

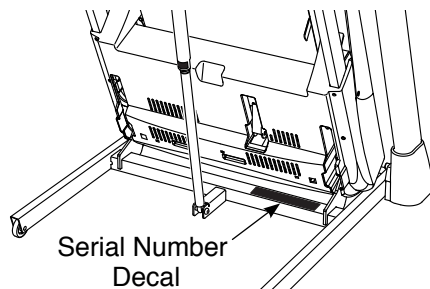
NordicTrack C 990

www.nordictrack.ca

Model No. NTL19814C.0

Serial No. _____

Write the serial number in the space above for reference.



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Please do not contact the store.

CAUTION

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

USER'S MANUAL

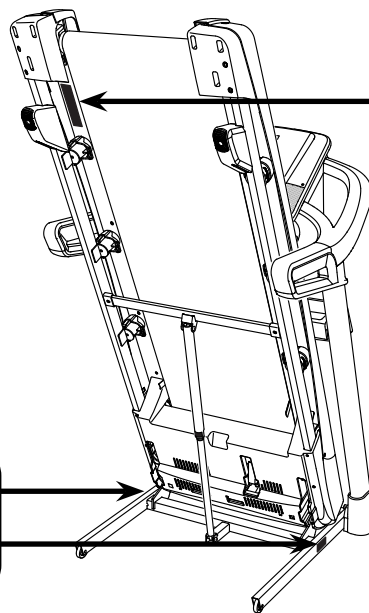
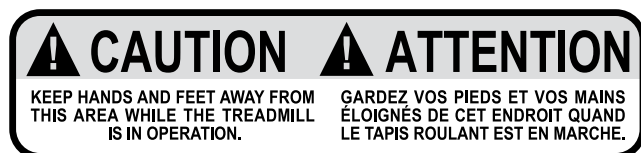


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WARNING DECAL PLACEMENT

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



! WARNING:

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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating the treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage the storage latch before the treadmill is moved or stored.
- Incline should be set to zero before folding the treadmill into a storage position.
- Never allow children on or around the treadmill.
- Remove the safety key when treadmill is not in use.
- Keep clothing, fingers, and hair away from moving parts.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating the treadmill.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the treadmill only as described in this manual.
4. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
8. Keep children under age 12 and pets away from the treadmill at all times.
9. The treadmill should be used only by persons weighing 325 lbs. (147 kg) or less.
10. Never allow more than one person on the treadmill at a time.
11. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
12. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 20). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
13. Use only a surge suppressor that meets all of the specifications described on page 20. To purchase a surge suppressor, call the telephone number on the front cover of this manual.
14. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
15. Keep the power cord and the surge suppressor away from heated surfaces.
16. 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 MAINTENANCE AND TROUBLESHOOTING on page 33 if the treadmill is not working properly.)
17. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 22). Always wear the clip while using the treadmill.
18. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
19. When a person is walking on the treadmill, the noise level of the treadmill will increase.
20. Keep fingers, hair, and clothing away from the moving walking belt.

21. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
22. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
23. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 7 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
24. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 9, and HOW TO FOLD AND MOVE THE TREADMILL on page 32.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
25. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
26. Never insert any object into any opening on the treadmill.
27. Inspect and properly tighten all part each time the treadmill is used.
28. **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.
29. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
30. **IMPORTANT:** To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter. The treadmill console contains FCC ID OMCIABR12.

SAVE THESE INSTRUCTIONS

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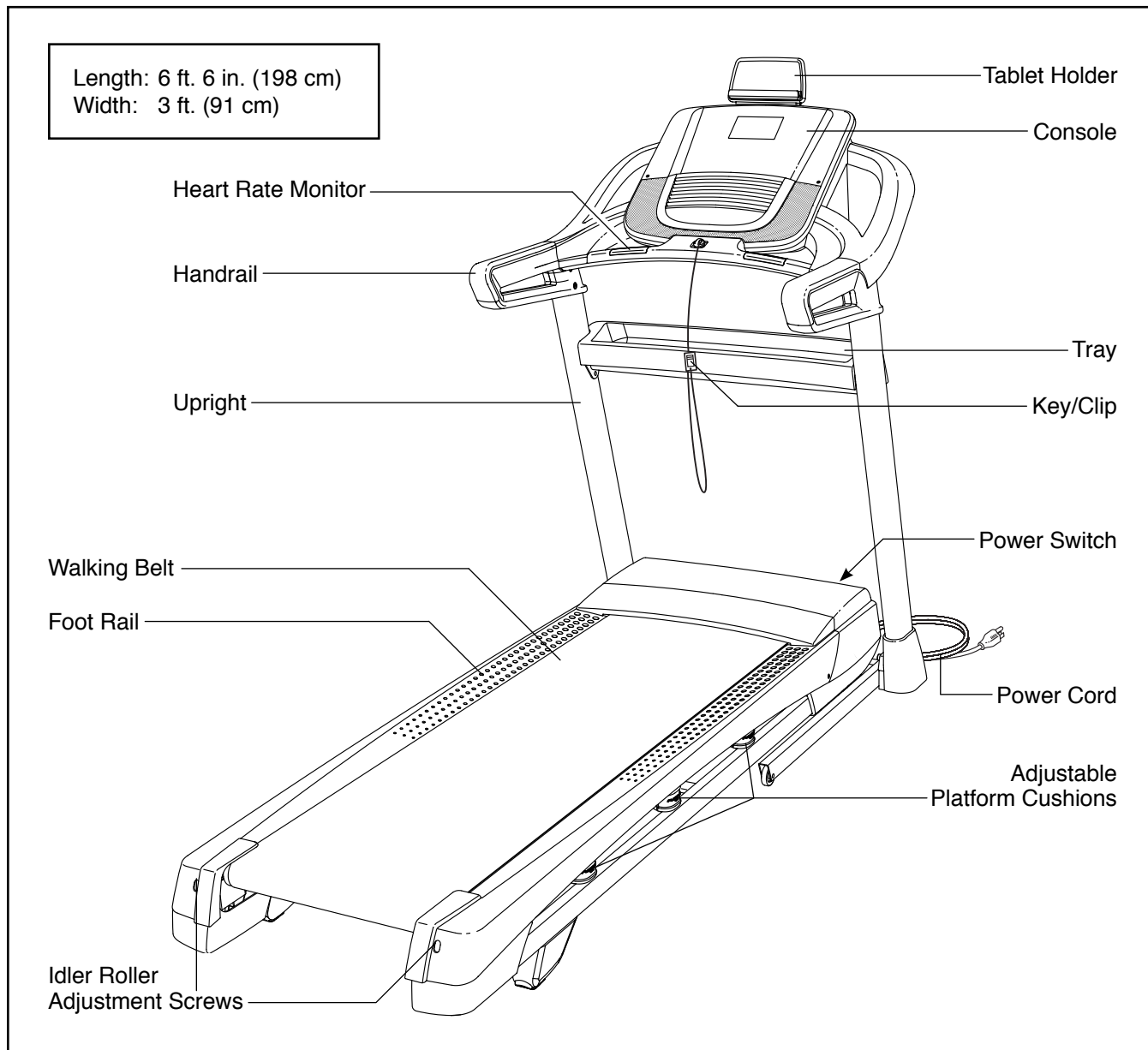
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® C 990 treadmill. The C 990 treadmill offers an impressive selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

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

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

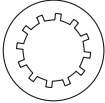


PART IDENTIFICATION CHART

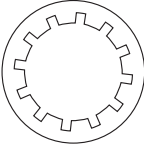
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



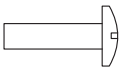
#10 Star Washer (5)–2



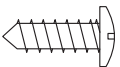
5/16" Star Washer (11)–14



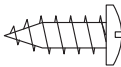
3/8" Star Washer (13)–6



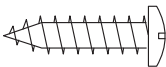
#8 x 1/2" Machine Screw (40)–4



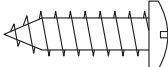
#8 x 1/2" Silver Screw (10)–1



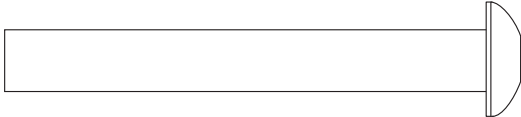
#8 x 1/2" Screw (1)–12



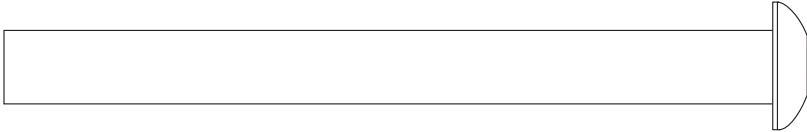
#8 x 3/4" Screw (2)–8



#10 x 3/4" Screw (9)–2



5/16" x 2 1/2" Screw (28)–4



3/8" x 4" Screw (7)–6

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 8.

- Assembly requires the following tools:

the included hex key



one adjustable wrench



one Phillips screwdriver



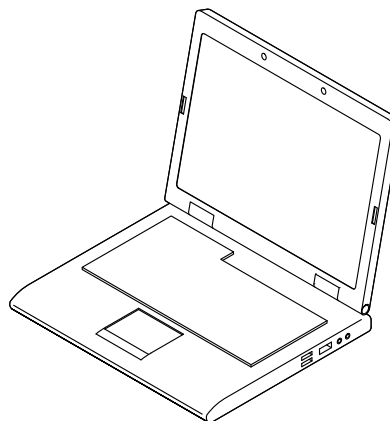
To avoid damaging parts, do not use power tools.

1. **Go to www.iconservice.ca/CustomerService/registration and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Service
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

1



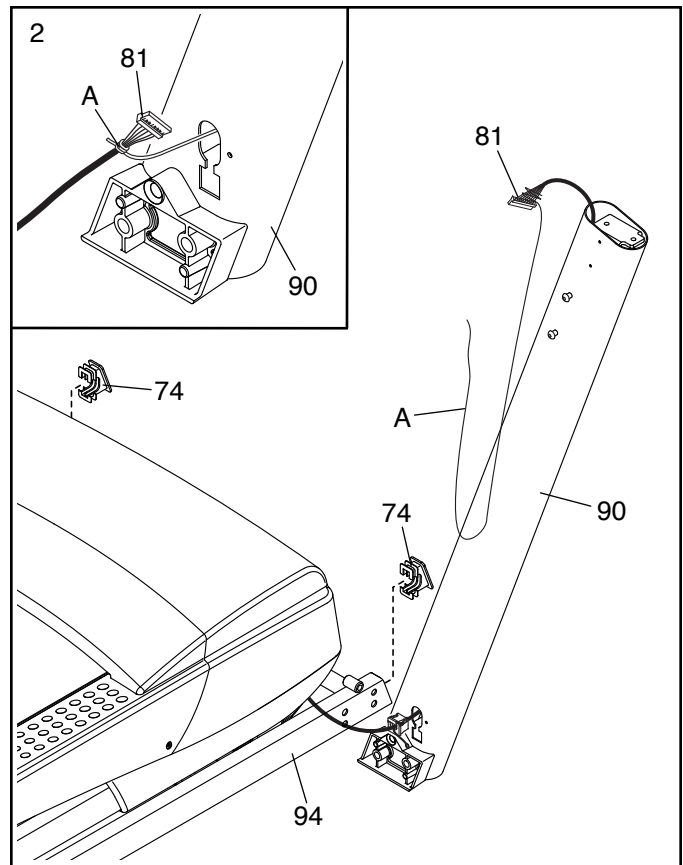
2. **Make sure that the power cord is unplugged.**

Press a Base Cap (74) into each side of the Base (94).

Next, remove the tie securing the Upright Wire (81) to the front of the Base (94).

Identify the Right Upright (90). Have a second person hold the Right Upright near the Base (94).

