

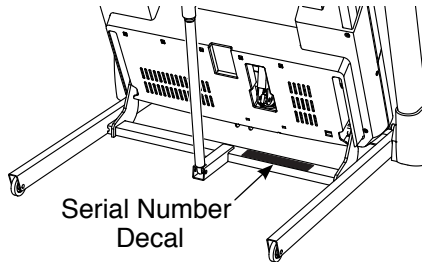
# PRO-FORM<sup>®</sup>

## PERFORMANCE 1850

Model No. PETL14715.1

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### CUSTOMER SERVICE

#### UNITED KINGDOM

Call: 0330 123 1045

From Ireland: 053 92 36102

Website: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

#### Write:

ICON Health & Fitness, Ltd.

Unit 1D, The Gateway

Fryers Way, Silkwood Park

OSSETT

WF5 9TJ

UNITED KINGDOM

#### AUSTRALIA

Call: 1800 993 770

E-mail: [australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)

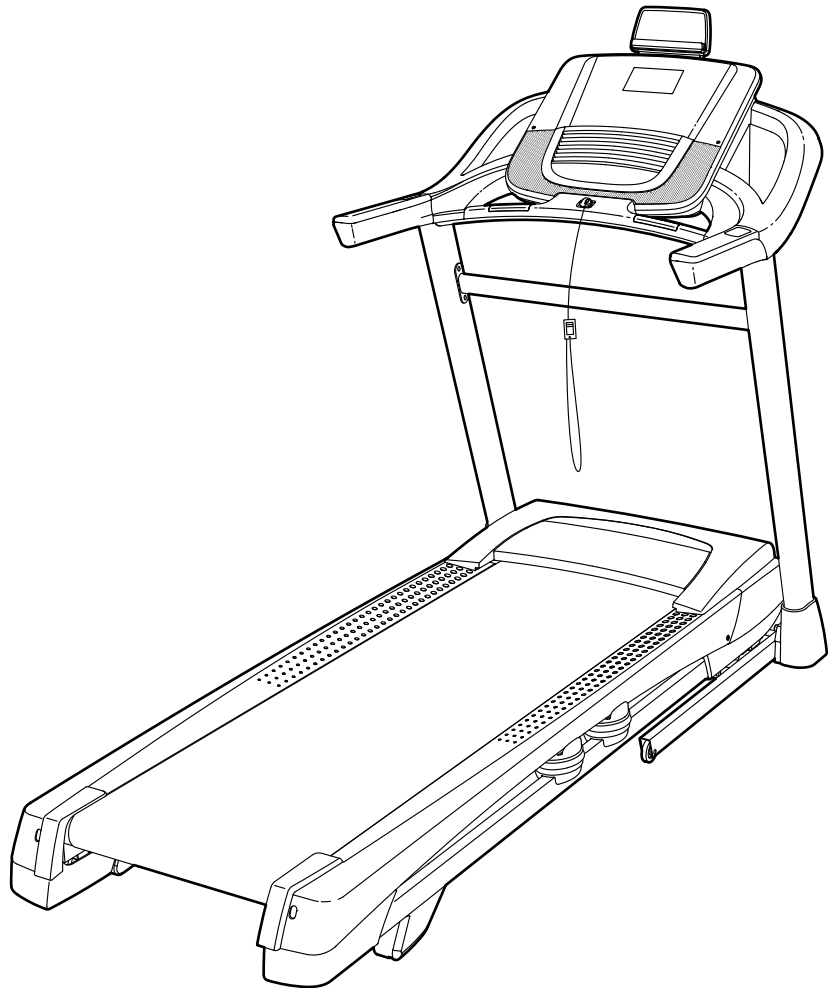
#### Write:

ICON Health & Fitness

PO Box 635

WINSTON HILLS NSW 2153

AUSTRALIA



### ⚠ CAUTION

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

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT ..... 2

IMPORTANT PRECAUTIONS..... 3

BEFORE YOU BEGIN..... 5

PART IDENTIFICATION CHART..... 6

ASSEMBLY..... 7

THE CHEST HEART RATE MONITOR..... 18

HOW TO USE THE TREADMILL..... 19

HOW TO FOLD AND MOVE THE TREADMILL..... 33

MAINTENANCE AND TROUBLESHOOTING..... 34

EXERCISE GUIDELINES..... 37

PART LIST..... 38

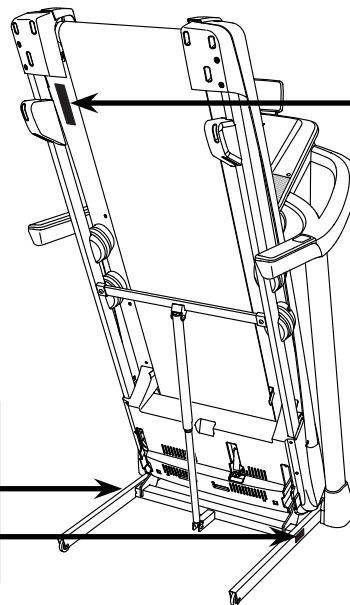
EXPLODED DRAWING..... 40

ORDERING REPLACEMENT PARTS..... Back Cover


RECYCLING INFORMATION..... Back Cover

## WARNING DECAL PLACEMENT

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



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

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

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# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the treadmill only as described in this manual.
4. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
8. Keep children under age 12 and pets away from the treadmill at all times.
9. The treadmill should be used only by persons weighing 330 lbs. (150 kg) or less.
10. Never allow more than one person on the treadmill at a time.
11. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
12. When connecting the power cord (see page 19), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
13. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
14. Keep the power cord away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 34 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 21). Always wear the clip while using the treadmill.
17. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.
18. When a person is walking on the treadmill, the noise level of the treadmill will increase.
19. Keep fingers, hair, and clothing away from the moving walking belt.
20. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
21. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

22. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the treadmill is not in use.
23. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 33.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
24. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
25. Never insert any object into any opening on the treadmill.
26. Inspect and properly tighten all parts each time the treadmill is used.
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
28. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

**SAVE THESE INSTRUCTIONS**

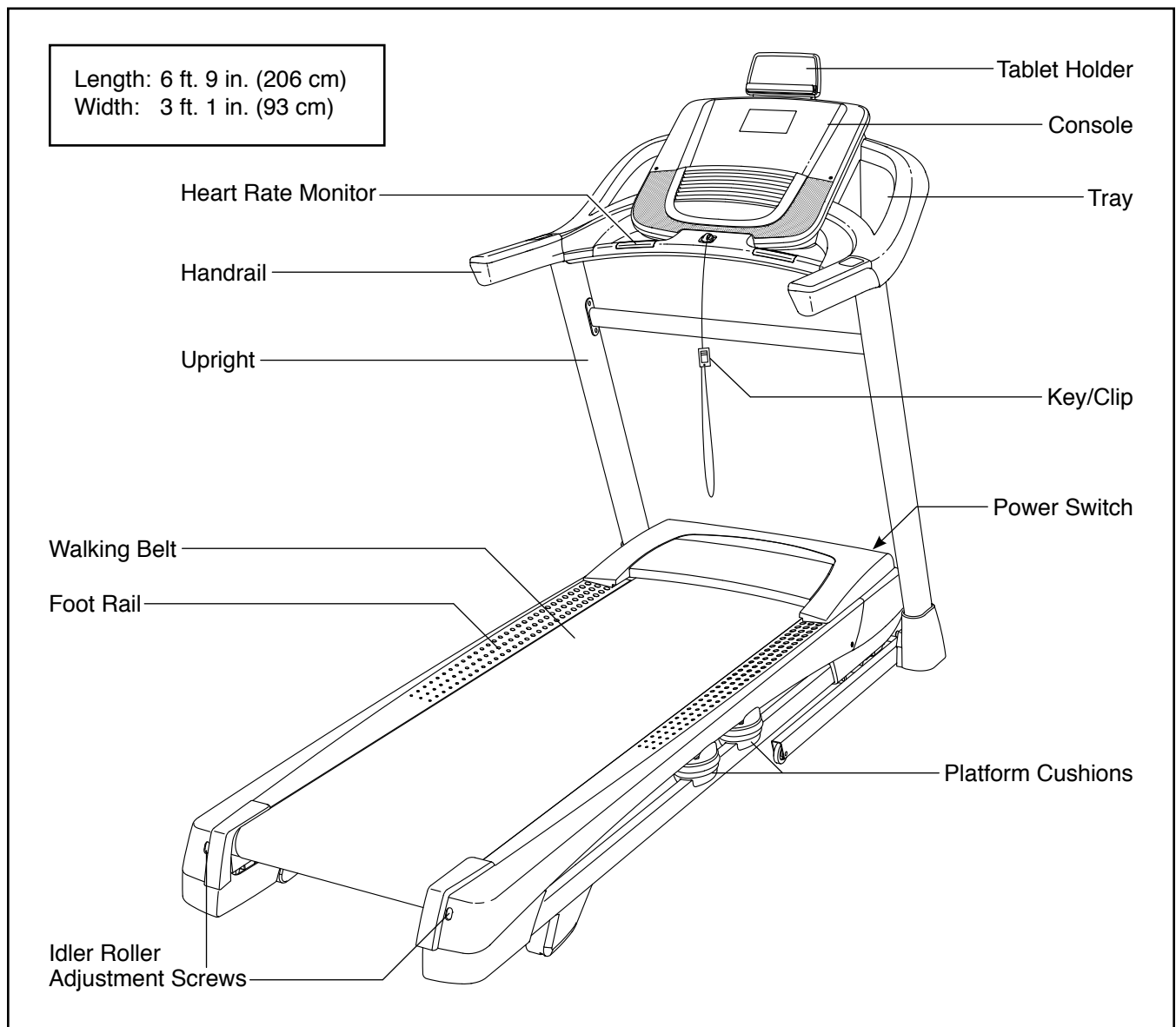
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PERFORMANCE 1850 treadmill. The PERFORMANCE 1850 treadmill offers an impressive selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

