

Customer Information

At NordicTrack, we're available to answer any questions you have regarding assembly, use, or maintenance of your treadmill. Please contact our Customer Service Department at the numbers or addresses listed below:

Call us:

1-800-688-6737

or 1-612-368-5600

Mon. to Fri., 8 a.m. to 7 p.m.
Central Time

Relay us:

Hearing impaired customers with TDD access, please call
1-800-821-1317

Write us:

NordicTrack Customer Service
103 Peavey Road
Chaska, Minnesota 55318
M600

E-mail us:

Send us your questions and comments via e-mail at
service@nordictrack.com



CAUTION:

Read this owner's guide carefully before using the treadmill. Save this owner's guide for future reference.



2000



Owner's Guide

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Note: An *Exploded Drawing* is attached in the center of this owner's guide.

Important Precautions

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this owner's guide.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds. Never allow more than one person on the treadmill at a time.
8. Wear appropriate clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women.
9. Always wear athletic shoes when using the treadmill. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see *How to Plug in the Power Cord* on page 10), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See *Before You Begin* on page 5 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt.
15. Always hold the handrails while running on the treadmill. When walking, hold the handrails or use the included hand weights.
16. Do not perform exercises with the hand weights at speeds higher than a walk. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
19. 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.
20. Never leave the treadmill unattended while it is running. When the treadmill is not in use, remove the key and press the on/off switch to the "off" position. (See the drawing on page 5 for the location of the on/off switch.)
21. During the last ten seconds of any program except the manual mode, the incline of the treadmill will automatically decrease to 1.0%. Keep your feet and objects from beneath the treadmill.

22. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See *Assembly* on page 6, and *How to Move the Treadmill* on page 22.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

23. When folding or moving the treadmill, make sure that the frame is held securely by the storage latch.

24. Inspect and tighten all parts of the treadmill every three months.

25. Never insert any object into any opening.

26. The roller guards must be 1/8 inch from the rear roller (see the drawing on page 5).

Unplug the power cord and adjust the roller guards, if necessary.

27. Unplug the power cord before performing the maintenance and adjustment procedures described in this owner's guide. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this owner's guide should be performed by an authorized service representative only.

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

Save These Instructions

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

The decals shown below have been placed on your treadmill. If A decal is missing, or if it is not legible, please call our Customer Service Department at 1-800-688-6737 to order a free decal.

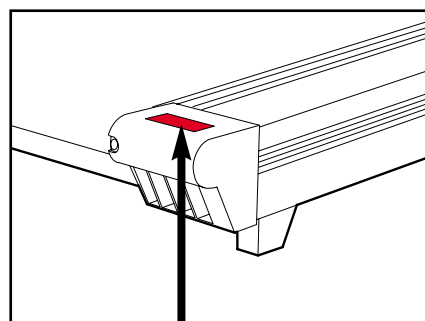
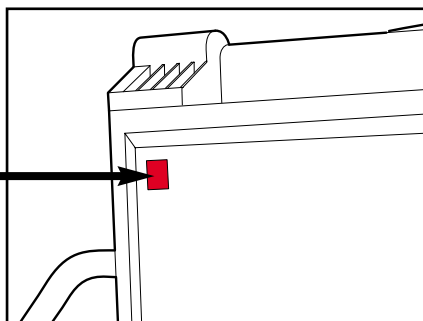
⚠ ATTENTION

- Gardez les enfants éloignés du tapis roulant en tout temps.
- Veuillez vous assurer que le loquet de rangement est complètement fermé avant de déplacer le tapis roulant ou de le ranger.

⚠ WARNING

- Never allow children to play on or around treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.

PART # 138641

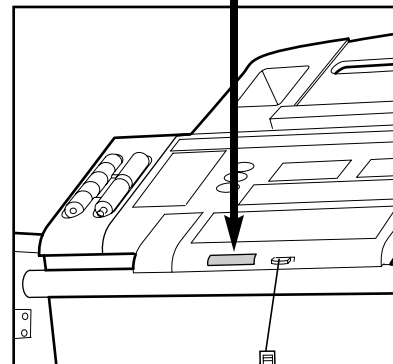
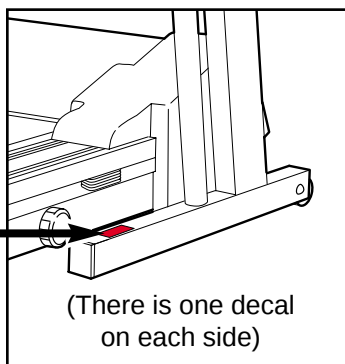


AVIS IMPORTANT:
Réglez le degré d'inclinaison au minimum avant de plier le tapis roulant.

IMPORTANT:
Incline must be set at lowest level before folding treadmill into storage position.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

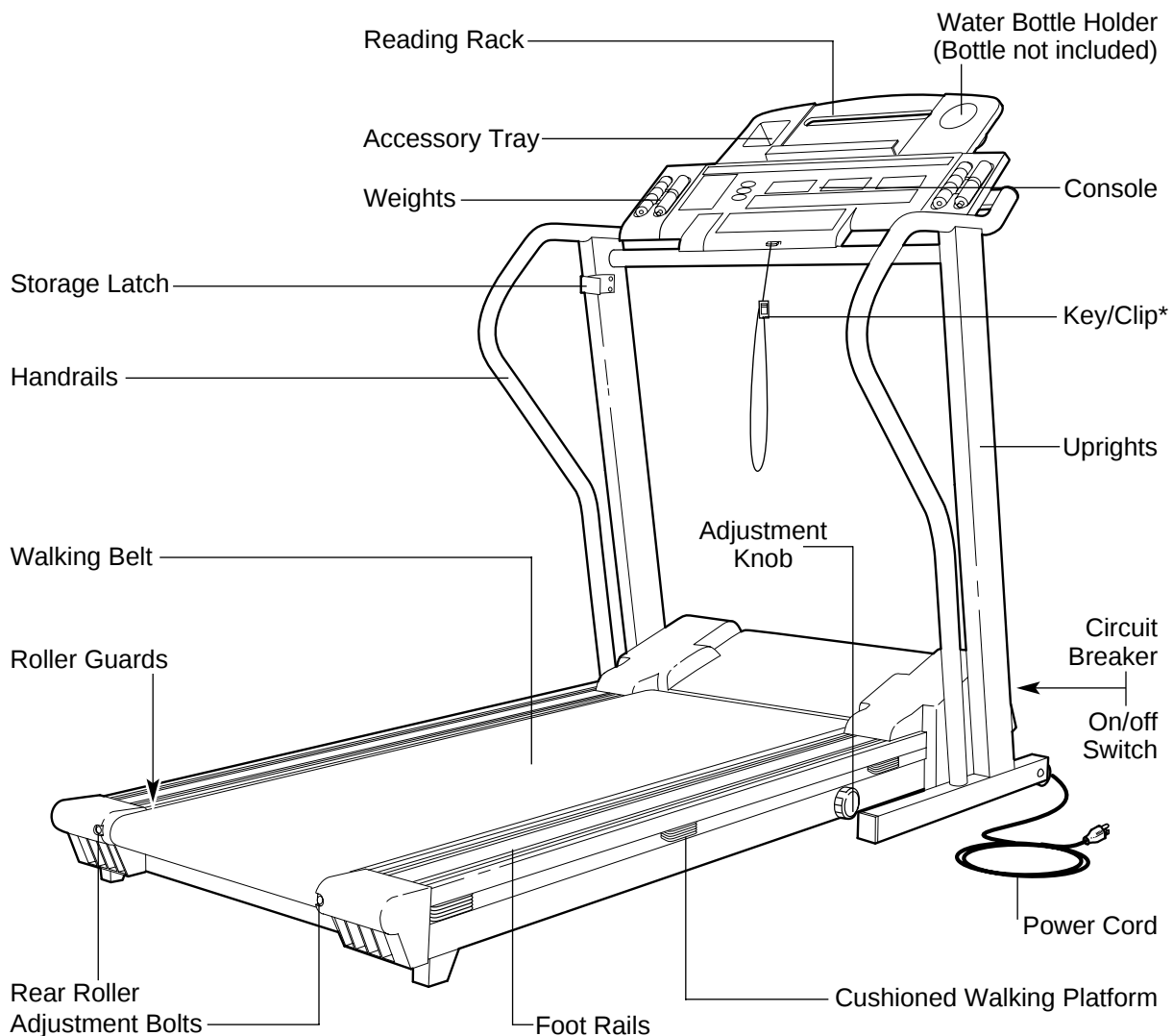


Before You Begin

Thank you for selecting the PowerTread™ 2000 treadmill by NordicTrack. The PowerTread PT 2000 offers an impressive array of features designed to help you meet your fitness goals in the convenience and privacy of your home. And when you're not exercising, the PowerTread PT 2000 can be folded up, requiring less than half the floor space of other treadmills. Before you use the PowerTread PT 2000, please read this owner's guide.

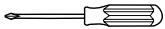
We're available to answer any of your questions regarding assembly, use, or maintenance of the PowerTread 2000 treadmill. Please refer to the front cover of this manual if you wish to contact our Customer Service Department.

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

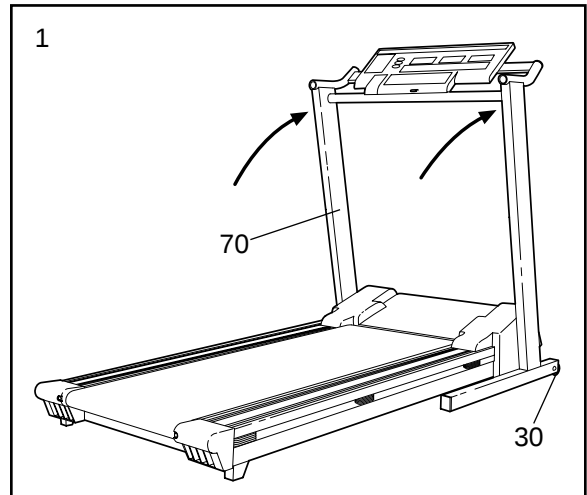


***IMPORTANT:** Always wear the clip while operating the treadmill. If the key is pulled from the console, the walking belt will stop.

Assembly

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Assembly requires the included allen wrench  and your own phillips screwdriver  and adjustable wrench .