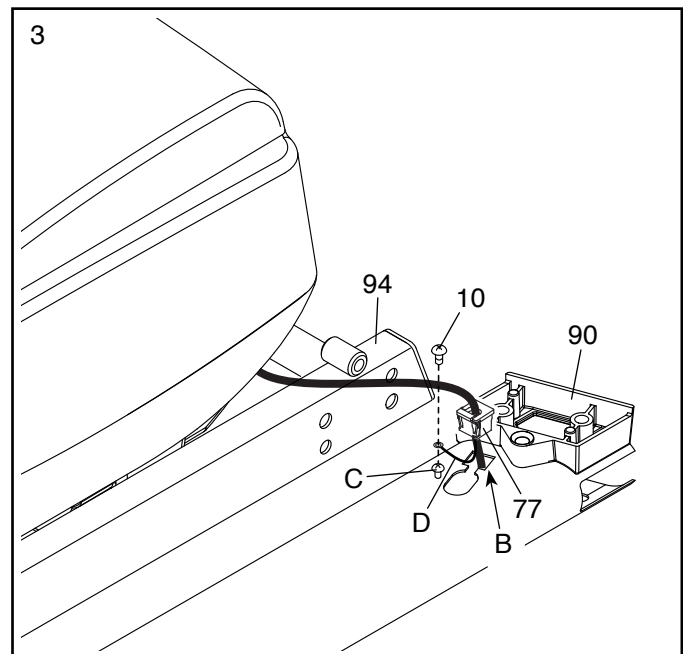
See the inset drawing. Tie the wire tie (A) in the Right Upright (90) securely around the end of the Upright Wire (81). Then, insert the Upright Wire (81) into the lower end of the Right Upright as you pull the other end of the wire tie out of the Right Upright.



3. Lay the Right Upright (90) near the Base (94). Press the Grommet (77) into the square hole (B) in the Right Upright. **Make sure not to pinch the ground wire.**

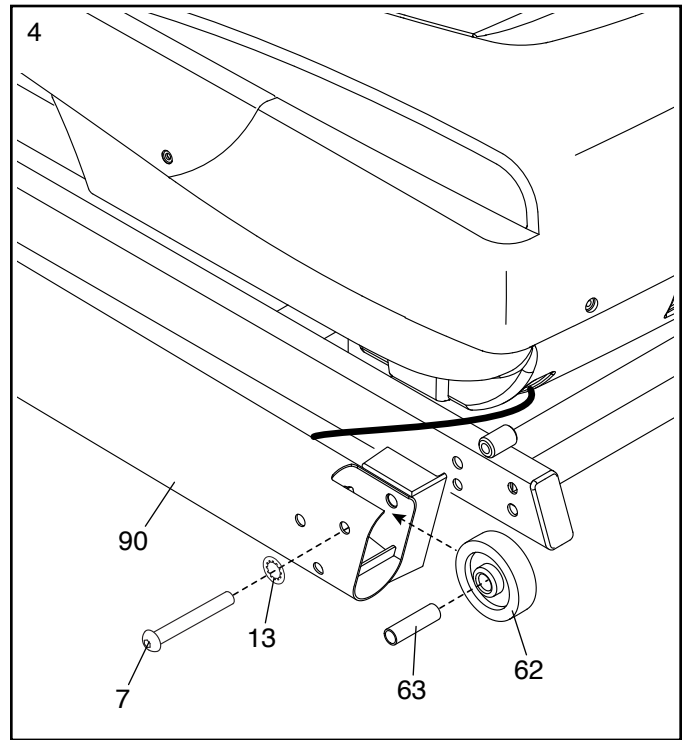
If there is a screw (C) preattached to the Right Upright (90), remove and discard the screw.

Then, attach the ground wire (D) to the Right Upright (90) with a #8 x 1/2" Silver Screw (10).



4. Insert a Wheel Spacer (63) into a Front Wheel (62). Then, hold the Front Wheel inside the Right Upright (90), and insert a 3/8" x 4" Screw (7) with a 3/8" Star Washer (13) into the Right Upright and the Front Wheel.

Repeat this step on the left side of the treadmill (not shown).

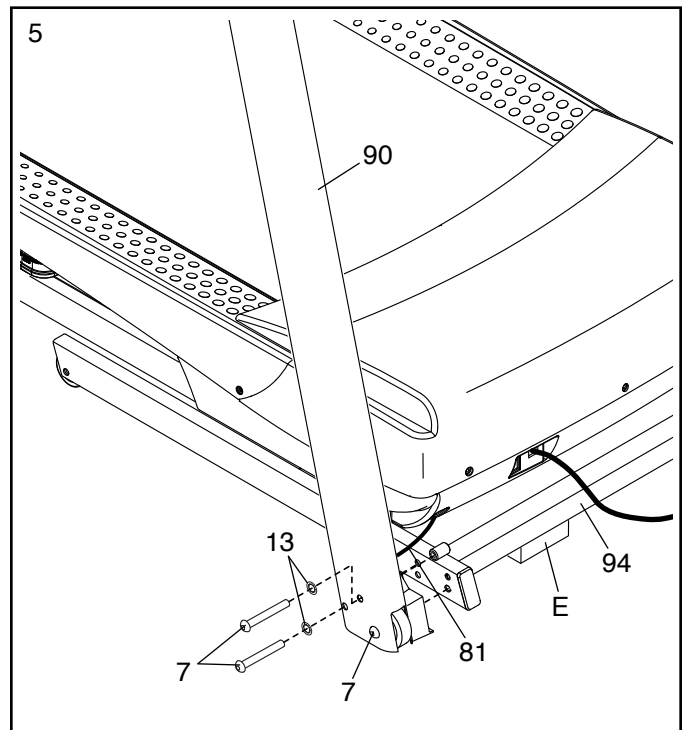


5. Place a piece of packing material (E) under the right side of the Base (94). Hold the Right Upright (90) against the Base. **Make sure not to pinch the Upright Wire (81).**

Insert two 3/8" x 4" Screws (7) with two 3/8" Star Washers (13) into the Right Upright (90), and partially tighten the three Screws into the Base (94); **do not fully tighten the Screws yet.**

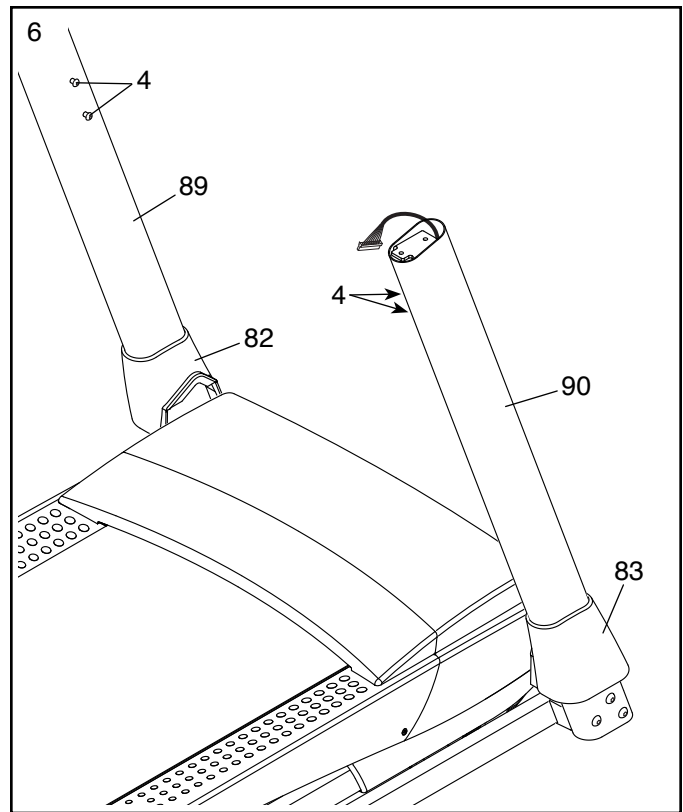
Move the packing material (E) to the left side of the Base (94) and attach the Left Upright (not shown) in the same way. Note: There are no wires on the left side.

Then, remove the packing material (E) from underneath the Base (94).



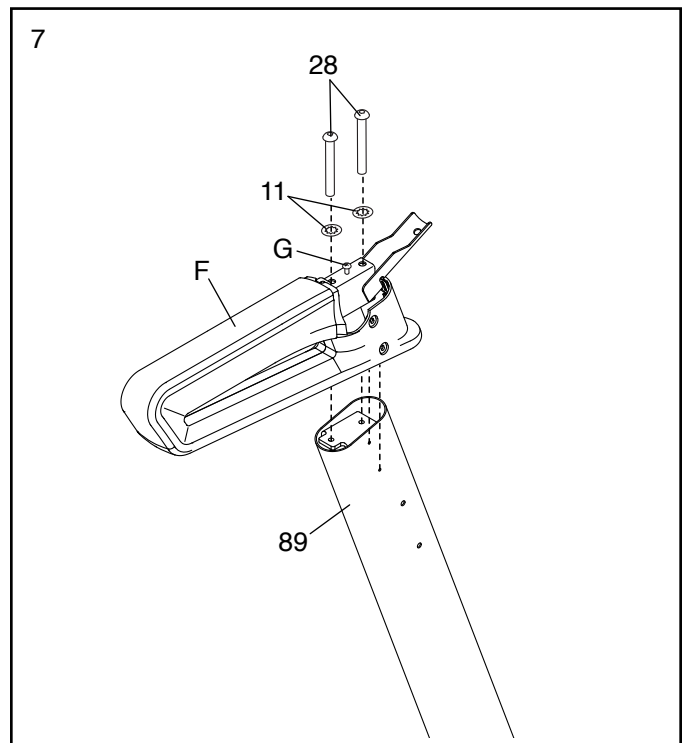
6. **Remove and save the four indicated 5/16" x 3/4" Screws (4).**

Identify the Left and Right Base Covers (82, 83). Slide the Left Base Cover onto the Left Upright (89), and slide the Right Base Cover onto the Right Upright (90). **Do not press the Base Covers into place yet.**



7. Identify the left handrail assembly (F). Attach the left handrail assembly to the Left Upright (89) with two 5/16" x 2 1/2" Screws (28) and two 5/16" Star Washers (11); **do not fully tighten the Screws yet.**

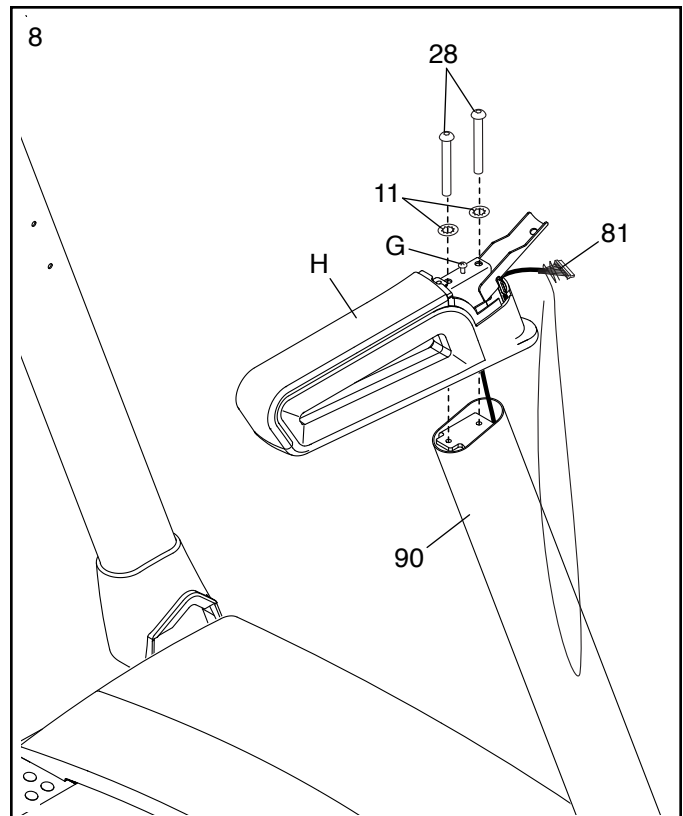
Then, remove and discard the indicated screw (G).