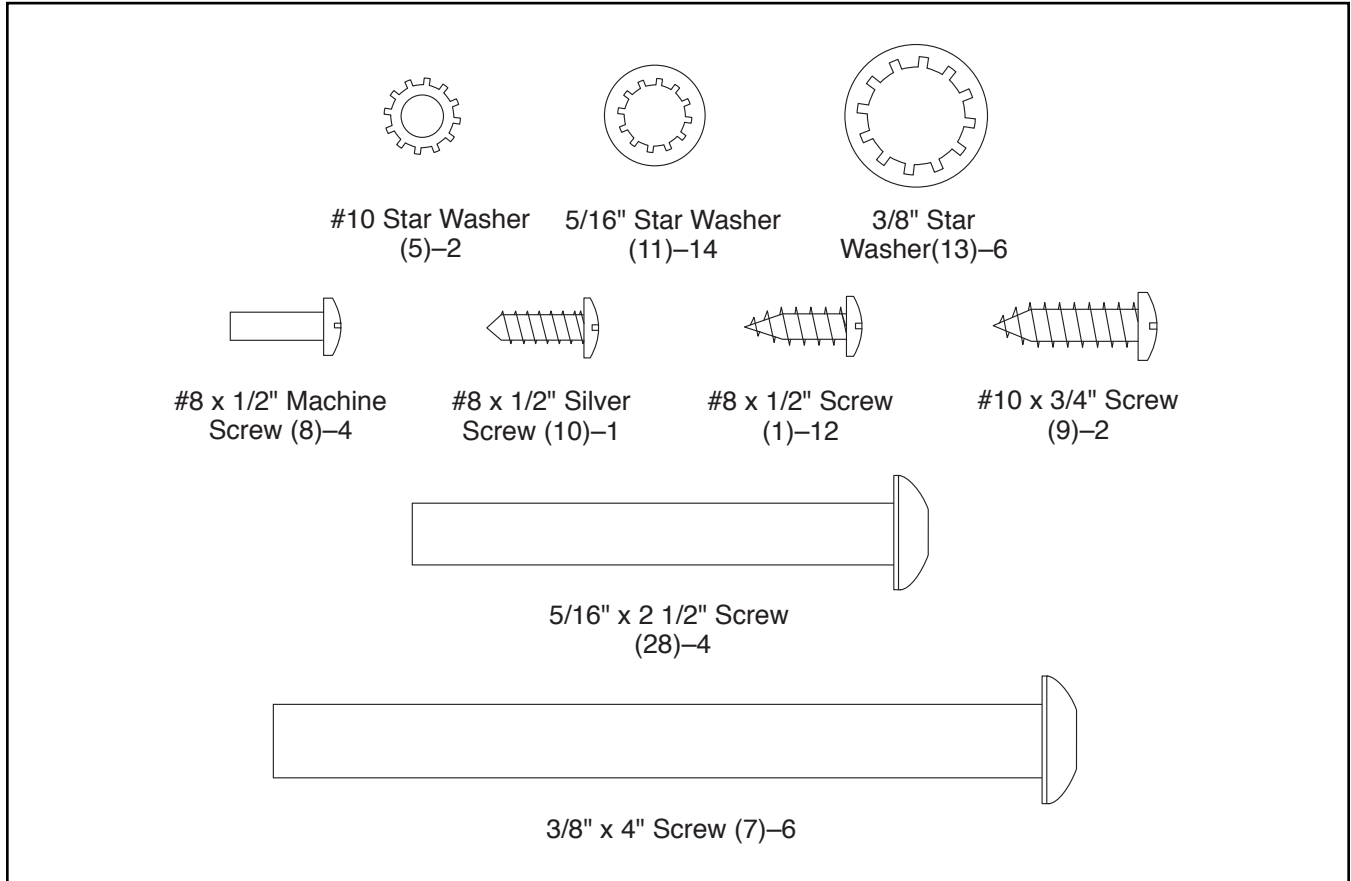
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

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



# PART IDENTIFICATION CHART

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



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.
- Assembly requires the following tools:

the included hex key



one adjustable wrench



one Phillips screwdriver

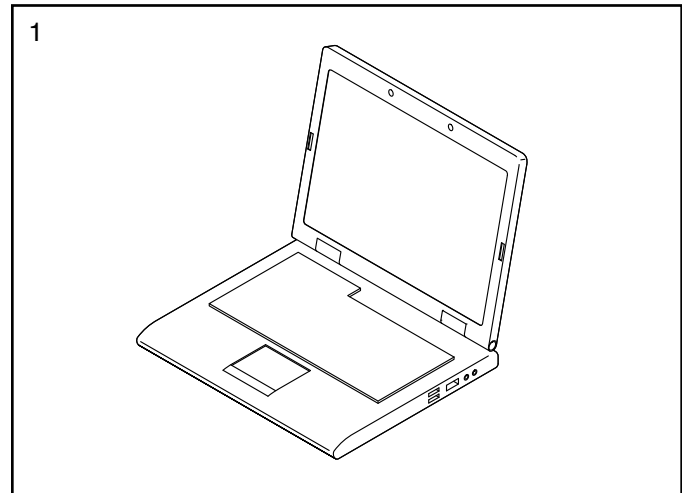


To avoid damaging parts, do not use power tools.

1. **Go to [www.iconsupport.eu](http://www.iconsupport.eu) on your computer and register your product.**

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

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



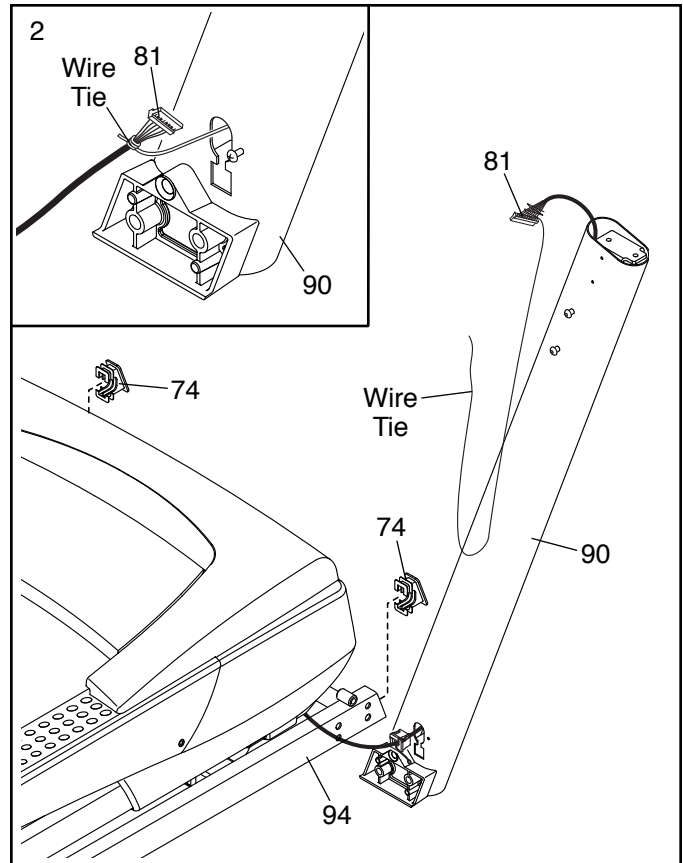
2. **Make sure that the power cord is unplugged.**

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

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

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

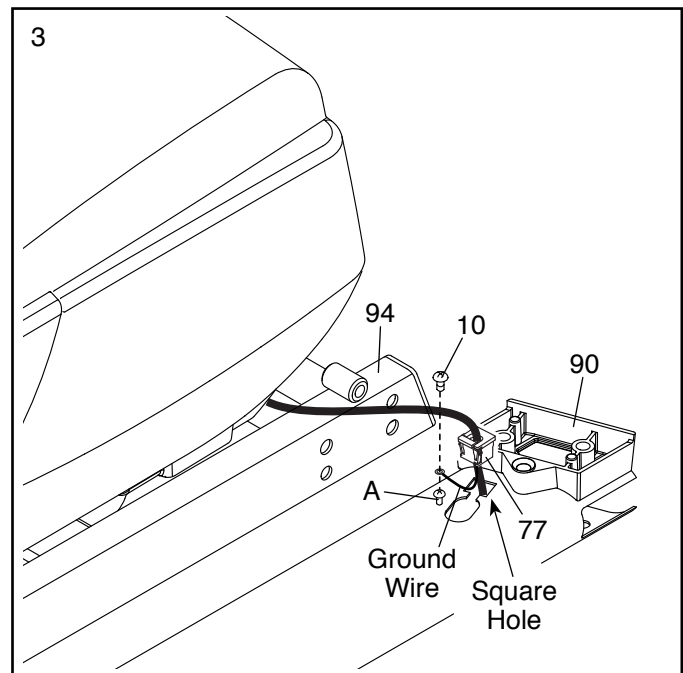
**See the inset drawing.** Tie the wire tie in the Right Upright (90) securely around the end of the Upright Wire (81). Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie upward out of the Right Upright.



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

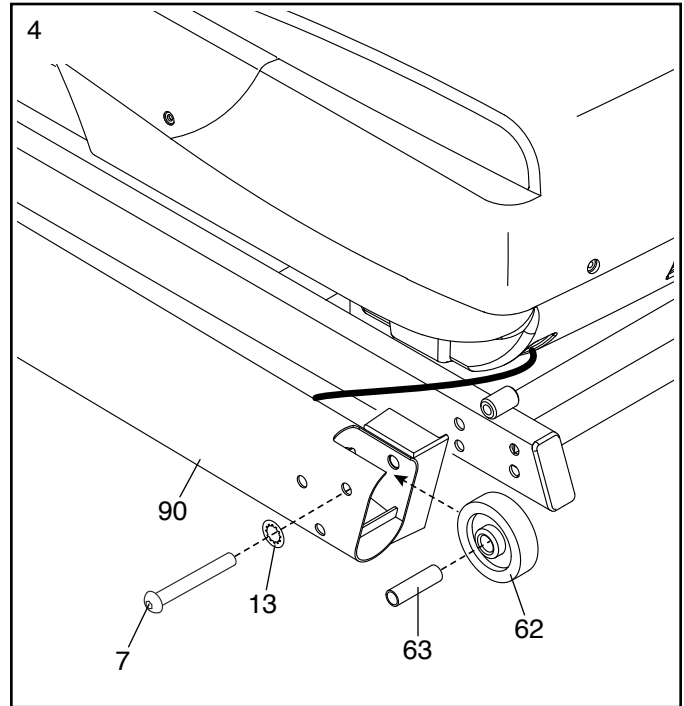
If there is a screw (A) preattached to the Right Upright (90), remove and discard it.

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



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

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

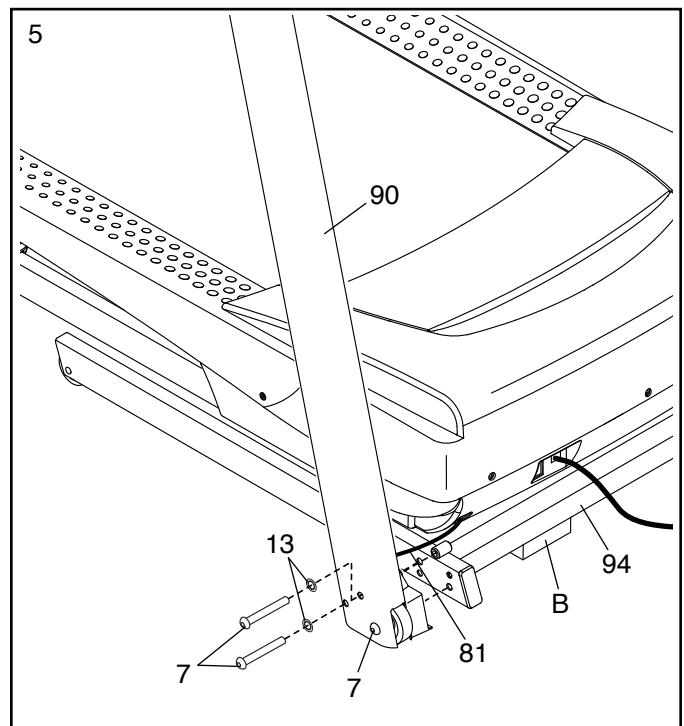


5. Place a piece of packing material (B) under the right side of the Base (94). Hold the Right Upright (90) against the Base. **Make sure not to pinch the Upright Wire (81).**

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

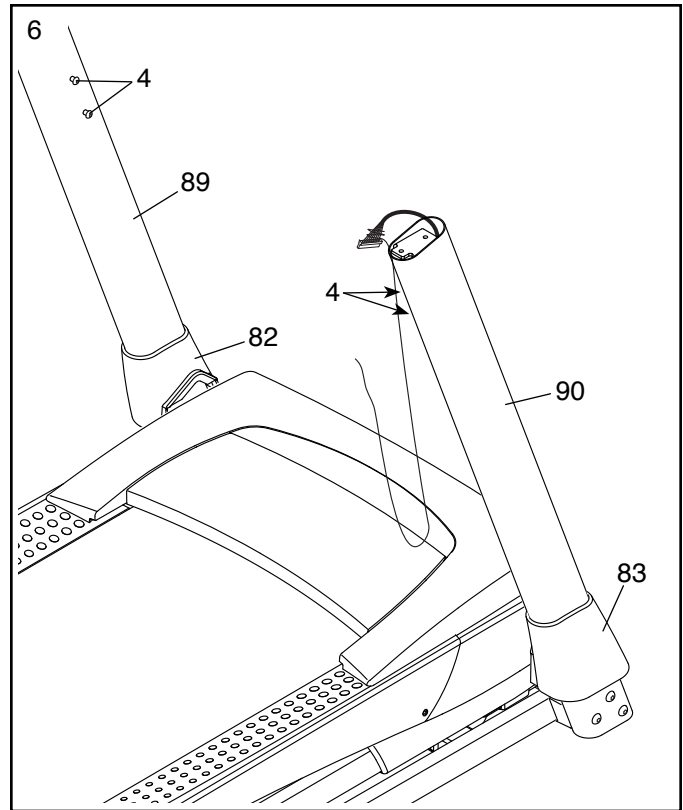
**Move the packing material (B) to the left side of the Base (94) and attach the Left Upright (not shown) in the same way.** Note: There are no wires on the left side.

