

POWER TREAD

by **NordicTrack**

NTTL 7906

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

Mon.-Fri., 8 a.m. to 7 p.m.

Sat., 8 a.m. to 4:30 p.m.

Central Time

Relay us:

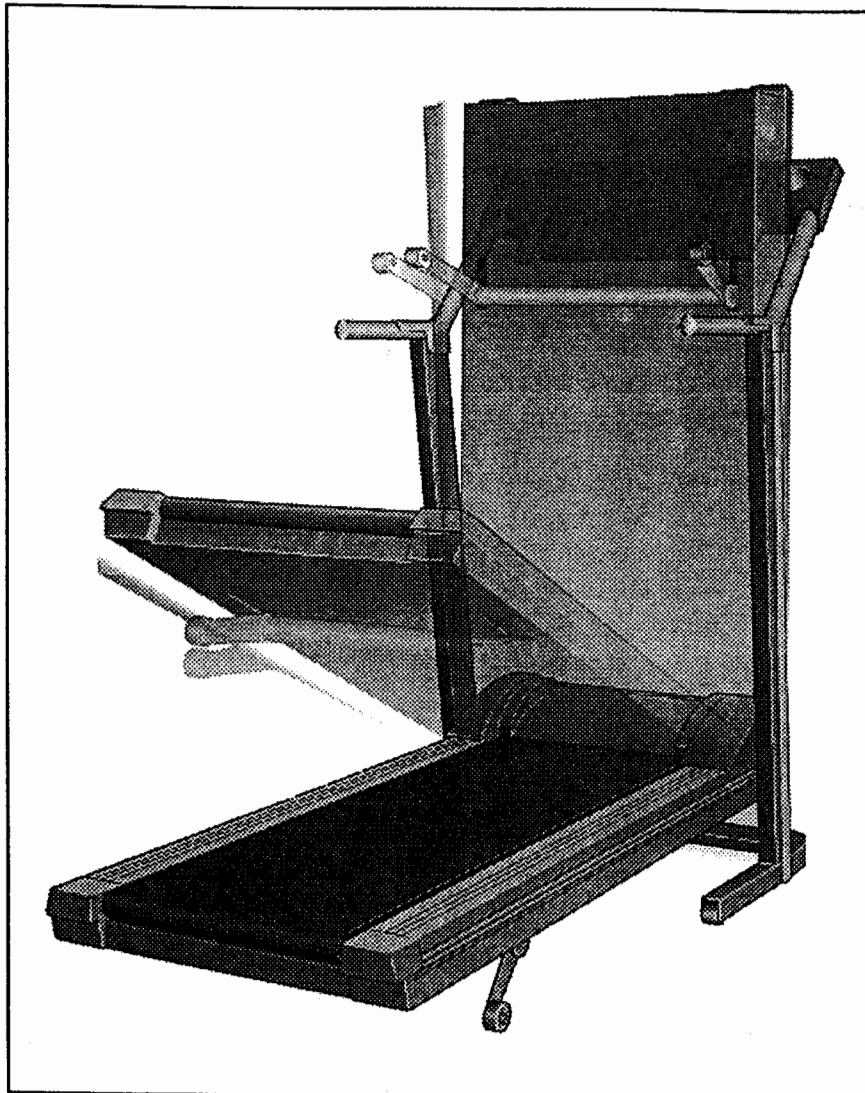
Hearing impaired customers with TDD access, please call **1-800-821-1317**

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.

Owner's Guide

POWER TREAD

by **NordicTrack**

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Note: An Exploded Drawing and a Part List are attached to the center of this manual. Please save them for future reference.

30-Day Satisfaction Guarantee

We are so confident that you will enjoy the many benefits of your NordicTrack product that we invite you to use it in your home for 30 days. If you feel that it does not live up to your expectations, call our Customer Service Department within the 30 day trial period and we will gladly exchange your product. If you choose to return your product within the 30 day trial period, please call our Customer Service Department at 1-800-688-6737. If you do not have the original packing materials, there will be additional charges for any materials sent to you. Upon receipt of your product at NordicTrack, we will refund your original purchase price less a one-way shipping charge of \$99.95 (\$149.95 Canadian). Please allow up to two weeks for the crediting process.

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 8 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. The treadmill should not be used by persons weighing more than 250 pounds.
7. 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. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
9. When connecting the power cord (see *How to Plug in the Power Cord* on page 7), 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.
10. 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.
11. Keep the power cord and the surge protector away from heated surfaces.
12. 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.)
13. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body handles while using the treadmill.
14. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
15. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
16. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. When the treadmill is not in use, remove the key and press the switch on the circuit breaker to the "off" position. (See the drawing on page 5 for the location of the circuit breaker.)
18. 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 11.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
19. When folding or moving the treadmill, make sure that the frame is held securely by the storage latch.
20. Inspect and tighten all parts of the treadmill every three months.
21. Never insert any object into any opening.

22. 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.

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

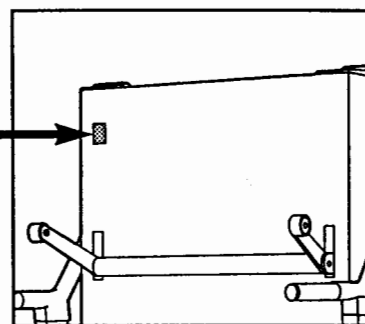
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. NordicTrack assumes no responsibility for personal injury or property damage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

Save These Instructions

The decal shown at the right has been placed on your treadmill. If the 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. Apply the decal in the location shown.

⚠ WARNING!

