

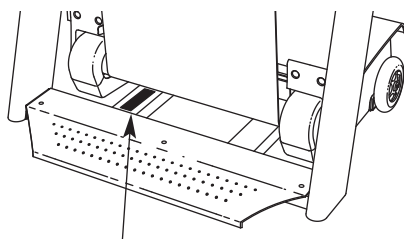
NordicTrack®

APEX 4500

Model No. NTL15907.1

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

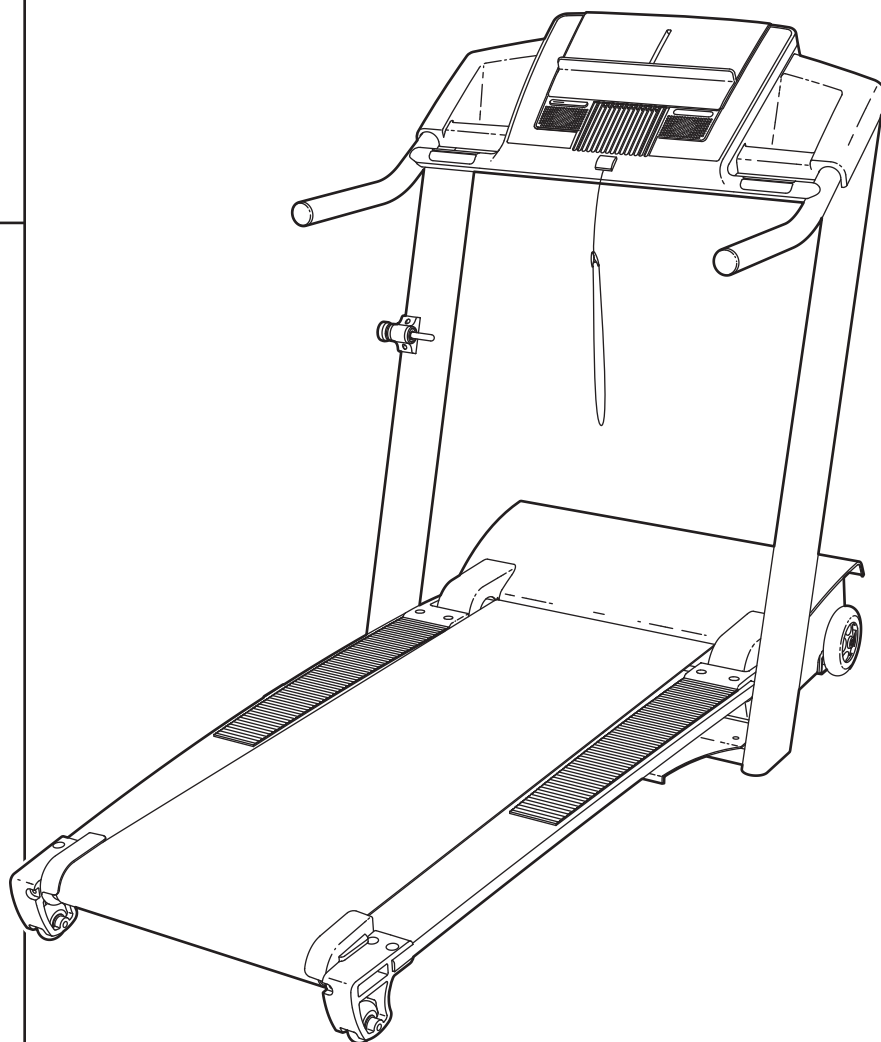
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

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.

USER'S MANUAL



Visit our website at

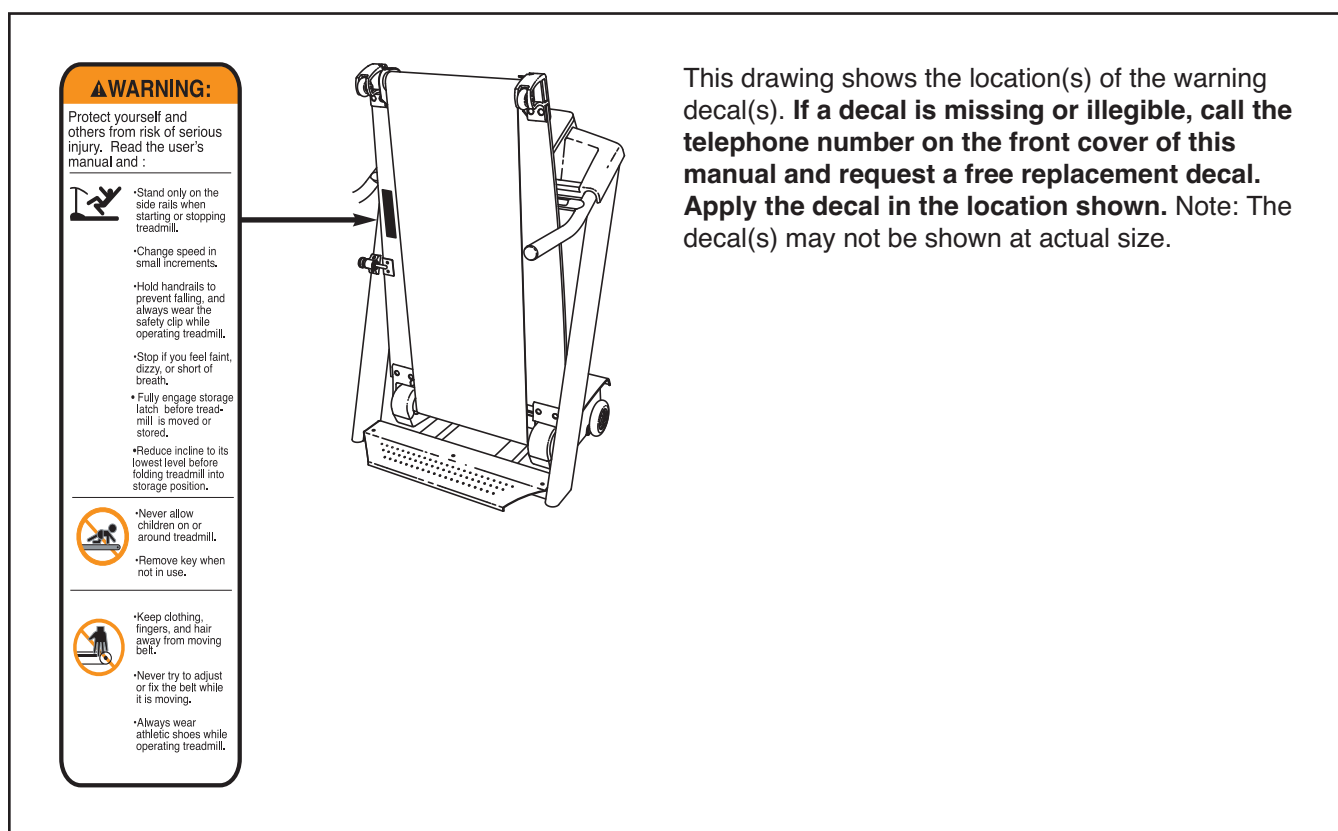
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WARNING DECAL PLACEMENT



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 the age of 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 eight feet of clearance behind it and two feet 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 the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 300 lbs. (136 kg).
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 10), 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 10. 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 change speed, 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 23 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 12).
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 sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
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 21.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
22. Do not change the incline of the treadmill by placing objects under the treadmill.
23. When folding or moving the treadmill, make sure that the storage latch is fully closed.
24. Always remove iFit cards from the iFit slot when you are not using them.
25. Inspect and properly tighten all parts of the treadmill regularly.
26. Never insert or drop any object into any opening in the treadmill.
27. **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.
28. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