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



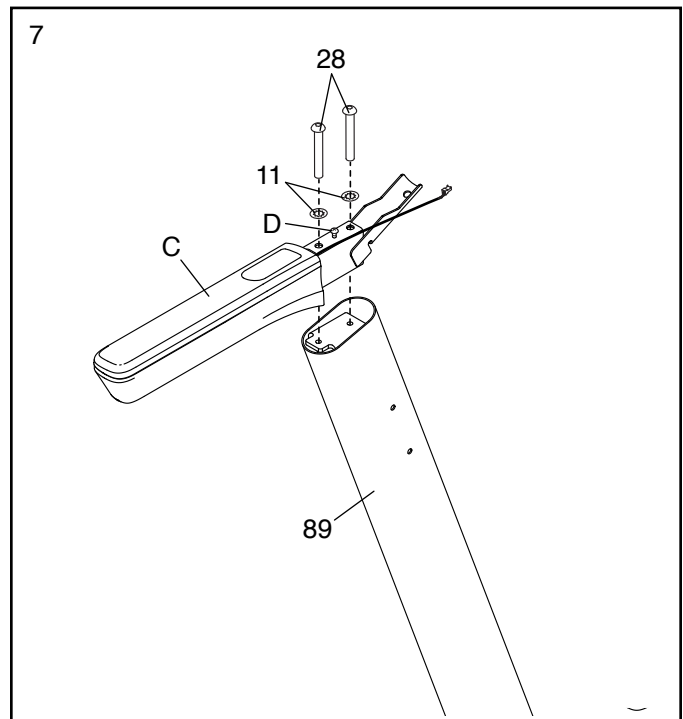
6. **Remove and save the four indicated 5/16" x 3/4" Screws (4).**

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



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

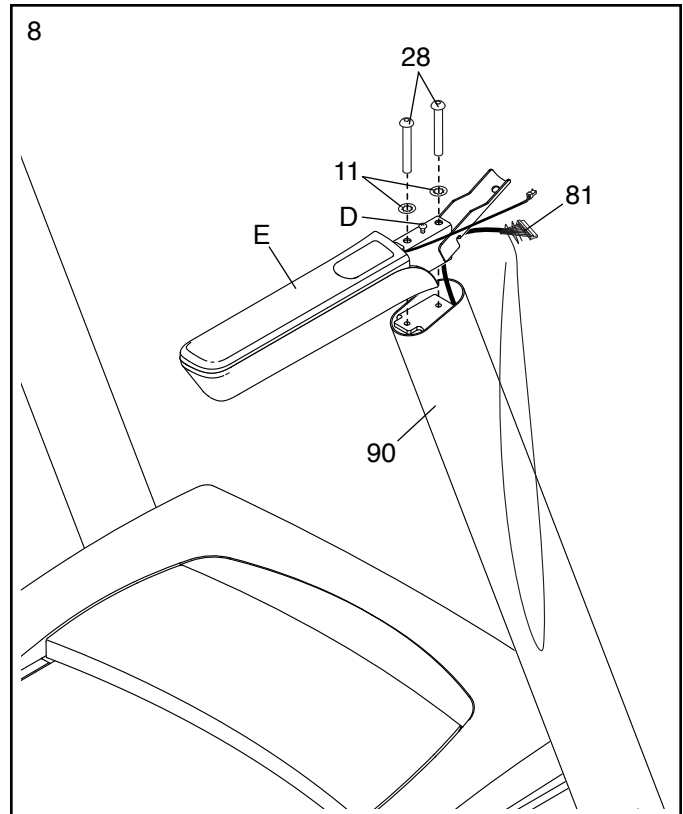
Then, remove and discard the indicated screw (D).



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

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

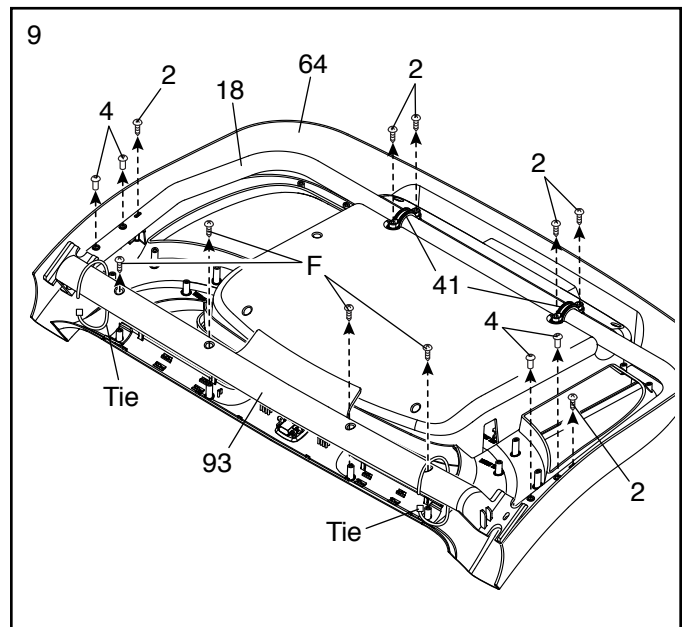
Then, remove and discard the indicated screw (D).



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

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

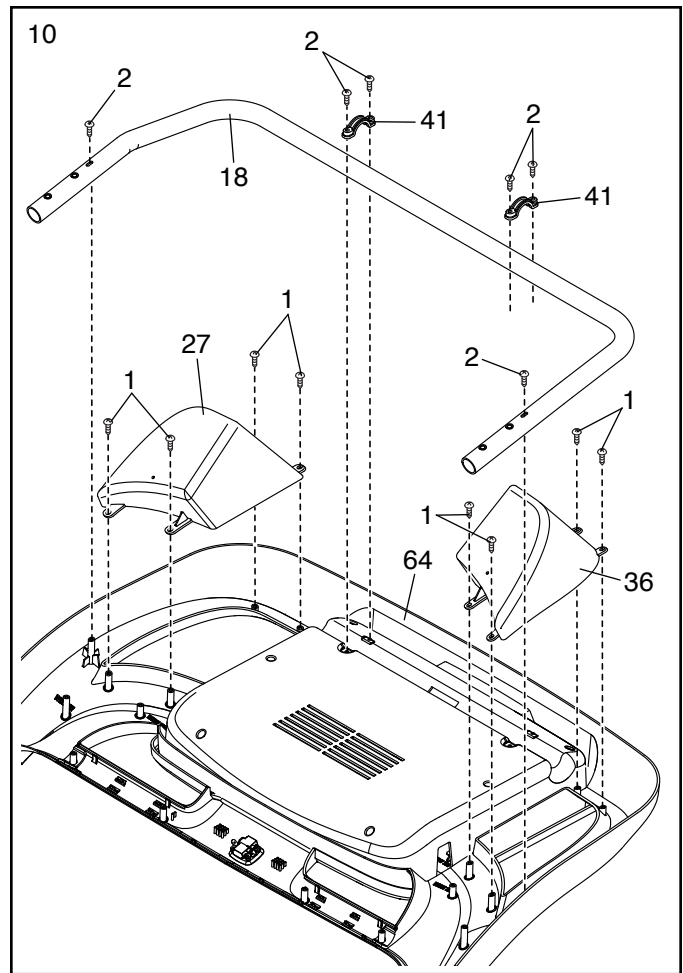
**Remove and save the four 5/16" x 3/4" Screws (4) and the six #8 x 3/4" Screws (2).** Then, lift out the two Console Clamps (41) and the Console Frame (18).



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

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

Reattach the Console Frame (18) with the six #8 x 3/4" Screws (2) and the two Console Clamps (41) that you removed in step 9; **do not overtighten the Screws.**

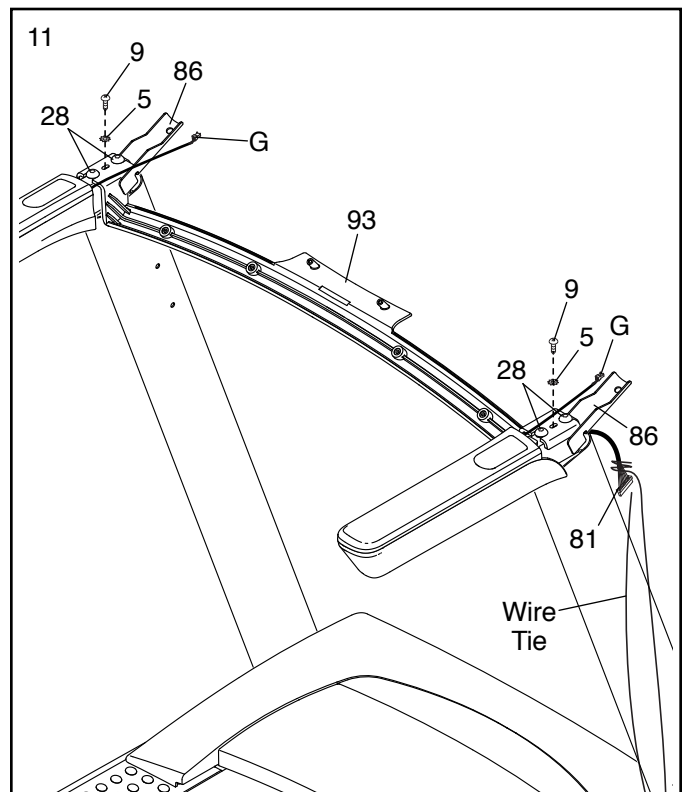


11. **IMPORTANT: To avoid damaging the Pulse Crossbar (93), do not use power tools and do not overtighten the #10 x 3/4" Screws (9).**

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

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

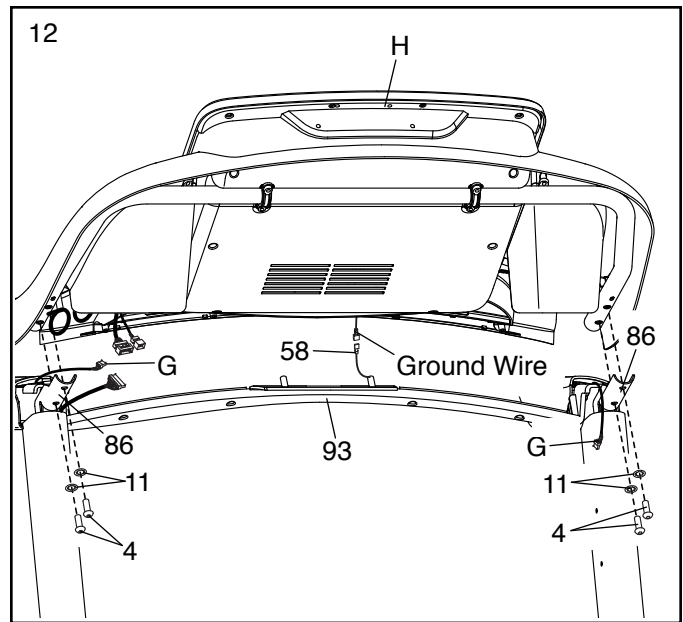
Then, remove the wire tie from the Upright Wire (81).



