



# NordicTrack<sup>®</sup>

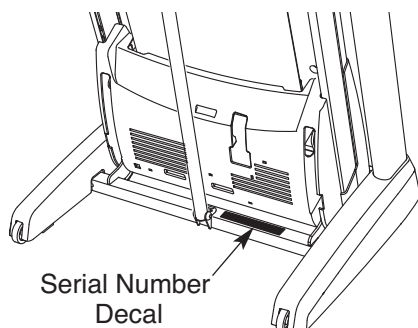
## COMMERCIAL 1750

[www.nordictrack.com](http://www.nordictrack.com)

Model No. NTL14010.4

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:

**1-800-TO-BE-FIT**

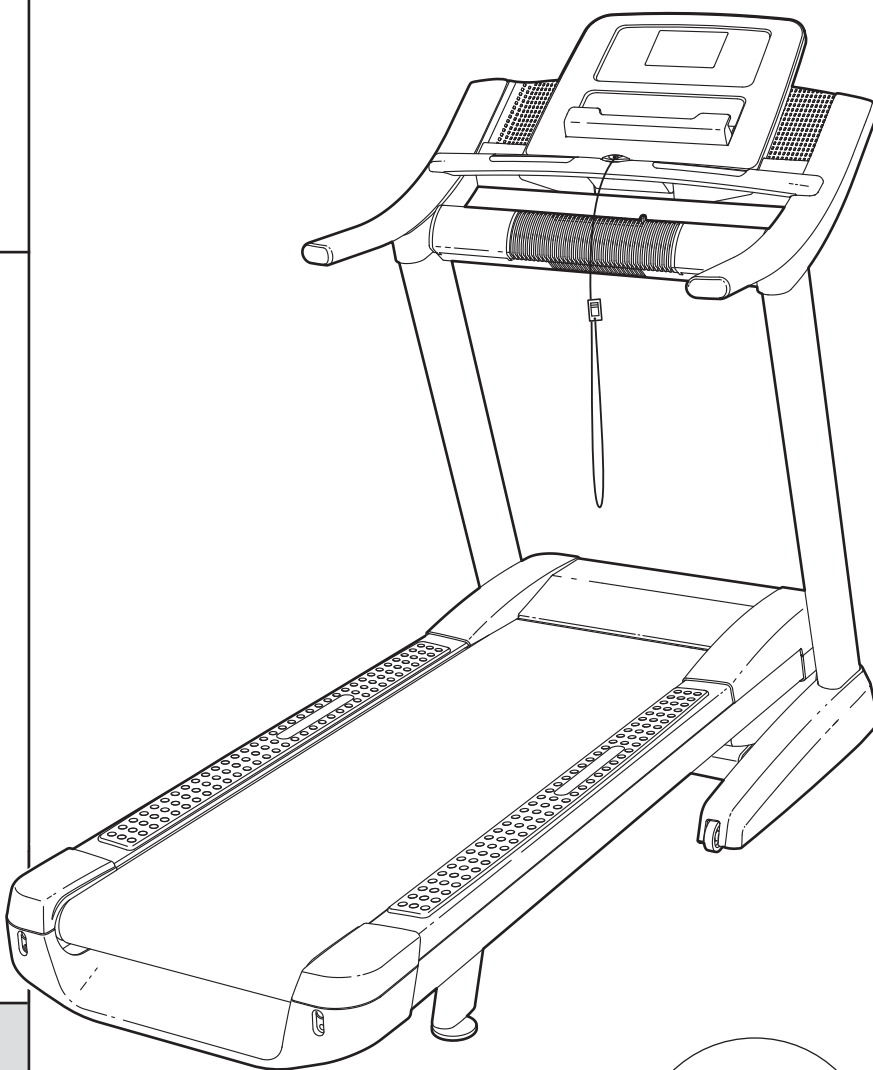
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.nordictrackservice.com](http://www.nordictrackservice.com)



## ⚠ CAUTION

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

## USER'S MANUAL

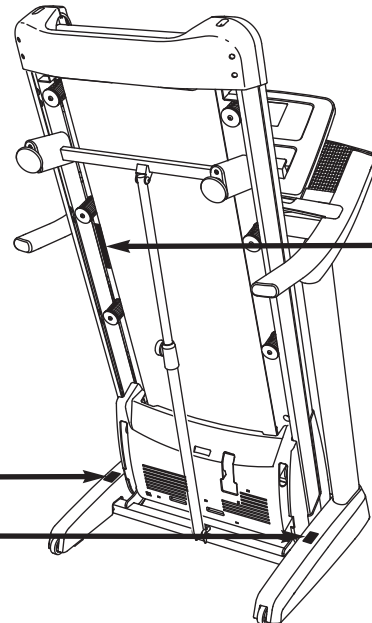


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## WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

- Never allow children on or around treadmill.
- Remove key when not in use.

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.

- Always wear athletic shoes while operating treadmill.

# 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. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. 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.
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 375 lbs. (170 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes while 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 14), 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 14. 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 30 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 16).
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 heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor 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 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 29.) 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 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**

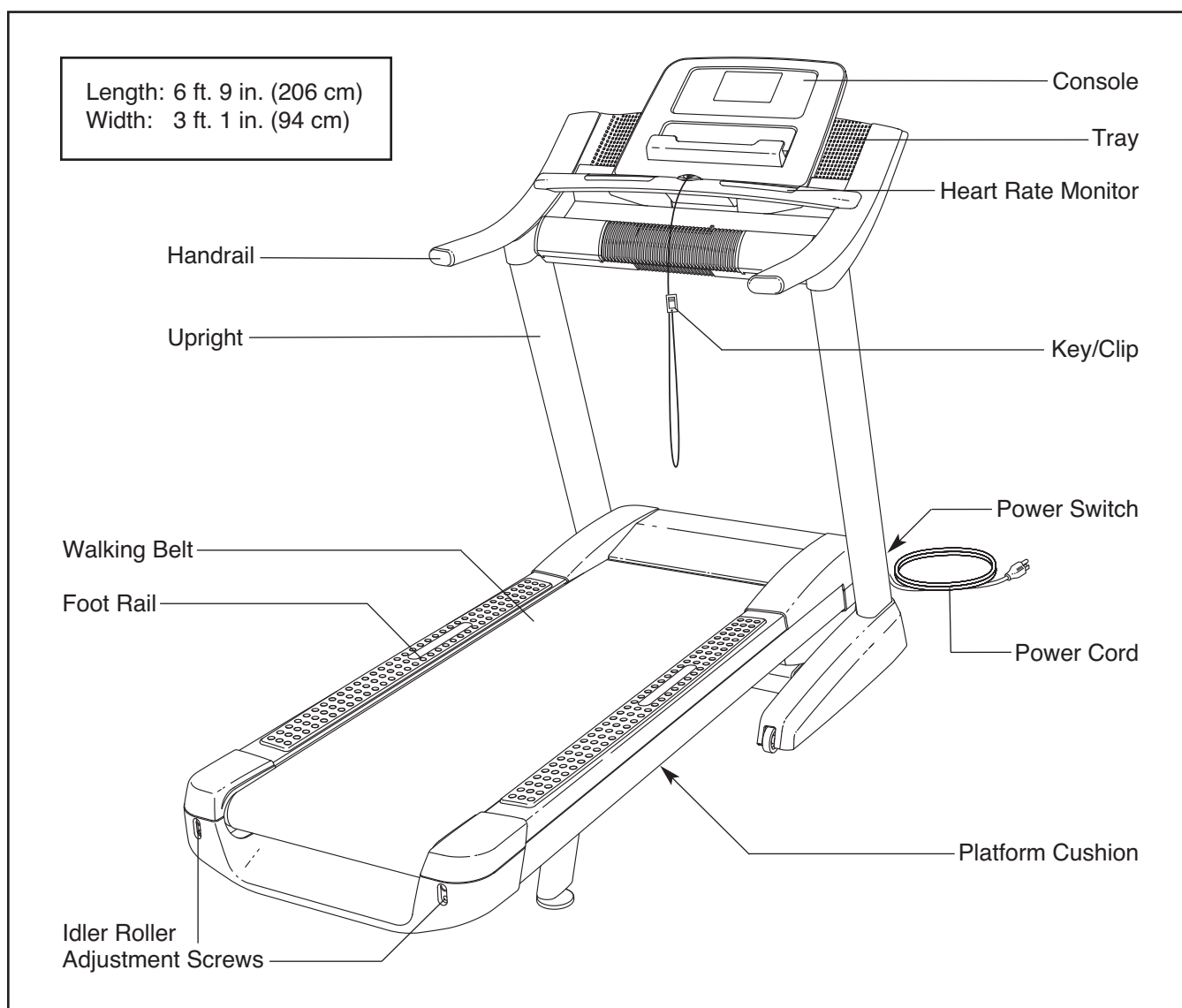
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® COMMERCIAL 1750 treadmill. The COMMERCIAL 1750 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-

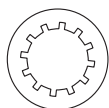
ing this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

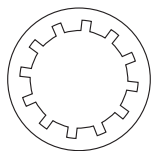


# PART IDENTIFICATION CHART

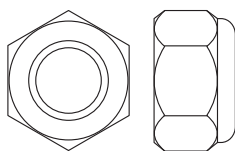
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached. Extra hardware may be included.**