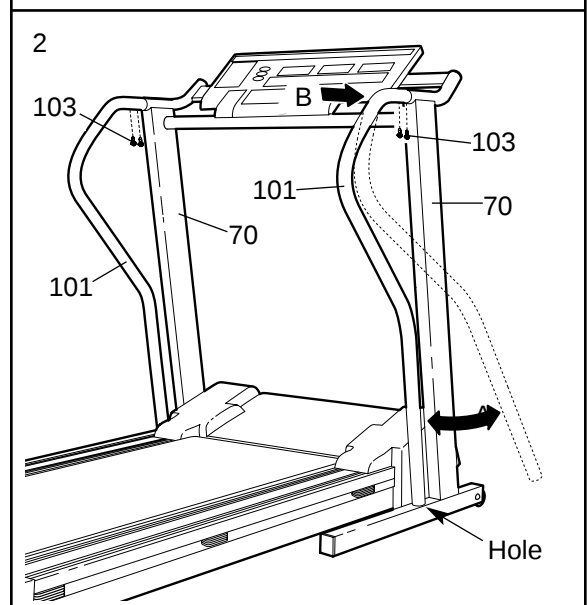
1. With the help of a second person, carefully raise the Uprights (70) until the Wheels (30) are resting flat on the floor.



2. Slide the upper end of a Handrail (101) onto the right Upright (70) as shown. **Note: It will be necessary to pivot the Handrail to the side and back repeatedly (see arrow A) while pushing on the Handrail (see arrow B) to slide it fully onto the Upright.** Next, pivot the lower end of the Handrail down, **push it toward the right Upright**, and then align it with the indicated hole.

Tighten two Handrail Screws (103) into the upper end of the Handrail (101) and the right Upright (70).

Attach the other Handrail (101) to the left Upright (70) as described above.

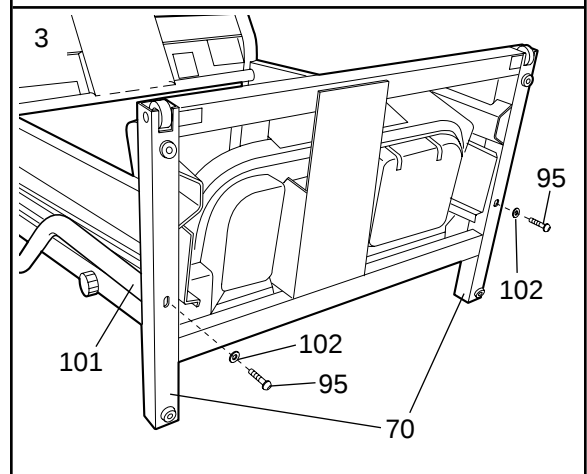


3. With the help of a second person, carefully tip the Uprights (70) down as shown.

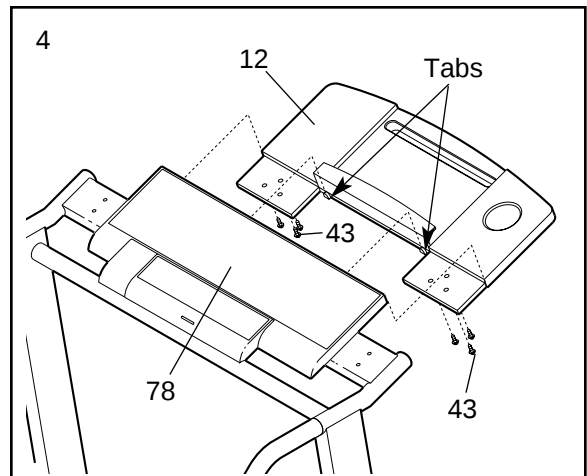
Tighten a Handrail Bolt (95) with a Handrail Washer (102) into the right Upright (70) and the lower end of the right Handrail (101) as shown.

Next, tighten a Handrail Bolt (95) with a Handrail Washer (102) into the left Upright (70) and the lower end of the left Handrail (101) (not shown).

With the help of a second person, carefully tip the Uprights (70) back to the upright position.

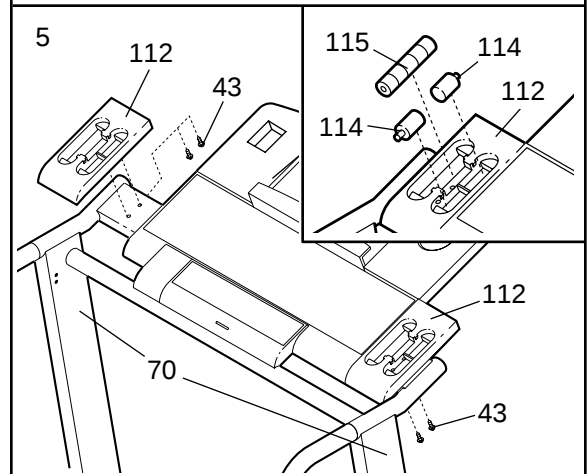


4. Locate the two tabs on the Reading Rack (12). Slide the tabs up into the two slots in the front of the Console (78). Attach the Reading Rack to the Console with the six Screws (43).



5. Attach a Weight Rack (112) to each Upright (70) with two Screws (43) as shown.

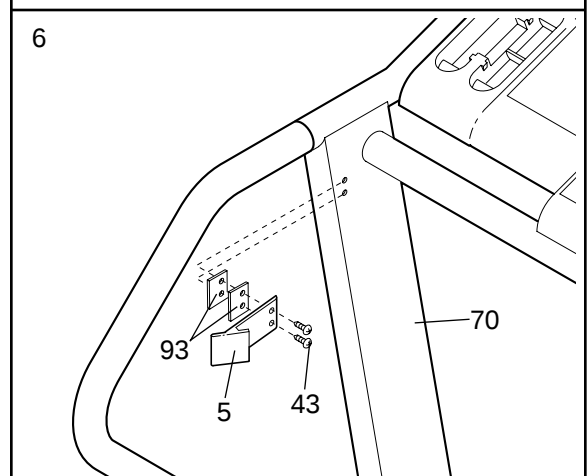
Refer to the inset drawing. Insert a 2-lb. Handle (115) and two 1-lb. Weights (114) into each Weight Rack (112).



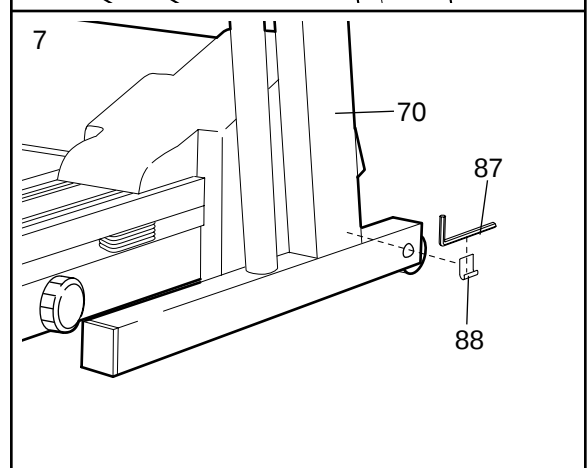
6. Remove the two indicated Screws (43) from the left Upright (70).

Attach the Storage Latch (5) and the two Latch Spacers (93) to the left Upright (70) with the two Screws (43). **Be careful not to overtighten the Screws.**

Note: If it is difficult to fold or lower the treadmill, remove one or both of the Latch Spacers (93).



7. Remove the backing from the Wrench Clip (88). Press the Wrench Clip onto the Upright (70) in the indicated location. Press the Allen Wrench (87) into the Wrench Clip



8. **Make sure that all parts of the treadmill are properly tightened.** Place a mat beneath the treadmill to protect the floor or carpet.

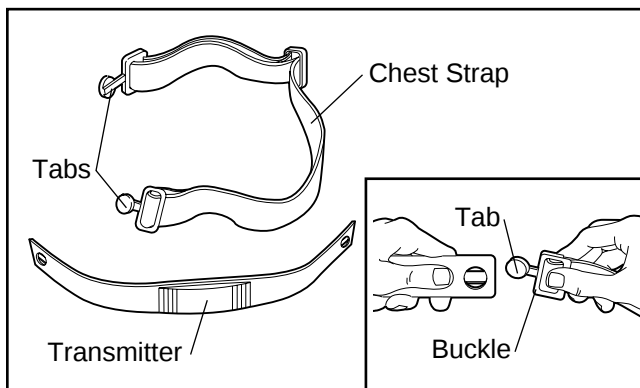
How to Use the CardioTrack™ Heart Rate Monitor

IMPORTANT: If a user has an implanted medical device such as a pacemaker, the user must check with his or her physician prior to using the heart rate monitor.

The unique CardioTrack heart rate monitor is specially designed for accuracy, comfort, and durability. **To get the best performance from the heart rate monitor, please read the instructions below.**

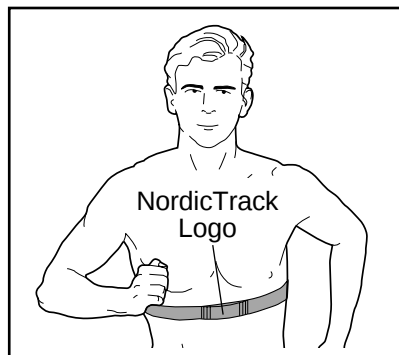
HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of two components: the **chest strap** and the **transmitter**. Follow the steps below to put on the heart rate monitor.



1. Refer to the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the transmitter. Press the end of the transmitter under the buckle on the chest strap. The tab should be flush with the front of the transmitter.

2. Wrap the heart rate monitor around your chest and attach the other end of the chest strap to the transmitter. Adjust the length of the chest strap, if necessary. The heart rate monitor should be under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the NordicTrack logo is facing forward and is right-side-up.



3. Pull the transmitter away from your body a few inches and locate the two electrode areas on the inner side. The electrode areas are the two long, grooved rectangles. Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the transmitter to a position against your chest.

HEART RATE MONITOR TROUBLE-SHOOTING

The instructions on pages 11 to 17 of this owner's guide explain how the heart rate monitor is used with the console. If the letters "PLS" appear in the PULSE display, or if the displayed heart rate is excessively high or low when the heart rate monitor is used, try the trouble-shooting steps below.

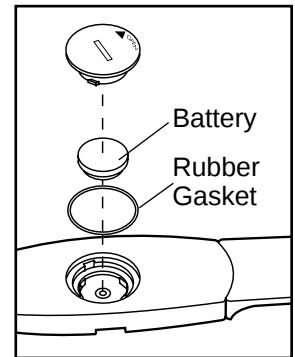
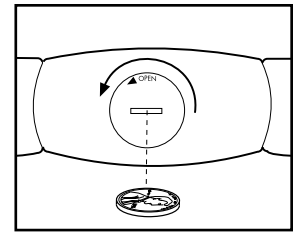
1. Make sure that the heart rate monitor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the heart rate monitor does not function when positioned as described, try moving it slightly lower or higher on your chest.
2. Make sure that the NordicTrack logo on the transmitter is facing forwards and is right-side-up.
3. Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the transmitter. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
4. As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
5. The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
6. The operation of the heart rate monitor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating the treadmill.
7. If the heart rate monitor still does not function properly, test it by having another person try it.
8. The CR2032 battery may need to be replaced (see page 9).