12. Hold the console assembly (H) near the Pulse Crossbar (93). Connect the ground wire from the console assembly to the Console Ground Wire (58) on the Pulse Crossbar.

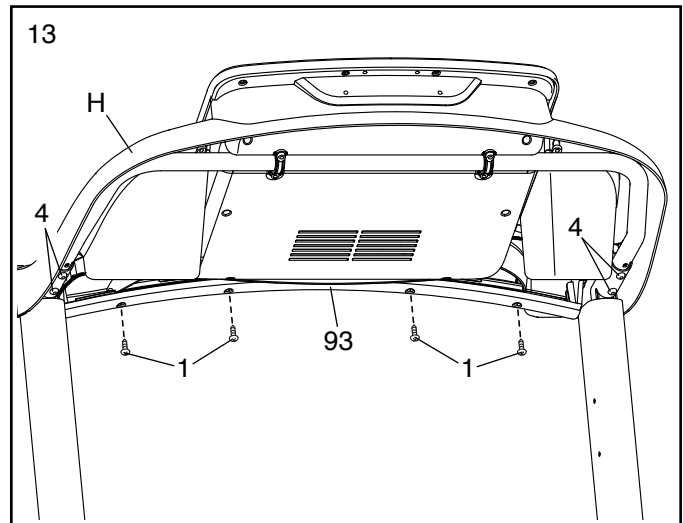
Next, set the console assembly (H) on the brackets on the Handrails (86); **do not pinch any wires. Make sure that the handrail wires (G) are oriented as shown.**

Attach the console assembly (H) with the four 5/16" x 3/4" Screws (4) that you removed in step 9 and four 5/16" Star Washers (11); **do not fully tighten the Screws yet.**

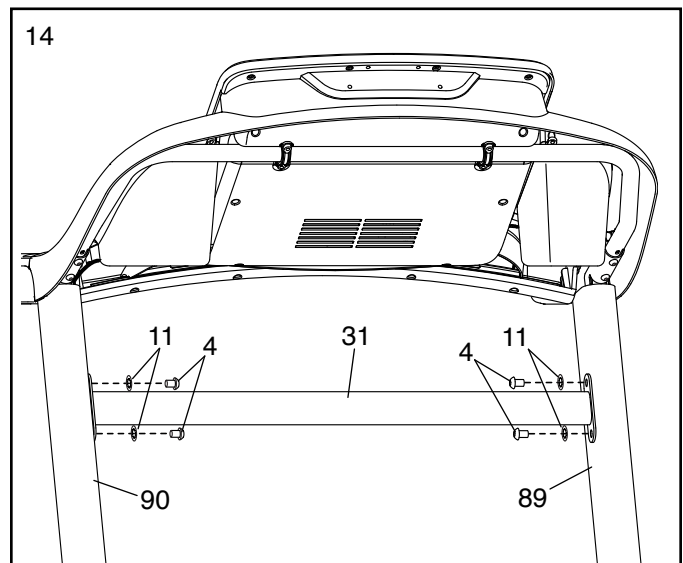


13. Attach the console assembly (H) to the Pulse Crossbar (93) with four #8 x 1/2" Screws (1); **start all four Screws, and then tighten them.**

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



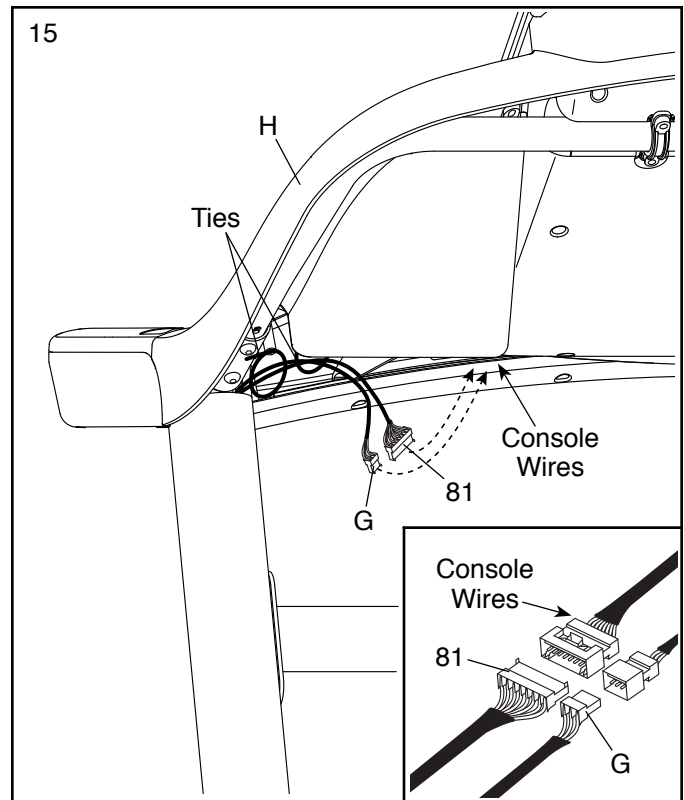
14. Carefully slide the Upright Crossbar (31) between the Left and Right Uprights (89, 90). Attach the Upright Crossbar with the four 5/16" x 3/4" Screws (4) that you removed in step 6 and four 5/16" Star Washers (11); **start all four Screws, and then tighten them.**



15. Insert the Upright Wire (81) and the handrail wire (G) through the two indicated looped ties on the console assembly (H).

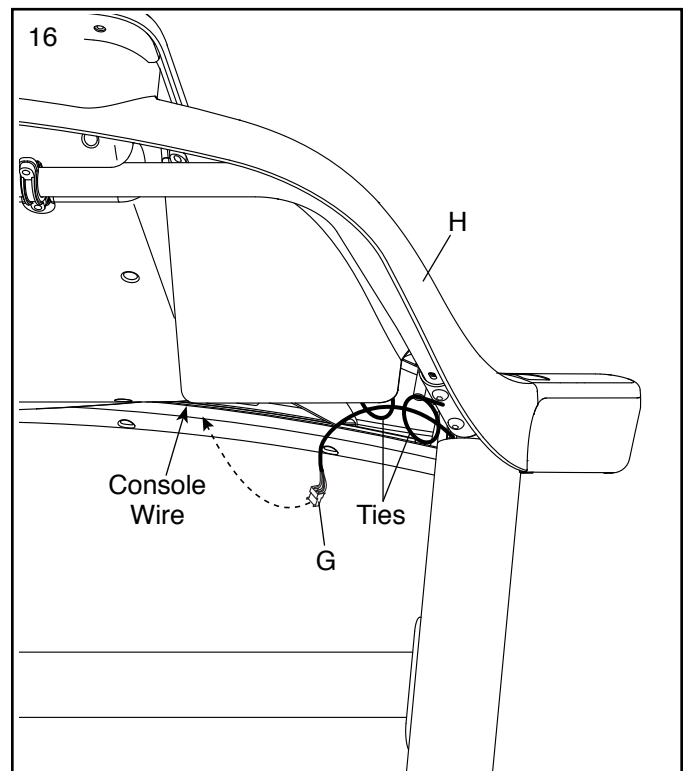
**See the inset drawing.** Connect the Upright Wire (81) and the handrail wire (G) to the console wires. **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED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

Insert all excess wires into the console assembly (H). Then, pull the two ties tight against the wires and cut off the ends of the ties.



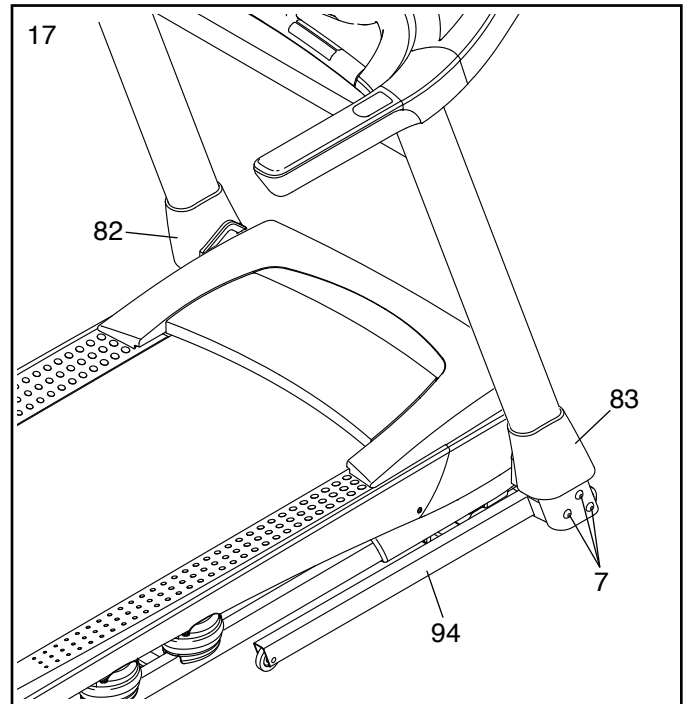
16. Insert the handrail wire (G) on the left side through the two indicated looped ties on the console assembly (H) and connect the handrail wire to the console wire.

Insert all excess wires into the console assembly (H). Then, pull the two ties tight against the wires and cut off the ends of the ties.



