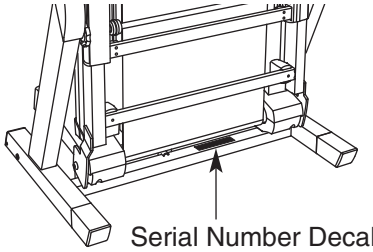
NordicTrack®
E 3500

Patent Pending

Model No. NTL17940
Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

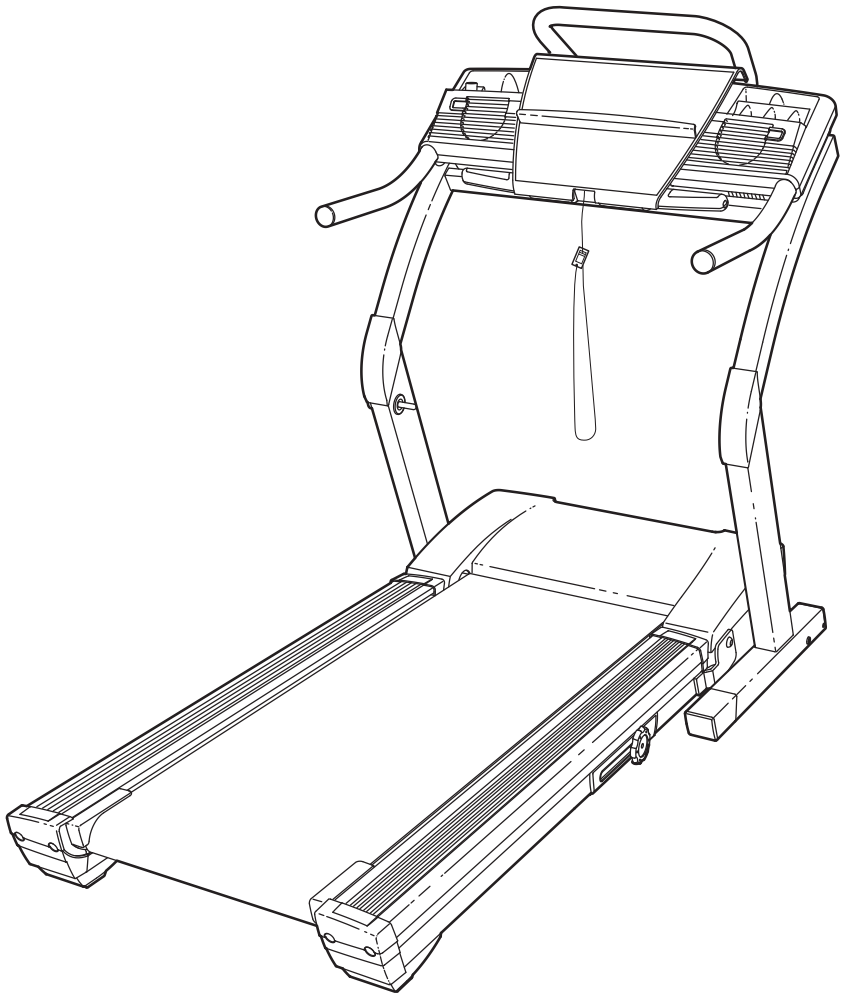
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ 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

www.nordictrack.com

new products, prizes, fitness tips, and much more!

NordicTrack® E 3500

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 8
HOW TO FOLD AND MOVE THE TREADMILL 26
TROUBLESHOOTING 27
CONDITIONING GUIDELINES 29
PART LIST 30
ORDERING REPLACEMENT PARTS 31
PART IDENTIFICATION CHART 31
LIMITED WARRANTY . . . . . Back Cover

Note: An EXPLODED DRAWING is attached in the center of this manual.

NordicTrack is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described.**

3. **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.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should not be used by persons weighing more than 300 pounds.**

8. **Never allow more than one person on the treadmill at a time.**

9. **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.***

10. **When connecting the power cord (see page 8), 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.**

11. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local NordicTrack dealer or call 1-800-806-3651 and order part number 146148.**

12. **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 or stop unexpectedly, which may result in a fall and serious injury.**

13. **Keep the power cord and the surge suppressor away from heated surfaces.**

14. **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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**

15. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

16. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

17. **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.**

18. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/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 on/off circuit breaker.)**

19. **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 26.) You must be able to safely lift 50 pounds (20 kg) in order to raise, lower, or move the treadmill.**

20. **Do not change the incline of the treadmill by placing objects under the treadmill.**

21. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**

22. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using iFIT.com CDs and videos, you can manually override the speed and incline settings by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

24. Always remove iFIT.com CDs and videos from your CD player or VCR 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.

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.

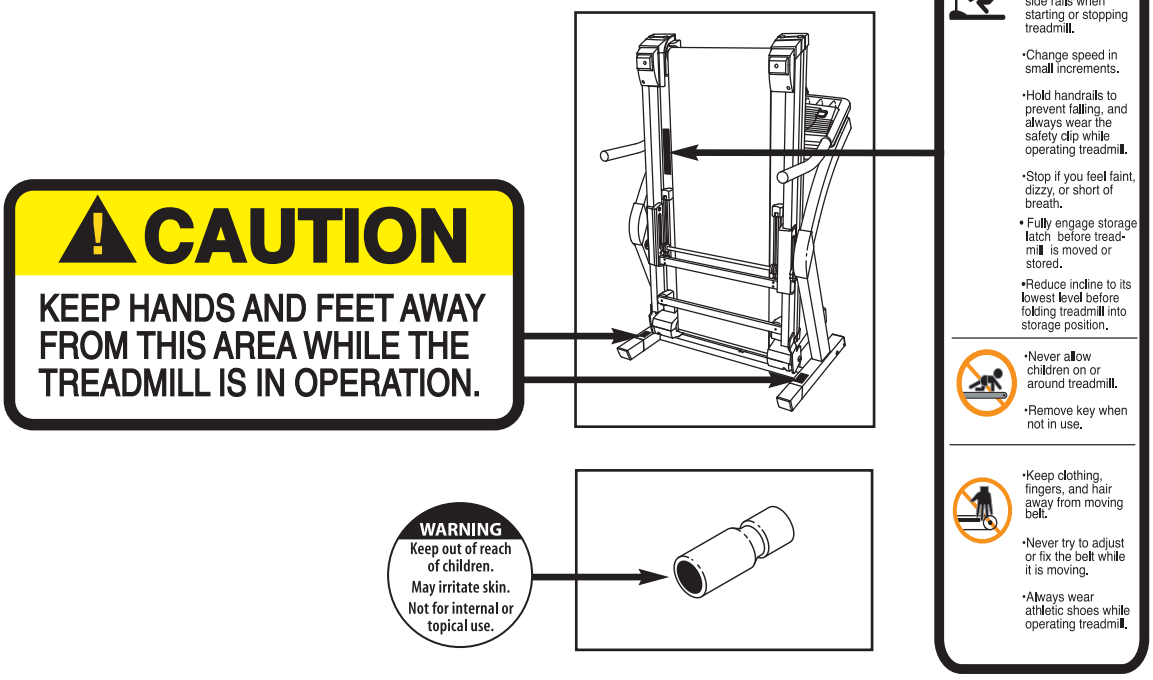
28. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

29. Keep the aromatherapy bottle out of the reach of children. Essential oil may irritate skin and is not intended for internal or topical use.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill and on the aromatherapy bottle. If a decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on page 31). Apply the decal in the location shown. Note: The decals may not be shown at actual size.