HEART RATE MONITOR CARE AND MAINTENANCE

- Thoroughly dry the heart rate monitor after each use. The heart rate monitor is activated when the electrode areas are wetted and the heart rate monitor is put on; the heart rate monitor shuts off when it is removed and the electrode areas are dried. If the heart rate monitor is not dried after each use, it may remain activated longer than necessary.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time. Do not expose the heart rate monitor to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the transmitter when using or storing the heart rate monitor.
- Clean the transmitter using water and mild soap—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

- If the heart rate monitor does not function properly, the **CR 2032** battery may need to be replaced. To replace the battery, locate the battery cover on the back of the transmitter. Insert a coin into the slot in the cover and turn the cover counterclockwise to the “open” position. Remove the cover.

Remove the old battery and insert a new CR 2032 battery, making sure that the battery is turned so the writing is on top. In addition, make sure that the rubber gasket is in place in the transmitter. Replace the battery cover and turn it to the closed position.



Treadmill Operation

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

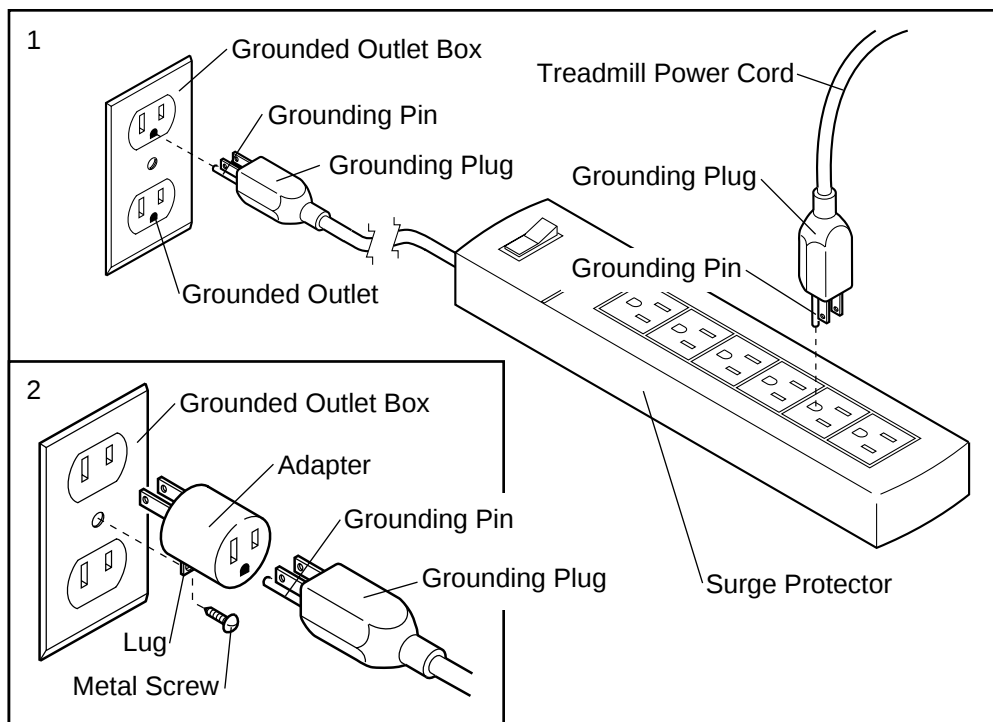
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

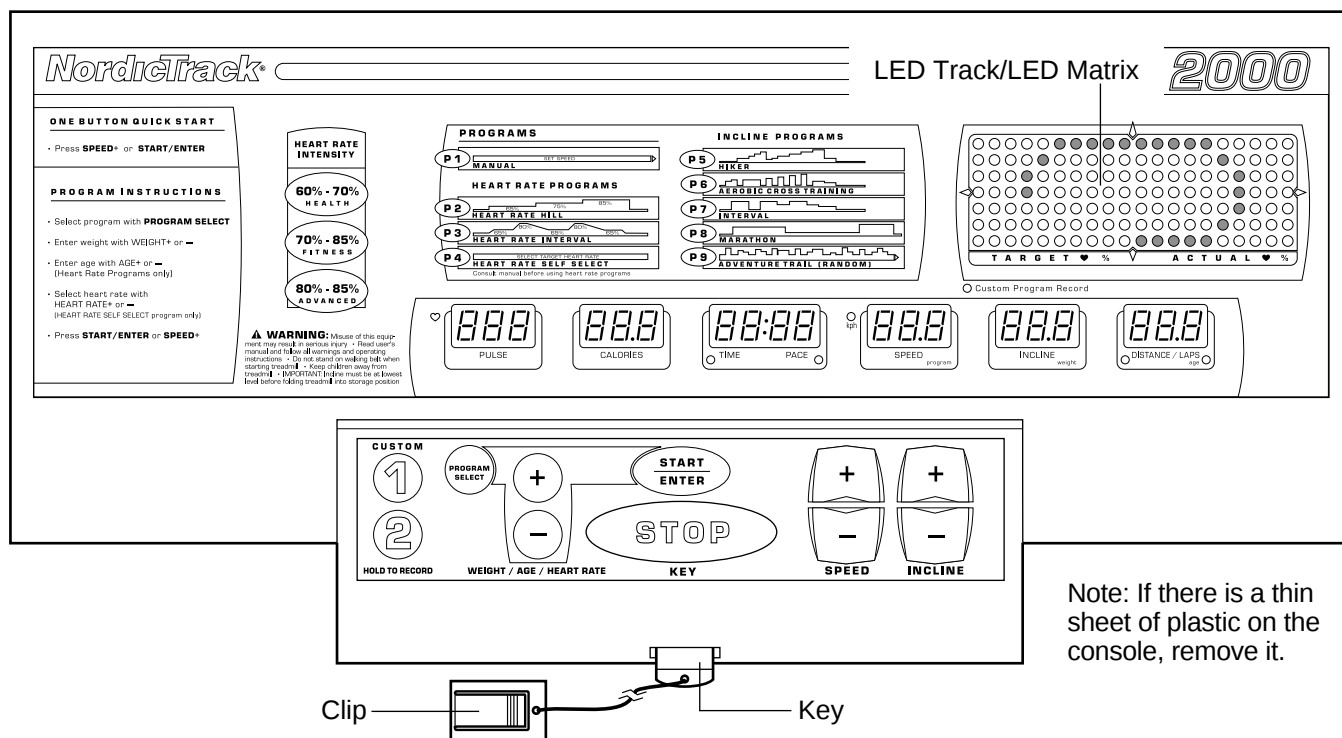
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

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

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**





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

- Do not stand on the walking belt when turning on the power or starting the walking belt.
- Always wear the clip (see the drawing above) while operating the treadmill. If the key is pulled from the console, the walking belt will stop.
- The treadmill is capable of high speeds. Adjust the speed in small increments.
- 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.
- If you have heart problems, or if you are over 60 years of age and have been inactive, **do not use the HEART RATE programs**. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.
- To reduce the risk of electric shock, keep the console dry. Use a sealable water bottle.

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective.

When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, you can watch your progress on the LED "track" while the six displays provide continuous exercise feedback. Eight preset programs are also offered: three HEART RATE programs automatically control the speed and incline of the treadmill to keep your heart rate near predetermined settings, and five INCLINE programs automatically control the incline of the treadmill as they guide you through effective workouts. The console also features two CUSTOM programs that allow you to create your own programs and store them in the console's memory for future use.

To use the manual mode, follow the steps beginning on page 12. **To use the HEART RATE programs**, see page 15. **To use the INCLINE programs**, see page 17. To create a **CUSTOM** program, see page 19. To use a **CUSTOM** program, see page 20.

Note: The console can display speed and distance in either miles or kilometers (see *Speed Display* on page 13). For simplicity, all instructions in this owner's guide refer to miles.

HOW TO USE THE MANUAL MODE

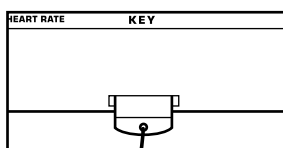
1 Plug in the power cord.

Press the on/off switch on the front of the treadmill to the “on” position. Next, follow the instructions on page 10 to plug in the power cord. When the power cord is plugged in, all displays and indicators on the console will flash once. (Note: If the key is in the console when the power cord is plugged in, the letters “PO” will flash in the SPEED display. If this occurs, remove the key.)

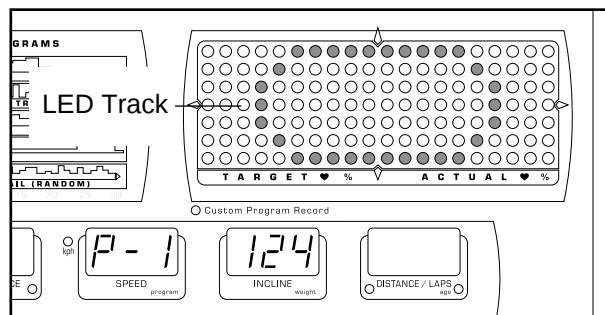


2 Insert the key fully into the console.

Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto your waistband. Next, insert the key into the console.



After two seconds, various displays and indicators on the console will light. After another five seconds,



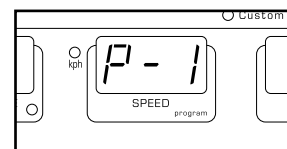
a “P-1” will appear in the SPEED display and the current weight setting will begin to flash in the INCLINE display. The LED track will also be lit. Note: When you are familiar with the console, you may go directly to step 6 if desired. The first time you use the console, please follow all steps.

3 Put on the POLAR heart rate monitor if desired.

For the PULSE display to show your heart rate, the heart rate monitor must be worn. To put on the heart rate monitor, see *How to Use the CardioTrack™ Heart Rate Monitor* on page 8.

4 Select the MANUAL mode.

When the key is inserted, the MANUAL mode will be selected, as shown by the “P-1” in the SPEED display (program 1 is the MANUAL mode). If a different program has been selected, press the PROGRAM SELECT button repeatedly until a “P-1” appears.



5 Enter your weight if desired.

For the CALORIES display to be the most accurate, your weight should be entered into the console. To enter your weight, press the WEIGHT buttons. Each time one of the buttons is pressed, the weight setting shown in the INCLINE display will change by 1 pound. If one of the buttons is held down, the weight setting will change in increments of 5 pounds. Note: Once you have entered your weight, it will be saved in the console's memory.

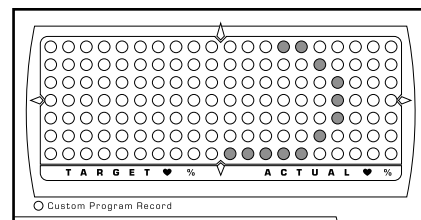


6 Press the START/ENTER button or the SPEED “+” button to start the walking belt.

When the button is pressed, the LED track will disappear in a counterclockwise direction. One flashing indicator will then reappear and the walking belt will begin to move at 1.0 mph. Hold the handrails and begin walking.

