

NordicTrack[®]

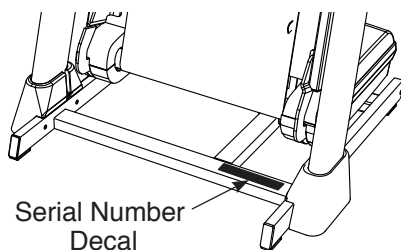
Desk Treadmill

nordictrack.com

Model No. NTL99115.4

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

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

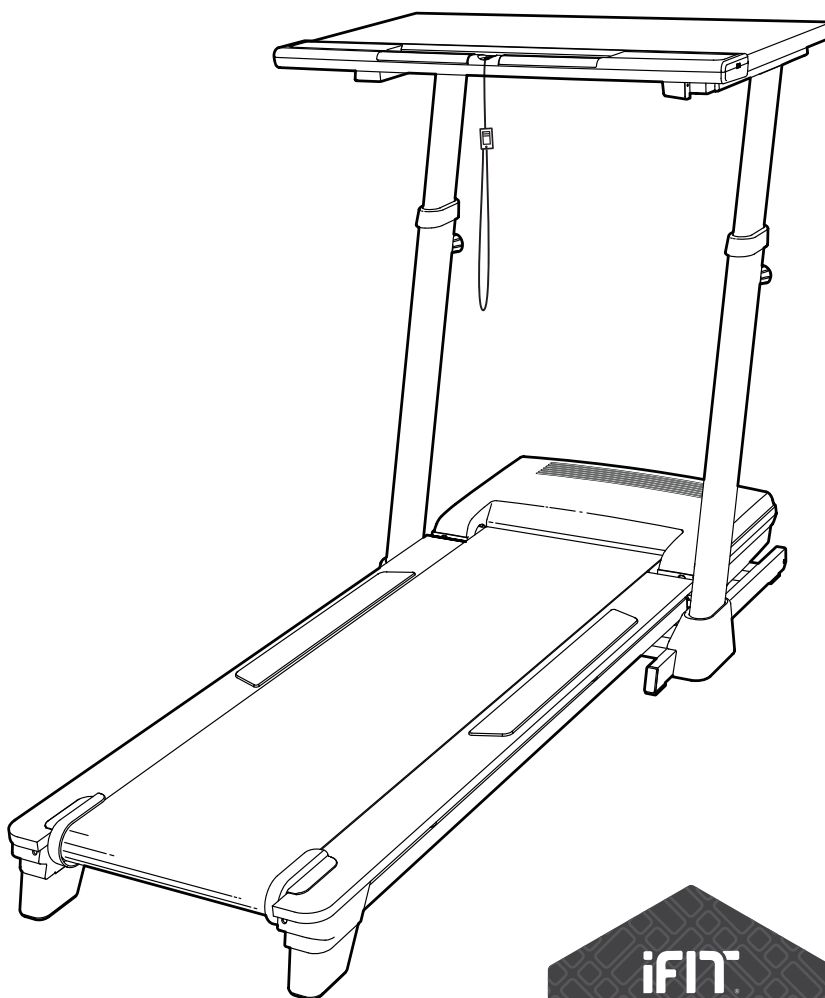
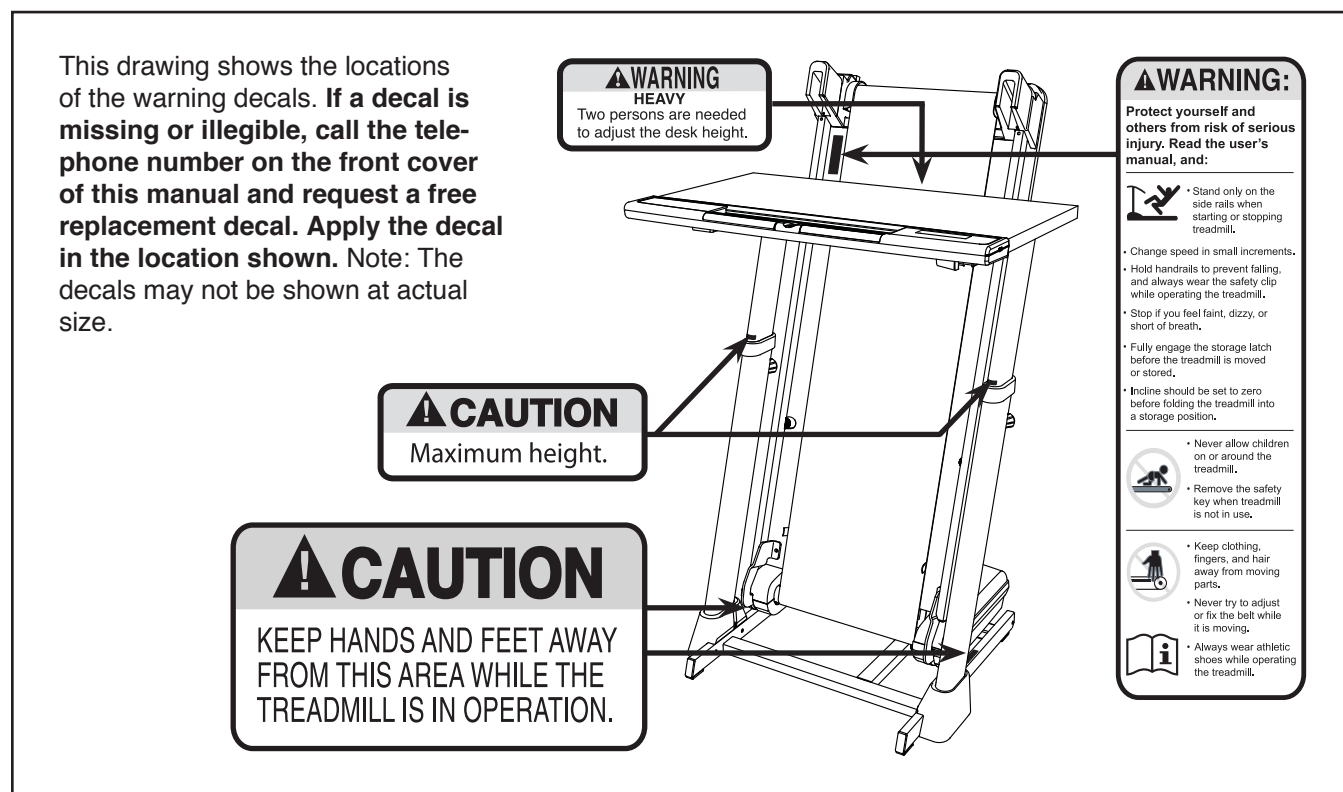


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WARNING DECAL PLACEMENT



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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. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
4. Use the treadmill only as described in this manual.
5. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
6. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
7. 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.
8. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
9. Keep children under age 13 and pets away from the treadmill at all times.
10. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
11. Never allow more than one person on the treadmill at a time.
12. 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.*
13. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 14). 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.
14. Use only a surge suppressor that meets all of the specifications described on page 14. To purchase a surge suppressor, see your local NORDICTRACK dealer, call the telephone number on the front cover of this manual, or see your local electronics store.
15. 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.
16. Keep the power cord and the surge suppressor away from heated surfaces.
17. 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 23 if the treadmill is not working properly.)
18. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15). Always wear the clip while using the treadmill.

19. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
20. When a person is walking on the treadmill, the noise level of the treadmill will increase.
21. Keep fingers, hair, and clothing away from the moving walking belt.
22. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
23. 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.
24. 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 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
25. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
26. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Do not operate the treadmill while it is folded.
27. Do not change the incline of the treadmill by placing objects under the treadmill.
28. Never insert any object into any opening on the treadmill.
29. Inspect and properly tighten all parts each time the treadmill is used.
30. **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.
31. 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.