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

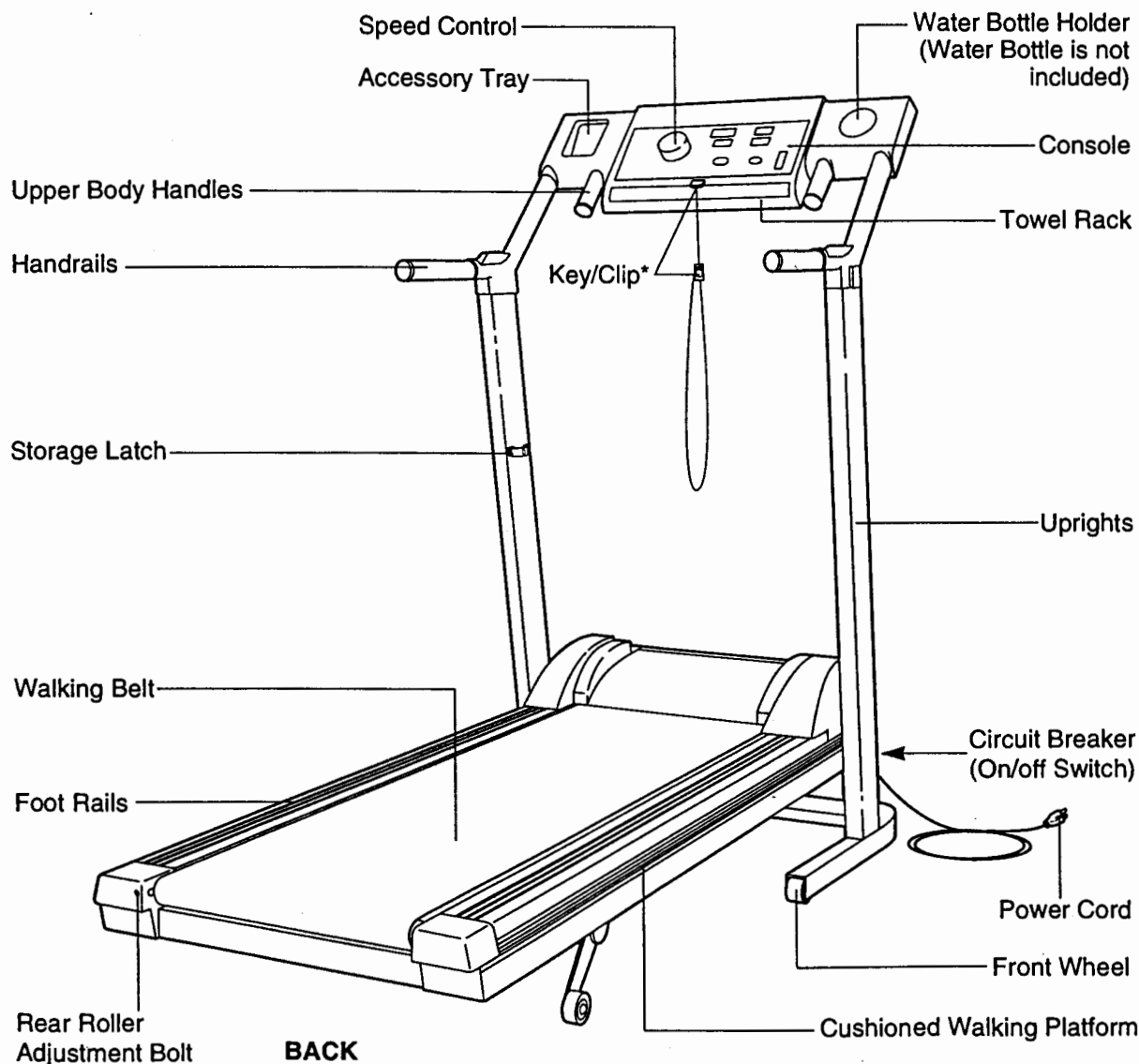


Before You Begin

Thank you for selecting the PowerTread™ treadmill by NordicTrack. The PowerTread treadmill 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 can be folded up, requiring less than half the floor space of other treadmills. Before using the treadmill, please read this owner's guide carefully.

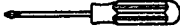
We're available to answer any of your questions regarding assembly, use or maintenance of the PowerTread treadmill. Please refer to the front cover of this manual if you wish to contact our Customer Service Department.

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

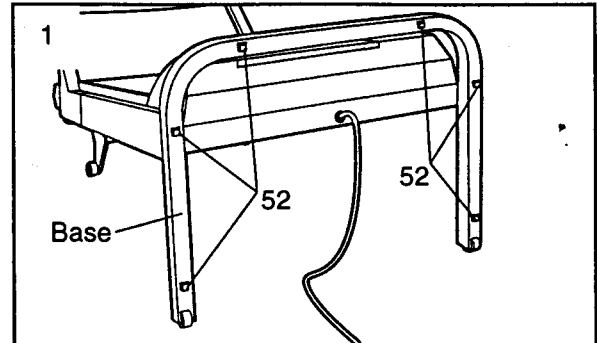


***IMPORTANT:** Always wear the clip while operating the treadmill. If the key is pulled from the console, the walking belt will stop.

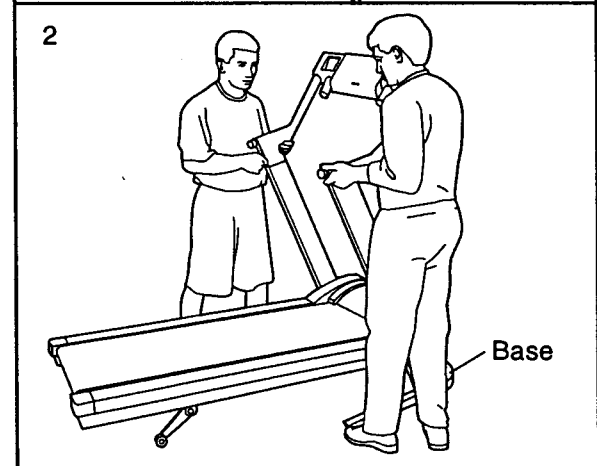
Assembly

Assembly requires two people. Set the treadmill in a cleared area and remove the packing materials. **Do not dispose of the packing materials for the duration of your 30-day In-home trial period.** Assembly requires a phillips screwdriver  (not included).