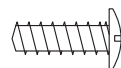
5/16" Star Washer (10)–10



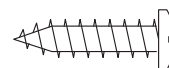
3/8" Star Washer (12)–4



3/8" Nut (11)–2



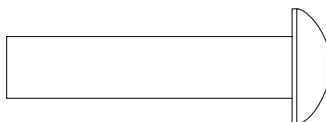
#8 x 1/2" Ground Screw (9)–1



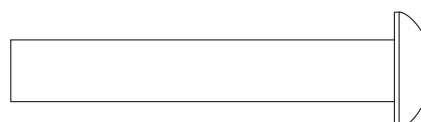
#8 x 3/4" Screw (1)–4



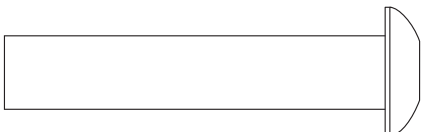
3/8" x 1 1/4" Screw (8)–4



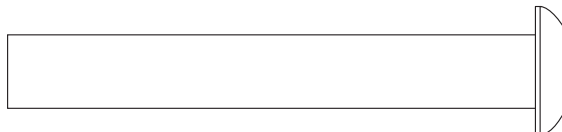
5/16" x 1 1/2" Screw (5)–4



5/16" x 2" Screw (4)–4



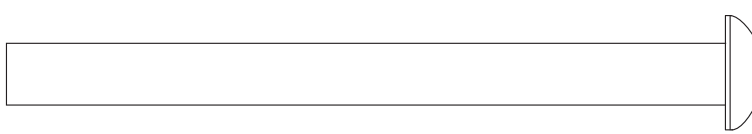
3/8" x 2" Bolt (3)–1



3/8" x 2 3/4" Screw (7)–4



3/8" x 1 3/4" Bolt (6)–1



5/16" x 3 3/4" Screw (2)–2

# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish assembly.
- The underside of the walking belt is coated with high-performance lubricant. After shipping, there may be some lubricant on top of the walking belt or on the shipping carton. This is normal. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- To identify small parts, see page 6.
- Assembly requires the following tools:

the included hex key



one adjustable wrench



one Phillips screwdriver

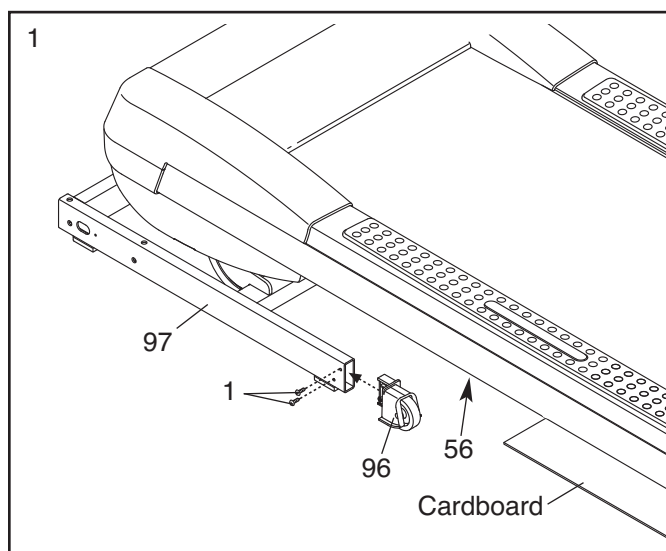


To avoid damaging parts, do not use power tools for assembly.

1. **Make sure that the power cord is unplugged.** Place a piece of cardboard below the rear of the Frame (56) to protect the floor or carpet.

Attach the Left Wheel Cap (96) to the Base (97) with two #8 x 3/4" Screws (1).

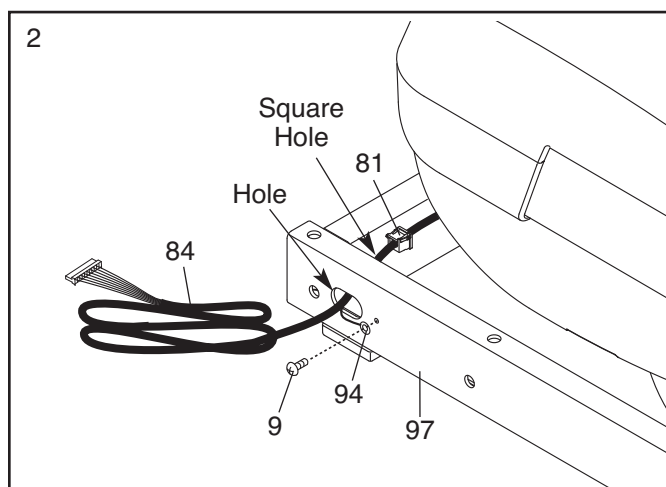
**Attach the Right Wheel Cap (not shown) to the right side of the Base (97) in the same way.**



2. Pull the Upright Wire (84) and the Base Ground Wire (94) through the indicated hole in the Base (97).

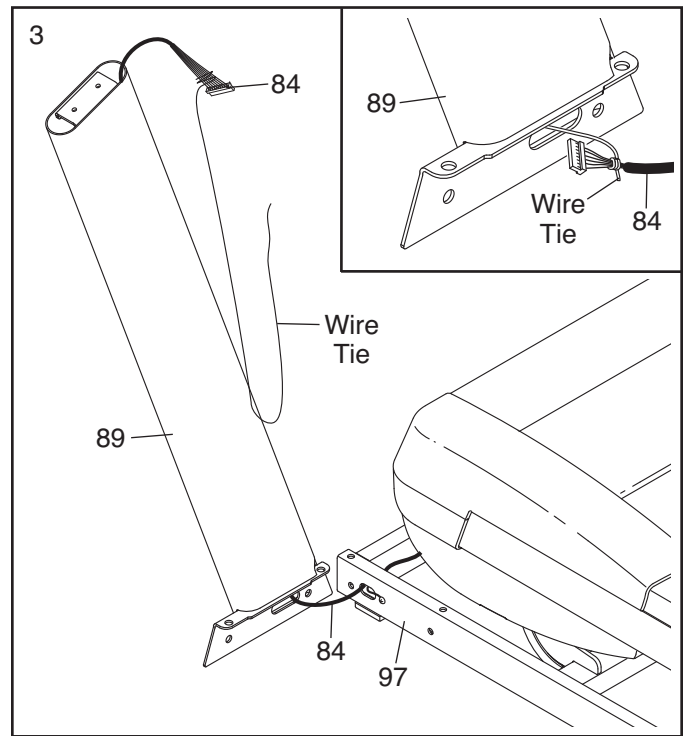
Attach the Base Ground Wire (94) to the Base (97) with a #8 x 1/2" Ground Screw (9).

Press the Grommet (81) into the square hole in the Base (97).



3. Identify the Left Upright (89), which is marked "Left." Have a second person hold the Left Upright near the Base (97).

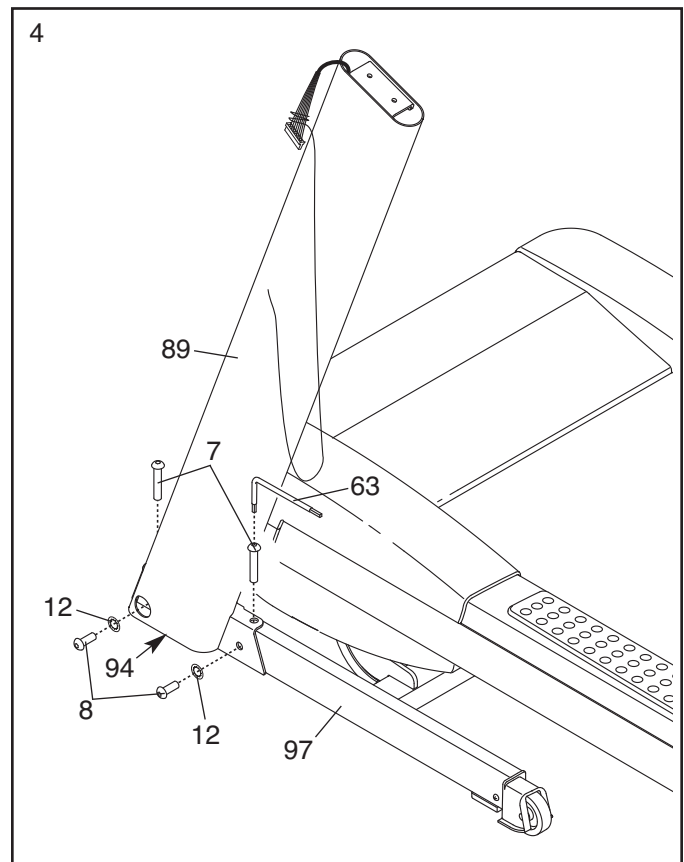
**See the inset drawing.** Tie the wire tie in the Left Upright (89) securely around the end of the Upright Wire (84). Then, pull the other end of the wire tie until the Upright Wire is routed through the Left Upright.



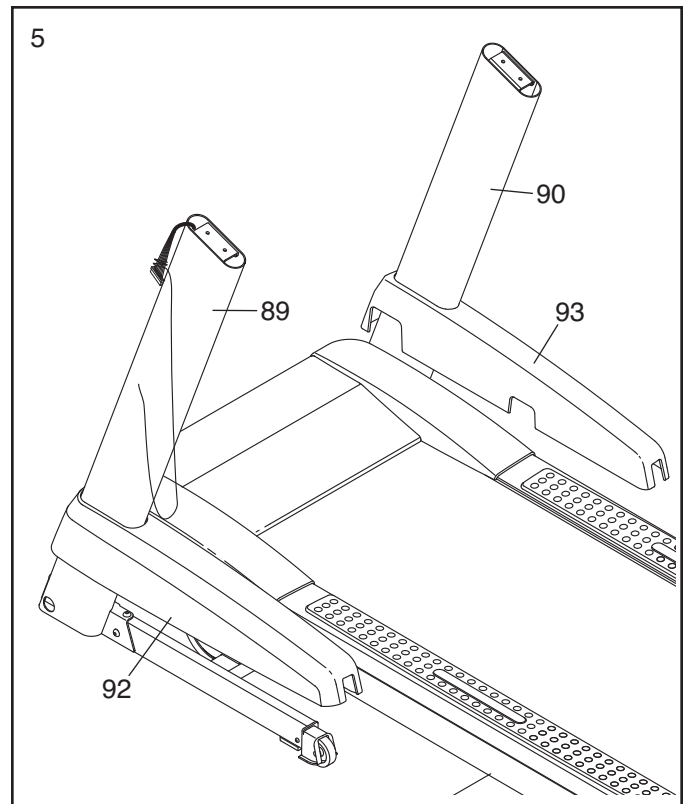
4. Hold the Left Upright (89) against the Base (97). **Be careful not to pinch the wires.** If necessary, position the Base Ground Wire (94) in the hole in the side of the Left Upright. Insert two 3/8" x 2 3/4" Screws (7) and two 3/8" x 1 1/4" Screws (8) with two 3/8" Star Washers (12) into the Left Upright.

Partially tighten the 3/8" x 2 3/4" Screws (7) and the 3/8" x 1 1/4" Screws (8) until the heads of the Screws touch the Left Upright (89); **do not fully tighten the Screws yet.** Note: It may be helpful to use the Short Hex Key (63) on the Screw shown.