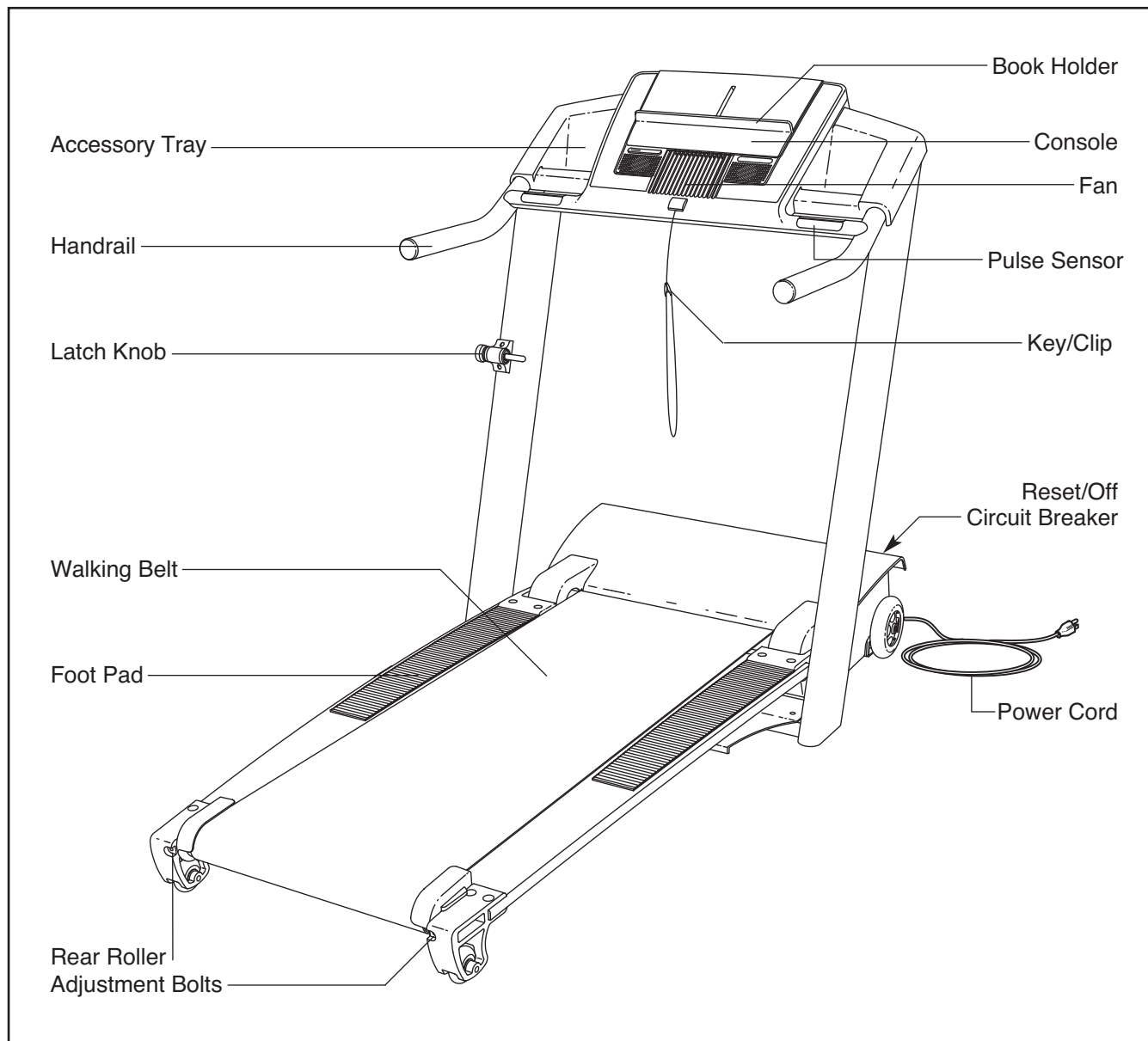
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® APEX 4500 treadmill. The APEX 4500 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-

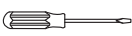
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

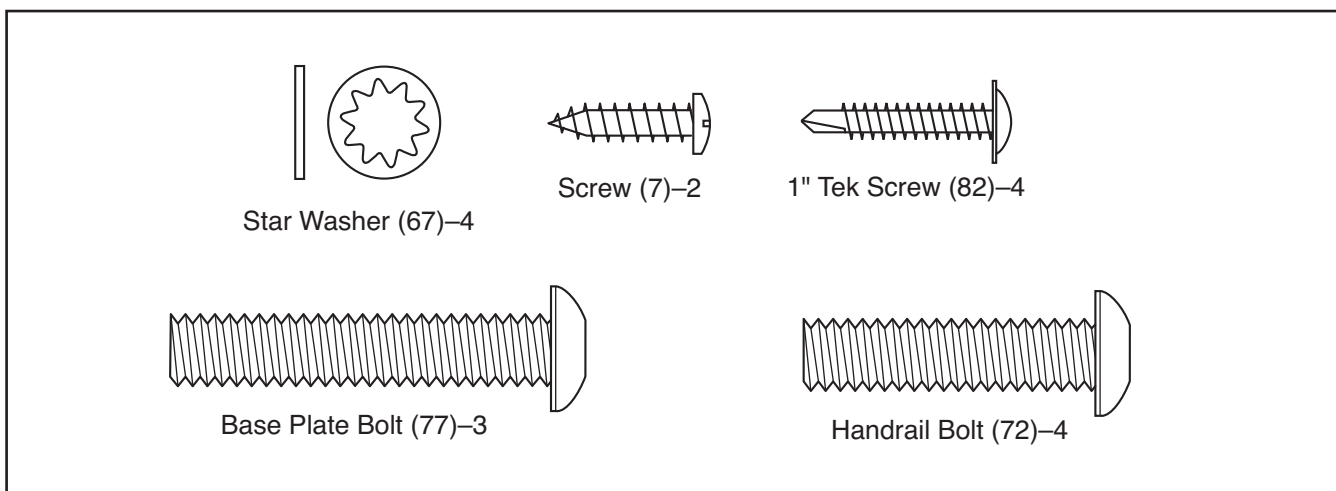


ASSEMBLY

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.

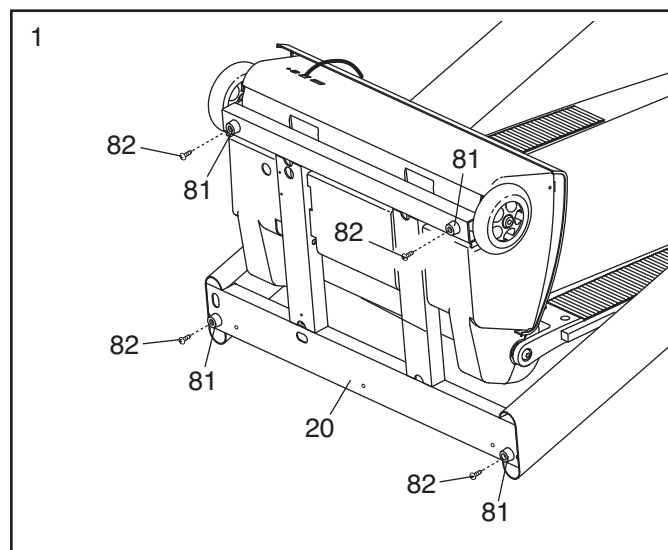
Assembly requires the included hex key  , a Phillips screwdriver  , and wire cutters  .