SAVE THESE INSTRUCTIONS

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



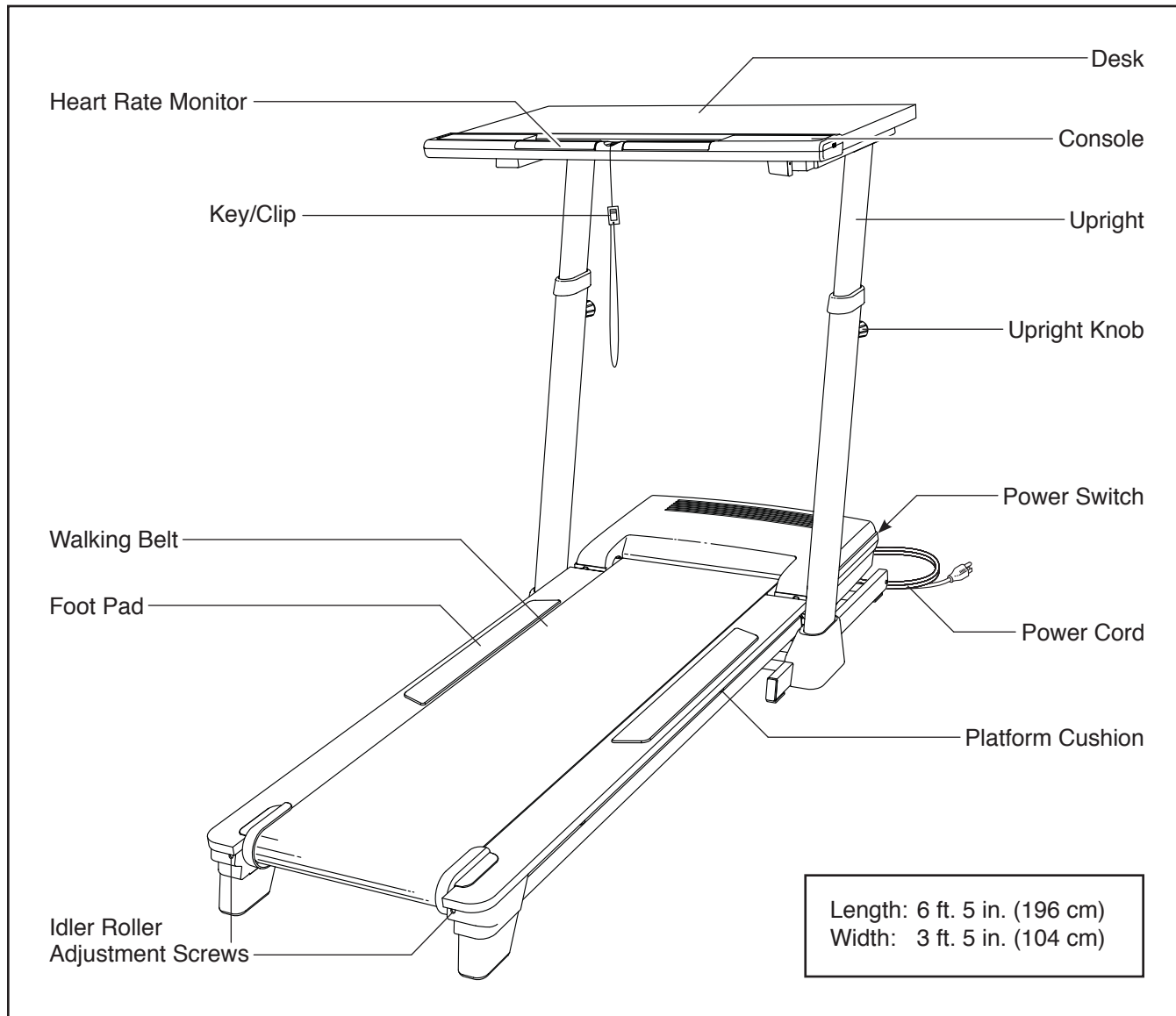
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® DESK TREADMILL. The DESK 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 read

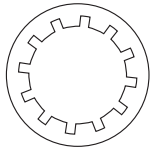
ing this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

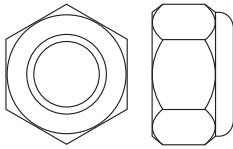


PART IDENTIFICATION CHART

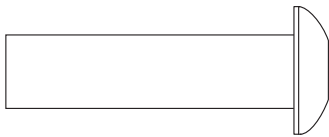
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



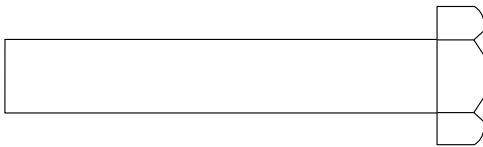
3/8" Star Washer (2)—12



3/8" Nut (4)—4



3/8" x 1 1/2" Screw (3)—8



3/8" x 2 1/4" Screw (1)—4

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.
- To identify small parts, see page 7.

- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- **Assembly requires the following tools:**

the included hex key



one adjustable wrench

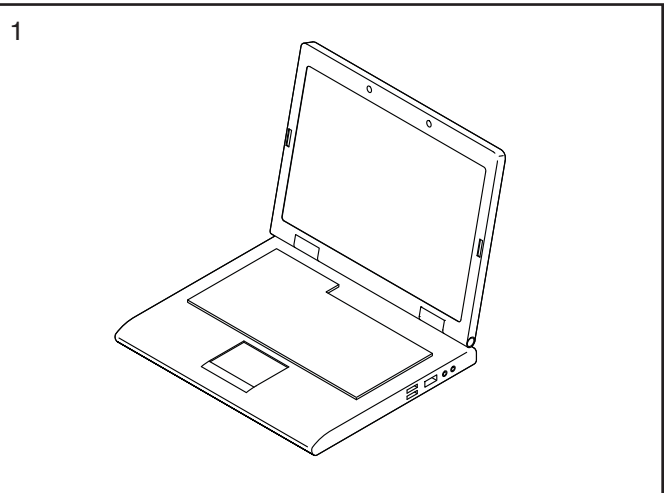


To avoid damaging parts, do not use power tools.

1. **Go to my.nordictrack.com on your computer and register your product.**

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

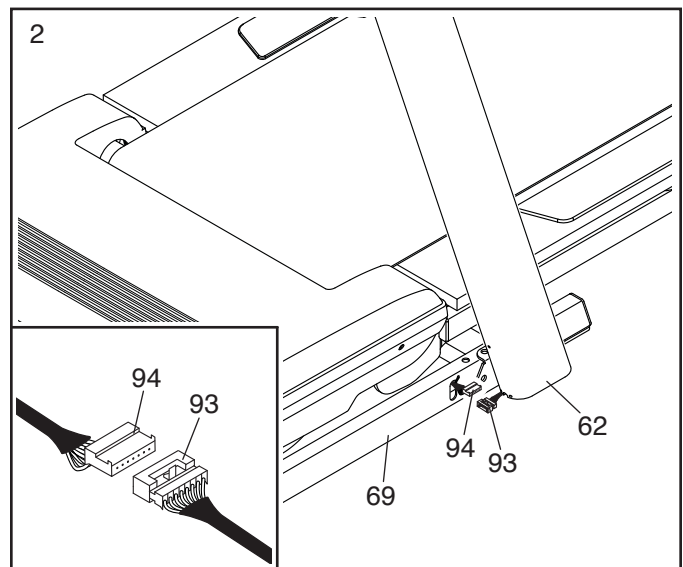
Note: If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



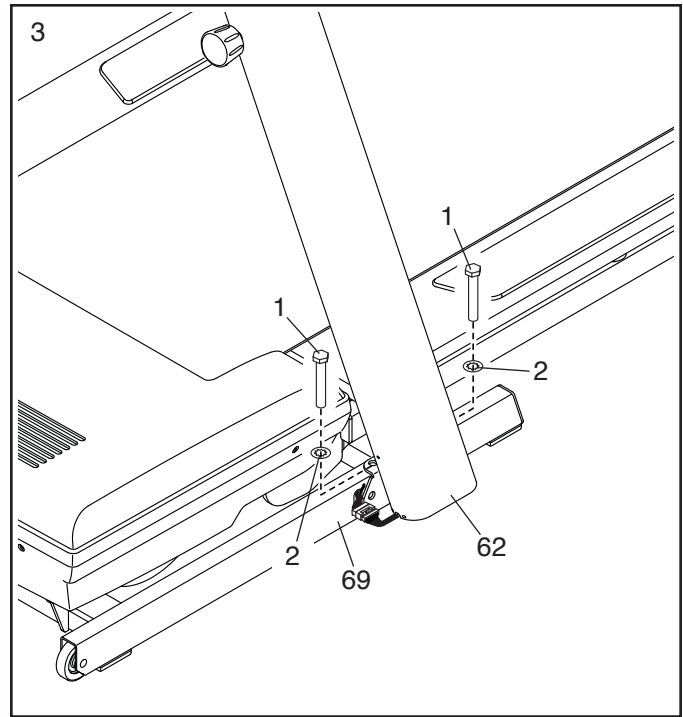
2. **Make sure that the power cord is unplugged.**

With the help of a second person, hold the Left Upright (62) near the Base (69) as shown.

See the inset drawing. Connect the Upright Wire (93) to the Base Wire (94). **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.**

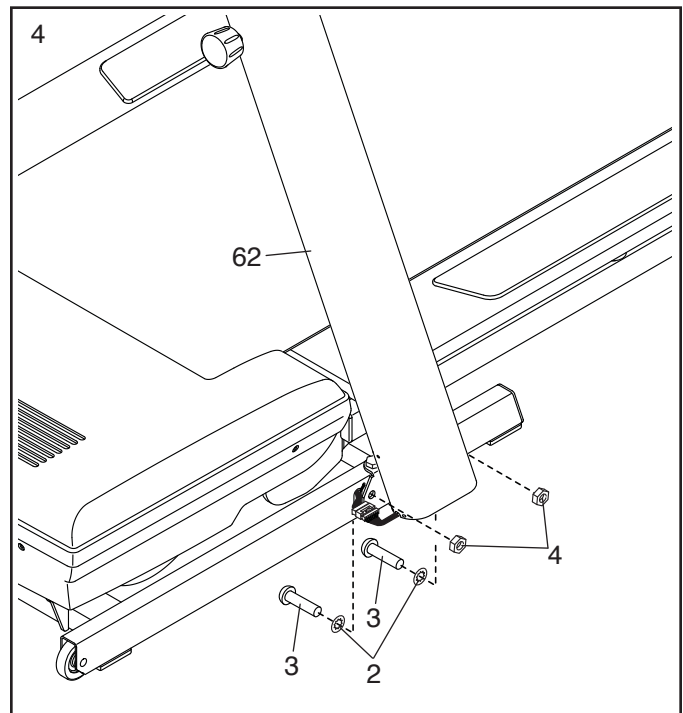


3. Attach the Left Upright (62) to the Base (69) with two 3/8" x 2 1/4" Screws (1) and two 3/8" Star Washers (2); **do not fully tighten the Screws yet. Be careful not to pinch any wires.**



4. Finish attaching the Left Upright (62) with two 3/8" x 1 1/2" Screws (3), two 3/8" Star Washers (2), and two 3/8" Nuts (4) as shown; **do not fully tighten the Nuts yet. Be careful not to pinch any wires.**

Attach the Right Upright (not shown) as described in steps 3 and 4. Note: There are no wires on the right side.



