

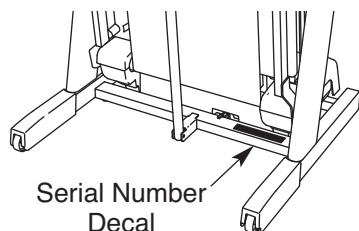
NordicTrack T14_{VT}

www.nordictrack.com

Model No. NTL17009.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are missing, **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:

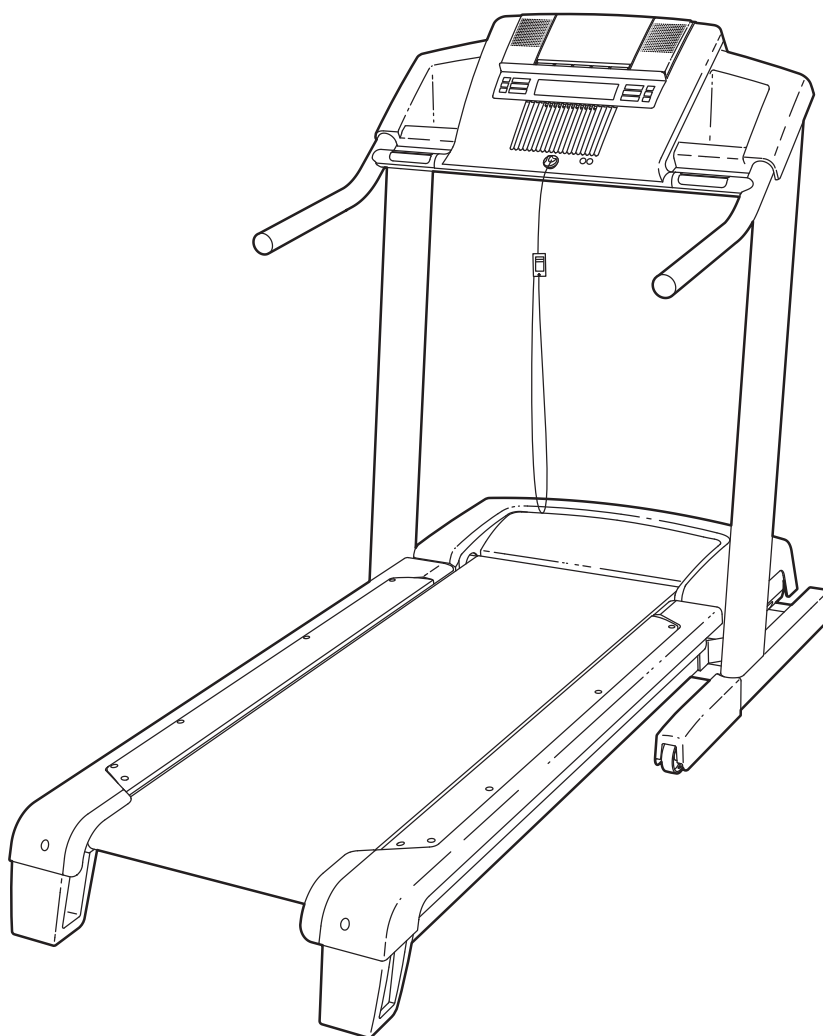
1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.nordictrackservice.com



CAUTION

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

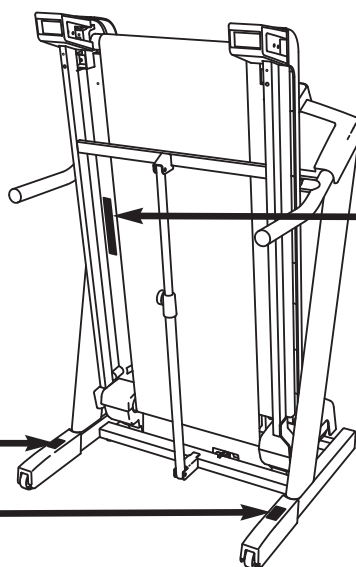


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WARNING DECAL PLACEMENT

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. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 12), 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 12. 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 26 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 14).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the “off” position when the treadmill is not in use. (See the drawing on page 6 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 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 25.) You must be able to safely lift 45 lbs. (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 holding the frame securely in the storage position.

24. Inspect and properly tighten all parts of the treadmill regularly.

25. Never insert or drop any object into any opening.

26. **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.

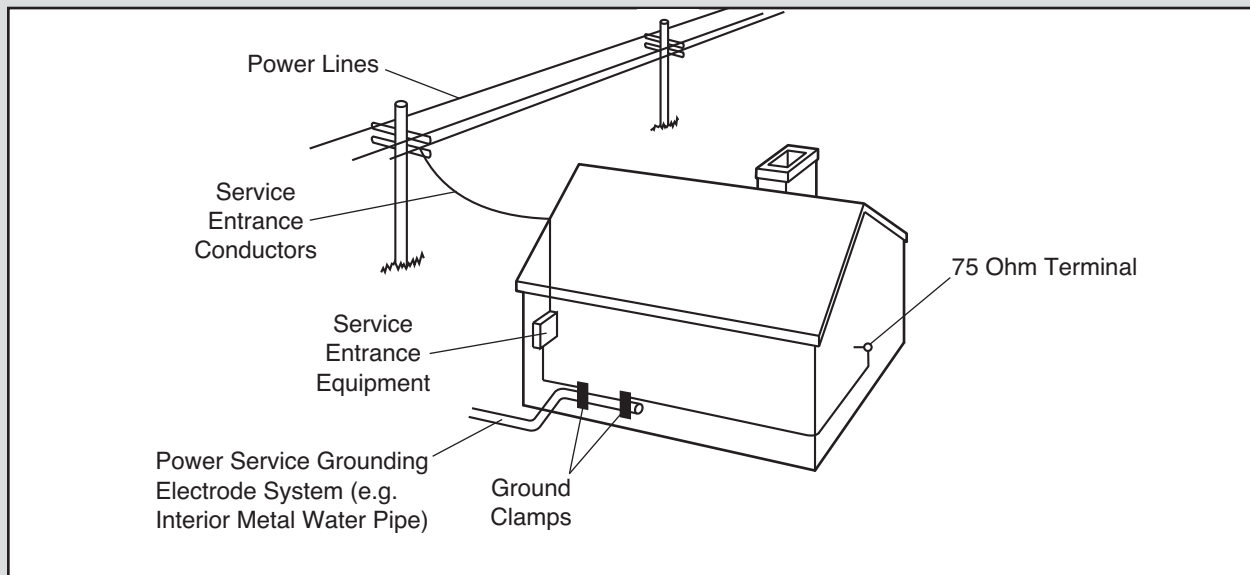
27. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

28. To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.

29. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.

30. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.

Note to CATV system installer: This reminder is provided to call the CATV system installer’s attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



SAVE THESE INSTRUCTIONS

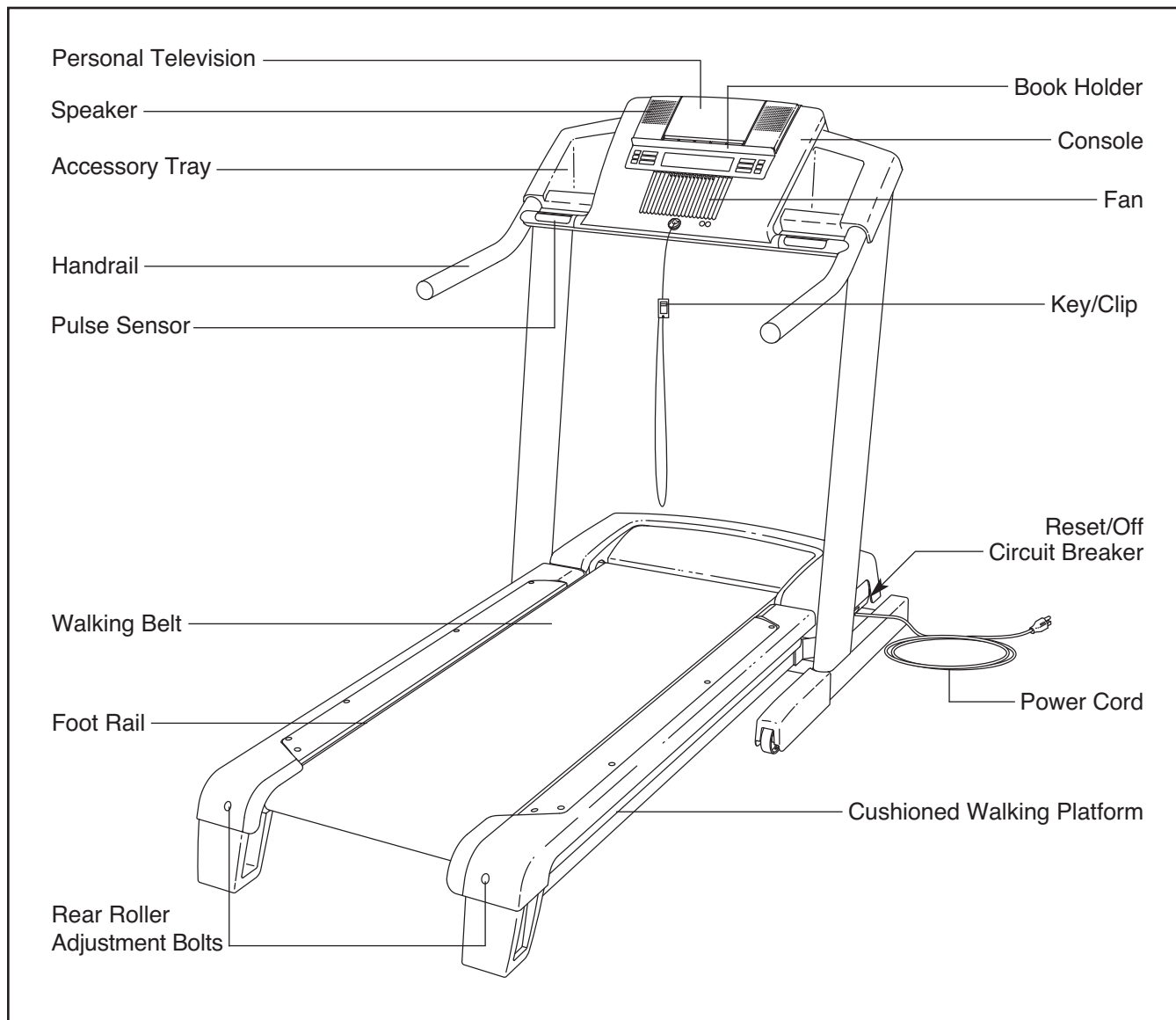
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® T14VT treadmill. The T14VT treadmill offers a 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-