For help identifying the assembly hardware, see the drawings below. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it has been preassembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



1. With the help of a second person, tip the Uprights (20) down as shown.

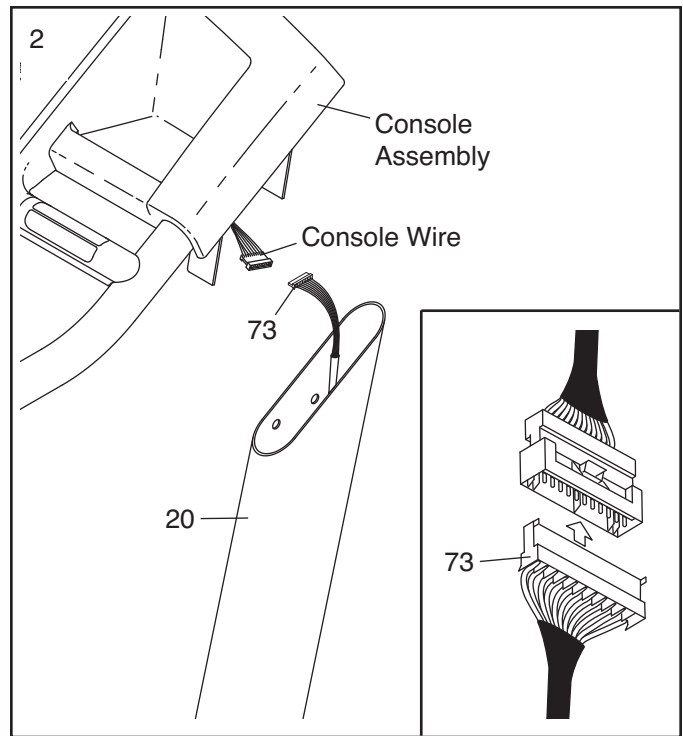
Attach the four Base Pads (81) to the bottom of the Uprights (20) with four 1" Tek Screws (82) in the locations shown.



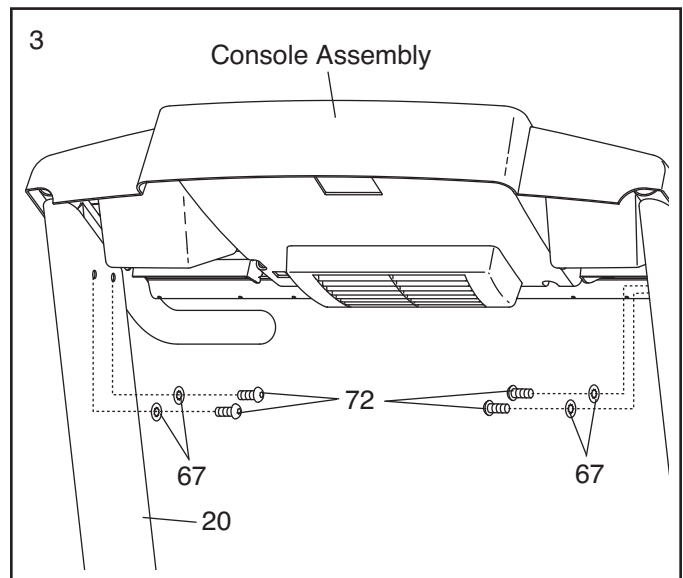
2. With the help of a second person, carefully raise the Uprights (20) to the vertical position.

Remove the band securing the Upright Wire Harness (73) to the right Upright (20). Have a second person hold the console assembly near the right Upright.

Connect the Upright Wire Harness (73) to the console wire extending from the console assembly. **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 THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors into the right Upright (20).

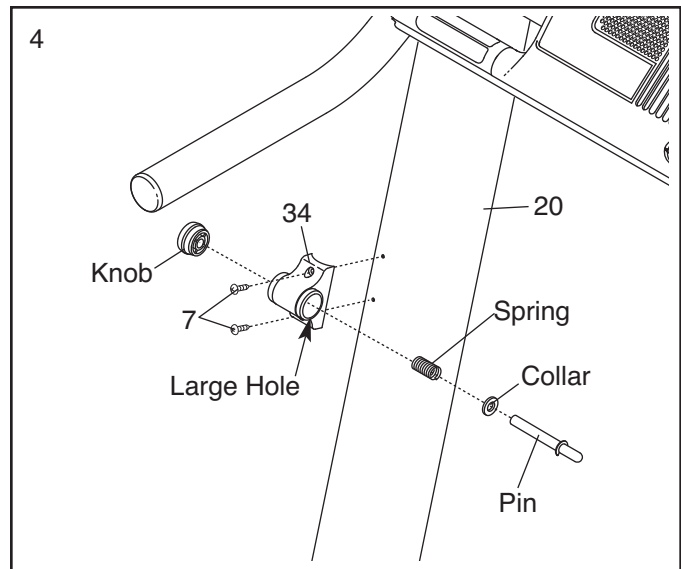


3. Carefully set the console assembly on the Uprights (20) as shown. **Make sure that no wires are pinched.** Attach the console assembly with four Handrail Bolts (72) and four Star Washers (67). **Start all four Handrail Bolts before tightening any of them.**



4. Orient the Latch Housing (34) so the large hole is on the indicated side. Attach the Latch Housing to the left Upright (20) with two Screws (7); **start both Screws before tightening either of them.**

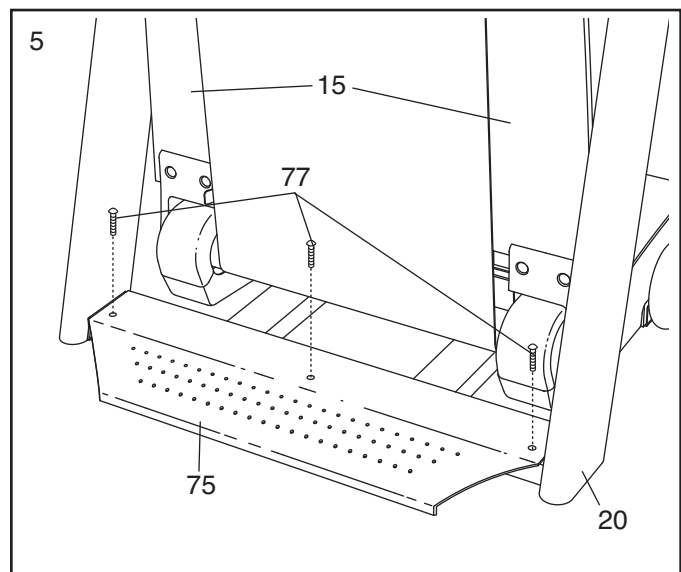
Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (34). Then, tighten the knob onto the pin.



5. With the help of a second person, raise the Walking Platform (15) to the storage position and make sure that the latch pin is engaged as described on page 21.

Position the Base Plate (75) on the treadmill as shown. Attach the Base Plate to the Uprights (20) with three Base Plate Bolts (77). Note: It may be helpful if a second person tips the treadmill slightly as you tighten the Base Plate Bolts.

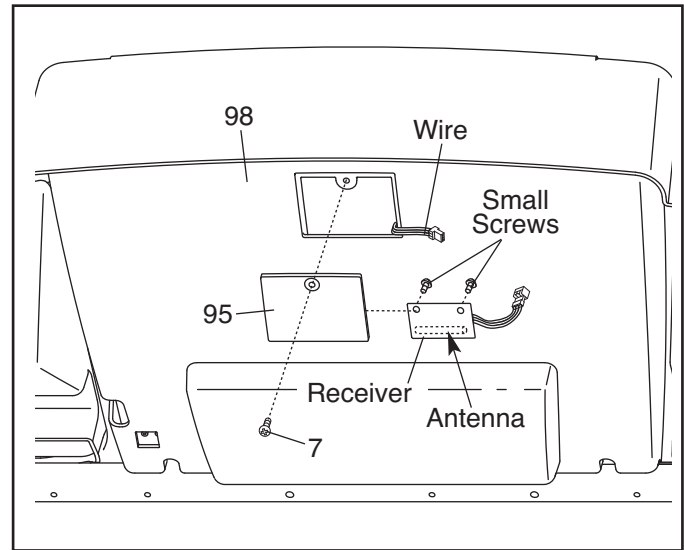
Carefully lower the Walking Platform (15) to the floor as described on page 22.