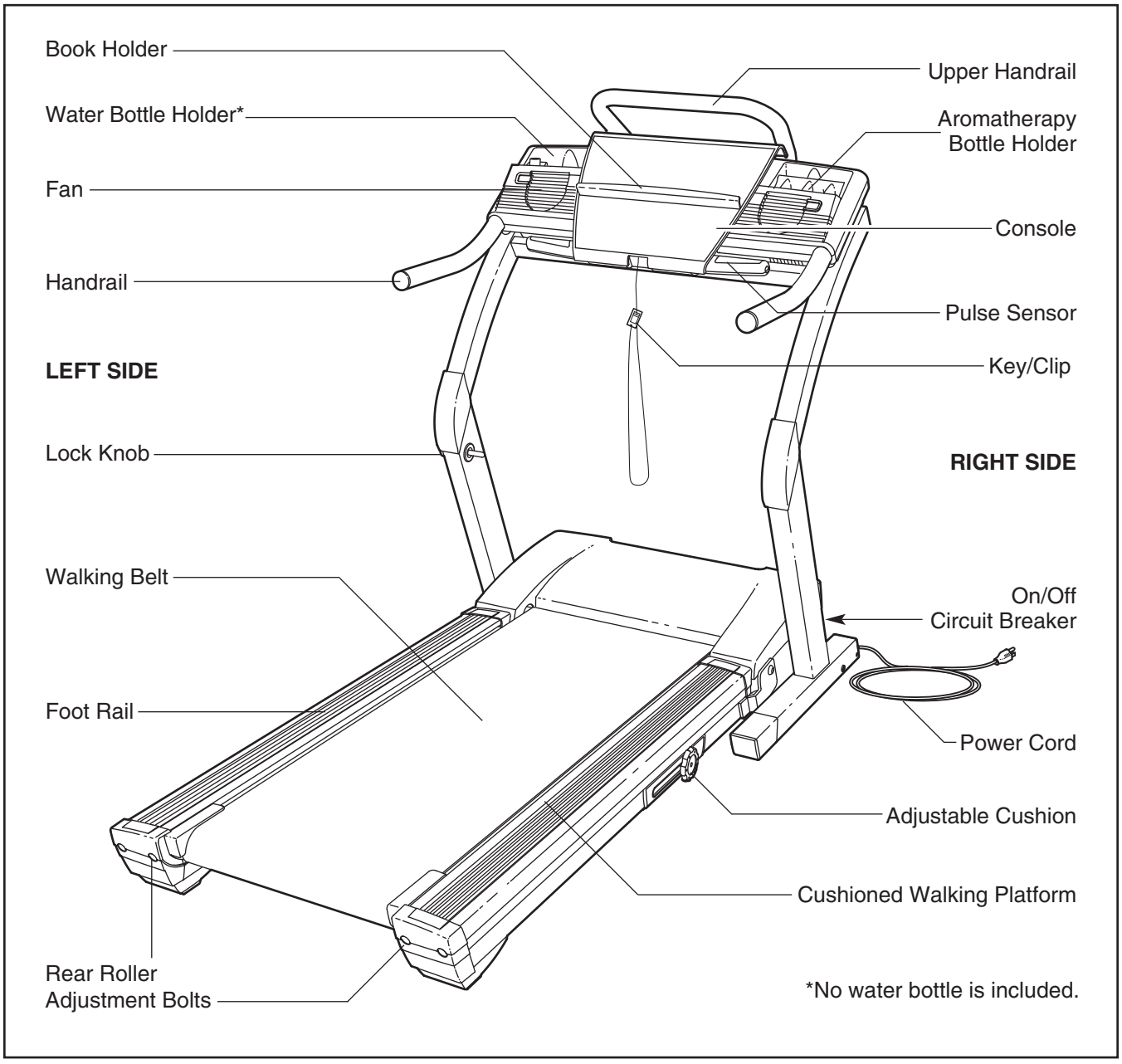


BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® E 3500 treadmill. The E 3500 treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience of your home. And when you're not exercising, the unique E 3500 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 additional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is NTL17940. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver , wire cutters , and rubber mallet .**

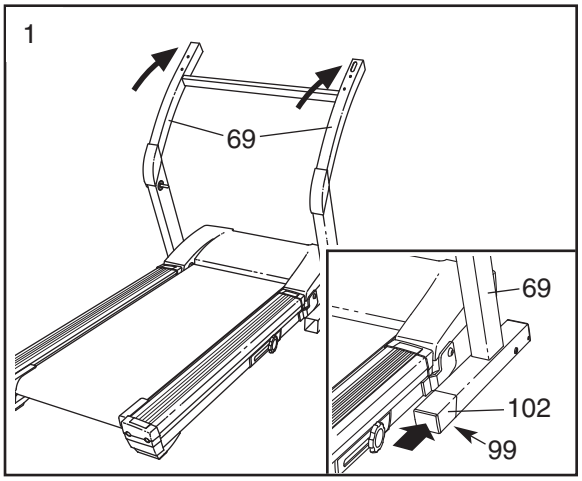
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant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

For help identifying the assembly hardware, see the PART IDENTIFICATION CHART on page 31.

1. With the help of a second person, carefully raise the Uprights (69) to the position shown.

   See the inset drawing. Insert one of the Extension Legs (102) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (99) is underneath it. Note: It may be helpful to tip the Uprights (69) forward and tap on the Extension Leg with a rubber mallet as you insert the Extension Leg.

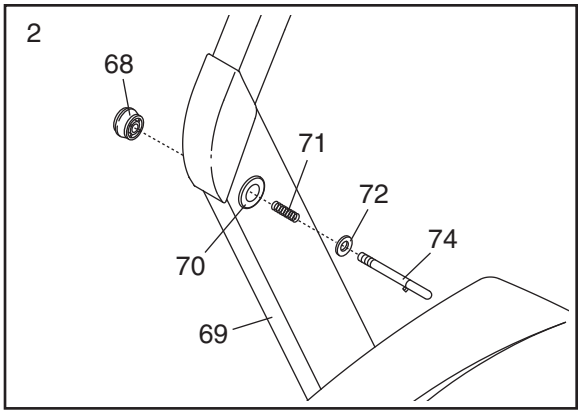
   Insert the other Extension Leg (not shown) in the same way.



2. Press the Lock Knob Sleeve (70) into the left Upright (69).

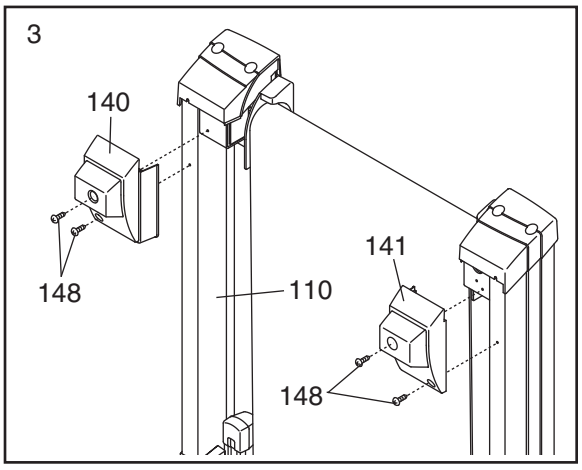
   Remove the Lock Knob (68) from the Lock Pin (74). Make sure that the Lock Pin Collar (72) and the Spring (71) are on the Lock Pin.

   Insert the Lock Pin (74) into the Lock Knob Sleeve (70) and the left Upright (69). Tighten the Lock Knob (68) back onto the Lock Pin.



3. Fold the treadmill into the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 26). Orient the Left Rear Foot (140) and the Right Rear Foot (141) as shown. Attach the Left and Right Rear Feet to the Frame (110) with four 1" Tek Screws (148). **Be careful not to overtighten the Screws.**

   Lower the treadmill Frame (110) (see HOW TO LOWER THE TREADMILL FOR USE on page 26).

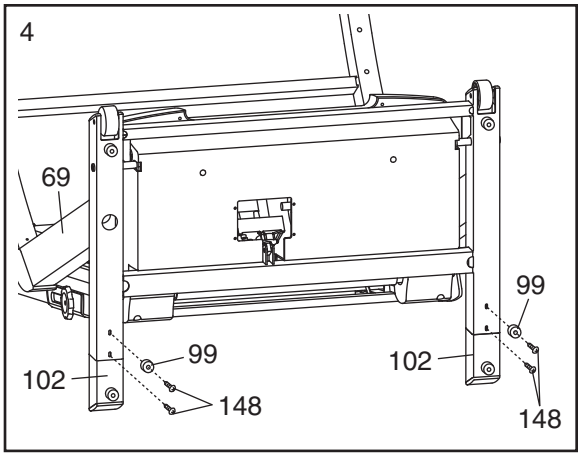


4. With the help of a second person, carefully tip the Uprights (69) down as shown. **Make sure that the Extension Legs (102) remain in the Uprights.**

   Attach each Extension Leg (102) with two 1” Screws (148) and a Base Pad (99) as shown. Note: Attach the lower Screw (without the Base Pad) first.

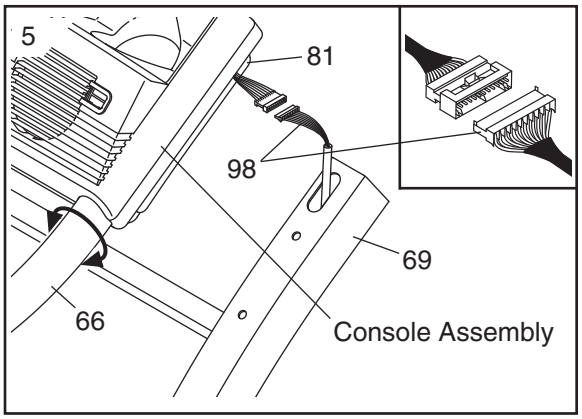
   With the help of a second person, carefully tip the Uprights (69) back to the vertical position.

   Note: One extra Base Pad (99) may be included. Use the Base Pad to replace any Base Pad that becomes worn.



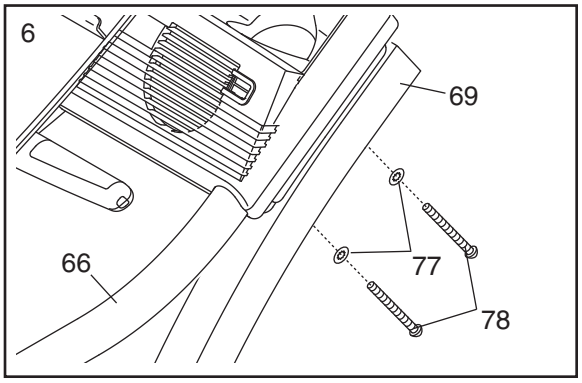
5. Insert a Handrail (66) into each side of the console assembly. Note: It may be helpful to twist the Handrails as you insert them.

   Cut the tie securing the Upright Wire Harness (98). Have a second person hold the console assembly near the Uprights (69). Connect the Upright Wire Harness to the wire harness extending from the Console Base (81). **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Insert the connectors and the Upright Wire Harness down into the right Upright, and then set the console assembly on the Uprights. **Be careful not to pinch the wires.**

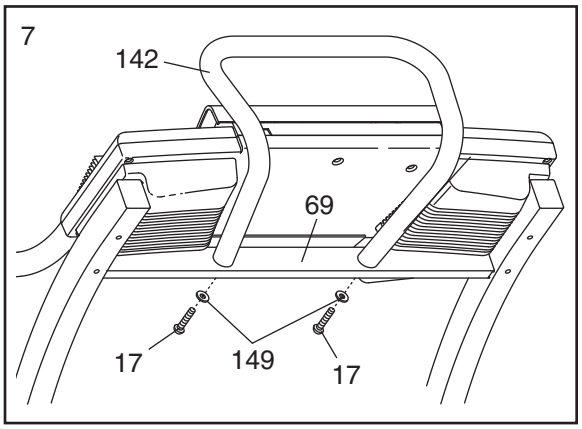


6. Insert two Handrail Bolts (78) with 5/16” Star Washers (77) into the right Upright (69) and the right Handrail (66) **Be careful not to damage the Upright Wire Harness (not shown).** Next, lift the right Handrail slightly and align the Bolts with the holes in the Handrail. (Note: If necessary, twist the Handrail to align the holes in the Handrail with the Bolts). Thread the Bolts into the Handrail. **Do not tighten the Bolts yet.**

   Attach the left Handrail (not shown) in the same way. Then, **tighten all four Handrail Bolts (78).** Note: There are no wire harnesses on the left side.