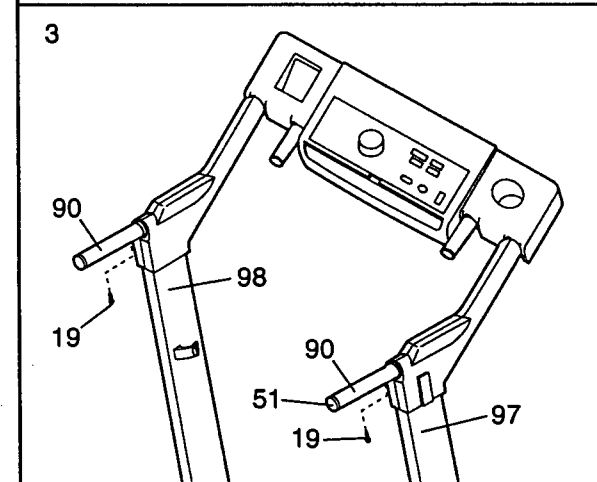
1. Attach six Base Pads (52) to the base of the treadmill in the indicated locations. Note: One extra Base Pad may be included.



2. With the help of a second person, carefully raise the uprights until the base of the treadmill is resting flat on the floor.

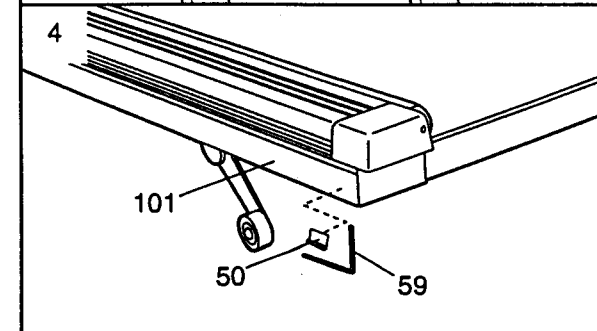


3. Slide a Handrail (90) onto the Right Upright (97) as shown. Using a phillips screwdriver, attach the Handrail with a Handrail Screw (19). Note: If the Handrail (90) has two holes, tighten the Handrail Screw into the hole closest to the Handrail Endcap (51).



Attach the other Handrail (90) to the Left Upright (98) in the same manner.

4. Remove the backing from the Adhesive Clip (50). Press the Adhesive Clip onto the Frame (101) in the indicated location. Press the Allen Wrench (59) into the Adhesive Clip.



Make sure that all parts are tightened before you use the treadmill. **Note: To protect the floor or carpet, place a mat under the treadmill.**

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.**

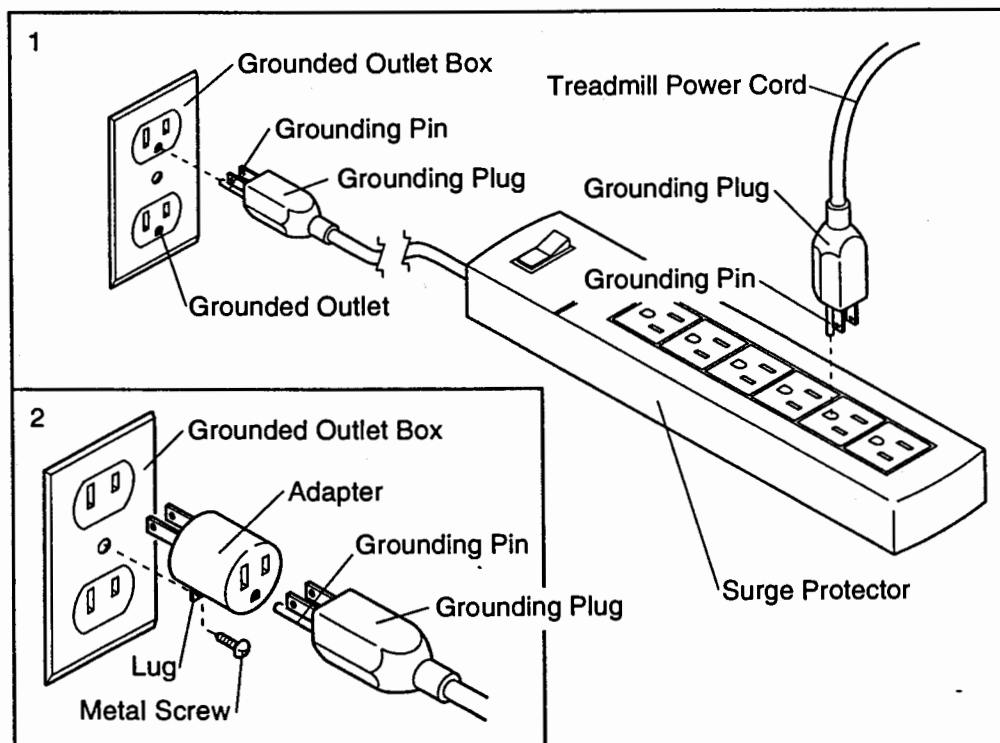
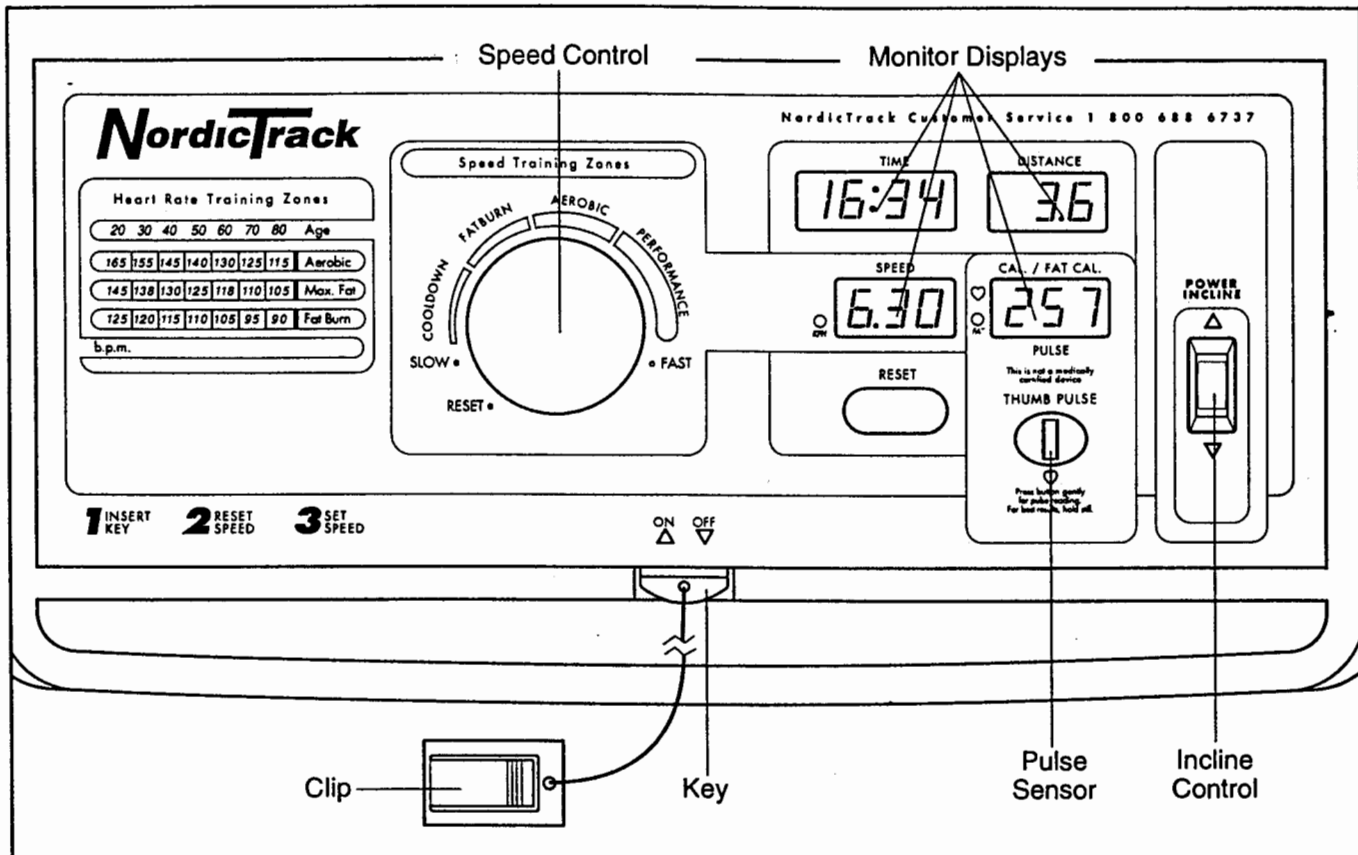