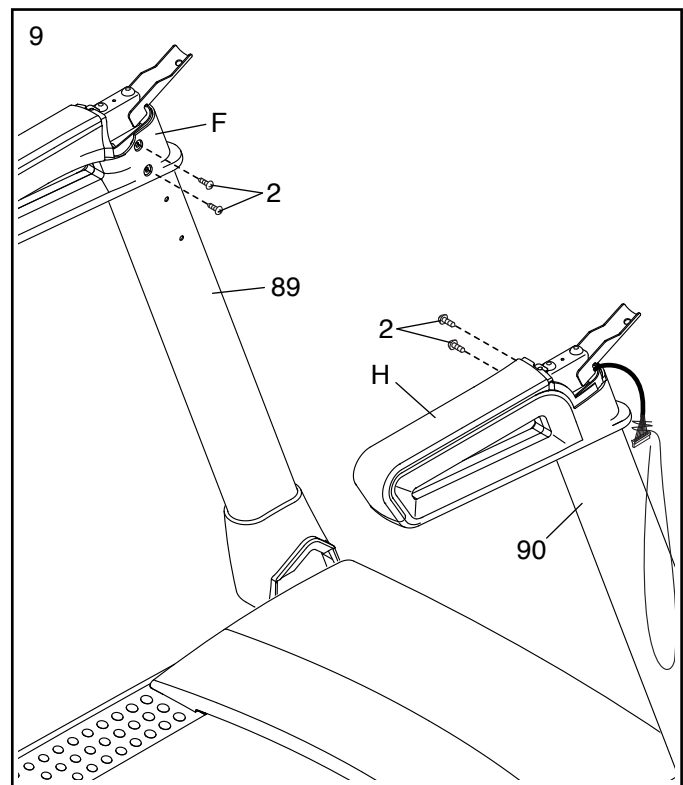
8. Insert the Upright Wire (81) into the bottom of the right handrail assembly (H) and out of the end as shown.

Attach the right handrail assembly (H) to the Right Upright (90) with two 5/16" x 2 1/2" Screws (28) and two 5/16" Star Washers (11); **do not fully tighten the Screws yet. Make sure not to pinch the Upright Wire (81).**

Then, remove and discard the indicated screw (G).



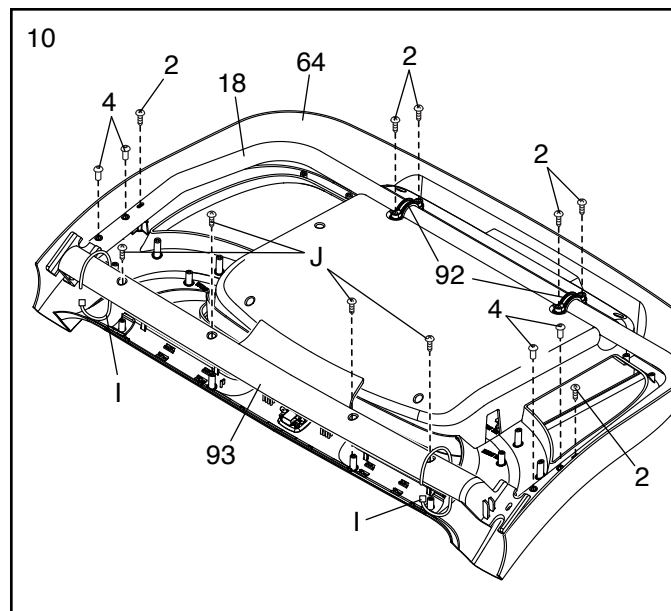
9. Tighten four #8 x 3/4" Screws (2) into the left and right handrail assemblies (F, H) and into the Left and Right Uprights (89, 90).



10. Set the Console Base (64) face down on a soft surface to avoid scratching the Console Base. If there are ties (I) securing the Pulse Crossbar (93) to the Console Base, remove the ties.

Remove and discard the four indicated screws (J). Then, remove the Pulse Crossbar (93).

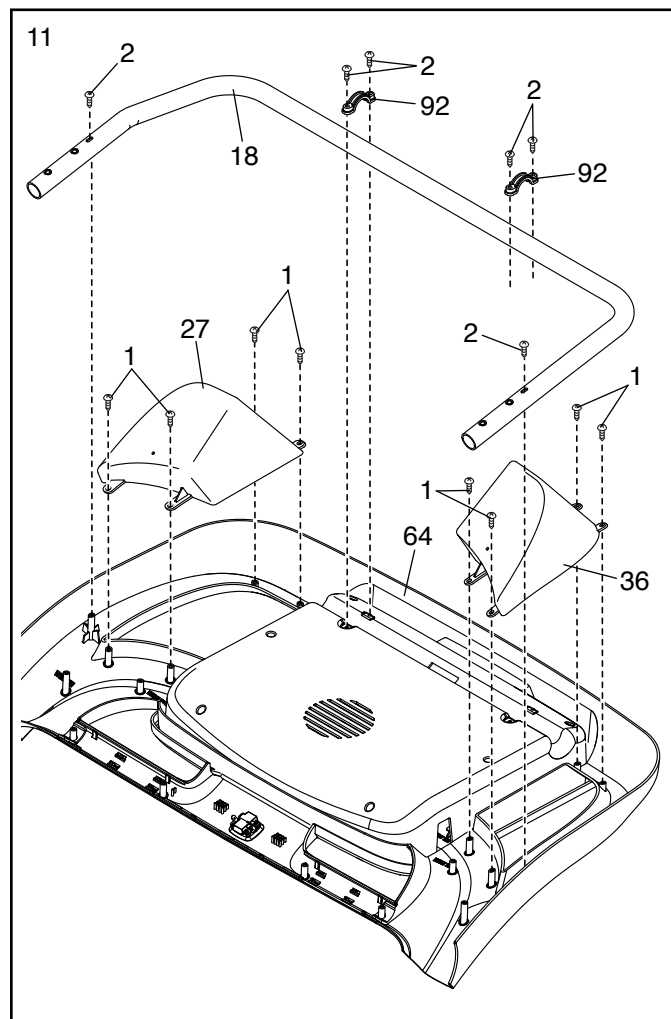
Remove and save the four 5/16" x 3/4" Screws (4) and the six #8 x 3/4" Screws (2). Then, lift out the two Console Clamps (92) and the Console Frame (18).



11. Identify the Right and Left Trays (27, 36).

Attach the Trays (27, 36) to the Console Base (64) with eight #8 x 1/2" Screws (1); **do not overtighten the Screws.**

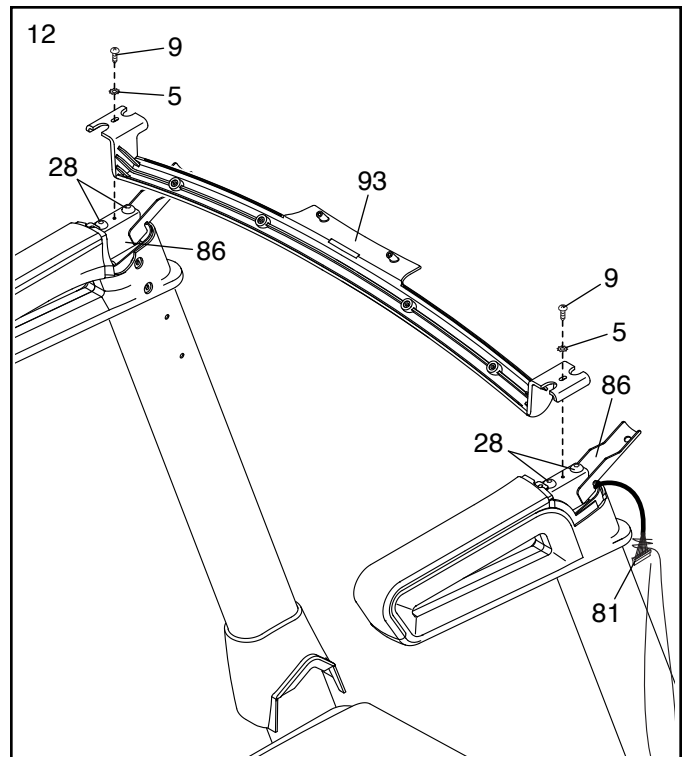
Reattach the Console Frame (18) with the six #8 x 3/4" Screws (2) and the two Console Clamps (92) that you removed in step 10; **do not overtighten the Screws.**



12. **IMPORTANT:** To avoid damaging the Pulse Crossbar (93), do not use power tools and do not overtighten the #10 x 3/4" Screws (9).

Orient the Pulse Crossbar (93) as shown. Attach the Pulse Crossbar to the Handrails (86) with two #10 x 3/4" Screws (9) and two #10 Star Washers (5); **start both Screws, and then tighten them. Make sure not to pinch the Upright Wire (81).**

Then, firmly tighten the four 5/16" x 2 1/2" Screws (28).

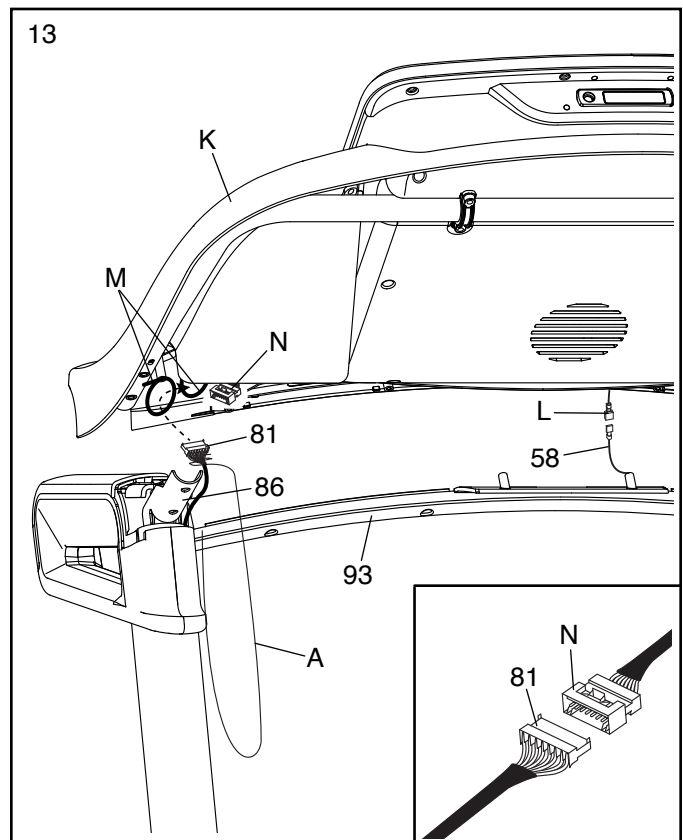


13. With the help of a second person, hold the console assembly (K) near the Handrails (86) (only one side is shown).

Connect the ground wire (L) from the console assembly to the Console Ground Wire (58) on the Pulse Crossbar (93).

Next, insert the Upright Wire (81) through the two indicated looped ties (M) on the console assembly (K).

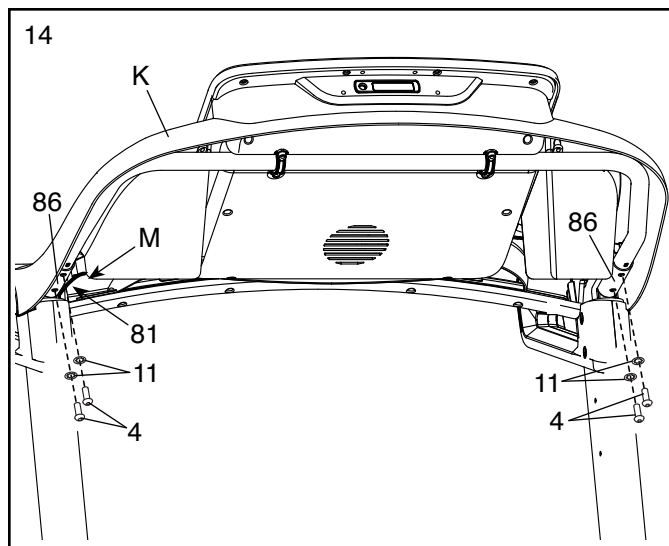
See the inset drawing. Connect the Upright Wire (81) to the console wire (N). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Then, remove the wire tie (A) from the Upright Wire.