7. Attach the Upper Handrail (142) to the Uprights (69) with two 3” Bolts (17) and two Handrail Washers (149) as shown. Firmly tighten the Bolts.



8. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 28). **To protect the floor or carpet from damage, place a mat under the treadmill.**

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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

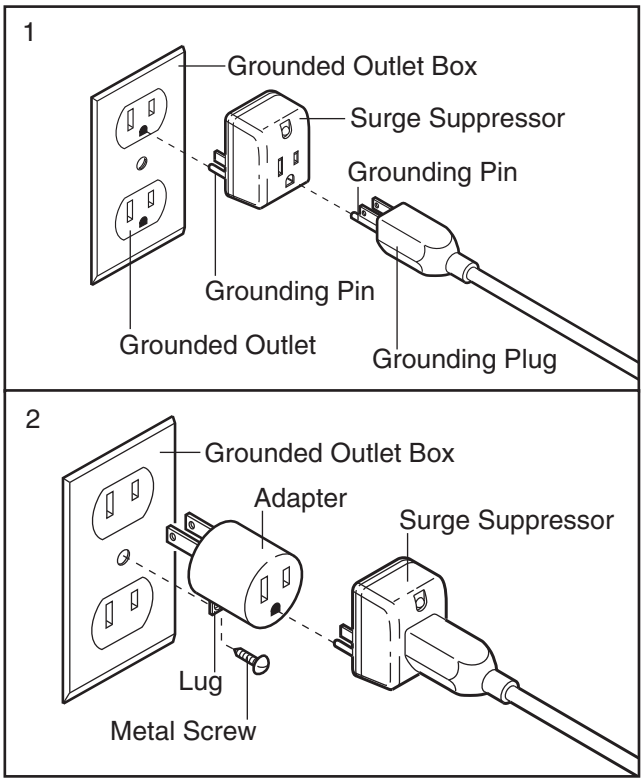
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit 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 1-800-806-3651 and order part number 146148.**

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 or stop unexpectedly, which may result in a fall and serious injury.

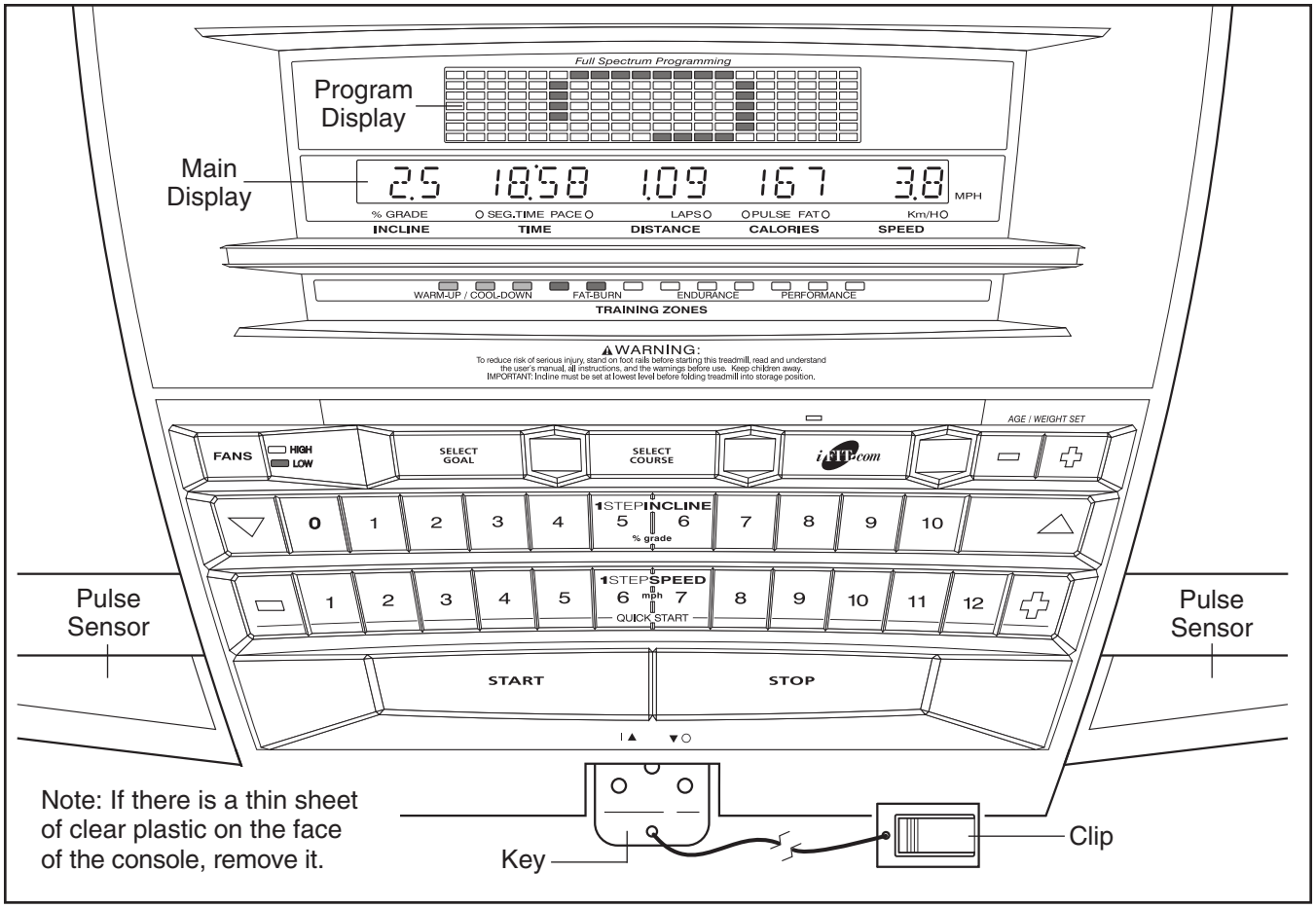
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into 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 advanced console offers a selection of features designed to help you get the most from your exercise.

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. **Note: For information about an optional chest pulse sensor, see page 24.**

Twenty-six preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. You can even create custom workout programs and store them in memory for future use.

In addition, the console offers four heart rate programs that automatically adjust the speed and incline of the treadmill to keep your heart rate near a target heart rate while you exercise. Note: The heart rate programs require the use of the optional chest pulse sensor.

The console also features new iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

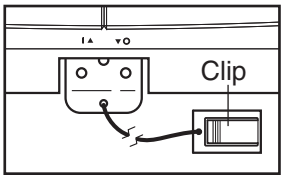
With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. Additional options are soon to be available. **See www.iFIT.com for more information.**

⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing below) while operating the treadmill.**
- **Adjust the speed in small increments in order to avoid sudden jumps in speed.**
- **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.**
- **If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise hart rate.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

GETTING STARTED

1 Attach the clip to the waistband of your clothes.

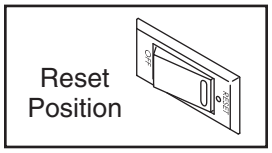


Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

2 Plug in the power cord.

See HOW TO PLUG IN THE POWER CORD on page 8.

3 Switch the reset/off circuit breaker to the reset position.



Locate the reset/off circuit breaker on the treadmill near the power cord. Make sure that the circuit breaker is in the reset position.

4 Insert the key fully into the console.

Stand on the foot rails of the treadmill. **Attach the clip securely to the waistband of your clothes.** Next, insert the key into the console. After a moment, the program display and the main display will light. Note: When the key is inserted, the treadmill incline system may automatically calibrate itself—the treadmill will rise to the highest incline level and then return to the lowest incline level. During calibration, the left side of the main display will show two dashes (– –) and the segment time indicator will flash.

5 Enter your weight.

Although you can use the console without entering your weight, the console will count your calorie expenditure more accurately if you enter your weight. To enter your weight, press either of the Age/Weight Set buttons. The words “ENTER WEIGHT” and the current weight setting will appear in the main display. Press the Age/Weight Set buttons again to enter your weight. The buttons can be held down to enter your weight quickly. Your weight will then be saved in memory.

To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To create and use a custom program,** see pages 15 and 16. **To use a heart rate program,** see page 17. **To use an iFIT.com CD or video program**, see page 21. **To use an iFIT.com program directly from our Web site**, see page 23.

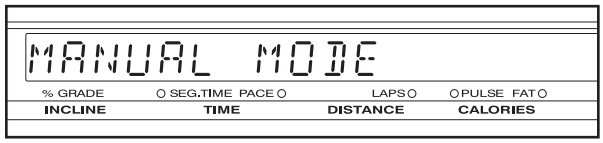
HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select the manual mode.

When the key is inserted, the manual mode will automatically be selected. If a program has been selected, press the Select Goal button repeatedly until the words “MANUAL MODE” appear in the main display.



3 Start the walking belt.

To start the walking belt, press the Start button, the Speed + button, or one of the twelve 1-Step Speed buttons.

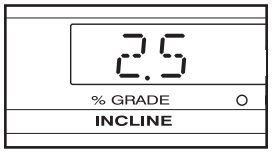
If the Start button or the Speed + button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.

If one of the 1-Step Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The time will begin to flash in the main display. To restart the walking belt, press the Start button, the Speed + button, or one of the 1-Step Speed buttons.

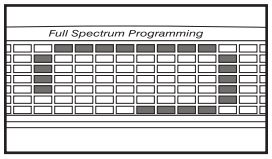
Note: During the first few minutes that the treadmill is used, observe the alignment of the walking belt, and align it if necessary (see page 28).