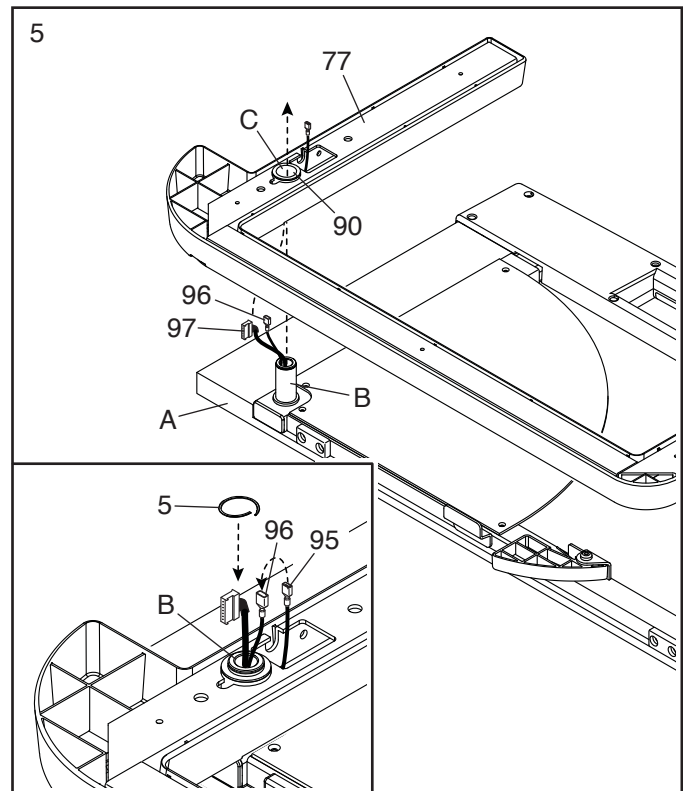
5. Set the console assembly (A) face down on a soft surface to avoid scratching the console.

Next, lay the Desk Frame (77) onto the console assembly (A) as you insert the 24" Ground Wire (96), the Console Wire (97), and the post (B) through the hole (C) in the Desk Frame.

Note: It may help to turn the connector on the Console Wire to a vertical position when you insert it into the post.

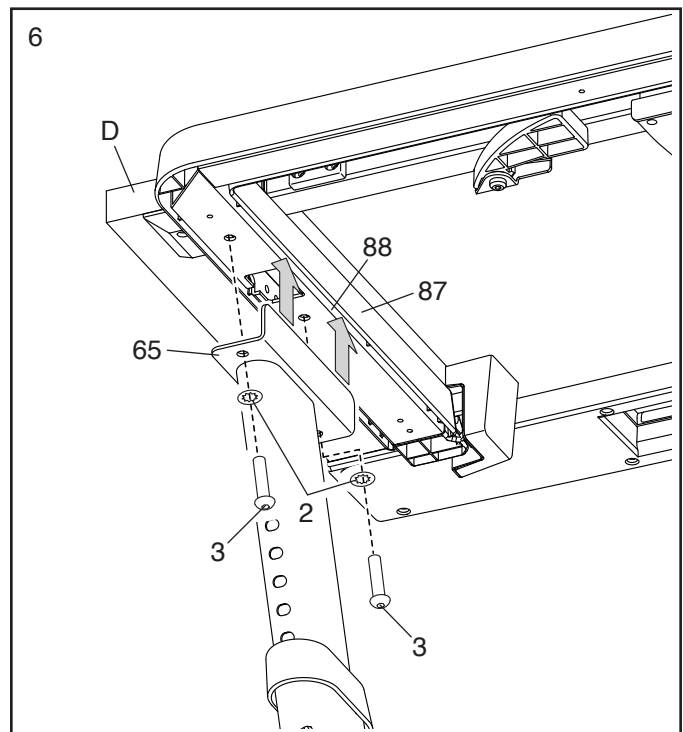
Note: If the 1" Plastic Bushing (90) comes out, press it back in.

See the inset drawing. Slightly twist and slide the 1" Ring (5) down onto the post (B). Make sure that the Ring is securely inserted into the grooves in the post. Then, connect the two Ground Wires (95, 96).

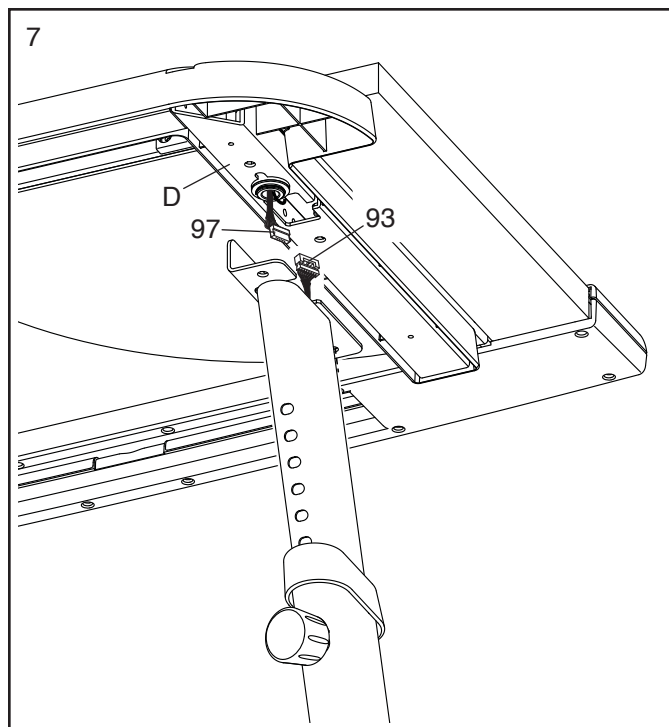


6. With the help of a second person, set the right side of the desk assembly (D) onto the Inner Right Upright (65). **Make sure not to pinch any wires on the left side.**

Partially tighten two 3/8" x 1 1/2" Screws (3) with two 3/8" Washers (2) into the desk assembly (D) as shown. **Note: Make sure that the bracket on top of the Inner Right Upright (65) slides between the Desk Support Frame Cover (87) and Desk Support Frame (88).** Do not fully tighten the Screws yet.

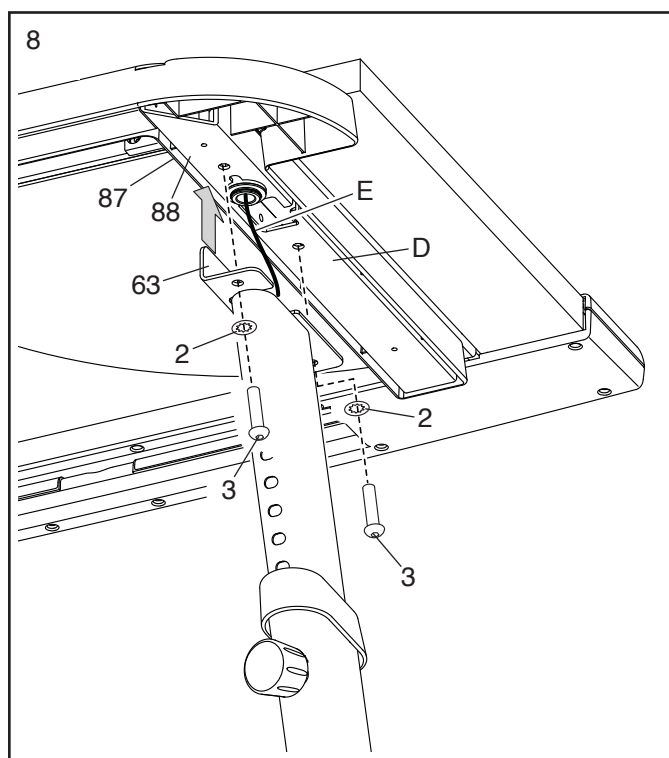


7. Lift the left side of the desk assembly (D). Connect the Upright Wire (93) to the Console Wire (97). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

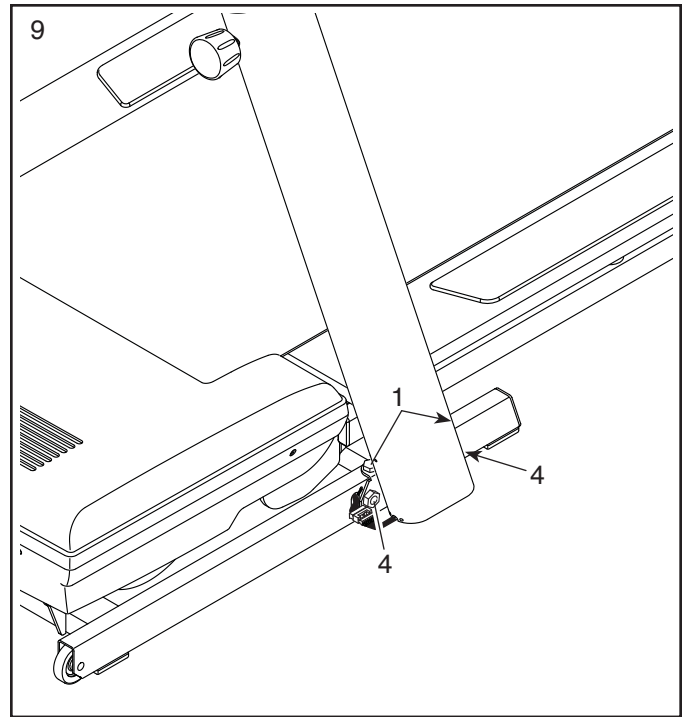


8. Tighten two 3/8" x 1 1/2" Screws (3) with two 3/8" Star Washers (2) into the desk assembly (D) as shown. **Note: Make sure that the bracket on top of the Inner Left Upright (63) slides between the Desk Support Frame Cover (87) and the Desk Support Frame (88).** Insert the wires into the top of the Inner Left Upright. **Make sure that no wires (E) are pinched.**

See step 6. Fully tighten the two 3/8" x 1 1/2" Screws (3) on the right side.