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

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

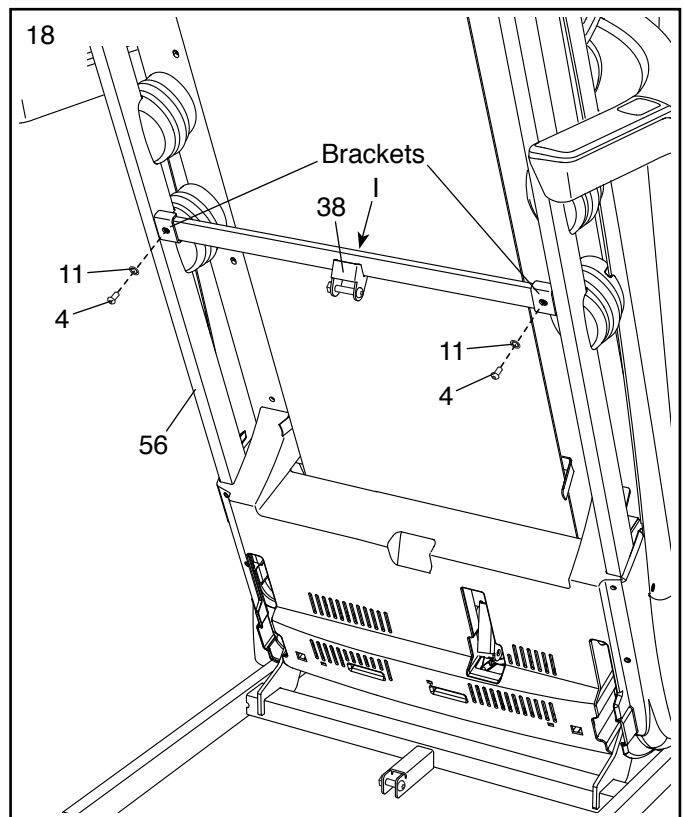


18. **Note: If the treadmill is assembled on a smooth surface, it may roll forward during this step.**

Raise the Frame (56) to the upright position. **Have a second person hold the Frame until step 20 is completed.**

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

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

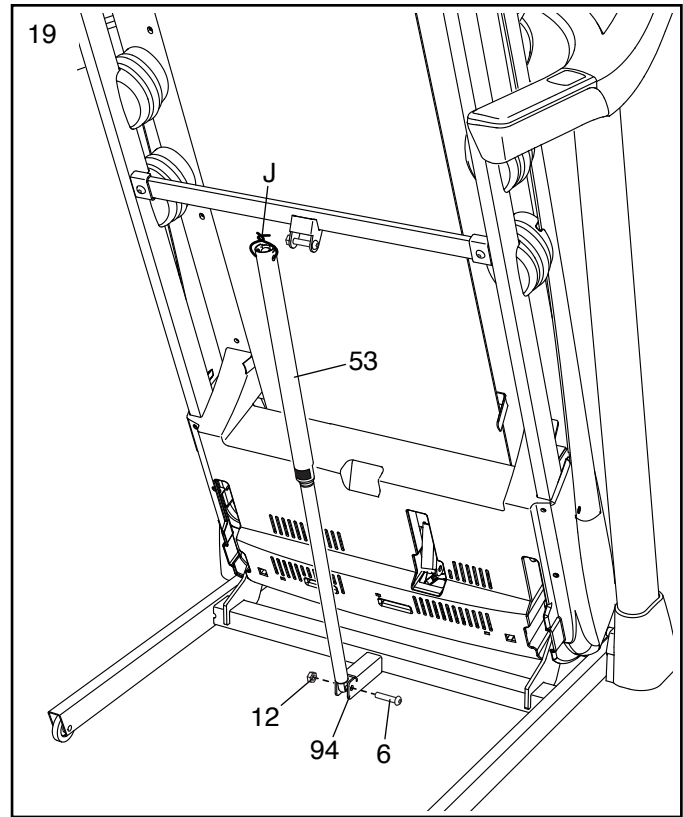


19. Remove the 5/16" Nut (12) and the 5/16" x 1 3/4" Bolt (6) from the bracket on the Base (94).

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

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

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

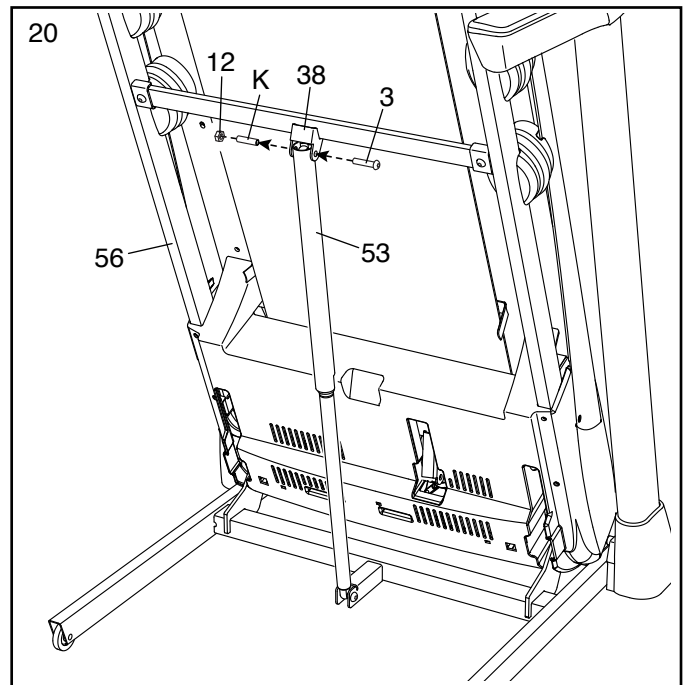


20. Remove the 5/16" Nut (12) and the 5/16" x 2 1/4" Bolt (3) from the bracket on the Latch Crossbar (38).

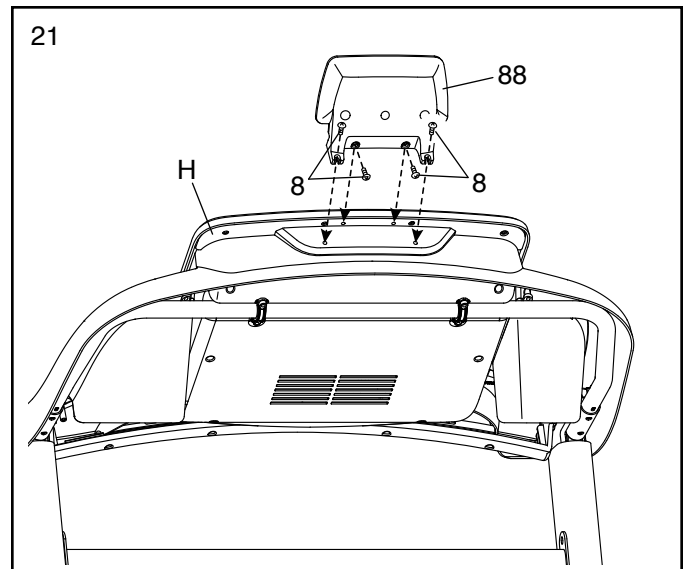
Align the upper end of the Storage Latch (53) with the bracket on the Latch Crossbar (38), and insert the 5/16" x 2 1/4" Bolt (3) through the bracket and the Storage Latch. **This will push a spacer (K) out of the other end; discard the spacer.**

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

Then, lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 33).



21. Attach the Tablet Holder (88) to the back of the console assembly (H) with four #8 x 1/2" Machine Screws (8); **start all four Machine Screws, and then tighten them. Do not over-tighten the Machine Screws.**

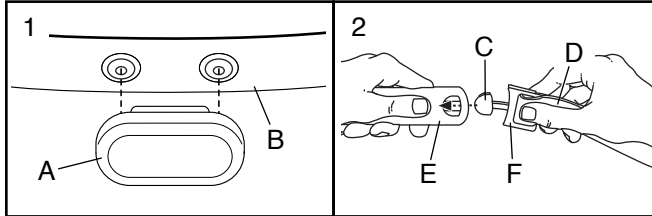


22. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 35 and 36). Note: Extra parts may be included.

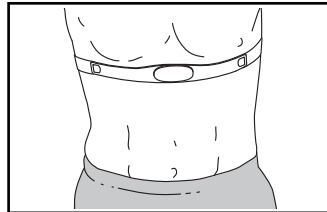
# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

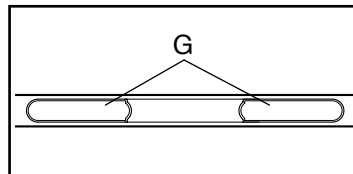
If the heart rate monitor looks like the one shown in drawing 1, press the transmitter (A) onto the snap fasteners on the chest strap (B). If the heart rate monitor looks like the one shown in drawing 2, insert the tab (C) on one end of the chest strap (D) into one end of the transmitter (E). Then, press the end of the transmitter under the buckle (F) on the chest strap; the tab should be flush with the transmitter.



Next, wrap the heart rate monitor around your chest in the location shown; the heart rate monitor must be under your clothes, tight against your skin. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap. Adjust the length of the chest strap, if necessary.



Next, pull the transmitter and the chest strap away from your body a few inches and locate the two electrode areas (G). Using saliva or contact lens solution, wet the electrode areas. Then, return the transmitter and the chest strap to a position against your chest.



## CARE AND MAINTENANCE

- Thoroughly dry the electrode areas with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- 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, and do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the heart rate monitor when using or storing it.
- To clean the transmitter, use a damp cloth and a small amount of mild soap. Then, wipe the transmitter with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the transmitter. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

- If the heart rate monitor does not function when positioned as described at the left, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, re-wet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the transmitter, replace the battery with a new battery of the same type.
- 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.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# HOW TO USE THE TREADMILL

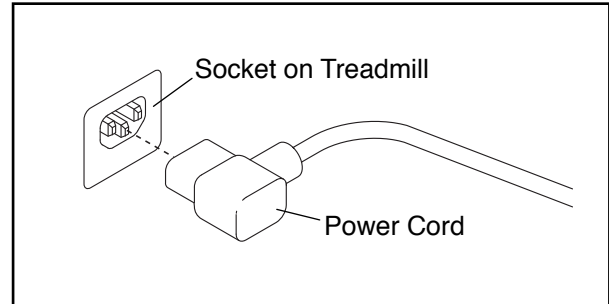
## HOW TO PLUG IN THE POWER CORD

**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

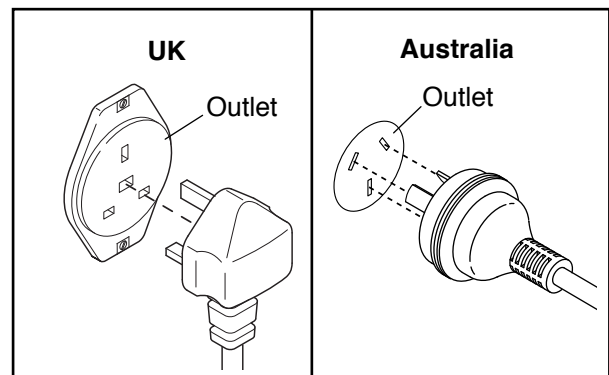
**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not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

Follow the steps below to plug in the power cord.

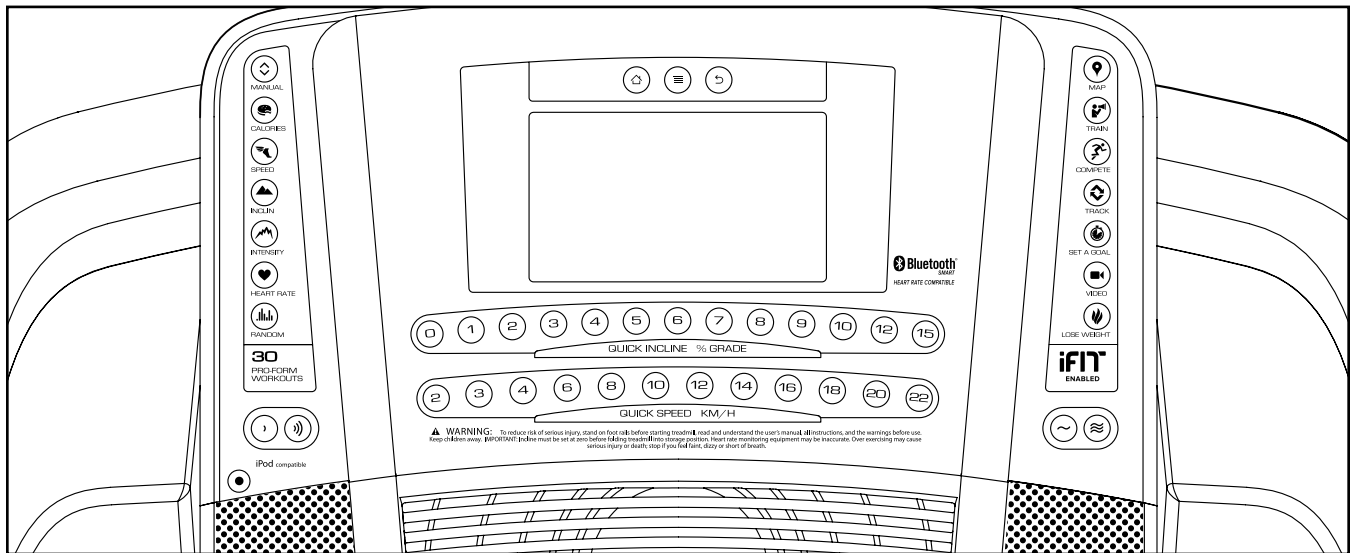
1. Plug the indicated end of the power cord into the socket on the treadmill.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



## CONSOLE DIAGRAM



### MAKE YOUR FITNESS GOALS A REALITY WITH iFIT.COM

With your new iFit-enabled fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Run anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Watch high-definition videos with simulated workouts.