4 Change the incline of the treadmill as desired.



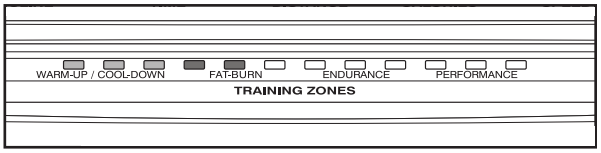
To change the incline of the treadmill, press the Incline △ and ▽ buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline quickly, press the 1-Step Incline buttons. The incline range is 0% to 10%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 Follow your progress with the LED track, the Training Zone display, and the main display.



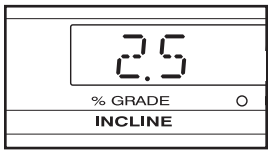
The LED track—When the manual mode or the iFIT.com mode is selected, the program display will show an LED track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

The Training Zone display—As you exercise, the Training Zone display will show the approximate intensity level of your exercise. For example, if four to six indicators in the display are lit, your intensity level is ideal for fat burning.



The main display—The main display will show the following information:

Incline—The left side of the main display shows the incline level of the treadmill.



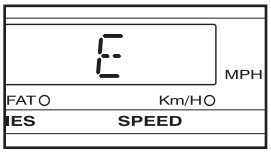
Time/Pace—When the manual mode or the iFIT.com mode is selected, the next section of the main display will show the elapsed time and your current pace (pace is measured in *minutes per mile*). The display will change from one

number to the other every few seconds; the Pace indicator will light when your pace is shown. When a program is selected, the display will show the time remaining in the program, your current pace, and the time remaining in the current segment of the program.

Distance/Laps—The center section of the main display shows the distance that you have walked and the number of 1/4-mile laps you have completed. The display will change from one number to the other every few seconds; the Laps indicator will light when the number of laps is shown.

Calories/Pulse—When you are not using the handgrip pulse sensor, the next section of the main display will show the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 29). The display will change from one number to the other every few seconds; the Fat indicator will light when the number of fat calories is shown. When you are using the handgrip pulse sensor, the display will show your heart rate (see step 6 at the right).

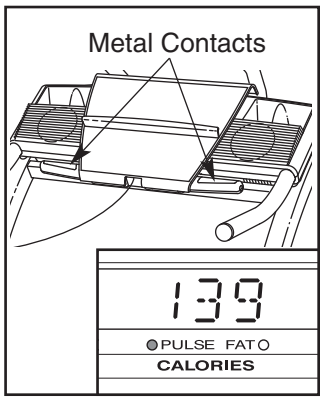
Speed—The right side of the main display shows the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear on the right side of the main display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**

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

6 Measure your heart rate if desired.



To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts on the handrail. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—**avoid moving your hands**. When your pulse is detected, the Pulse indicator will light and then your heart rate will be shown in the main display. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fans if desired.

To turn on the fans at low speed, press the Fans button. To turn on the fans at high speed, press the Fans button a second time. To turn off the fans, press the Fans buttons a third time. Note: Any time that the walking belt is stopped for a few minutes, the fans will automatically turn off.

8 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 24 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the off position and unplug the power cord.

HOW TO USE PRESET PROGRAMS

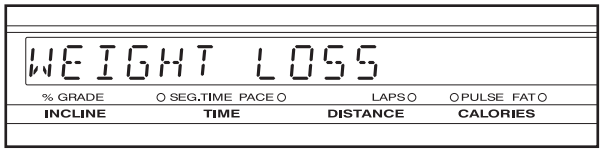
1 Insert the key fully into the console.

See GETTING STARTED on page 10.

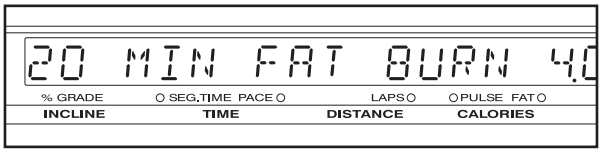
2 Select the desired preset program.

The console offers twenty-six preset programs—nine programs that focus on weight loss, nine programs designed for aerobic exercise, and eight programs for high-performance conditioning.

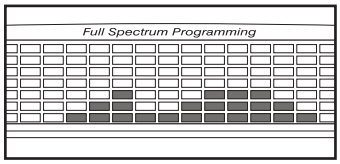
When the key is inserted, the manual mode will be selected. To select one of the preset programs, first press the Select Goal button repeatedly until the words “WEIGHT LOSS,” “AEROBIC,” or “PERFORMANCE” appear in the main display.



Next, press the Select Course button repeatedly to select one of the weight loss, aerobic, or performance programs.



Three seconds after a preset program is selected, the total program time, the name of the selected program, the maximum speed setting for the program, and the maximum incline setting for the program will begin to scroll across the main display.

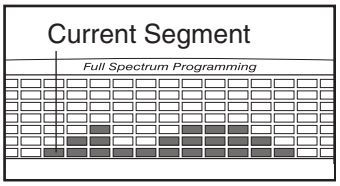


The program display will show the speed settings of the program you have selected. Note: If you have selected a program with more than seventeen segments, the display will show only the first seventeen speed settings.

3 Press the Start button or the Speed + 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 time segments of different lengths. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) The speed setting for the first segment is shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next several segments are 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 incline setting will flash in the main 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 of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings will move downward* so that only the highest indicators appear in the program display. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and no time remains in the program. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low during the program, you can manually override the setting by pressing the Speed or Incline buttons on the console. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.) Note: If you *manually* adjust the speed setting so that all of the indicators in the Current Segment column are lit, the speed settings in the program display will *not* move downward as described above. **Note: If you manually override the speed or incline setting, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 11.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fans if desired.

See step 7 on page 12.

7 When you are finished exercising, remove the key.

Step onto the foot rails and **make sure that the incline of the treadmill is at the lowest level.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. See page 24 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off circuit breaker switch near the power cord to the off position and unplug the power cord.

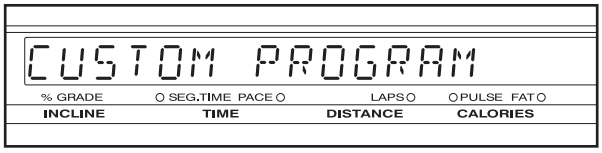
HOW TO CREATE CUSTOM PROGRAMS

1 Insert the key fully into the console.

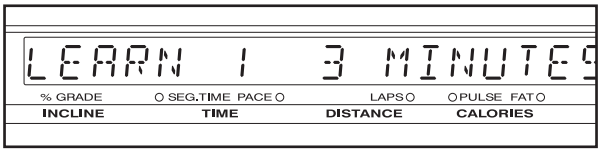
See GETTING STARTED on page 10.

2 Select one of the custom programs.

When the key is inserted, the manual mode will be selected. To select a custom program, first press the Select Goal button repeatedly until the words "CUSTOM PROGRAM" appear in the main display.



Next, press the Select Course button repeatedly to select the Learn 1 or Learn 2 program.



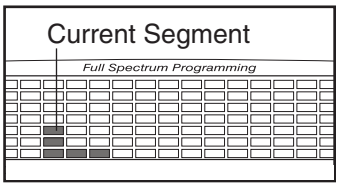
Three seconds after a custom program is selected, the name of the selected program and the total program time will begin to scroll across the main display.

Note: If the custom program has not yet been defined, one to three columns of indicators will be lit in the program display. If more than three columns of indicators are lit, see HOW TO USE CUSTOM PROGRAMS on page 16.

3 Press the Start button or the Speed + 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.

See the program display. 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 program display. (The incline settings are not shown in the program display.) 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 one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column.



When the first segment of the program ends, the current speed setting and the current incline setting will be stored 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 the program has ended, remove the key.

See step 7 on page 14.

HOW TO USE CUSTOM PROGRAMS

1 **Insert the key fully into the console.**

See GETTING STARTED on page 10.

2 **Select one of the custom programs.**

When the key is inserted, the manual mode will be selected. To select a custom program, first press the Select Goal button repeatedly until the words "CUSTOM PROGRAM" appear in the main display. Next, press the Select Course button repeatedly to select the Learn 1 or Learn 2 program.

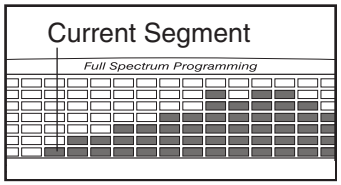
Three seconds after a custom program is selected, the name of the selected program and the total program time will begin to scroll across the main display.

The program display will show the first speed settings of the program you have selected (see the drawing below). **Note: If only three columns of indicators are lit in the program display, see HOW TO CREATE A CUSTOM PROGRAM on page 15.**

3 **Press the Start button or the Speed + 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 program is divided into several one-minute segments. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment is shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) 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, a series of tones will sound, the speed setting and the incline setting will flash in the main display, and *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 second speed and incline settings that you programmed previously.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and no time remains in the program. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using it. **To change the speed or incline setting during 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. 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.

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 **Follow your progress with the displays.**

See step 5 on page 11.

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

See step 6 on page 12.

6 **Turn on the fans if desired.**

See step 7 on page 12.

7 **When you are finished exercising, remove the key.**

See step 7 on page 14.

HOW TO USE HEART RATE PROGRAMS

Heart rate programs automatically adjust the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. **Note: You must wear the optional chest pulse sensor (see page 24) to use the heart rate programs.**

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate 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 heart rate program.

1 Put on the optional chest pulse sensor.

See the instructions included with the optional chest pulse sensor.

2 Insert the key fully into the console.

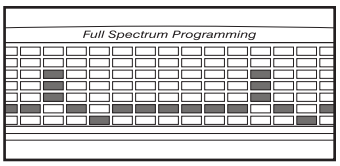
See GETTING STARTED on page 10.

3 Select a heart rate program.

When the key is inserted, the manual mode will be selected. To select a heart rate program, first press the Select Goal button repeatedly until the words “HEART RATE” appear in the main display.