14. Set the console assembly (K) on the brackets on the Handrails (86); **do not pinch any wires.**

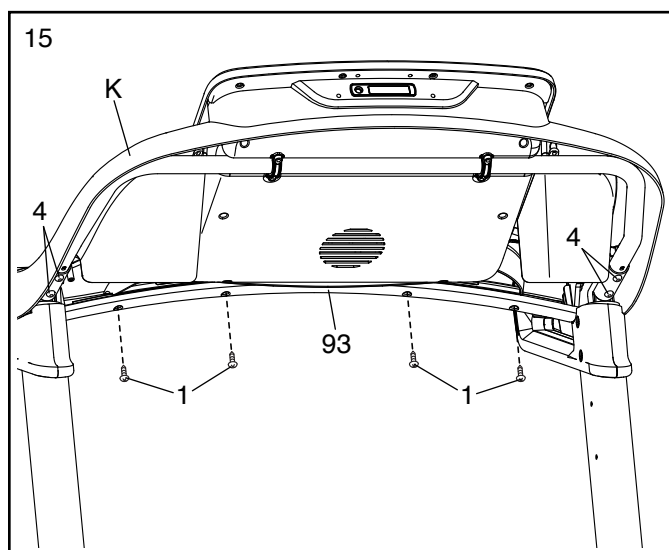
Attach the console assembly (K) with the four 5/16" x 3/4" Screws (4) that you removed in step 10 and four 5/16" Star Washers (11); **do not fully tighten the Screws yet.**

Next, insert the excess Upright Wire (81) into the console assembly (K). Then, pull the two ties (M) tight against the Upright Wire and cut off the ends of the ties.

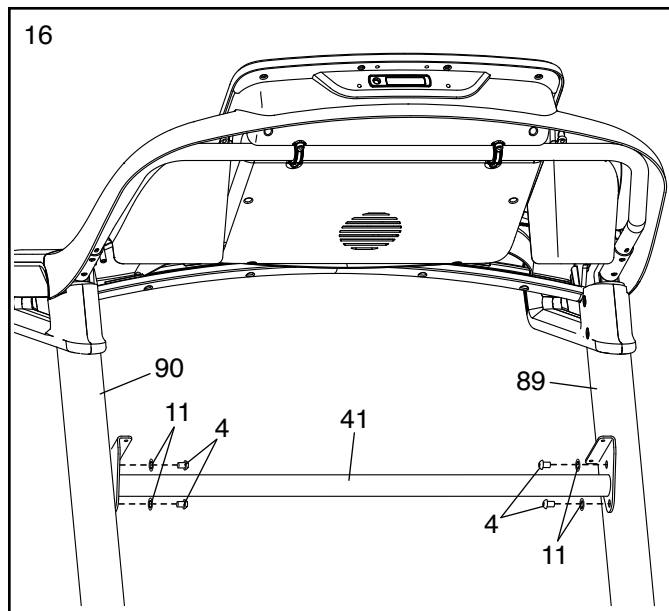


15. Attach the Pulse Crossbar (93) to the console assembly (K) with four #8 x 1/2" Screws (1); **start all four Screws, and then tighten them.**

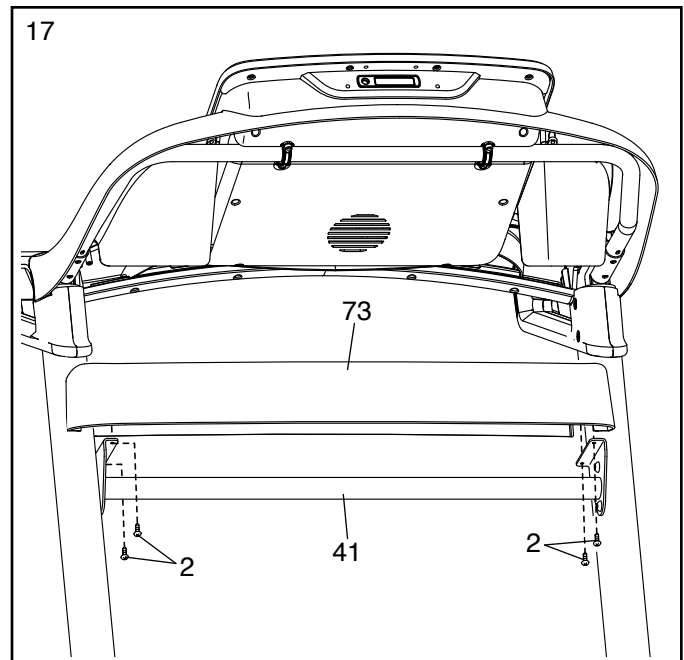
Then, firmly tighten the four 5/16" x 3/4" Screws (4).



16. Carefully slide the Upright Crossbar (41) between the Left and Right Uprights (89, 90). Attach the Upright Crossbar with the four 5/16" x 3/4" Screws (4) that you removed in step 6 and four 5/16" Star Washers (11); **start all four Screws, and then tighten them.**

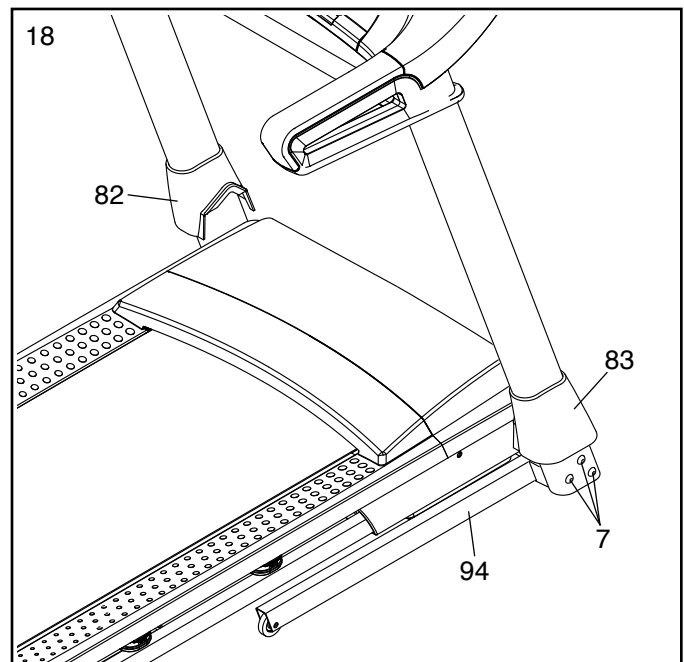


17. Attach the Tray (73) to the Upright Crossbar (41) with four #8 x 3/4" Screws (2); **start all four Screws, and then tighten them.**



18. **Firmly tighten the six 3/8" x 4" Screws (7) (only one side is shown).**

Then, press the Left Base Cover (82) and the Right Base Cover (83) onto the Base (94).

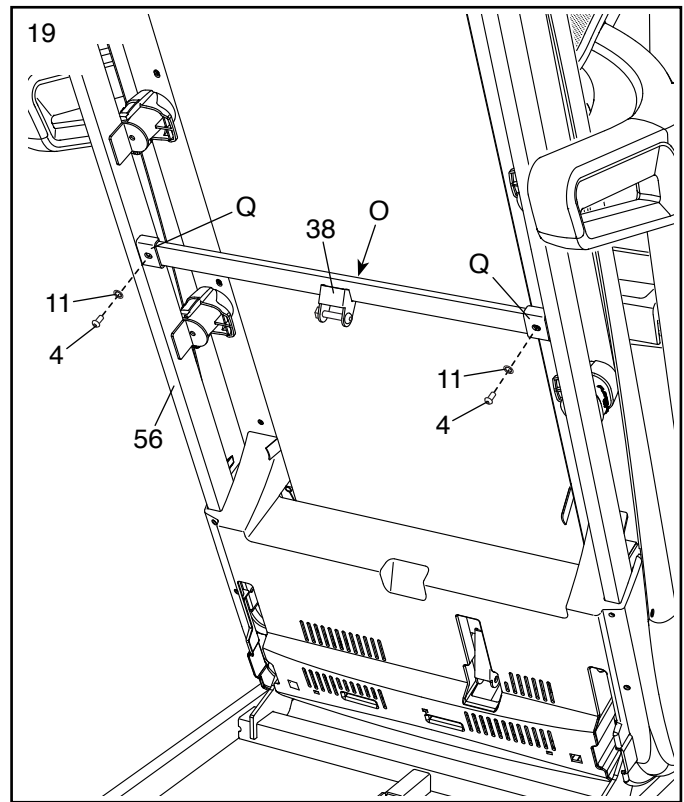


19. **Note: If you assemble the treadmill on a smooth surface, it may roll forward during this step.**

Raise the Frame (56) to the upright position. **Have a second person hold the Frame until step 21 is completed.**

Remove the two 5/16" x 3/4" Screws (4) from the Latch Crossbar (38).

Orient the Latch Crossbar (38) as shown. **Make sure that the "This side toward belt" sticker (O) is facing the treadmill.** Attach the Latch Crossbar to the brackets (Q) on the Frame (56) with the two 5/16" x 3/4" Screws (4) that you just removed and two 5/16" Star Washers (11).

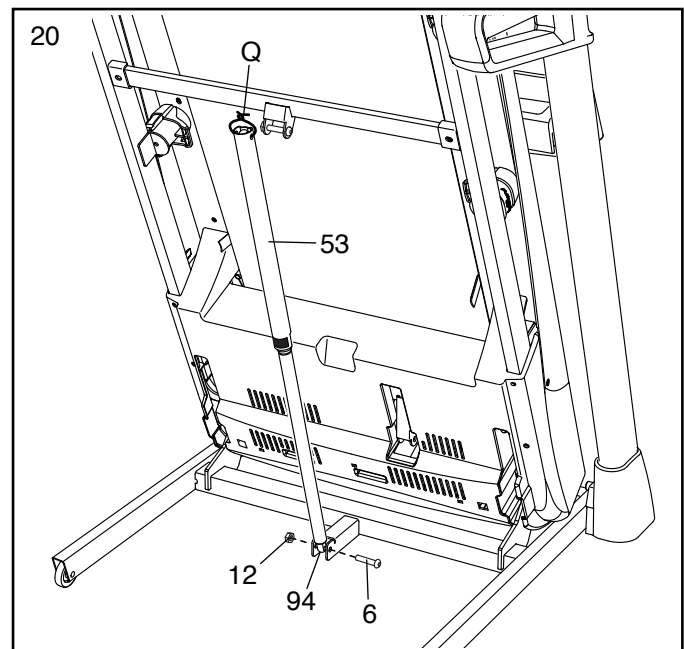


20. Remove the 5/16" Nut (12) and the 5/16" x 1 3/4" Bolt (6) from the bracket on the Base (94).

Next, orient the Storage Latch (53) as shown.

Attach the lower end of the Storage Latch (53) to the bracket on the Base (94) with the 5/16" x 1 3/4" Bolt (6) and the 5/16" Nut (12).

Then, raise the Storage Latch (53) to a vertical position, and remove the tie (Q).

