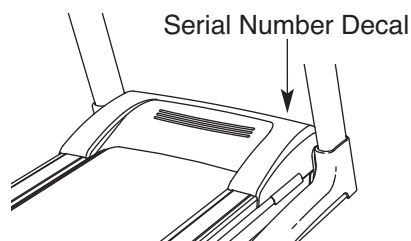


www.nordictrack.com

Model No. NTL09108.4

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

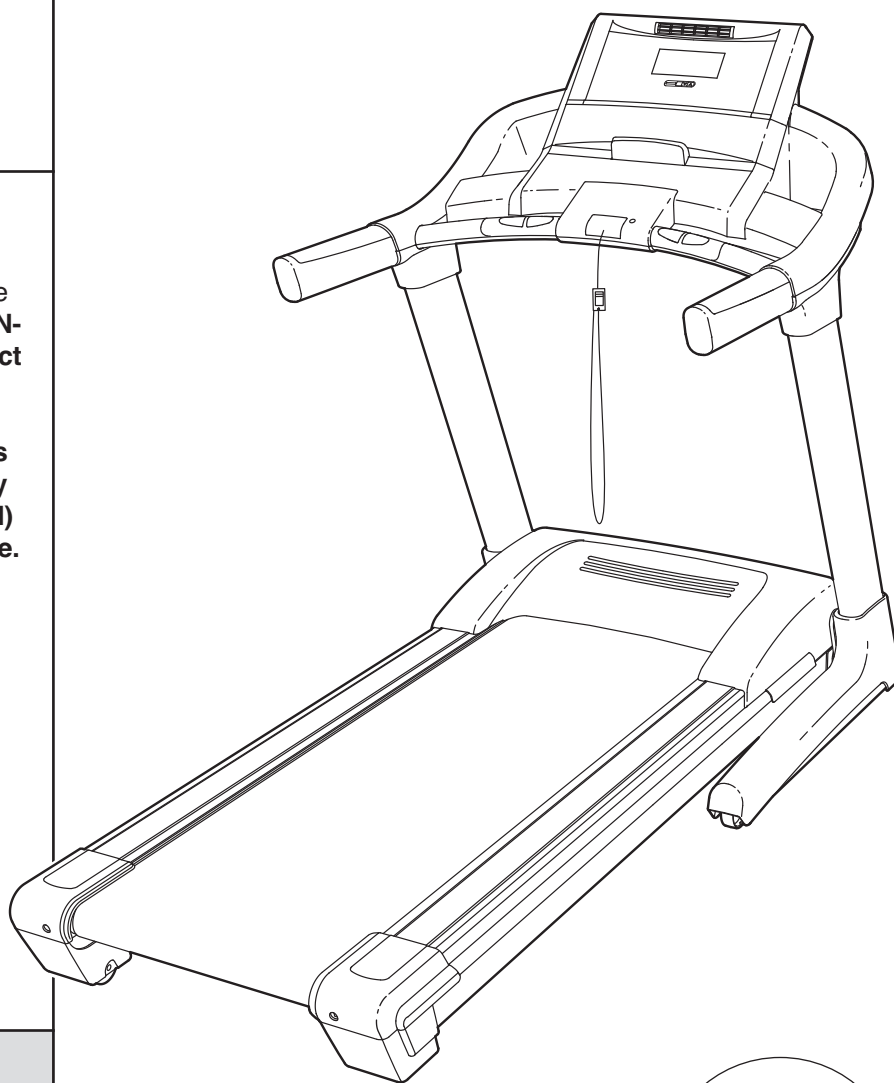
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



CAUTION

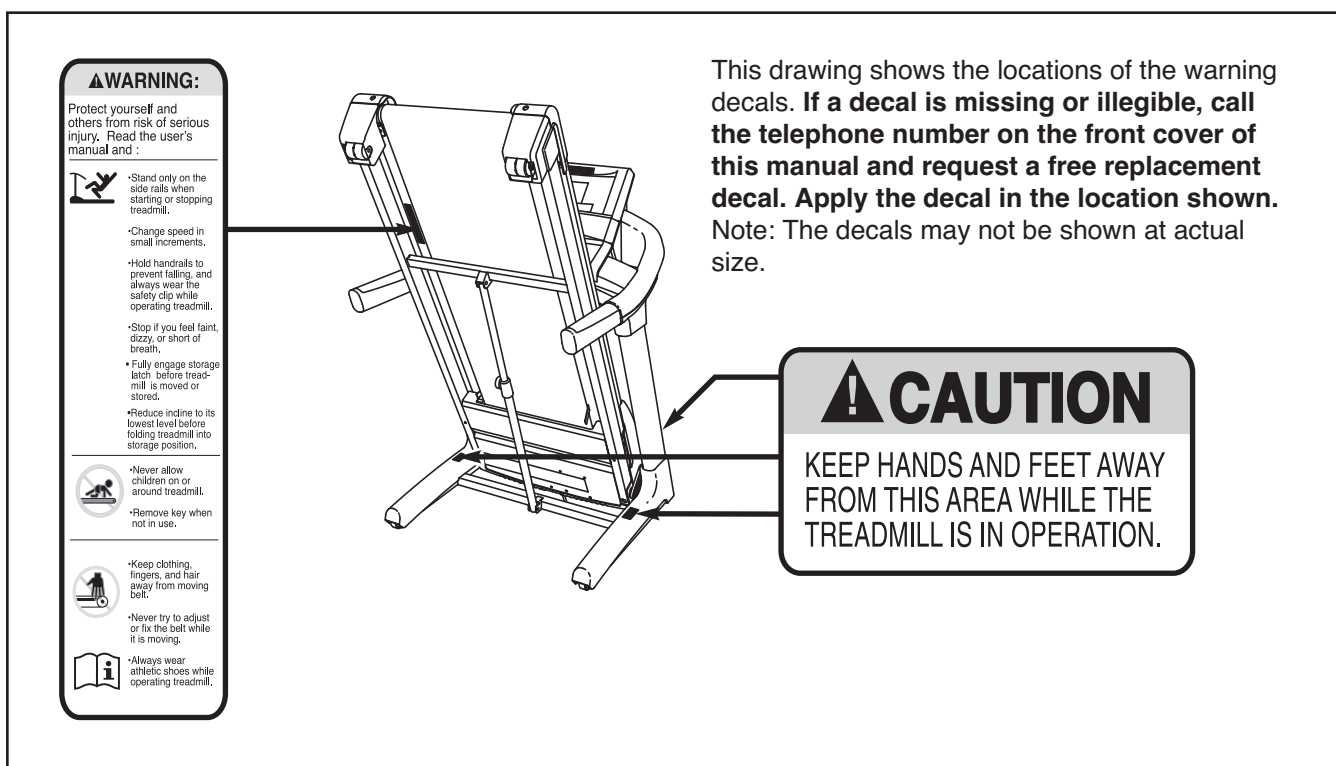
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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WARNING DECAL PLACEMENT



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)
21. 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 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
23. Never insert any object into any opening on the treadmill.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
27. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

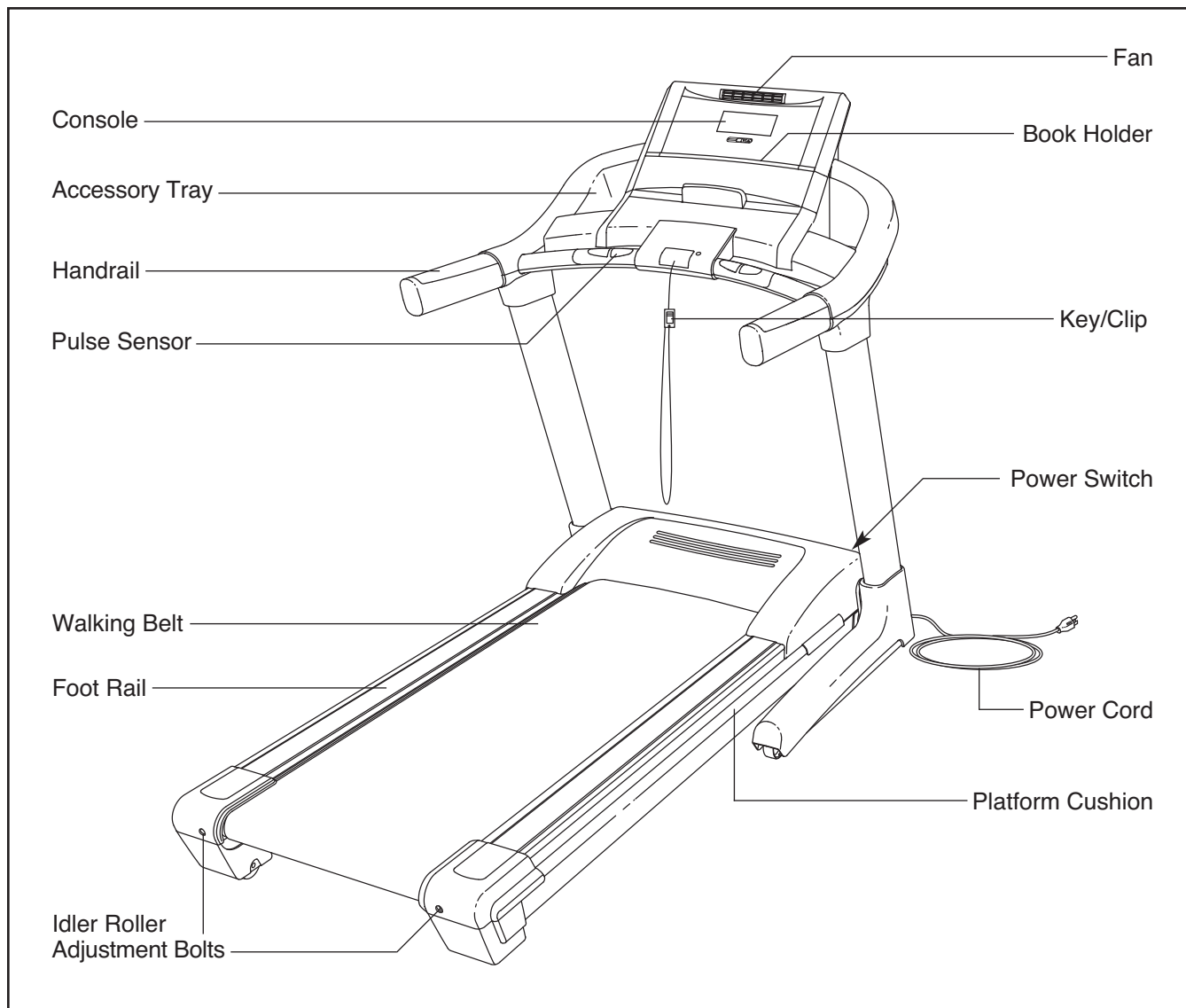
BEFORE YOU BEGIN

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

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

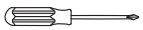
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