Next, press the Select Course button until the words “PULSE DRIVEN 1,” “PULSE DRIVEN 2,” “PULSE DRIVEN 3,” or “PULSE DRIVEN 4” appear.

During heart rate programs, the program display will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.



4 Enter your age and a maximum speed setting.

Three seconds after a heart rate program is selected, the words “ENTER AGE” and the current age setting will appear in the main display. You must enter your age to use a heart rate program. If you have already entered your age, press the Start button (pressing the button will not start the program at this time). If you have not entered your age, press the Age/Weight Set buttons to enter your age. The buttons can be held down to enter your age quickly. Then, press the Start button. Once you have entered your age, it will be saved in memory.

After you have entered your age, the words “ENTER MAX SPEED” and the maximum speed setting of the program will appear in the main display. If desired, press the Speed buttons or the 1-step Speed buttons to change the maximum speed setting.

5 Press the Start button or the Speed + 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 heart rate program is divided into several time segments of different lengths. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One target heart rate setting is programmed for each segment.

During each segment, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed reaches the maximum speed setting of the program (see step 4 on page 17) and your heart rate is still too far below the current target heart rate setting, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate setting.

During the last three seconds of each segment, a series of tones will sound and the speed setting and/or the incline setting will flash in the main display.

The program will continue until no time remains in the program. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the current 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.

If your pulse is not detected during the program, the letters “PLS” will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions included with the optional chest pulse sensor.

To stop the program at any time, press the Stop button. Heart rate programs should not be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

6 Follow your progress with the displays.

See step 5 on page 11.

7 Turn on the fans if desired.

See step 6 on page 12.

8 When you are finished exercising, remove the key.

See step 7 on page 14.

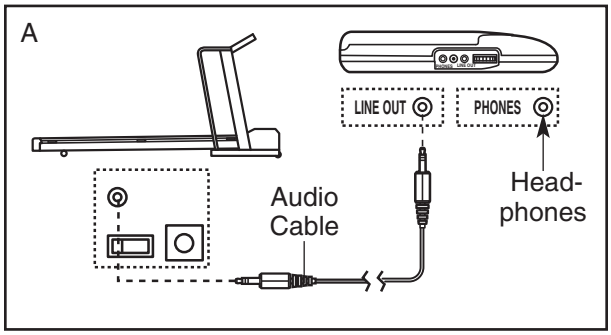
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See this page and page 20 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 21 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 20 for connecting instructions.

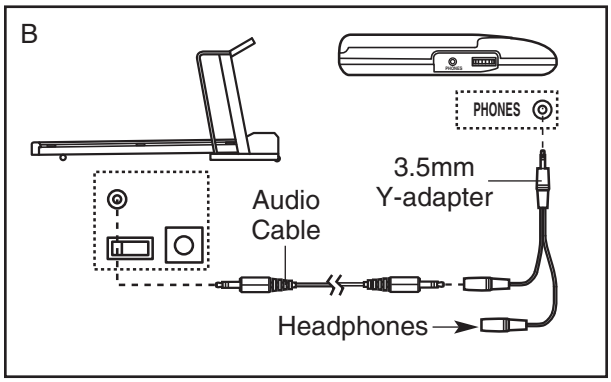
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



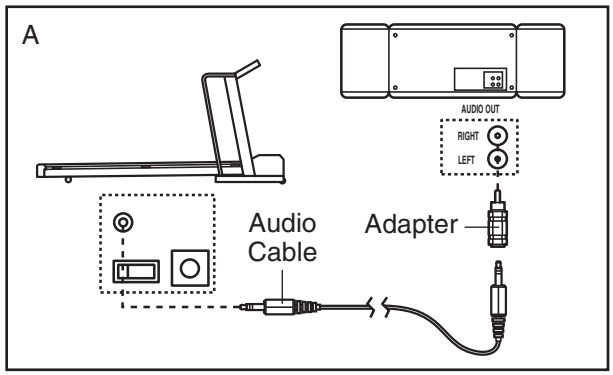
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



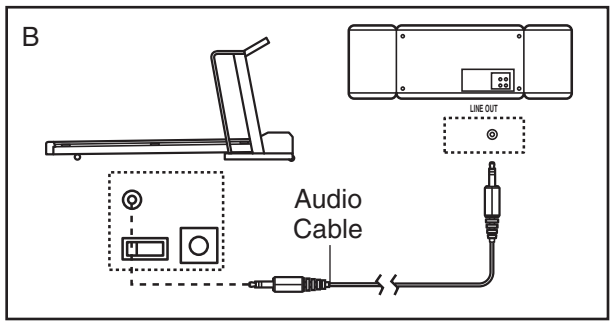
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

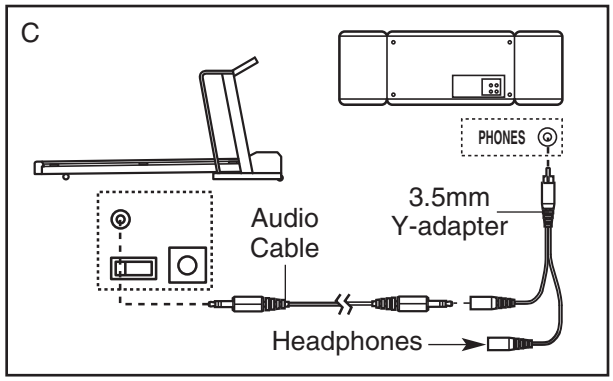
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.



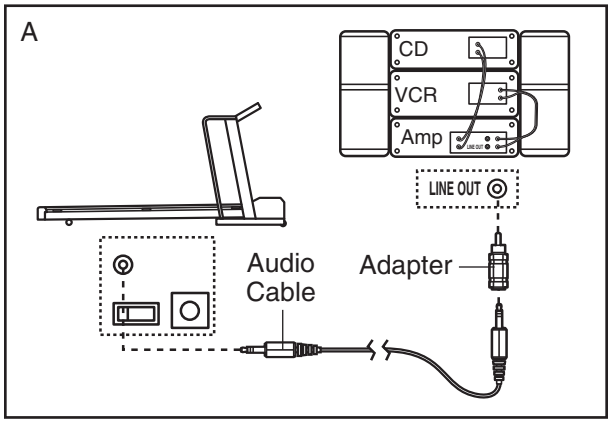
C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



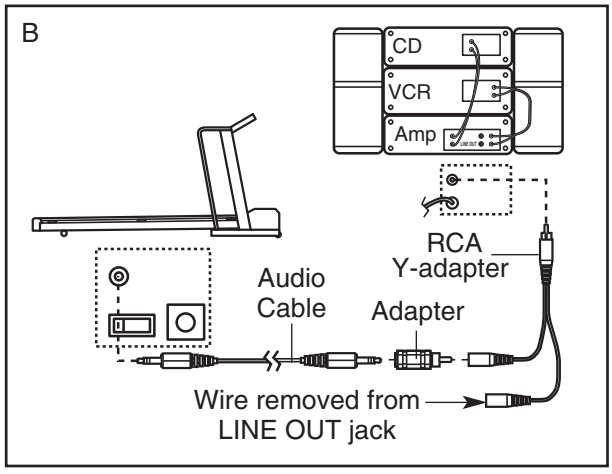
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.



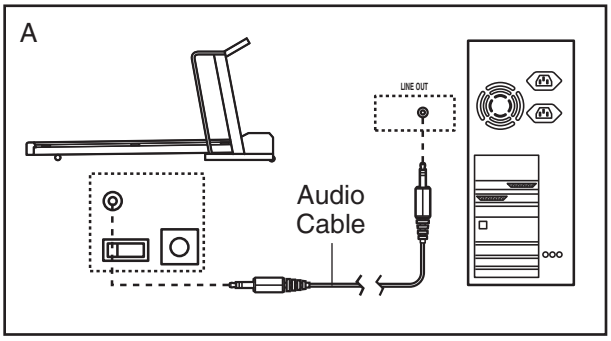
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



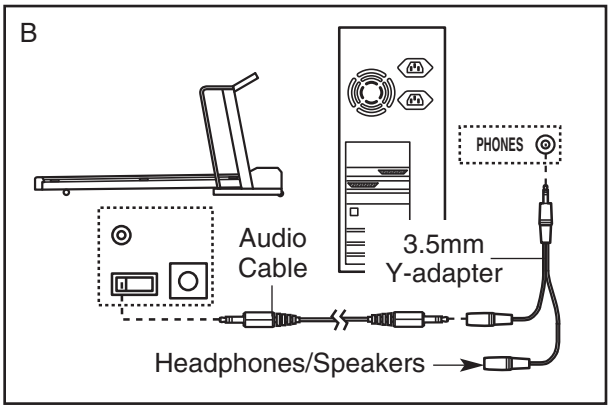
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.



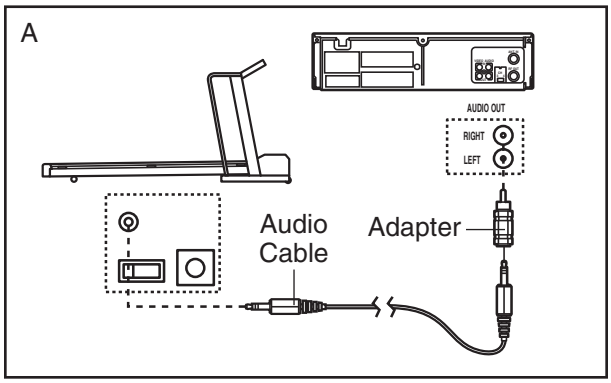
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



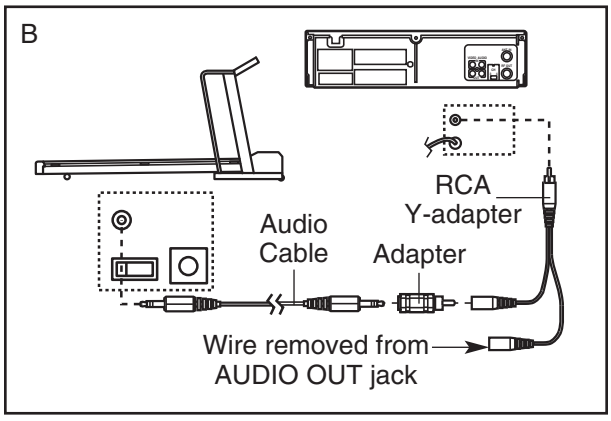
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 20.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 19. **Note: To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select the iFIT.com mode.

