

POWER TREADTM

P L U S

by **NordicTrack**

NTTL 99061

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

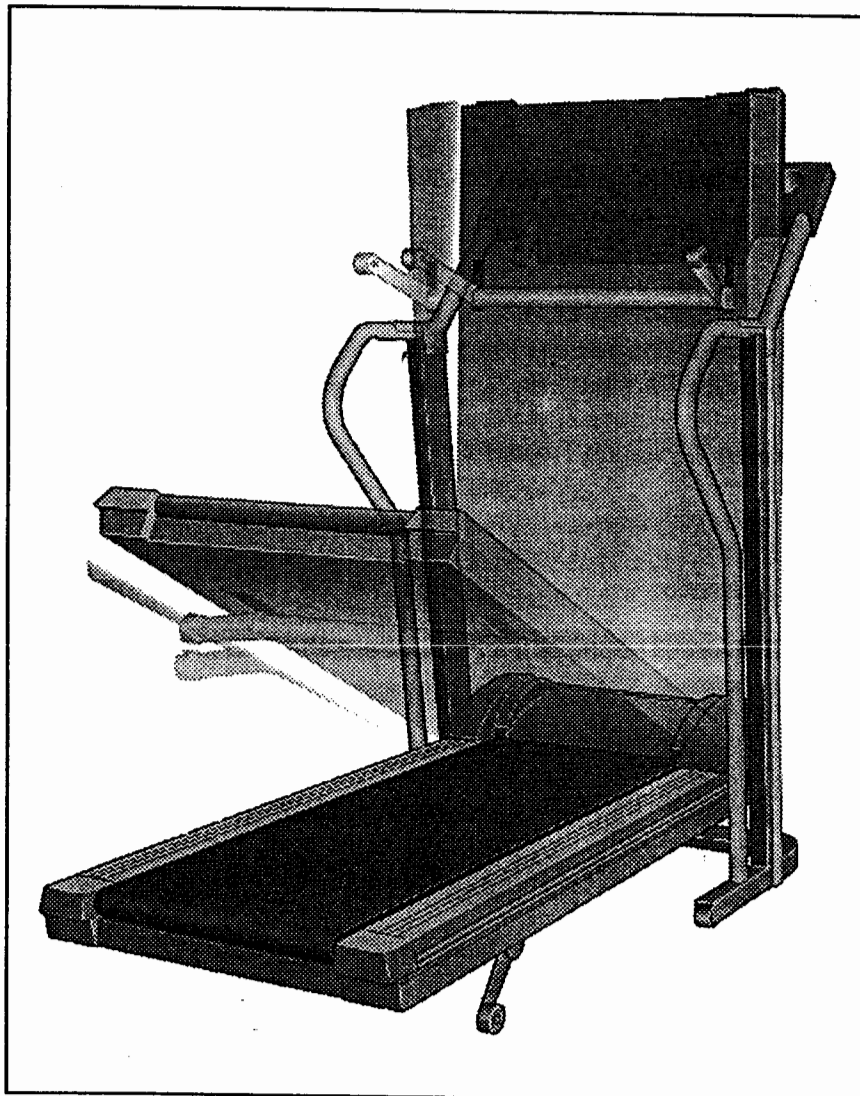
103 Peavey Road

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™

P L U S

by **NordicTrack**

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Note: An Exploded Drawing and a Part List are attached to the center of this owner's guide. 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. Keep children and pets away from the treadmill at all times.
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 9), 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 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.
17. 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.)
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 18.) You must be able to safely lift 45 pounds (20 kg) in order 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.

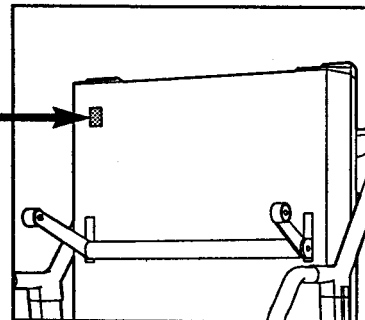
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. NordicTrack assumes no responsibility for personal injury or property damage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

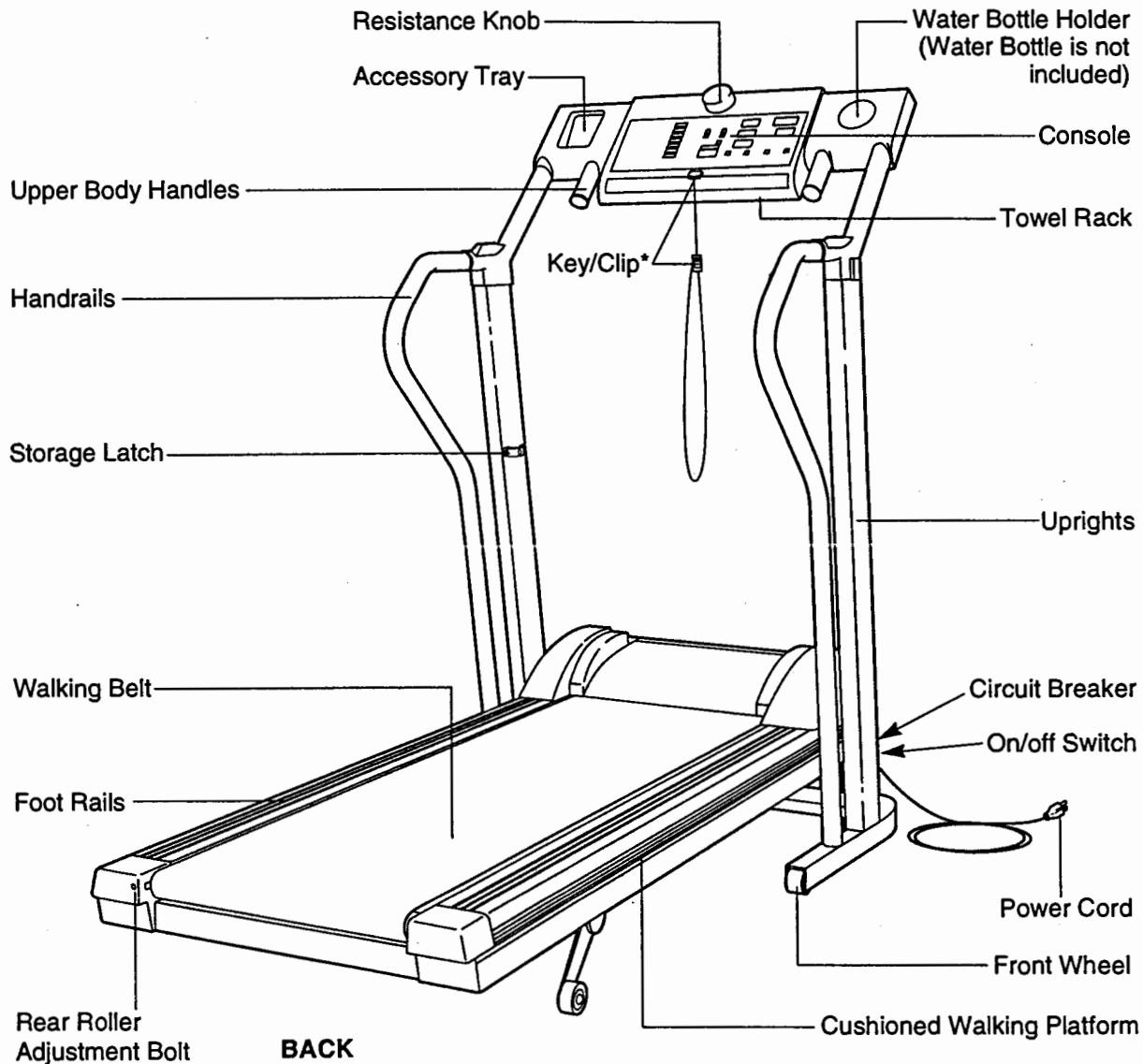


Before You Begin

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

We're available to answer any of your questions regarding assembly, use or maintenance of the PowerTread Plus 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.