6. **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 page 24). **To protect the floor or carpet from damage, place a mat under the treadmill.**

If you purchase the optional chest pulse sensor (see page 20), 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 Screw (7) and the Access Door (95) from the left side of the Console Base (98).
2. Connect the wire on the receiver to the indicated wire extending from the Console Base (98). **Hold the receiver so the antenna is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (95) with the two included small screws.
3. **Make sure that no wires are pinched.**
Reattach the Access Door (95) with the Screw (7). 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 deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

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

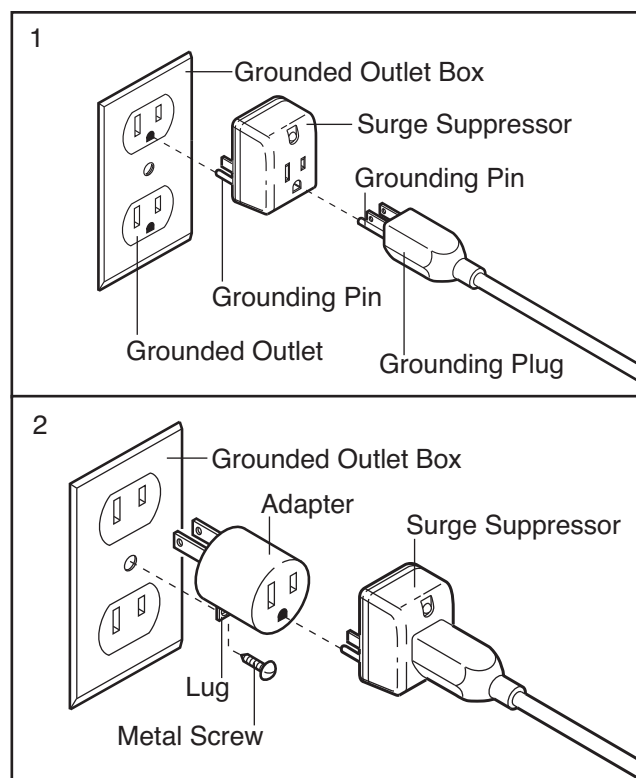
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** 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.

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 result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

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 elec-

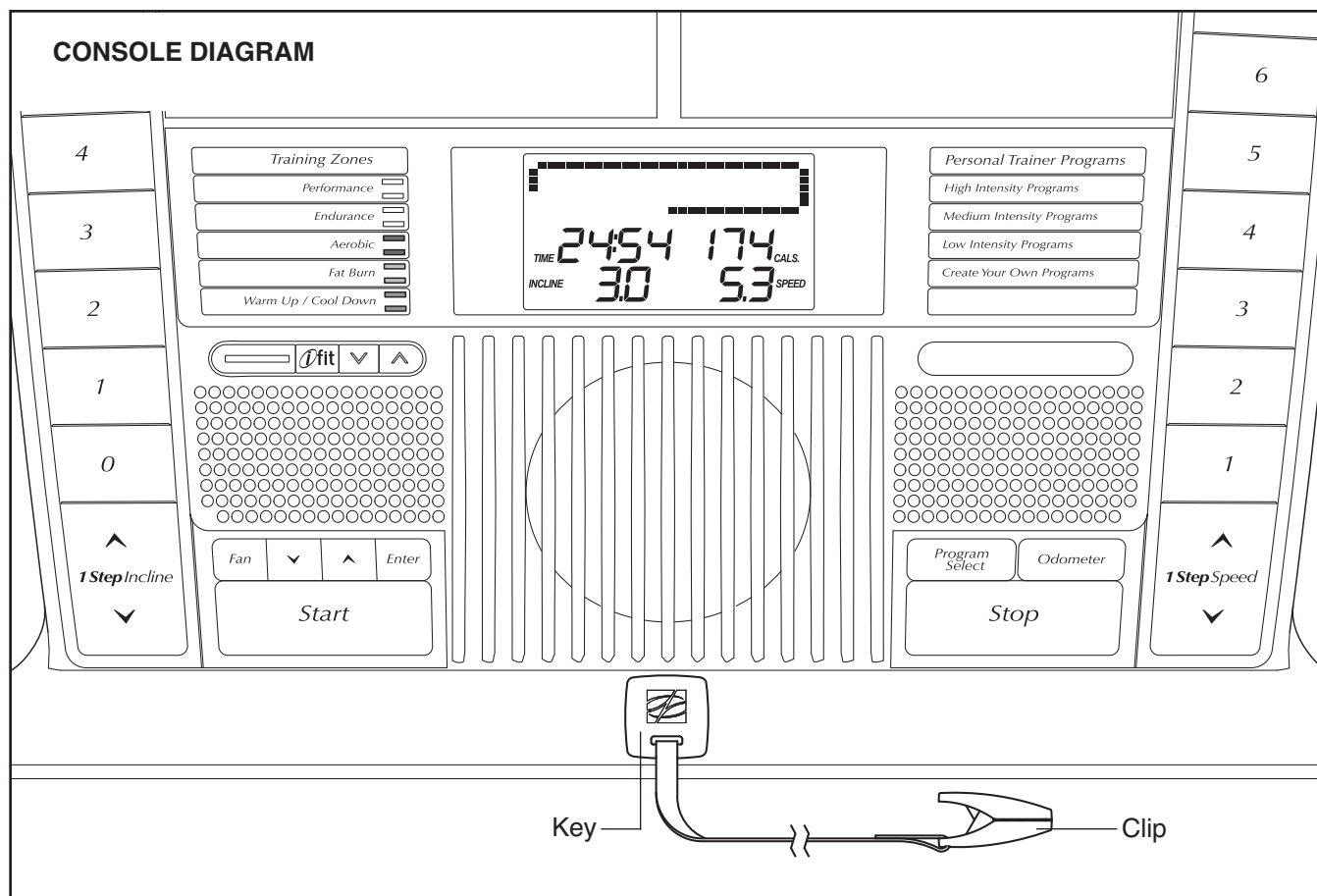
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (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. Whenever the adapter is used it 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 help you get the most from your workouts. 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 built-in handgrip pulse sensor or the optional chest pulse sensor (see page 20).

In addition, the console features ten preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom workout programs and save them in memory for future use.

The console also features the new iFit Interactive Workout system. The iFit system enables the console to accept iFit Interactive Workout cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss program, or train for a long-distance run with the Marathon program. iFit programs automatically control the treadmill while the

voice of a personal trainer coaches you and motivates you through every step of your workout. One iFit card with three new programs is included. Additional 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.**

To turn on the power, see page 12. **To use the manual mode**, see on page 12. **To use a preset program**, see page 15. **To create and use a custom program**, see pages 16 and 17. **To use an iFit card**, see page 18. **To use the information mode**, see on page 19.

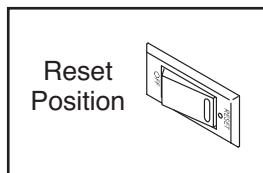
IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 19. For simplicity, all instructions in this manual refer to miles.

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 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to 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 switch the reset/off circuit breaker to 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 THE INFORMATION MODE on page 19 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, 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 MANUAL MODE

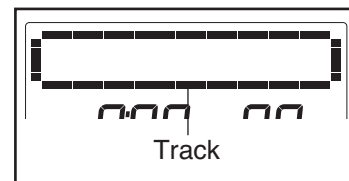
1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode

by pressing the Program Select button repeatedly until a track appears in the matrix.

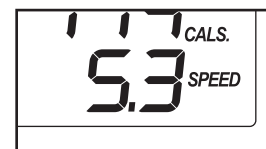


3. Start the walking belt.

To start the walking belt, press the Start button, the 1 Step Speed increase button, or one of the speed buttons numbered 1 through 10.

If the Start button or the 1 Step Speed increase button is pressed, 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 1 Step Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



If one of the speed buttons numbered 1 through 10 is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Distance display. To restart the walking belt, press the Start button, the 1 Step Speed increase button, or one of the speed buttons numbered 1 through 10.