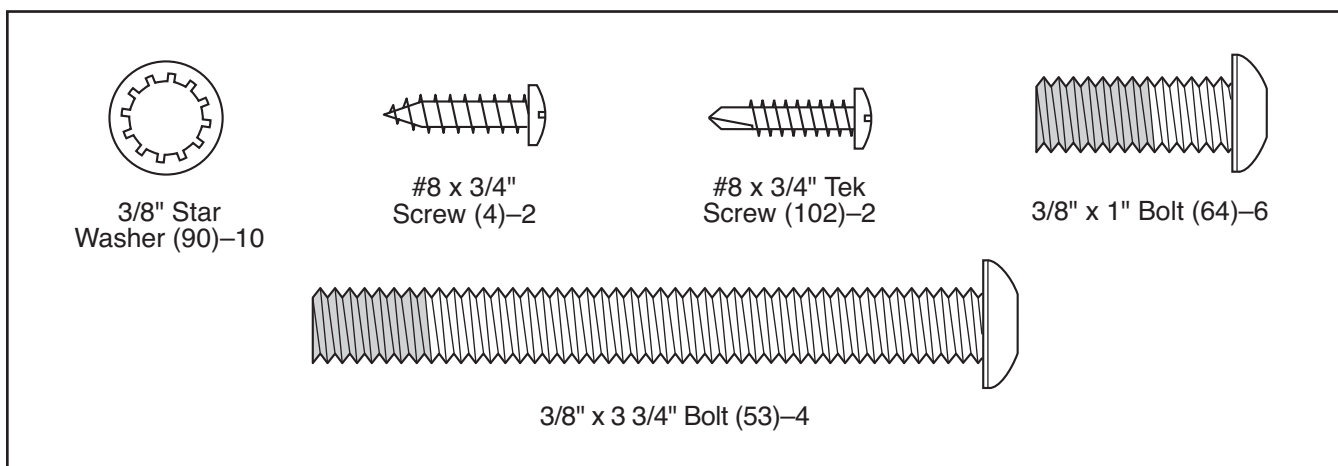


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

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

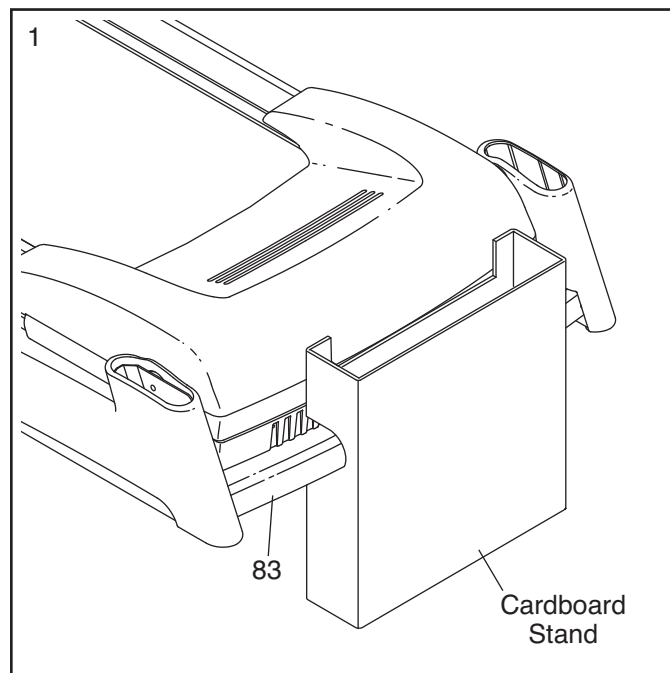
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



1. Make sure that the power cord is unplugged.

With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (83) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward until assembly step 2 is completed.**

⚠ WARNING: Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stand. A second person must hold the treadmill until assembly step 2 is completed to prevent the treadmill from moving, tipping, or falling.



2. Identify the Right Upright (74), which is marked with a “Right” sticker.

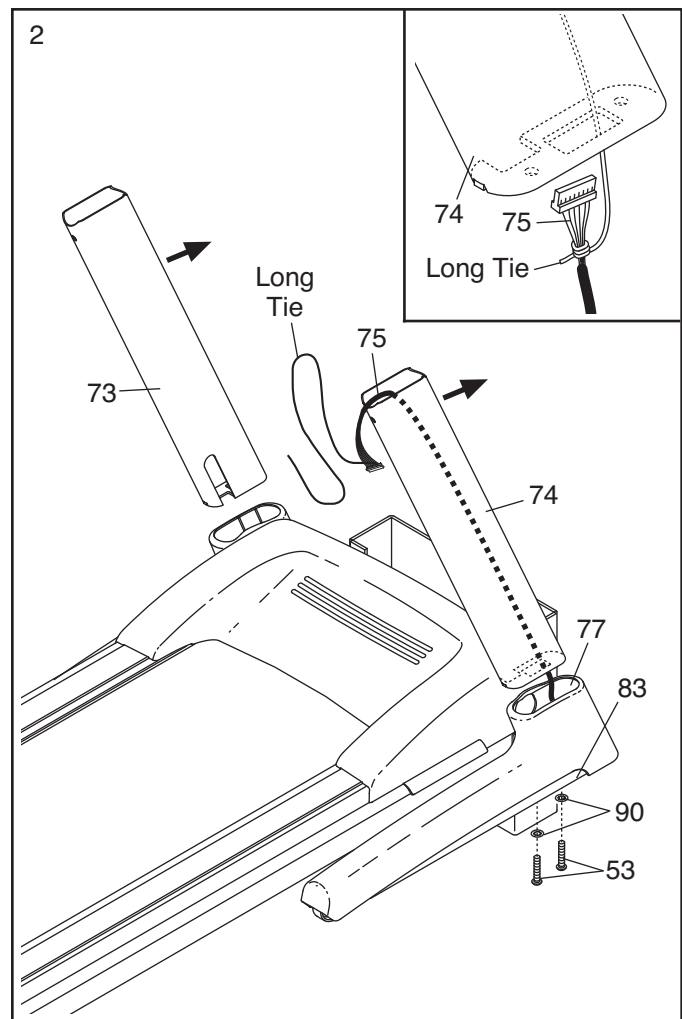
Have a second person hold the Right Upright (74) near the Right Base Cover (77). **See the inset drawing.** Make sure that the long tie extends from the rectangular hole in the Right Upright. Tie the long tie securely around the end of the Wire Harness (75). Then, pull the other end of the long tie until the Wire Harness is routed through the Right Upright.

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

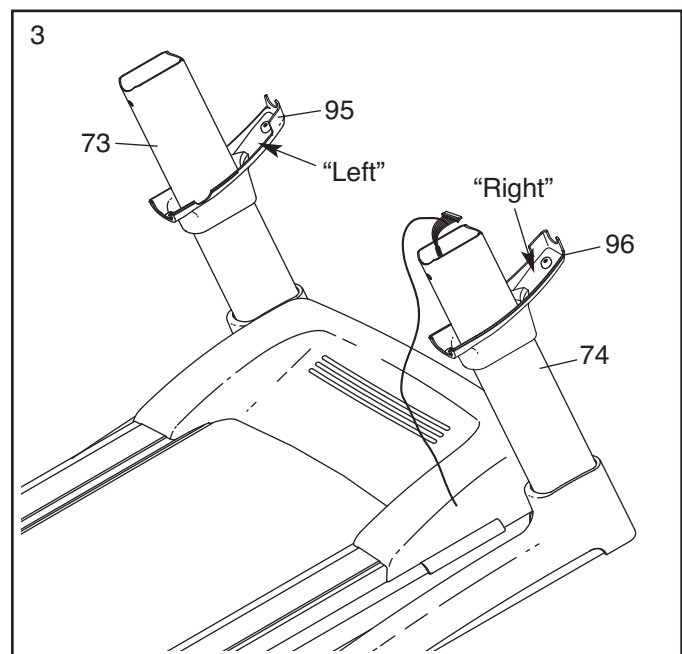
Partially attach the Right Upright (74) to the Base (83) with two 3/8" x 3 3/4" Bolts (53) and two 3/8" Star Washers (90). **Do not fully tighten the Bolts yet.** Note: It may be necessary to tip the upper ends of the Uprights forward slightly as you thread the Bolts into the Uprights.