The LED track represents a distance of 1/4 mile.

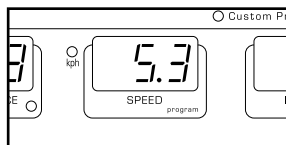
As you exercise, the indicators around the track will light one at a time until the entire track is lit. The track will then disappear in a counterclockwise direction and a new lap will begin.



To stop the walking belt momentarily, press the STOP button. The displays will pause and the TIME/PACE display will begin to flash. To restart the walking belt, press the START/ENTER button or the SPEED “+” button. To stop the walking belt and reset the displays, hold down the STOP button for two seconds.

7 Adjust the speed and incline of the treadmill as desired.

As you exercise, change the speed of the walking belt as desired by pressing the SPEED buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mph. If one of the buttons is held down, the speed will change in increments of 0.5 mph. The speed range is 0.5 mph to 10 mph. Note: When the SPEED buttons are pressed, the SPEED display will show the selected speed setting for six seconds. The display will then show the actual speed of the walking belt.



To change the incline of the treadmill, press the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline quickly. The incline range is 1.5% to 12%. The incline setting is shown in the INCLINE display. Note: After the INCLINE buttons are pressed, it may take a few seconds for the treadmill to reach the selected incline setting. **When you are finished exercising, change the incline of the treadmill to 1.5%. The incline must be at 1.5% before the treadmill is folded to the storage position or the treadmill may be damaged.**

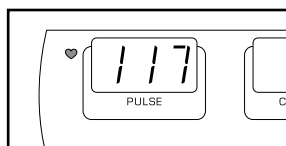


8 Follow your progress with the six displays.

PULSE display

For this display to be active, the heart rate monitor must be worn. To put on the heart rate monitor, see *How to Use the CardioTrack™*

Heart Rate Monitor on page 8. After a few seconds, the heart-shaped indicator beside the PULSE display will flash each time your heart beats. Three dashes will then appear in the PULSE display and your heart rate will be shown. Note: The heart rate monitor will sample your heart rate every few seconds. *It may take up to ten seconds before an accurate heart rate is shown.* If your heart rate is not shown, see *Heart Rate Monitor Trouble-shooting* on page 8.



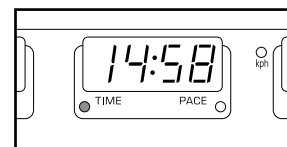
CALORIES display

This display shows the approximate number of calories you have burned.



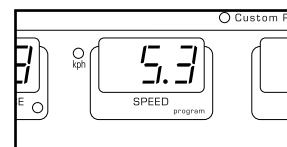
TIME/PACE display

This display shows the total time that the walking belt has been moving and your current pace (pace is measured in minutes per mile). The display will change from one number to the other every seven seconds. Indicators below the display will show which number is currently shown. Note: When a HEART RATE, INCLINE, or CUSTOM program (except the RANDOM program) is selected, the display will show the time *remaining* in the program rather than the *elapsed* time.



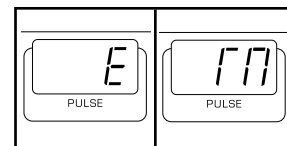
SPEED display

This display shows the current speed of the walking belt. Note: When the SPEED buttons are pressed, the display will show the selected speed setting for six seconds. The display will then show the actual speed of the walking belt.



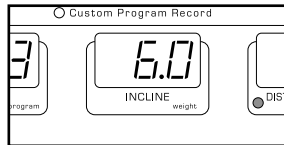
Note: The speed can be shown in either miles per hour (mph) or kilometers per hour (kph). The KPH indicator beside the SPEED display will light when the speed is shown in kph. To change the unit of measurement, first hold down the STOP button while inserting the key into the console.

An "E" for English (miles) or an "M" for Metric (kilometers) will appear in the PULSE display. Press the SPEED "+" button to change the unit of measurement. Remove and then reinsert the key.



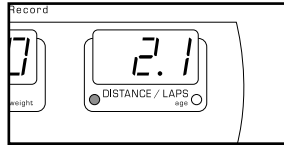
INCLINE display

This display shows the current incline level of the treadmill.



DISTANCE/LAPS display

This display shows the distance that the walking belt has moved and the number of laps you have completed (one lap equals 1/4 mile). Every seven seconds, the display will change from one number to the other. Indicators below the display will show which number is currently shown. Note: If the KPH indicator beside the SPEED display is lit, the distance will be displayed in kilometers. If the KPH indicator is dark, the distance will be displayed in miles.



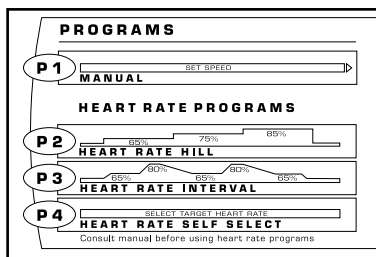
9 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and press the STOP button. **Change the incline of the treadmill to the lowest setting. The incline must be at the lowest setting before the treadmill is folded to the storage position or the treadmill may be damaged.**

Remove the key from the console. Store the key in a secure place. In addition, press the on/off switch to the "off" position. (See the drawing near the top of page 12.)

HOW TO USE THE HEART RATE PROGRAMS

The three HEART RATE programs automatically control the speed and incline of the treadmill to keep your heart rate near predetermined settings during your workout. The graphs labeled P2 and P3 on the console show the heart rate settings of the HILL and INTERVAL programs. The SELF SELECT program will keep your heart rate near a setting that you choose. The HILL program is 20 minutes long with a 3-minute cool-down period; the INTERVAL program is 28 minutes long with a 2-minute cool-down period; the SELF SELECT program is 20 minutes long. Follow the steps below to use a HEART RATE program.



1 Plug in the power cord.

See step 1 on page 12.

2 Insert the key fully into the console.

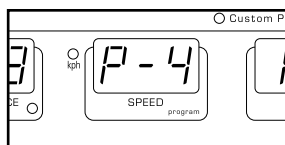
See step 2 on page 12.

3 Put on the CardioTrack heart rate monitor.

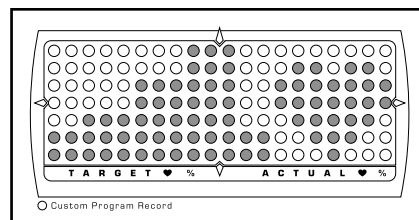
The heart rate monitor must be worn when a HEART RATE program is used. To put on the heart rate monitor, see *How to Use the CardioTrack™ Heart Rate Monitor* on page 8. Note: During a HEART RATE program, the speed and/or incline of the treadmill may automatically decrease if your heart rate is not detected for an extended period of time.

4 Select one of the HEART RATE programs.

When the key is inserted, the MANUAL mode will be selected. To select one of the HEART RATE programs, press the PROGRAM SELECT button repeatedly until a “P-2,” “P-3,” or “P-4” appears in the SPEED display. (Program 2 is the HILL program; program 3 is the INTERVAL program; program 4 is the SELF SELECT program.)



Refer to the LED matrix. A heart will appear on the right side of the matrix, indicating that a HEART RATE program has been selected. The left side of the matrix will show a representation of the heart rate settings of the selected program.



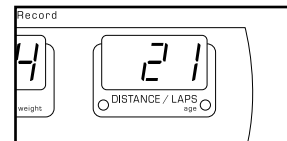
5 Enter your weight if desired.

When a HEART RATE program is selected, the current weight setting will flash in the INCLINE display. Although it is not necessary to enter your weight to use a HEART RATE program, the CALORIES display will be more accurate if your weight is entered. If you have already entered your weight, or if you do not want to enter your weight, go to step 6. To enter your weight, press the WEIGHT buttons (see step 5 on page 12).



6 Enter your age.

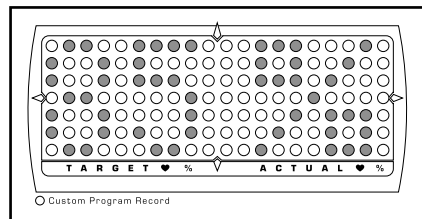
Press the START/ENTER button. The current age setting will begin to flash in the DISTANCE/LAPS display. **You must enter your age to use a HEART RATE program.** If you have not entered your age, press the AGE buttons. Each time one of the buttons is pressed, the age setting will change by 1 year. If one of the buttons is held down, the age setting will change in increments of 5 years. Note: Once you have entered your age, it will be saved in the console's memory.



If the HILL or INTERVAL program is selected, the PULSE display will show the maximum heart rate setting of the program, in beats per minute. The LED matrix will show the maximum heart rate setting as a *percentage* of your *maximum possible heart rate*.



(Your maximum possible heart rate is 220 minus your age).



If the HILL or INTERVAL program is selected, go directly to step 8. If the SELF SELECT program is selected, go to step 7.

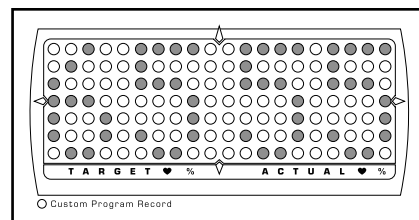
7 Select a heart rate setting.

If the SELF SELECT program is selected, your heart rate will be kept near a setting that you choose. Press the START/ENTER button. The PULSE display will show the current heart rate setting of the program, in beats per minute (see the drawing at the top of this page). The LED matrix will show the current heart rate setting as a *percentage* of your *maximum possible heart rate* (see the drawing above). (Your maximum possible heart rate is 220 minus your age). If desired, you can change the percentage shown in the LED matrix by pressing the HEART RATE buttons. Each time one of the buttons is pressed, the percentage will change by 5%. The percentage can be from 60% to 85%. As the percentage is changed, the heart rate setting shown in the PULSE display will also change.

8 Press the START/ENTER button or the SPEED “+” button to start the program.

When the program is started, the SPEED display will flash and a tone will sound twice. If the incline of the treadmill is higher than 1.5%, it will automatically decrease to 1.5%. After a moment, the walking belt will begin to move at 1.5 mph. Hold the handrails and begin walking.

As you exercise, the LED matrix will display two numbers.



The number on the left is the current *target* heart rate setting; the number on the right is your *actual* heart rate. (The numbers are *percentages* of your *maximum possible heart rate*). At the end of each one-minute period of the program, a tone will sound and the console will compare your actual heart rate to the target heart rate. If your actual heart rate is higher or lower than the target heart rate by 5% or more, the speed and/or incline of the treadmill will automatically change to bring your heart rate closer to the target heart rate.