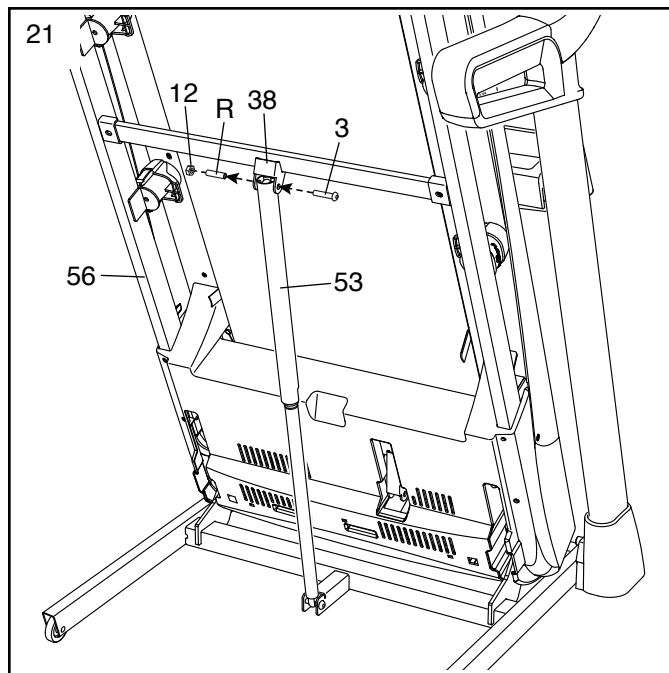


21. Remove the 5/16" Nut (12) and the 5/16" x 2 1/4" Bolt (3) from the bracket on the Latch Crossbar (38).

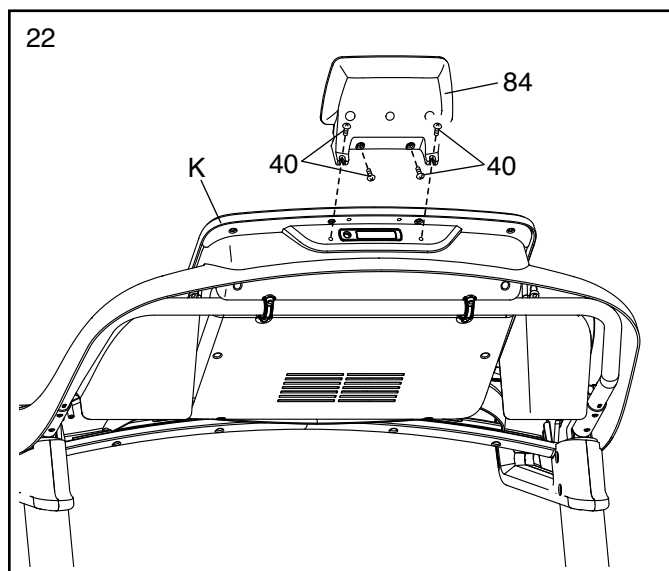
Align the upper end of the Storage Latch (53) with the bracket on the Latch Crossbar (38), and insert the 5/16" x 2 1/4" Bolt (3) through the bracket and the Storage Latch. **This will push a spacer (R) out of the other end; discard the spacer.**

Next, tighten the 5/16" Nut (12) onto the 5/16" x 2 1/4" Bolt (3); **do not overtighten the Nut; the Storage Latch (53) must be able to pivot.**

Then, lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 32).



22. Attach the Tablet Holder (84) to the back of the console assembly (K) with four #8 x 1/2" Machine Screws (40); **start all four Machine Screws, and then tighten them. Do not overtighten the Machine Screws.**



23. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 34 and 35). Note: Extra parts may be included.

HOW TO USE THE TREADMILL

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be 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 risk of damaging the treadmill, always use a surge suppressor with the treadmill. To purchase a surge suppressor, see precaution 13 on page 3.**

Use only a 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 also 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 and serious injury to users.**

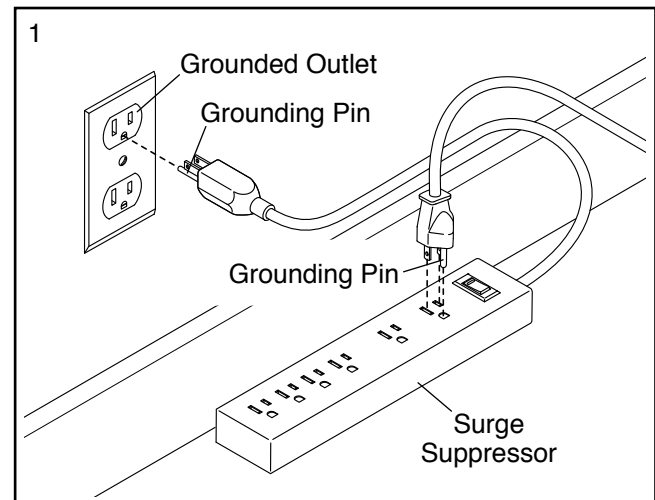
Plug in the Power Cord

The treadmill 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. The treadmill power cord has a plug with a grounding pin (see drawing 1 on this page).

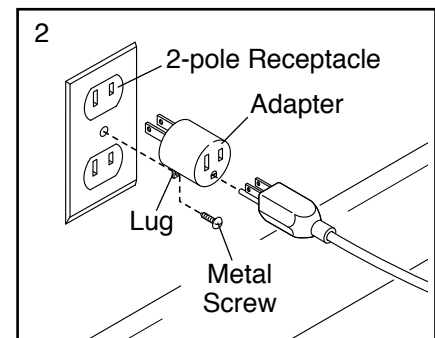
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

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. **The outlet must be on a**

nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT:** If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.

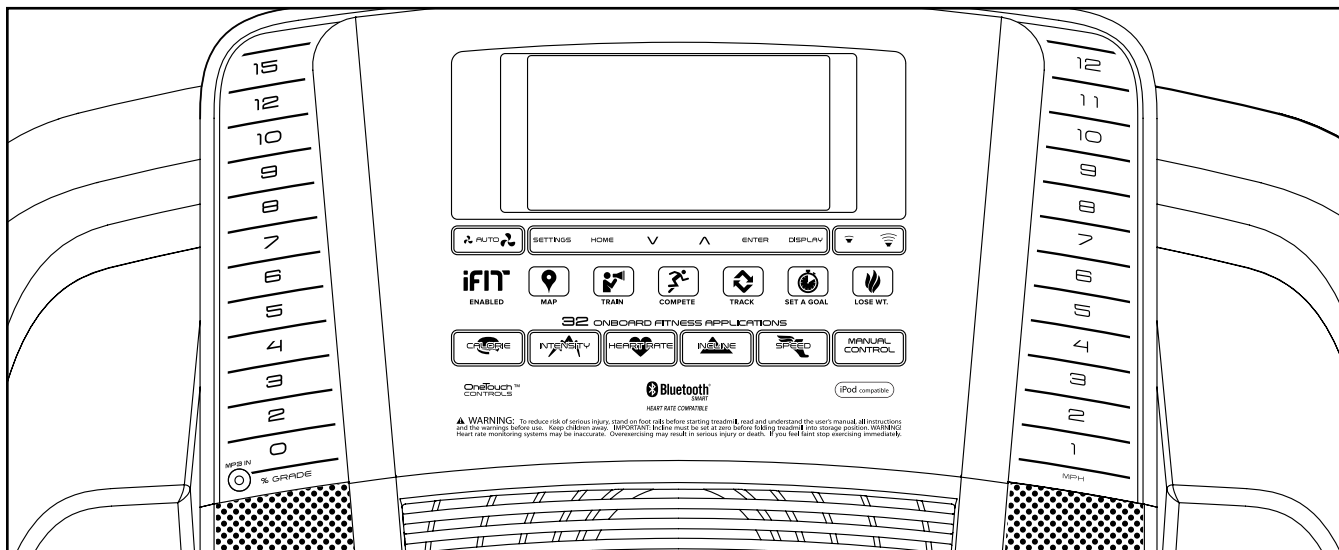


A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor. See page 28 for information about the optional chest heart rate monitor.

In addition, the console features a selection of on-board workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

The console also features an iFit mode that enables the treadmill to communicate with your wireless network. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **For more information, go to www.iFit.com.**

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

To turn on the power, see page 22. **To use the manual mode**, see page 22. **To use an onboard workout**, see page 24. **To use a set-a-goal workout**, see page 25. **To use a pulse workout**, see page 26. **To use an iFit workout**, see page 27. **To use the sound system**, see page 28. **To change console settings**, see page 28. **To adjust the cushioning system**, see page 31. **To use the tablet holder**, see page 31.

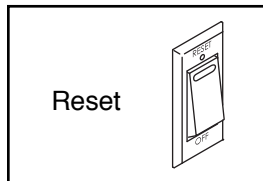
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 28. For simplicity, all instructions in this section refer to miles.

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 35).

HOW TO TURN ON THE POWER

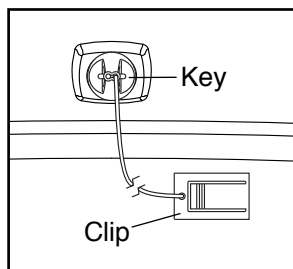
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 20). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see **HOW TO CHANGE CONSOLE SETTINGS** on page 28 to turn off the demo mode.

Next, 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. Then, insert the key into the console. After a moment, the displays will light.



IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

IMPORTANT: Before you use the treadmill, take the following steps to ensure that the console shows the correct incline level of the treadmill: First, press the Incline increase button once. Next, press either the Incline decrease button or the lowest numbered incline button to set the treadmill to its lowest setting. When the frame stops moving, the treadmill is ready for use.

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See **HOW TO TURN ON THE POWER** at the left.

2. Select the manual mode.

Press the Home button or press the Manual Control button to select the manual mode.

3. Start the walking belt.

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

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the button, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. Note: This feature is not available when the console is set to metric units.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

4. Change the incline of the treadmill as desired.

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

5. Follow your progress with the displays.

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

- The elapsed time
- The distance that you have walked or run
- The workout intensity bar
- The approximate number of calories you have burned
- The incline level of the treadmill
- The number of vertical feet you have climbed
- The speed of the walking belt
- Your heart rate (see step 6 on page 24)
- The matrix

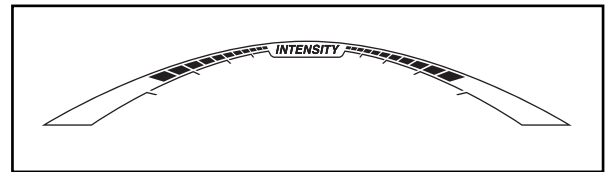
The matrix offers several display tabs. Press the increase and decrease buttons next to the Enter button or press the Display button until the desired tab is shown.

The Incline tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute. The Speed tab will show a profile of the speed settings of the workout.

The My Trail tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

The Calorie tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment. When the Calorie tab is selected, the calorie display will show the approximate number of calories burned per hour.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 28 to set the default menu). If necessary, press the Home button again.

The wireless symbol at the top of the display will show whether or not you are connected to a wireless network. Four arcs indicate full connection (see pages 28-30).



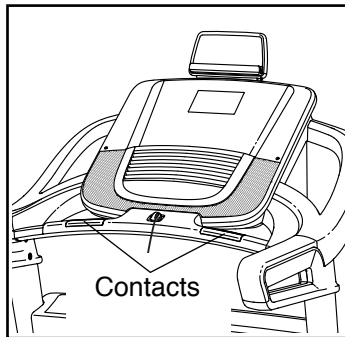
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor (see page 28 for information about the optional chest heart rate monitor). Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

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

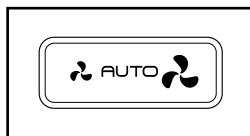


To measure your heart rate, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts; **avoid moving your hands**. When your pulse is detected, a heart symbol will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

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

Press the fan buttons repeatedly to select a fan speed or the auto mode, or to turn off the fan.



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

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

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

HOW TO USE AN ONBOARD WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 22.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button, the Intensity button, the Incline button, or the Speed button repeatedly until the desired workout appears in the display.

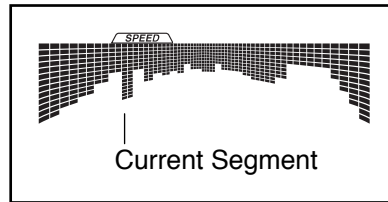
When you select an onboard workout, the display will show the duration of the workout and the name of the workout. In addition, a profile of the speed settings of the workout will appear in the matrix. If you select a calorie workout, the approximate number of calories you will burn will appear in the name of the workout.

3. Start the workout.

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

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

During the workout, the profiles on the speed and incline tabs will show your progress. The walking belt



will begin to move at the speed setting for the first segment of the workout. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

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

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

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

4. Follow your progress with the displays.

See step 5 on page 23. If you select an onboard workout, the display will show the time remaining instead of the elapsed time.

5. Measure your heart rate if desired.

See step 6 on page 24.

6. Turn on the fan if desired.

See step 7 on page 24.

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

See step 8 on page 24.

HOW TO USE A SET-A-GOAL WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 22.

2. Set a calories, distance, or time goal.

Press the Set A Goal until the name of the desired goal appears in the display.

Next, press the increase and decrease buttons next to the Enter button to set the desired goal. Then, press the numbered speed and/or incline buttons to select the speed and/or incline for the workout.