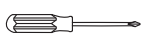
ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

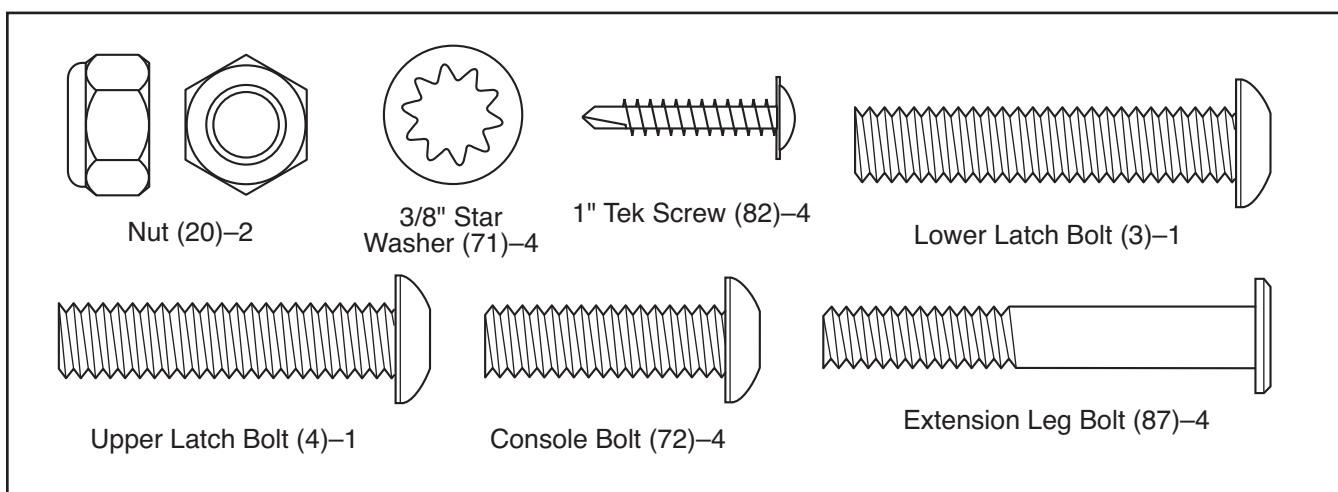


ASSEMBLY

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, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex key  **and your own Phillips screwdriver**  **, and rubber mallet** .

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



1. Make sure that the power cord is unplugged.

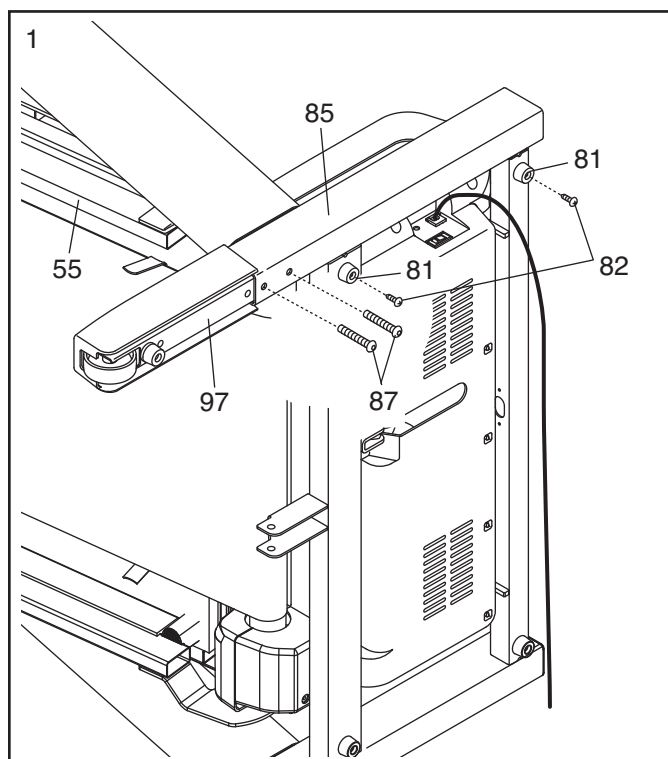
With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (55) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Insert an Extension Leg (97) into the base of the Uprights (85) as shown. Tighten two Extension Leg Bolts (87) into the bottom of the Extension Leg.

Attach two Base Pads (81) to the base of the Uprights (85) with two 1" Tek Screws (82).

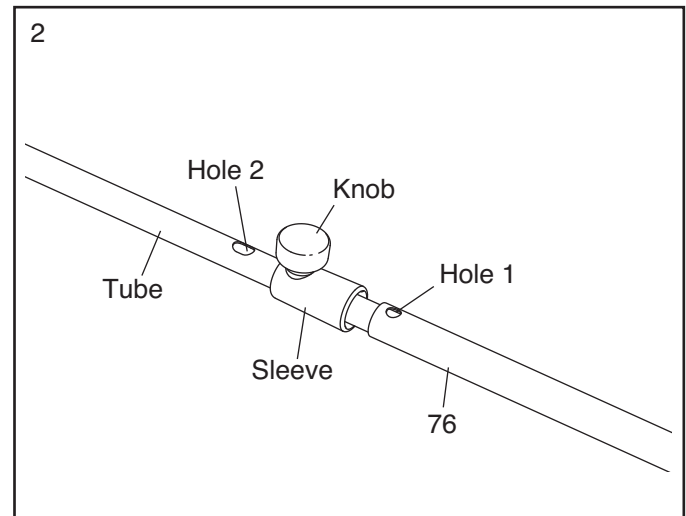
With the help of a second person, tip the treadmill over onto its right side. Attach the other Extension Leg and Base Pads (not shown) as described above.

With the help of a second person, carefully raise the treadmill so that all four Base Pads (81) are on the floor and the Frame (55) is in a vertical position (see drawing 3).



2. Identify the Latch Assembly (76). Make sure that the sleeve has been slid over hole 1 and that the knob is locked into hole 2. **Pull on the sleeve to make sure that it is locked into place.**

Next, make sure that the knob is locked into hole 2. If it is not, pull out the tube until you see hole 2 and then slide the tube back in until the knob locks into hole 2.

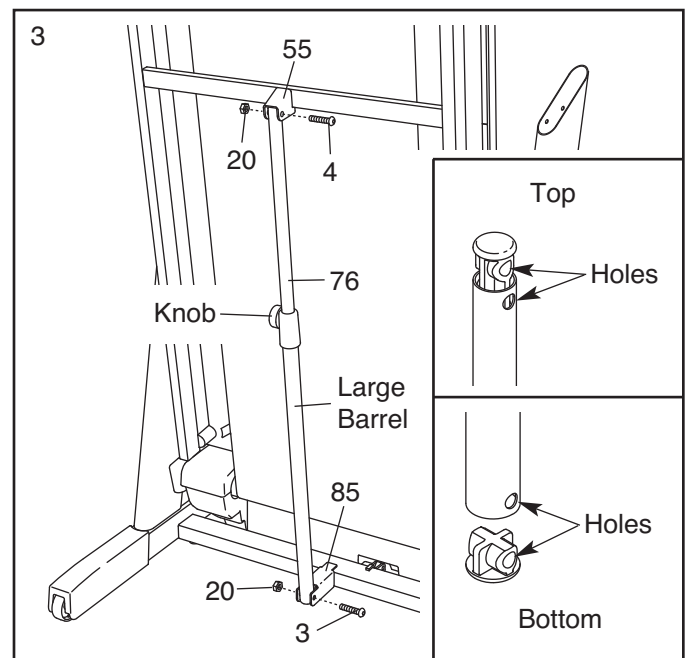


3. Remove the plastic ties from the ends of the Latch Assembly (76).

Hold the Latch Assembly (76) with the large barrel and the knob positioned as shown; **make sure that all of the holes are aligned (see the inset drawings)**. Next, attach the lower end of the Latch Assembly to the bracket on the Upright (85) with the Lower Latch Bolt (3) and a Nut (20).