The TIME/PACE display will show the time remaining in the program. Near the end of the program, the walking belt will slow to allow you to cool down. During the last ten seconds of the program, the incline will decrease to 1.5%. When no time remains in the TIME/PACE display, the walking belt will slow to a stop.

If your heart rate is not detected during a HEART RATE program, the letters “PLS” will flash in the PULSE display. (See *Heart Rate Monitor Troubleshooting* on page 8.) The speed and/or incline of the treadmill may also automatically decrease until your heart rate is detected.

To stop a HEART RATE program momentarily, press the STOP button. The displays will pause and the TIME/PACE display will begin to flash. To restart the program, press the START/ENTER button or the SPEED “+” button. To end the program and reset the displays, hold down the STOP button for two seconds.

Note: Minor adjustments can be made to the speed or incline of the treadmill during a HEART RATE program with the SPEED or INCLINE buttons. However, if you *increase* the speed, the incline will automatically *decrease*; if you *decrease* the speed, the incline will *increase*. If you *increase* the incline, the speed will *decrease*; if you *decrease* the incline, the speed will *increase*. *The console will always attempt to keep your heart rate near the target heart rate setting.* When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

9 Follow your progress with the six displays.

See step 8 on page 13.

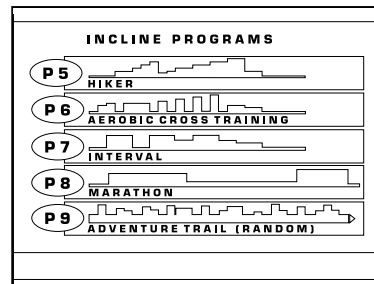
10 When the program is completed, remove the key from the console.

Make sure that the treadmill is at the lowest incline setting. Remove the key from the console. Store the key in a secure place. In addition, press the on/off switch to the “off” position. (See the drawing near the top of page 12.)

HOW TO USE THE INCLINE PROGRAMS

The five INCLINE programs automatically control the incline of the treadmill during your workout. The graphs labeled P5, P6,

P7, and P8 on the console show how the incline will change during the HIKER, AEROBIC CROSS TRAINING, INTERVAL, and MARATHON programs. (The



RANDOM program, P-9, will be different each time it is used.) The HIKER, AEROBIC CROSS TRAINING, and INTERVAL programs are 20 minutes long with 3-minute cool-down periods; the MARATHON program is 28 minutes long with a 1-minute cool-down period; the RANDOM program will last for 60 minutes, but can be stopped at any time. Follow the steps below to use an INCLINE program.

1 Plug in the power cord.

See step 1 on page 12.

2 Insert the key fully into the console.

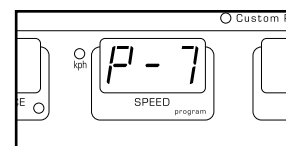
See step 2 on page 12.

3 Put on the CardioTrack heart rate monitor if desired.

For the PULSE display to show your heart rate, the heart rate monitor must be worn. To put on the heart rate monitor, see *How to Use the CardioTrack™ Heart Rate Monitor* on page 8.

4 Select one of the INCLINE programs.

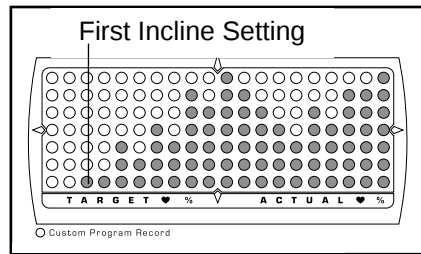
When the key is inserted, the MANUAL mode will be selected. To select one of the INCLINE programs, press the PROGRAM SELECT button repeatedly until a “P-5,” “P-6,” “P-7,” “P-8,” or “P-9” appears in the SPEED display. (Program 5 is the HIKER program; program 6 is the AEROBIC CROSS TRAINING program; program 7 is the INTERVAL program; program 8 is the MARATHON program; program 9 is the RANDOM program.)



Refer to the LED matrix. Each INCLINE program is divided into one-minute periods. One incline setting is programmed for each period. The incline settings of the

program you have selected are shown in the LED matrix. The two columns on the left side of the LED

matrix will be dark. The first incline setting of the program will be shown in the third column (see the drawing above); the next seventeen incline settings are shown in the seventeen columns to the right.



5 Enter your weight if desired.

When an INCLINE program is selected, the current weight setting will flash in the INCLINE display. Although it is not necessary to enter your weight to use an INCLINE program, the CALORIES display will be more accurate if your weight is entered. If you have already entered your weight, or if you do not want to enter your weight, go to step 6. To enter your weight, press the WEIGHT buttons (see step 5 on page 12).



6 Press the START/ENTER button or the SPEED “+” button to start the program.

When the button is pressed, the SPEED display will flash and a tone will sound twice. If the incline of the treadmill is higher than 1.5%, it will automatically decrease to 1.5%. After a moment, the walking belt will begin to move at 1.0 mph. Hold the handrails and begin walking.

Refer to the LED matrix. During the first one-minute period of the program, the first incline setting shown in the LED matrix will flash. When only three seconds remain in the first period, both the first and second incline settings in the LED matrix will flash. When the first period is completed, *all incline settings in the LED matrix will move one column to the left*. The second incline setting will then flash and the treadmill will adjust to the second incline setting. At the end of each one-minute period of the program, all incline settings will move one column to the left, the next incline setting will flash, and the treadmill will adjust to the next incline setting.

The speed of the walking belt can be adjusted as desired during the program with the SPEED buttons. The TIME/PACE display will show the time remaining in the program. Near the end of the program, the walking belt will slow to allow you to cool down. During the last ten seconds of the program, the incline will decrease to 1.5%. When no time remains in the TIME/PACE display, the walking belt will slow to a stop. Note: If the RANDOM program is selected, the program will last for 60 minutes. The program can be stopped earlier, if desired, by holding down the STOP button for two seconds.

To stop an INCLINE program momentarily, press the STOP button. The displays will pause and the TIME/PACE display will begin to flash. To restart the program, press the START/ENTER button or the SPEED “+” button. To end the program and reset the displays, hold down the STOP button for two seconds.

Note: While an INCLINE program is in progress, the difficulty level of the program can be adjusted, if desired, with the INCLINE buttons. Press the INCLINE “+” button. The letters “MAX” will appear in the LED matrix and a number will flash in the INCLINE display for three seconds. This number is the *maximum incline* that the treadmill will reach during the program. Press the INCLINE “+” button again. Each time the button is pressed, the maximum incline setting will increase by 0.5%. As the maximum incline setting increases, the difficulty level of the entire program will increase. The INCLINE “-” button can be used in the same way to decrease the difficulty level of the program. Note: The incline settings shown in the LED matrix will not change; these are *relative* incline settings.

7 Follow your progress with the six displays.

See step 8 on page 13.

8 When the program is completed, remove the key from the console.

Make sure that the treadmill is at the lowest incline setting. Remove the key from the console. Store the key in a secure place. In addition, press the on/off switch to the “off” position. (See the drawing near the top of page 12.)

HOW TO CREATE CUSTOM PROGRAMS

The two CUSTOM programs are programs that you create. CUSTOM programs control both the speed and the incline of the treadmill, and can be up to 40 minutes long. The programs are stored in the console's memory, and can be changed as many times as desired. Follow the steps below to create a CUSTOM program.

1 Plug in the power cord.

See step 1 on page 12.

2 Insert the key fully into the console.

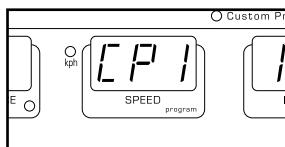
See step 2 on page 12.

3 Put on the CardioTrack heart rate monitor if desired.

For the PULSE display to show your heart rate, the heart rate monitor must be worn. To put on the heart rate monitor, see *How to Use the CardioTrack™ Heart Rate Monitor* on page 8.

4 Select one of the CUSTOM programs.

When the key is inserted, the MANUAL mode will be selected. To select one of the CUSTOM programs, press the CUSTOM 1 or 2 button. A "CP1" or "CP2" will appear in the SPEED display. Note: The indicators in the LED matrix will be explained in step 7.



5 Enter your weight if desired.

When a CUSTOM program is selected, the current weight setting will flash in the INCLINE display. Although it is not necessary to enter your weight to use a CUSTOM program, the CALORIES display will be more accurate if your weight is entered. If you have already entered your weight, or if you do not want to enter your weight, go to step 6. To enter your weight, press the WEIGHT buttons (see step 5 on page 12).

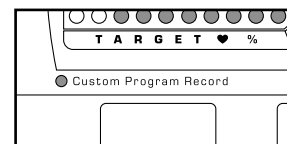


6 Press the START/ENTER button or the SPEED "+" button to start the program.

When the button is pressed, the SPEED display will flash and a tone will sound twice. If the incline of the treadmill is higher than 1.5%, it will automatically decrease to 1.5%. After a moment, the walking belt will begin to move. Hold the handrails and begin walking.

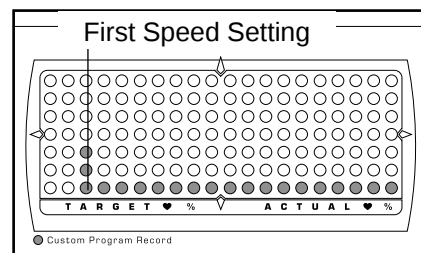
7 Hold down the CUSTOM 1 or 2 button for two seconds and program the desired speed and incline settings.

When the CUSTOM 1 or 2 button is held down for two seconds, the CUSTOM PROGRAM RECORD indicator will light. **Speed and incline settings can be programmed only when the indicator is lit.**



Refer to the LED matrix. Each CUSTOM program is divided into one-minute periods. One speed setting and one incline setting can be programmed for each period. The speed setting of the first period will be shown in

the flashing column of the LED matrix. (The incline settings are not shown in the LED matrix.) To



program speed and incline settings for the first period, simply adjust the speed and incline of the treadmill as desired with the SPEED and INCLINE buttons. Every few times one of the SPEED buttons is pressed, one additional indicator will light or darken in the flashing column of the LED matrix.

When only three seconds remain in the first one-minute period of the program, both the first and second speed settings in the LED matrix will flash. When the first period is completed, the current speed and incline settings will be saved in the console's memory. *All speed settings in the LED matrix will then move one column to the left.* The second speed setting will then flash. Program speed and incline settings for the second period as described above. Repeat this procedure until you have programmed speed and incline settings for as many periods as desired. When you are finished with your workout, hold down the STOP button for two seconds. Your CUSTOM program will then be saved in the console's memory.

To stop a CUSTOM program momentarily, press the STOP button. The displays will pause and the TIME/PACE display will begin to flash. To restart the program, press the START/ENTER button or the SPEED “+” button.

8 When the program is completed, remove the key from the console.

Make sure that the incline of the treadmill is at the lowest setting. Remove the key from the console. Store the key in a secure place. In addition, press the on/off switch to the “off” position. (See the drawing near the top of page 12.)