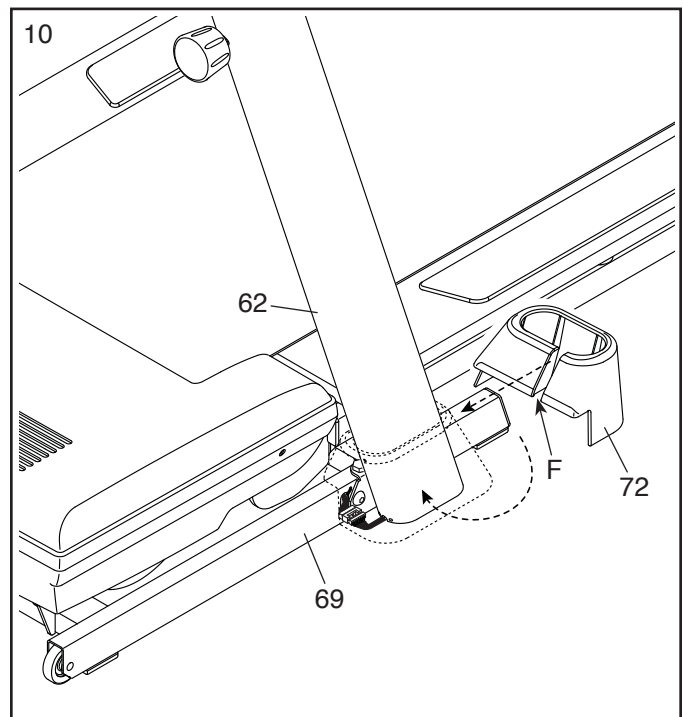


9. First, tighten the 3/8" Nuts (4) on each side of the treadmill. Then, tighten the 3/8" x 2 1/4" Screws (1) on each side of the treadmill.

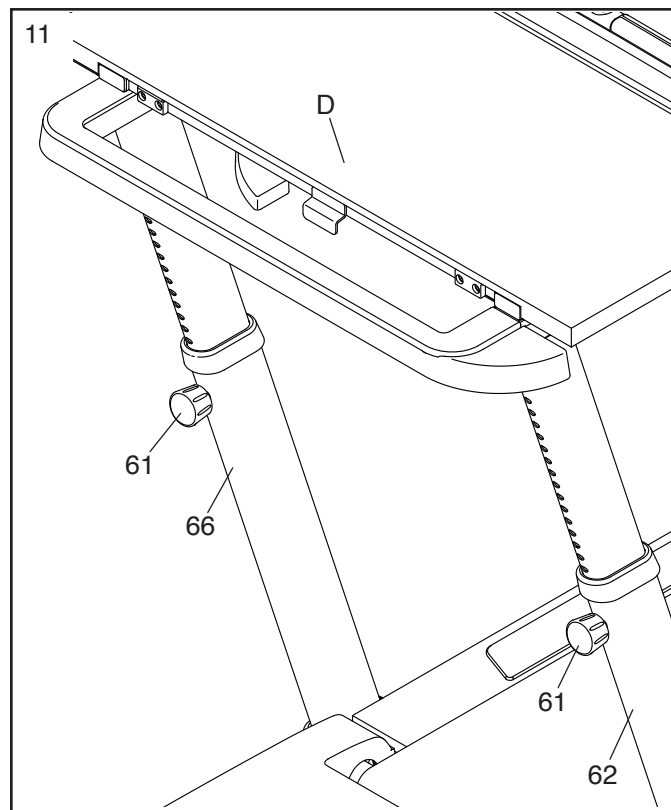


10. Flex the Left Base Cover (72) so that the gap (F) widens easily. Next, place the Left Base Cover around the Left Upright (62) and rotate it as shown. Then, slide the Left Base Cover downward onto the Base (69).

Repeat the step with the Right Base Cover (not shown) on the Right Upright (not shown).



11. Turn the two Upright Knobs (61) counterclockwise to loosen them. Next, pull the Upright Knobs away from the Left and Right Uprights (62, 66), and have a second person adjust the desk assembly (D) to the desired height. Then, release the Upright Knobs and tighten them. **Make sure that the desk is level.**

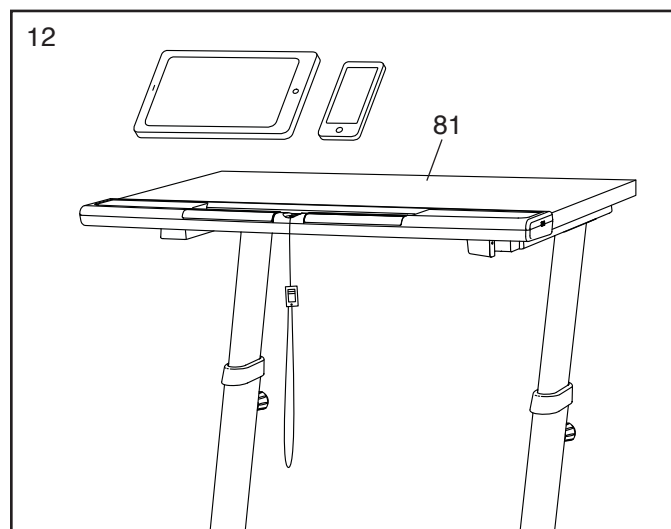


12. **IMPORTANT: You must activate your Console (81) to begin using its exclusive features.**

First, plug in the power cord (see page 14) and turn on the power (see page 15).

Then, using your smartphone or tablet, go to **iFit.com/activate** and follow the instructions to activate the Console (81).

Note: If you do not have a smartphone or tablet, use your computer to go to **iFit.com/activate** for an alternate way to activate the Console (81). If you do not have a computer, call Customer Care (see the front cover of this manual).



13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. 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 page 24). 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 14 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.**

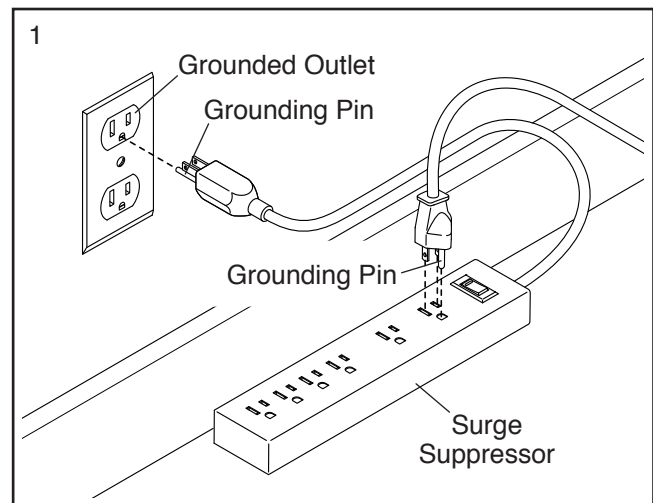
Plug in the Power Cord

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).

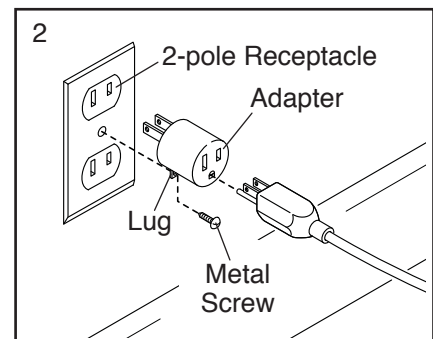
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

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.

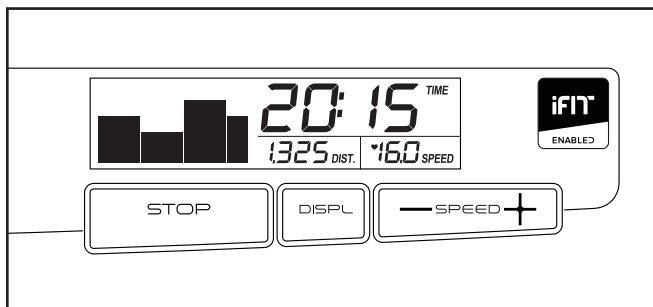


A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



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

IMPORTANT: To activate your console and begin using its exclusive features, see assembly step 12 on page 13.

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed 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 with the optional chest heart rate monitor (see page 18).

You can also connect your tablet to the console and use the iFit® –Smart Cardio Equipment app to record and track your workout information.

To turn on the power, see this page. **To use the manual mode,** see page 16. **To connect your tablet to the console,** see page 17. **To connect your heart rate monitor to the console,** see page 18. **To use the information mode,** see page 18. **To adjust the height of the desk,** see page 19.

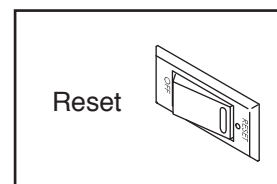
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 18. For simplicity, all instructions in this section refer to miles.

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 24).

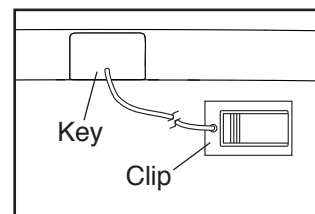
HOW TO TURN ON THE POWER

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 14). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position.



