.

Replace the Drag Strap

1. Slip the drag strap over the flywheel.
2. Slide the small loop around the tension rod. Be sure the "tail" of the strap is positioned as shown in Figure 3. When the drag strap is properly installed, the flywheel should spin with the treadmill belt, but the drag strap will not.
3. Be sure the drag strap is properly calibrated. There should be between 1/2-inch and one inch of "tail" at the end of the drag strap. If the "tail" is longer or shorter, adjust it accordingly.

Oil the Upper-Body Exerciser

Items Needed

- Household oil
- 100-grit sandpaper

Time Required

- 10-15 minutes

The leather brake pad on your arm exerciser has been oiled to allow for quiet, smooth braking action. However, the pad will require reoiling if it dries due to its surroundings. We recommend inspecting the brake pad every three months.

1. Place a cloth or a piece of plastic underneath your exerciser to protect your floor.

CAUTION: The cord drum of the arm exerciser will get hot during use. Avoid direct contact with the arm-exerciser cord drum immediately after use.

2. Remove the upper-body resistance knob, spring, and bearing assembly from the cord drum (Figure 4). Inspect the bearing. Lightly oil the bearing if it is not greasy.

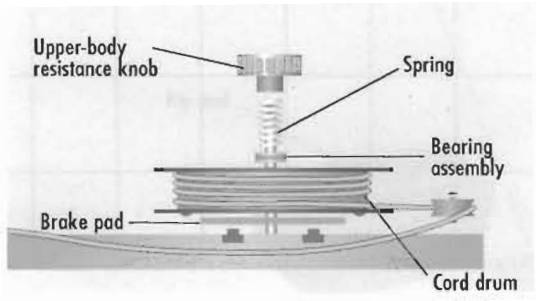


Figure 4

3. Lift the cord drum and roughen the surface of the leather-brake pad with 100-grit sandpaper.
4. Inspect the bottom of the cord drum. If the plate has grooves worn into it, remove the four screws and use the other side. Replace and tighten the four screws.
5. Spread one to two drops of light household oil (or sewing machine oil) on the brake pad. DO NOT OVER-OIL! Excess oil may spray out when the cord drum is spinning. Let the oil absorb overnight. The cord drum may rest on the brake pad; do not replace the arm-resistance knob, spring or bearing assembly at this time.
6. Wipe any excess oil away from the area around the pad.
7. Replace the upper-body resistance knob, spring, and bearing assembly. Place the bearing assembly in this order: washer, bearing, washer.

Maintenance Log											
Care	Suggested Cleaning	Date Cleaned									
Lubricate the Treadmill Belt	Every 12-15 Hours of Use										
Clean Drag Strap and Flywheel	Every 3 Months										
Oil the Upper-Body Exerciser	As Needed										

Adjust the Treadmill Resistance

If the treadmill belt resistance becomes too loose, too tight or moves to one side, it can be adjusted. If the treadmill belt has moved so far to one side that you are unable to see the rear roller on that side, center it as follows:

IMPORTANT: 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 will curl down on each side. This is normal and will not damage the treadmill belt.

1. If the treadmill belt is too far to the left side of the treadmill deck, stand on the left side of the machine. If the treadmill belt is too far to the right side of the treadmill deck, stand on the right side of the machine.
2. Use your foot (the one nearest the treadmill) to rotate the treadmill belt several times. This will help center the belt.
3. If the belt is still off-center or if it is too loose or too tight, continue with the following steps. Otherwise, stop after step 2.

   IMPORTANT: Step 4 is intended to be a last step in treadmill maintenance.

4. Use the 3/16-inch Allen wrench provided on the adjustment bolts at the rear of the treadmill deck to adjust the treadmill resistance (Figure 5). The treadmill is properly adjusted if you are able to slip your hand between the belt and the treadmill deck.

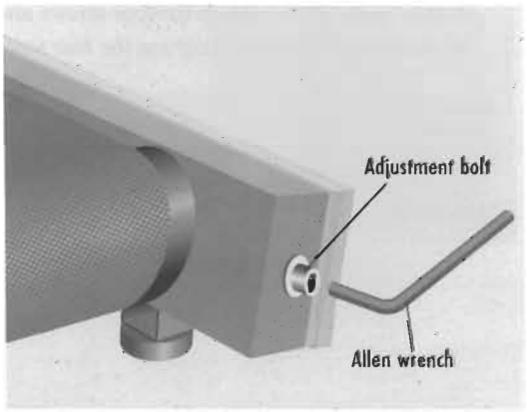


Figure 5

To loosen or tighten the belt:

- If the treadmill belt is too tight, turn both adjustment bolts counterclockwise. Adjust each bolt equally a quarter turn at a time.
- If the treadmill belt is too loose, tighten it by turning both bolts clockwise. Adjust each bolt equally a quarter turn at a time.

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