**Attach the Right Upright (not shown) in the same way.** Note: There are no wires on the right side.

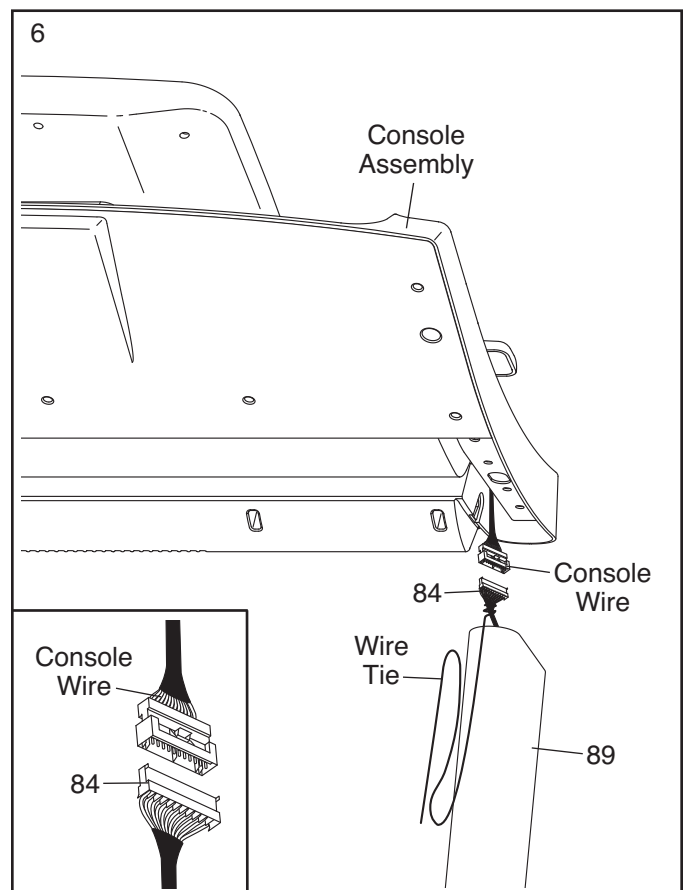


5. Identify the Left and Right Base Covers (92, 93). Slide the Left Base Cover onto the Left Upright (89). Slide the Right Base Cover onto the Right Upright (90). **Do not press the Base Covers into place yet.**



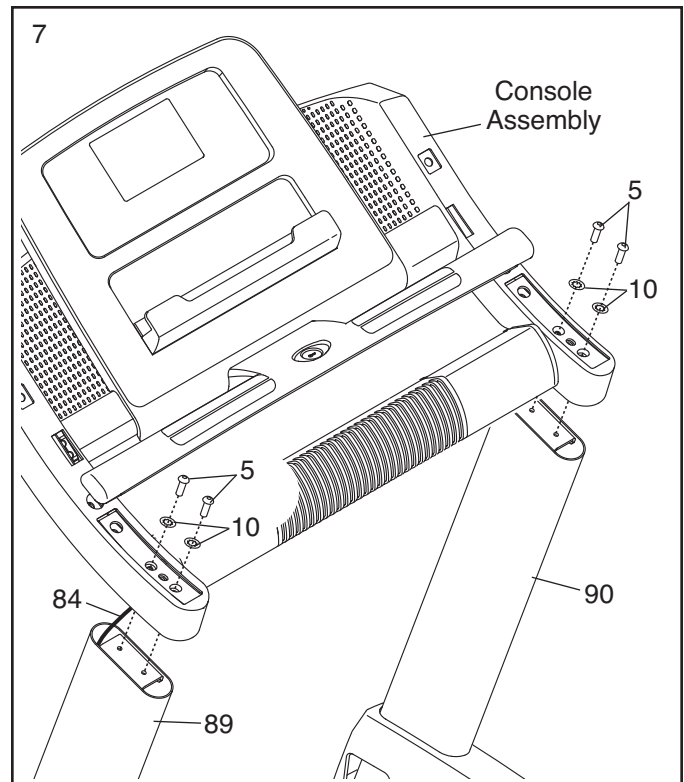
6. With the help of a second person, hold the console assembly near the Left Upright (89).

Connect the Upright Wire (84) to the console wire. **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.** Then, remove the wire tie from the Upright Wire.



7. Insert the wires into the Left Upright (89) as you set the console assembly on the Left Upright and the Right Upright (90). **Be careful not to pinch the Upright Wire (84).**

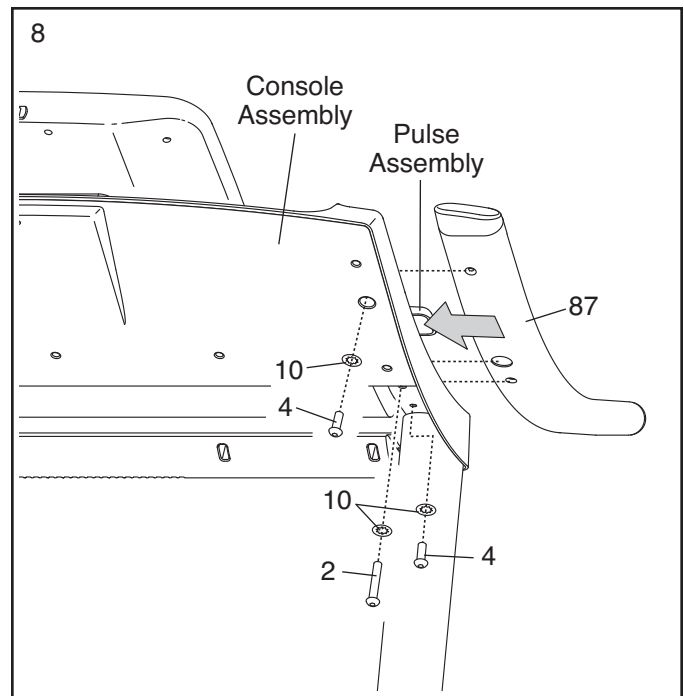
Attach the console assembly with four 5/16" x 1 1/2" Screws (5) and four 5/16" Star Washers (10). **Start all four Screws, and then tighten each of them.**



8. Identify the Left Handrail (87), which is marked "Left." Slide the Left Handrail between the console assembly and the pulse assembly.

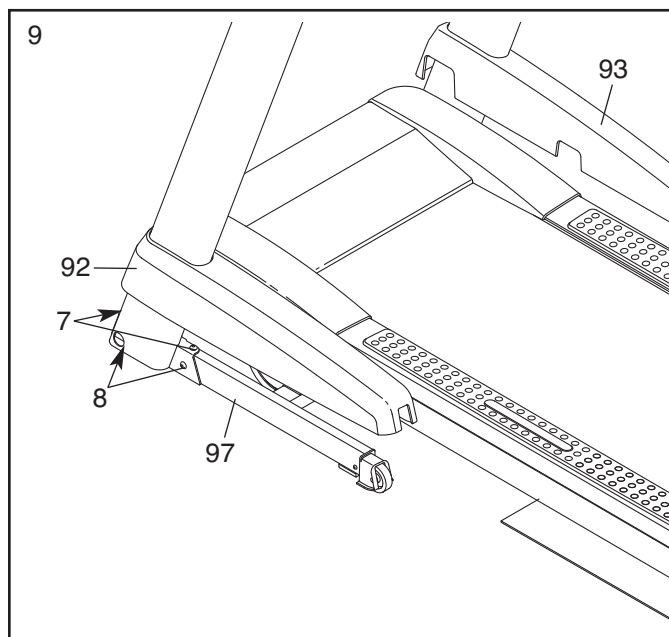
Attach the Left Handrail (87) with two 5/16" x 2" Screws (4), a 5/16" x 3 3/4" Screw (2), and three 5/16" Star Washers (10) as shown. **Start all three Screws, and then tighten each of them.**

**Attach the Right Handrail (not shown) to the console assembly as described above.**



9. Firmly tighten the four  $\frac{3}{8}$ " x  $2\frac{3}{4}$ " Screws (7), and then tighten the four  $\frac{3}{8}$ " x  $1\frac{1}{4}$ " Screws (8) (only one side is shown).

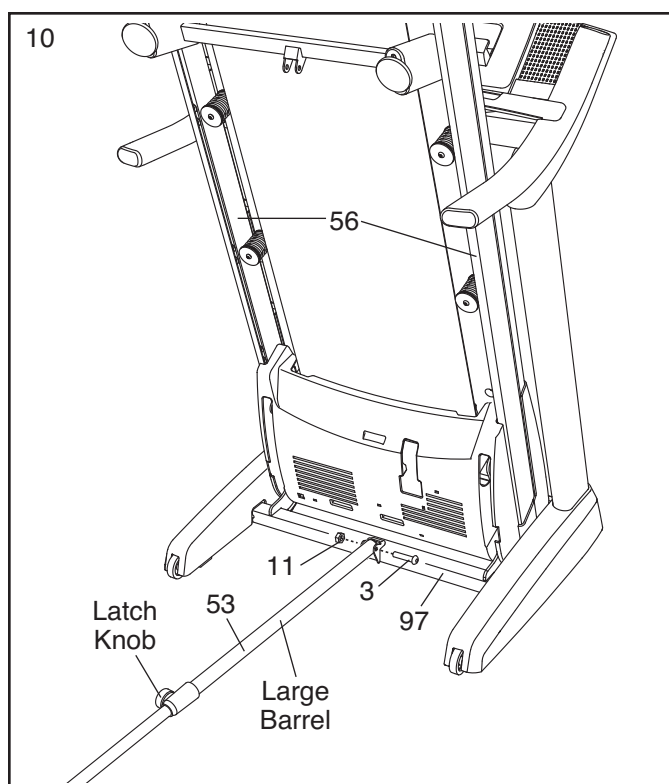
Press the Left and Right Base Covers (92, 93) onto the Base (97) until they snap into place.



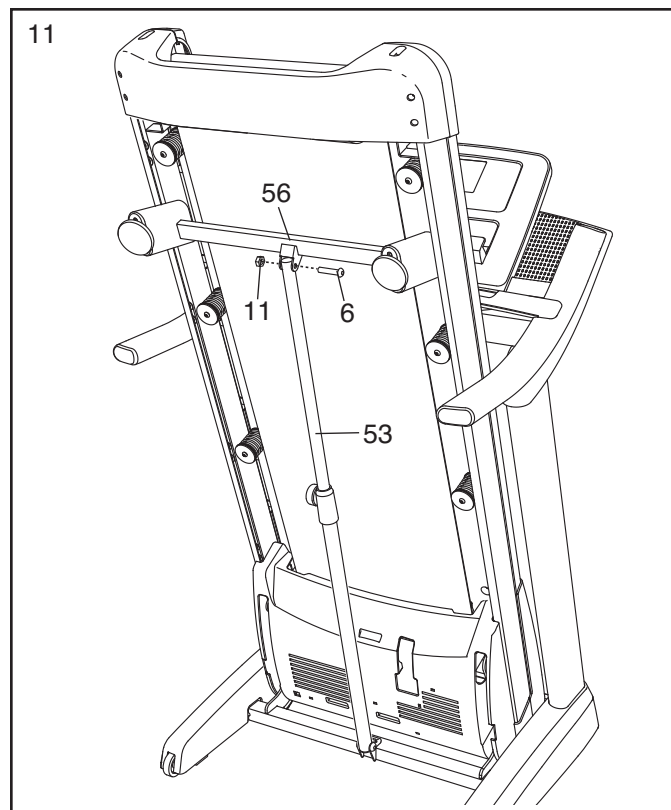
10. Raise the Frame (56) to the position shown.  
**Have a second person hold the Frame until step 12 is completed.**

Orient the Storage Latch (53) so that the large barrel and the latch knob are oriented as shown.