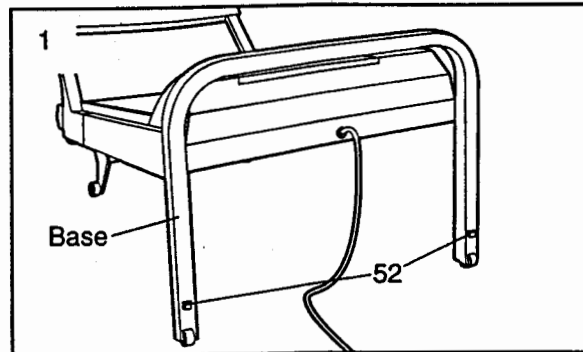


***IMPORTANT:** Always wear the clip while operating the treadmill. If the key is pulled from the console, the walking belt will stop.

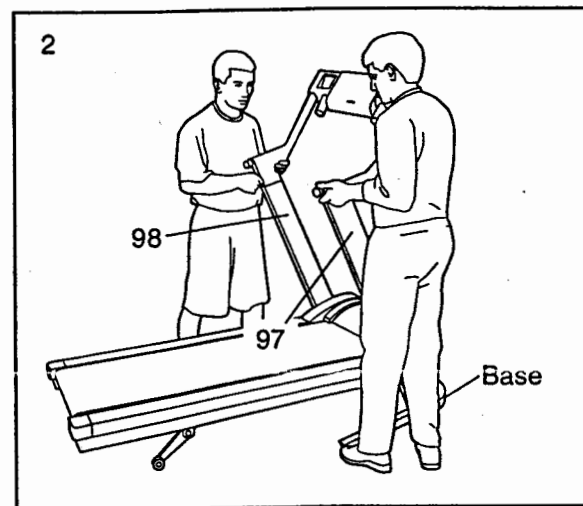
Assembly

Assembly requires two people. Set the treadmill in a cleared area and remove the packing materials, except for the wire tie around the Wire Harness (71) (see step 3 below). **Do not dispose of the packing materials for the duration of your 30-day In-home trial period.** Assembly requires a phillips screwdriver  and a 3/8" wrench  (not included).

1. Attach two 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 (97, 98) until the base of the treadmill is resting flat on the floor.

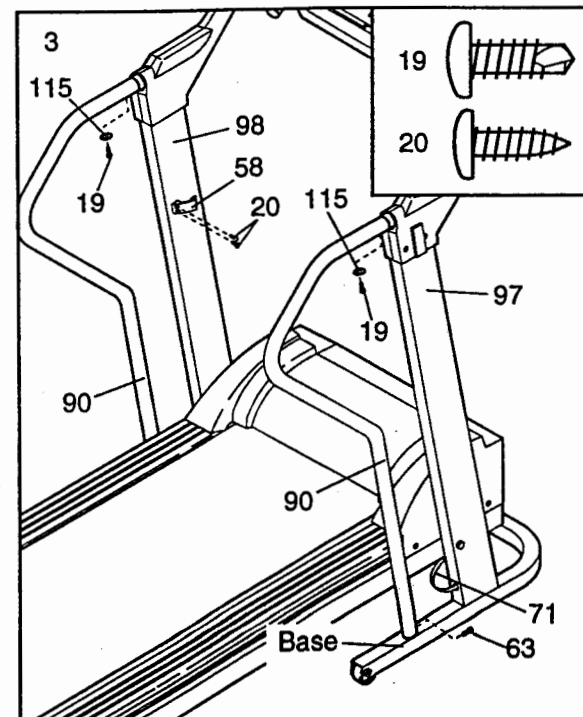


3. Slide the lower end of one of the Handrails (90) onto the base. Tip the upper end of the Handrail back slightly, and slide it onto the Right Upright (97).

Using a 3/8" wrench, attach the lower end of the Handrail (90) with a Lower Handrail Screw (63). Push on the head of the Screw as you tighten it. **Tighten the Screw only until it is snug—do not overtighten it.** Remove the wire tie (not shown) holding the Wire Harness (71). Using a phillips screwdriver, attach the upper end of the Handrail with a Handrail Screw (19) (refer to the inset drawing to identify the Handrail Screw) and Handrail Star Washer (115).

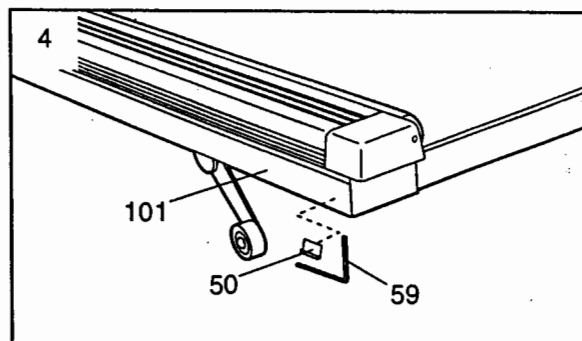
Attach the other Handrail (90) to the other side of the treadmill in the same manner.

Remove the ATTENTION decal from the Left Upright (98). Attach the Storage Latch (58) to the Left Upright with two Latch Screws (20). Do not overtighten the Screws.



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.**



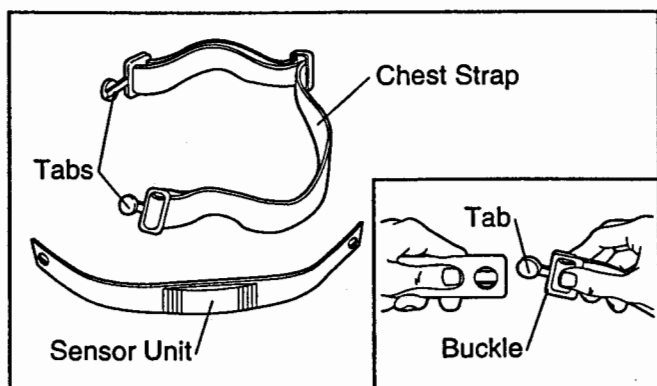
How to Use the POLAR® Heart Rate Monitor

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 POLAR heart rate monitor.

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

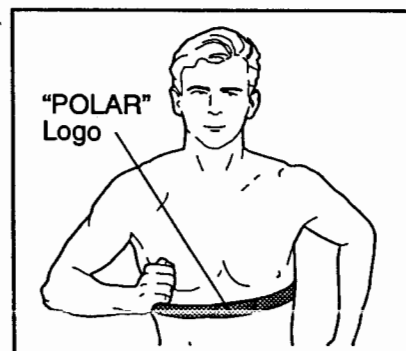
HOW TO PUT ON THE HEART RATE MONITOR

The POLAR heart rate monitor consists of two components: the **chest strap** and the **sensor unit**. 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 sensor unit. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.

2. Wrap the heart rate monitor around your chest and attach the other end of the chest strap to the sensor unit. 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 POLAR logo is facing forward and is right-side-up.



3. Pull the sensor unit 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 sensor unit to a position against your chest.

HEART RATE MONITOR TROUBLE-SHOOTING

The instructions on pages 10 to 17 of this owner's guide explain how the heart rate monitor is used with the console. If the letters "PLS" or "E5" appear in the PULSE display, if the NOT DETECTED indicator lights, 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. The heart rate monitor should fit snugly yet comfortably. If necessary, adjust the chest strap. If the heart rate monitor is too tight or too loose even when the chest strap is adjusted to the minimum or maximum length, a different chest strap may be ordered. Refer to *How to Order Replacement Parts* on the back cover of this owner's guide. For a shorter chest strap, order an XS strap, part no. 3820049; for a longer chest strap, order an XL strap, part no. 3820047.
3. Make sure that the POLAR logo on the sensor unit is facing forwards and is right-side-up.
4. Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
5. 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.**
6. 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.
7. 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.
8. If the heart rate monitor still does not function properly, test it by having another person try it.

CARE AND MAINTENANCE OF THE HEART RATE MONITOR

- Thoroughly dry the heart rate monitor after each use. The heart rate monitor has a built-in battery with an estimated life of 2,500 hours of 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).
- Be careful not to excessively bend or stretch the sensor unit when using or storing the heart rate monitor.
- Clean the sensor unit periodically using a solution of water and mild soap; never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.
- Do not attempt to open the sensor unit—the heart rate monitor may be damaged or lose its water resistant quality.