DIAGRAM OF THE CONSOLE

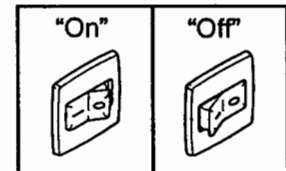


⚠ CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while using the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- The training zones marked around the speed control are general guidelines only. See pages 14 and 15 for more information.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealed water bottle.

STEP BY STEP CONSOLE OPERATION

Before beginning, make sure that the switch on the circuit breaker is in the "on" position (the switch is located near the power cord). In addition, make sure that the power cord is plugged in (see page 7). 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.



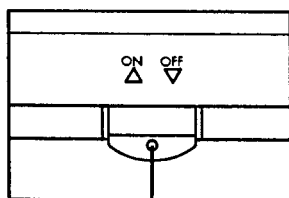
If there is a thin sheet of clear plastic on the face of the console, remove it.

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps on pages 9 and 10 to operate the console.

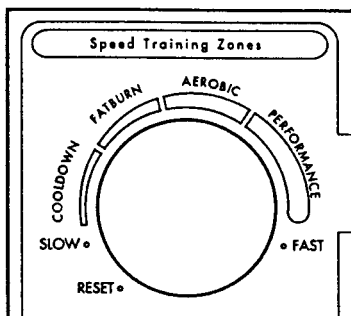
1 Insert the key fully into the power switch.

Note: The four displays will light about three seconds after the key is inserted.



2 Reset the speed control.

Turn the speed control counter-clockwise to the RESET position. **Note:** Each time the walking belt is stopped, the speed control must be turned to the RESET position before the walking belt can be restarted.



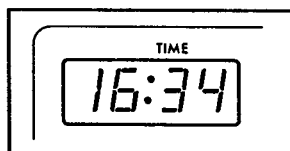
3 Start the walking belt.

After you have turned the speed control to the RESET position (see the drawing above), slowly turn the control clockwise until the walking belt begins to move at slow speed. Step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control.

To stop the walking belt, step onto the foot rails and turn the speed control to the RESET position.

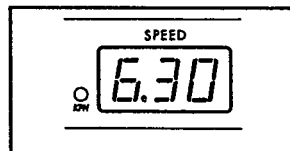
4 Follow your progress with the monitor displays.

TIME display—This display shows the total time that you have walked or run on the treadmill. **Note:** When the walking belt is stopped, the TIME display will pause after about three seconds.



SPEED display—

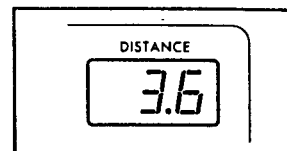
This display shows the speed of the walking belt, in either miles per hour or kilometers per hour. The KPH indicator will light when the speed is shown in kilometers per hour. To change the unit of measurement, hold down the RESET button for about three seconds. **Note:** Changing the unit of measurement will reset all displays.



DISTANCE display—

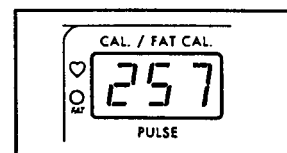
This display shows the total distance that you have walked or run.

Note: If the KPH indicator beside the SPEED display is lit, the distance will be displayed in kilometers; if the KPH indicator is not lit, the distance will be displayed in miles.

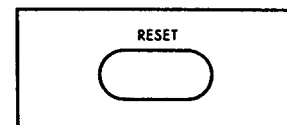


CALORIES/ FAT CALORIES/ PULSE display—

This display shows the approximate numbers of both *calories* and *fat calories* you have burned. (See *Fat Burning* on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. The FAT indicator will light when the number of fat calories is shown.



To reset the displays, press the RESET button. **Note:** The displays will darken for about three seconds when the RESET button is pressed.

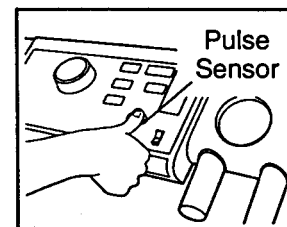


5 Measure your pulse, if desired.

Stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated.