Choose and download sets of weight-loss workouts.

Go to [iFit.com](http://iFit.com) to learn more.

### FEATURES OF THE CONSOLE

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

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

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

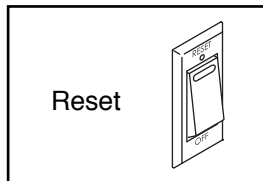
You can even browse the Internet or listen to your favorite workout music or audio books with the console's sound system while you exercise.

**To turn on the power**, see page 21. **To learn how to use the touch screen**, see page 21. **To set up the console**, see page 22.

## HOW TO TURN ON THE POWER

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

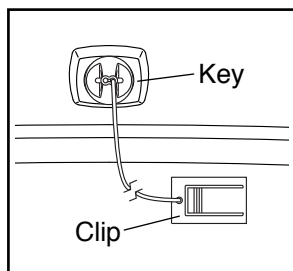
Plug in the power cord (see page 19). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see step 7 on page 28 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:**

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

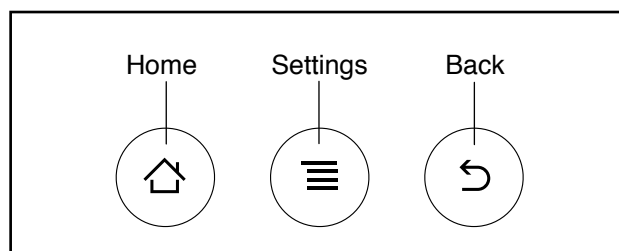


## HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 23). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

Use the buttons on the console to navigate the tablet. Press the home button to return to the main menu. Press the settings button to access the settings main menu (see page 28). Press the back button to return to the previous screen.



## HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

### 1. Connect to your wireless network.

Note: In order to access the Internet, download iFit workouts, and use several other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 31 to connect the console to your wireless network.

### 2. Check for firmware updates.

First, see step 1 on page 28 and step 2 on page 30 and select the maintenance mode. Then, see step 3 on page 30 and check for firmware updates.

### 3. Calibrate the incline system.

See step 4 on page 31 and calibrate the incline system of the treadmill.

### 4. Create an iFit account.

Touch the globe button near the lower-left corner of the screen and touch the iFit button.

Note: For information about navigating in the browser, see page 30. The browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

**To use the manual mode**, see this page. **To use an onboard workout**, see page 24. **To use a set-a-goal workout**, see page 25. **To use an iFit workout**, see page 26. **To use a pulse workout**, see page 27.

**To use the equipment settings mode**, see page 28. **To use the sound system**, see page 29.

**To use the Internet browser**, see page 30. **To use the maintenance mode**, see page 30. **To use the wireless network mode**, see page 31. **To use the tablet holder**, see page 32.

**IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 36).**

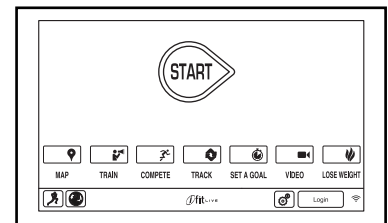
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21. **Note: It may take a minute for the console to be ready for use.**

### 2. Select the main menu.

When you turn on the power, the main menu will appear after the console boots up. Touch the home button



in the upper-left corner of the screen (not shown here) to return to the main menu at any time.

### 3. Start the walking belt and adjust the speed.

Touch the Run button on the screen or press the Run button on the console to start the walking belt. You can also press the Manual button on the console, and then touch the Resume button on the screen. The walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons on the console or the handrails. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

If you press one of the Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Run button.

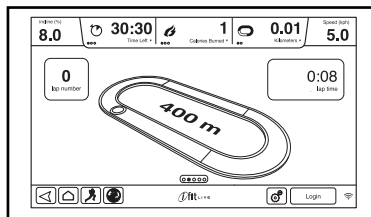
#### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons on the console or the handrails, or press one of the Quick Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 31).

#### 5. Monitor your progress with the displays.

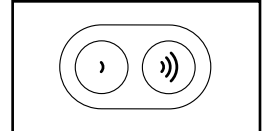
The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen. You can also view additional information by touching the red boxes on the screen.



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

- The incline level of the treadmill
- The elapsed time
- The time left (Note: The manual mode does not have a time left countdown.)
- The approximate number of calories you have burned
- The approximate number of calories you are burning per hour
- The distance that you have walked or run
- The number of vertical meters you have climbed
- The speed of the walking belt
- A track representing 400 m (1/4 mile)
- Your pace in minutes per mile
- Your current lap number
- Your heart rate (see step 6)

If desired, adjust the volume by pressing the volume increase and decrease buttons on the console.

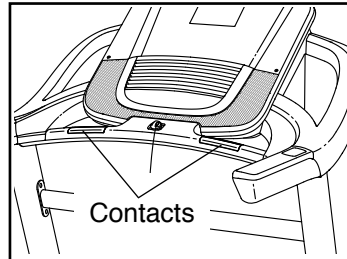


To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Run button. To end the workout session, touch the End Workout button.

**6. Measure your heart rate if desired.**

**Note: If you use the handgrip heart rate monitor and the chest heart rate monitor at the same time, the console will not display your heart rate accurately.** For information about the chest heart rate monitor, see page 18. Note: The console is compatible with all BLUETOOTH® Smart heart rate monitors.

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

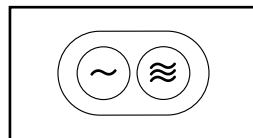


To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms for approximately ten seconds; **avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15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

**7. Turn on the fan if desired.**

The fan features several speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the intensity of your exercise increases and decreases.

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



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

Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. Then, remove the key from the console and put it in a secure place.

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

**HOW TO USE AN ONBOARD WORKOUT**

**1. Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 21.

**2. Select an onboard workout.**

To select an onboard workout, press the Calorie button, the Speed button, the Incline button, or the Intensity button, or the Random button on the console. Note: You can also touch the runner button on the screen to select the workouts menu.

Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

**3. Start the workout.**

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

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

During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting of the current segment. The top profile represents the speed setting of the current segment.

At the end of the first segment of the workout, the treadmill will automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

If the speed and/or incline settings are too high or too low at any time during the workout, you can override the settings by pressing the Speed or Incline buttons. **If you press a Speed button**, you can then manually control the speed (see step 3 on page 22). **If you press an Incline button**, you can then manually control the incline (see step 4 on page 23). **To return to the programmed speed and/or incline settings of the workout**, touch the Follow Workout button.

To pause the workout, touch either the back button or the home button in the upper-left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Run button on the console. To end the workout, touch the End Workout button.

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

#### **4. Monitor your progress with the displays.**

See step 5 on page 23. The screen can also show a profile of the speed and incline settings of the workout.

#### **5. Measure your heart rate if desired.**

See step 6 on page 24.

#### **6. Turn on the fan if desired.**

See step 7 on page 24.

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

See step 8 on page 24.

### **HOW TO USE A SET-A-GOAL WORKOUT**

#### **1. Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 21.

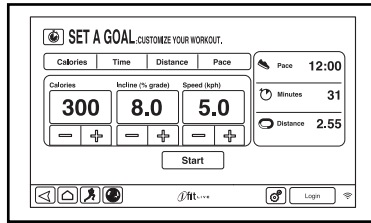
#### **2. Select the main menu.**

See step 2 on page 22.

#### **3. Select a set-a-goal workout.**

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a calorie, time, distance, or pace goal, touch the Calories, Time, Distance, or Pace button.



Then, touch the increase and decrease buttons on the screen to select a calorie, time, distance, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

#### 4. Start the workout.

Touch the Run button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

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

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

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

#### 5. Monitor your progress with the displays.

See step 5 on page 23.

#### 6. Measure your heart rate if desired.

See step 6 on page 24.

#### 7. Turn on the fan if desired.

See step 7 on page 24.

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

See step 8 on page 24.

### HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 31). An iFit account is also required.

#### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 21.

#### 2. Select the main menu.

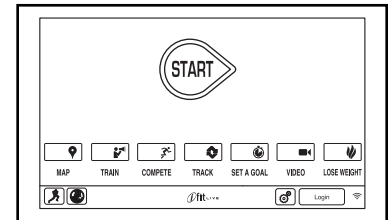
See step 2 on page 22.

#### 3. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Submit button. Touch the Cancel button to exit the login screen.

#### 4. Select an iFit workout.

To download an iFit workout in your schedule, touch the Map, Train, Video, or Lose Weight button to



download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. Note: You can also press one of the iFit buttons on the console.

To switch users within the account, touch the user button near the lower-right corner of the screen.

Before some workouts will download, you must add them to your schedule on iFit.com.

**For more information about the iFit workouts, please see [www.iFit.com](http://www.iFit.com).**

When you select an iFit workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

**5. Start the workout.**

See step 3 on page 24.

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

**6. Monitor your progress with the displays.**

See step 5 on page 23. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the iFit users and the distances they have moved. The screen will also show the numbers of seconds that the other iFit users are ahead of you or behind you.

**7. Measure your heart rate if desired.**

See step 6 on page 24.

**8. Turn on the fan if desired.**

See step 7 on page 24.

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

See step 8 on page 24.

**For more information about the iFit mode, go to [www.iFit.com](http://www.iFit.com).**

**HOW TO USE A PULSE WORKOUT**

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

**1. Put on the included chest heart rate monitor.**

For more information about the chest heart rate monitor, see page 18.

**2. Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 21.

**3. Select a pulse workout.**

To select a pulse workout, press the Heart Rate button on the console.

Then, touch either the Performance or Endurance tab on the screen.

**4. Enter your maximum heart rate.**

Touch the increase and decrease buttons to enter your maximum heart rate. You can also adjust the maximum speed and duration for the workout. Note: To determine your maximum heart rate, consult your physician or a physician-recommended source.

**5. Start the workout.**

Touch the Start Workout button on the screen to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

**6. Monitor your progress with the displays.**

See step 5 on page 23.

**7. Turn on the fan if desired.**

See step 7 on page 24.

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

See step 8 on page 24.

**4. Select the unit of measurement.**

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

**5. Select a timezone.**

Touch the Timezone button. Select your local timezone to have the console sync to your local time. Then, touch the back button on the screen.

**6. Select an update time.**

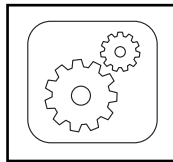
To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button on the screen.