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.**

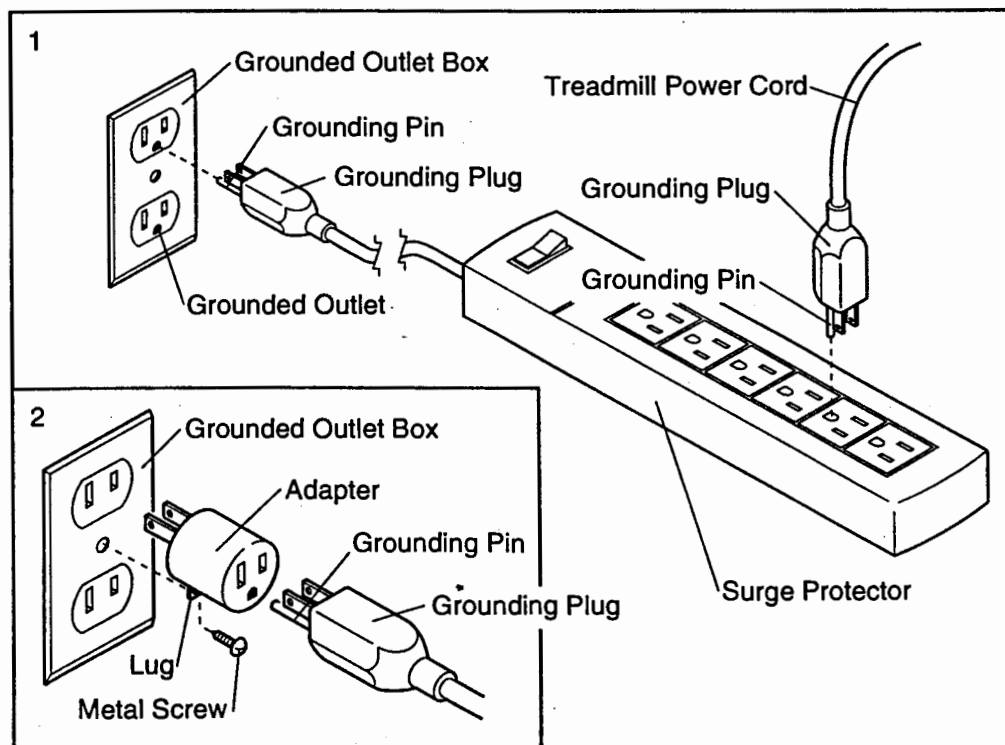
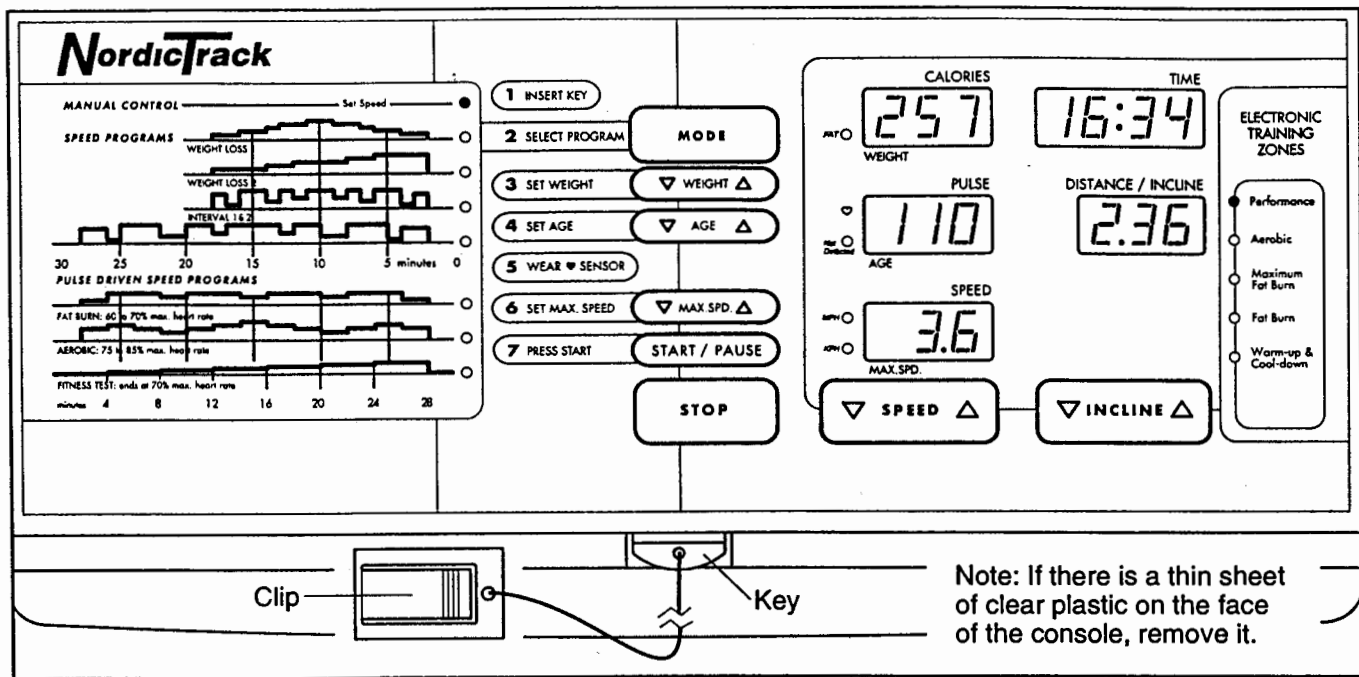


DIAGRAM OF THE CONSOLE



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

- Do not stand on the walking belt when turning on the power 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 FAT BURN program or the AEROBIC program. 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, avoid spilling liquids on the console, and use only a sealed water bottle.

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. 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, five displays will provide continuous exercise feedback. Seven preset programs are also offered: two WEIGHT LOSS programs and two INTERVAL programs automatically control the speed of the treadmill as they guide you through effective workouts; the special FAT BURN program provides intensive fat-burning workouts; the AEROBIC program helps you to achieve maximum cardiovascular benefits; and the unique FITNESS TEST program measures your relative fitness level.

To use the manual mode, follow the steps on pages 11 through 13. To use the WEIGHT LOSS or INTERVAL programs, see pages 13 and 14. To use the FAT BURN or AEROBIC program, see pages 15 and 16. To use the FITNESS TEST program, see pages 16 and 17. Note: The console can display speed and distance in either miles or kilometers (see Speed Display on page 12). For simplicity, instructions in this owner's guide refer to miles.

Before beginning, make sure that the on/off switch located near the power cord is in the "on" position. Plug in the power cord (see page 9). 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.

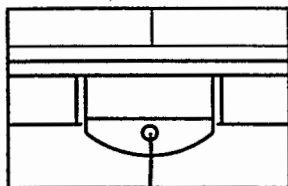
"On"
Position



HOW TO USE THE MANUAL MODE

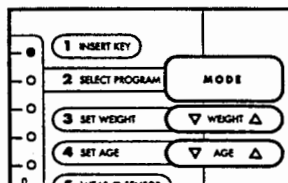
1 Insert the key fully into the console.

Stand on the foot rails and insert the key. Various displays and indicators will light. Find the clip attached to the key and slide it onto the waistband of your clothing.



2 Select the MANUAL mode.

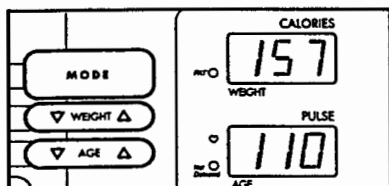
When the key is inserted, the manual mode will automatically be selected. The MANUAL CONTROL indicator will light. Note: If a preset program has been selected, press the MODE button repeatedly to select the manual mode again.



3 Enter your weight, if desired.

Although it is not necessary to enter your weight and age to use the manual mode, the CALORIES display will be more accurate if your weight and age are entered. To enter your weight:

- Press the WEIGHT increase or decrease button. The letters "LbS" will flash in the CALORIES display. Press one of the WEIGHT buttons again. The current weight setting will then be shown. Press the WEIGHT buttons again to enter your weight. Each time one of the buttons is pressed, the weight setting will change by 1 pound. If one of the buttons is held down, the weight setting will change in increments of 5 pounds. After you have entered your weight, your weight will be shown in the CALORIES display for three seconds.



4 Enter your age, if desired.

To enter your age:

- Press the AGE increase or decrease button (see the drawing above). The letters "AGE" will flash in the PULSE display. Press one of the AGE buttons again. The current age setting will then be shown.