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.



HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select the manual mode.

If the manual mode is not selected, press the Stop button, remove the key, and then reinsert the key.

3. Start the walking belt.

To start the walking belt, press the Start 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.

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. Follow your progress with the displays.

A track representing 1/4 mile (400 m) will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The lower-left display can show the elapsed time and the distance that you have walked or run during your workout. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower-right display can show the speed of the walking belt and the approximate number of calories that you have burned during your workout. The display will also show your heart rate when you use a compatible heart rate monitor (see step 6).



The upper display can show the elapsed time, the distance that you have walked or run, the approximate number of calories you have burned, or the speed of the walking belt.



Press the Displ button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower-left or lower-right display.

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

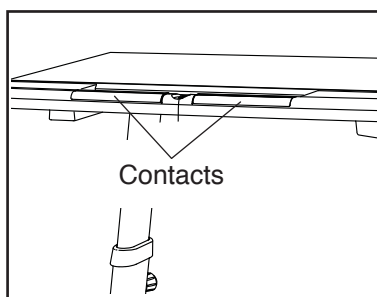
5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. **For information about purchasing an optional chest heart rate monitor, see page 18.**

The console is compatible with all BLUETOOTH® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 18.

Note: If you use both heart rate monitors at the same time, the BLUETOOTH Smart heart rate monitor will have priority.

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, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

Step onto the foot rails and press the Stop button. 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 CONNECT YOUR TABLET TO THE CONSOLE

The console supports BLUETOOTH connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other BLUETOOTH connections are not supported.

1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App Store™ or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the BLUETOOTH option is enabled on your tablet.**

Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet**. See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 18.

3. Connect your tablet to the console.

Press the iFit button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

5. **Disconnect your tablet from the console if desired.**

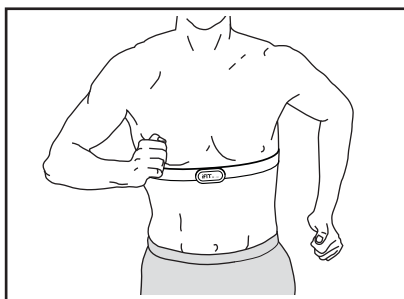
To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit button on the console until the LED on the console turns solid green.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

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 CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your BLUETOOTH Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button. Then, release the Stop button. Note: If a workout has been selected, you may have to press the Stop button twice to exit the workout before you can access the information mode. When the information mode is selected, the following information will be shown:

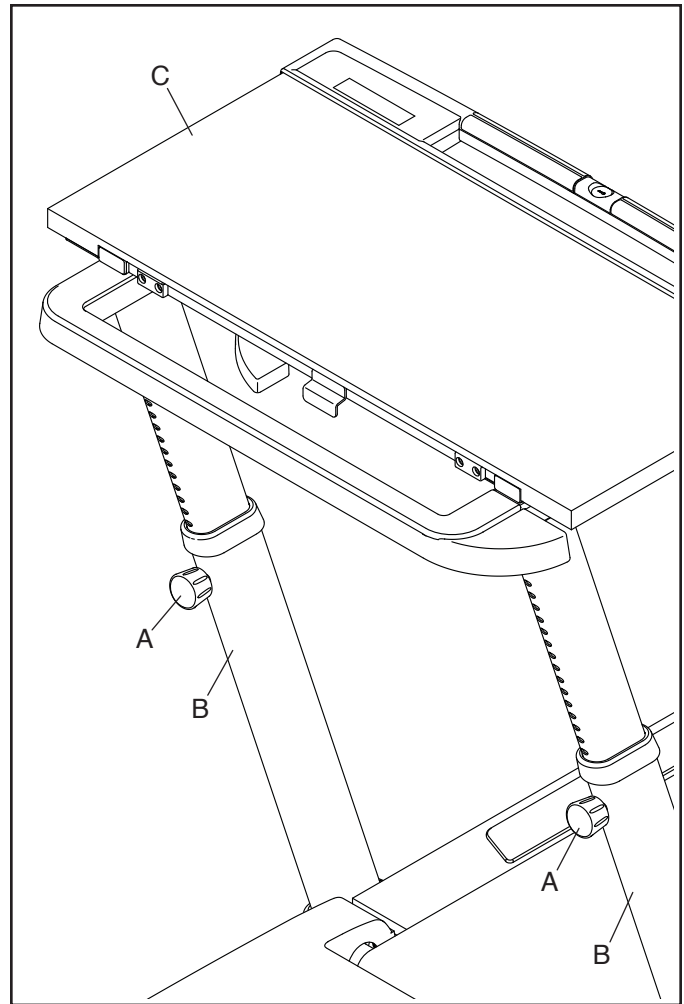
The upper display will show the software version of the console.

An “E” for English miles or an “M” for metric kilometers will appear in the lower-right display. Press the Speed increase button to change the unit of measurement, if desired.

To exit the information mode, remove the key from the console, or press the Stop button repeatedly.

HOW TO ADJUST THE HEIGHT OF THE DESK

Turn the two Upright Knobs (A) counterclockwise to loosen them. Next, pull the Upright Knobs away from the Left and Right Uprights (B), and have a second person adjust the desk assembly (C) to the desired height. Then, release the Upright Knobs and tighten them. **Make sure that the desk is level.**



FCC INFORMATION

This console has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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.

Note: The console contains either FCC ID: OMCBBICON14 or FCC ID: OMCBMD1.

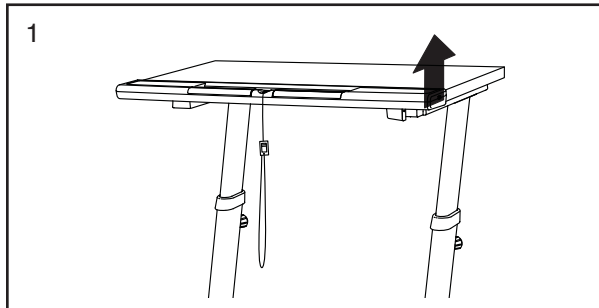
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL

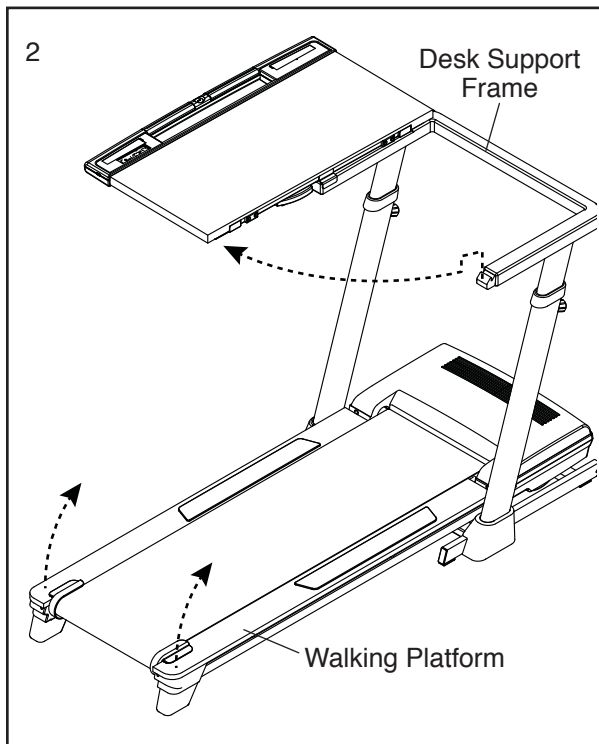
Remove the key and unplug the power cord.

CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill. There must be at least 2 ft. (0.6 m) of clearance on each side of the treadmill.

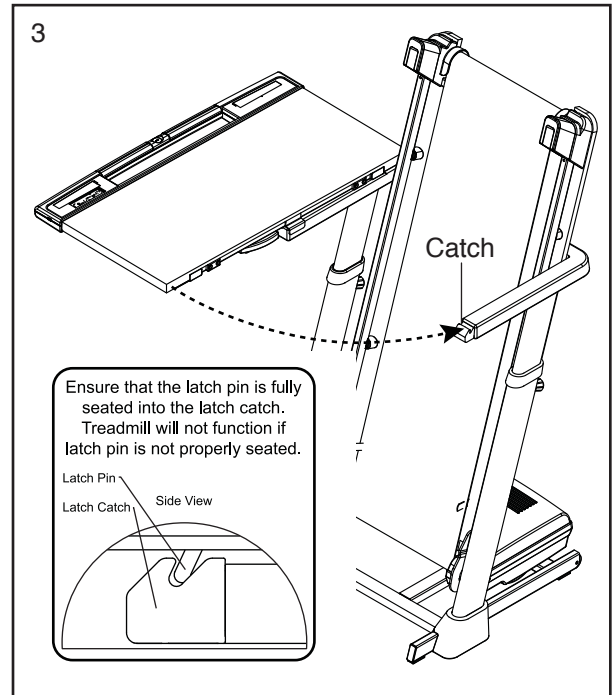
1. Raise the right side of the desk until the desk is unlatched.