HOW TO USE CUSTOM PROGRAMS

1 Plug in the power cord.

See step 1 on page 12.

2 Insert the key fully into the console.

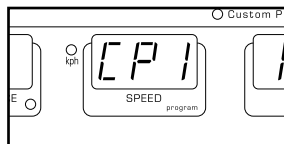
See step 2 on page 12.

3 Put on the CardioTrack heart rate monitor if desired.

For the PULSE display to show your heart rate, the heart rate monitor must be worn. To put on the heart rate monitor, see *How to Use the CardioTrack™ Heart Rate Monitor* on page 8.

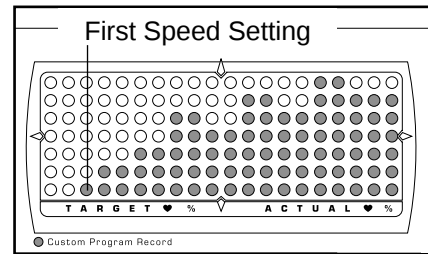
4 Select one of the CUSTOM programs.

When the key is inserted, the MANUAL mode will be selected. To select one of the CUSTOM programs, press the CUSTOM 1 or 2 button. A “CP1” or “CP2” will appear in the SPEED display.



Refer to the LED matrix. Each CUSTOM program is divided into one-minute periods. One speed setting and one incline setting are programmed for each period.

The speed settings of the program you have selected are shown in the LED matrix.



(The incline settings are not shown in the LED matrix.) The two columns on the left side of the LED matrix will be dark. The first speed setting of the program will be shown in the third column (see the drawing above); the next seventeen speed settings are shown in the seventeen columns to the right.

5 Enter your weight if desired.

See step 5 on page 19.

6 Press the START/ENTER button or the SPEED “+” button to start the program.

When the button is pressed, the SPEED display will flash and a tone will sound twice. If the incline of the treadmill is higher than 1.5%, it will automatically decrease to 1.5%. After a moment, the walking belt will begin to move at the first speed setting you programmed previously. Hold the handrails and begin walking.

Refer to the LED matrix. During the first one-minute period of the program, the first speed setting shown in the LED matrix will flash. When only three seconds remain in the first period, both the first and second speed settings in the LED matrix will flash. When the first period is completed, *all speed settings in the LED matrix will move one column to the left*. The second speed setting will then flash and the treadmill will adjust to the second speed setting. The incline of the treadmill will also change according to the incline setting that you programmed previously. At the end of each one-minute period of the program, all speed settings will move one column to the left, the next speed setting will flash, and the speed and incline of the treadmill will change according to the settings that you programmed previously.

The TIME/PACE display will show the time remaining in the program. When no time remains in the TIME/PACE display, the walking belt will slow to a stop.

To stop a CUSTOM program momentarily, press the STOP button. The displays will pause and the TIME/PACE display will begin to flash. To restart the program, press the START/ENTER button or the SPEED “+” button. To end the program and reset the displays, hold down the STOP button for two seconds.

Note: While a CUSTOM program is in progress, the speed or incline setting of the current period can be adjusted with the SPEED or INCLINE buttons. However, adjustments will not be stored in memory. To **reprogram** the speed or incline setting of the current period, hold down the CUSTOM 1 or 2 button for two seconds. The CUSTOM PROGRAM RECORD indicator will light. **Speed and incline settings can be reprogrammed only when the indicator is lit.** Adjust the speed or incline setting of the current period by pressing the SPEED or INCLINE buttons. *After the current period is completed*, hold down the CUSTOM 1 or 2 button for two seconds. The CUSTOM PROGRAM RECORD indicator will darken. The new settings will then be stored in the console’s memory.

7 Follow your progress with the six displays.

See step 8 on page 13.

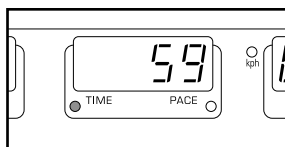
8 When the program is completed, remove the key from the console.

Make sure that the treadmill is at the lowest incline setting. Remove the key from the console. Store the key in a secure place. In addition, press the on/off switch to the “off” position. (See the drawing near the top of page 12.)

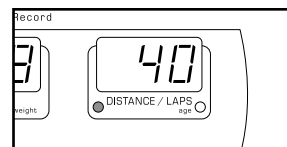
HOW TO SELECT THE INFORMATION MODE

The console features an information mode that keeps track of the total time and distance accumulated on the treadmill. To access the information mode, hold down the STOP button while inserting the key into the console.

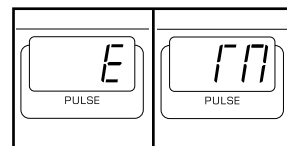
After a moment, the TIME/PACE display will show the total number of hours accumulated on the treadmill.



The DISTANCE/LAPS display will show the total number of miles accumulated on the treadmill. If the number exceeds 999, the thousands and ten thousands digits will be shown in the INCLINE display.



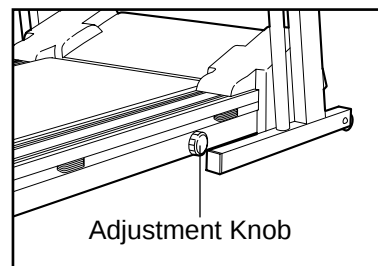
The PULSE display will show an “E” for English (miles) or an “M” for Metric (kilometers). The console will display speed and distance in the unit of measurement shown. Pressing the SPEED “+” button will change the unit of measurement.



To exit the information mode, remove the key.

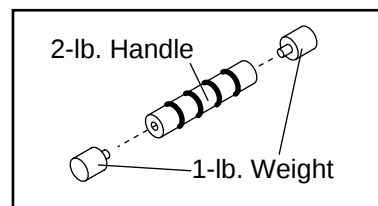
HOW TO ADJUST THE WALKING PLATFORM

The walking platform is designed to cushion the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, turn the adjustment knob clockwise. To decrease the firmness, turn the knob counterclockwise. Note: The faster you run on the treadmill, the firmer the walking platform should be. If the walking platform is not adjusted correctly, the treadmill may bounce excessively.



HOW TO USE THE HAND WEIGHTS

The included hand weights let you add upper body exercise to your workouts. As you walk on the treadmill, hold the 2-lb. handles at your sides or press the handles above your head. To increase the intensity of your exercise, tighten one or two 1-lb. weights into each handle. **WARNING: Do not use the hand weights at speeds higher than a walk. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.**

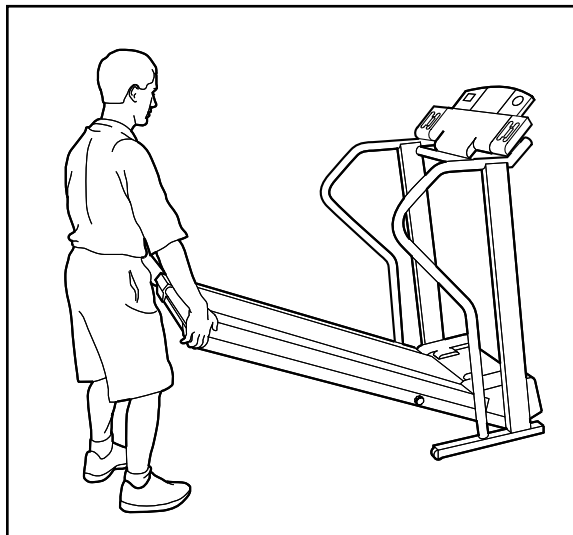


How to Fold and Move the Treadmill

HOW TO FOLD THE TREADMILL FOR STORAGE

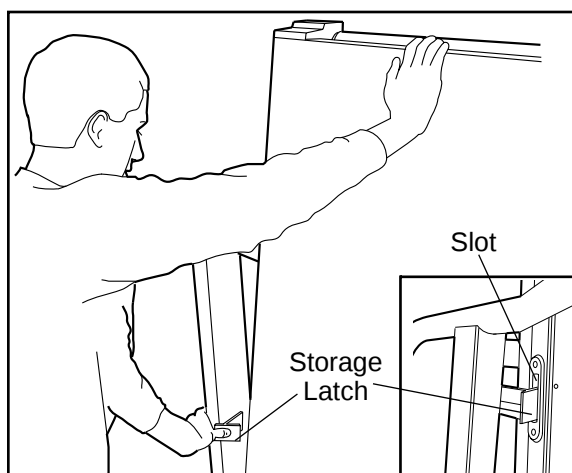
Before folding the treadmill, adjust the incline to the lowest position. Next, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the frame passes the storage latch. **Make sure that the storage latch is inserted into the slot in the side of the frame.**

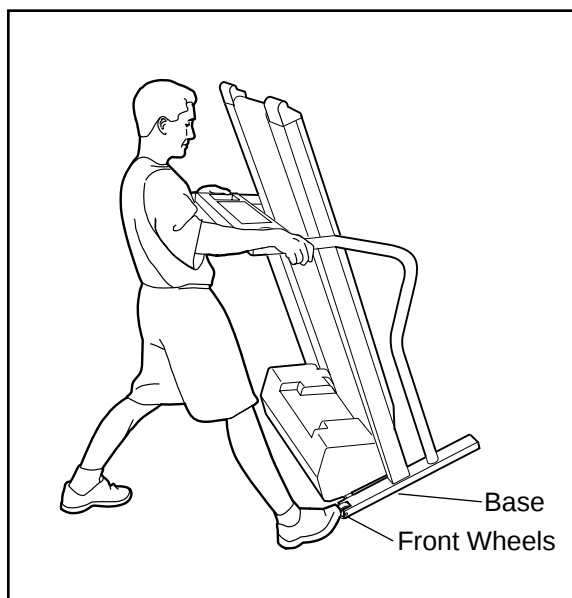
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

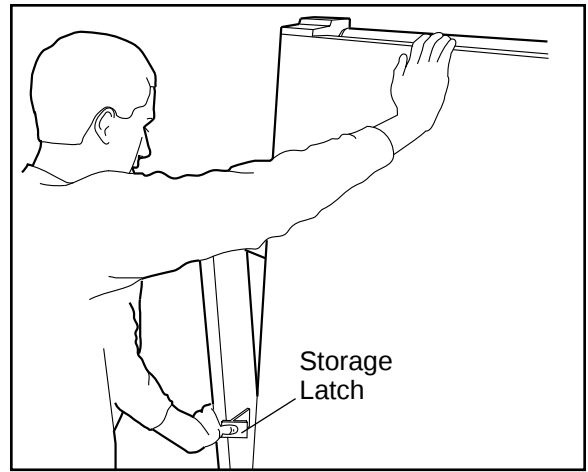
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is inserted into the slot in the side of the frame.**

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

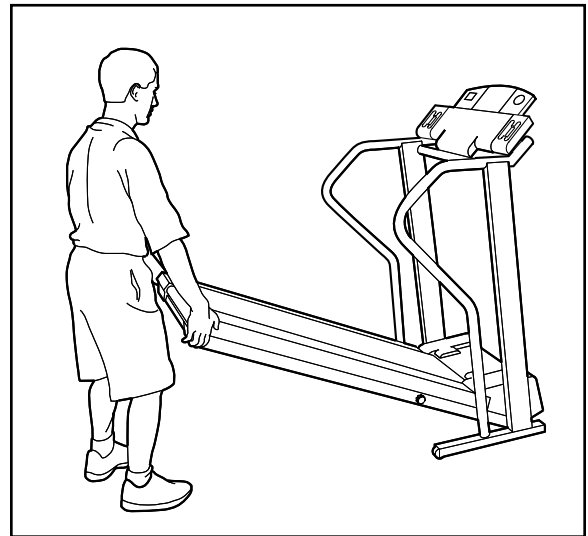


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch to the left. Pivot the treadmill until the frame and foot rail are past the storage latch.