4. Change the incline of the treadmill as desired.

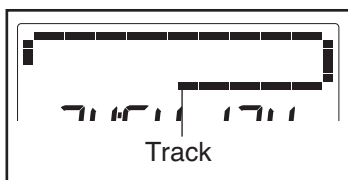
To change the incline of the treadmill, press the 1 Step Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline quickly, press one of the incline buttons numbered 0 through 12. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



5. Follow your progress with the matrix and the displays.

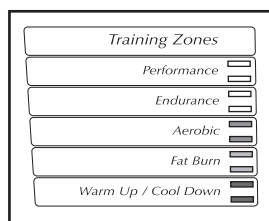
The matrix—

When the manual mode is selected, the matrix will show a 1/4-mile track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



The Training Zones display—

This display indicates the approximate intensity level of your exercise. If five or six indicators are lit, for example, the display shows that your pace is ideal for aerobic exercise.



The Time/Distance display—

This display will show the elapsed time and the distance that you have walked or run during your workout. Note: When a program is selected (except for a custom program), the display will show the time remaining



in the program instead of the elapsed time. The display will change from one number to the other every few seconds.

The Calories/Pulse display—

This display will show the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.



Note: For the most accurate calorie count, enter your weight by pressing the increase and decrease buttons above the Start button. Then, press the Enter button to save your selection.

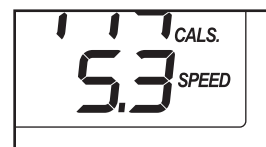
The Carbs/Incline display—

This display will show the approximate number of grams of carbs you have burned and the incline level of the treadmill. Note: Each time the incline changes, the display will show the incline setting.

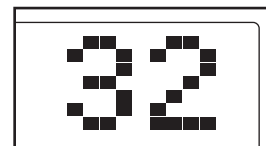


The Speed/Pace display—

This display will show the speed of the walking belt and your pace (pace is measured in minutes per mile). The display will change from one number to the other every few seconds.



To see the total number of miles that the walking belt has moved since the last reset, press the Odometer button; the total number of miles will appear in the matrix. To reset this number, hold down the Odometer button for a few seconds.



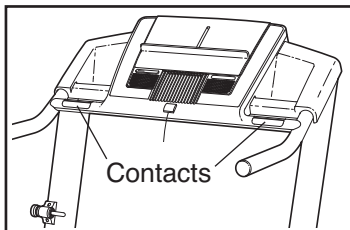
The number will appear in the display for a few seconds.

6. 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. Before using the handgrip pulse sensor, remove the clear plastic film 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—**avoid moving your hands.**

When your pulse is detected, the heart symbol beside the Calories/Pulse display will flash and then 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.

To turn on the fan at low speed, press the Fan button; the word "LOW" will appear in the matrix for a few seconds. To turn on



the fan at high speed, press the button a second time; the word "HIGH" will appear in the matrix. To select the auto mode, press the button again; the word "AUTO" will appear in the matrix. 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 turn off the fan, press the Fan button again, the word "OFF" will appear in the matrix. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

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

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 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, switch the reset/off circuit breaker to 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 PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select one of the preset programs.

To select one of the ten preset programs, press the Program Select button repeatedly until the number of the desired program appears in the Calories/Pulse display.



As each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Distance display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.



3. Press the Start button or the 1 Step Speed increase button to start the program.

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

Each program is divided into 30, 50, or 60 one-minute 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 two or more consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment.



represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will appear in the display to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. 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 manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To change the intensity level of the entire program, press the Intensity increase and decrease buttons.

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase 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.

4. Follow your progress with the matrix and the displays.

See step 5 on page 13.

5. Measure your heart rate if desired.

See step 6 on page 14.

6. Turn on the fan if desired.

See step 7 on page 14.

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

See step 8 on page 14.

HOW TO CREATE A CUSTOM PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2. Select one of the custom programs.

To select a custom program, press the Program Select button repeatedly until "P11" or "P12" appears in the display.



Note: If the custom program has not yet been defined, only three columns of indicators will scroll across the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 17.

3. Press the Start button or the 1 Step Speed increase button and program the desired speed and incline settings.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Each custom program is divided into one-minute segments. One speed setting



and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.

When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

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

See step 8 on page 14.

HOW TO USE A CUSTOM PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select one of the custom programs.

To select a custom program, press the Program Select button repeatedly until "P11" or "P12" appears in the Calories/Pulse display.



As each custom program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Distance display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix. **Note: If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 16.**

3. Press the Start button or the 1 Step Speed increase button to start the program.

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

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

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix.

(The incline settings are not shown in the matrix.) The speed settings for the following segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program 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 program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Resistance display. To restart the program, press the Start button or the 1 Step Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on page 13.

5. Measure your heart rate if desired.

See step 6 on page 14.

6. Turn on the fan if desired.

See step 7 on page 14.

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

See step 8 on page 14.

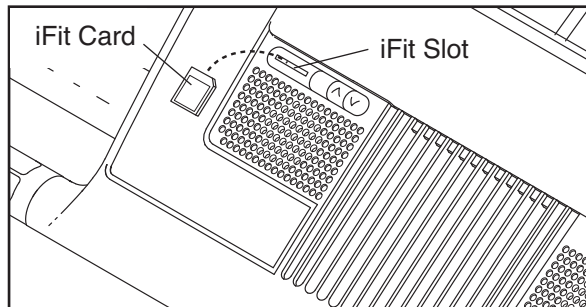
HOW TO USE AN IFIT CARD

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Insert an iFit Card and select a program.

To use an iFit program, 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.



Next, select an iFit program by pressing the iFit up and down buttons next to the iFit slot. When an iFit program is selected, the display will show the name of the program, the maximum incline setting and the maximum speed setting of the program, and the program time. In addition, a profile of the speed settings of the program will scroll across the matrix.

Each iFit program is divided into several one-minute 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 two or more consecutive segments.

3. Press the Start button or the 1 Step Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and in-

cline settings of the program. Hold the handrails and begin walking.

During the program, a personal trainer will guide you through the workout. You can adjust the volume or select an audio setting for your personal trainer (see THE INFORMATION MODE on page 19).

If the speed or incline setting for the current segment is too high or too low, you can manually 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 program at any time, press the Stop button. The time will begin to flash in the Time/Distance display. To restart the program, press the Start button or the 1 Step Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on page 13.

5. Measure your heart rate if desired.

See step 6 on page 14.

6. Turn on the fan if desired.

See step 7 on page 14.

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

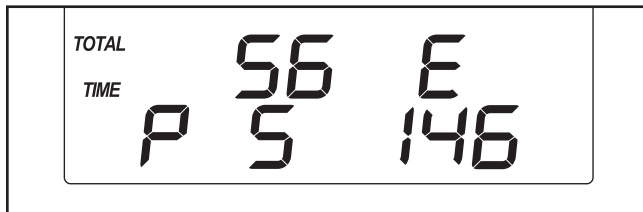
See step 8 on page 14.

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

THE INFORMATION MODE

The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been operated. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode. You can also choose an audio setting and a volume setting for your iFit workouts.

To select the information mode, hold down the Stop button while inserting the key into the console.



The upper left digit(s) in the display will show the total number of hours that the treadmill has been used.

The lower right digit(s) in the display will show the total number of miles (or kilometers) that the walking belt has moved.

An “E” for English miles or an “M” for metric kilometers will appear as the top right digit in the display. Press the 1 Step Speed increase button to change the unit of measurement if desired.

When you use an iFit Card, a personal trainer will guide you through your workouts and give detailed instructions if “P” is selected as the audio setting. If you turn off the “P” setting, your personal trainer will simply guide you through your iFit workouts. Press the 1 Step Incline decrease button to change the audio setting.

You can adjust the volume of the personal trainer audio (0 through 5) by pressing the 1 Step Incline increase button repeatedly. The volume setting appears as the lower middle digit in the display.

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

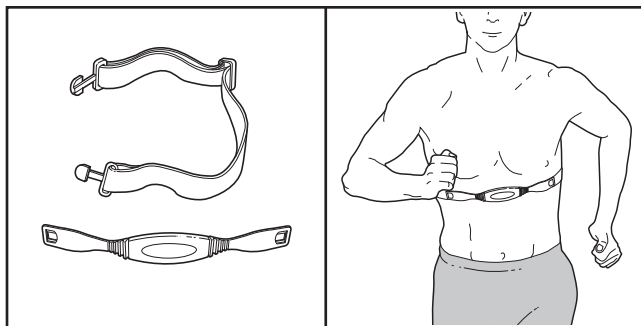
when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear next to the “E” or “M” while the information mode is selected. To turn on or turn off the demo mode, press the 1 Step Speed decrease button.