2. Rotate the desk to the left. Next, hold the walking platform firmly in the location shown by the arrows below, and raise the walking platform to the desk support frame. **CAUTION: Bend your legs and keep your back straight.**



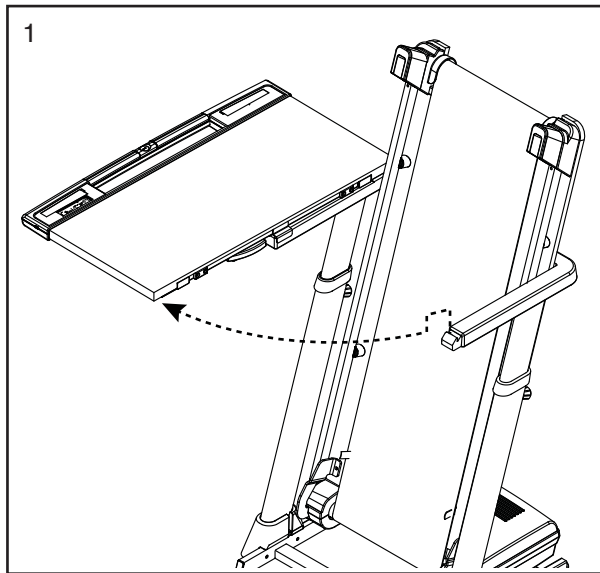
3. Rotate the desk to the right. Then, raise the right side of the desk so that the latch pin will seat fully into the catch. **IMPORTANT: The treadmill will not function if the latch pin is not properly seated.**



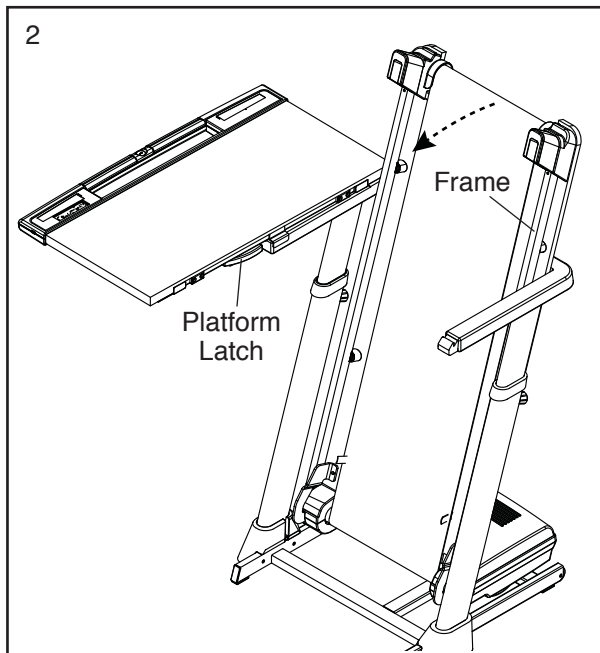
To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO LOWER THE TREADMILL FOR USE

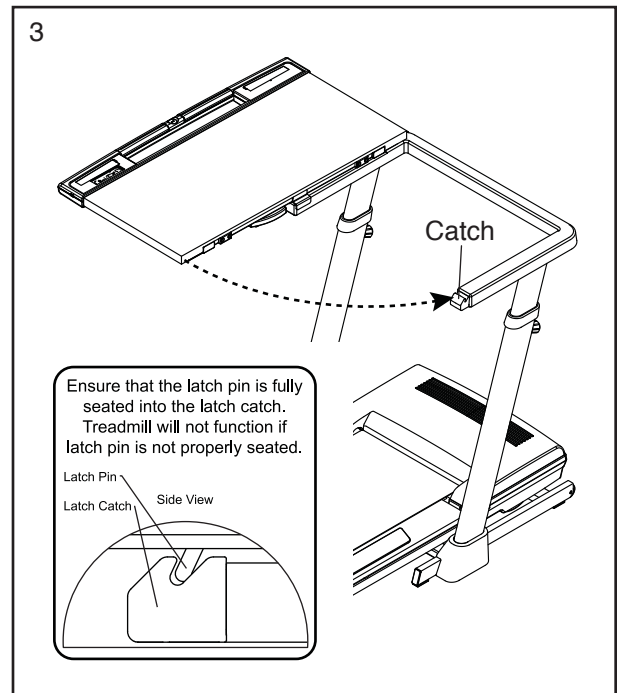
1. Raise the right side of the desk until the desk is unlatched. Then, rotate the desk to the left.



2. Hold the frame firmly with your right hand while pressing the walking platform latch to the left with your left hand. Then, lower the platform to the floor. **CAUTION: Bend your legs and keep your back straight.**



3. Rotate the desk to the right. Then, Raise the right side of the desk so that the latch pin will seat fully into the catch. **IMPORTANT: The treadmill will not function if the latch pin is not properly seated.**



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. Replace any worn parts immediately.

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.

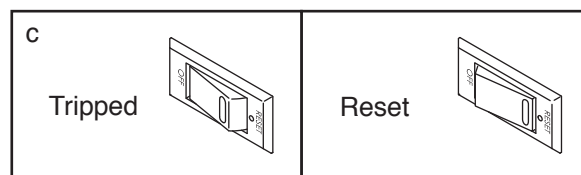
TROUBLESHOOTING

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

- 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 14). Use only a surge suppressor that meets all of the specifications described on page 14.
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.

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



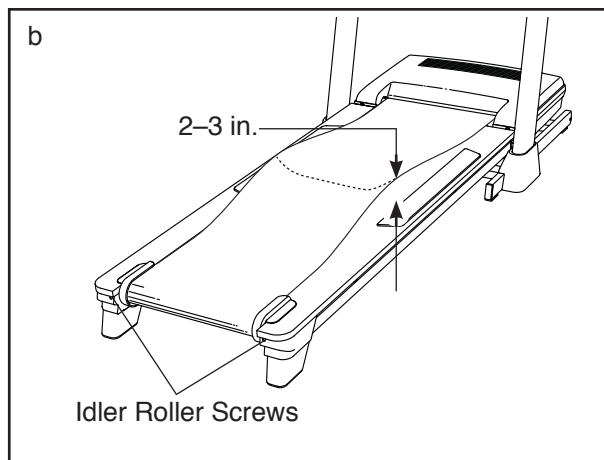
- d. The console requires activation. If you have not activated the console, see assembly step 12 on page 13.

SYMPTOM: The power turns off during use

- a. Check the power switch (see the drawing above). If the switch 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, and then reinsert it.
- d. If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The walking belt slows when walked on

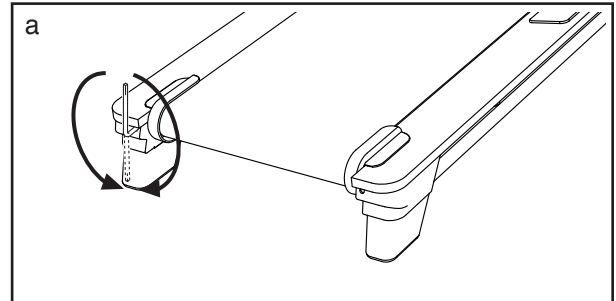
- a. Use only a surge suppressor that meets all of the specifications described on page 14.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws 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 walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



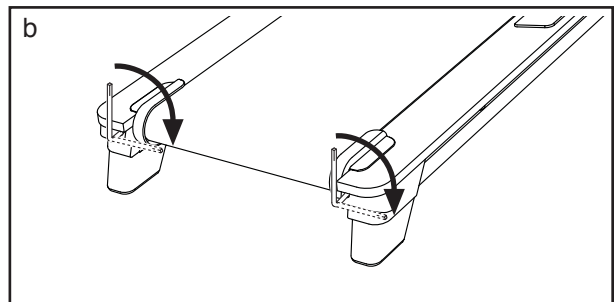
- c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. 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 walk on 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 walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

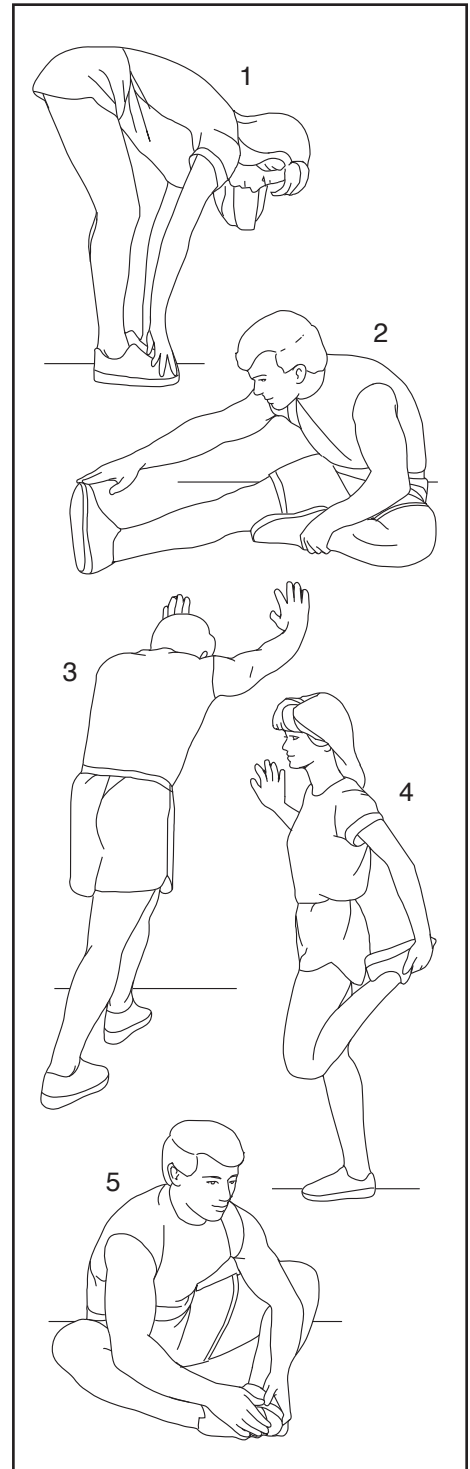
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