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



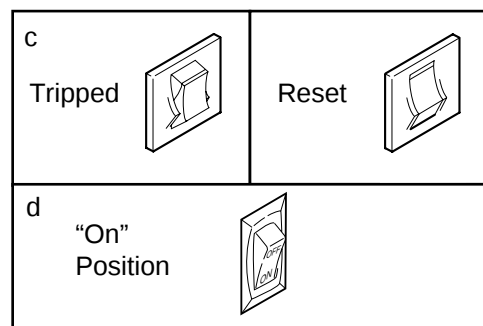
Maintenance and Trouble-shooting

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed.

If further assistance is needed, please contact our Customer Service Department.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See *How to Plug in the Power Cord* on page 10.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. If using a surge protector with a power switch, make sure that the power switch is in the “on” position.
- b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 2 on page 12.)
- c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- d. Check the on/off switch located at the front of the treadmill near the power cord. The switch must be in the “on” position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- b. Check to make sure that the on/off switch is in the “on” position. (See 1. d. above.)
- c. Make sure that the power cord is plugged in.
- d. Remove the key from the console. Reinsert the key fully into the console. (See step 2 on page 12.)
- e. If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: AN ERROR CODE (“E1,” “E20,” “E21,” “E22,” “E23,” OR “E24”) APPEARS ON THE CONSOLE

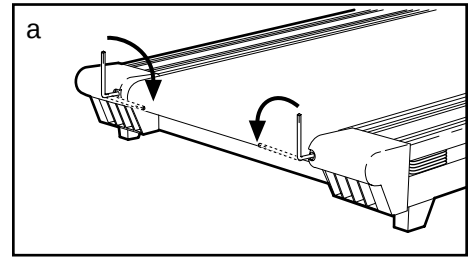
- a. If the console detects an incline error, an “E1” may appear in the INCLINE/DISTANCE display when the INCLINE buttons are pressed, and when the display shows the current incline level. If this error code appears, remove the key from the console, wait for ten seconds, and then reinsert the key. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**
- b. If the console detects a speed error (no speed signal, an erratic speed signal, etc.), an “E20,” “E21,” “E22,” “E23,” or “E24” may appear in the SPEED display. If one of these error codes appears, remove the key from the console, wait for ten seconds, and then reinsert the key. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**

4. SYMPTOM: THE HEART RATE MONITOR DOES NOT FUNCTION PROPERLY

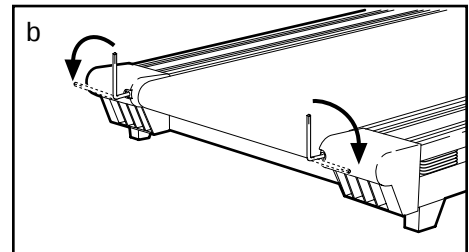
- a. See *How to Use the CardioTrack™ Heart Rate Monitor* on pages 8 and 9, and *Pulse Display* on page 13.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER WHEN WALKED ON

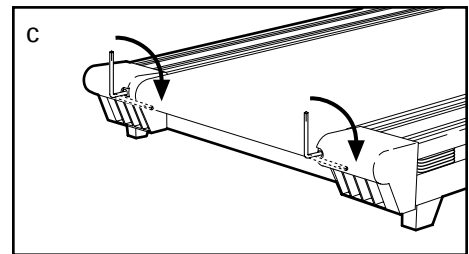
- a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

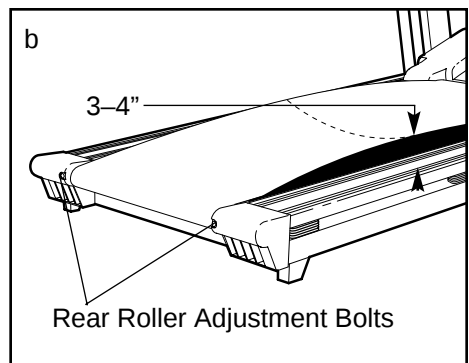


- c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift **the edges** of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



6. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift **the edges** of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

7. SYMPTOM: THE SPEED OF THE WALKING BELT FLUCTUATES OR DOES NOT REACH 10 MPH.

- a. Make sure that no other appliance is on the same circuit as the treadmill.

Conditioning Guidelines

FACTORS IN A SENSIBLE DIET

- Choose high-fiber, low-fat, and low-in-sugar foods: fruits, vegetables, and whole grains.
- Eat at least five servings of fruits and vegetables each day.
- Cut back on red meat consumption; eat lean meat, white meat, and fish.
- Choose healthy snacks; bring healthy foods with you to work or in the car.
- Eat regular meals or mini-meals. Control your portion size—don't binge or overeat. Eat slowly.
- Reduce fast food and pre-packaged meals.
- Pay attention to fat content and calories.
- Limit alcoholic beverages and caffeine.
- Drink at least eight to ten glasses of water a day.

EXERCISE STEPS

The following 9 steps for designing your exercise program were developed by exercise physiologists at NordicTrack. The actual exercise you perform is only a part of a safe and effective training program. There are many other aspects to developing a life-long commitment to physical fitness.

1 Consult your physician before beginning any exercise program.

A medical examination or consultation with your physician is essential.

2 Establish personal fitness goals.

Set attainable, realistic goals. Reward yourself when you meet those goals. Remember, your goals should act as a guide for your workout program.

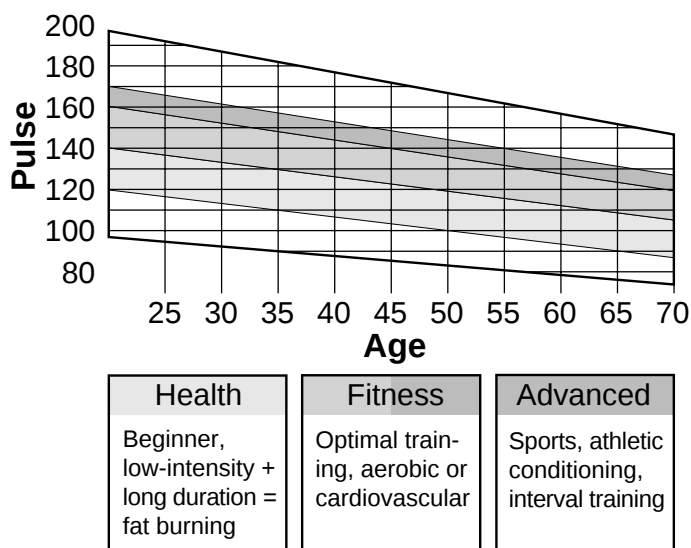
3 Determine your target heart rate.

Your *target heart rate* (THR), is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your *maximum heart rate* (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your MHR—only clinical stress testing can provide an actual MHR reading.

Once you have determined your MHR, you can establish your target heart rate zone. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. This level is called the *Health* level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic, or cardiovascular level—the *Fitness* level. Advanced exercisers, or those wishing to do sports, athletic conditioning, or interval training workouts should exercise at 80 to 85 percent of the MHR for short periods of time. The chart below shows Target Heart Rate Zones for Health, Fitness, and Advanced exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

TARGET HEART RATE ZONES



WEIGHT LOSS TIPS

At least four, 30-minute workouts per week, along with a reduced-calorie diet, are recommended if you are trying to lose weight. However, be sure to stay within your target heart rate zone and exercise a maximum of 5 days per week for 60 minutes per workout.

Good posture is the key to safe, comfortable workouts. Keep your chin up and your head facing forward. Align your head and shoulders with your hips. Avoid leaning forward. Keep your back straight.

4 Warm up before you begin.

A warm-up routine prepares your body and mind for vigorous exercise. It also provides insurance against injury and soreness. Warm up with two to five minutes of slow exercise, at minimal intensity.

5 Stretch after your warm-up.

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface.

The correct form for several stretches is described below (refer to the drawings at the right). Be sure to move slowly as you stretch—never bounce.

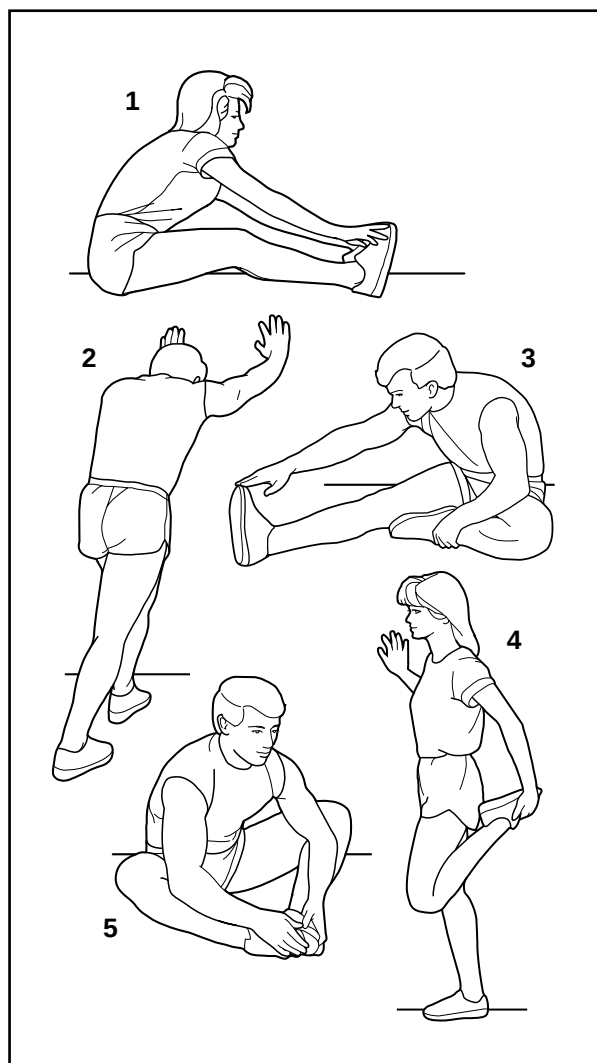
1. Toe Touch Stretch—Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. 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 to 30 seconds, 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.