To use an iFIT.com CD or video program, press the iFIT.com button. The indicator above the button will light and the words “IFIT MODE” will appear in the main display.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer’s instructions. Note: If the time is flashing in the main display, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program while the time is flashing.

During the CD or video program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program**.

When the CD or video program is completed, the walking belt will stop and the time will begin to flash in the main display. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 21.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. If the time is flashing, press the Start button or the Speed + button on the console.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 **Follow your progress with the displays.**

See step 5 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 12.

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

See step 7 on page 14.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Insert the key fully into the console.**

See GETTING STARTED on page 10.

2 **Select the iFIT.com mode.**

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The indicator above the button will light and the words "IFIT MODE" will appear in the main display.

3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop and the time will begin to flash in the time display. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 **Follow your progress with the displays.**

See step 5 on page 11.

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

See step 6 on page 12.

10 **Turn on the fans if desired.**

See step 7 on page 12.

11 **When you are finished exercising, remove the key.**

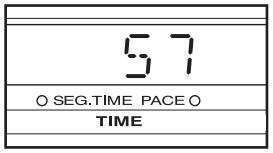
See step 7 on page 14.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

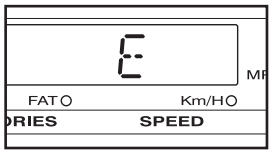
To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the main display will show the following information:

The left side of the main display will show the total number of hours that the treadmill has been used.



The center of the main display will show the total number of miles that the walking belt has moved.

An "E" for English miles or an "M" for metric kilometers will appear on the right side of the main display. Press the Speed + button to change the unit of measurement.

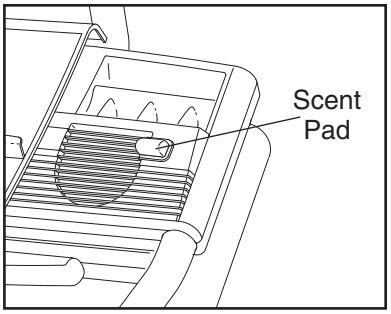


IMPORTANT: Make sure that there is not a letter "D" in the main display. If a "D" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "D" appears in the display when the information mode is selected, press the Speed – button so that it disappears.**

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

HOW TO USE THE AROMATHERAPY SYSTEM

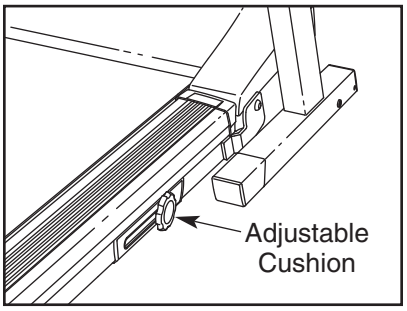
To make your workouts more enjoyable, the console features an aromatherapy system. To use NordicTrack® REJUVENAIRE™ essential oils with the console, press the scent pads into the receptacals beside the fans. Deposit a few drops of essential oil onto each scent pad.



As you exercise, turn on the fans to circulate the essential oil throughout your workout area. **For information about REJUVENAIRE scents and scent pads, call toll-free 1-800-215-7403.**

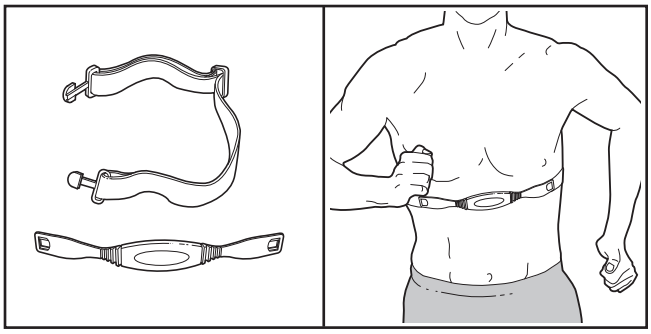
HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, turn the adjustment knob counterclockwise. To decrease the firmness, turn the knob clockwise. **Note: The faster you run on the treadmill, or the more you weigh, the firmer the cushioning system should be.**



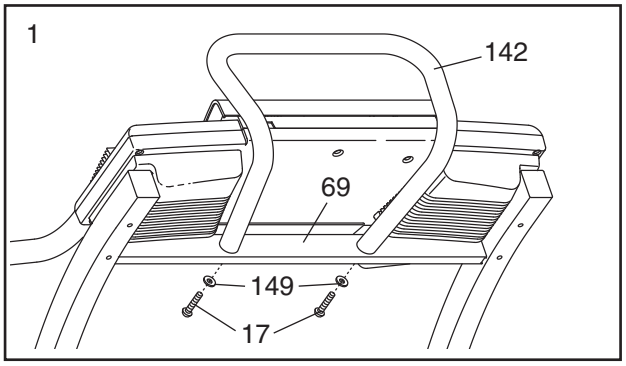
THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor provides hands-free operation and enables you to use the console's heart rate programs. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**

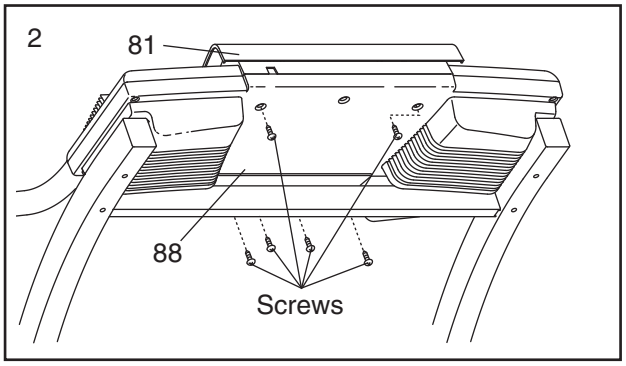


If you purchase the optional chest pulse sensor, follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

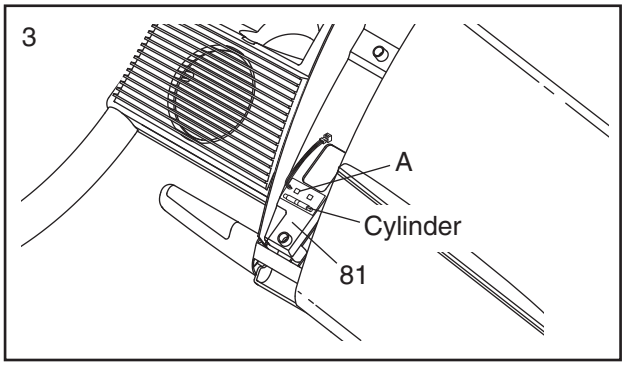
1. **Make sure that the power cord is unplugged.** While holding the Upper Handrail (142), remove the two 3" Bolts (17) and Handrail Washers (149).



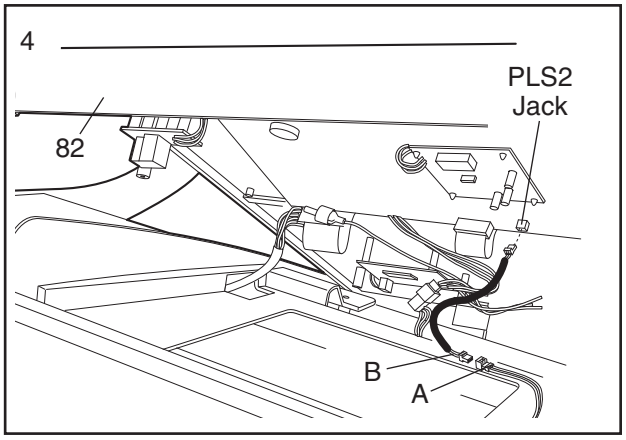
2. Remove the indicated screws from the Console Back (88). **Important: The screws may be different lengths; remember which screws were removed from which holes.** Remove the Console (81).



3. Peel the paper off the pad on the bottom of the receiver (A). **Turn the receiver so the small cylinder is on the side shown,** and press the receiver onto the bottom of the Console Base (81) in the indicated location.



4. Connect the included short jumper wire (B) to the wire on the receiver (A). Connect the other end of the short jumper wire to the PLS2 jack on the back of the Console (82) (if there is a wire already plugged into the PLS2 jack, unplug it). Note: The other wires included with the receiver may be discarded. Use the included wire tie to secure wires, if needed.



5. See step 2. Reattach the Console (81) with the screws; **make sure that no wires are pinched. Important: If the screws are not put back into the same holes from which they were removed, the Console will be damaged.**

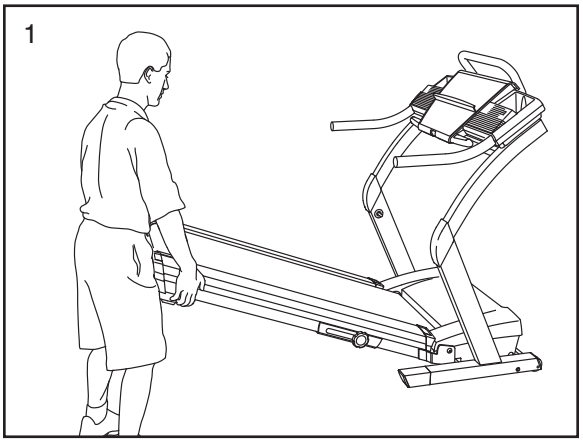
   See step 1. Reattach the Upper Handrail (142).