**IMPORTANT: You must still unplug the power cord after using the treadmill. Set the update time for a time when you normally use the treadmill and will be available to unplug the power cord after an update.**

**HOW TO USE THE EQUIPMENT SETTINGS MODE**

**1. Select the settings main menu.**

Insert the key into the console (see HOW TO TURN ON THE POWER on page 21). Next, select the main menu (see step 2 on page 22). Then, touch the gears button near the lower-right corner of the screen to select the settings main menu.



**2. Select the equipment settings mode.**

In the settings main menu, touch the Equipment Settings button. Note: Slide or flick the screen to scroll up or down through the options if necessary.

**3. Select a language.**

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

**7. Turn on or turn off the display demo mode.**

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

**8. Enable or disable the Internet browser.**

To enable or disable the Internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

## 9. Enable or disable the street view.

During some workouts, the screen may show a map. To enable or disable the street view feature of the maps, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

## 10. Enable or disable the key.

Note: This feature may not be enabled on your treadmill.

You can disable the key so that the treadmill does not require the use of the key, if desired. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox.

## 11. Enable or disable a passcode.

The console features a child-safety passcode, designed to prevent unauthorized users from using the treadmill.

Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

## 12. Set a safety screen timeout.

The console features an automatic screen reset; if no buttons are touched or pressed and the walking belt does not move for a set amount of time, the console will automatically reset.

To set the amount of time the console will wait before it automatically resets, touch the Safety Screen Timeout button to view a list of times. Then, select the amount of time desired. Touch the back button on the screen.

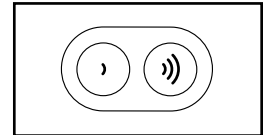
## 13. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the screen.

## HOW TO USE THE SOUND SYSTEM

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

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



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

## HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower-left corner of the screen. Then, select a website.

To navigate the Internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the Internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 21.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

**Note: If you have questions after following these instructions, go to [support.iFit.com](http://support.iFit.com) for assistance.**

## HOW TO USE THE MAINTENANCE MODE

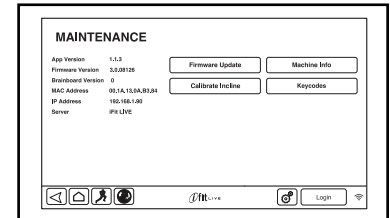
### 1. Select the settings main menu.

See step 1 on page 28.

### 2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.

The maintenance mode main screen will show information about the model and version of the treadmill.



### 3. Update the console firmware.

**For the best results, regularly check for firmware updates.**

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

**To avoid damaging the treadmill, do not turn off the power or remove the key while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the treadmill will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

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

#### 4. Calibrate the incline system of the treadmill.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The treadmill will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Touch the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

**IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.**

#### 5. View machine information.

Touch the Machine Info button to view information about your treadmill. After you view the information, touch the back button on the screen.

#### 6. Find keycodes.

The Keycodes button is intended to be used by service technicians to identify whether a certain button is working correctly.

#### 7. Reset the console to factory settings.

Touch the Factory Reset button to reset the console to factory settings.

#### 8. Exit the maintenance mode.

To exit the maintenance mode, touch the back button on the screen.

## HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

#### 1. Select the settings main menu.

See step 1 on page 28.

#### 2. Select the wireless network mode.

In the settings main menu, touch the Wireless Network button to enter the wireless network mode.

#### 3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

#### 4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 21.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, touch the back button on the screen to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The iFit mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

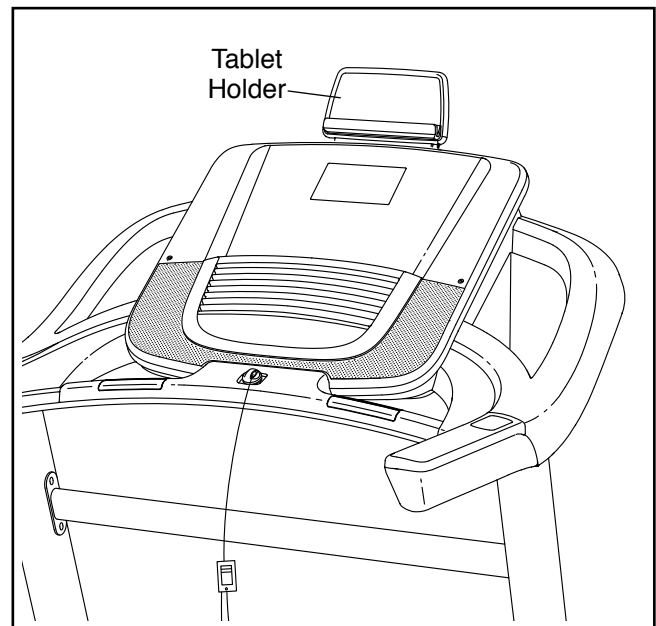
**Note: If you have questions after following these instructions, go to [support.iFit.com](http://support.iFit.com) for assistance.**

## 5. Exit the wireless network mode.

To exit the wireless network mode, touch the back button on the screen.

## HOW TO USE THE TABLET HOLDER

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

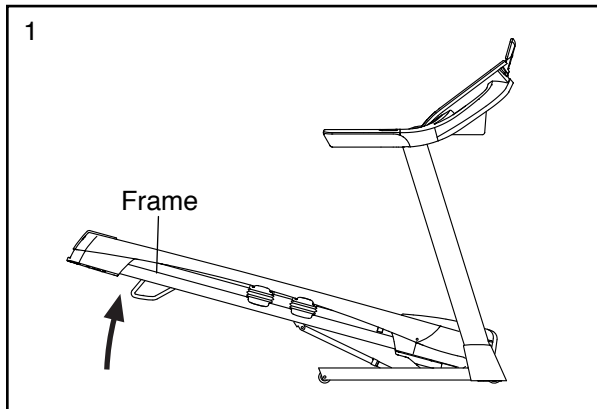


# HOW TO FOLD AND MOVE THE TREADMILL

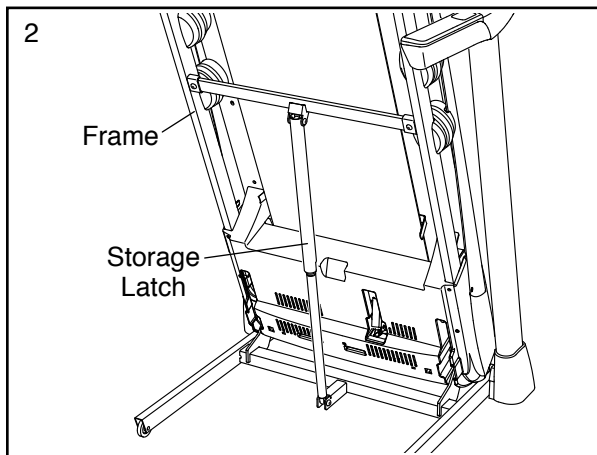
## HOW TO FOLD THE TREADMILL

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

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



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

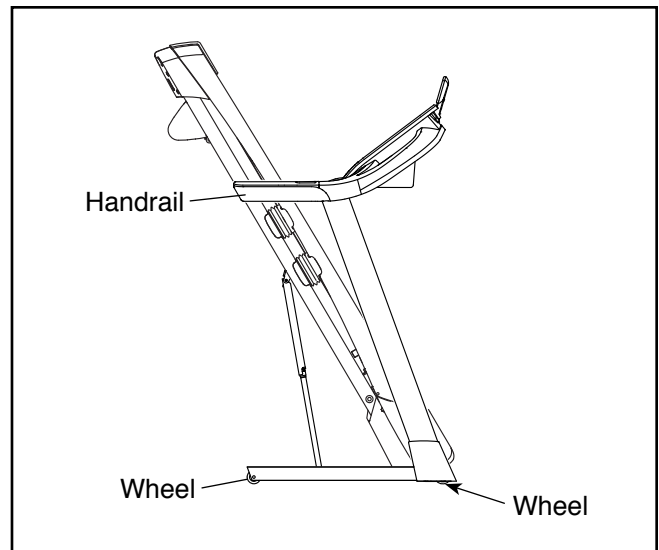


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

## HOW TO MOVE THE TREADMILL

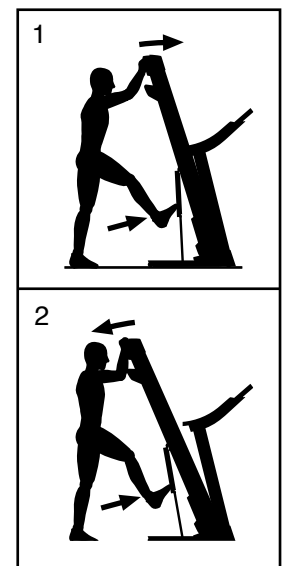
Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the storage latch is locked in the storage position. Moving the treadmill may require two people.**

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



## HOW TO LOWER THE TREADMILL FOR USE

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



# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

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

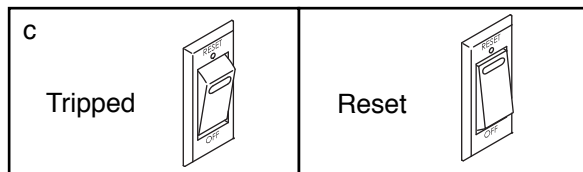
Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill.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

## TROUBLESHOOTING

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

### SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly earthed outlet (see page 19). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



### SYMPTOM: The power turns off during use

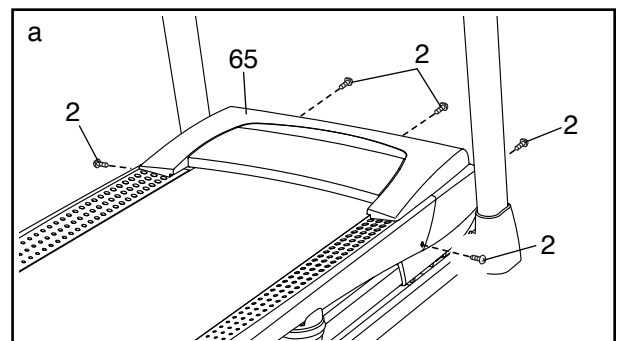
- Check the power switch (see drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the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

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

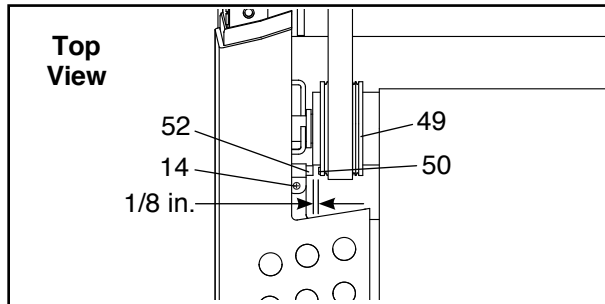
- The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen shows a preset presentation when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the demo mode is still on, see step 7 on page 28 to turn off the demo mode.

### SYMPTOM: The displays of the console do not function properly

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



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



**SYMPTOM: The incline of the treadmill does not change correctly**

- a. Calibrate the incline system (see step 4 on page 31).

**SYMPTOM: The iFit mode does not function correctly**

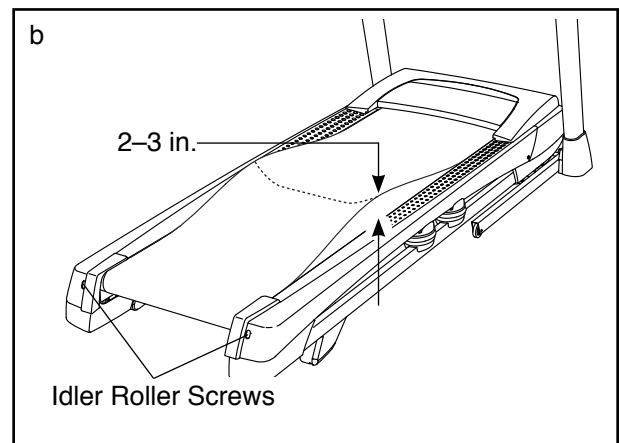
- a. If the iFit mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 3 on page 30).