Attach the lower end of the Storage Latch (53) to the Base (97) with a  $\frac{3}{8}$ " x 2" Bolt (3) and a  $\frac{3}{8}$ " Nut (11).



11. Attach the upper end of the Storage Latch (53) to the Frame (56) with a 3/8" x 1 3/4" Bolt (6) and a 3/8" Nut (11). Note: It may be necessary to move the Frame (56) back and forth to align the Storage Latch with the Frame.

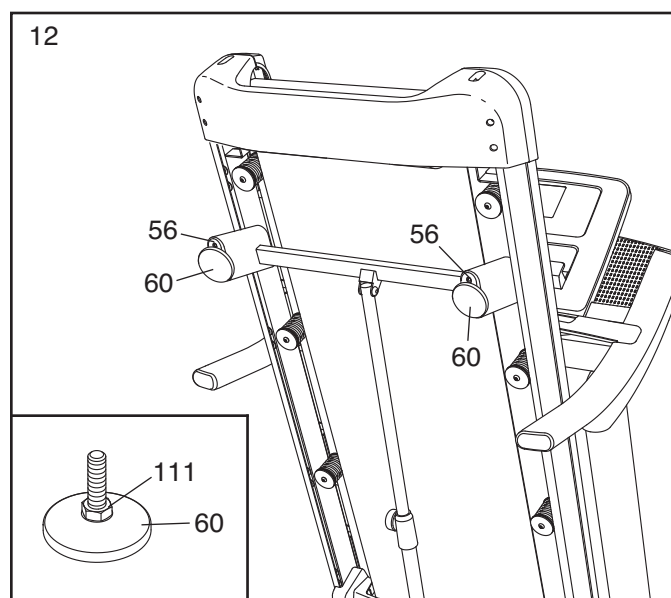


12. Remove the packaging material from the bottom of the Frame (56).

**See the inset drawing.** Make sure that the 1/2" Rear Leveling Foot Nuts (111) are threaded all the way onto the Rear Leveling Feet (60). Turn the two Rear Leveling Feet all the way into the Frame.

Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 29).

If one of the Rear Leveling Feet (60) doesn't sit flat on the floor, turn the Rear Leveling Foot until it does, and then tighten the 1/2" Rear Leveling Foot Nut (111) against the Frame (56).



13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 31 and 32).

# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

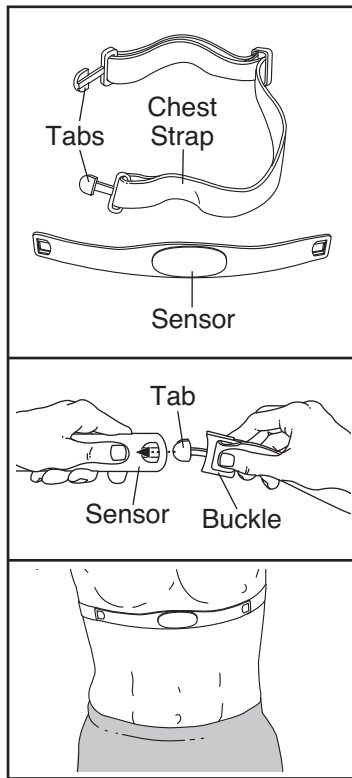
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

## CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.



- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# OPERATION AND ADJUSTMENT

## HOW TO PLUG IN THE POWER CORD

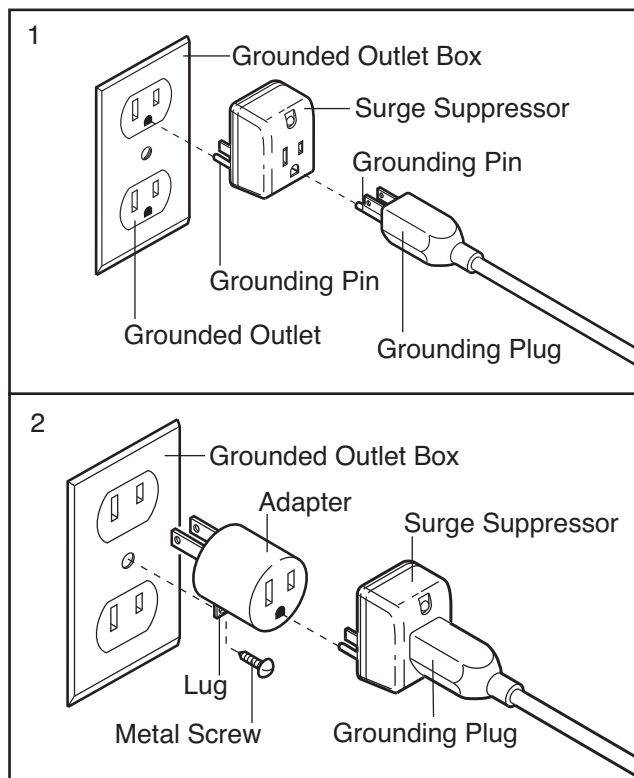
**⚠ DANGER:** Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed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

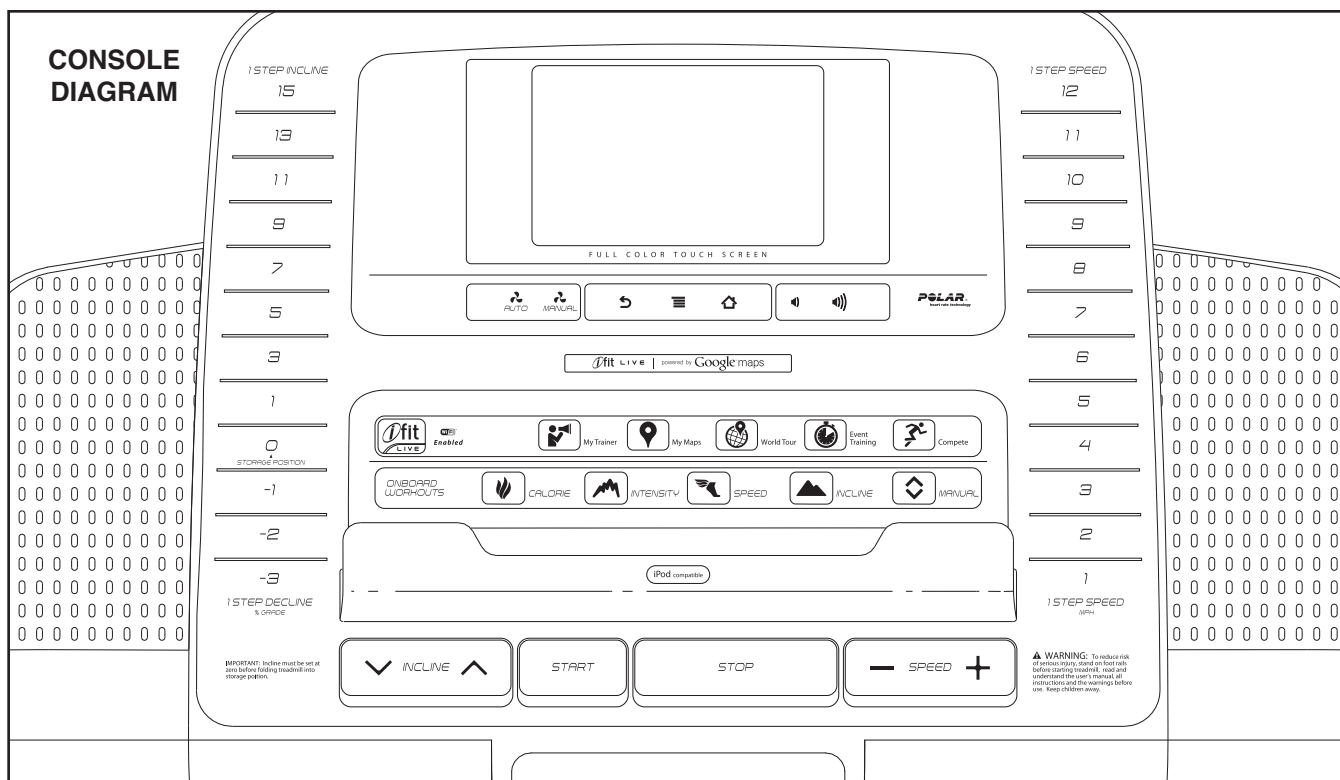
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, 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 and may not be compatible with AFCI-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.

The console features revolutionary iFit Live technology that enables the treadmill to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See [www.iFit.com](http://www.iFit.com) for complete information.**

In addition, the console features a selection of onboard workouts, including six calorie workouts, seven intensity workouts, a race training center, and six incline workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. In addition, you can set a time, distance, or calorie goal.

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button.

While you exercise, the console will display instant exercise feedback. And you can measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

You can even browse the Internet or listen to your favorite workout music or audio books with the console's stereo sound system while you exercise.

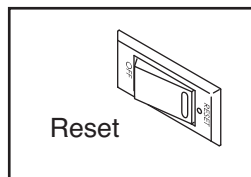
**To turn on the power, see page 16. To learn how to use the touch screen, see page 16. To set up the console, see page 17.**

**Note:** The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 25. For simplicity, all instructions in this section refer to kilometers.

## HOW TO TURN ON THE POWER

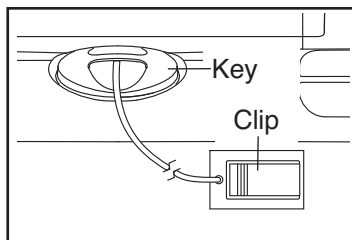
**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console display or other electrical components.

Plug in the power cord (see page 14). 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 demo mode is turned on, the screen will show a demo presentation after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 5 on page 25.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **Note:** It may take a minute for the console to be ready for use. **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.