Press the AGE buttons again to enter your age. 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. After you have entered your age, your age will be shown in the PULSE display for three seconds.

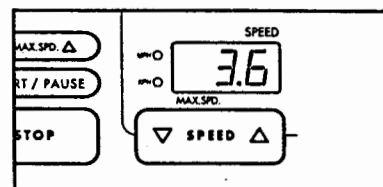
Note: Once you have entered your weight and age, the numbers will be saved in the console's memory, even if the power cord is unplugged.

5 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 POLAR® Heart Rate Monitor* on page 7.

6 Press the SPEED Increase button to start the walking belt.

The speed of the walking belt is controlled with the SPEED increase and decrease buttons.



Each time one of the buttons is pressed, the speed will change by 0.1 mile per hour (mph). The buttons can be held down to change the speed quickly. The speed range is 0.5 mph to 10 mph.

Press the SPEED increase button until the walking belt begins to move at slow speed. Hold the handrails and carefully begin walking. Change the speed of the walking belt as desired by pressing the SPEED buttons. Note: The walking belt can also be started by pressing the START/PAUSE button. The walking belt will begin to move at 0.5 mph. The speed can then be adjusted with the SPEED buttons.

To stop the walking belt, press the START/PAUSE button. All displays will pause and the TIME display will begin to flash. To restart the walking belt, press the SPEED buttons or the START/PAUSE button as described above. Note: The walking belt can also be stopped by pressing the STOP button. To restart the walking belt, press the SPEED buttons or the START/PAUSE button as described above.

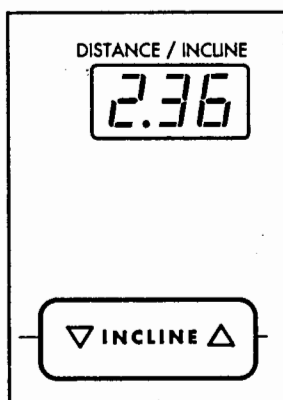
Note: When the SPEED buttons are pressed, the SPEED display will show the selected speed setting for seven seconds. The display will then show the actual speed of the walking belt.

7 Change the incline of the treadmill, if desired.

The incline of the treadmill is controlled with the INCLINE increase and decrease 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 setting is shown in the DISTANCE/ INCLINE display. The incline range is 1.5% to 12%.

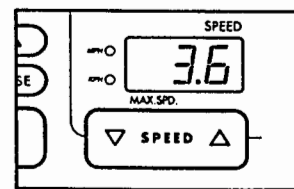
Note: After the INCLINE buttons are pressed, it may take a few seconds for the treadmill to reach the selected incline setting.



• SPEED display

This display shows the current speed of the walking belt.

When the SPEED buttons are pressed, the display will show the selected speed setting for seven seconds. The display will then show the actual speed of the walking belt.

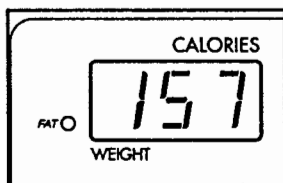


Note: The speed can be displayed in either miles per hour (mph) or kilometers per hour (kph). The indicators beside the SPEED display will light to show which unit of measurement is selected. To change the unit of measurement, first hold down the STOP button while inserting the key into the console. An "E" (for English system [miles]) or "M" (for Metric system [kilometers]) will appear in the SPEED display. Press the SPEED increase button to change the unit of measurement. Remove and then reinsert the key.

8 Follow your progress with the five displays and the TRAINING ZONE monitor.

• CALORIES display

This display shows both the *total calories* and the number of *fat calories* that you have burned. (See *Burning Fat* on page 22 for an explanation of fat calories). Every seven seconds, the display will change from one number to the other. The FAT indicator beside the display will light when the number of fat calories is shown.

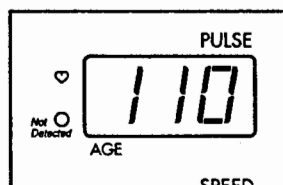


Note: This display also shows the current weight setting when the walking belt is stopped and the WEIGHT buttons are pressed.

• PULSE display

For this display to operate, the heart rate monitor must be worn. To put on the heart rate monitor, see *How to Use the POLAR®*

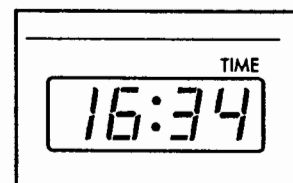
Heart Rate Monitor on page 7. After a few seconds, the heart-shaped indicator beside the PULSE display will flash each time your heart beats, the NOT DETECTED indicator will darken, and your heart rate will be shown. Note: The heart rate monitor will sample your heart rate every few seconds. *It may 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.



Note: This display also shows the current age setting when the walking belt is stopped and the AGE buttons are pressed.

• TIME display

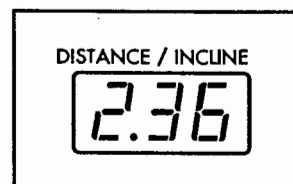
This display shows the total time that the walking belt has been moving.



Note: When any program except the FITNESS TEST program is selected, the TIME display will show the time remaining in the program.

• DISTANCE/INCLINE display

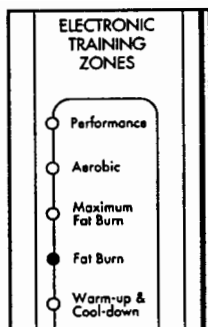
This display shows both the distance that the walking belt has moved and the current incline of the treadmill. Every seven seconds, the display will change from one number to the other. When the INCLINE buttons are pressed, the display will change to show the selected incline setting.



Note: If the MPH indicator beside the SPEED display is lit, the distance will be displayed in miles. If the KPH indicator is lit, the distance will be displayed in kilometers.

• Training Zone Monitor

The training zone monitor measures the approximate intensity of your exercise. The monitor's five indicators are described below:



- **WARM UP & COOL DOWN**—Each workout should begin with a warm-up period and end with a cool-down period. (See *Workout Guidelines* on pages 22 and 23.) The WARM-UP & COOL-DOWN indicator will light when your workout intensity is ideal for warming up or cooling down.
- **FAT BURN** and **MAXIMUM FAT BURN**—To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. (See *Burning Fat* on page 22.) If you are exercising at the proper intensity level for burning fat, the FAT BURN or MAXIMUM FAT BURN indicator will light.
- **AEROBIC**—If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." (See *Aerobic Exercise* on page 22.) If you are exercising at the proper intensity level for aerobic exercise, the AEROBIC indicator will light.
- **PERFORMANCE**—If your goal is high performance athletic conditioning, you will need to exercise at a high intensity level. If you are exercising at the proper intensity level, the PERFORMANCE indicator will light.

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

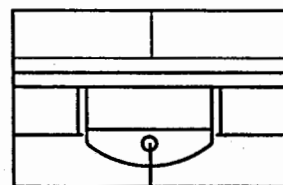
Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place. In addition, press the on/off switch to the "off" position. (See the drawing near the bottom of page 10.)

HOW TO USE THE WEIGHT LOSS PROGRAMS AND THE INTERVAL PROGRAMS

The WEIGHT LOSS programs and the INTERVAL programs automatically control the speed of the walking belt as they guide you through effective workouts. The WEIGHT LOSS programs focus on helping you to lose unwanted pounds; the INTERVAL programs are designed to build stamina. The WEIGHT LOSS programs and the INTERVAL 1 program are 20-minute programs; the INTERVAL 2 program is a 30-minute program. The graphs on the left side of the console show how the speed will change during each program. During the WEIGHT LOSS 1 program, for example, the speed will gradually increase during the first 10 minutes, and then gradually decrease during the last 10 minutes. Each program begins with a 2-minute warm-up period, and ends with a 2-minute cool-down period. Follow the steps below to use one of these programs.

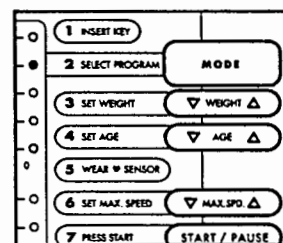
1 Make sure that the key is fully inserted into the console.

Stand on the foot rails and insert the key. Various displays and indicators will light. Find the clip attached to the key, and slide it onto your waistband.