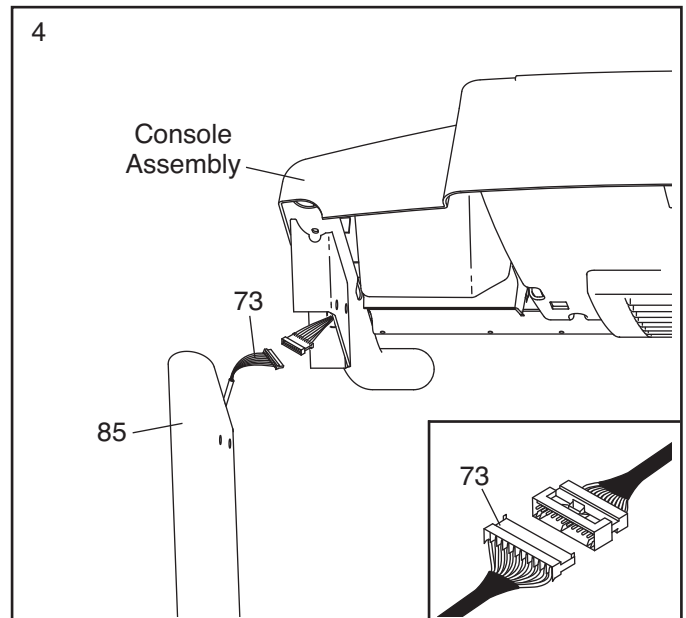
Then, attach the upper end of the Latch Assembly (76) to the bracket on the Frame (55) with the Upper Latch Bolt (4) and a Nut (20). Note: It may be necessary to move the Frame back and forth to align the Latch Assembly with the Bracket.

Lower the treadmill frame (see HOW TO LOWER THE TREADMILL FOR USE on page 25).



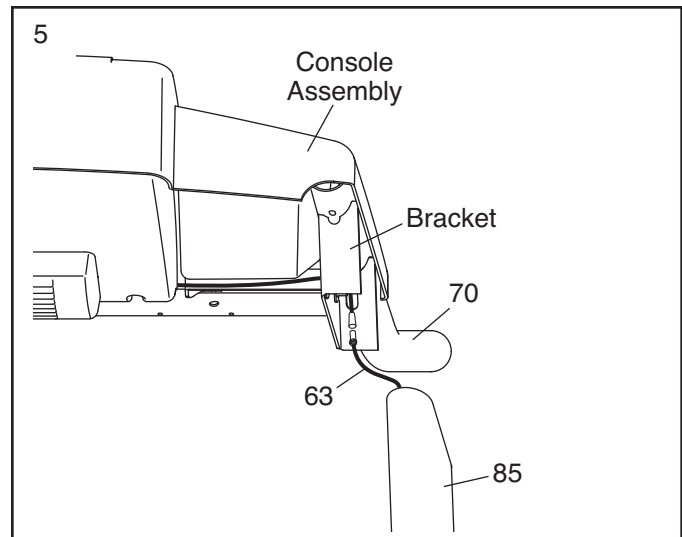
4. Remove the band securing the Upright Wire Harness (73) to the right Upright (85). Have a second person hold the console assembly near the right Upright.

Connect the Upright Wire Harness (73) to the wire harness 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 (85).

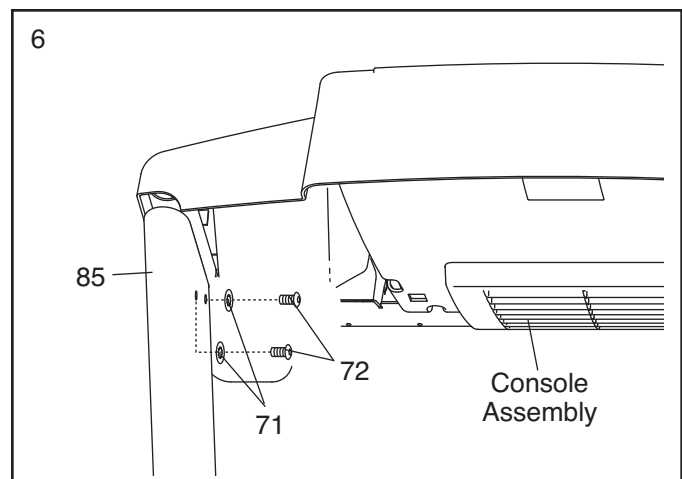


5. Remove the band securing the TV Cable (63) to the left Upright (85). Connect the TV Cable to the cable extending from the console assembly. Then, insert the TV Cable into the left Upright.

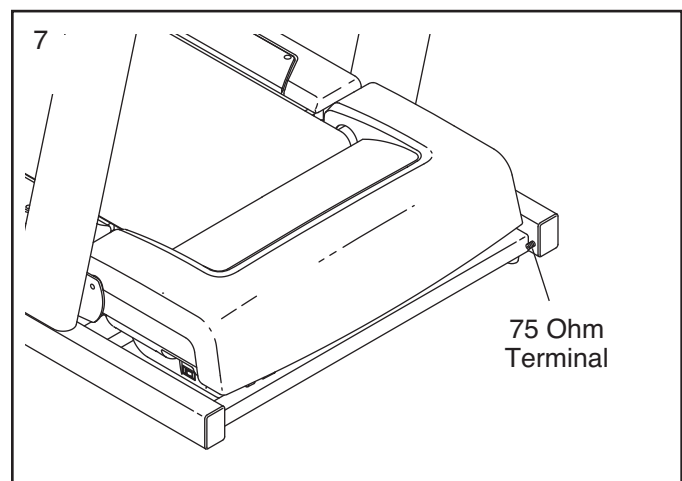
Next, insert the brackets on the Handrails (70) into the left Upright (85) and the right Upright (not shown). **Make sure that no wires are pinched.**



6. Attach the console assembly to the Uprights (85) with four Console Bolts (72) and four 3/8" Star Washers (71) (only one side is shown). **Start all four Console Bolts before tightening any of them.**



7. Note the location of the 75 ohm terminal on the treadmill. For the television to operate, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill (see page 10).

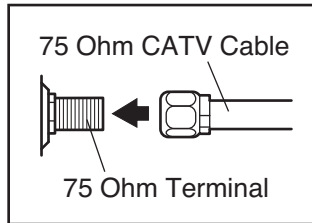


8. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 27). **To protect the floor or carpet from damage, place a mat under the treadmill.**

Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill. Note: Use a CATV cable to connect to an external source such as a cable box, analog cable, satellite TV box, or VCR. No CATV cable is included.

HOW TO CONNECT A 75 OHM CATV CABLE

1. Connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame (see step 7 on page 9).



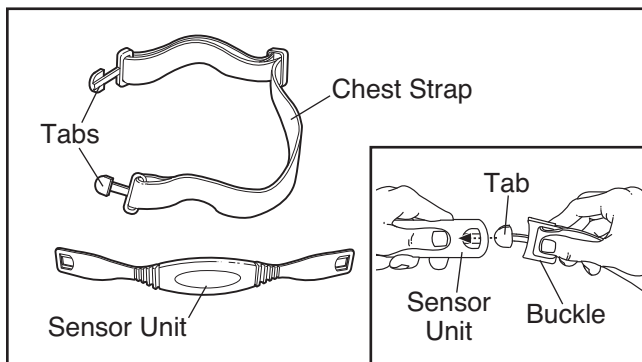
HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your external source.
2. Plug in the power cord of your external source. See your external source's user's manual for proper grounding instructions.
3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame.

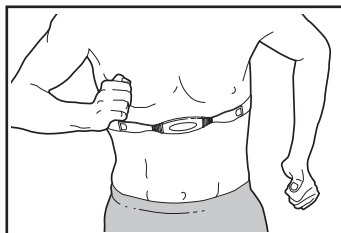
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse



sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 120° F (50° C) or below 15° F (-10° C).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor 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 chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 28).

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.