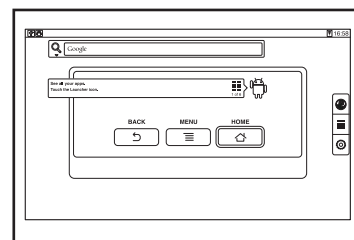
## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

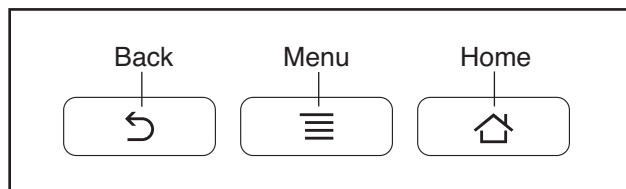
- The console functions similarly to other tablets. To move certain images on the screen, such as the displays in a workout, you can slide or flick your finger against the screen (see step 5 on page 18). However, you cannot zoom in and out by sliding your fingers on the screen.

- The screen is not pressure sensitive. You do not need to press hard on the screen.

- The Android™ desktop offers many features found on other Android devices. Access the desktop at any time by pressing the Home button on the console and then touching the Android desktop icon.



- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. To return to the number keyboard, touch the Alt button again. To return to the letter keyboard, touch the ABC button. To view capital characters, touch the button with an upward-facing arrow. To return to the lowercase keyboard, touch the arrow button again. To clear the last character, touch the button with a backward-facing arrow and an X.
- To navigate the tablet, use the three buttons on the console shown below. Press the Back button to return to the previous screen. Press the Menu button to access Android settings. Press the Home button to exit an app, such as the iFit Live app.



## HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

### 1. Enter the iFit Live app.

When you first turn on the treadmill, a welcome screen will appear on the console. Touch the LAUNCH button to enter the iFit Live app. After the app loads, the question “Do you have an iFit Username and Password?” will appear on the screen.

**IMPORTANT: If you select Yes or No, the console will guide you through a process that will connect the console to your wireless network. You must be connected to a wireless network to log in to or set up an iFit Live account.**

If you already have an iFit Live account, touch Yes. The iFit Live main menu will appear. Type in your username and password, and then touch Login.

If you do not yet have an iFit Live account, touch No. The console will show the IFIT LIVE REGISTRATION screen. Enter a username, your e-mail address, and a password. Enter the activation code from the iFit Live flier that came with the treadmill. At the bottom of the screen, answer the question “Do you want to make a fitness or weight loss goal?” by touching either the No Cancel Registration button or the Yes Continue button. Note: If you touch the No button, you can create an account later by selecting the iFit Live main menu and then touching the Register button.

If you do not wish to log in to an iFit Live account, touch Skip. The console will show the Workouts main menu.

### 2. Connect to your wireless network.

If you chose Skip in step 1, touch the small wireless symbol in the lower right corner of the screen to select the



wireless & network settings mode. Next, select Wi-Fi settings to view a list of available wireless networks. Select the network desired (see step 4 on page 27). Then, press the back button on the console repeatedly to return to the main menu.

### 3. Check for firmware updates.

First, see step 1 on page 25 and step 2 on page 26 and select the maintenance mode. Then, see step 3 on page 26 and check for firmware updates.

### 4. Calibrate the incline system.

See step 4 on page 26 and calibrate the incline system of the treadmill.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

**To use the manual mode**, see page 18. **To use an onboard workout**, see page 20. **To use a set-a-goal workout**, see page 21. **To use the race training center**, see page 22. **To use an iFit Live workout**, see page 23.

**To use the Internet browser**, see page 24. **To use the equipment settings mode**, see page 25. **To use the maintenance mode**, see page 26. **To use the wireless & network settings mode**, see page 27. **To use the stereo sound system**, see page 28.

**IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 32).**

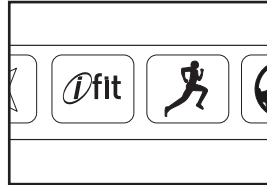
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16. **Note: It may take a minute for the console to be ready for use.**

### 2. Select the iFit Live main menu or the Workouts menu.

When in the iFit Live app, touch the iFit icon in the lower left corner of the screen at any time to select the iFit Live main menu. Touch the runner icon at any time to select the Workouts menu. **Note:** If you have selected a workout or the iFit Live mode, touch one of these icons. Next, touch the End Workout button, and then touch the Finish button to return to the menu.



### 3. Start the walking belt and adjust the speed.

Touch the Quick Start button on the screen or press the Start button on the console to start the walking belt. You can also press the Manual button on the console. The walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 4.8 Km/H—press two numbered buttons in succession. For example, to select a speed setting of 4.8 Km/H, press the 4 button and then immediately press the 8 button.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

### 4. Change the incline of the treadmill as desired.

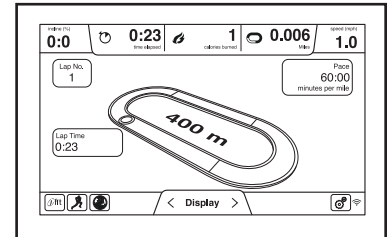
Press the Incline increase and decrease buttons or one of the numbered 1 Step Incline/Decline but-

tons to change the incline of the treadmill. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

**Note:** The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 26).

### 5. Monitor your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly touch the Display increase or decrease button on the screen, or simply flick or slide your finger on the screen (see page 16). You can also view additional information by touching the red boxes on the screen.



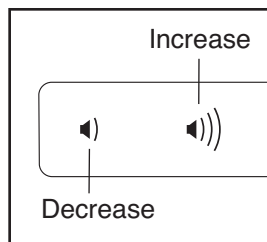
As you walk or run on the treadmill, the screen can show the following workout information:

- The incline level of the treadmill
- The elapsed time
- The time left (**Note:** The manual mode does not have a time left countdown.)
- The approximate number of calories you have burned
- The approximate number of calories burned per hour
- The distance that you have walked or run
- The number of vertical meters you have climbed
- The speed of the walking belt
- A track representing 400 m (1/4 mile)
- Your pace in minutes per kilometer

- Your current lap number
- Your heart rate (see step 6)

The displays at the top of the screen can show two types of information. Touch each display until the display shows the desired information.

If desired, adjust the volume by pressing the volume increase and decrease buttons on the console.

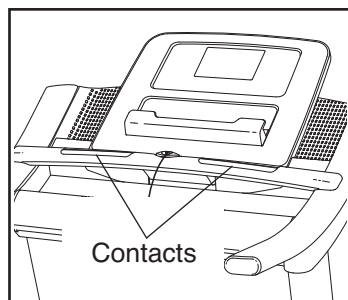


To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout session, touch the End Workout button.

## 6. Measure your heart rate if desired.

**Note: If you use the handgrip heart rate monitor and the chest heart rate monitor at the same time, the console will not display your heart rate accurately.** For information about the chest heart rate monitor, see page 13.

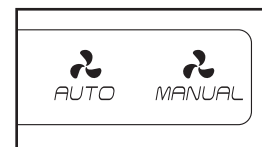
Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts for approximately ten seconds; **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.**

## 7. Turn on the fan if desired.

The fan features multiple speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.



To select a fan speed or to turn off the fan, press the Manual fan button repeatedly. To select the auto mode or to turn off the fan, press the Auto fan button repeatedly.

## 8. 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 zero percent. The incline must be at zero percent or you may damage the treadmill when you fold it to the storage position.** 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 AN ONBOARD WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

### 2. Select the Workouts menu.

See step 2 on page 18.

### 3. Select an onboard workout.

To select an onboard workout, touch the All-Terrain button, the Performance button, or the Calorie Burn button on the screen. Note: If you touch the Performance button, three additional workout options will appear on the screen. To view the previous screen, touch the back button on the screen. You can also press the Calorie button, the Intensity button, the Speed button, or the Incline button on the console.

Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

### 4. Start the workout.

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

Each workout is divided into several segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. To view the profile, touch the Display increase and decrease buttons repeatedly. The colored line will indicate the current segment of the workout. The bottom profile represents the incline setting of the current segment. The top profile represents the speed setting of the current segment.

At the end of the first segment of the workout, the treadmill will automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button.

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 pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout, touch the End Workout button.

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.**

### 5. Monitor your progress.

See step 5 on pages 18 and 19. The screen can also show a profile of the speed and incline settings of the workout.

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

See step 6 on page 19.

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

See step 7 on page 19.

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

See step 8 on page 19.

## HOW TO USE A SET-A-GOAL WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

### 2. Select the Workouts menu.

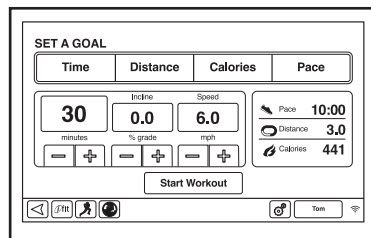
See step 2 on page 18.

### 3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set a Goal button on the screen.

To set a time, distance, calorie, or pace goal, touch the Time, Distance, Calories, or Pace button.

Then, touch the increase and decrease buttons on the screen to select a time, distance, calorie, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.



### 4. Start the workout.

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

The workout will function in the same way as the manual mode (see pages 18 and 19).

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Done button.

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight.**

### 5. Monitor your progress.

See step 5 on pages 18 and 19.

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

See step 6 on page 19.

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

See step 7 on page 19.

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

See step 8 on page 19.

## HOW TO USE THE RACE TRAINING CENTER

The console features a race training center that is designed for athletes who are training to compete in races or otherwise improve their running speed and performance.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

### 2. Select the Workouts menu.

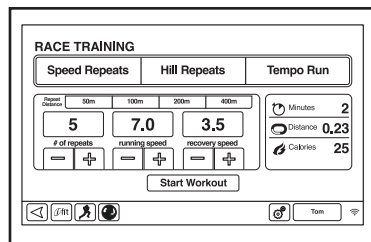
See step 2 on page 18.

### 3. Select the race training center.

Touch the Performance button. Then, touch the Race Training button to access the race training center.

The race training center allows you to create your own race training workout. To select speed repeats, hill repeats, or a

tempo run, touch the Speed Repeats, Hill Repeats, or Tempo Run button. Then, for speed or hill repeats, select a repeat distance by touching the 50m, 100m, 200m, or 400m button. Next, touch the increase and decrease buttons on the screen to select the number of repeats, your running speed during the repeats, and your recovery speed between repeats. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.



### 4. Start the workout.

Touch the Start Workout button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking. **CAUTION: The walking belt will accelerate to a running speed more quickly than with most workouts. Be prepared to run.**

The workout will consist of brief intervals of high speeds (repeats), followed by cool-down periods. The workout will function in the same way as the manual mode (see pages 18 and 19). However, when a repeat begins, the walking belt will accelerate to the repeat speed.

### 5. Monitor your progress.

See step 5 on pages 18 and 19.