3. 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 to 30 seconds, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back, and groin.

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 to 30 seconds, 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 to 30 seconds, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



BENEFITS OF AEROBIC EXERCISE

- Effective weight loss and management
- Added protection from heart disease
- Increased strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure-packed day
- Greater intellectual capacity and productivity

6 Get FIT with the PowerTread 2000.

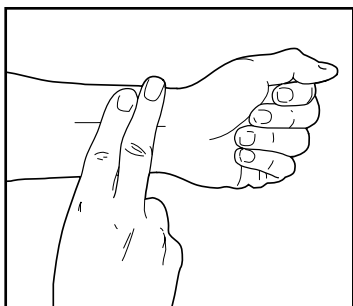
Effective aerobic exercise has three major parts: *frequency*, *intensity*, and *time*. The acronym "FIT" may help you to remember these three parts:

F "F" stands for the frequency of your workouts. Three to five workouts per week are recommended. Exercise at least four times a week for weight loss.

I "I" refers to the intensity of your workout. Check your heart rate at least twice during your aerobic exercise session: once during the session and once again at the end. Maintain a workout intensity level within your Target Heart Rate Zone. You can measure your heart rate using the heart rate monitor. An alternate method is described below:

1. Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.

2. Using the index and middle fingertips of your right hand, touch your left wrist, one-fourth inch from your wrist joint, at the base of your thumb.



3. Apply minimal pressure with both fingers—let the beat come to your fingers. If you can't find your pulse, use the opposite wrist and hand.

T "T" is for the time or duration of your workout. Beginning exercisers may wish to start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight, should exercise for 30 to 60 minutes. The key to the time factor is that you maintain your target heart rate for the duration of the workout period.

Remember to take it slowly. Fitness is a lifelong commitment. If you can't go the full 20 minutes from the start, which is common, try to exercise for five minutes at a time, a couple of times a day. Recent research indicates that several short workouts in one day can also provide fitness benefits. Gradually, your stamina will increase and it will become easier to exercise for longer periods of time.

7 Cool down after aerobic exercise.

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart. Keep your legs moving on the treadmill at a slower pace for at least five minutes following the aerobic phase.

8 Stretch again at the end of your exercise session.

Stretching after exercise reduces muscle soreness. See step 5 on page 27.

9 Participate in strength training.

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today."

—Kenneth Cooper, M.D., M.P.H., founder of The Cooper Institute For Aerobic Research, Dallas, Texas.

A strength-training program increases your lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

WORKOUT TIPS

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new NordicTrack routine.

- Begin and end each exercise session with the stretches on page 27. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseated, stop exercising immediately and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine or prescription drugs.

WORKOUT PROGRAMS

The *Health* level typically lasts four to six weeks. At this level you should be concerned with slowly improving your fitness level and endurance.

Take it slowly. Set mini-goals for yourself. You may want to begin your fitness routine with three or four short, 5- or 10-minute workouts in a day.

Move on to the Fitness Level only when you feel ready and your heart rate has moved below your target heart rate zone.

The *Fitness* level usually lasts 12 to 20 weeks. (It may last longer, depending on your fitness goals.) At this level you should strive to achieve your fitness goals.

Set realistic short- and long-term goals for yourself. Frequently re-evaluate your fitness goals and reward yourself as you are successful.

Move on to the Advanced Level when you have reached your fitness goals and your heart rate has moved below your target heart rate zone.

Work out at the *Advanced* level once you have reached your desired fitness goals. It is intended to be a maintenance program and should continue on a regular, long-term basis.

You may wish to add *Interval Training* to your maintenance program as well. Interval training will add variety to your workout routine and further condition your cardiovascular system. Interval training has been shown to promote higher levels of aerobic conditioning. It consists of spurts of high-intensity activity followed by active rest periods of exercise at a lower intensity. For example, a one-minute spurt of high-resistance, fast exercise* is followed by a two- to three-minute active rest period of low-resistance, slow exercise. The duration of these periods should be based more on how you feel rather than time. A sequence such as this should be repeated 5 to 20 times during your workout session.

*Estimated maximum heart rate (MHR) = 220 - your age.

Heart Rate Intensity

HEART RATE INTENSITY	Age	20	30	40	50	60	70	80
60% - 70% HEALTH	b.p.m.	120-140	114-133	108-126	102-119	96-112	90-105	84-98
70% - 85% FITNESS	b.p.m.	140-170	133-162	126-153	119-145	112-136	105-128	98-119
80% - 85% ADVANCED	b.p.m.	160-170	152-162	144-153	136-145	128-136	120-128	112-119

Part List—Model No. NTTL15080

Rev. 0898A

To find the parts listed below, refer to the *Exploded Drawing* attached in the center of this owner's guide.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Rear Roller Adj. Bolt	53	2	Rear Pad
2	1	Front Roller Adj. Bolt	54	1	Left Rear Endcap
3	2	Pulse Cover Screw	55	2	Sensor Star Washer
4	1	On/Off Switch	56	4	Frame Pivot Bolt
5	1	Storage Latch	57	1	Console Wire Harness
6	4	Isolator	58	1	Right Foot Rail
7	2	Ground Wire Screw	59	4	Isolator Screw
8	4	Platform Screw	60	1	Sensor Bracket Nut
9	1	Left Foot Rail	61	2	Sensor Locknut
10	2	Handrail Endcap	62	18	Belly Pan Fastener
11*	1	Pulse Sensor Cover	63	1	Right Rear Endcap
12	1	Reading Rack	64	2	Base Endcap
13	1	Pulse Receiver	65	1	Releaseable Wire Tie
14	1	Chest Pulse Strap	66	5	8" Wire Tie
15	1	Key/Clip	67	1	Wire Tie Holder
16	1	Frame	68	2	Frame Endcap
17	1	Front Roller/Pulley	69	1	Incline Disk
18	1	Rear Roller	70	1	Upright/Base
19	1	Incline Frame	71	1	Motor
20	1	Electronics Shield	72	1	Pulley/Flywheel/Fan
21	1	Incline Motor Shield	73	2	Optic Sensor Wire
22	2	Incline Pivot Spacer	74	1	Speed Disk
23	2	Side Hood Bracket	75	1	Photo Switch Bracket
24	8	Wheel Nut	76	2	Photo Switch
25	5	Incline Bolt/Motor Tension Bolt	77	1	8" Ground Wire
26	1	Incline Motor	78	1	Console
27	1	Controller	79	1	Shock
28	1	Electronics Plate	80	1	Walking Belt
29	2	Rear Isolator	81	1	Walking Platform
30	2	Wheel	82	1	Pulse Cover Screw (long)
31	1	Power Cord	83	1	Latch Warning Decal
32	1	Power Cord Grommet	84	1	Motor Hood
33	1	Front Hood Bracket	85	1	Incline Motor Plate
34	1	Outlet Bracket	86	1	Headband Pulse Sensor
35	1	Circuit Breaker	87	1	Allen Wrench
36	4	Rear Platform Screw	88	1	Wrench Clip
37	2	Wheel Bolt	89	4	Base Pad
38	1	Front Belly Pan	90	30	Small Screw
39	1	Motor Pivot Bolt	91	12	Cushion Screw
40	1	Motor Pivot Nut	92	1	Power Supply
41*	1	Motor/Pulley/Flywheel/Fan	93	2	Latch Spacer
42	1	Motor Belt	94	1	Incline Spacer
43	32	Screw	95	2	Handrail Bolt
44	2	Endcap Plate	96	2	Motor Tension Nut
45	2	Motor Tension Washer	97	2	Incline Warning Decal
46	2	Tension Star Washer	98	3	Adjustment Nut
47	2	Sensor Screw	99*	1	Optional Weights and Rack
48	2	Belt Guide	100	2	Foot Rail Track
49	3	Roller Adjustment Washer	101	2	Handrail
50	1	Belly Pan	102	2	Handrail Washer
51	4	Plastic Stand-Off	103	4	Handrail Screw
52	1	Wire Harness	104	2	Warning Decal

Key No.	Qty.	Description	Key No.	Qty.	Description
105	4	Wheel Spacer	120	1	Adjustment Knob
106	4	Motor Bracket Bolt	121	2	Incline Motor Bolt
107	4	Motor Bracket Nut	122	1	Spring Pin
108	1	Motor Bracket	123	1	Latch Catch
109	1	Photo Switch Bracket	124	2	Roller Guard
110	1	Speed Disk	125	4	Hood Screw
111	1	Bracket Screw	#	1	14" Blue Wire, 2 Female
112	2	Weight Rack	#	1	4" Blue Wire, 2 Female
113	8	O-Ring	#	1	4" Black Wire, 2 Female
114	4	1-Lb. Weight	#	1	14" White Wire, 2 Female
115	2	2-Lb. Handle	#	1	14" White Wire, Male/Female
116	2	Cushion Bushing	#	1	8" Green Wire, Ring/Female
117	2	Adjustable Deck Cushion	#	1	20" Wire Harness
118	2	Rod Bolt	#	1	Owner's Guide
119	1	Cushion Adjustment Rod			

These parts are not illustrated.

* Includes all parts shown in box.

Specifications are subject to change without notice.

Notes

Notes

How to Order Replacement Parts

To order replacement parts, please contact our Customer Service Department at the numbers or addresses listed below. When ordering, please give the key number and description of the needed part(s). (See the *Part List* on page 26 of this owner's guide and the *Exploded Drawing* attached in the center of this owner's guide.) If possible, place the treadmill near your telephone when calling.

Call us:

1-800-688-6737

or 1-612-368-5600

Monday to Friday, 8 a.m. to 7 p.m.
Central Time

Write us:

NordicTrack Customer Service
103 Peavey Road
Chaska, Minnesota 55318
M600

Relay us:

Hearing impaired customers
with TDD access, please call
1-800-821-1317

E-mail us:

Send us your questions and
comments via e-mail at
service@nordictrack.com

Manufacturer's One-Year Limited Warranty

We warrant this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. Our obligation under this warranty is limited to replacing or repairing, at our option, the product at one of our authorized service centers. All products for which warranty claim is made must be received by us at one of our authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by us. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by one of our authorized service centers, to products used for commercial or rental purposes, or to products used as store display models.

No other warranty beyond that specifically set forth above is authorized by us. We are not responsible

or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation, or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

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

Exploded Drawing—Model No. NTTL15080

Rev. 0898A

To identify the parts shown on this *Exploded Drawing*, refer to the *Part List* on page 30 of the owner's guide.