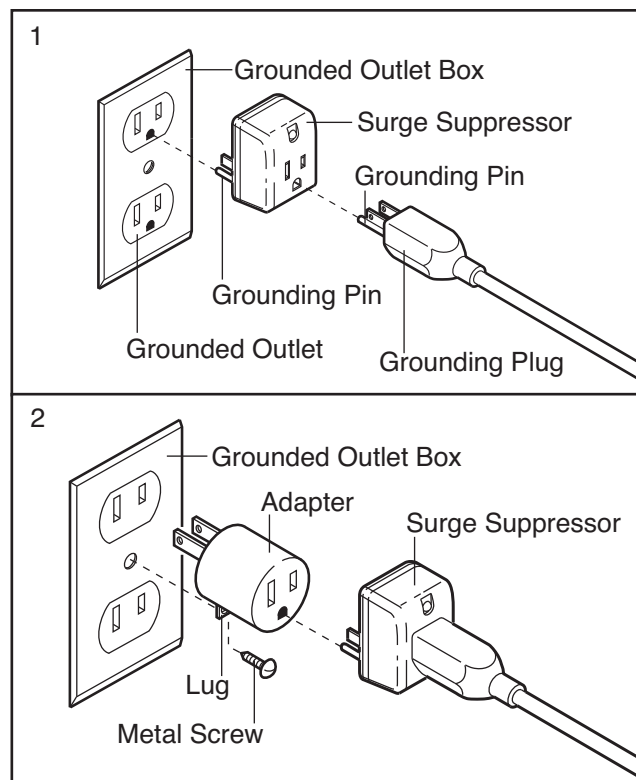
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 slow, 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-

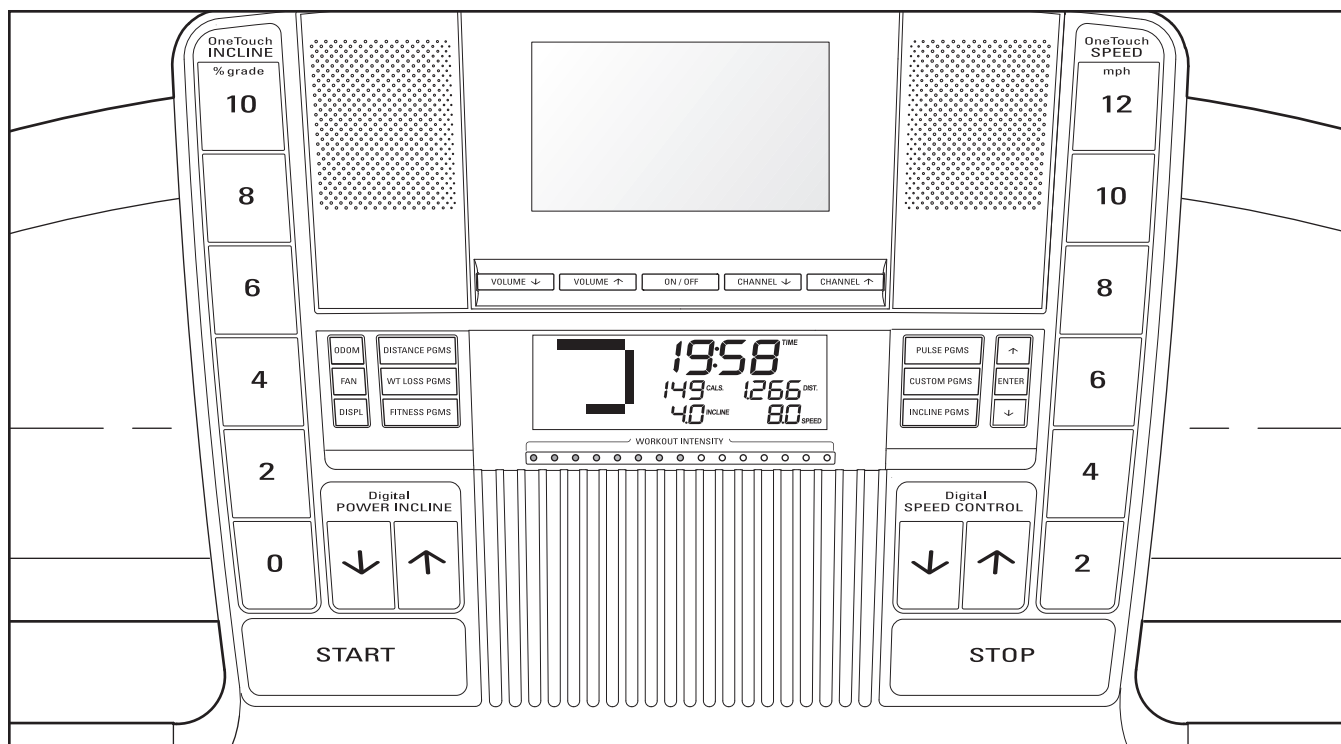
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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 make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

In addition, the console features twelve preset programs—four Weight Loss programs, four Fitness programs, and four Incline programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create Custom programs and save them for future use.

The console also offers four Distance programs—2K, 5K, 7K, and 10K—that count down from 2, 5, 7, or 10 kilometers while you complete an endurance run.

The console also offers four Pulse programs that control the speed and incline of the treadmill to help you

keep your heart rate near target heart rate settings. Note: The Pulse programs require the use of the chest pulse sensor.

Whether you select the manual mode or a program, you can enjoy the shows of your choice on the personal television while you get in shape.

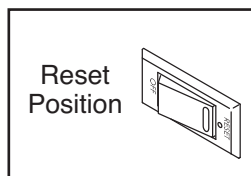
To turn on the power, see page 14. **To use the manual mode,** see page 14. **To use a preset program,** see page 16. **To use a Distance program,** see page 18. **To create and use a Custom program,** see pages 19 and 20. **To use a Pulse program,** see page 21. **To operate the personal television,** see page 23. **To use the information mode,** see page 24.

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 27).

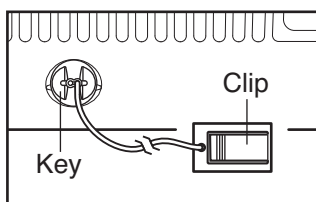
HOW TO TURN ON THE POWER

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, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Next, insert the key into the console. After a moment, the display will light, and after a few seconds, the television will turn on. **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.**



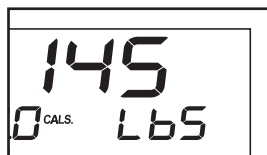
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER above.

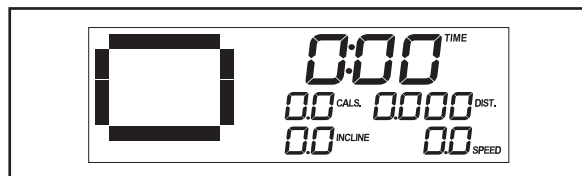
2. Enter your weight if desired.

If you enter your weight into the console, the console will display a more accurate estimate of the number of calories that you burn. To enter your weight, press the Enter increase and decrease buttons on the right side of the console repeatedly. Note: Once you have entered your weight, it will be saved in memory.



3. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a program, press any of the program buttons repeatedly until a track appears in the display.



4. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed Control increase button, or one of the numbered Speed buttons on the right side of the console.

If the Start button or the Speed Control 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 Speed Control 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. If one of the numbered Speed buttons on the right side of the console 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. To restart the walking belt, press the Start button, the Speed Control increase button, or one of the numbered Speed buttons on the right side of the console.

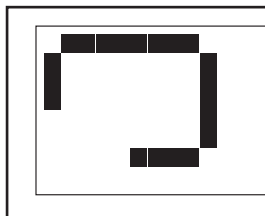
5. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Power Incline increase and decrease buttons or one of the numbered Incline buttons on the left side of the console.

Each time the Power Incline increase or decrease button is pressed, the incline will change by 0.5%. If one of the numbered Incline buttons on the left side of the console is pressed, the incline will gradually increase until it reaches the selected incline setting.

6. Follow your progress with the displays and the Workout Intensity bar.

When the manual mode is selected, the matrix will show a track that represents 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

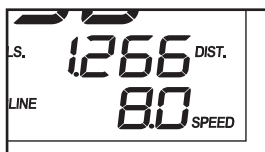


The lower left corner of the display will show the approximate number of calories you have burned and the incline level of the treadmill.



When you use the handgrip pulse sensor or the chest pulse sensor, the lower left corner of the display will also show your heart rate.

The lower right corner of the display will show the distance that you have walked or run, the elapsed time, your pace (in minutes per mile), and the speed of the walking belt. Note: When a program is selected (except for a Distance program or a Custom program), the lower right corner of the display will show the time remaining in the program instead of the elapsed time.



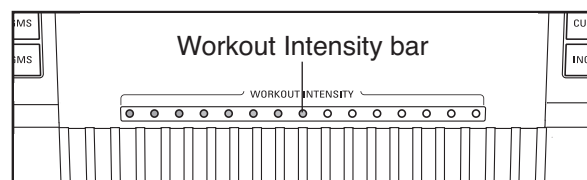
The center of the display is the priority display. Press the Display (DISPL) button repeatedly until the priority display shows the information that you want to view. Note: While information is displayed in the priority display, the same information will not be displayed in the lower left or right corner of the display.



Note: The console can display speed and distance in either miles or kilometers. A "Km/H" will appear in the right side of the display when the console is displaying speed and distance in kilometers. To change the unit of measurement, see HOW TO USE THE INFORMATION MODE on page 24.

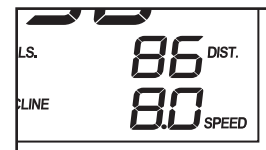
Note: For simplicity, all instructions in this section refer to miles.

As you exercise, the Workout Intensity bar will indicate the relative workout intensity level of your exercise.



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

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

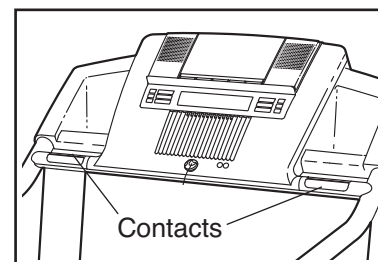


The number will appear in the display for a few seconds.

7. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the display will not show your heart rate accurately.

To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the handgrip pulse sensor. Next,



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

8. Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at medium speed, press the button a second time. To turn on the fan at high speed, press the button a third time. To turn off the fan, press the Fan button again. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

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

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

When you are finished using the treadmill, 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

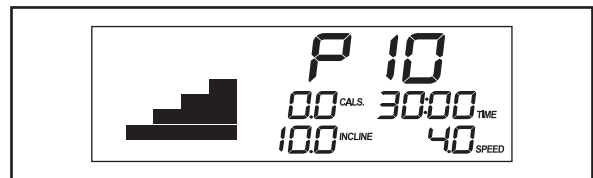
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a preset program.