Fully press down the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, slightly

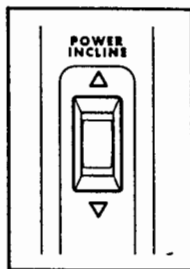
raise your thumb until the heart-shaped indicator beside the CALORIES/FAT CALORIES/PULSE display flashes steadily. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.



Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

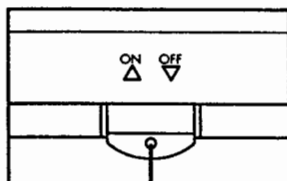
6 Change the incline of the treadmill, if desired.

To increase or decrease the incline, hold down the top or bottom of the incline button until the desired incline level is reached. **Important: Do not change the incline of the treadmill by placing objects under the treadmill. Change the incline only as described above.**



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

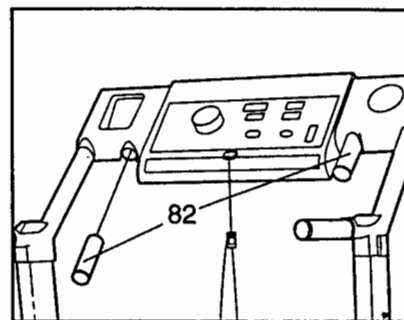
Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place.



Note: Any time that the walking belt is stopped and no console buttons are pressed for about five minutes, the displays will automatically reset and turn off.

HOW TO USE THE UPPER BODY HANDLES

As you exercise on the treadmill, you can either hold the handrails or use the Upper Body Handles (82). The Upper Body Handles are designed to work your arms, shoulders, and back to give you a total body workout. Hold one Handle with each hand, and move your arms back and forth as you walk on the treadmill.

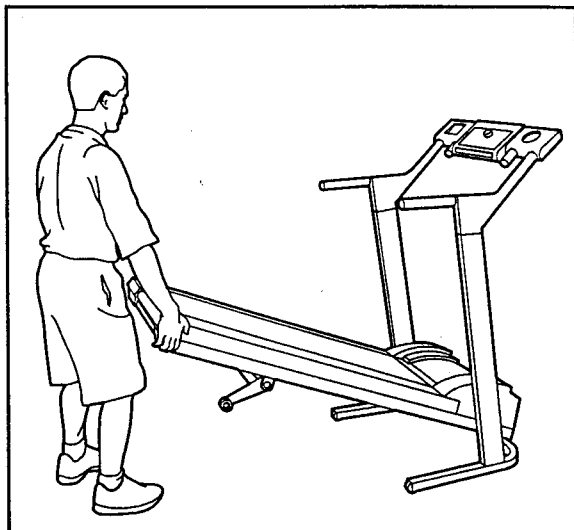


How to Fold and Move the Treadmill

HOW TO FOLD THE TREADMILL FOR STORAGE

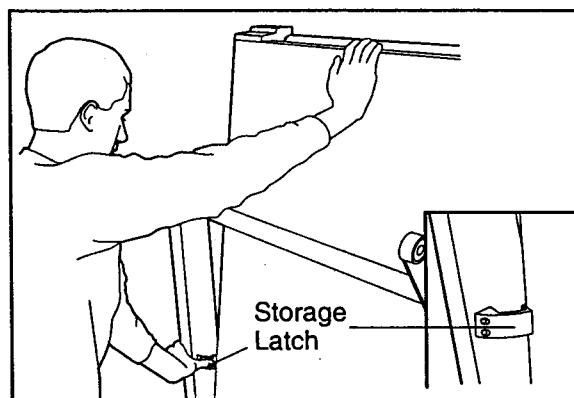
Before folding the treadmill, adjust the incline to the lowest position. **Next, unplug the power cord. Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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 about 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 frame is held securely by the storage latch.**

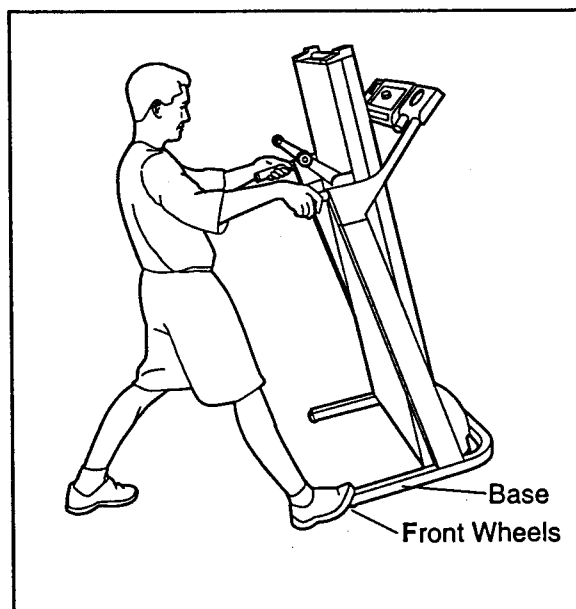
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

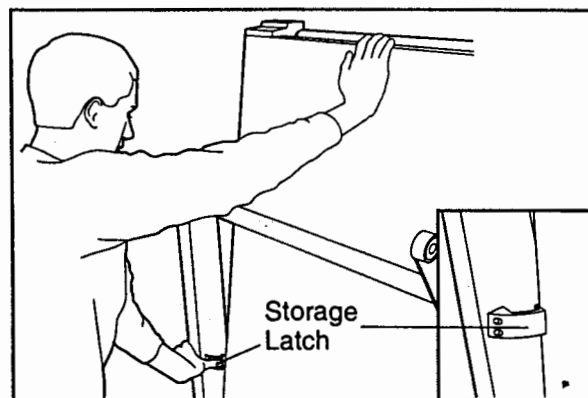
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is held securely by the storage latch.**