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

THE OPTIONAL CHEST PULSE SENSOR

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

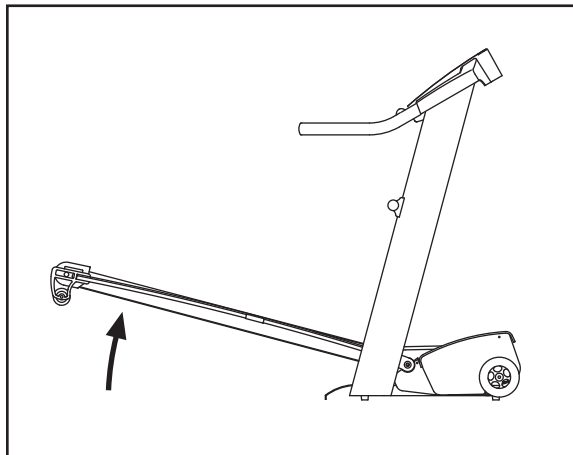


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

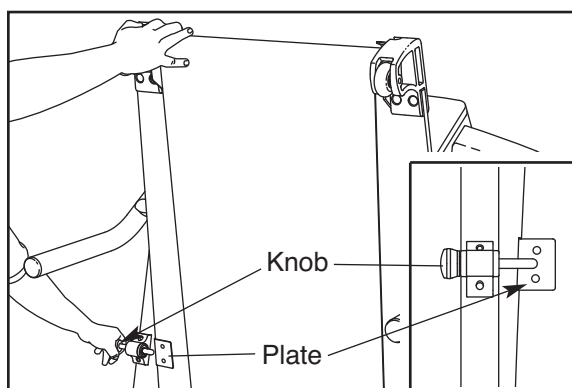
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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



2. Move your right hand to the position shown and hold the treadmill firmly. Pull the latch knob to the left and hold it. Raise the frame until the plate passes the pin on the latch knob. Release the latch knob. **Make sure that the plate is resting against the pin as shown.**

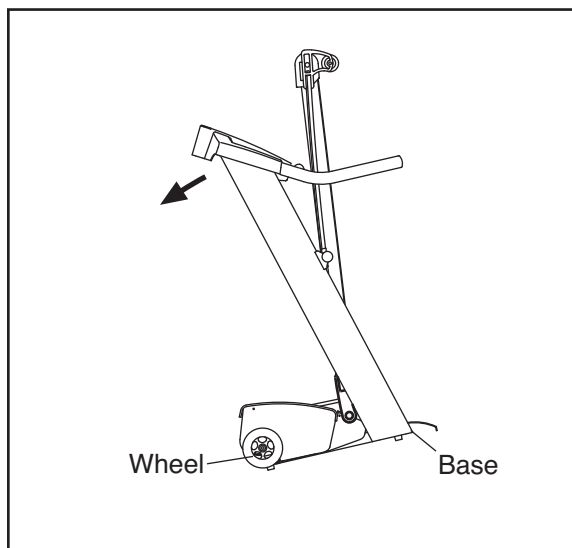
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

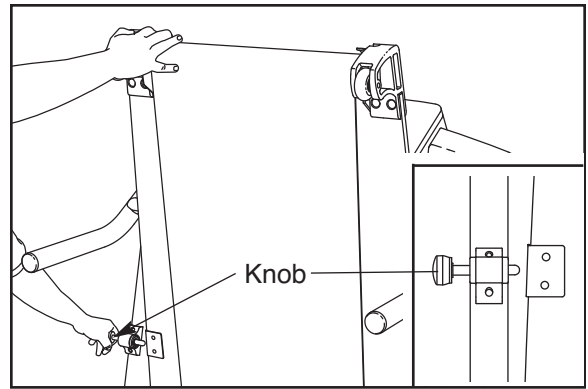
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the plate is resting against the pin.**

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

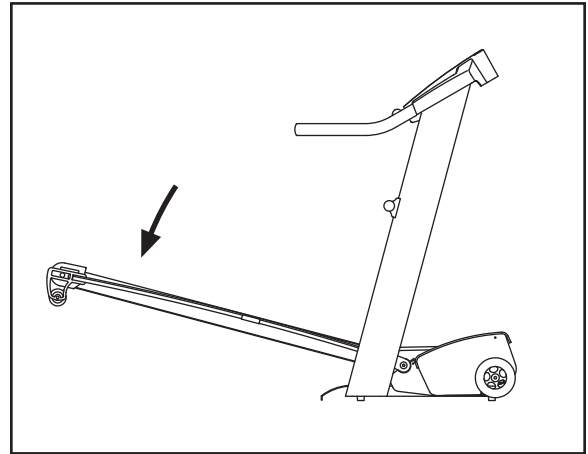


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the frame with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the frame down until it is past the pin on the latch knob.



2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

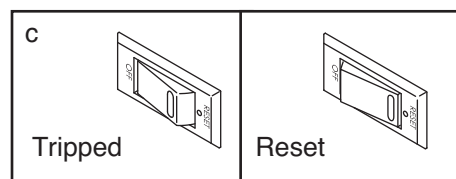
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

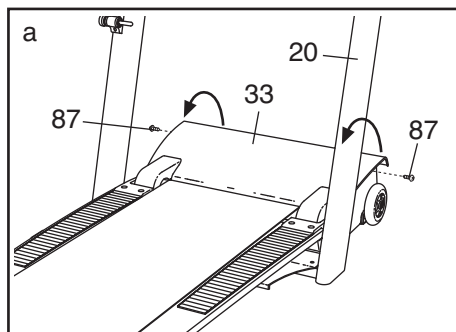
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

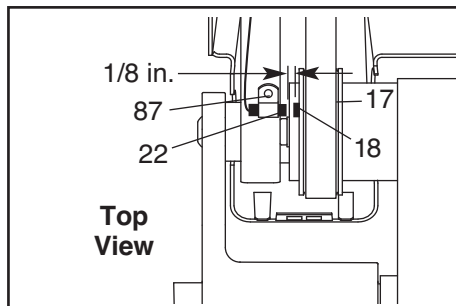
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **unplug the power cord**. Carefully tip the treadmill down as shown in drawing a. Remove the Screws (87) from the Motor Hood (33). Raise the Uprights (20) and carefully remove the Motor Hood.



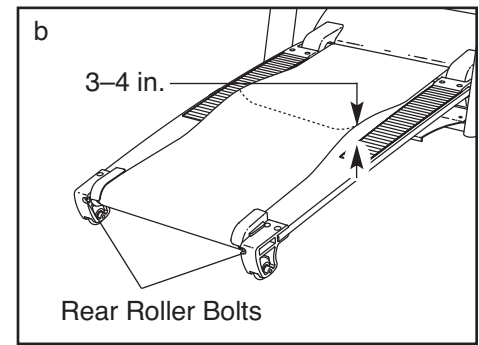
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Screw (87), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (33) with the Screws (87). Run the treadmill for a few minutes to check for a correct speed reading.



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 10.

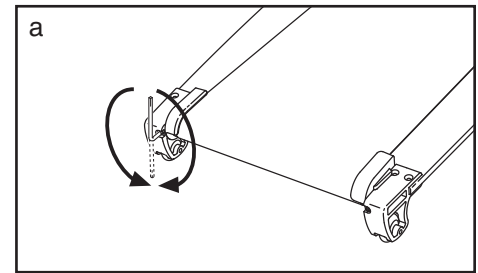
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should 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.