To select a preset program, press the Weight Loss Programs (WT LOSS PGMS) button, the Fitness Programs (FITNESS PGMS) button, or the Incline Programs (INCLINE PGMS) button repeatedly.

When a preset program is selected, the display will show the program number, 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. Note: When a Weight Loss program is selected, the display will also show the approximate number of calories that will be burned during the workout.



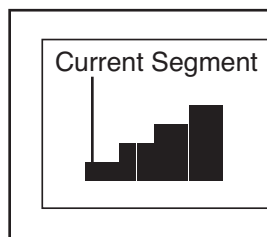
Each preset program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

3. Press the Start button to start the program.

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

Each 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.

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 next several 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 incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display 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. Note: If all seven of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

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 the speed and/or incline settings of the program are too high or too low, you can override the setting by pressing the Speed or Incline buttons; however, when the next segment begins, **the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed Control 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 displays and the Workout Intensity bar.

See step 6 on page 15.

5. Measure your heart rate if desired.

See step 7 on page 15.

6. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

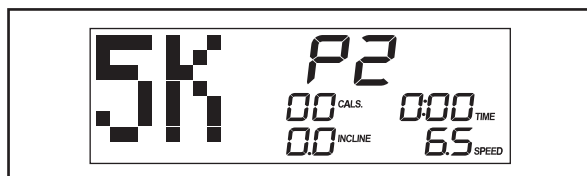
HOW TO USE A DISTANCE PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a Distance program.

To select a Distance program, press the Distance Programs (DISTANCE PGMS) button repeatedly until 2K, 5K, 7K, or 10K appears in the matrix.



When a Distance program is selected, the maximum speed setting of the program will flash in the display for a few seconds.

3. Press the Start button to start the program.

A moment after the button is pressed, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the first minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase.

Near the end of the second minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

The priority display will show the number of kilometers still to be run. When you have almost reached the distance goal, the lower right corner of the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed Control increase or decrease button or one of the numbered Speed buttons.

When you have completed a Distance program, your total time will flash in the lower left corner of the display. The console will then start a preset cool-down program and the word "COOL" will appear in the priority display. If the speed of the walking belt is greater than 5 mph, the walking belt will slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4. Follow your progress with the displays and the Workout Intensity bar.

See step 6 on page 15.

5. Measure your heart rate if desired.

See step 7 on page 15.

6. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

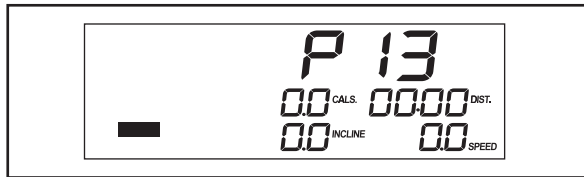
HOW TO CREATE A CUSTOM PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a Custom program.

To select a Custom program, press the Custom Programs (CUSTOM PGMS) button once or twice.



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

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

3. Press the Start button to start the program.

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

4. Program the desired speed and incline settings.

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

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

Program a speed setting and an incline setting for the second segment as described above. Continue programming speed and incline settings for up to 40 segments.

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

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

See step 9 on page 16.

HOW TO USE A CUSTOM PROGRAM

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a Custom program.

To select a Custom program, press the Custom Programs (CUSTOM PGMS) button once or twice.

When a Custom 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 appear in the center of the display.

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

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

3. Press the Start 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.

4. Follow your progress with the displays and the Workout Intensity bar.

The Custom program will function in the same way as a preset program (see step 3 on pages 16 and 17).

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 ends. Then, press the Start button and program speed and incline settings for as many additional segments as desired; Custom programs can have up to 40 segments. 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 ends.

5. Measure your heart rate if desired.

See step 7 on page 15.

6. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO USE A PULSE PROGRAM

CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the Pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a Pulse program. **Note:** You must wear the chest pulse sensor to use a Pulse program. While using the chest pulse sensor, do not use the handgrip pulse sensor.

1. Put on the chest pulse sensor.

See HOW TO PUT ON THE CHEST PULSE SENSOR on page 11.

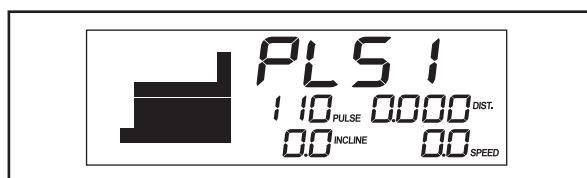
2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

3. Select a Pulse program.

To select a Pulse program, press the Pulse Programs (PULSE PGMS) button repeatedly.

When a Pulse program is selected, the display will show the name of the program and the maximum target heart rate setting of the program. In addition, a profile of the target heart rate settings of the program will appear in the matrix.



The Pulse programs are each divided into 20, 25, or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note:

The same target heart rate setting may be programmed for two or more consecutive segments.

4. Adjust the maximum target heart rate setting if desired.

To adjust the maximum target heart rate setting, press the Enter increase and decrease buttons. To adjust the target heart rate setting quickly, hold down one of the buttons.

5. Press the Start button to start the program.

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

The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several 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.

When the first segment ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During the program, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting for the current segment, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, when the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters "PLS" will flash in the display and the speed of the treadmill may automatically decrease. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 11.

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed Control increase button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

6. Follow your progress with the displays and the Workout Intensity bar.

See step 6 on page 15.

7. Turn on the fan if desired.

See step 8 on page 16.

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

See step 9 on page 16.

HOW TO OPERATE THE PERSONAL TELEVISION

IMPORTANT: Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill. See page 10 for instructions.

Follow the steps below to operate the television.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Press the On/Off button to turn on the television.

When the key is inserted, the television will automatically turn on. If you have turned off the television, turn it on by pressing the On/Off button.

3. Press the Channel buttons to select the desired channel.

Note: Complete this step only if you are using analog cable. Otherwise, change channels through an external source such as your cable box or your VCR.

When the television is turned on, the screen will show the last cable channel that was selected. To select a different channel, press the Channel buttons. The selected cable channel number will appear on the screen for a few seconds. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See HOW TO USE THE INFORMATION MODE on page 24.

4. Press the Volume buttons to adjust the volume.

When either Volume button is pressed, the volume level indicator will appear on the screen for a few seconds.

To use earphones or headphones (not included), plug them into the headphone jack on the console.

5. When you are finished using the television, press the On/Off button.

Press the On/Off button to turn off the television. Note: Removing the key from the console will also turn off the television.

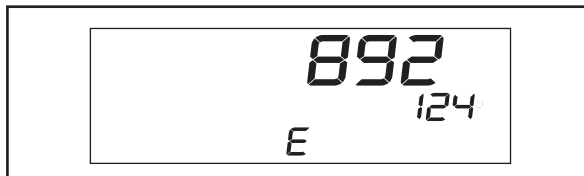
HOW TO USE THE INFORMATION MODE

The console features an information mode that allows you to view treadmill usage information, select a system of measurement for the console, and turn on and turn off the demo mode. The information mode also allows you to adjust the settings of the television and to save channels into the television's memory.

Follow the steps below to use the information mode.

1. Hold down the Stop button while inserting the key into the console.

When the information mode is selected, the upper part of the display will show the total number of miles or kilometers that the walking belt has moved. The right side of the display will show the total number of hours that the treadmill has been used.



In addition, the display will show the letter "E" for English miles or the letter "M" for metric kilometers. Press the Speed increase button to change the unit of measurement if desired.

IMPORTANT: If the letter "d" appears in the center of the display, the "demo" mode is selected. This mode is intended to be used only when a treadmill is displayed in a store. When the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the displays on the console will automatically light in a preset sequence. The buttons on the console will not function. **If a "d" appears in the display when the information mode is selected, press the Speed decrease button.**

2. Press the On/Off button and adjust the brightness, contrast, color, sharpness, and/or hue of the television.

When the On/Off button is pressed, the brightness level indicator will appear on the television screen. Press the Volume buttons to adjust the brightness setting if desired.

Next, press the Channel buttons until the contrast, color, sharpness, or hue level indicator appears. Adjust the settings, if desired, by pressing the Volume buttons.

3. Press the On/Off button again and add or delete channels.

Note: Complete this step only if you are using analog cable.

After all valid cable channels available in your area have been saved into the television's memory (see step 5 on this page), you can manually add channels or remove unwanted channels.

To add or delete a cable channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume increase button to add the channel, or the Volume decrease button to delete the channel. Continue this process until you have added all desired channels and deleted all unwanted channels.

4. Press the On/Off button again and select a cable connection.

If you have connected a CATV cable, one of the three Cable settings should be selected; try all three Cable settings, if necessary, to find the optimal setting. Press the Volume increase button to select the Standard Cable setting, the Channel decrease button to select the Cable IRC setting, or the Channel increase button to select the Cable HRC setting. Note: The setting that you select will not appear on the screen.

5. Press the On/Off button again and save channels into the television's memory.

When the On/Off button is pressed, the television will begin scanning all of the cable channels available in your area. When no cable signal is detected on a channel, the channel will be skipped. When a cable signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel is reached. **Do not remove the key while the television is scanning channels.** Note: If you are viewing channels through an external source such as a cable box or a VCR, the television will save only the channel used by the external source.