1. Hold the handles and 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.

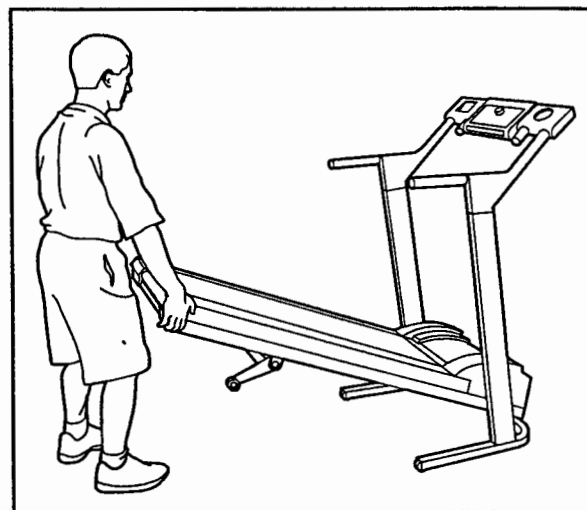


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch. Pivot the treadmill until the frame passes 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.**

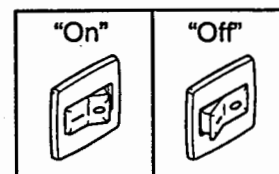


Trouble-shooting

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 call 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 7.) 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 1 on page 9.)
- c. Check the circuit breaker located on the treadmill near the power cord. If the switch is in the "off" position, the circuit breaker has tripped. To reset the circuit breaker, press the switch to the "on" position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill near the power cord (see 1. c. above). If the circuit breaker has tripped, press the switch to the "on" position.

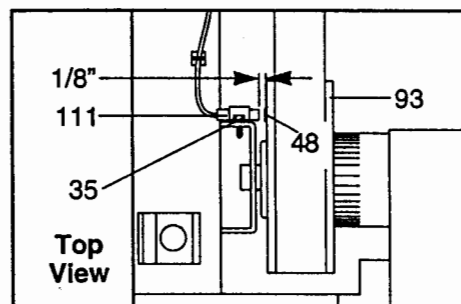
- b. Make sure that the power cord is plugged in.
- c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 9.)
- d. If the treadmill still will not run, please call our Customer Service Department.

3. 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 still slows when walked on, please call our Customer Service Department.

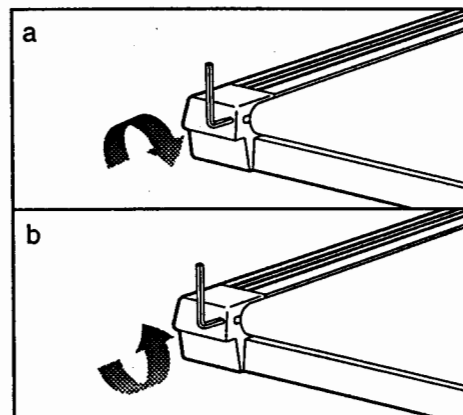
4. SYMPTOM: THE SPEED DISPLAY ON THE CONSOLE SHOWS INCORRECT READINGS

- a. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the six screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (111) and the Magnet (48) on the left side of the Pulley (93). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (35) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



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 allen wrench, turn the left rear roller adjustment bolt clockwise 1/4 of a turn. 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 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

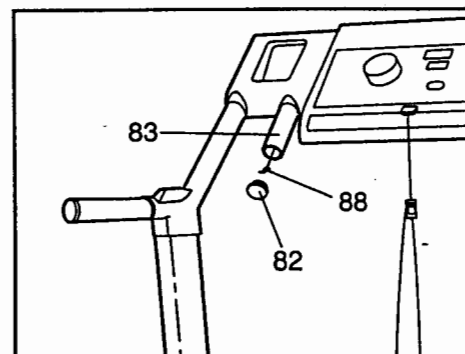


6. SYMPTOM: THE TREADMILL SITS UNEVENLY ON THE FLOOR

- a. Make sure that the six base pads are attached to the treadmill. (See assembly step 1 on page 6.)

7. SYMPTOM: THERE IS SLACK IN ONE OF THE UPPER BODY HANDLES

- a. If one of the Handles (83) has too much slack in the Cord (88), the Cord should be shortened. Remove the Handle Cap (82) from the Handle. Pull on the Cord (88) and tie a knot higher up the Cord. Press the Handle Cap back in.



Conditioning Guidelines

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

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

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

EXERCISE INTENSITY

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

Heart Rate Training Zones									
20	30	40	50	60	70	80	Age		
165	155	145	140	130	125	115		Aerobic	
145	138	130	125	118	110	105		Max. Fat	
125	120	115	110	105	95	90		Fat Burn	
b.p.m.									

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During

the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to **FAT BURN** to help you maintain the proper intensity level. (See page 9.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the higher number in your training zone. It may also be helpful to set the speed control on the console to **AEROBIC** to help you maintain the proper intensity level. (See page 9.)

High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to **PERFORMANCE** to help you maintain the proper intensity level. (See page 9.) Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate during exercise, use the pulse sensor on the console. (See page 9.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill until your heart rate is at the proper level.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A Warm-up

Start each workout by warming up for 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase your body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training Zone Exercise

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

Cool-down

Finish each workout with 5 to 10 minutes of stretching

to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings at the right. 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. 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 each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