HOW TO FOLD AND MOVE THE TREADMILL

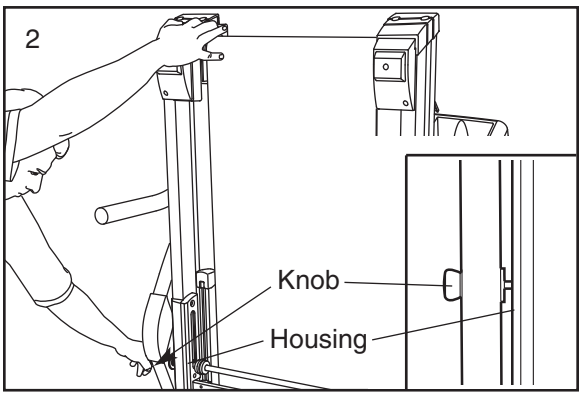
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become damaged. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 50 pounds (20 kg) to raise, lower, or move the treadmill.

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



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the lock knob to the left and hold it. Raise the treadmill until the lock pin is aligned with the hole in the housing. Insert the lock pin into the housing. **Make sure that the lock pin is fully inserted into the housing.** Note: If the adjustment knob (not shown) hits the upright, press on the knob.



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° Fahrenheit.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the lock pin is fully inserted into the housing.**

1. Hold the handrails as shown and place one foot against a wheel.

2. Tilt the treadmill back until it rolls freely on the front 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 on wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the latch knob.

2. See drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. Do not drop the treadmill. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLESHOOTING

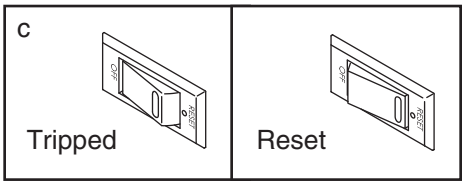
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

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 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. 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 on/off circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the on/off circuit breaker has tripped. To reset the on/off circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the on/off circuit breaker located on the treadmill frame near the power cord (see c. above). If the on/off circuit breaker has tripped, wait for five minutes and then press the switch back in.

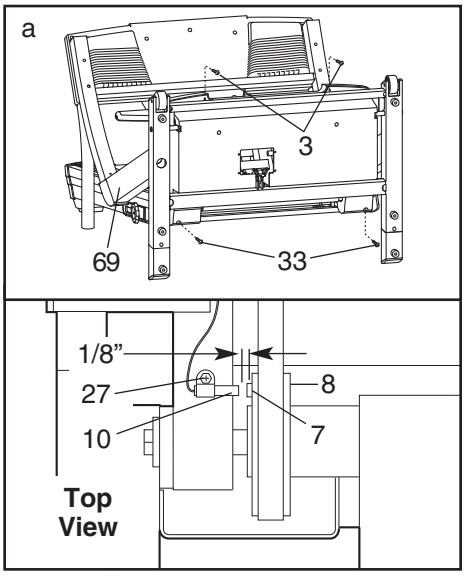
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

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 1" Screws (33) and the 2" Screws (3) from the hood. Raise the Uprights (69) and carefully remove the hood.

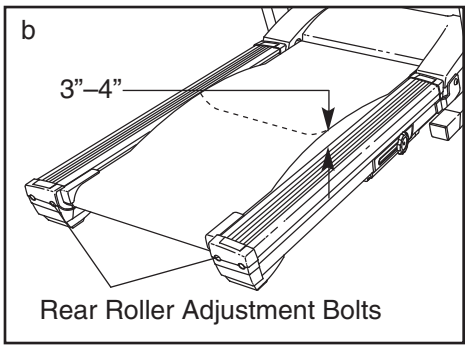


Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (27) and move the Reed Switch slightly. Retighten the Screw. Reattach the hood, making sure the screw are in their same holes. 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 8.

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 allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side 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 run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

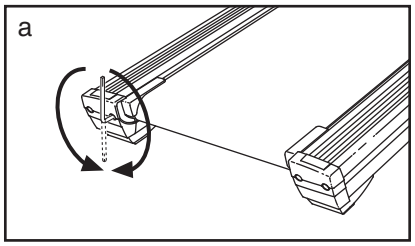


Rear Roller Adjustment Bolts

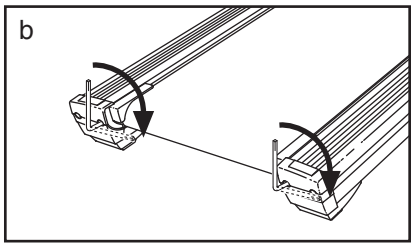
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

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 allen wrench 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 allen wrench, 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 side 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 or does not change when iFIT.com CDs and videos are played

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.

CONDITIONING GUIDELINES

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

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

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTL17940

R1203A

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description
1	2	Foot Rail Insert
2	1	Left Foot Rail
3	2	2” Hood Screw
4	1	Front Left Endcap
5	2	Frame Pivot Bolt
6	2	Frame Pivot Spacer
7	1	Magnet
8	1	Front Roller/Pulley
9	6	Frame Pivot Nut
10	1	Reed Switch/Sensor Wire
11	4	U-nut
12	1	Reed Switch Clip
13	1	Lift Frame
14	1	Walking Belt
15	14	Foot Rail Screw
16	1	Motor
17	2	3” Bolt
18	1	Handrail Foam
19	6	Endcap Screw
20	2	Frame Pivot Nut
21	1	Top Incline Bolt
22	1	Motor Belt
23	1	Hood
24	1	Incline Motor Bolt
25	2	Motor Bushing
26	12	Cushion Adj. Housing Screw
27	9	Electronic Screw
28	2	Foam Pad
29	1	Controller
30	1	Left Outside Housing
31	1	Motor Controller Wire
32	1	Front Roller Adj. Bolt
33	12	1” Screw
34	8	Roller Washer
35	1	Left Roller Guard
36	1	Incline Motor
37	1	Incline Motor Stop
38	1	Motor Belly Pan
39	1	Audio Wire Nut
40	2	Static Decal
41	1	On/Off Circuit Breaker
42	1	Power Cord
43	1	Right Roller Guard
44	4	Spring Bolt
45	2	Upright Cap Screw
46	2	Belt Guide
47	2	Isolator
48	1	Console Ground Wire
49	2	Handrail
50	4	Spring Nut
51	1	Front Right Endcap
52	1	Walking Platform
53	2	Front Platform Screw
54	3	Rear Platform Screw
55	2	Spring Pad
56	2	Spring
57	1	Ground Wire
58	1	Rear Endcap (Right)
59	2	Rear Roller Adj. Bolt
60	1	Warning Decal
61	1	Allen Wrench
62	1	Rear Roller
63	1	Audio Wire
64	2	Handrail Foam
65	1	Left Fan Housing
66	1	Console Frame
67	2	Spring Pad Screw
68	1	Lock Knob
69	1	Upright
70	1	Lock Knob Sleeve
71	1	Spring
72	1	Lock Pin Collar
73	1	Pin Clip
74	1	Lock Pin
75	1	Filter Wire
76	2	Pulse Grip
77	4	5/16” Star Washer
78	4	4 1/2” Bolt
79	2	Upright Endcap
80*	1	Latch Assembly
81	1	Console Base
82	1	Console
83	2	Upright Cap
84	1	Key/Clip
85	1	iFIT.com Wire
86	1	Jack
87	2	Handrail Endcap
88	1	Console Back
89	1	Releaseable Tie
90	23	Console Screw
91	2	Cable Tie Clamp
92	5	8” Cable Tie
93	2	Lift Pivot Bolt
94	2	Wheel Bolt
95	2	Wheel
96	1	Rear Endcap (Left)
97	1	Grommet
98	1	Upright Wire Harness
99	6	Base Pad
100	8	3/4” Screw
101	2	Wheel Endcap
102	2	Extension Leg
103	2	Extension Cap
104	2	Incline Warning Decal
105	1	Idler Arm Bolt
106*	1	Extension Leg Assembly
107	2	Fan
108	1	Book Holder
109	1	Power Cord Grommet
110	1	Frame
111*	1	Idler Arm Assembly
112	2	Roller Star Washer
113	2	Spring Plate
114*	2	Cushion Assembly
115	1	Left Cup Holder
116	1	Right Cup Holder
117	1	Left Inside Housing
118	1	Right Inside Housing
119	1	Right Outside Housing
120	2	Cushion Adj. Pin
121	2	Cushion Adj. Gear
122	2	Cushion Adj. Wheel
123	2	Cushion Adj. Rod
124	1	Cushion Adj. Knob
125	5	Cushion Adj. Screw
126	1	Cotter Pin
127	1	Clevis Pin
128	2	Spring Plate Spacer
129	2	Gear Rack
130	1	Right Fan Housing
131	2	Motor Bolt
132	1	Motor Isolator
133	1	Idler Arm
134	1	Idler Spring
135	2	Idler Arm Nylon Washer
136	1	Pulley Nut
137	1	Pulley Washer
138	1	Idler Pulley
139	1	Pulley Spacer
140	1	Left Rear Foot
141	1	Right Rear Foot
142	1	Upper Handrail w/Foam
143	1	Transformer
144	1	Controller Bracket
145	1	Right Foot Rail
146	2	Walking Platform Nut
147	1	Aromatherapy Kit
148	8	1” Tek Screw
149	2	Handrail Washer
#	1	18” Blue Wire, 2F
#	1	4” Blue Wire, 2F
#	1	8” Green Wire, F/Ring
#	1	4” Green Wire, F/Ring
#	1	8” Black Wire, 2 Ring
#	1	User's Manual