3. Start the workout.

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

The workout will function in the same way as the manual mode (see pages 22 to 24).

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop.

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

4. Follow your progress with the displays.

See step 5 on page 23.

5. Measure your heart rate if desired.

See step 6 on page 24.

6. Turn on the fan if desired.

See step 7 on page 24.

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

See step 8 on page 24.

HOW TO USE A PULSE WORKOUT

Pulse workouts automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. Note: You must wear a chest heart rate monitor to use a pulse workout.

1. Put on the optional chest heart rate monitor.

For more information about the optional chest heart rate monitor, see page 28.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 22.

3. Select a pulse workout.

To select a pulse workout, press the Heart Rate button repeatedly until the desired workout appears in the display.

4. Enter your maximum heart rate.

Use the increase and decrease buttons next to the Enter button to enter your maximum heart rate. Next, press the Enter button. Then, press the Start button. Note: To determine your maximum heart rate, consult your physician or a physician-recommended source.

5. Enter a warm-up speed.

The workout will begin with a two-minute warm-up period. To enter a speed for the warm-up period, press the speed increase and decrease buttons or press one of the numbered Speed buttons. Note: The speed of the workout will increase relative to the warm-up speed you have selected.

6. Start the workout.

The walking belt will begin to move at the warm-up speed that you entered. Hold the handrails and begin walking.

7. Follow your progress with the displays.

See step 5 on page 23.

8. Turn on the fan if desired.

See step 7 on page 24.

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

See step 8 on page 24.

HOW TO USE AN iFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see pages 28 to 30). An iFit account is also required. **Go to www.iFit.com to register for an iFit account.**

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 22.

2. Select the iFit mode.

Press the Home button repeatedly to select the iFit mode. The iFit welcome message will appear in the display.

3. Select a user.

Press the Home button to view the user selection screen. Use the increase and decrease buttons next to the Enter button to select a user.

4. Select an iFit workout.

To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

To download an iFit workout in your schedule, press the iFit button to download the next workout in your schedule. Press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

Note: Before some workouts will download, you must add them to your schedule on [iFit.com](http://www.iFit.com).

For more information about the iFit workouts, please see www.iFit.com.

When you select an iFit workout, the display will show the duration of the workout, the distance you will walk or run, and the approximate number of calories you will burn. The display may also show the name of the workout.

5. Start the workout.

See step 3 on page 24.

During some workouts, an audio coach may guide you through your workout.

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at the speed setting for the first segment of the workout. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. Follow your progress with the displays.

See step 5 on page 23.

During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. Measure your heart rate if desired.

See step 6 on page 24.

8. Turn on the fan if desired.

See step 7 on page 24.

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

See step 8 on page 24.

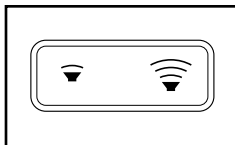
For more information about the iFit mode, go to www.iFit.com.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

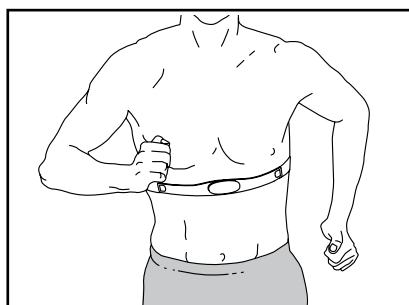


If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH® Smart heart rate monitors.

HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

1. Select the settings mode.

To select the settings mode, press the Settings button. The settings mode will then appear in the display.

The time display will show the total number of hours that the treadmill has been used.

The distance display will show the total number of miles (or kilometers) that the walking belt has moved.

2. Navigate the settings mode menu.

While the settings mode is selected, the matrix will display several optional screens. Press the decrease button next to the Enter button to select each of the optional screens.

The lower section of the display will show instructions for the selected optional screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Demo—The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

Units—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Default Menu—The default menu will appear when you insert the key into the console or when you press the Home button. Press the Enter button repeatedly to select the manual main screen or the iFit screen as the default menu.

Firmware Update—For the best results, regularly check for firmware updates.

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

IMPORTANT: To avoid damaging the treadmill, do not turn off the power while the firmware is being updated. The update may take several minutes.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

Default Settings—To restore the console to its factory default settings, press the Enter button. Note: The console will erase any information that you have saved in its memory.

IP Address—Displays the console's IP Address.

The **WiFi–Normal** option will allow you to set up a wireless network connection using the console. See step 4 on page 29 for instructions.

The **WiFi–Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 on page 30 for instructions.

Connect to iFit Account—To set up a different iFit account, but maintain the existing wireless connection, follow the instructions in the matrix.

Note: This option will rarely be used.

Clear WiFi Setting—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

Contrast—To adjust the contrast level of the display, press the Incline increase and decrease buttons.

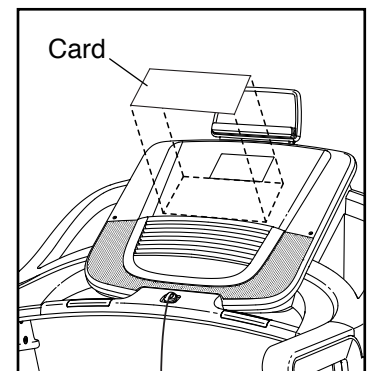
4. Use WiFi–Normal to set up a wireless connection.

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

Next, set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.



A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

A numerical code and a web address will appear in the matrix. Go to the web address on your internet-compatible device.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field. Follow any other instructions on the web page.

When the console is connected to a wireless network, the wireless symbol in the display will become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

5. Use WiFi—Advanced to set up a wireless connection.

This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see Clear WiFi Setting on page 29 and clear any previous wireless network settings on the console.

Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network.

The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: <http://192.168.0.1:8080>.

Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the treadmill to your wireless network.

Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

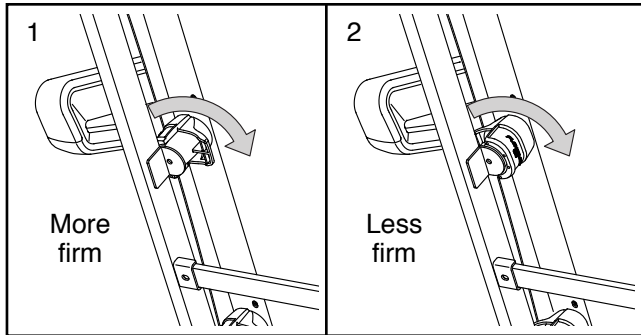
6. Exit the settings mode.

To exit the settings mode, press the Settings button or remove the key from the console.

HOW TO ADJUST THE CUSHIONING SYSTEM

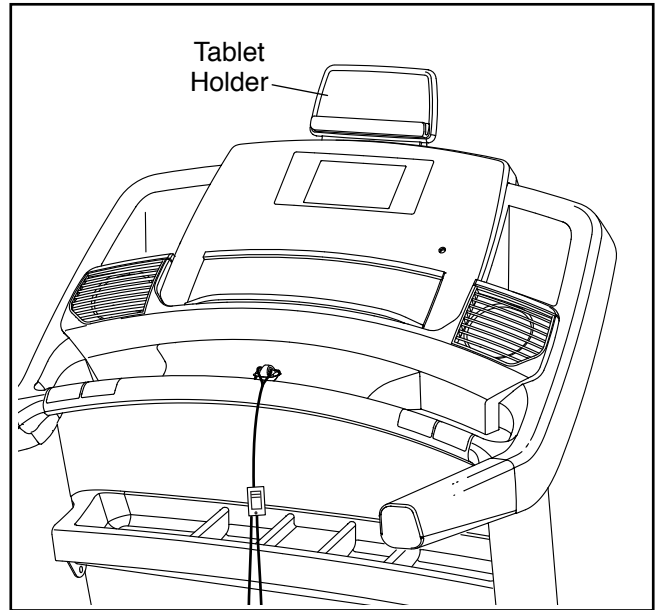
Remove the key from the console and unplug the power cord. In order to adjust the cushions, you may need to place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 32).

For a firmer walking platform, turn a cushion to the position shown in drawing 1; for a less firm walking platform, turn the cushion to the position shown in drawing 2. Adjust the other cushions in the same way.
Note: Make sure that the cushions on the left and right sides of the treadmill are set to the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.



HOW TO USE THE TABLET HOLDER

You can use your tablet to browse media while you exercise. Place your tablet on the tablet holder and let the tablet holder hold your tablet in place.

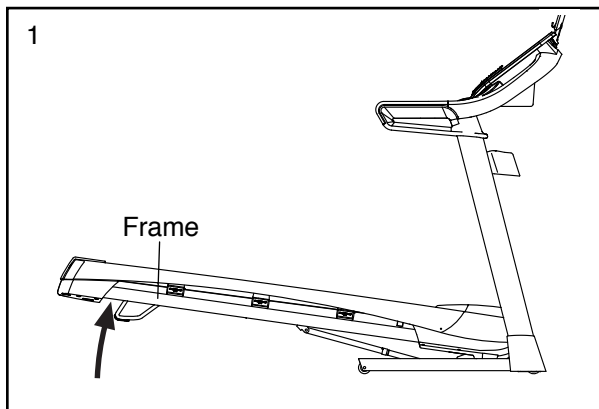


HOW TO FOLD AND MOVE THE TREADMILL

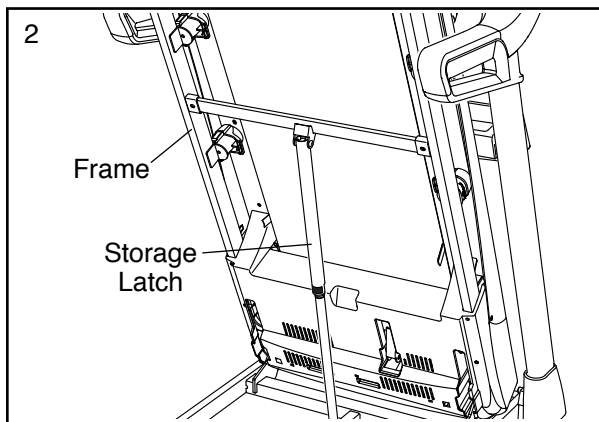
HOW TO FOLD THE TREADMILL

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

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



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

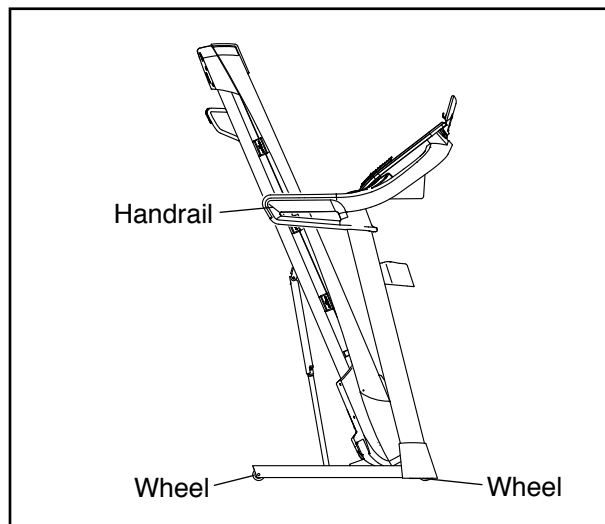


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

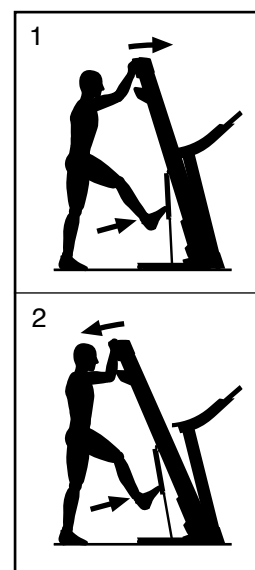
Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the storage latch is locked in the storage position. Moving the treadmill may require two people.**

Hold the handrails with both hands and carefully push the treadmill to the desired location. **CAUTION: Do not pull on the frame, and do not move the treadmill over an uneven surface.**



HOW TO LOWER THE TREADMILL FOR USE

1. Push the upper end of the frame forward, and gently press the upper part of the storage latch with your foot at the same time.
2. While pressing the storage latch with your foot, pull the upper end of the frame toward yourself.
3. Step back and let the frame lower to the floor.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used.