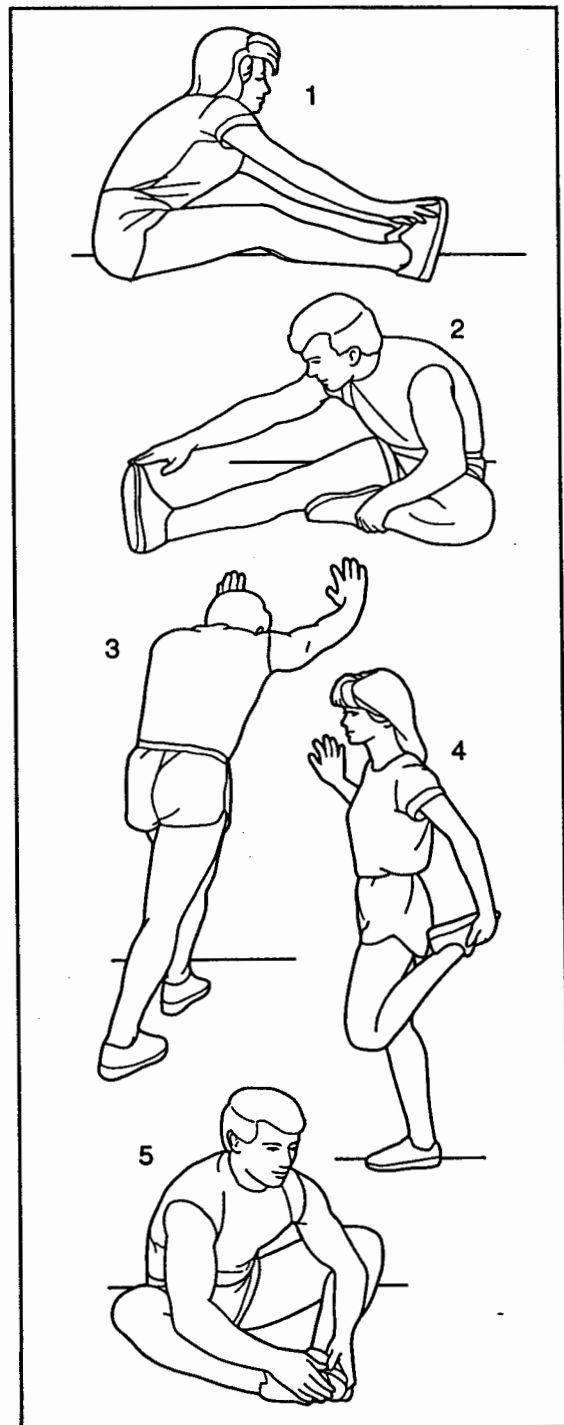
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 to 30 seconds, then relax. Repeat 3 times for both legs. To cause 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 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.



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* and *Exploded Drawing* attached at the center of this owner's guide.) If possible, place the treadmill near your telephone when calling.

Call us:

1-800-688-6737

Monday through Friday, 8 a.m. to 7 p.m.

Saturday, 8 a.m. to 4:30 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

Manufacturer's 90-Day 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 ninety (90) days 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

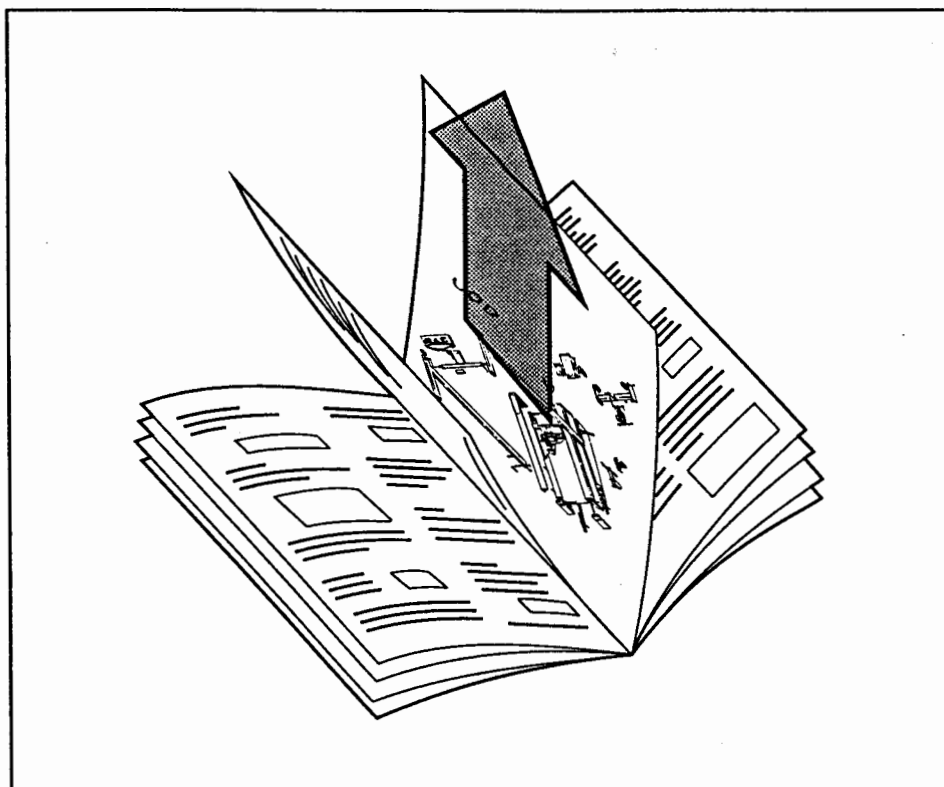
or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation, or other consequential 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.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