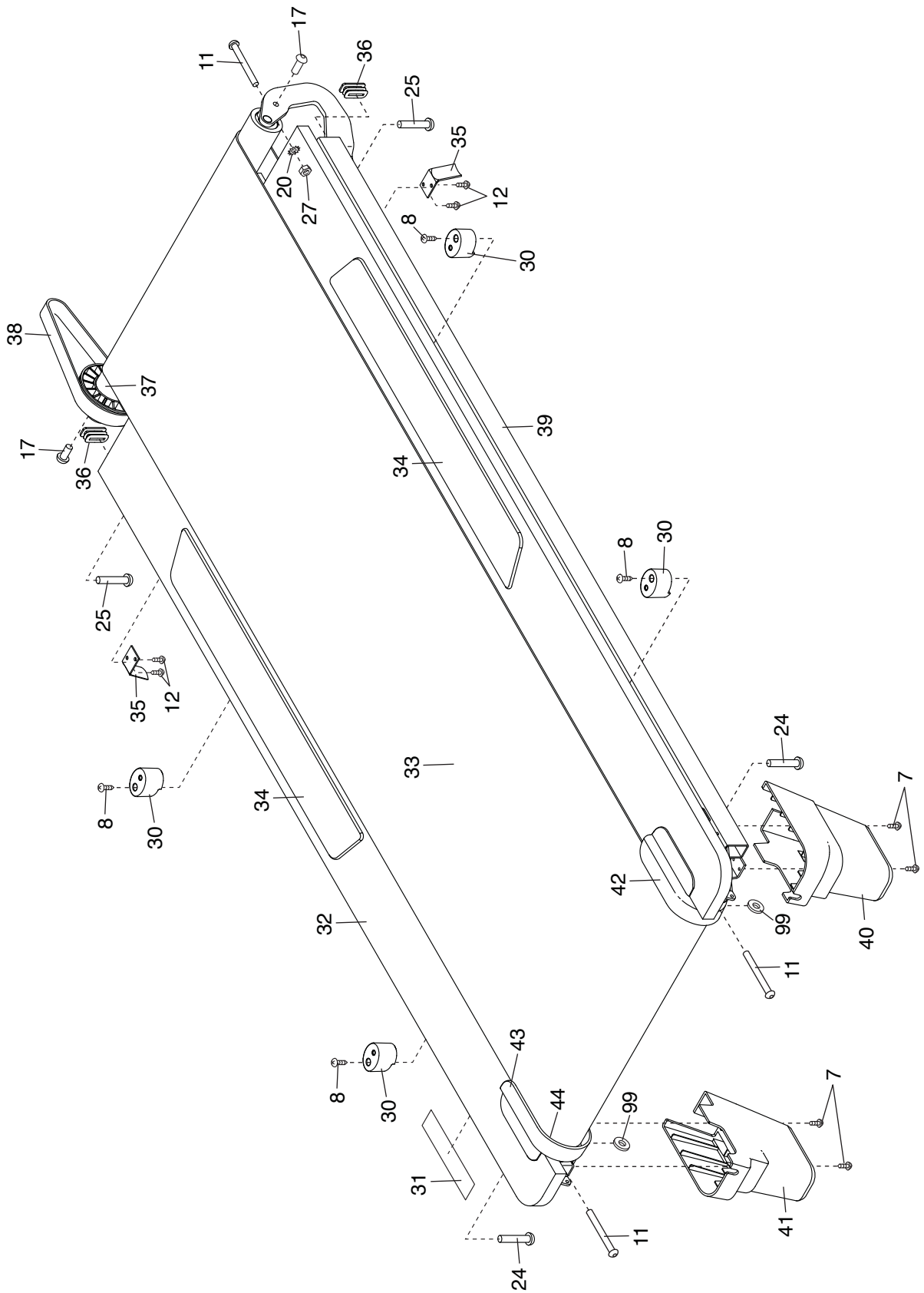
Model No. NTL99115.4 R0618A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 2 1/4" Screw	52	2	3/8" Frame Bushing
2	12	3/8" Star Washer	53	1	Drive Motor
3	10	3/8" x 1 1/2" Screw	54	1	On/Off Switch
4	10	3/8" Nut	55	1	Belly Pan
5	1	1" Ring	56	1	Power Cord
6	3	#4 x 1/4" Screw	57	3	Strain Relief
7	4	#8 x 3/4" Truss Head Screw	58	2	Hood Post
8	48	#8 x 3/4" Screw	59	2	Caution Decal
9	2	#8 x 1/2" Screw	60	18	Slider Plug
10	4	#8 x 1/2" Pan Head Machine Screw	61	2	Upright Knob
11	3	1/4" x 2 1/2" Screw	62	1	Left Upright
12	4	#8 Belt Guide Screw	63	1	Inner Left Upright
13	2	1/4" x 3/8" Screw	64	2	Upright Cover
14	2	3/8" x 3/4" Screw	65	1	Inner Right Upright
15	1	3/8" x 1 3/4" Screw	66	1	Right Upright
16	1	3/8" 2 3/4" Screw	67	2	Wheel
17	2	3/8" x 1" Screw	68	4	Base Pad
18	12	#8 x 3/4" Tek Screw	69	1	Base
19	4	#8 x 3/4" Flat Head Screw	70	2	Lift Bushing
20	1	1/4" Star Washer	71	1	Right Base Cover
21	1	#8 Star Washer	72	1	Left Base Cover
22	9	#8 x 1/2" Machine Screw	73	2	Base Frame Cap
23	1	5/16" x Shoulder Bolt	74	1	Desk Top
24	2	5/16" x 3" Screw	75	1	Desk Ramp
25	2	5/16" x 3/4" Screw	76	2	Desk Frame Cap
26	1	5/16" Nut	77	1	Desk Frame
27	1	1/4" Nut	78	1	Platform Latch
28	5	Hood Clip	79	1	Latch Spring
29	1	Desk Cover	80	2	Desk Bumper
30	4	Platform Cushion	81	1	Console Top
31	1	Warning Decal	82	1	Console Bottom
32	1	Walking Platform	83	1	Sensor Cover
33	1	Walking Belt	84	1	Sensor Switch
34	2	Foot Grip	85	1	10" Wire Harness
35	2	Belt Guide	86	1	Key
36	2	Frame Cap	87	1	Desk Support Frame Cover
37	1	Drive Roller/Pulley	88	1	Desk Support Frame
38	1	Drive Belt	89	1	Catch
39	1	Frame	90	2	1" Plastic Bushing
40	1	Right Rear Foot	91	1	Strain Relief Bracket
41	1	Left Rear Foot	92	2	Cable Tie
42	1	Right Roller Guard	93	1	Upright Wire
43	1	Left Roller Guard	94	1	Base Wire
44	1	Idler Roller	95	1	8" Ground Wire
45	1	Hood	96	1	24" Ground Wire
46	1	Controller	97	1	Console Wire
47	1	Controller Clamp	98	4	3/8" Base Bushing
48	1	Lift Frame	99	2	Roller Spacer
49	1	Fold Sensor	100	1	Heavy Warning Decal
50	1	Lift Frame Tube	101	2	Height Caution Decal
51	2	Lift Frame Spacer	*	—	User's Manual