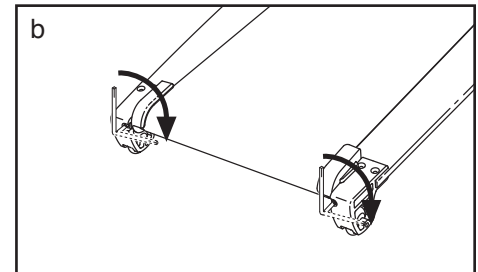
- c. If the walking belt still slows when walked on, see the front cover of this manual.

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 rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. 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 rear 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 inches off the walking platform. Be careful to keep the walking belt centered. 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 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, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 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.

PART LIST—Model No. NTL15907.1

R0708A

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	Frame Thrust Washer	51	1	Releasable Tie
2	8	Endcap Bolt	52	10	Plastic Tie
3	1	Front Left Endcap	53	4	Support Bracket Screw
4	2	Frame Pivot Washer	54	1	Incline Stop Bracket
5	8	Endcap Washer	55	1	Incline Motor Bolt, Upper
6	1	Latch Warning Decal	56	1	Drive Roller Ground Wire
7	27	Screw	57	1	Idler Arm Spring
8	1	Latch Plate	58	1	Idler Arm
9	8	Endcap Nut	59	2	Rear Wheel
10	1	Front Right Endcap	60	2	Rear Roller Star Washer
11	2	Endcap Spring	61	2	Spring Washer
12	2	Belt Guide	62	2	Rear Roller Bolt
13	2	Front Wheel Bolt	63	1	Lift Frame
14	2	Frame Pivot Bolt	64	1	Rear Roller
15	1	Walking Platform	65	1	Foot Pad (Right)
16	1	Walking Belt	66	2	Handrail Endcap
17	1	Front Roller/Pulley	67	4	Star Washer
18	1	Magnet	68	1	Handrail
19	2	Frame Spacer	69	2	Latch Plate Screw
20	1	Upright	70	1	Support Bracket
21	1	Reed Switch Clip	71	1	Hex Key
22	1	Reed Switch	72	4	Handrail Bolt
23	9	1/2" Screw	73	1	Upright Wire Harness
24	1	Wire Clamp	74	1	Base Plate Edging
25	1	Drive Motor	75	1	Base Plate
26	5	Hood Mount	76	1	Latch Assembly
27	2	Bolt	77	3	Base Plate Bolt
28	1	Left Rear Endcap	78	1	Electronics Bracket
29	1	Left Roller Guard	79	1	Idler Arm Bushing
30	2	Hood Mount (Side)	80	1	Idler Arm Bolt
31	2	Motor Bolt	81	4	Base Pad
32	7	Nut	82	4	1" Tek Screw
33	1	Motor Hood	83	1	Book Holder
34	1	Latch Housing	84	1	Idler Pulley Bolt
35	1	Right Roller Guard	85	2	Belly Pan Screw
36	1	Right Rear Endcap	86	1	Drive Belt
37	1	Support Bracket Screw	87	13	Screw
38	1	Front Roller Adjustment Bolt	88	4	Wheel Washer
39	1	Front Roller Nut	89	2	Front Wheel
40	1	Incline Motor	90	1	Upright Ground Wire
41	1	Incline Motor Bolt, Lower	91	2	Idler Arm Washer
42	1	Console	92	1	Electronics Bracket Star Washer
43	1	Controller	93	1	iFit Card Kit
44	1	Foot Pad (Left)	94	2	Wheel Spacer
45	1	Belly Pan	95	1	Access Door
46	1	Power Cord Grommet	96	2	Wheel Bushing
47	1	Power Cord	97	1	Idler Pulley
48	1	Off/Reset Circuit Breaker	98	1	Console Base
49	1	Support Bracket	99	2	Hood Clip
50	3	Tie Holder	100	1	Fan

Key No.	Qty.	Description
101	1	Belly Pan Grommet
102	1	Hole Plug
103	1	Key/Clip
*	—	4" Black Wire, M/F
*	—	4" White Wire, M/F

Key No.	Qty.	Description
*	—	4" Red Wire, M/F
*	—	User's Manual

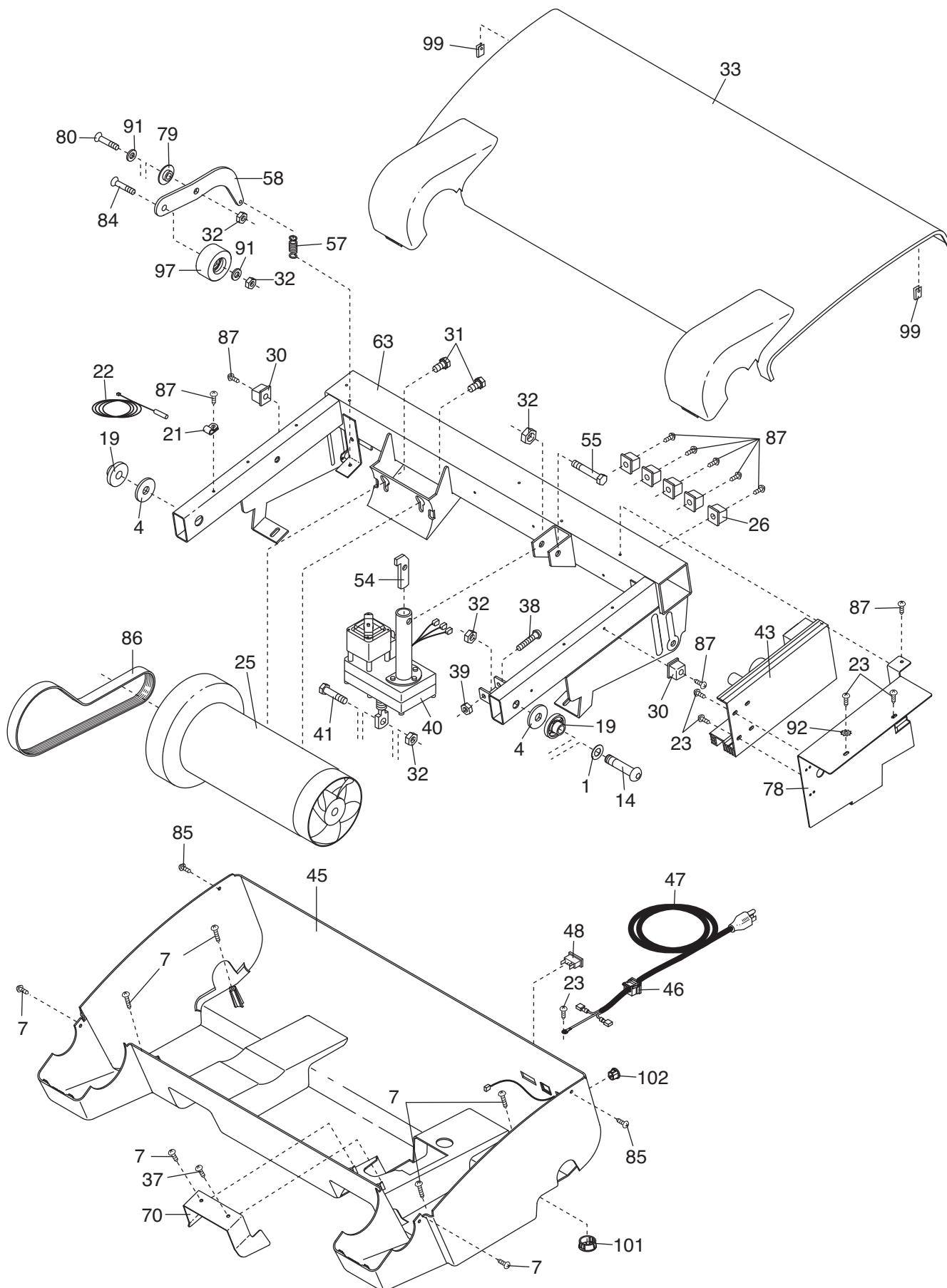
Specifications are subject to change without notice.
 *These parts are not illustrated