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

See step 6 on page 19.

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

See step 7 on page 19.

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

See step 8 on page 19.

## HOW TO USE AN iFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS & NETWORK SETTINGS MODE on page 27). An iFit Live account is also required.

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

### 2. Select the iFit Live main menu.

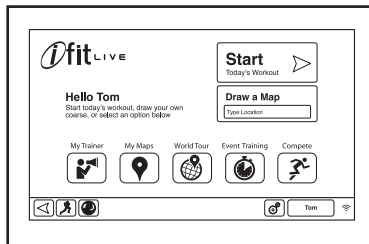
See step 2 on page 18.

### 3. Log in to your iFit Live account.

If you have not already done so, log in to your iFit Live account (see step 1 on page 17).

### 4. Select an iFit Live workout.

To select an iFit Live workout, touch the My Trainer, My Maps, World Tour, or Event Training button to download the next work-



out of that type in your schedule. To compete in a race that you have previously scheduled, touch the Compete button. Note: You can also press one of the iFit Live buttons on the console.

To switch users within the account, touch the user button near the lower right corner of the screen.

Note: Before some workouts will download, you must add them to your schedule on iFit.com.

**For more information about the iFit Live workouts, please see [www.iFit.com](http://www.iFit.com).**

When you select an iFit Live workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

### 5. Start the workout.

See step 4 on page 20.

During some workouts, the voice of a personal trainer will guide you through your workout.

### 6. Monitor your progress.

See step 5 on pages 18 and 19. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the runners and the distances that they have run. The screen will also show the numbers of seconds that the other runners are ahead of you or behind you.

### 7. Measure your heart rate if desired.

See step 6 on page 19.

### 8. Turn on the fan if desired.

See step 7 on page 19.

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

See step 8 on page 19.

**For more information about the iFit Live mode, go to [www.iFit.com](http://www.iFit.com).**

## HOW TO USE THE INTERNET BROWSER

**Note:** To use the browser, you must have access to a wireless network including an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website. Navigate through the browser using the back button, the menu button, and the home button on the console.

To return to the previous web page, press the back button. To exit the browser, press the home button on the console.

Press the menu button to view the browser menu. The menu offers the following options:

**New window**—A new window will open.

**Bookmarks**—All of your bookmarks will be displayed. To select the desired bookmark, touch it. To add a new bookmark, touch the Add button (see Add bookmark below). To see which pages are viewed the most often, touch the Most Visited tab. To see all of the pages that have been viewed recently, touch the History tab.

**Windows**—A list of all of your open windows will be displayed. Touch the desired window to select it or touch the X button to close a window.

**Refresh**—The current page will reload.

**Forward**—If you have pressed the back button, the browser will return to the previous page.

Touch the More button to view the following options:

**Add bookmark**—The current page will appear in the text box. Touch the OK button to set the current page as a bookmark or touch the Cancel button to return to the browser. To select a different page, touch the name text box, enter the name of the bookmark, and touch the Next button. Then, enter the address of the page and touch the Done button.

**Find on page**—A search box will appear on the bottom of the screen. Touch the text box, enter the text you wish to search for, and touch the Done button. Touch the arrow buttons to view each instance of the text. Touch the X button to close the search box.

**Select text**—After you touch the Select Text button, drag your finger along the screen to select text. The selected text will be copied to the clipboard in the console memory. To paste the text, touch and hold a text box and then touch the Paste button.

**Page info**—Information about the current page will be displayed. To return to the browser, touch the OK button.

**Downloads**—A list of all the files you have downloaded will be displayed.

**Settings**—The browser settings will be displayed. Drag your finger up or down the screen to scroll through the settings. If there is a checkbox, touch the checkbox to turn the feature on or off. If there is a triangle, touch the triangle to view a list of options and then touch the desired option. To restore the default browser settings, select RESET TO DEFAULT at the bottom of the list and touch the OK button.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

**Note:** While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

**If it is difficult to touch buttons on the screen, see page 32 and use the AndroidCalibrate app to calibrate the screen.**

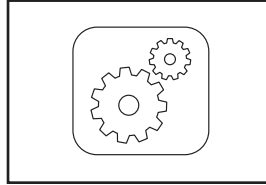
**Note:** If you have questions after following these instructions, go to [www.iFit.com/support](http://www.iFit.com/support) for assistance.

## HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to select a language and the unit of measurement, to turn on and turn off the display demo mode, and to enable or disable the key.

### 1. Select the settings main menu.

Insert the key into the console and enter the iFit Live app (see step 1 on page 17). Next, select the iFit Live main menu or the Workouts menu (see step 2 on page 18). Then, touch the gears button near the lower right corner of the screen to select the settings main menu.



### 2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

### 3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the settings mode. Note: This feature may not be enabled.

### 4. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

### 5. Turn on or turn off the display demo mode.

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 screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

### 6. Enable or disable the key.

You can disable the key so the treadmill does not require the use of the key if desired. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox. Note: This feature may not be enabled on your treadmill.

### 7. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the screen.

## HOW TO USE THE MAINTENANCE MODE

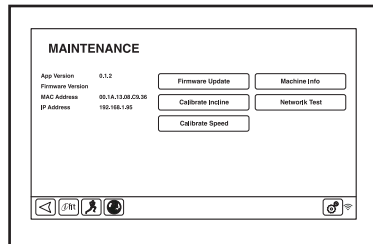
The console features a maintenance mode that allows you to update the console firmware, calibrate the incline and speed of the treadmill, view technical information, and perform a network test.

### 1. Select the settings main menu.

See step 1 on page 25.

### 2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the treadmill.

### 3. Update the console firmware.

**For the best results, regularly check for firmware updates.**

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

**To avoid damaging the treadmill, do not turn off the power or remove the key while the firmware is being updated.**

Note: If you cannot update the console firmware over your wireless network, you can update the firmware using a USB drive. Go to [www.iFit.com](http://www.iFit.com) and download the latest firmware update onto your USB drive. Safely remove the USB drive from your computer and plug it into the USB port on the side of the console. If the console is in the iFit Live app, the update should begin automatically.

The screen will show the progress of the update. When the update is complete, the treadmill will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

### 4. Calibrate the incline system of the treadmill.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The treadmill will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

**IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.**

### 5. Calibrate the speed of the treadmill.

**Calibrate the speed of the treadmill only if instructed to do so by an authorized service representative.**

Note: The Calibrate Speed button may not be enabled on your treadmill.

### 6. View machine information.

Touch the Machine Info button to view information about your treadmill. After you view the information, touch the back button on the screen.

### 7. Perform a network test.

Touch the Network Test button to check the connection status of the treadmill. The wireless interface status shows whether the wireless feature on the treadmill is turned on or turned off. The network access status shows whether the treadmill can connect to your wireless network. The DNS service status shows whether the treadmill can communicate with the DNS server. The iFit.com status shows whether the treadmill can communicate with iFit.com. After you view the information, touch the Finish button.

### 8. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console.

## HOW TO USE THE WIRELESS & NETWORK SETTINGS MODE

The console features a wireless and network settings mode that allows you to set up a wireless network connection.

### 1. Select the settings main menu.

See step 1 on page 25.

### 2. Select the wireless & network settings mode.

In the settings main menu, touch the Wireless Network button to enter the wireless & network settings mode.

### 3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox near the upper right corner of the screen is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

### 4. Set up and manage a wireless network connection.

Touch the Wi-Fi settings menu option. The screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

If you haven't done so already, enable Wi-Fi by checking the checkbox near the upper right corner of the screen (see step 3).

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

Note: You must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.

When the console is connected to your wireless network, the WiFi box at the top of the screen will display the word CONNECTED. Then, press the back button on the console to return to the wireless & network settings mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

**Note: If you have questions after following these instructions, go to [www.iFit.com/support](http://www.iFit.com/support) for assistance.**

### 5. Exit the wireless & network settings mode.

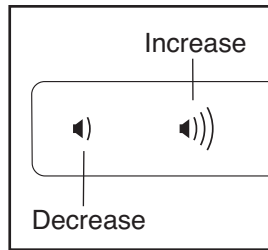
To exit the wireless & network settings mode, press the back button on the console.

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Locate the audio wire. Plug one end into the audio jack in the tray below the Live Workouts button. Then, plug the other end into a jack on your MP3 player, CD player, or other 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 level on your personal audio player or press the volume increase and decrease buttons on the console.



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.

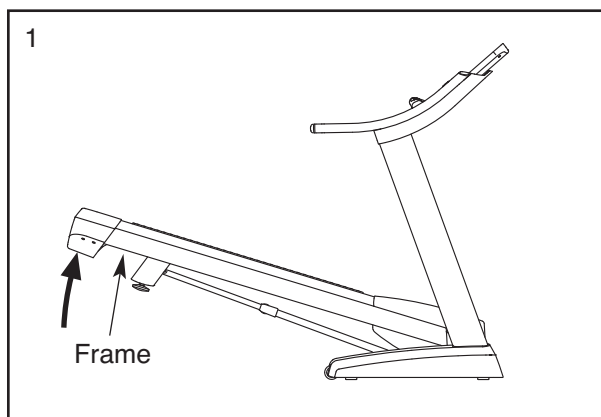
Note: The USB port on the side of the console is for software updates only. **Plug a USB drive into the USB port only if instructed to do so by an authorized service representative.**

# HOW TO FOLD AND MOVE THE TREADMILL

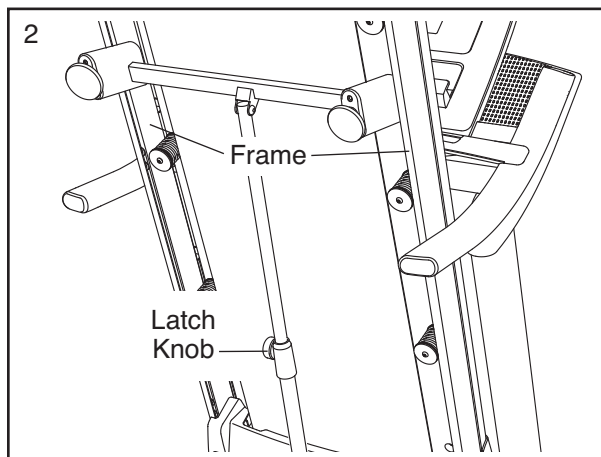
## HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to 0 percent 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 frame firmly in the location shown by the arrow below. **CAUTION: 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.**

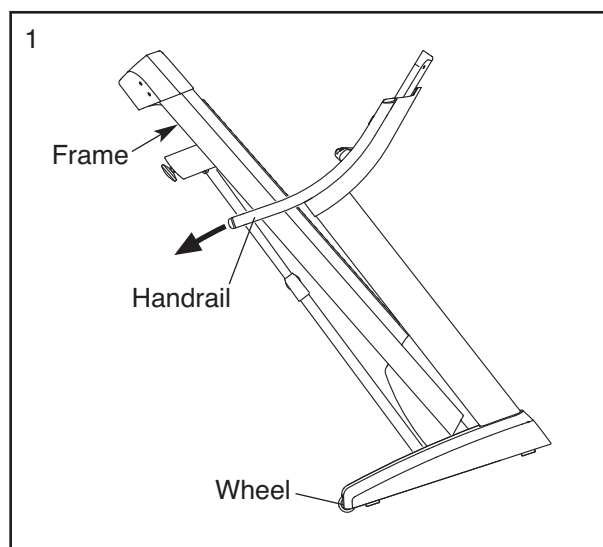


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

## 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

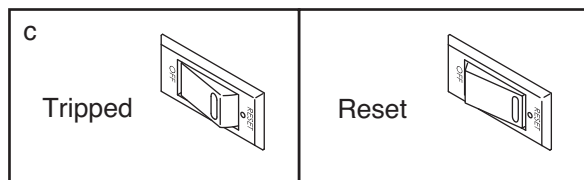
1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Then, pull the latch knob to the left. **IMPORTANT: Do not turn the latch knob.** If necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.
2. **See drawing 1 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 simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.**

## **SYMPTOM: The power does not turn on**

- 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 14). Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- 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 power switch, wait for five minutes and then press the switch back in.