Attach the Left Upright (73) to the Base (83) with two 3/8" x 3 3/4" Bolts and two 3/8" Star Washers (not shown). **Do not fully tighten the Bolts yet.**

With the help of a second person, lower the treadmill off the cardboard stand. Save the cardboard stand for step 8.

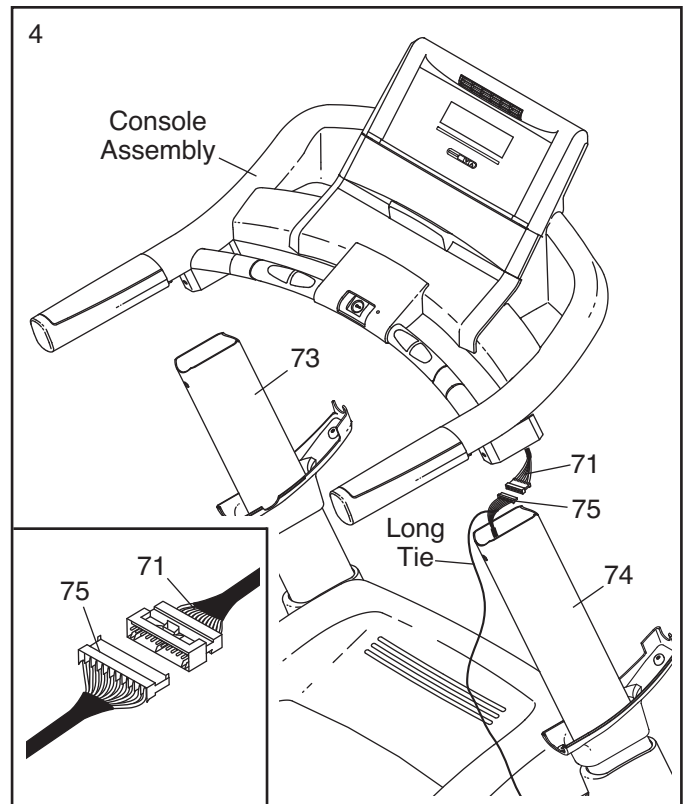


3. Identify the Left Upright Sleeve (95) and the Right Upright Sleeve (96); the Upright Sleeves are labeled “Left” and “Right.” Slide the Left Upright Sleeve onto the Left Upright (73), and slide the Right Upright Sleeve onto the Right Upright (74).

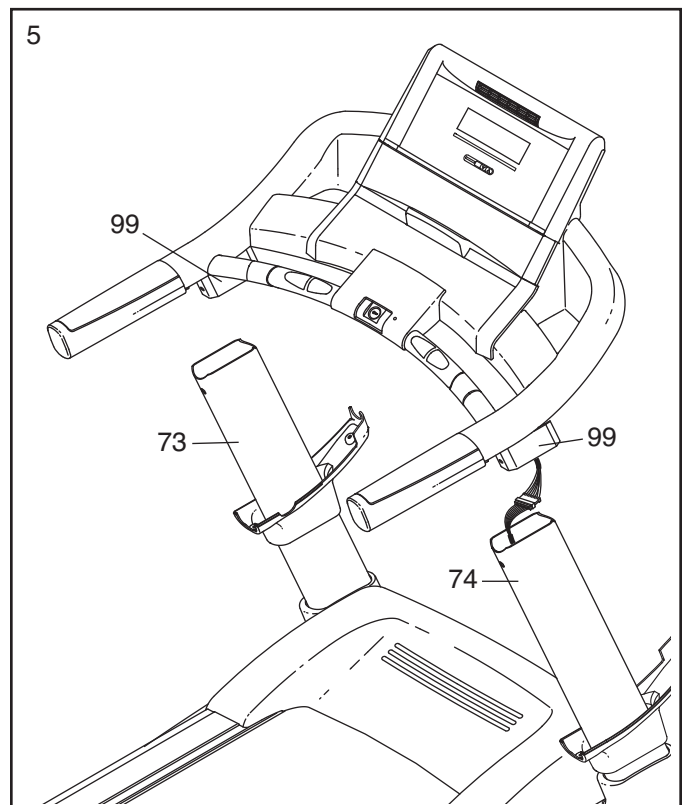


4. Have a second person hold the console assembly near the Uprights (73, 74).

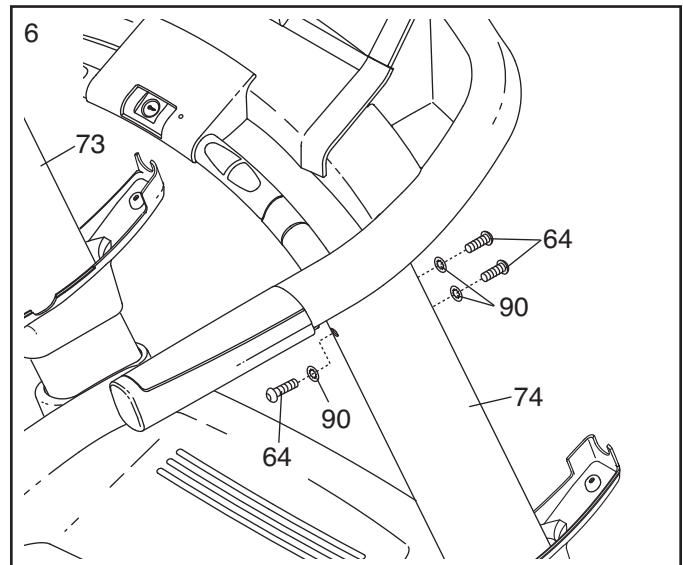
Connect the Wire Harness (75) to the Console Wire Harness (71). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Remove the long tie from the Wire Harness.



5. Insert the brackets on the Handrails (99) into the Uprights (73, 74). **Make sure that no wires are pinched.**

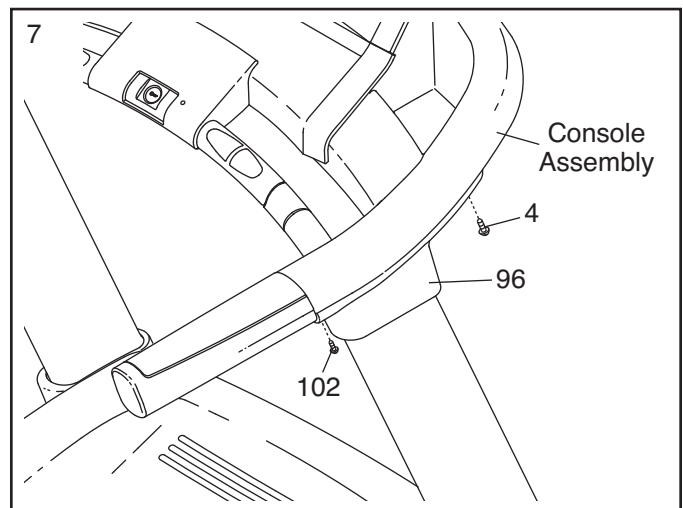


6. Partially tighten three 3/8" x 1" Bolts (64) with three 3/8" Star Washers (90) into the Right Upright (74). Next, partially tighten three 3/8" x 1" Bolts with three 3/8" Star Washers (not shown) into the Left Upright (73). **Then, firmly tighten the six 3/8" x 1" Bolts.**



7. Slide the Right Upright Sleeve (96) up against the console assembly. Attach the Right Upright Sleeve with a #8 x 3/4" Screw (4) and a #8 x 3/4" Tek Screw (102) as shown.

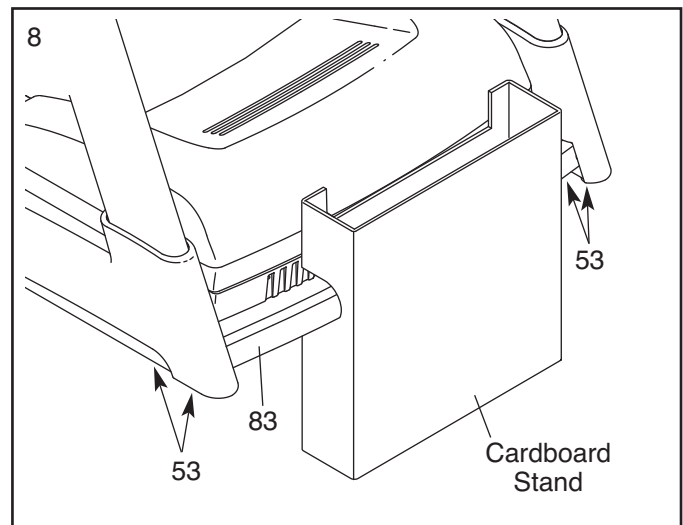
Attach the Left Upright Sleeve (not shown) to the console assembly as described above.



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

Firmly tighten the four 3/8" x 3 3/4" Bolts (53).

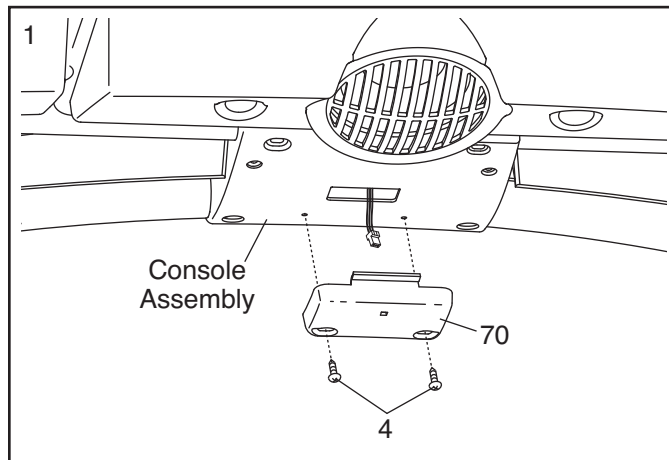
With the help of a second person, lower the treadmill off the cardboard stand.