2 Select the WEIGHT LOSS 1, WEIGHT LOSS 2, INTERVAL 1, or INTERVAL 2 program.

When the key is inserted, the MANUAL CONTROL indicator will light. To select the WEIGHT LOSS 1 program, press the MODE button. The WEIGHT LOSS 1 indicator will



light. To select one of the other programs, press the MODE button repeatedly until the WEIGHT LOSS 2, INTERVAL 1, or INTERVAL 2 indicator lights. Note: If the walking belt is moving, it will slow to a stop.

3 Enter your weight if desired.

When a WEIGHT LOSS or INTERVAL program is selected, the letters "LbS" will flash in the CALORIES display for seven seconds; the current weight setting will then be shown. Although it is not necessary to enter your weight and age to use one of these programs, the CALORIES display will be more accurate if your weight and age are entered. If you want to enter your weight, see step 3 on page 11.

4 Enter your age if desired.

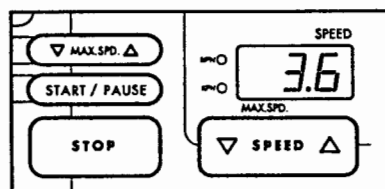
After you have completed step 3, the letters "AGE" will flash in the PULSE display for seven seconds; the current age setting will then be shown. If you want to enter your age, see step 4 on page 11.

5 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 POLAR® Heart Rate Monitor* on page 7.

6 Set a maximum speed for the program.

After you have completed step 4, a number will appear in the SPEED display and flash for seven seconds.



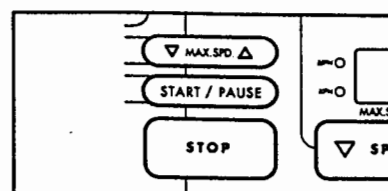
This number shows the *maximum speed* that the walking belt will move during the program. The maximum speed setting can be from 3.0 mph to 8.5 mph. If you want to change the maximum speed setting, press the MAX. SPD. increase or decrease button. Note: The maximum speed setting will change by 0.3 mph each time one of the MAX. SPD. buttons is pressed, until it reaches 4.5 mph; the maximum speed setting will then change by 0.5 mph each time one of the buttons is pressed until it reaches 8.5 mph.

If the maximum speed setting is between 3.0 mph and 5.0 mph, the walking belt will move at 1.5 mph during the first 2 minutes and the last 2 minutes of the program (the warm-up and cool-down periods). The *speed range* during the rest of the program will be 1.5 mph. For example, if the maximum speed setting is 5.0 mph, the *speed range* will be 3.5 mph to 5.0 mph (a difference of 1.5 mph).

If the maximum speed setting is between 5.5 mph and 8.5 mph, the walking belt will move at 3.0 mph during the first 2 minutes and the last 2 minutes of the program. The *speed range* during the rest of the program will be 2.0 mph.

7 Press the START/PAUSE button to start the program.

When the START/PAUSE button is pressed, the TIME display will begin counting down



from 20 minutes (or 30 minutes if the INTERVAL 2 program is selected). After a moment, the walking belt will begin to move. Hold the handrails and carefully begin walking.

As the program progresses, the speed of the walking belt will change periodically as shown by the graphs on the left side of the console. The program will continue until the time shown in the TIME display reaches zero. The walking belt will then slow to a stop and the program will be completed.

Note: The SPEED buttons will not respond while a WEIGHT LOSS or INTERVAL program is selected. If the program is too easy or too challenging, press the MAX. SPD. buttons to set a new maximum speed. The new maximum speed setting will be shown in the SPEED display for 3 seconds. To stop the program temporarily, press the START/PAUSE button. The TIME display will begin to flash. To restart the program, press the START/PAUSE button again. The program will resume and the walking belt will return to the latest speed setting. To terminate the program before the program is completed, press the STOP button.

8 Change the Incline of the treadmill, if desired.

When a WEIGHT LOSS or INTERVAL program is selected, the incline of the treadmill can be changed with the INCLINE buttons. See step 7 on page 12.

9 Follow your progress with the five displays and the TRAINING ZONE monitor.

See step 8 on pages 12 and 13.

10 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. In addition, press the on/off switch to the "off" position. (See the drawing near the bottom of page 10.)

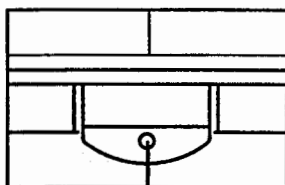
HOW TO USE THE FAT BURN PROGRAM AND THE AEROBIC PROGRAM

The FAT BURN program and the AEROBIC program automatically control the speed and incline of the treadmill to keep your heart rate within a predetermined range during your workouts. Both programs are 30-minute programs. The graphs on the left side of the console show how your heart rate will change during each program. Each program begins with a warm-up period, and ends with a cool-down period.

To use one of these programs, follow the steps below.

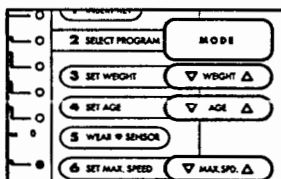
1 Make sure that the key is fully inserted into the console.

Stand on the foot rails and insert the key. Various displays and indicators will light. Find the clip attached to the key, and slide it onto the waistband of your clothing.



2 Select the FAT BURN or AEROBIC program.

Press the MODE button repeatedly until the FAT BURN or AEROBIC indicator lights. Note: If the walking belt is moving, it will slow to a stop.



3 Enter your weight.

When the FAT BURN or AEROBIC program is selected, the letters "LbS" will flash in the CALORIES display. You must enter your weight and age before either of these programs can be started. To enter your weight, see step 3 on page 11. If you have already entered your weight, you must press one of the WEIGHT buttons to verify the weight setting.

4 Enter your age.

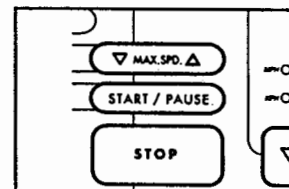
After you have completed step 3, the letters "AGE" will flash in the PULSE display. To enter your age, see step 4 on page 11. If you have already entered your age, you must press one of the AGE buttons to verify the age setting.

5 Put on the POLAR heart rate monitor.

The heart rate monitor must be worn when the FAT BURN or AEROBIC program is used. To put on the heart rate monitor, see *How to Use the POLAR® Heart Rate Monitor* on page 7. Note: The FAT BURN or AEROBIC program can be started without your heart rate being detected; however, the walking belt will automatically slow if your heart rate is not detected 2 minutes after the program is started.

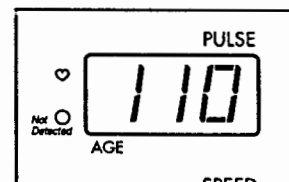
6 Press the START/PAUSE button to start the program.

When the START/PAUSE button is pressed, the TIME display will begin counting down from 30 minutes. After a moment, the walking belt will begin to move. Hold the handrails and carefully begin walking.



As the program progresses, the speed and incline of the treadmill will change periodically to keep your heart rate within a predetermined range, shown by the graphs on the left side of the console. When the time shown in the TIME display reaches zero, the walking belt will slow to a stop and the program will be completed.

Note: If your heart rate is not detected during the program, the NOT DETECTED indicator will light and the letters "PLS" will flash in the PULSE display. (See



Heart Rate Monitor Trouble-shooting on page 8.) If your heart rate is not detected at the end of any 2-minute period during the program (after 2 minutes, after 4 minutes, after 6 minutes, etc.), the walking belt will automatically slow down.

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

Note: To stop the program temporarily, press the START/PAUSE button. The TIME display will begin to flash. To restart the program, press the START/PAUSE button again. The program will resume and the walking belt will return to the latest speed setting. To terminate the program before the program is completed, press the STOP button.

7 Follow your progress with the five displays and the TRAINING ZONE monitor.

See step 8 on pages 12 and 13.

8 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. In addition, press the on/off switch to the "off" position. (See the drawing near the bottom of page 10.)

HOW TO USE THE FITNESS TEST PROGRAM

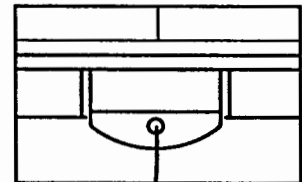
The FITNESS TEST program is designed to measure your relative fitness level. For the best results, the FITNESS TEST should be taken at a time when your energy level is high. The FITNESS TEST should not be taken if you have already exercised during the day.