## **SYMPTOM: The power turns off during use**

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

- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the front cover of this manual.

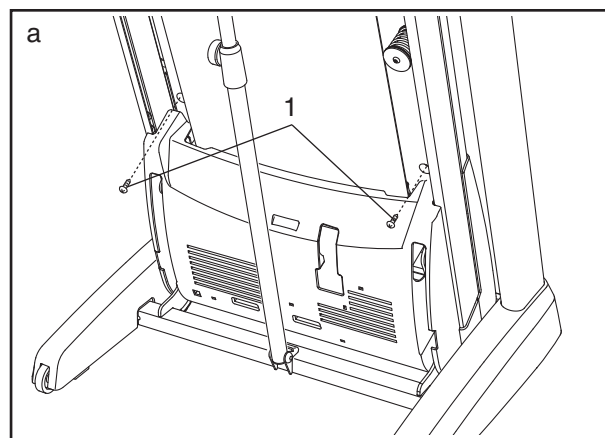
## **SYMPTOM: The console displays remain lit when you remove the key from the console**

- The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen shows a preset presentation 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 demo mode is still on, see step 5 on page 25 to turn off the demo mode.

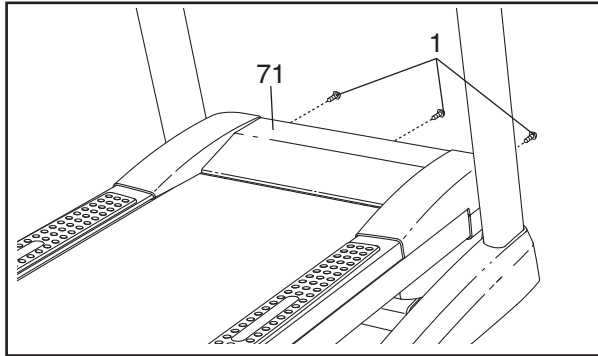
## **SYMPTOM: The displays of the console do not function properly**

- 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 29).

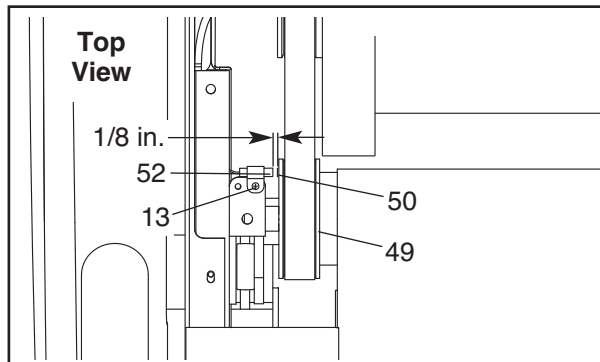
Next, remove the two indicated #8 x 3/4" Screws (1).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 29). Remove the three #8 x 3/4" Screws (1). Carefully pivot the Motor Hood (71) off.



Locate the Reed Switch (52) and the Magnet (50) on the left side of the Pulley (49). 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 #8 x 3/4" Tek Screw (13), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) with the five #8 x 3/4" Screws (not shown) and run the treadmill for a few minutes to check for a correct speed reading.

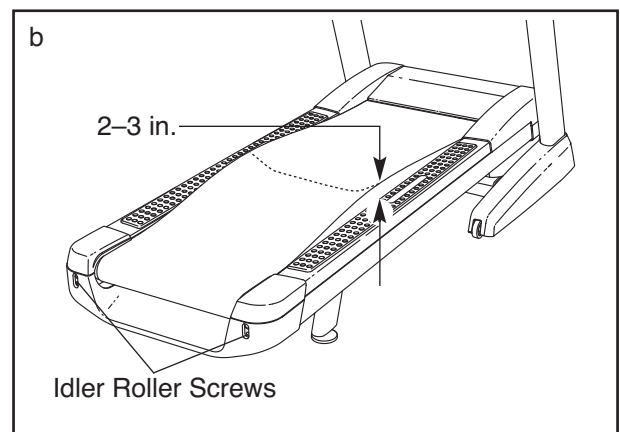


**SYMPTOM: The incline of the treadmill does not change correctly**

- Calibrate the incline system (see step 4 on page 26).

**SYMPTOM: The walking belt slows when walked on**

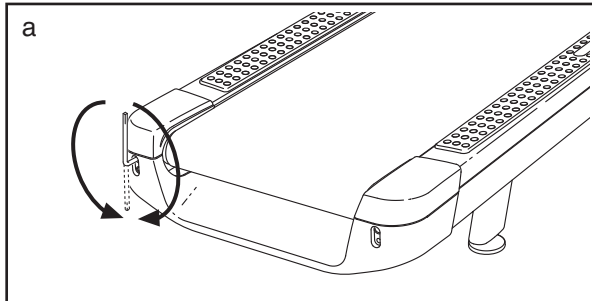
- Use only a single-outlet surge suppressor that meets all of the specifications described on page 14.
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws 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 2 to 3 in. (5 to 7 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.



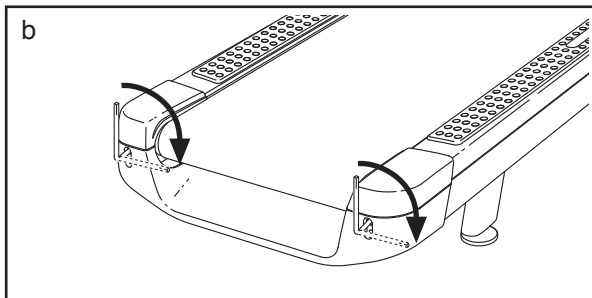
- Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- If the walking belt still slows when walked on, see the front cover of this manual.

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

- a. **If the walking belt is off-center**, first 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 screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, 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 screws 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 2 to 3 in. (5 to 7 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.



**SYMPTOM: The iFit Live mode does not function correctly**

- a. If the iFit Live mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 3 on page 26).

**SYMPTOM: The treadmill will not connect to the wireless network**

- a. Perform a network test (see step 7 on page 26).
- b. Make sure that the wireless settings on your console are correct (see step 4 on page 27).
- c. Make sure that the settings for your wireless network are correct.
- d. If you still have questions, see the front cover of this manual.

**SYMPTOM: The buttons on the screen do not work correctly**

- a. If the screen is not properly calibrated, it will be difficult to touch the correct buttons on the screen. To calibrate the screen, first, press the home button on the console. Next, select the Android Desktop button (see HOW TO USE THE TOUCH SCREEN on page 16). Then, select the AndroidCalibrate app. A small target will appear on the screen. Touch the center of the target. Then, touch the rest of the targets. After several seconds, the console will exit the calibration mode.

# EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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  | ♥ |
| <hr/> |     |     |     |     |     |     |   |
| 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.

# PART LIST

Model No. NTL14010.4 R0611A

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

| Key No. | Qty. | Description     | Key No. | Qty. | Description                 |
|---------|------|-----------------|---------|------|-----------------------------|
| 101     | 2    | Wheel           | 109     | 1    | Pulse Ground Wire           |
| 102     | 1    | Console Base    | 110     | 1    | Pulse Bar Bottom            |
| 103     | 1    | Console         | 111     | 2    | 1/2" Rear Leveling Foot Nut |
| 104     | 1    | Console Back    | 112     | 1    | Hex Key                     |
| 105     | 1    | Fan Assembly    | 113     | 2    | 3/8" Flat Washer            |
| 106     | 2    | Handrail Spacer | 114     | 1    | #8 x 3/8" Screw             |
| 107     | 1    | Console Frame   | 115     | 4    | #8 x 1 1/4" Screw           |
| 108     | 1    | Pulse Bar Top   | *       | —    | User's Manual               |