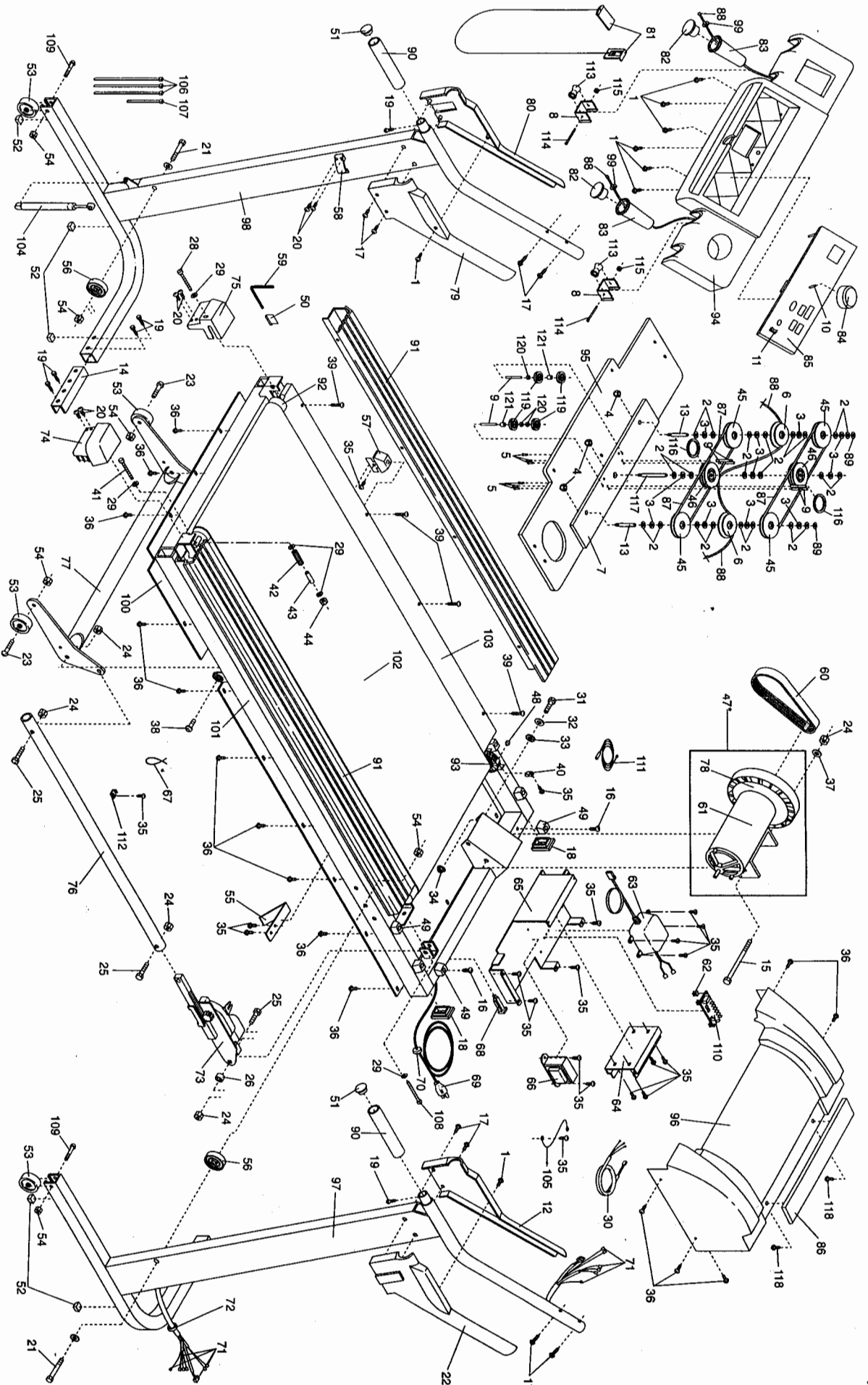
Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the owner's guide.

EXPLODED DRAWING—Model No. NTTL79060

R1196B



PART LIST—Model No. NTTL79060

R1196B

Key No.	Qty.	Description	Key No.	Qty.	Description
-1	8	Console Screw	64	1	Controller
2	22	Thrust Washer	65	1	Electronics Bracket
3	11	Thrust Bearing	66	1	Choke
4	1	Pulley Nut	67	1	Releasable Wire Tie
5	8	Fastener	68	1	Circuit Breaker Switch
6	4	Cord Pulley	69	1	Power Cord
7	1	Console Plate	70	1	Grommet
8	2	Cord Guide Bracket	71	1	Wire Harness
9	4	Long Pulley Axle	72	1	Wire Harness Grommet
10	1	Speed Potentiometer	73	1	Incline Motor
11	1	Incline Switch	74	1	Right Endcap
12	1	Right Inside Upright Cover	75	1	Left Endcap
13	1	Pulley Bolt	76	1	Incline Extension
14	1	Base Bracket	77	1	Incline Leg
15	1	Motor Pivot Bolt	78	1	Pulley/Flywheel/Fan
16	6	Hood Anchor Screw	79	1	Left Inside Upright Cover
17	8	Screw	80	1	Left Outside Upright Cover
18	2	Frame Endcap	81	1	Key/Clip
19	4	Handrail Screw/Base Screw	82	2	Handle Cap
20	6	Endcap Screw/Latch Screw	83	2	Handle
21	2	Pivot Bolt	84	1	Speed Control Knob
22	1	Right Outside Upright Cover	85	1	Console
23	2	Incline Wheel Bolt	86	1	Hood Insert
24	8	Nut	87	2	Surgical Tubing
25	3	Bolt	88	2	Cord
26	1	Incline Motor Spacer	89	2	Push Nut
27	2	Endcap Screw	90	2	Handrail
28	1	Short Adjustment Bolt	91	2	Foot Rail
29	5	Adjustment Washer	92	1	Rear Roller
30	1	Motor-Controller Wire	93	1	Front Roller/Pulley
31	1	Motor Tension Bolt	94	1	Console Base
32	2	Motor Tension Washer	95	1	Console Bottom
33	1	Star Washer	96	1	Hood
34	1	Motor Tension Nut	97	1	Right Base/Upright
35	27	Small Screw	98	1	Left Base/Upright
36	29	Pan Screw	99	2	Cord Washer
37	1	Motor Pivot Washer	100	1	Frame Cover
38	2	Incline Pivot Bolt	101	1	Frame
39	8	Platform Screw	102	1	Walking Belt
40	1	Reed Switch Clamp	103	1	Walking Platform
41	1	Long Adjustment Bolt	104	1	Shock
42	1	Tension Spring	105	1	Ground Wire
43	1	Spring Sleeve	106	3	8" Wire Tie
44	1	Roller Tension Nut	107	1	4" Wire Tie
45	6	Pulley	108	1	Front Roller Adjustment Bolt
46	2	Large Pulley	109	2	Base Wheel Bolt
47*	1	Motor/Pulley/Flywheel/Fan	110	2	Lift Board w/Stand-Off
48	1	Magnet	111	1	Reed Switch Wire
49	6	Hood Anchor	112	1	Wire Tie Holder
50	1	Adhesive Clip	113	2	Cord Guide
51	1	Handrail Endcap	114	2	Cord Guide Bolt
52	7	Base Pad	115	2	Cord Guide Nut
53	4	Base Wheel	116	2	Rubber Washer
54	4	Wheel Nut	117	1	Center Pulley Bolt
55	2	Belt Guide	118	2	Hood Insert Screw
56	2	Spacer	119	4	Small Pulley
57	8	Isolator	120	3	Small Spacer
58	1	Latch	121	2	Large Spacer
59	1	Allen Wrench	#	1	8" Blue Wire, 2 Female
60	1	Motor Belt	#	1	4" Blue Wire, 2 Female
61	1	Motor	#	1	8" White Wire, 2 Female
62	4	Plastic Stand-Off	#	1	4" White Wire, Male/Female
63	1	Power Supply	#	1	Owner's Guide