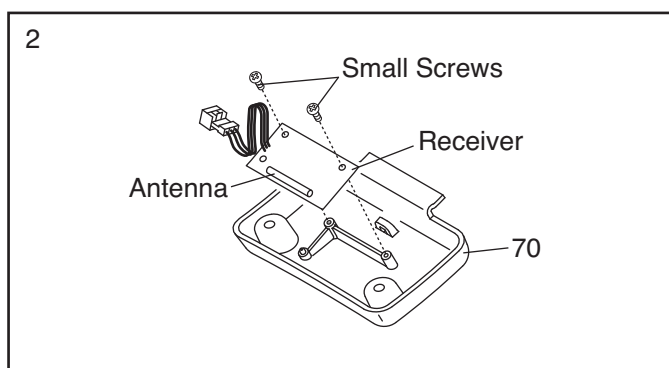
9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 25 and 26). **To protect the floor or carpet from damage, place a mat under the treadmill.**

If you purchase the optional chest pulse sensor (see page 22), follow the steps below to install the receiver included with the chest pulse sensor.

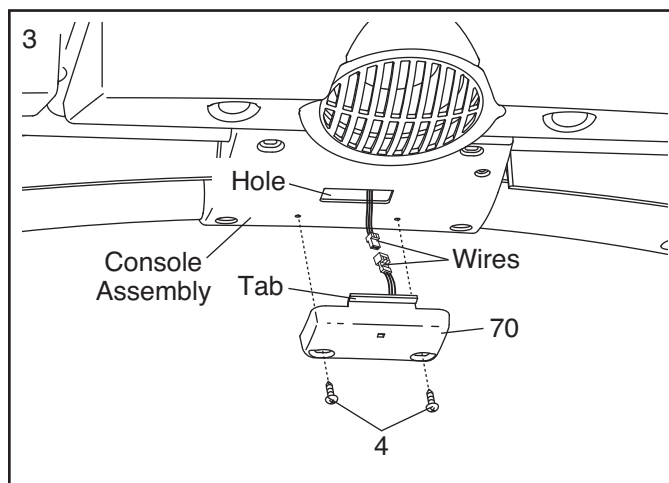
1. **Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screws (4) from the Pulse Receiver Cover (70) on the back of the console assembly.



2. **Next, hold the receiver so the antenna is oriented as shown.** Attach the receiver to the Pulse Receiver Cover (70) with the two included small screws.



3. Connect the wire on the receiver to the wire extending from the console assembly. **Make sure that no wires are pinched.** Slide the tab on the Pulse Receiver Cover (70) into the indicated hole in the console assembly. Reattach the Pulse Receiver Cover to the console assembly with the two #8 x 3/4" Screws (4). Discard the other wires included with the receiver.



OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

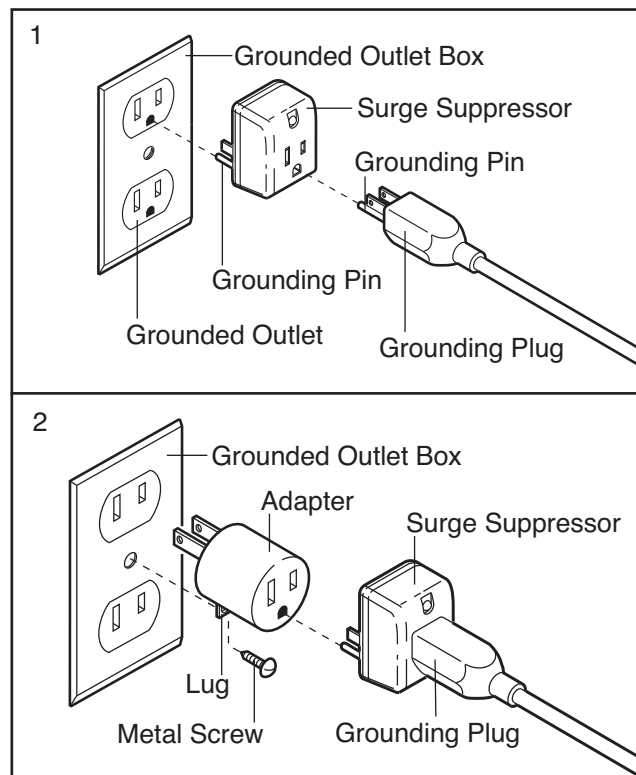
Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could damage the control system of the treadmill (see precaution 13 on page 3).

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet**

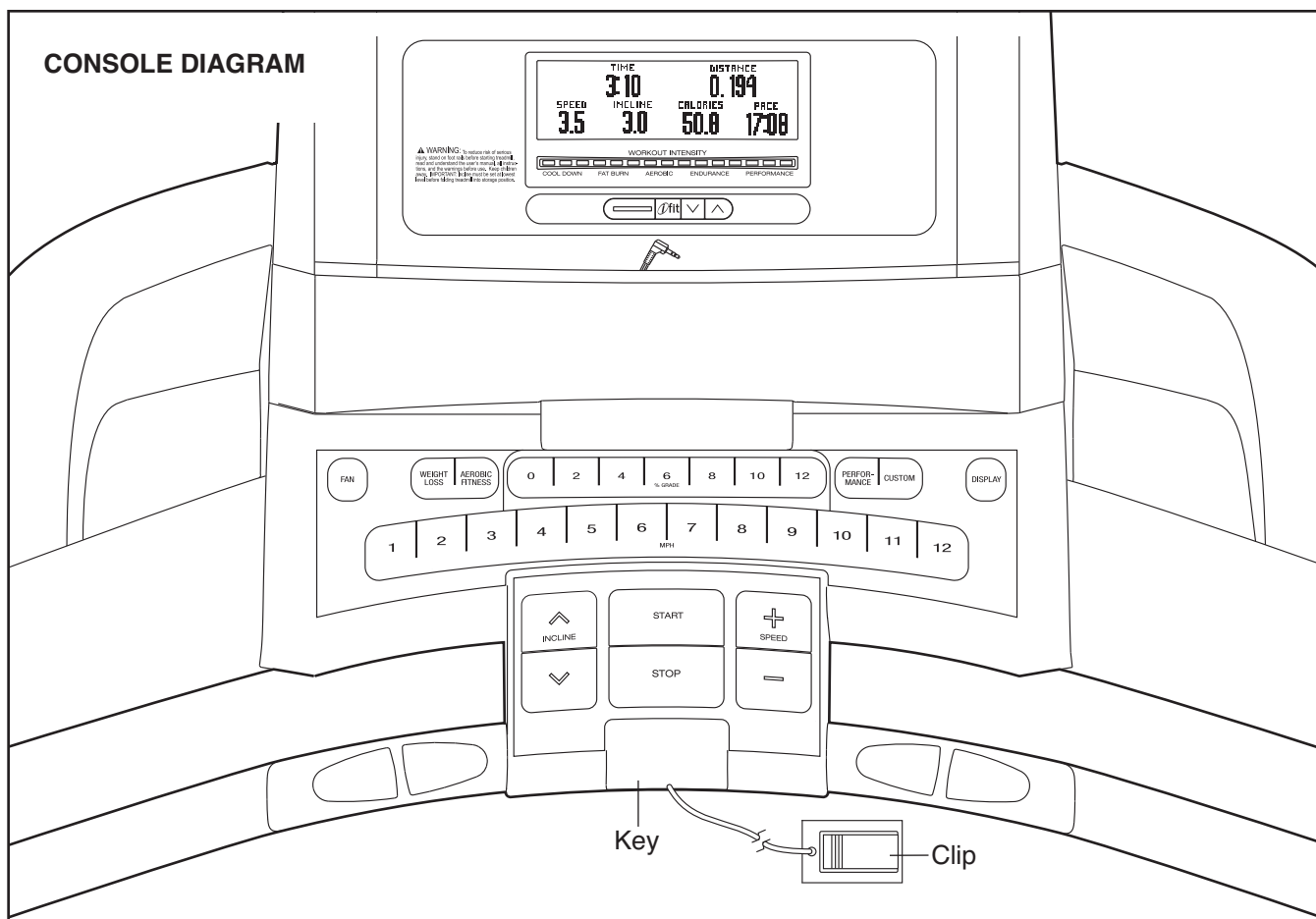
that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 22 for information about the optional chest pulse sensor).

In addition, the console features twenty-eight preset workouts—nine weight loss workouts, nine aerobic fitness workouts, and ten performance workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even create your own custom workouts and save them for future use.

The console also features the iFit interactive workout system. The iFit system accepts iFit cards with workouts that help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts automatically control the treadmill. iFit cards are available separately. **To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

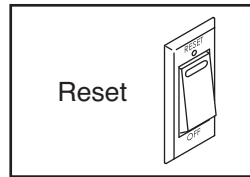
You can also listen to your favorite workout music or audio books with the console's premium sound system while you get in shape.

To turn on the power, see page 13. **To personalize console settings**, see page 13. **To use the manual mode**, see page 14. **To use a preset workout**, see page 17. **To create and use a custom workout**, see pages 19 and 20. **To use an iFit card**, see page 21. **To use the sound system**, see page 22.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 11). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see **HOW TO PERSONALIZE CONSOLE SETTINGS** at the right to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 12), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

IMPORTANT: If there is a sheet of plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see **HOW TO PERSONALIZE CONSOLE SETTINGS** at the right. For simplicity, all instructions in this manual refer to miles.

HOW TO PERSONALIZE CONSOLE SETTINGS

The console features a settings mode that allows you to view the total time and total distance the walking belt has moved, select a system of measurement for the console, turn on and turn off the display demo mode, view the audio trainer setting, adjust the volume and contrast settings, and select an audio equalizer setting.