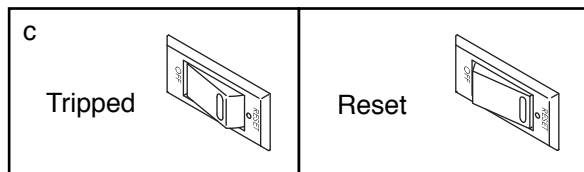
Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

TROUBLESHOOTING

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

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 20). Use only a surge suppressor that meets all of the specifications described on page 20. **IMPORTANT: If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.**
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

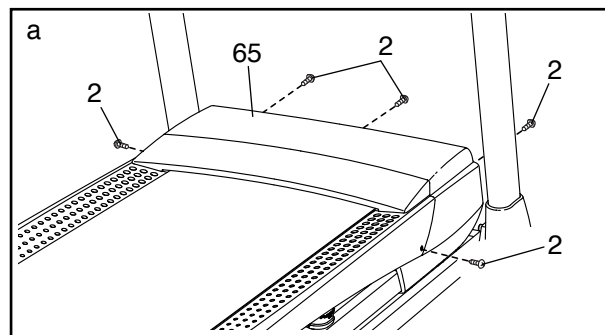
- Check the power switch (see drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- If the treadmill still will not run, please see the front cover of this manual.

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

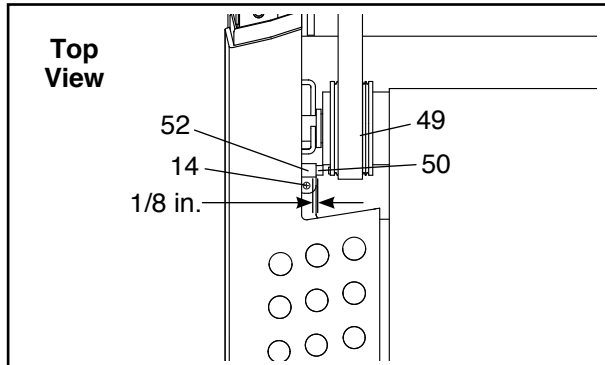
- The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see HOW TO CHANGE CONSOLE SETTINGS on page 28 to turn off the demo mode.

SYMPTOM: The displays of the console do not function properly

- Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the five #8 x 3/4" Screws (2). Carefully pivot off the Motor Hood (65).



Locate the Reed Switch (52) and the Magnet (50) on the left side of the Pulley (49). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (14), move the Reed Switch slightly, and then retighten the Truss Head Screw. Reattach the Motor Hood (not shown) with the #8 x 3/4" Screws (not shown) and run the treadmill for a few minutes to check for a correct speed reading.



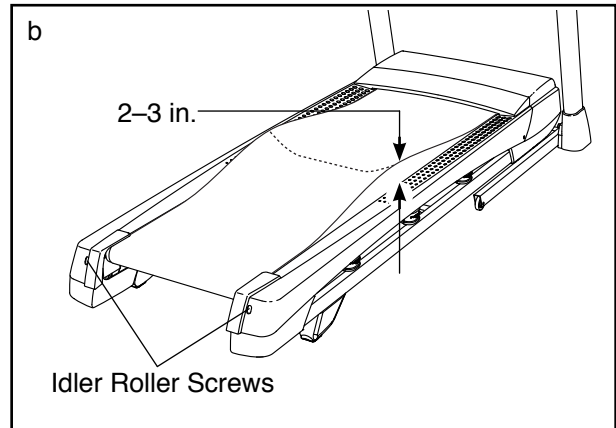
SYMPTOM: The incline of the treadmill does not change correctly

- Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Next, press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline system does not begin calibrating, press the Stop button again, and then press the Incline increase or decrease button again. When the incline system is calibrated, remove the key from the console.

SYMPTOM: The walking belt slows when walked on

- Use only a surge suppressor that meets all of the specifications described on page 20.

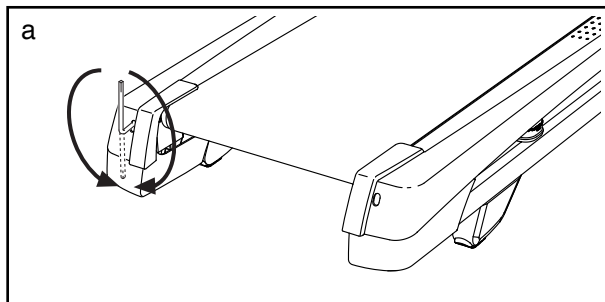
- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



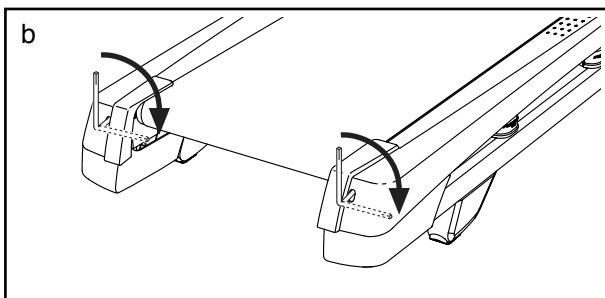
- Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt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

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

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



- b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The iFit mode does not function correctly

- a. If the iFit mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 3 on page 29).

SYMPTOM: The treadmill will not connect to the wireless network

- a. Make sure that the wireless settings on your console are correct (see **HOW TO CHANGE CONSOLE SETTINGS** on page 28).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, see the front cover of this manual.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

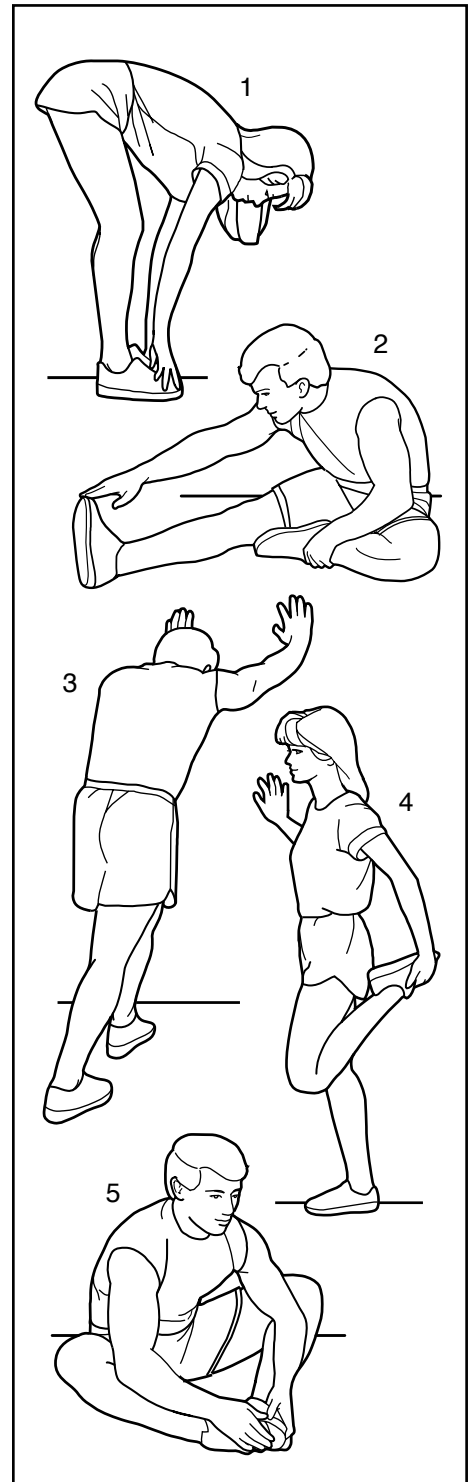
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NTL19814C.0 R0715A

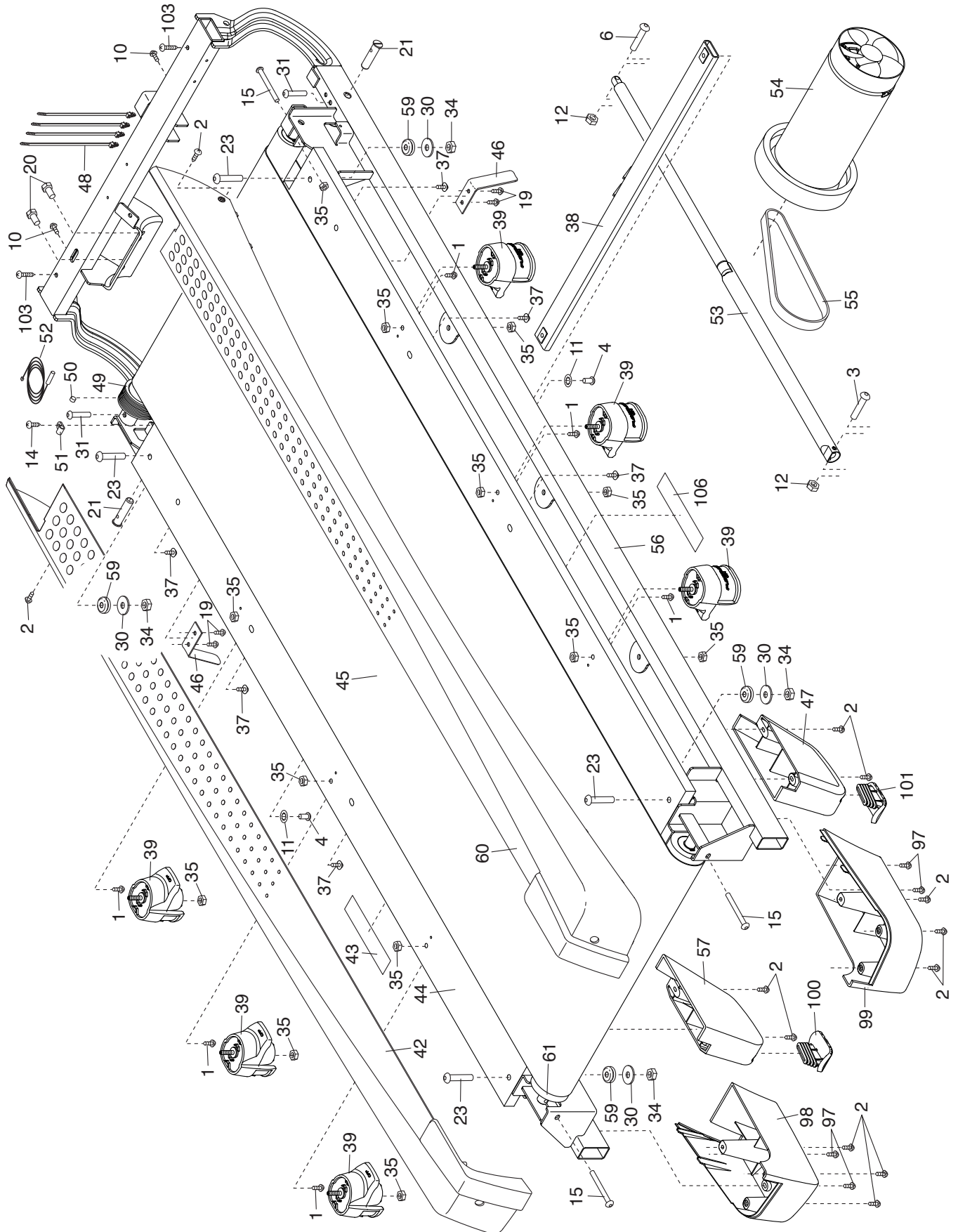
Key No.	Qty.	Description	Key No.	Qty.	Description
1	18	#8 x 1/2" Screw	51	1	Reed Switch Clip
2	52	#8 x 3/4" Screw	52	1	Reed Switch
3	1	5/16" x 2 1/4" Bolt	53	1	Storage Latch
4	10	5/16" x 3/4" Screw	54	1	Drive Motor
5	2	#10 Star Washer	55	1	Motor Belt
6	1	5/16" x 1 3/4" Bolt	56	1	Frame
7	6	3/8" x 4" Screw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