6. When you are finished using the information mode, remove the key from the console.

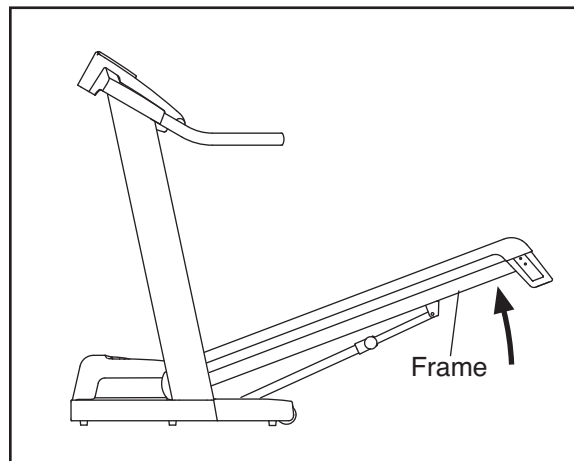
To exit the information mode at any time (except while the television is scanning channels), remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

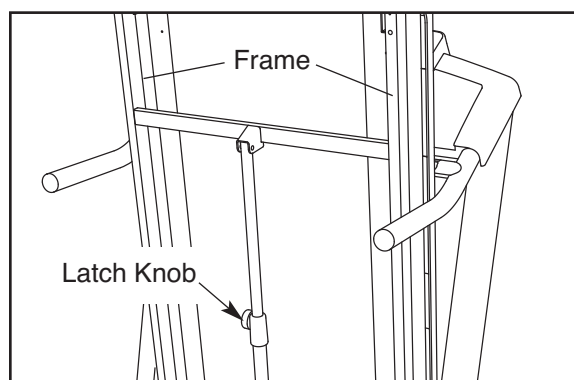
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.



2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

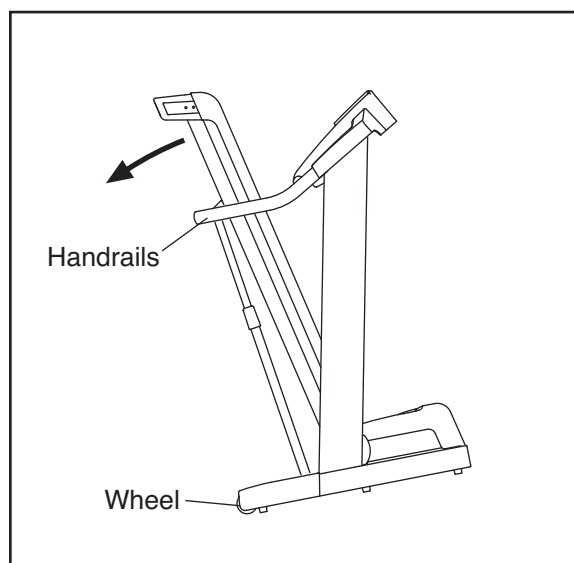
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30°C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold the handrails and place one foot against one of the wheels.
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 one of the wheels, 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 treadmill with your left hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.
2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION:** To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.

TROUBLESHOOTING

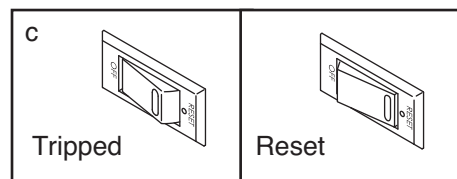
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

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 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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

c. Check the 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.

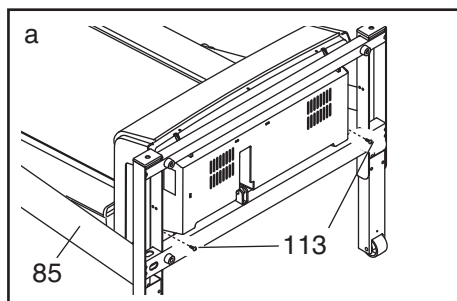
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

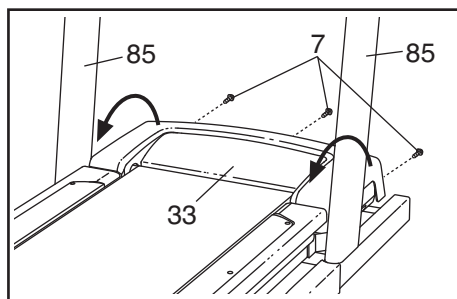
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

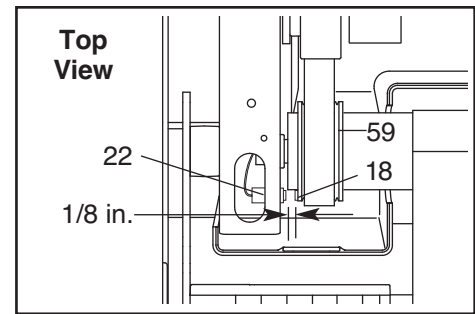
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, carefully lower the Uprights (85). Remove the two indicated Belly Pan Screws (113). Note: A Phillips screwdriver with a shaft at least 8 in. (20 cm) long is needed.



Raise the Uprights (85) to the vertical position. Remove the three 3/4" Screws (7) from the Motor Hood (33), and carefully pivot the Motor Hood off.



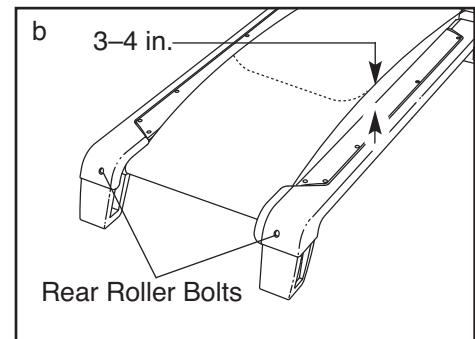
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Idler Pulley (59). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Next, reattach the Motor Hood (not shown), making sure that the 3/4" Screws (not shown) are in the same holes from which they were removed. Then, 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 12.

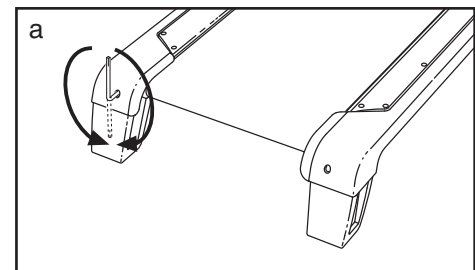
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be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



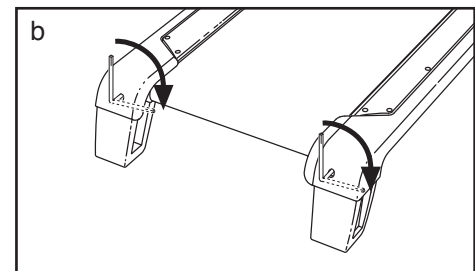
c. If the walking belt still slows when walked on, see the front cover of this manual.

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. 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 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The 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.

PROBLEM: Television reception is poor

SOLUTION: a. Check for the problems listed below and follow the applicable instructions.

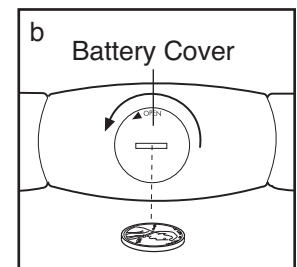
- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of other electric appliances to correct the problem. Make sure that the treadmill is plugged into its own electrical circuit.
- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects.
- Blue Screen—If the cable channel signal is weak, the picture may be of poor quality or a blue screen may appear.

Note: If one of these symptoms appears, the symptom may be caused by the local cable company signal reception. Contact the local cable company.

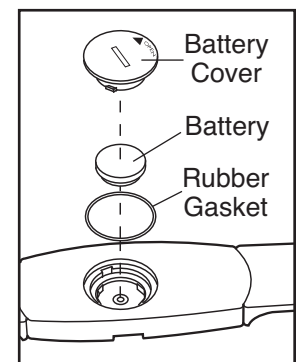
PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 11.

- b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, first locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, and turn the cover counterclockwise to the “open” position. Then, remove the cover.



Next, remove the old battery from the sensor unit, and insert a new CR 2032 battery, **with the battery oriented so the writing is on top.** Make sure that the rubber gasket is in place in the sensor unit. Then, reinsert the battery cover and turn it to the closed position.



EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. NTL17009.0

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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	1	Left Foot Rail	51	1	Releasable Tie
2	10	Foot Rail Screw	52	9	Plastic Tie
3	1	Lower Latch Bolt	53	1	Front Roller Bushing
4	1	Upper Latch Bolt/Wheel Housing Bolt	54	1	Right Foot Rail
5	2	Rear Platform Screw	55	1	Frame
6	1	Latch Warning Decal	56	1	Front Roller Ground Wire
7	25	3/4" Screw	57	2	Platform Nut
8	1	Long Isolator, Left	58	1	Idler Arm Washer
9	4	Controller Screw/Wire Tie Screw	59	1	Idler Pulley
10	2	Front Isolator	60	2	Rear Roller Lock Washer
11	2	Platform Screw	61	2	Rear Roller Bracket
12	2	Belt Guide	62	2	Rear Roller Bolt
13	4	Belt Guide Screw	63	1	TV Cable
14	2	Frame Pivot Bolt	64	1	Rear Roller
15	1	Walking Platform	65	1	Filter Wire
16	1	Walking Belt	66	1	Idler Pulley Bolt
17	1	Front Roller	67	1	Console
18	1	Magnet	68	1	Idler Arm Bolt
19	2	Frame Spacer	69	1	Idler Arm Spacer
20	7	Nut	70	1	Handrail
21	1	Reed Switch Clip	71	5	3/8" Star Washer
22	1	Reed Switch	72	4	Console Bolt
23	8	1/2" Screw	73	1	Upright Wire Harness
24	4	Cable Tie	74	1	Idler Arm
25	1	Drive Motor	75	1	Idler Arm Spring
26	1	Motor Belt	76	1	Latch Assembly
27	4	Rear Foot Bolt	77	1	Upright Endcap, Right
28	1	Right Rear Foot	78	2	Handrail Endcap
29	1	Left Rear Foot	79	1	Upright Endcap, Left
30	2	Lift Frame Nut	80	2	Lift Frame Pivot Bolt
31	2	Motor Bolt	81	6	Base Pad
32	1	Long Isolator, Right	82	6	1" Tek Screw
33	1	Motor Hood	83	2	Extension Leg Cover
34	3	Hood Clip	84	2	Caution Decal
35	1	Grommet	85	1	Upright
36	1	Upper Clevis Pin	86	1	Book Holder
37	2	Cotter Pin	87	4	Extension Leg Bolt
38	1	Front Roller Adjustment Bolt	88	1	1.5' Wire
39	4	Rear Foot Nut	89	2	Front Wheel
40	1	Incline Motor	90	2	Console Fan Screw
41	1	Incline Motor Pin, Lower	91	1	Chest Pulse Sensor
42	1	Transformer	92	4	Cover Screw
43	1	Controller	93	2	TV Cable Nut
44	1	Reset/Off Circuit Breaker	94	1	Lift Frame
45	1	Belly Pan	95	1	Access Door
46	1	Static Decal	96	1	Lift Frame Ground Wire
47	1	Power Cord	97	2	Extension Leg
48	1	Incline Wire Harness	98	1	Console Base
49	1	Hex Key	99	12	Screw
50	1	Tie Holder	100	1	Console Fan

Key No.	Qty.	Description
101	2	Plastic Washer
102	2	Rear Roller Washer
103	1	Key/Clip
104	4	Isolator Screw/Bracket Screw
105	6	TV Screen Screw
106	1	Chest Pulse Strap
107	1	Chest Pulse Receiver
108	1	Latch Knob
109	1	Idler Pulley Nut
110	1	Idler Pulley Washer
111	1	LCD TV Screen

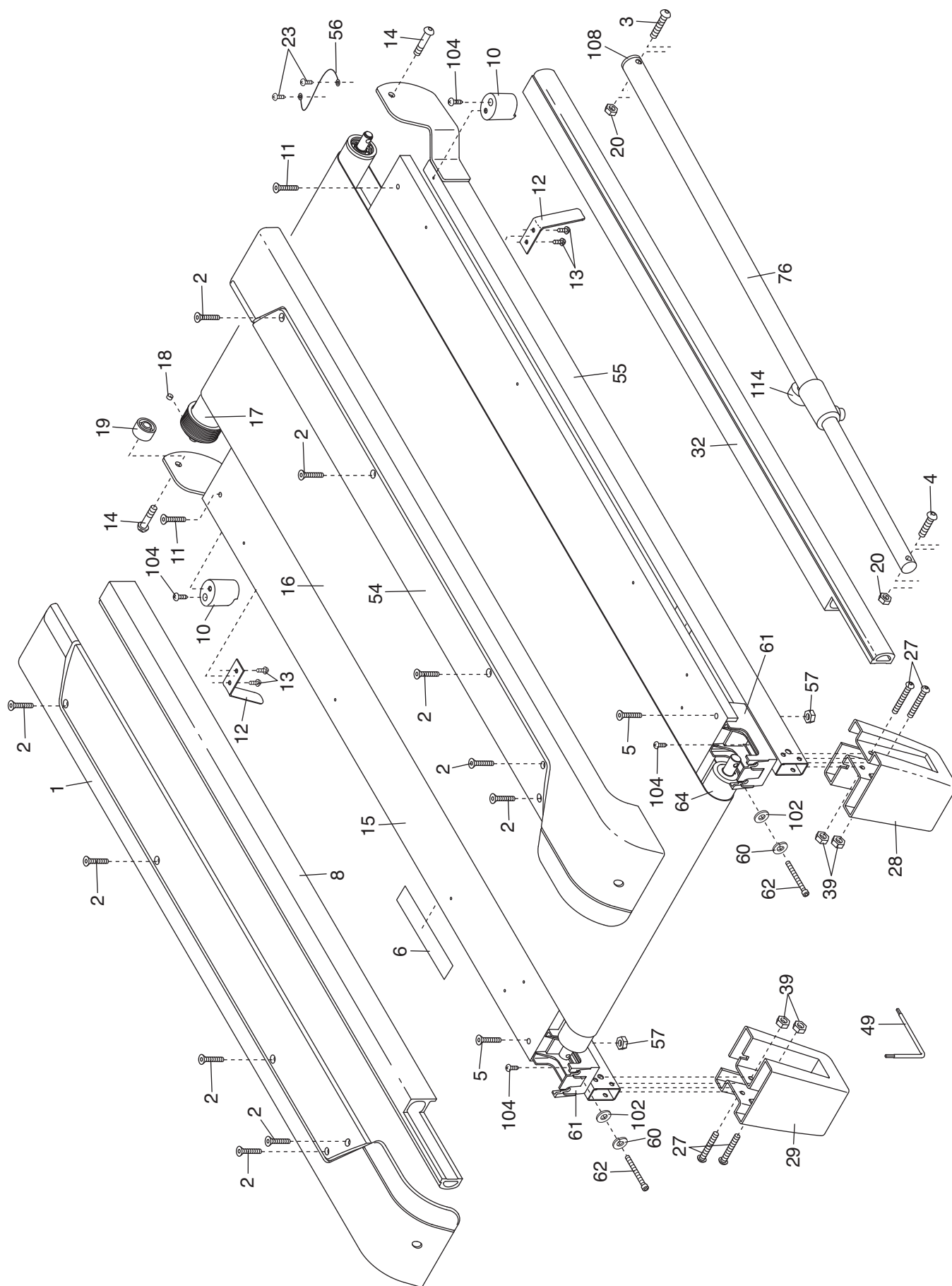
Key No.	Qty.	Description
112	1	Console Lens
113	6	Belly Pan Screw
114	1	Latch Endcap
115	1	TV Lens
*	—	12" Blue Wire, 2F
*	—	8" Blue Wire, M/F
*	—	8" Green Wire, F/Ring
*	—	4" Red Wire, M/F
*	—	User's Manual

*These parts are not illustrated.

Specifications are subject to change without notice.