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

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

The display will show the word ENGLISH for miles or the word METRIC for kilometers to indicate which system of measurement is selected. To change the system of measurement, press the Speed increase button.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. Press the Speed decrease button to select OFF (to turn off the demo mode), PROGRAMS (to display previews of various workouts), ROAD (to display an animation of a runner on a road), or VISUAL EQ (to display a visual equalizer).

To adjust the volume, first highlight the volume level by pressing the Display button repeatedly. Next, press the Performance button to decrease the volume level or the Custom button to increase the volume level.

To adjust the contrast of the display, first highlight contrast level by pressing the Display button repeatedly. Next, press the Performance button to decrease the contrast level or the Custom button to increase the contrast level.

You can also select an equalizer setting to optimize the sound of your personal music. Choose among DEFAULT, CLASSIC, COUNTRY, TECHNO, or ROCK. To select an equalizer setting, first highlight the equalizer setting by pressing the Display button repeatedly. Next, press the Performance button or the Custom button to select an equalizer setting.

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

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

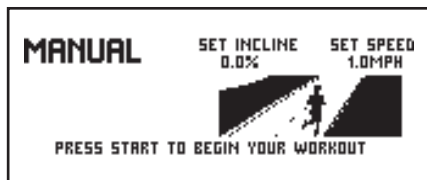
See HOW TO TURN ON THE POWER on page 13. When the key is inserted, the incline will automatically calibrate, tones will sound, and then the console will be ready for use.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select the manual mode.

Each time the key is inserted, the manual mode will be se-



lected. If you have selected a workout, press any of the workout buttons repeatedly until the word MANUAL appears in the display.

4. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 to 12.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons next to the Start button. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

5. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the incline buttons numbered 0 to 12. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

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

When the manual mode is selected, the console offers eight display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

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

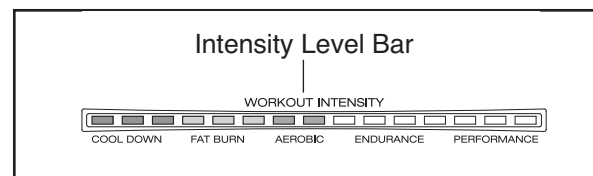
- The elapsed time.
- The distance that you have walked or run.
- The approximate number of calories you have burned.
- In addition, the display can show a “workout history”—a profile that represents the speed settings that you select during your workout. At the beginning of each minute of your workout, an additional column will appear in the profile; as you increase or decrease the speed setting, the height of the column will increase or decrease.
- The display can also show an animation of a runner on a road. As you increase or decrease the speed setting, the runner will speed up or slow down.
- The speed of the walking belt.
- The incline level of the treadmill.

- Your walking or running pace, in minutes per mile or minutes per kilometer.
- A visual equalizer. The visual equalizer will show the changes in the sound playing through your sound system (see page 22).
- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor or the optional chest pulse sensor. If you select the display mode shown above, your heart rate will be shown in place of the approximate exercise pace.



Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting.

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

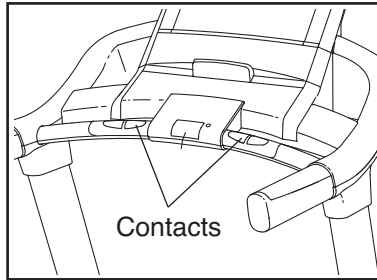


To reset the console, press the Stop button, remove the key, and then reinsert the key.

7. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. For information on the optional chest pulse sensor, see page 22.

Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

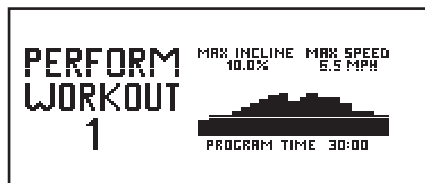
2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select a preset workout.

To select a preset workout, press the Weight Loss button, the Aerobic Fitness button, or the Performance button until the name of the desired workout appears in the display.

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



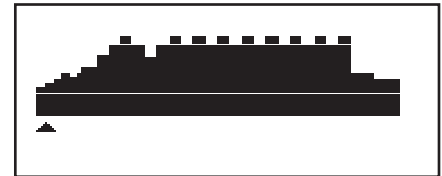
Each preset workout is divided into one-minute segments. One speed setting and one incline set-

ting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

4. Start the walking belt.

Press the Start button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

A profile of the speed settings of the workout will appear in the display. A small arrow below the profile will indicate your progress.



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

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

If the speed or incline setting is too high or too low at any time during the workout, you can override the setting by pressing the speed or incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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

See step 6 on page 15.

When a preset workout is selected, the console offers three display modes. Press the Display button repeatedly to select the desired display mode. Note: When a preset workout is selected, the display will show a profile of the speed settings of the workout instead of the workout history or the visual equalizer.

6. **Measure your heart rate if desired.**

See step 7 on page 16.

7. **Turn on the fan if desired.**

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO CREATE A CUSTOM WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select a custom workout.

To select a custom workout, press the Custom button until the name of the desired workout appears in the display.

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

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

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

4. Start the walking belt.

Press the Start button to start the workout. A moment after you press the Start button, the walking belt will begin to move. Hold the handrails and begin walking.

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

When the first segment ends, a series of tones will sound and the current speed and incline settings will be saved in memory.

Program a speed setting and an incline setting for the second segment as described above. Continue programming speed and incline settings for up to 30 segments.

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

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

See step 5 on page 18.

6. Measure your heart rate if desired.

See step 7 on page 16.

7. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO USE A CUSTOM WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Select a custom workout.

See step 3 on page 19.

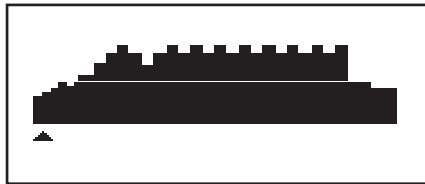
Note: If the display shows a workout time of three minutes, see HOW TO CREATE A CUSTOM WORKOUT on page 19.

4. Start the walking belt.

Press the Start button to start the workout. A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

A profile of the speed settings of the workout will appear in the display. A

small arrow below the profile will indicate your progress.



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

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

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

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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

See step 5 on page 18.

6. Measure your heart rate if desired.

See step 7 on page 16.

7. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO USE AN iFIT CARD

To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.

1. Insert the key into the console.

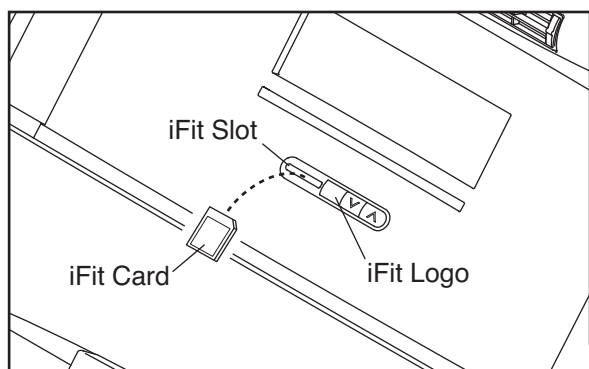
See HOW TO TURN ON THE POWER on page 13.

2. Personalize console settings if desired.

See HOW TO PERSONALIZE CONSOLE SETTINGS on page 13.

3. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are inserted into the iFit slot. When the iFit card is properly inserted, the iFit logo will light.



Next, select an iFit workout by pressing the iFit increase or decrease button. When an iFit workout is selected, the display will show the name, duration, maximum incline setting, and maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear in the display.

Each iFit workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment.

Note: The same speed and/or incline setting may be programmed for consecutive segments.

4. Start the walking belt.

Press the Start button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

During the workout, the voice of a personal trainer will guide you through the workout. You can adjust the volume for your personal trainer (see HOW TO PERSONALIZE CONSOLE SETTINGS on page 13).

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

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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

See step 5 on page 18.

6. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

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

HOW TO USE THE SOUND SYSTEM

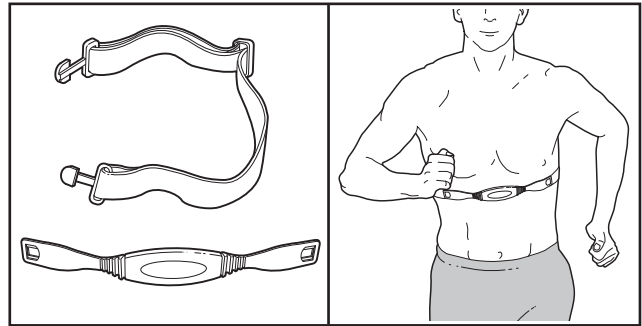
To play music or audio books through the console's sound system, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire below the display on the console, and plug it into a jack on your personal audio player. **Make sure that the audio wire is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

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

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

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, see the front cover of this manual.**