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Right Foot Pad	105	1	Electronics Bracket
102	2	Hood Post	106	1	French Warning Decal
103	2	#8 x 1 3/4" Screw	*	—	User's Manual
104	2	Bracket Clip			

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

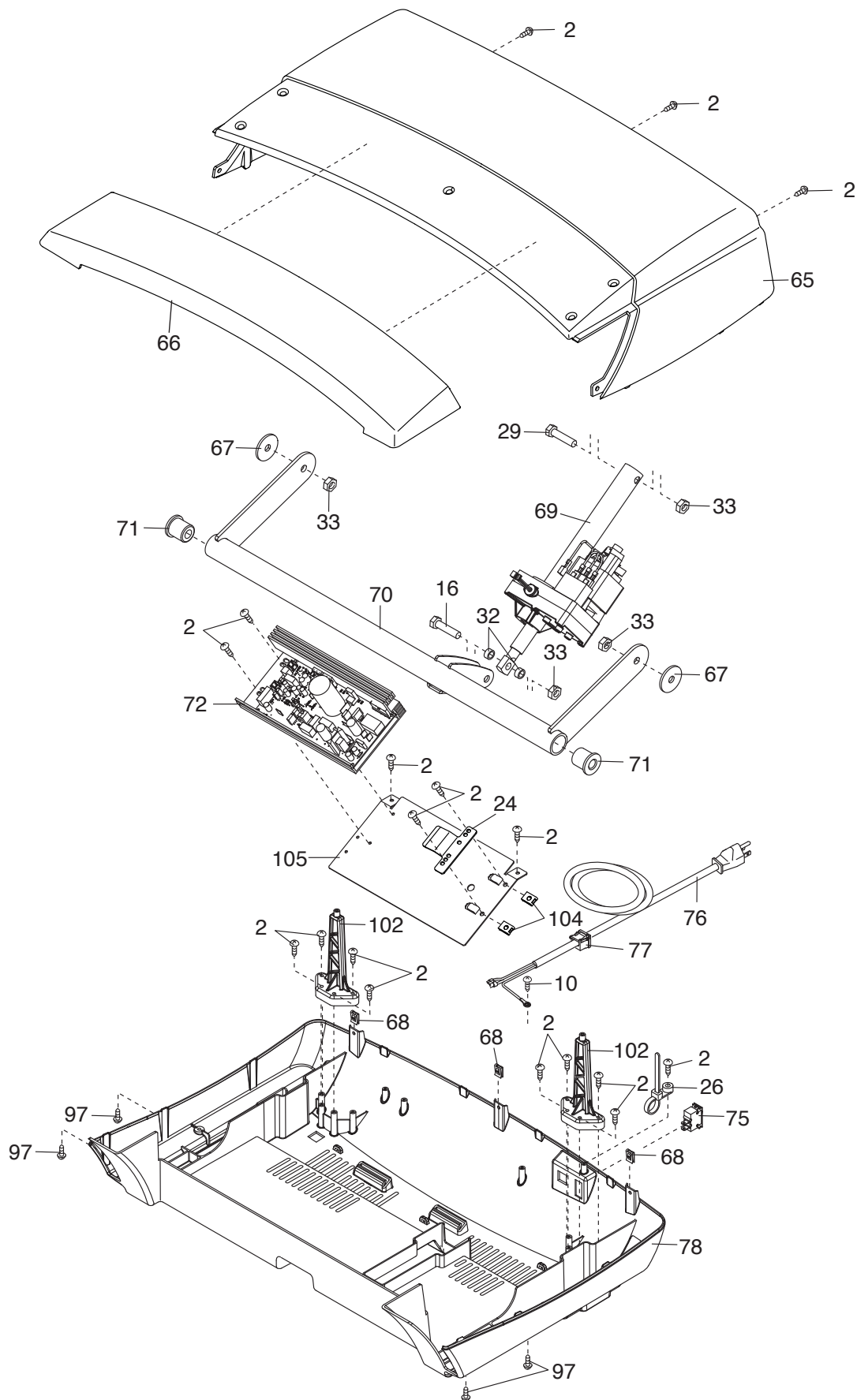
EXPLODED DRAWING A

Model No. NTL19814C.0 R0715A



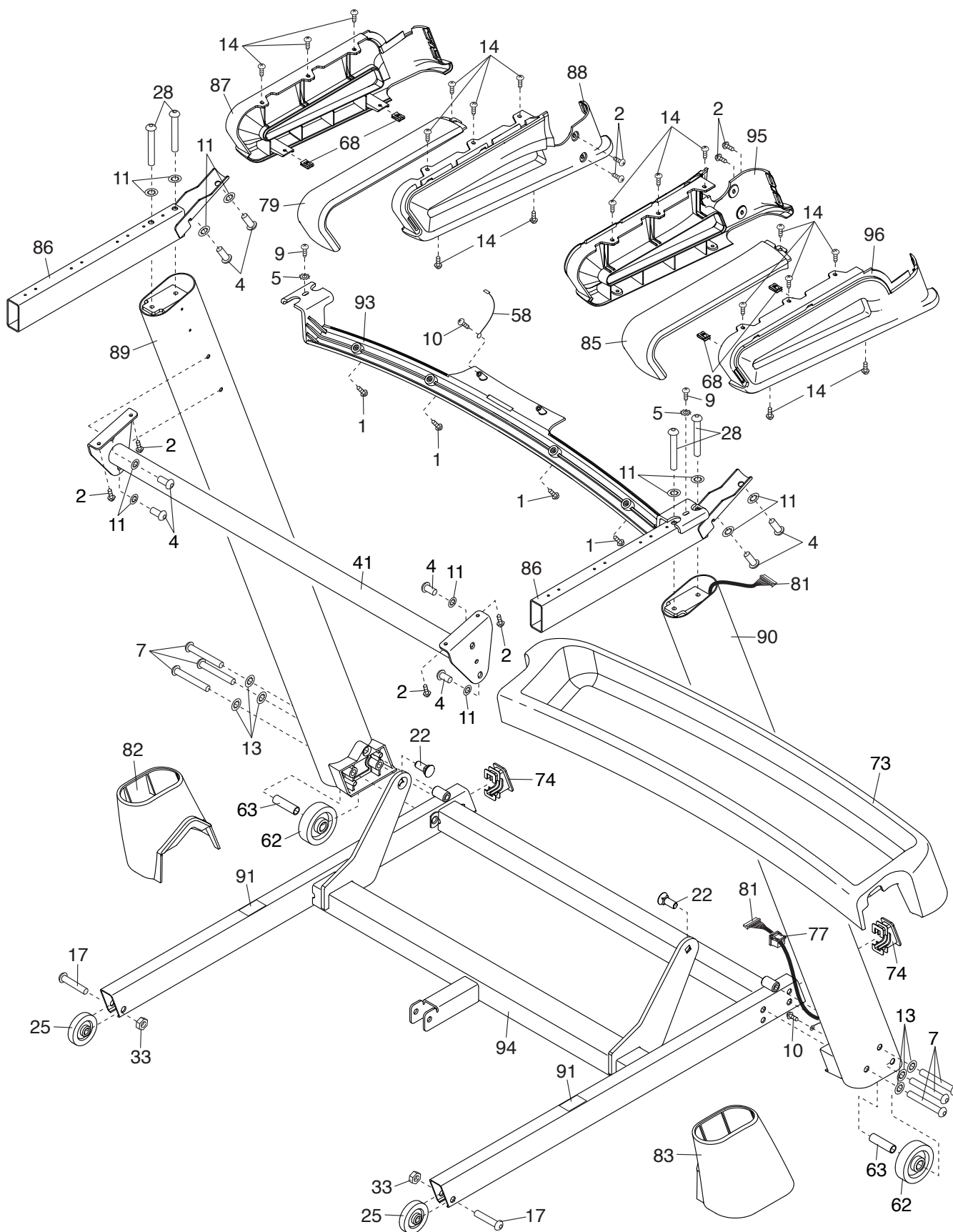
EXPLODED DRAWING B

Model No. NTL19814C.0 R0715A



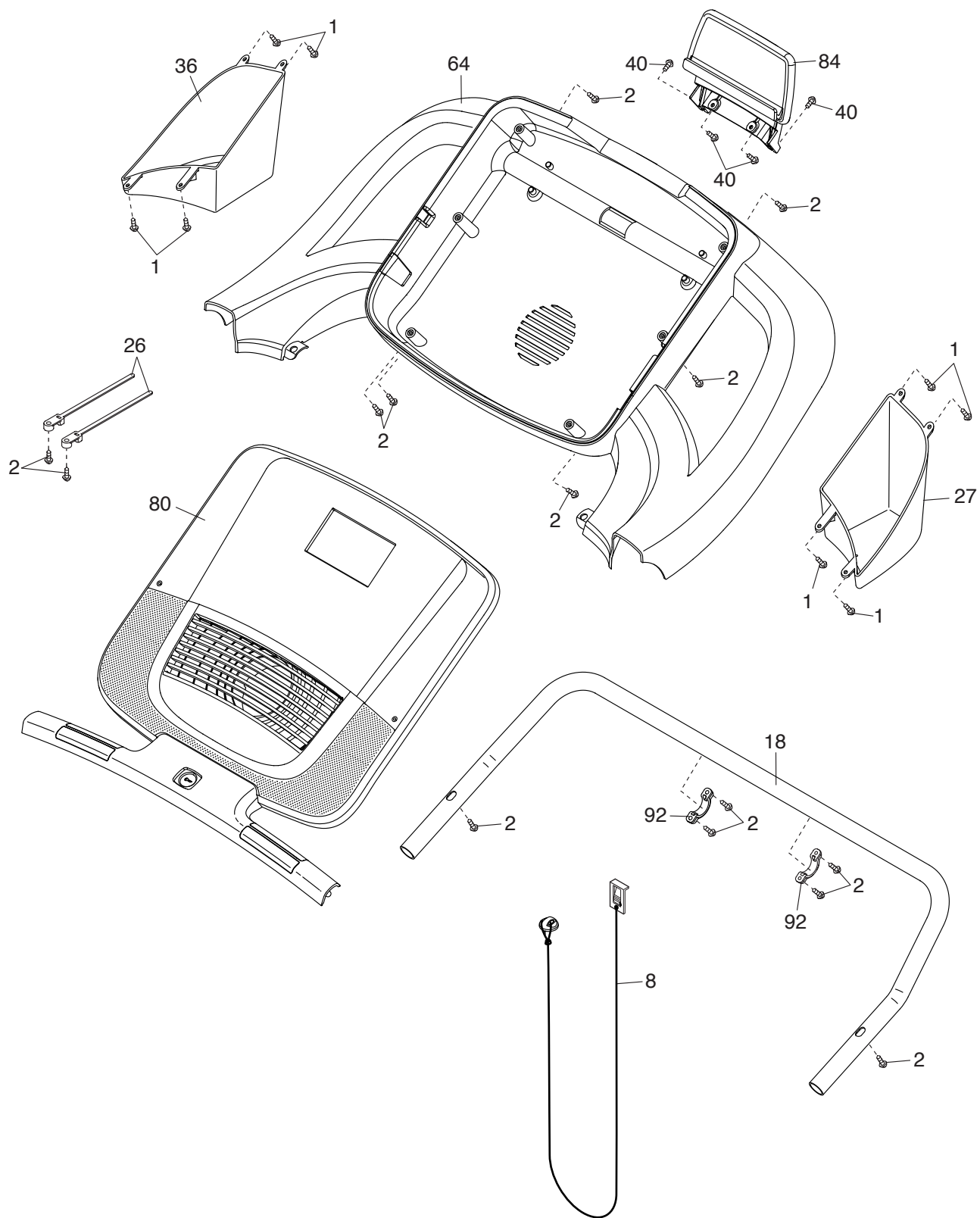
EXPLODED DRAWING C

Model No. NTL19814C.0 R0715A



EXPLODED DRAWING D

Model No. NTL19814C.0 R0715A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 6.

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and motor are warranted for the lifetime of the original purchaser (customer). Parts and electronics are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the customer. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8