* Includes all parts shown in box
# These parts are not illustrated

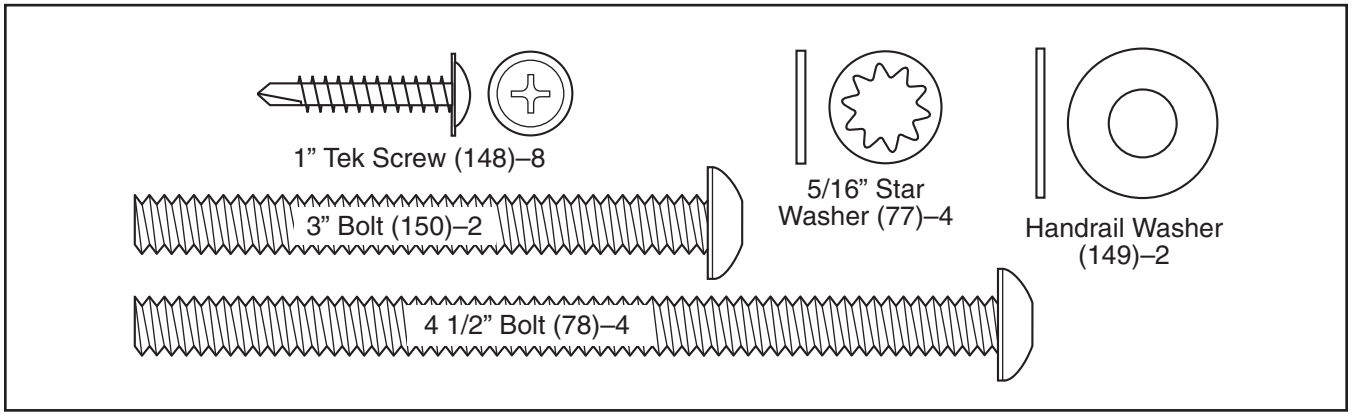
ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER OF THE PRODUCT (NTL17940)
- the NAME OF THE PRODUCT (NordicTrack® E 3500 treadmill)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on page 30 and the EXPLODED DRAWING attached in the center of this manual)

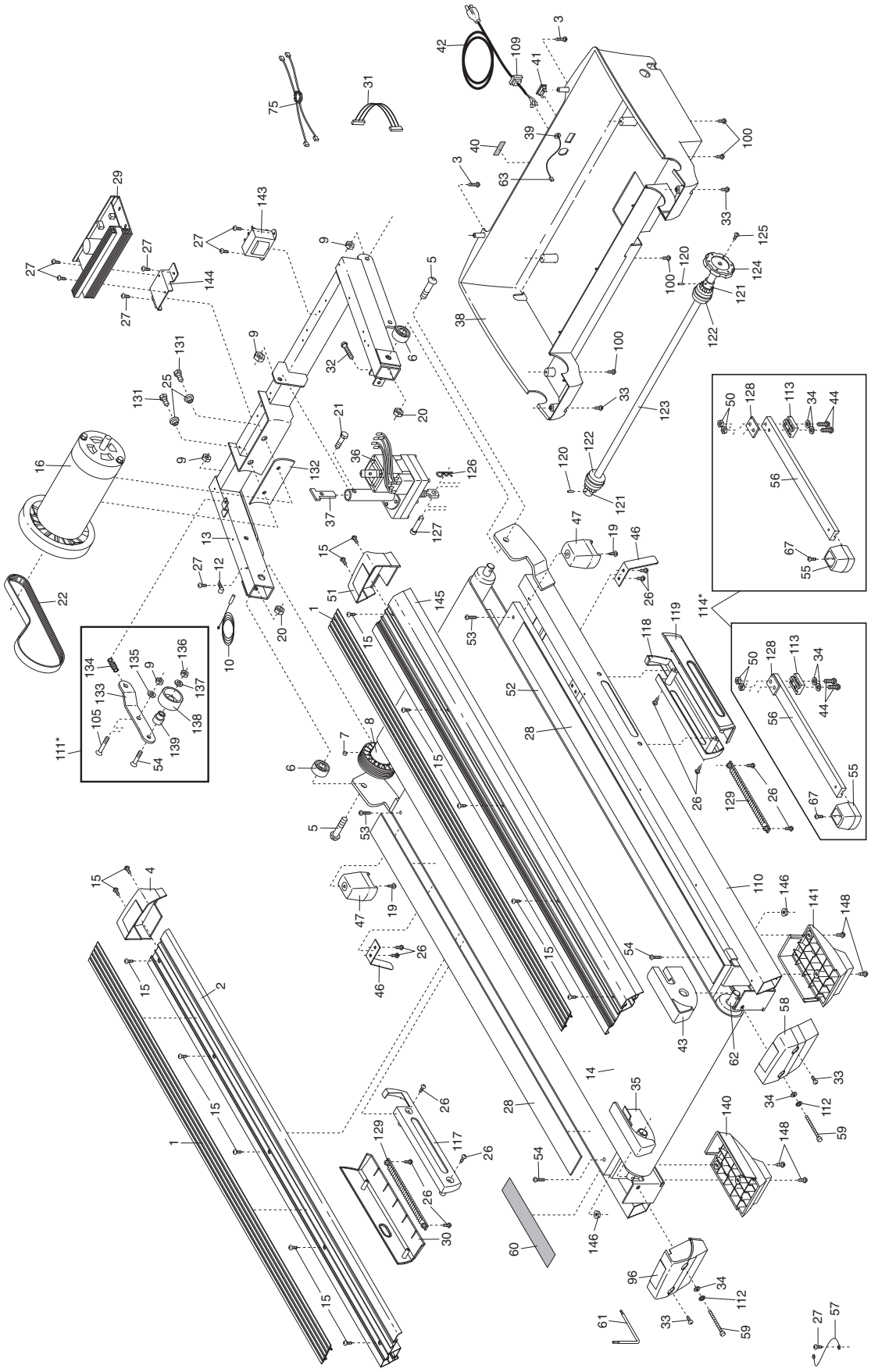
PART IDENTIFICATION CHART

For help identifying the assembly hardware, see the drawings below.



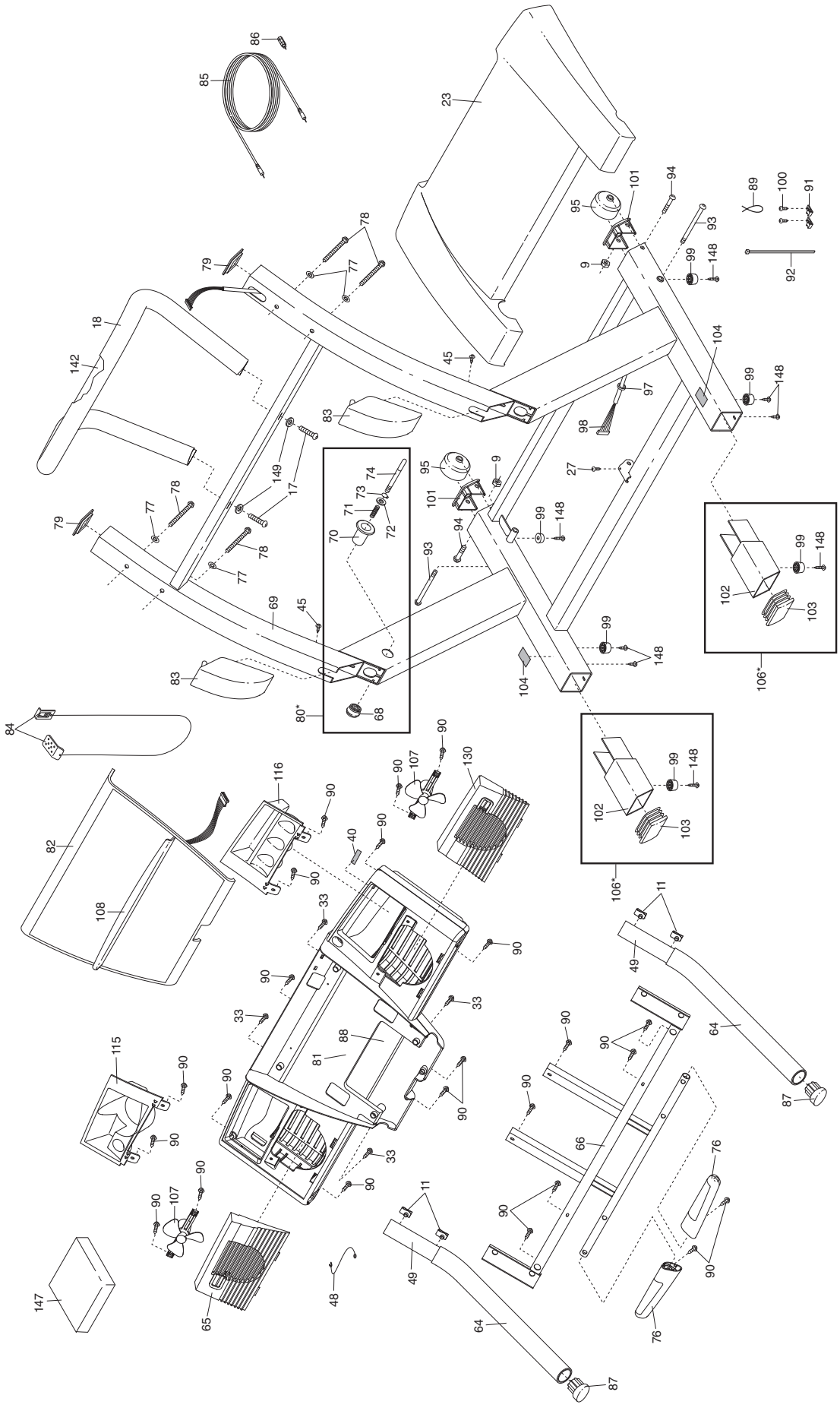
EXPLODED DRAWING—Model No. NTL17940

R1203A



EXPLODED DRAWING—Model No. NTL17940

R1203A



LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® E 3500 treadmill ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the motor for three years after the date of purchase. The belt and deck are covered for two years after the date of purchase. All mechanical components are covered for two years after the date of purchase. All electrical components are covered for two years after the date of purchase. Labor is covered for one year. The hood, covers, belly pan, and decals are covered for six months after the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display modules.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, 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 is limited in its 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.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 206212 R1203A

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