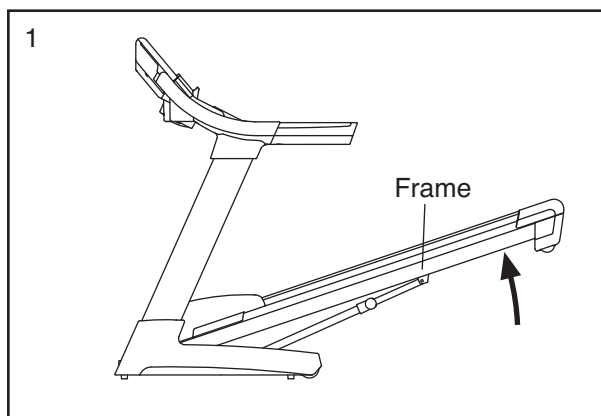


HOW TO FOLD AND MOVE THE TREADMILL

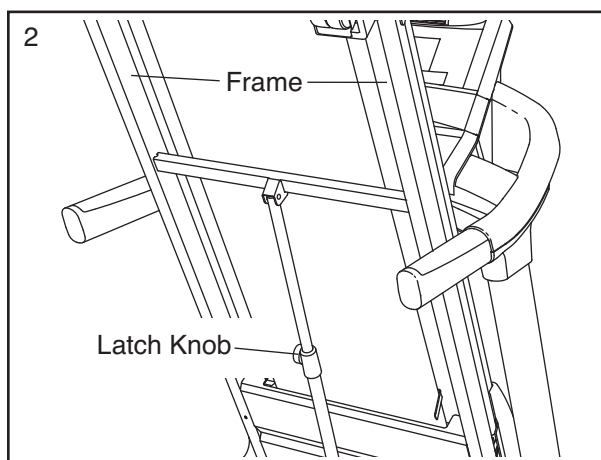
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

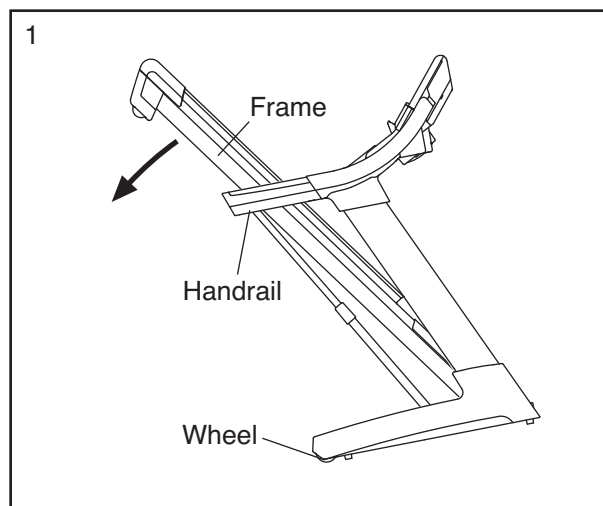


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.
2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

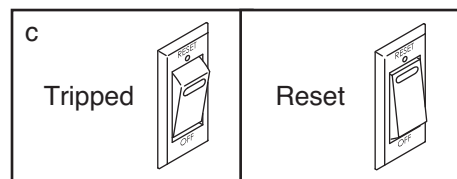
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

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

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

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

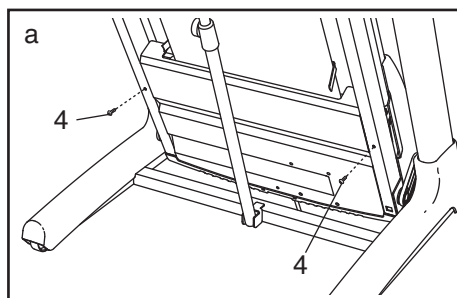
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see HOW TO PERSONALIZE CONSOLE SETTINGS on page 13 to turn off the demo mode.

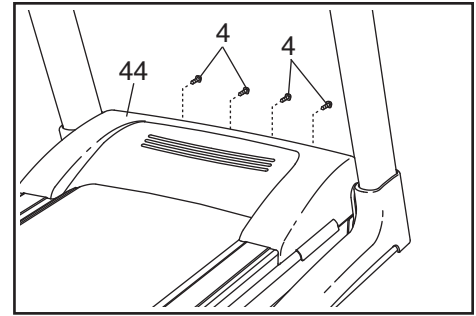
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 23).

Next, remove the two #8 x 3/4" Screws (4).

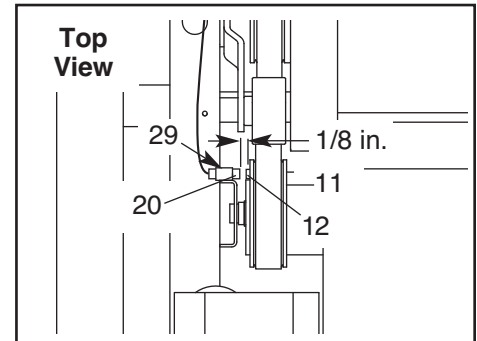


Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 23). Remove the four #8 x 3/4" Screws (4), and remove the Motor Hood (44).



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

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



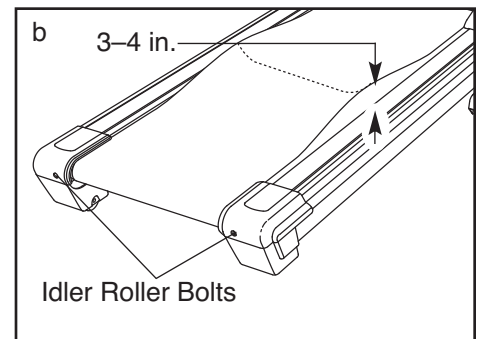
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert 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 walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

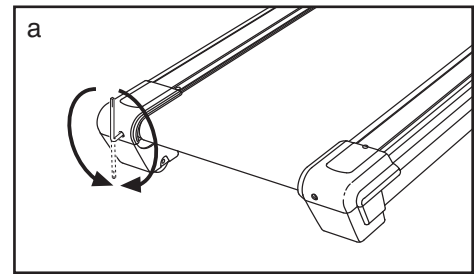
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



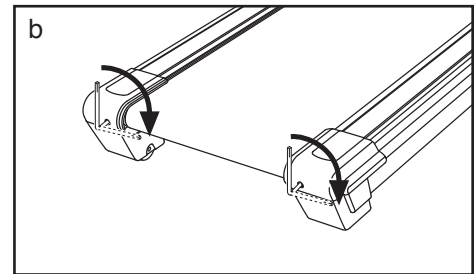
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The console display has lines running through it

SOLUTION: a. If lines appear in the console display, see HOW TO PERSONALIZE CONSOLE SETTINGS on pages 13 and 14 and adjust the contrast level of the display.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

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

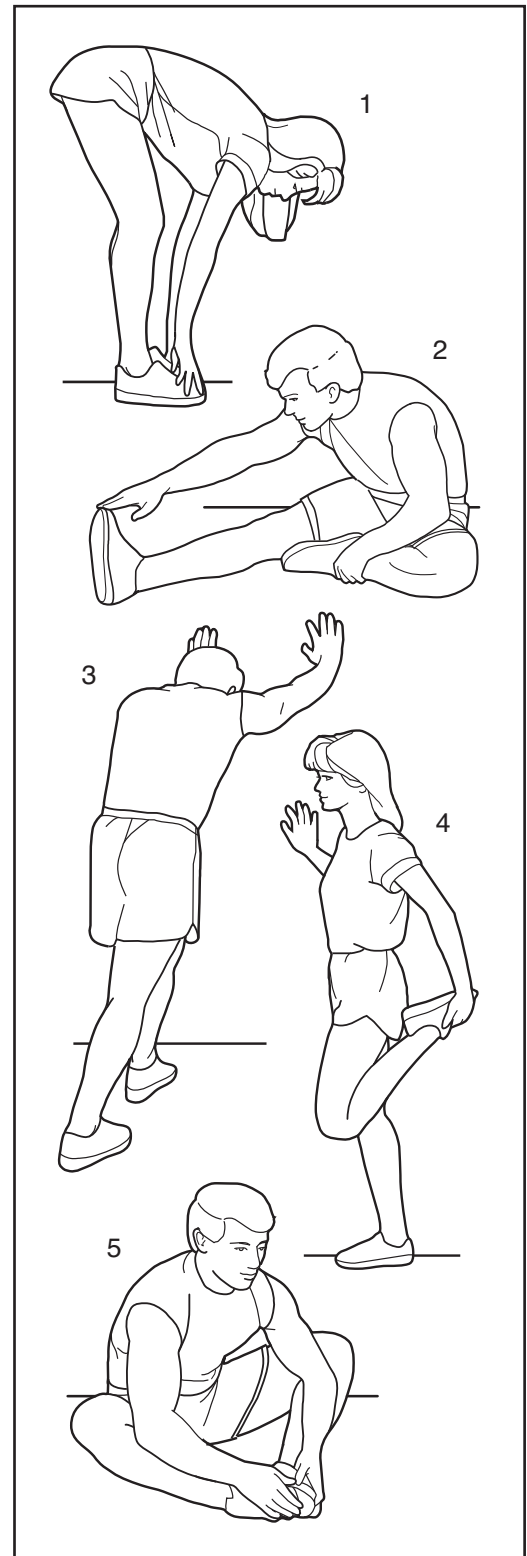
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST—Model No. NTL09108.4