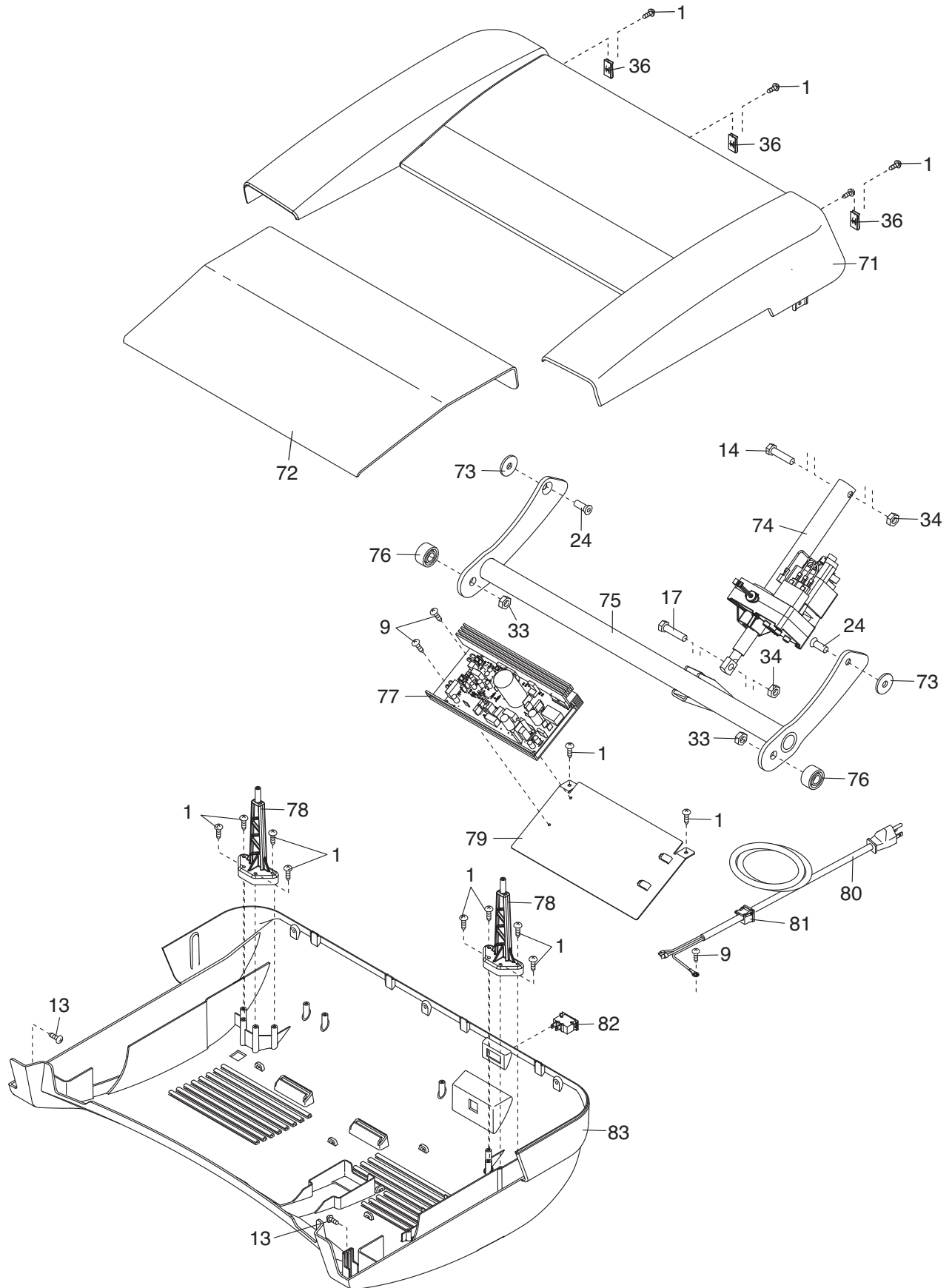
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

Model No. NTL14010.4 R0611A



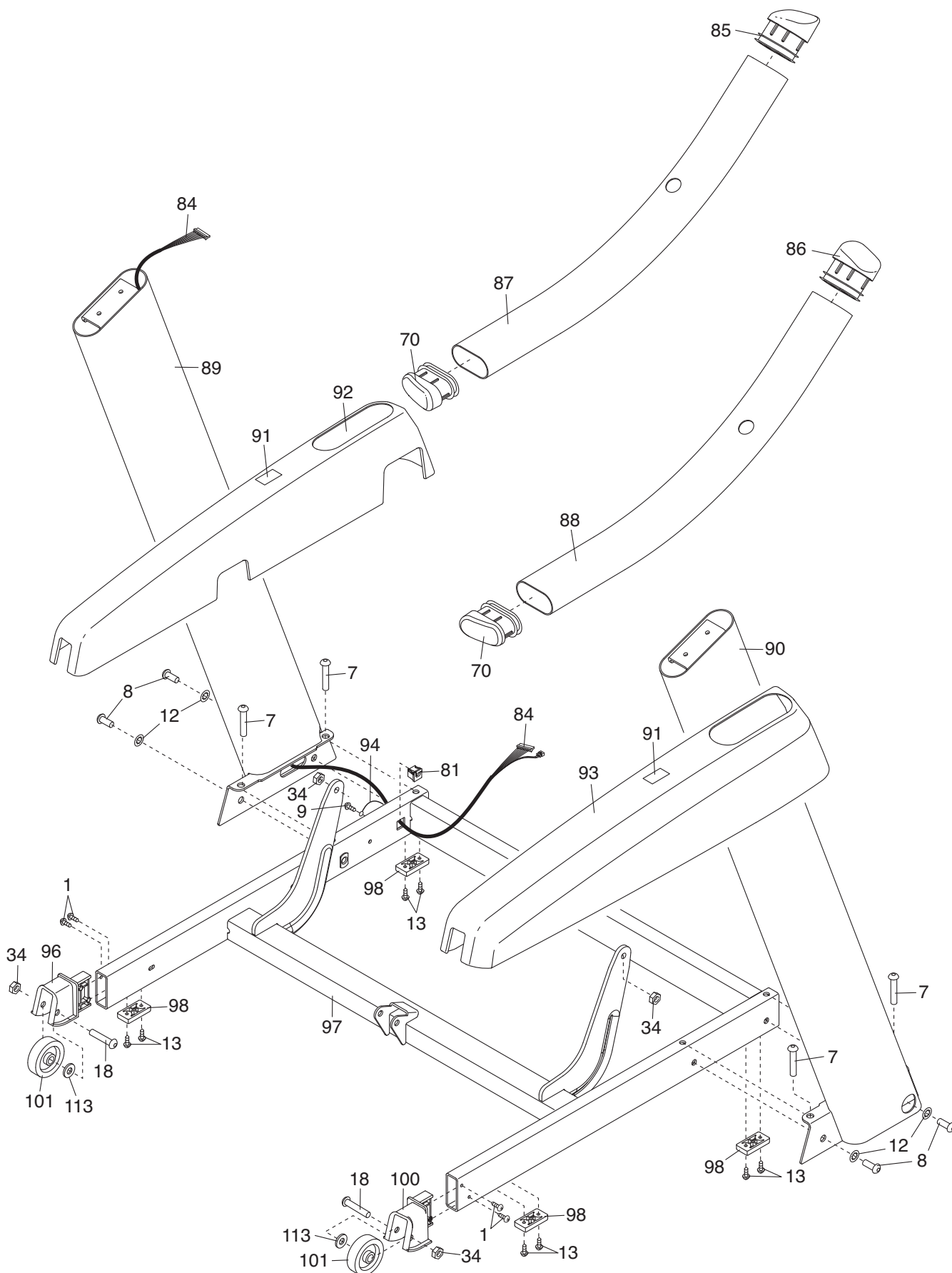
# EXPLODED DRAWING B

Model No. NTL14010.4 R0611A



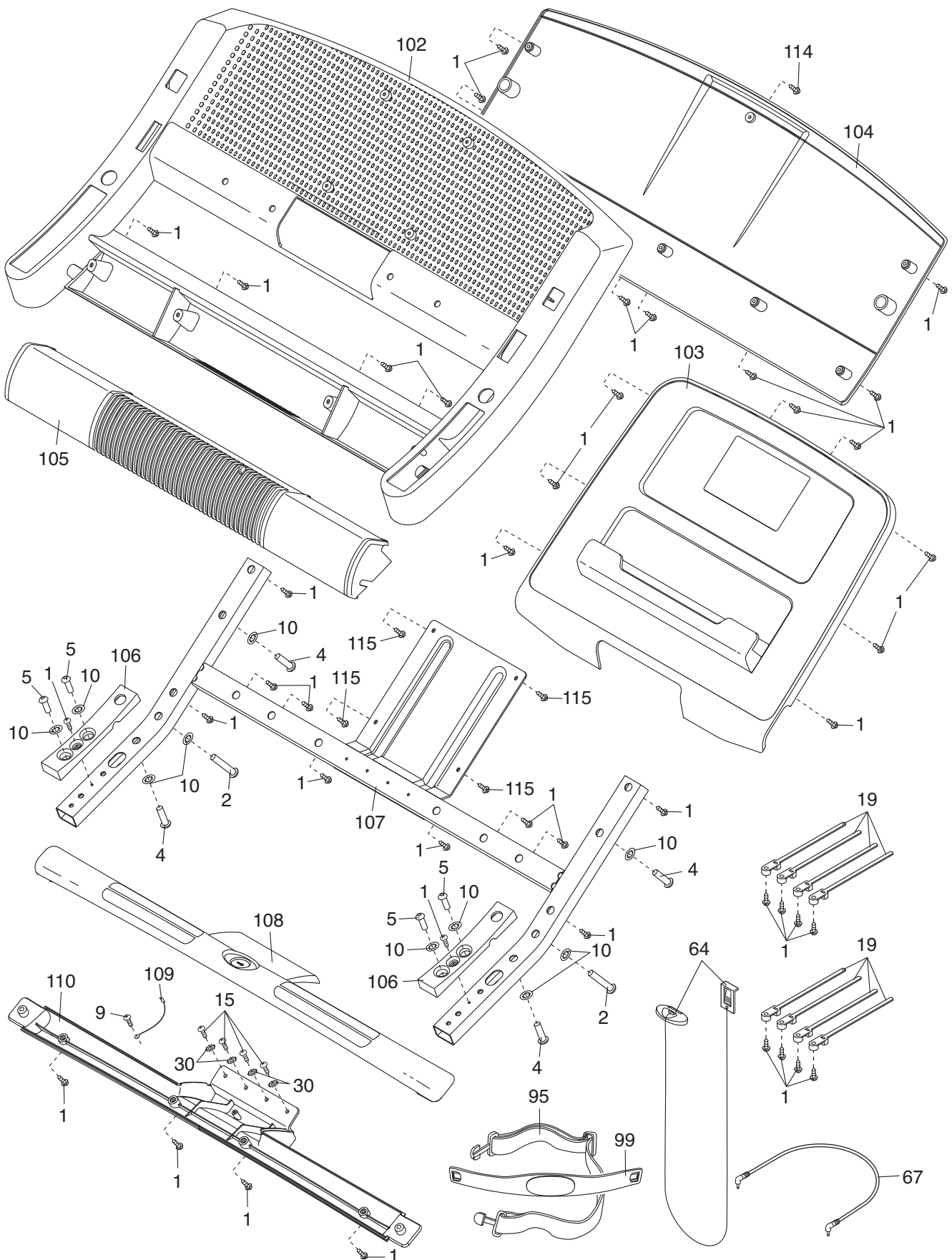
## EXPLODED DRAWING C

Model No. NTL14010.4 R0611A



# EXPLODED DRAWING D

Model No. NTL14010.4 R0611A



# 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](http://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, drive motor, and walking platform are warranted for a lifetime. Parts and electronics are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). 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. If replacement parts are 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 freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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 any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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