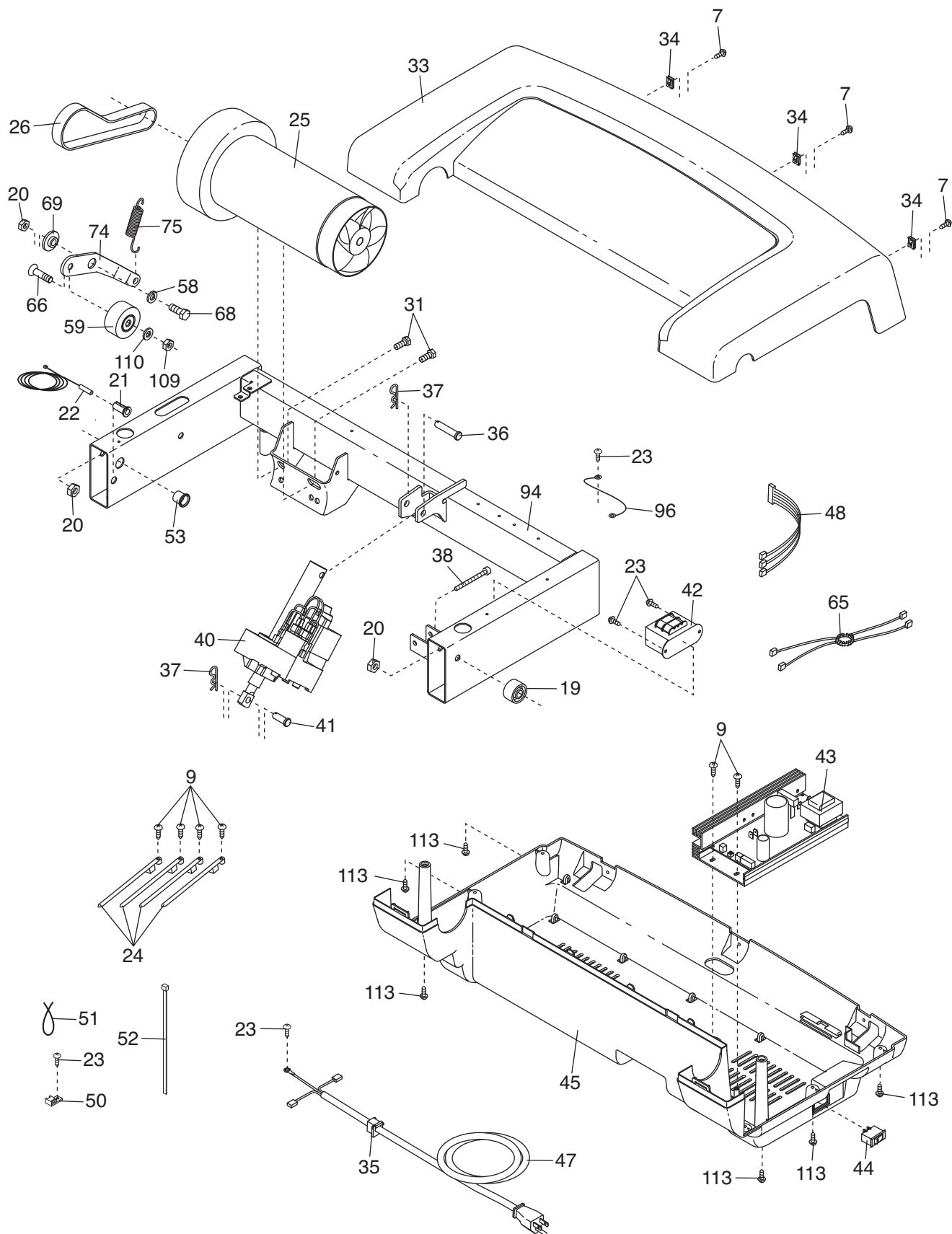
EXPLODED DRAWING A—Model No. NTL17009.0

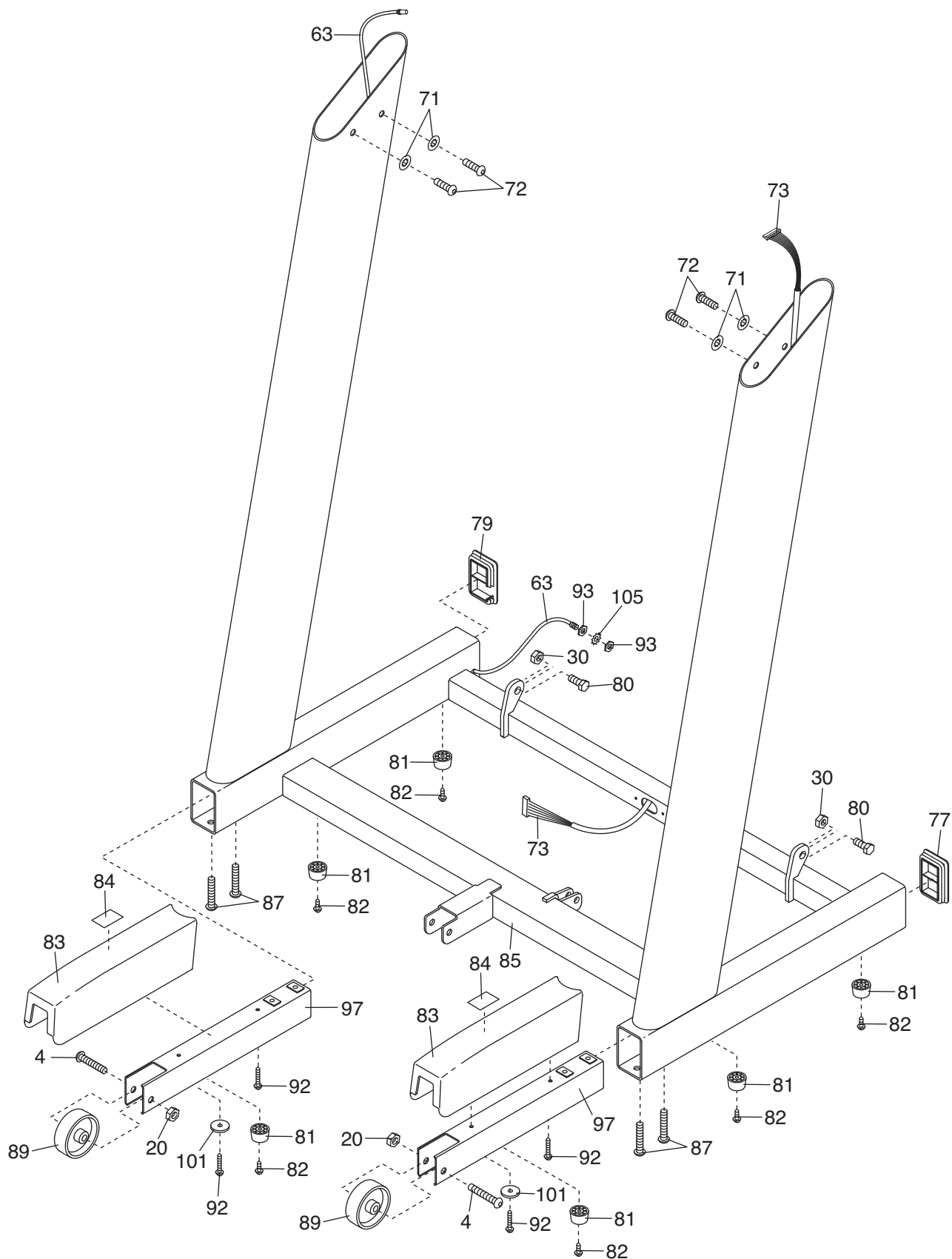
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EXPLODED DRAWING B—Model No. NTL17009.0

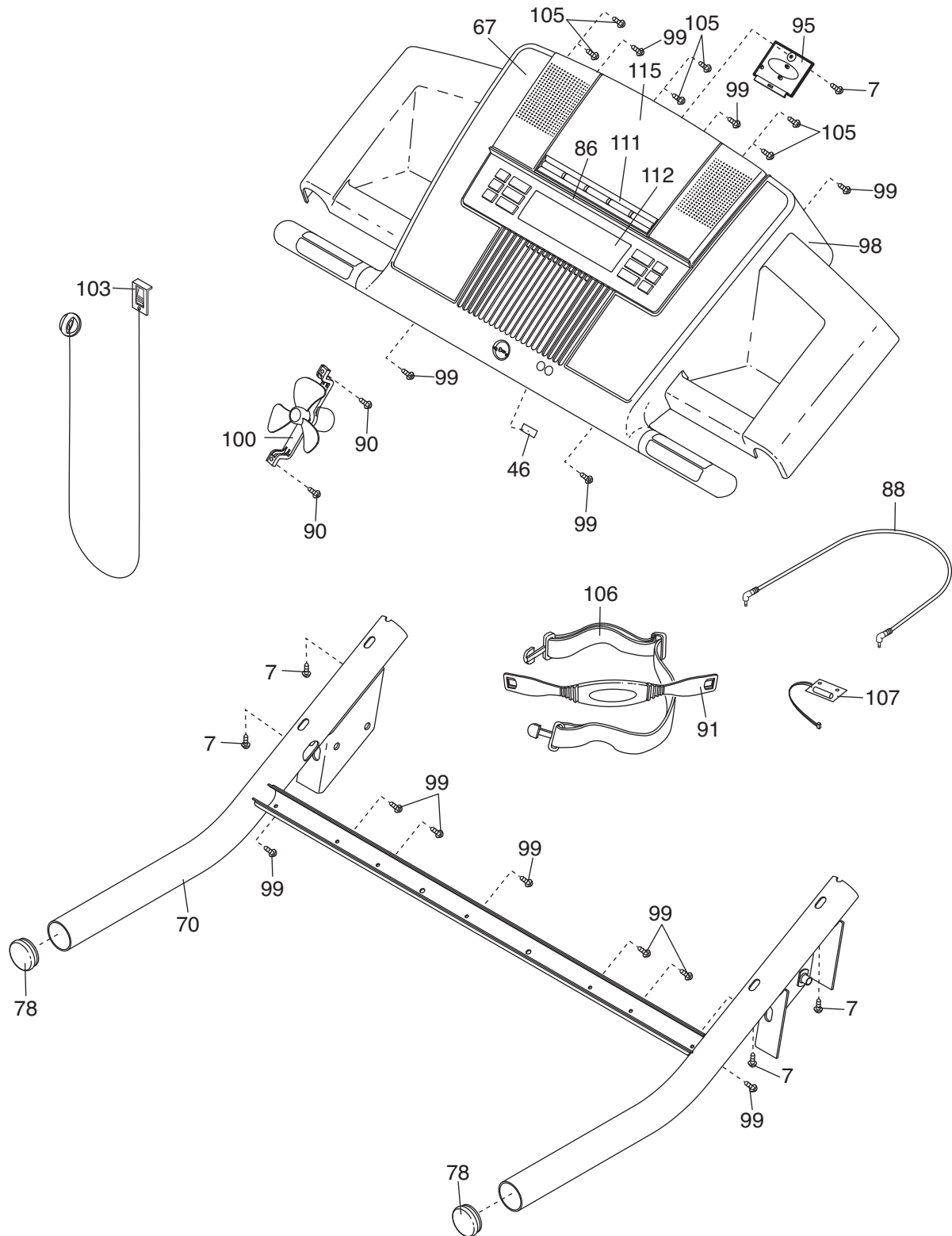
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EXPLODED DRAWING D—Model No. NTL17009.0

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ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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.

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