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

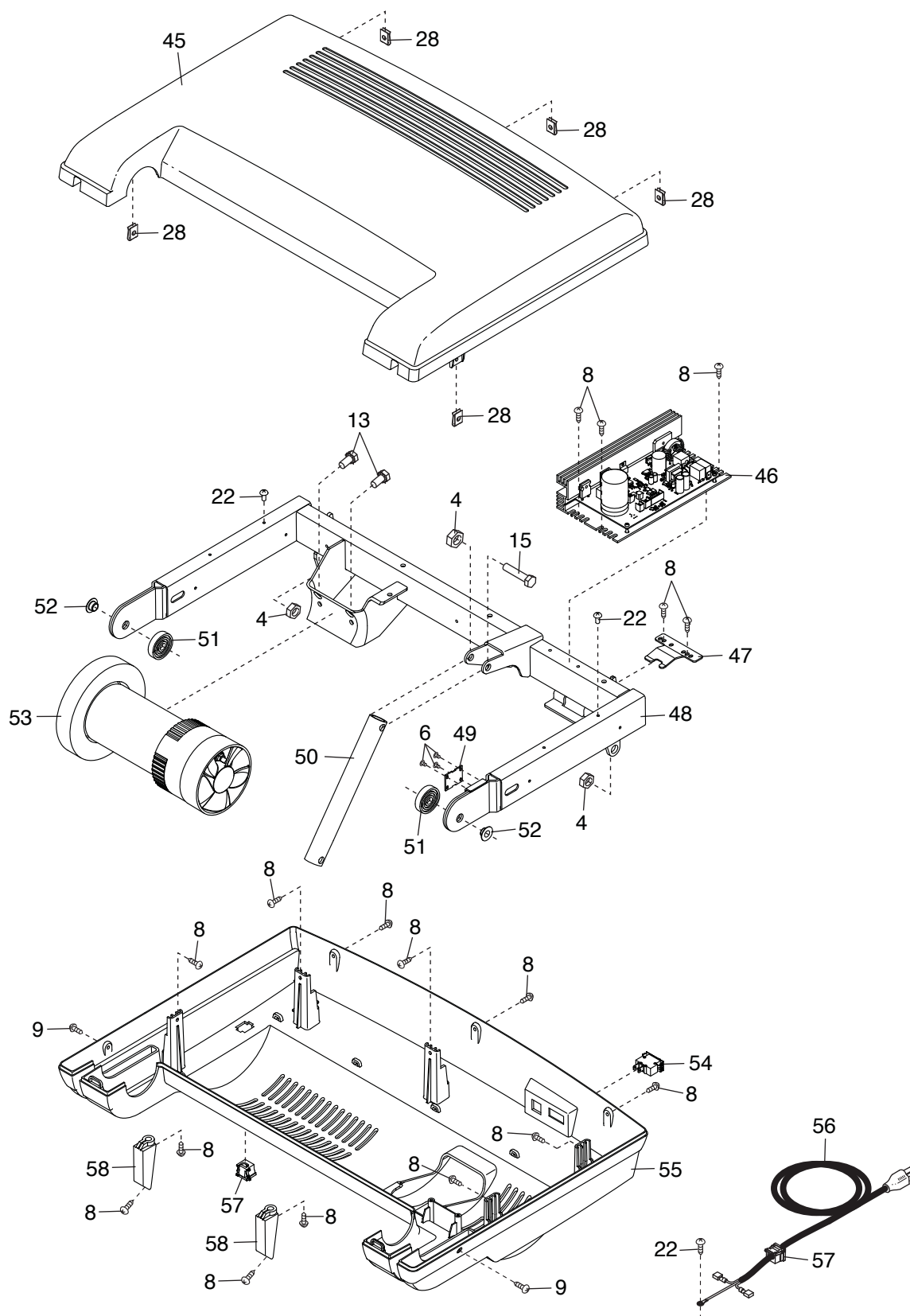
EXPLODED DRAWING A

Model No. NTL99115.4 R0618A



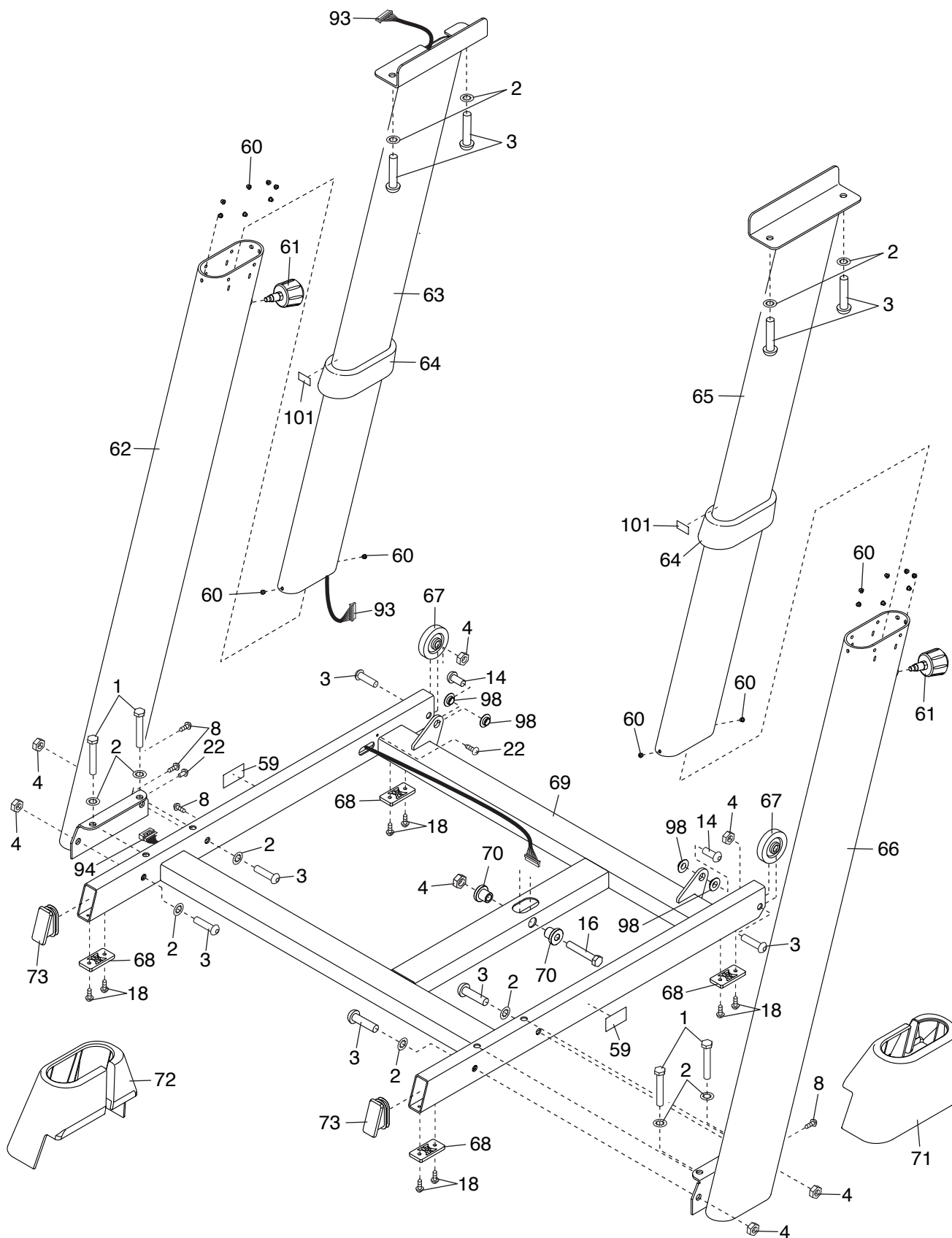
EXPLODED DRAWING B

Model No. NTL99115.4 R0618A



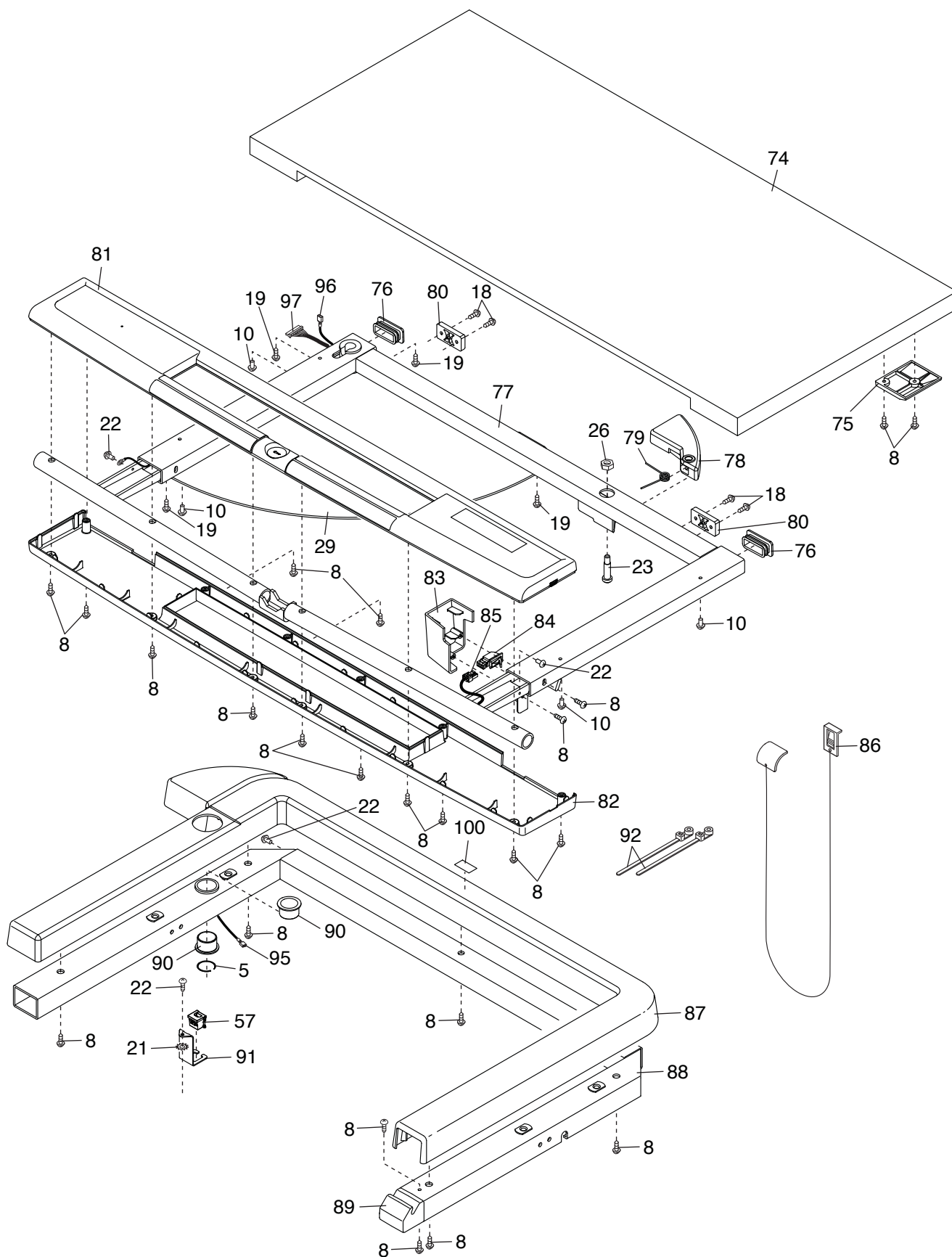
EXPLODED DRAWING C

Model No. NTL99115.4 R0618A



EXPLODED DRAWING D

Model No. NTL99115.4 R0618A



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 5.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for the life-time of the original purchaser (customer). Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. 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 may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) 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 the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) 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 (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

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