R0510A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

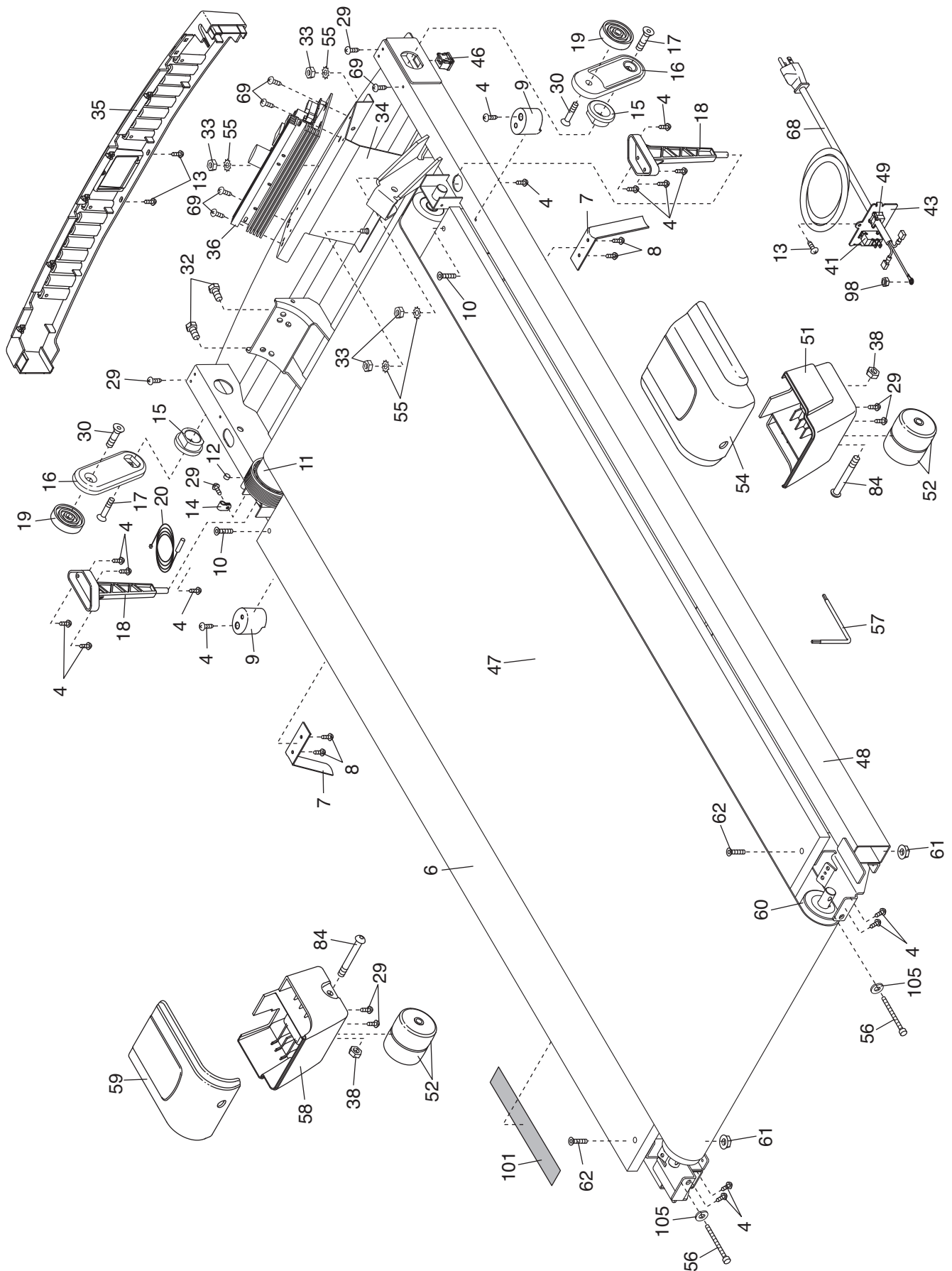
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	51	1	Right Rear Foot
2	2	Foot Rail	52	4	Rear Wheel
3	8	#8 x 3/4" Cushion Screw	53	4	3/8" x 3 3/4" Bolt
4	62	#8 x 3/4" Screw	54	1	Right Rear Cap
5	4	Handrail Cover Fastener	55	4	1/4" Star Washer
6	1	Walking Platform	56	2	Idler Roller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

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Latch Warning Decal	106	1	Incline/Controller Wire
102	10	#8 x 3/4" Tek Screw	107	1	Incline Stop Bracket
103	4	#8 x 1" Screw	108	1	Stop Bracket Spacer
104	1	Speaker Cover	*	—	4" White Wire, M/F
105	2	Idler Roller Washer	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

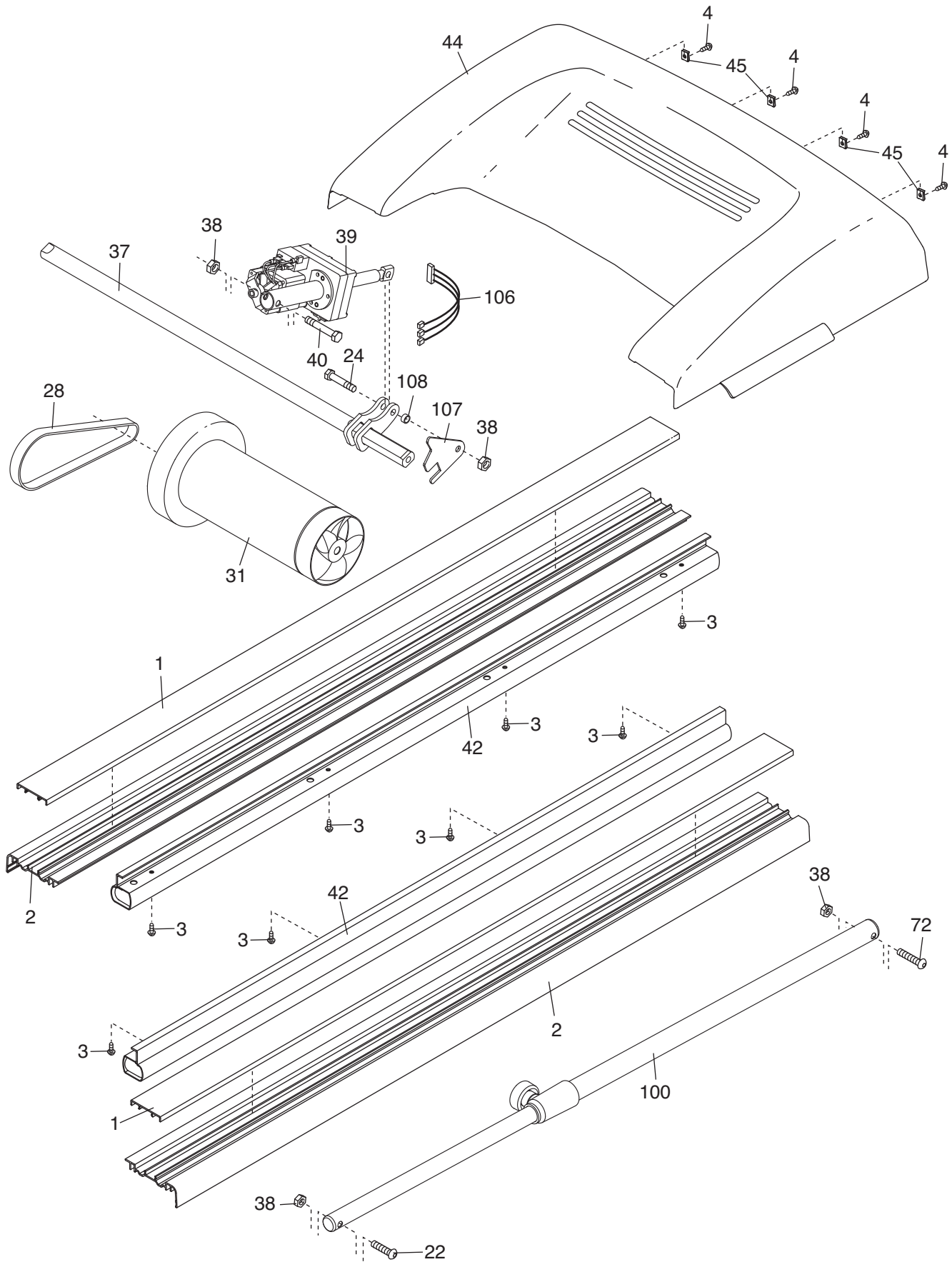
EXPLODED DRAWING A—Model No. NTL09108.4

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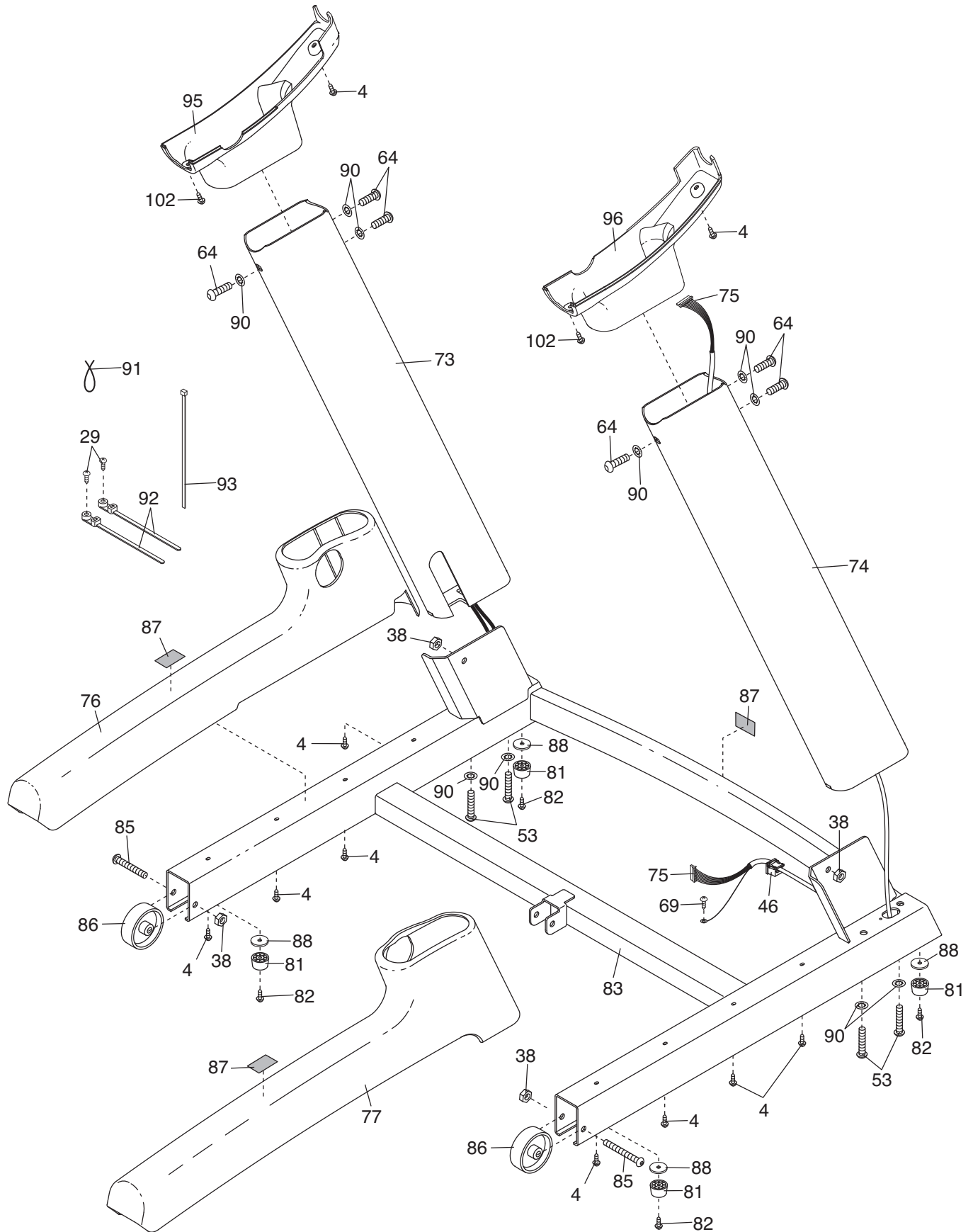
EXPLODED DRAWING B—Model No. NTL09108.4