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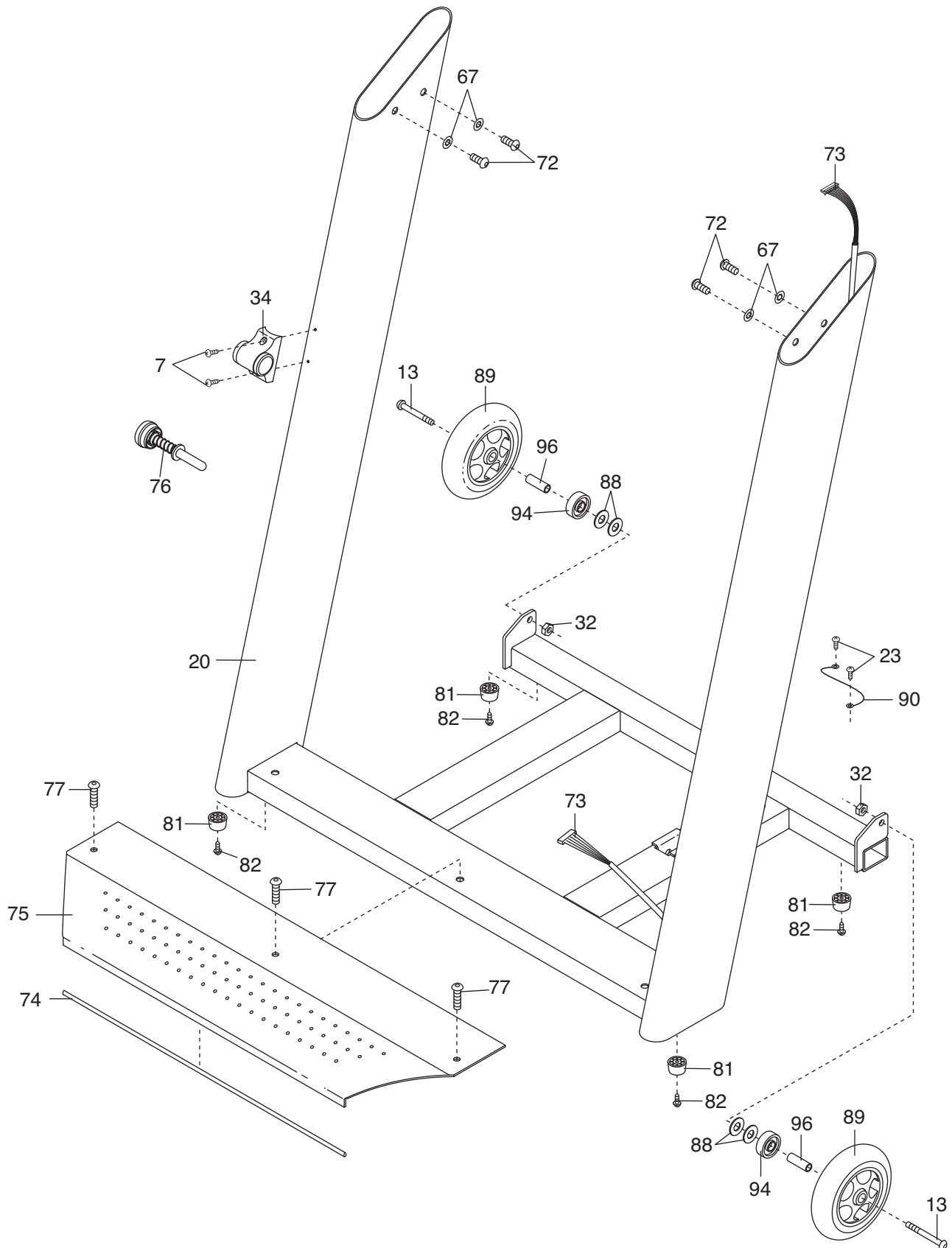
EXPLODED DRAWING B—Model No. NTL15907.1

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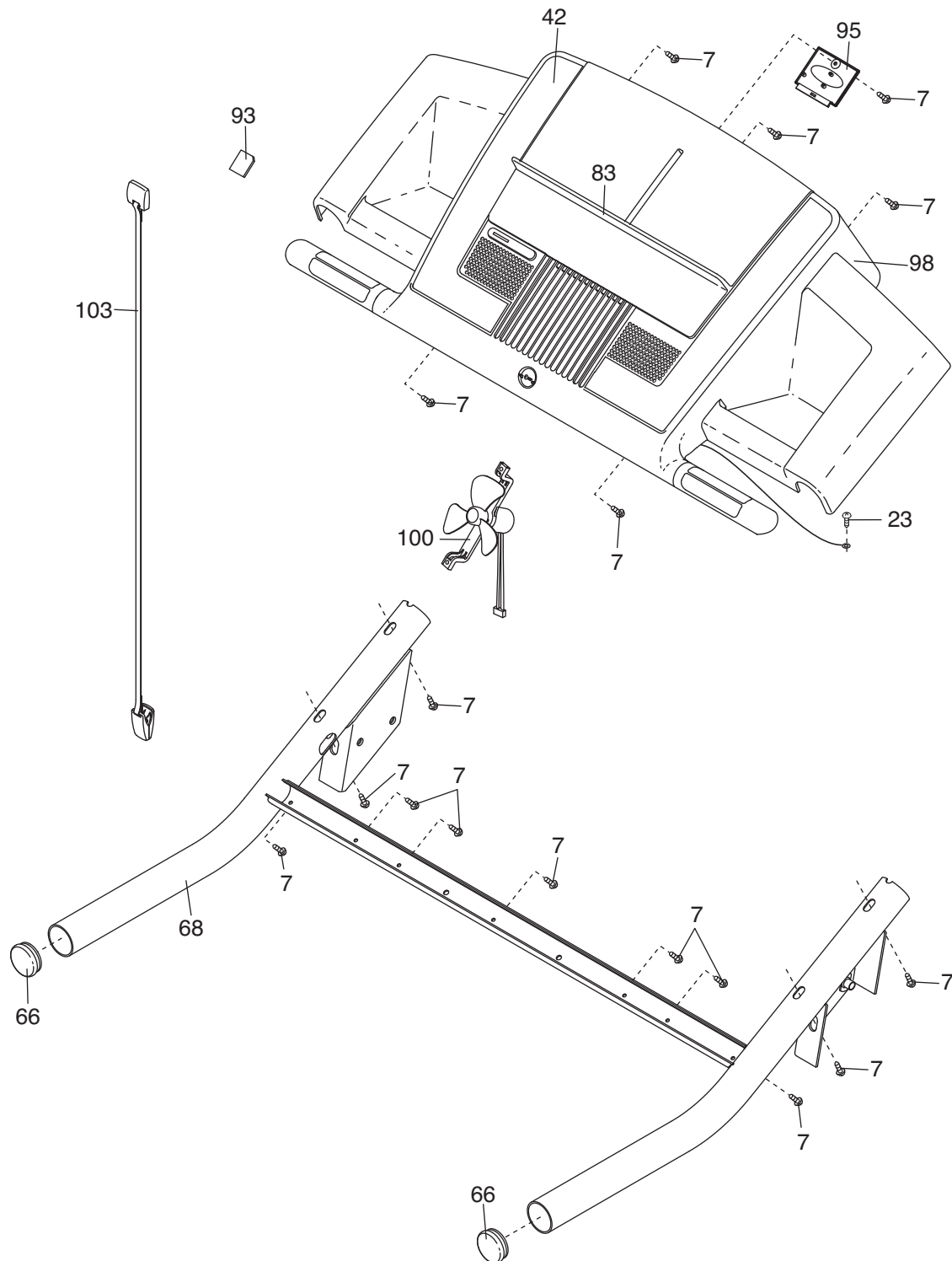
EXPLODED DRAWING C—Model No. NTL15907.1

R0708A



EXPLODED DRAWING D—Model No. NTL15907.1

R0708A



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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for a lifetime. 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; products used for commercial or rental purposes; or products used as store display models. 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