The FITNESS TEST program consists of seven 4-minute periods, and is followed by a 2-minute cool-down period. The speed and/or incline of the treadmill will automatically increase at the beginning of each 4-minute period.

To use the FITNESS TEST program, follow the steps below.

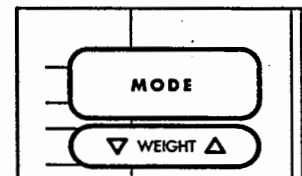
1 Make sure that the key is fully inserted into the console.

Stand on the foot rails and insert the key. Various displays and indicators will light. Find the clip attached to the key, and slide it onto the waistband of your clothing.



2 Select the FITNESS TEST program.

To select the FITNESS TEST program, press the MODE button repeatedly until the FITNESS TEST indicator lights. Note: If the walking belt is moving, it will slow to a stop.



3 Enter your weight.

When the FITNESS TEST program is selected, the letters "LbS" will flash in the CALORIES display. You must enter your weight and age before this program can be started. To enter your weight, see step 3 on page 11. If you have already entered your weight, you must press one of the WEIGHT buttons to verify the weight setting.

4 Enter your age.

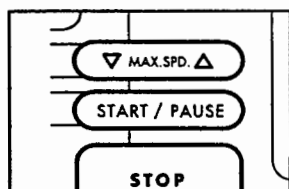
After you have completed step 3, the letters "AGE" will flash in the PULSE display. To enter your age, see step 4 on page 11. If you have already entered your age, you must press one of the AGE buttons to verify the age setting.

5 Put on the POLAR heart rate monitor.

The heart rate monitor must be worn when the FITNESS TEST program is used. To put on the heart rate monitor, see *How to Use the POLAR® Heart Rate Monitor* on page 7. Note: The FITNESS TEST program can be started without your heart rate being detected; however, the program will automatically stop if your heart rate is not detected 4 minutes after the program is started.

6 Press the START/PAUSE button to start the program.

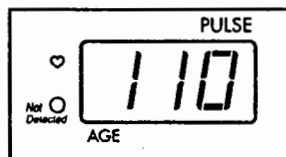
When the START/PAUSE button is pressed, the TIME display will begin counting up. The CALORIES display will show "L 1" (level 1), indicating that the first 4-minute period of the FITNESS TEST program has begun. The incline of the treadmill will automatically adjust to 3.0%, and the walking belt will begin to move at 1.5 mph. Hold the handrails and begin walking.



When the TIME display reaches 4 minutes, the CALORIES display will show "L 2," indicating that the second 4-minute period has begun. The incline will increase to 4%, and the speed will increase to 2.5 mph. At the beginning of each 4-minute period, the speed and/or incline of the treadmill will automatically increase. The FITNESS TEST will continue in this manner *until your heart rate reaches 70% of your maximum heart rate, and the current 4-minute period is completed. The FITNESS TEST will then be completed, regardless of how many periods remain.*

When the FITNESS TEST program is completed, the letter "C" will be shown in the CALORIES display, indicating that the cool-down period has begun. The TIME display will count down from 2 minutes. When the cool-down period is completed, the walking belt will slow to a stop, and your fitness level will be shown in the TIME display. There are ten fitness levels—fitness level 10 (FL:10) is the highest. Remember, the FITNESS TEST is intended only to indicate your relative fitness level.

Note: The SPEED and INCLINE buttons will not respond while the FITNESS TEST program is selected. If your heart rate is not detected during the program, the NOT DETECTED indicator will light and the letters "PLS" will flash in



the PULSE display. If your heart rate is not detected during the last thirty seconds of any 4-minute period (after 4 minutes, after 8 minutes, etc.), the walking belt will slow to a stop, the FITNESS TEST will end, and the TIME display will show an estimated fitness level. (See *Heart Rate Monitor Trouble-shooting* on page 8.) The FITNESS TEST program cannot be stopped temporarily and then restarted. However, the program can be stopped at any time by pressing the STOP button. The TIME display will then show an estimated fitness level. If the STOP button is pressed a second time, the MANUAL mode will be selected.

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. In addition, press the on/off switch to the "off" position. (See the drawing on page 10.)

HOW TO SELECT THE INFORMATION MODE

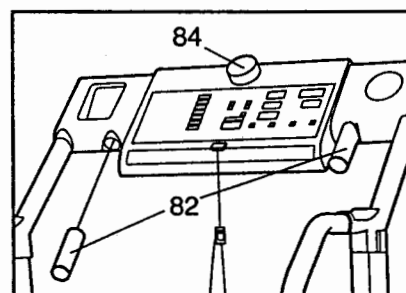
The console features an information mode that keeps track of the total time and distance accumulated.

To access the information mode, hold down the STOP button while inserting the key into the console. The TIME display will show the total time accumulated on the treadmill, in hours. The DISTANCE/INCLINE display will show the total distance, in miles (if the total distance exceeds 999, the thousands and ten thousands digits will be shown in the PULSE display). Note: The SPEED display will show an "E" (for English system [miles]) or "M" (for Metric system [kilometers]). To exit the information mode, remove the key.

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.



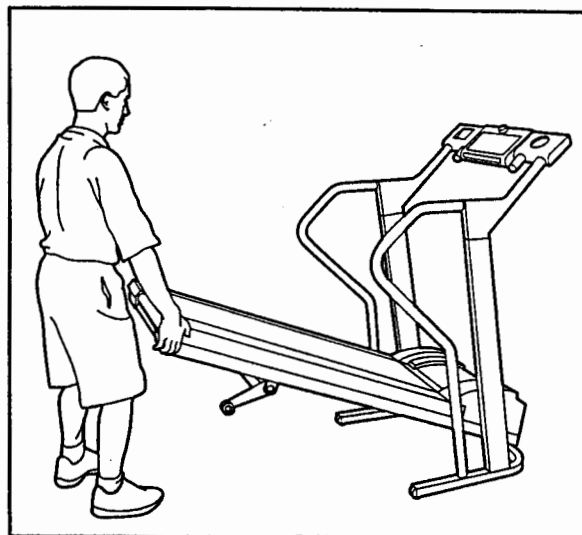
The resistance of the Upper Body Handles (82) can be adjusted using the Resistance Knob (84). To increase the resistance, turn the Knob clockwise; to decrease the resistance, turn the Knob counterclockwise. Note: Do not turn the Knob too far counterclockwise or it may come off.

How to Fold and Move the Treadmill

HOW TO FOLD THE TREADMILL FOR STORAGE

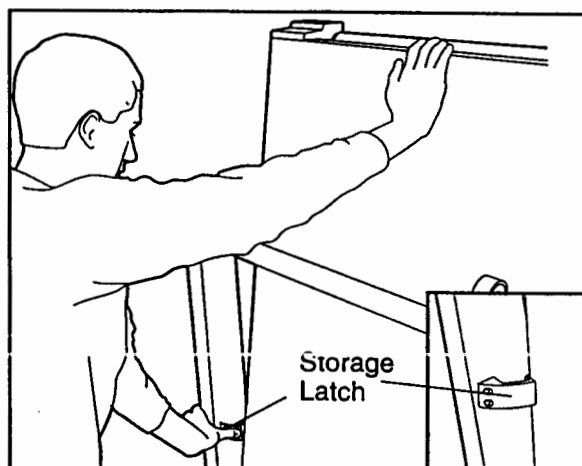
Before folding the treadmill, adjust the incline to the lowest position. **Next, unplug the power cord. Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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.**

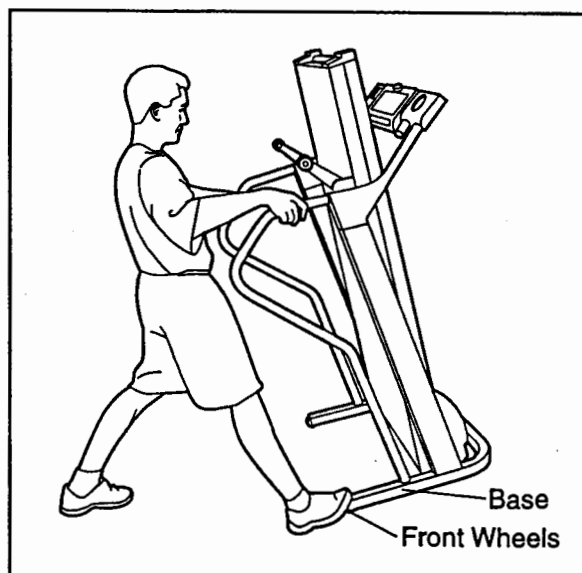
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