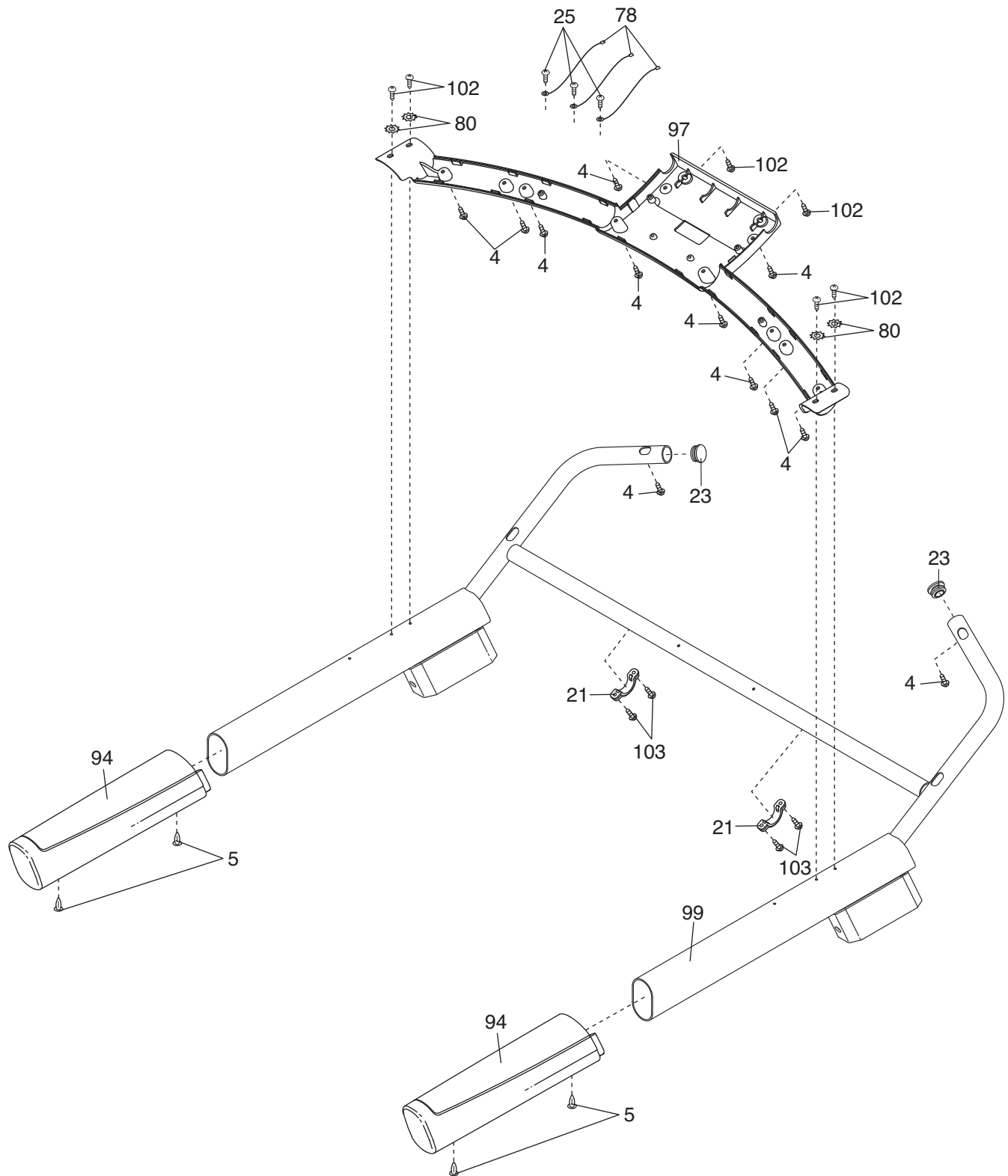
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EXPLODED DRAWING C—Model No. NTL09108.4

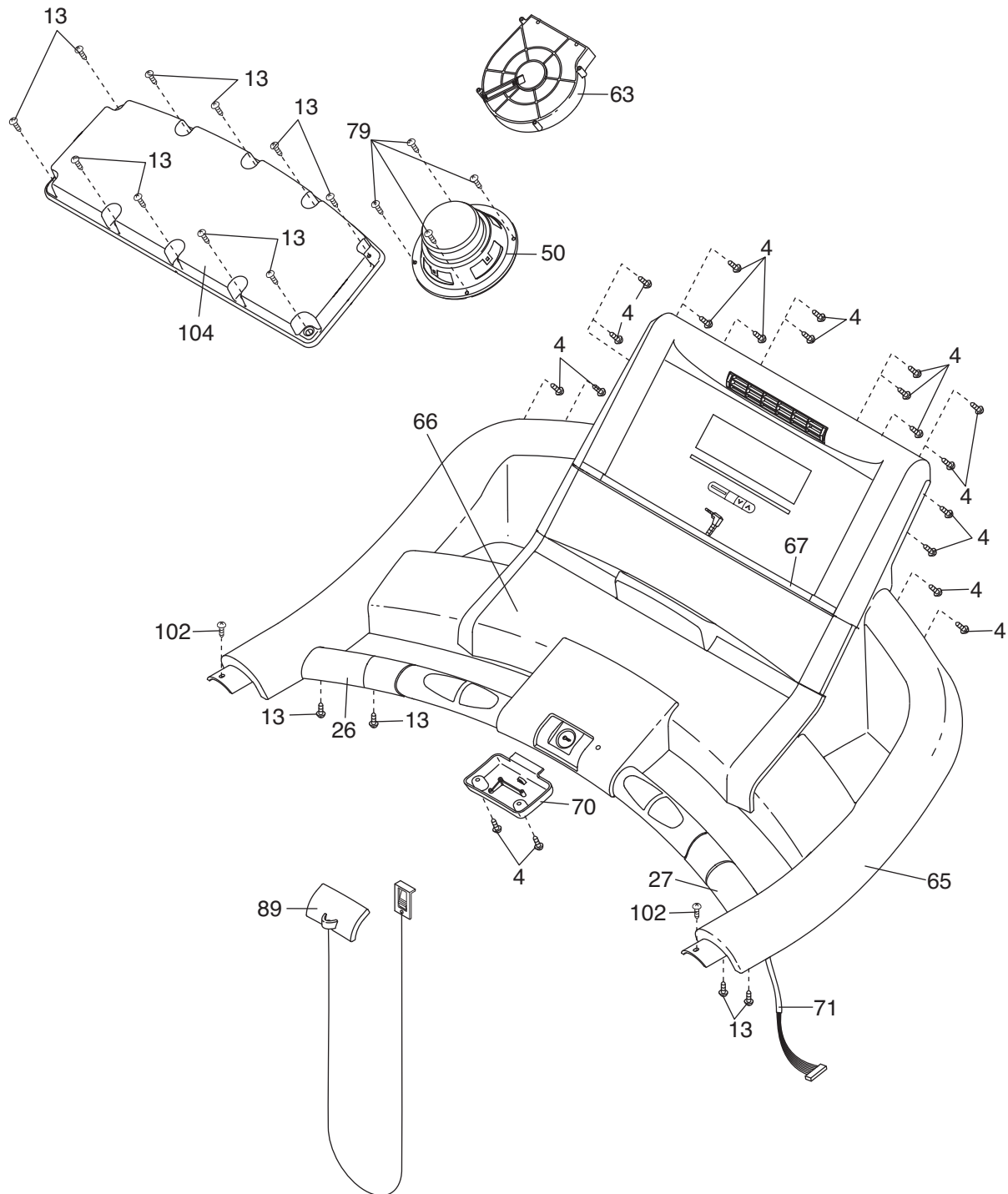
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EXPLODED DRAWING E—Model No. NTL09108.4

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ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. The drive motor is warranted for twelve (12) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813