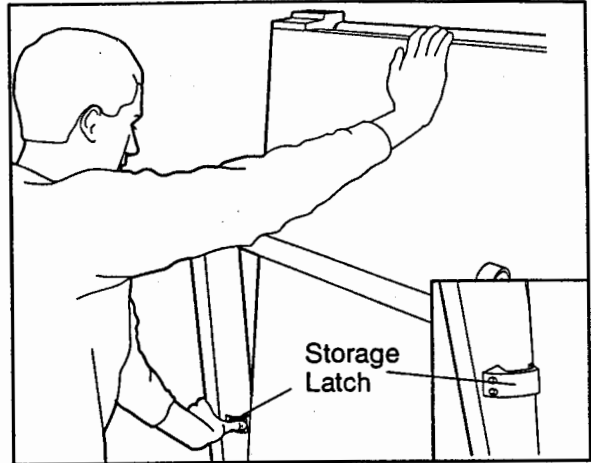
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is held securely by the storage latch.**

1. Hold the 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.

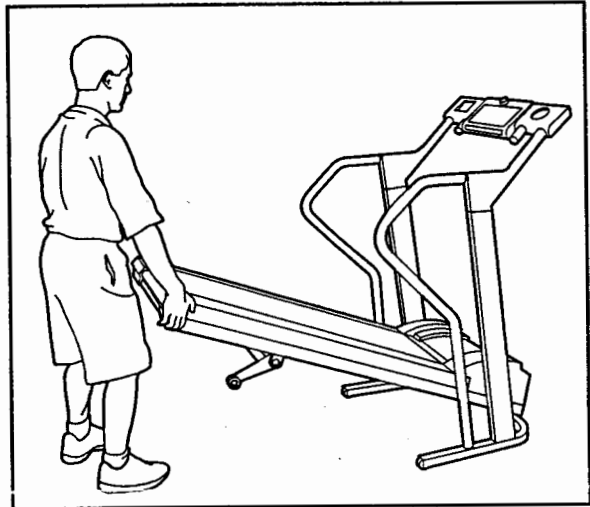


HOW TO LOWER THE TREADMILL FOR USE

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



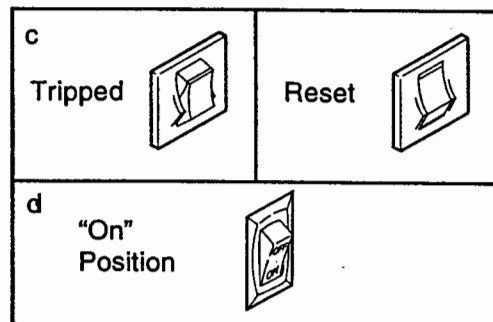
Trouble-shooting

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

- 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 9.) 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.
- After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 11.)
- 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.
- 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

- 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.
- Check to make sure that the on/off switch is in the "on" position. (See 1. d. above.)
- Make sure that the power cord is plugged in.
- Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 11.)
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- If the walking belt still slows when walked on, please call our Customer Service Department.

4. SYMPTOM: AN ERROR CODE ("E2," "E3," "E4," OR "E5") APPEARS ON THE CONSOLE

- Error code "E2" may appear in the SPEED display if the SPEED increase or START/PAUSE button is pressed and no movement of the walking belt is detected within seven seconds. Remove the key, wait for ten seconds, and then reinsert it. Make sure that you stand on the foot rails of the treadmill each time you start the walking belt. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**
- Error code "E3" may appear in the SPEED display if the speed of the walking belt surges above the selected speed setting. Remove the key, wait for ten seconds, and then reinsert it. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**

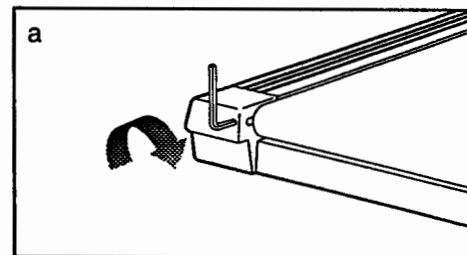
- c. Error code "E4" may appear in the SPEED display if the walking belt is moving at a slow speed and there is excessive stress on the motor. Remove the key, wait for ten seconds, and then reinsert it. If you weigh over 200 pounds, it may be helpful to increase the incline of the treadmill. If the error code appears again, call our Customer Service Department. **Do not operate the treadmill until the problem is corrected.**
- d. Error code "E5" may appear in the PULSE display if a heart rate error occurs. See *How to Use the POLAR® Heart Rate Monitor* on pages 7 and 8, and *Pulse Display* on page 12.

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

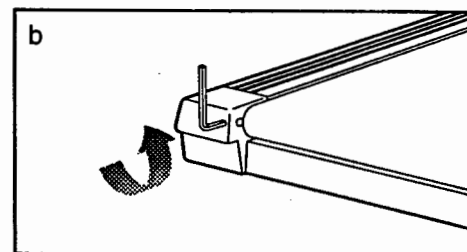
- a. See *How to Use the POLAR® Heart Rate Monitor* on pages 7 and 8, and *Pulse Display* on page 12.

6. 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.

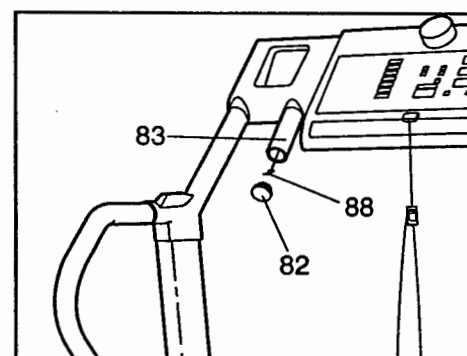


7. SYMPTOM: THE TREADMILL SITS UNEVENLY ON THE FLOOR

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

8. 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 another 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 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.

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

EXERCISE INTENSITY

Whether you want to burn calories and fat, strengthen your cardiovascular system, or increase your athletic performance, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

Burning Fat

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 of exercise 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 the FAT BURN indicator is lit. (See *Training Zone Monitor* on page 13.)

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. The proper intensity level for aerobic exercise can be found by using your heart rate as a guide. As you exercise, your heart rate should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition.

Age	Training Zone (Beats/Min.)	
	Unconditioned	Conditioned
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your heart rate using the heart rate monitor. If your heart rate is too high or too low, adjust the intensity of your exercise. It may also be helpful to adjust the speed and incline of the treadmill until the AEROBIC indicator is lit. (See *Training Zone Monitor* on page 13.)

Performance Training

If your goal is high performance athletic conditioning, adjust the speed and incline of the treadmill until the PERFORMANCE indicator is lit. (See *Training Zone Monitor* on page 13.)

WORKOUT GUIDELINES

Each workout should include three parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warm-up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see *Suggested Stretches* on page 23).

Training Zone Exercise

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

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 both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

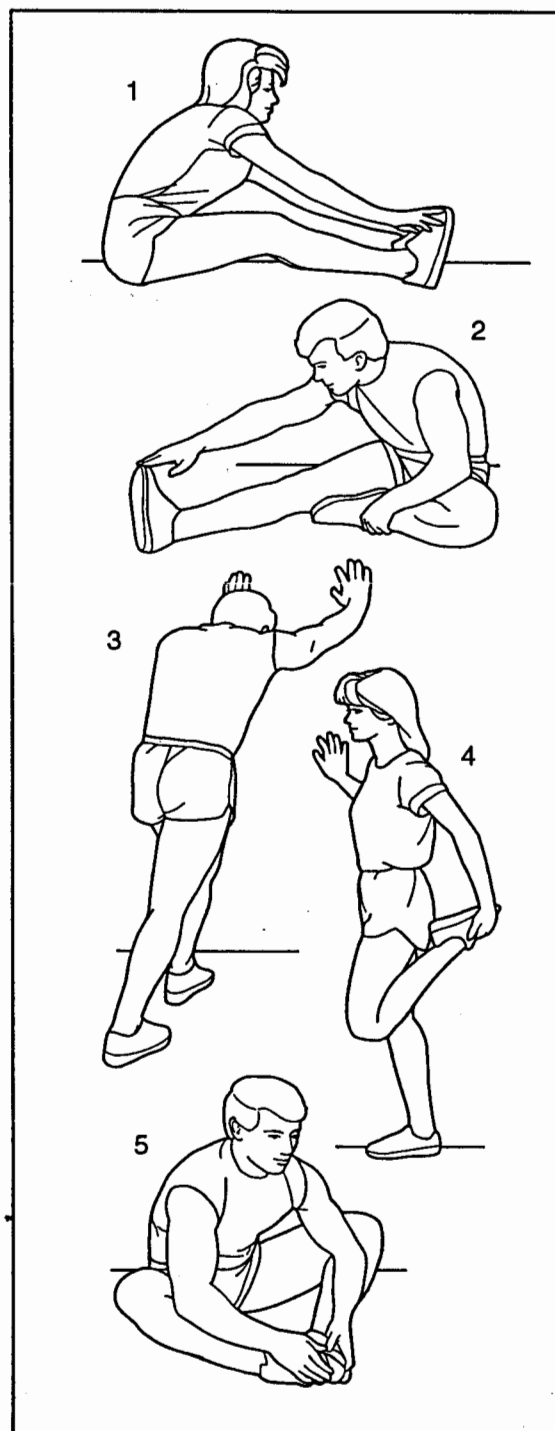
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 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

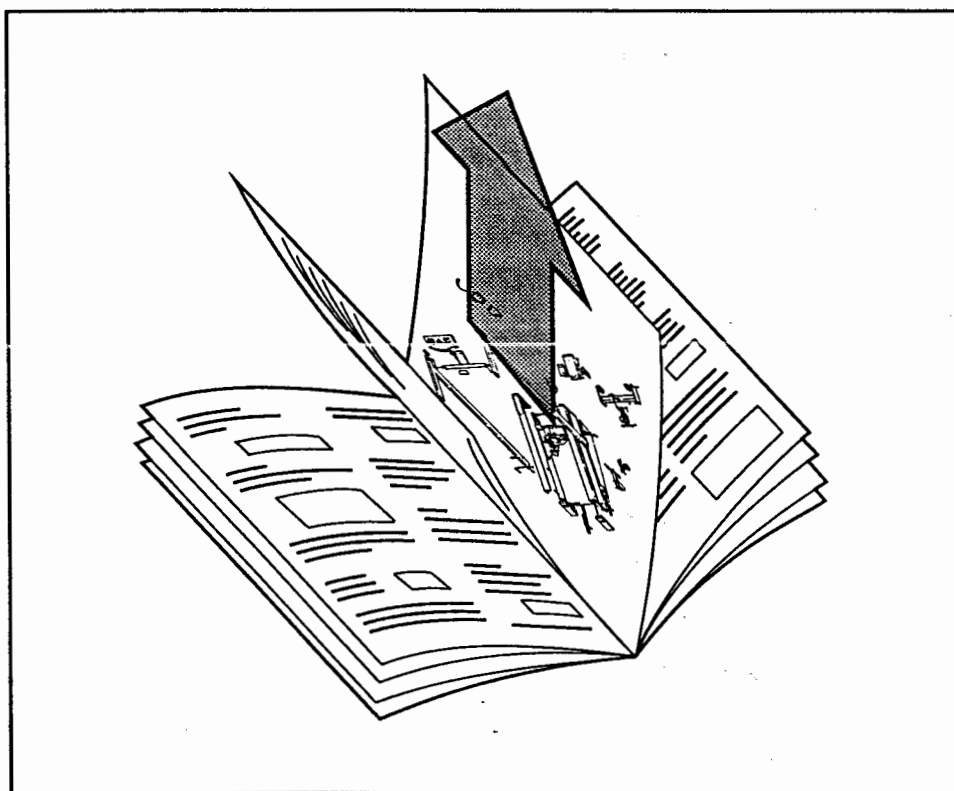
or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation, or other consequential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

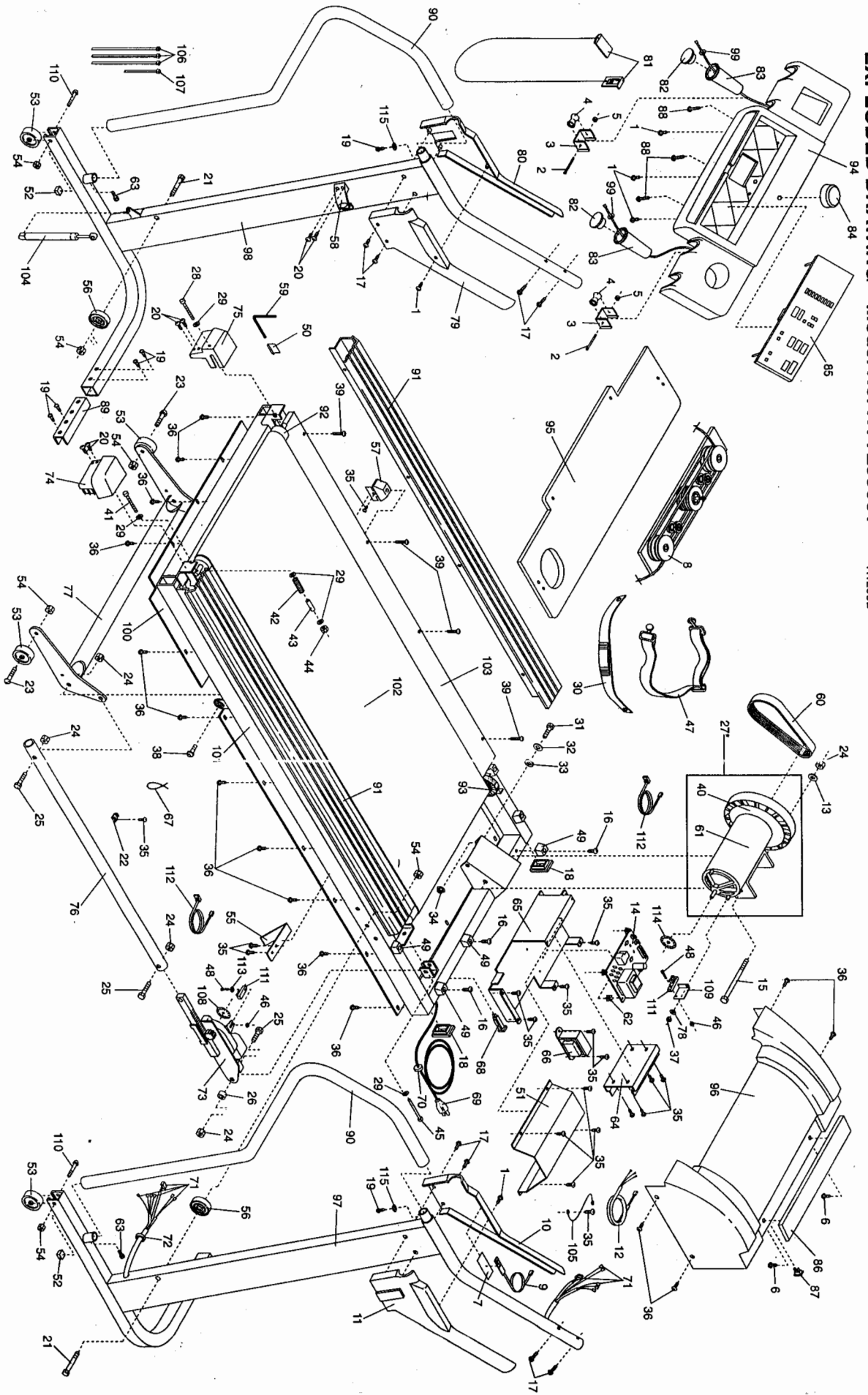
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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.



PART LIST—Model No. NTTL99061

R1296B

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

* Includes all parts shown in the box.

These parts are not illustrated.