**SYMPTOM: The treadmill will not connect to a wireless network**

- a. Make sure that the wireless settings on your console are correct (see step 4 on page 31).
- b. Make sure that the settings for your wireless network are correct.
- c. If your wireless network is set to use WEP encryption, try setting it to WPA or WPA2 encryption instead.
- d. If you still have questions, see the front cover of this manual.

**SYMPTOM: The walking belt slows when walked on**

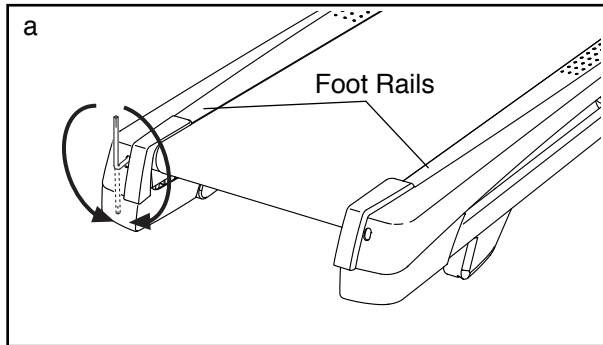
- a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

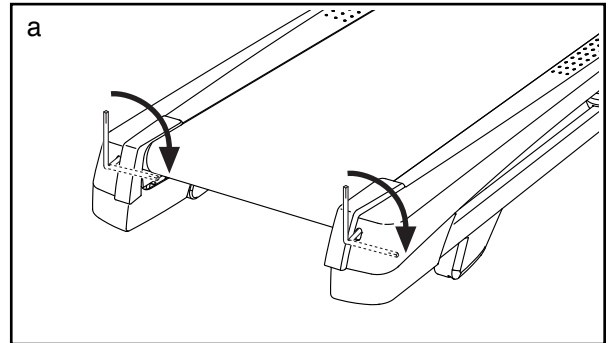
**SYMPTOM:** The walking belt is not centered between the foot rails. **IMPORTANT:** If the walking belt rubs against the foot rails, the walking belt may become damaged.

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



**SYMPTOM:** The walking belt slips when walked on

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



# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

# PART LIST

Model No. PETL14715.1 R0615A

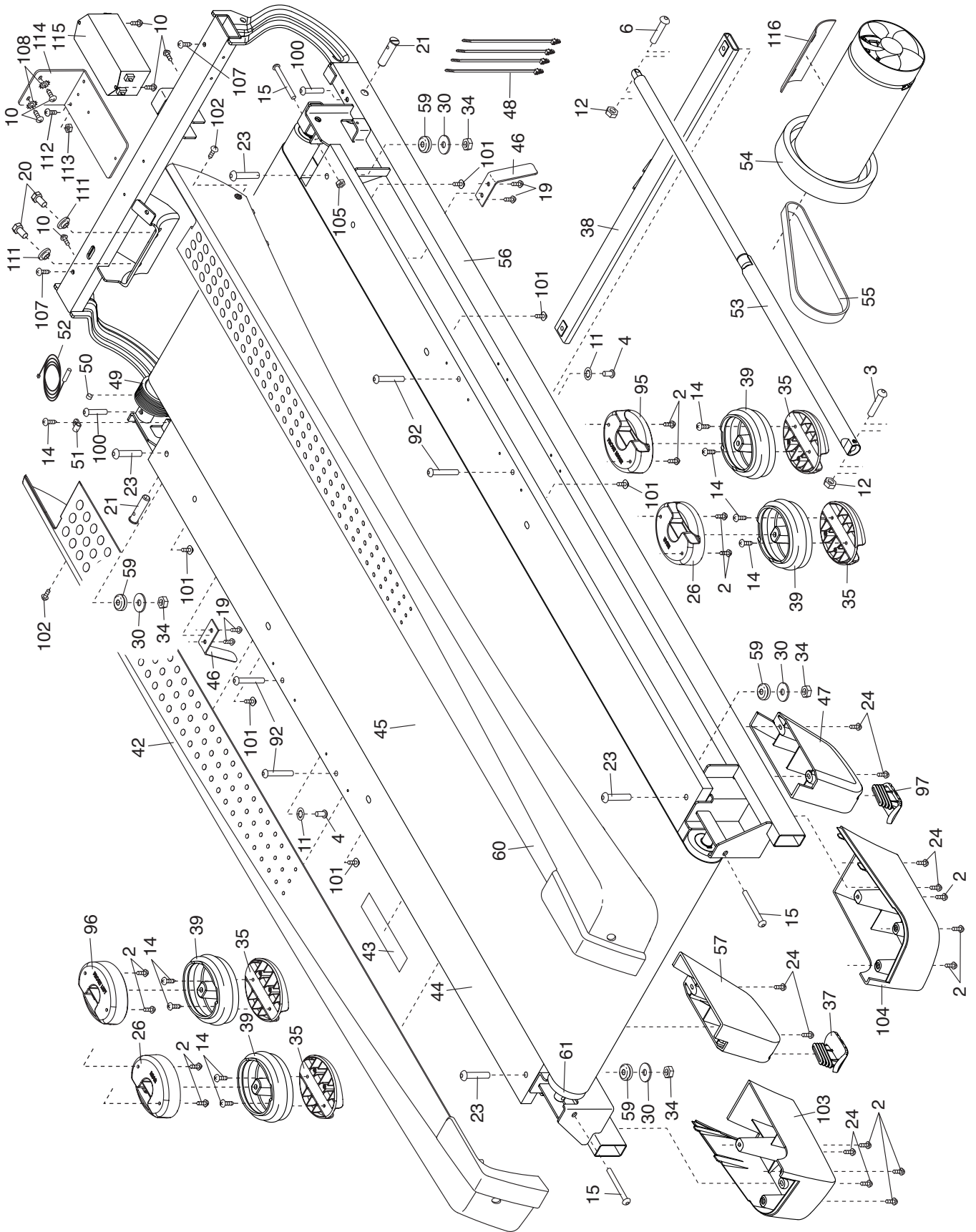
Key No.	Qty.	Description	Key No.	Qty.	Description
1	18	#8 x 1/2" Screw	51	1	Reed Switch Clip
2	43	#8 x 3/4" Screw	52	1	Reed Switch
3	1	5/16" x 2 1/4" Bolt	53	1	Storage Latch
4	10	5/16" x 3/4" Screw	54	1	Drive Motor
5	2	#10 Star Washer	55	1	Motor Belt
6	1	5/16" x 1 3/4" Bolt	56	1	Frame
7	6	3/8" x 4" Screw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

Key No.	Qty.	Description	Key No.	Qty.	Description
101	6	#8 x 3/4" Washer Head Screw	110	1	Receptacle
102	5	#8 x 3/4" Truss Head Screw	111	2	Motor Bushing
103	1	Left Rear Cap	112	1	#8 x 3/4" Machine Screw
104	1	Right Rear Cap	113	1	#8 Nut
105	1	1/4" Nut	114	1	Electronics Bracket
106	1	Controller Clamp	115	1	Filter
107	2	#8 x 1 3/4" Screw	116	1	Motor Isolator
108	4	#8 Star Washer	117	1	Chest Heart Rate Monitor
109	1	Grounding Bracket	*	—	User's Manual

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

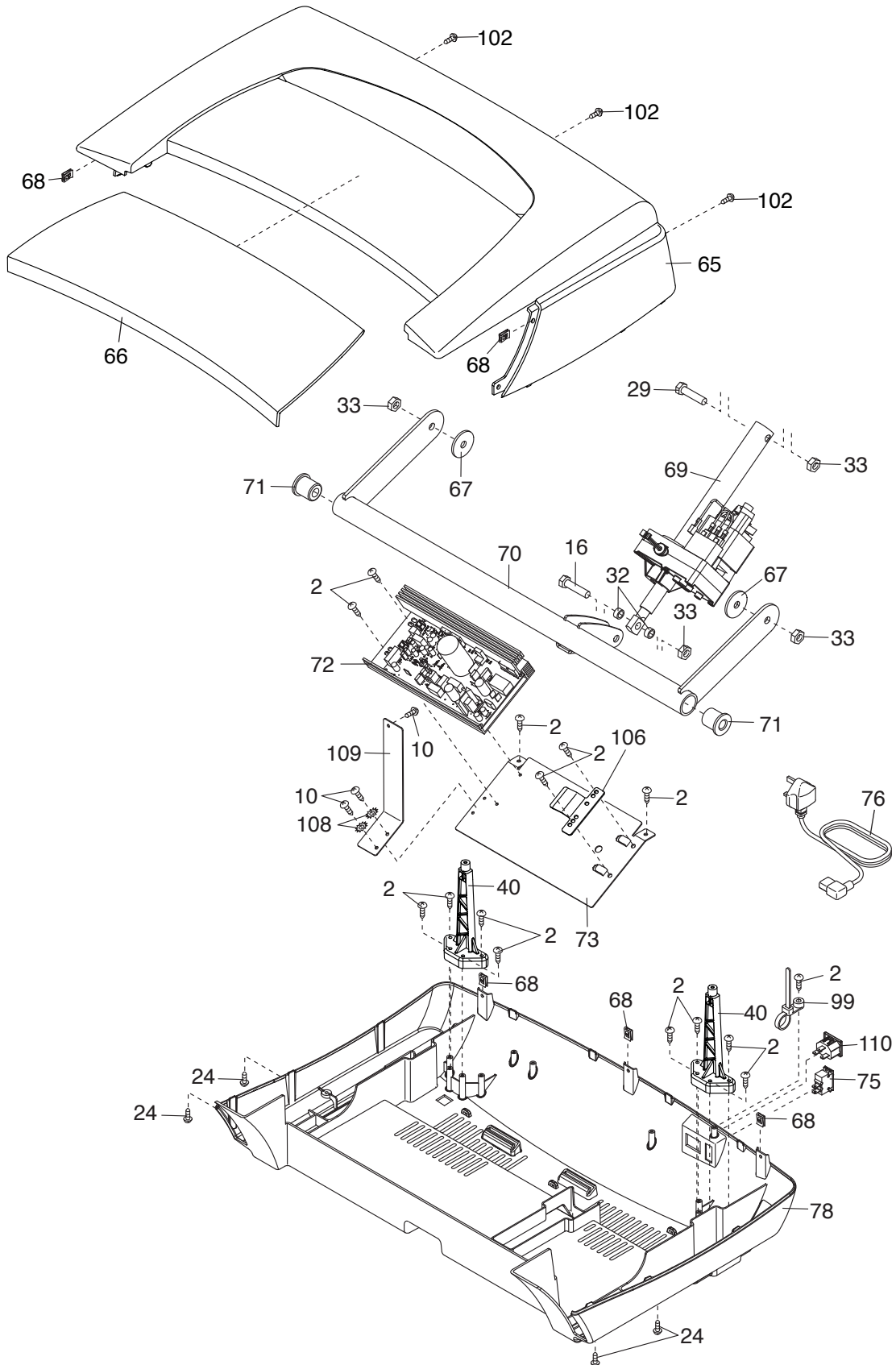
# EXPLODED DRAWING A

Model No. PETL14715.1 R0615A



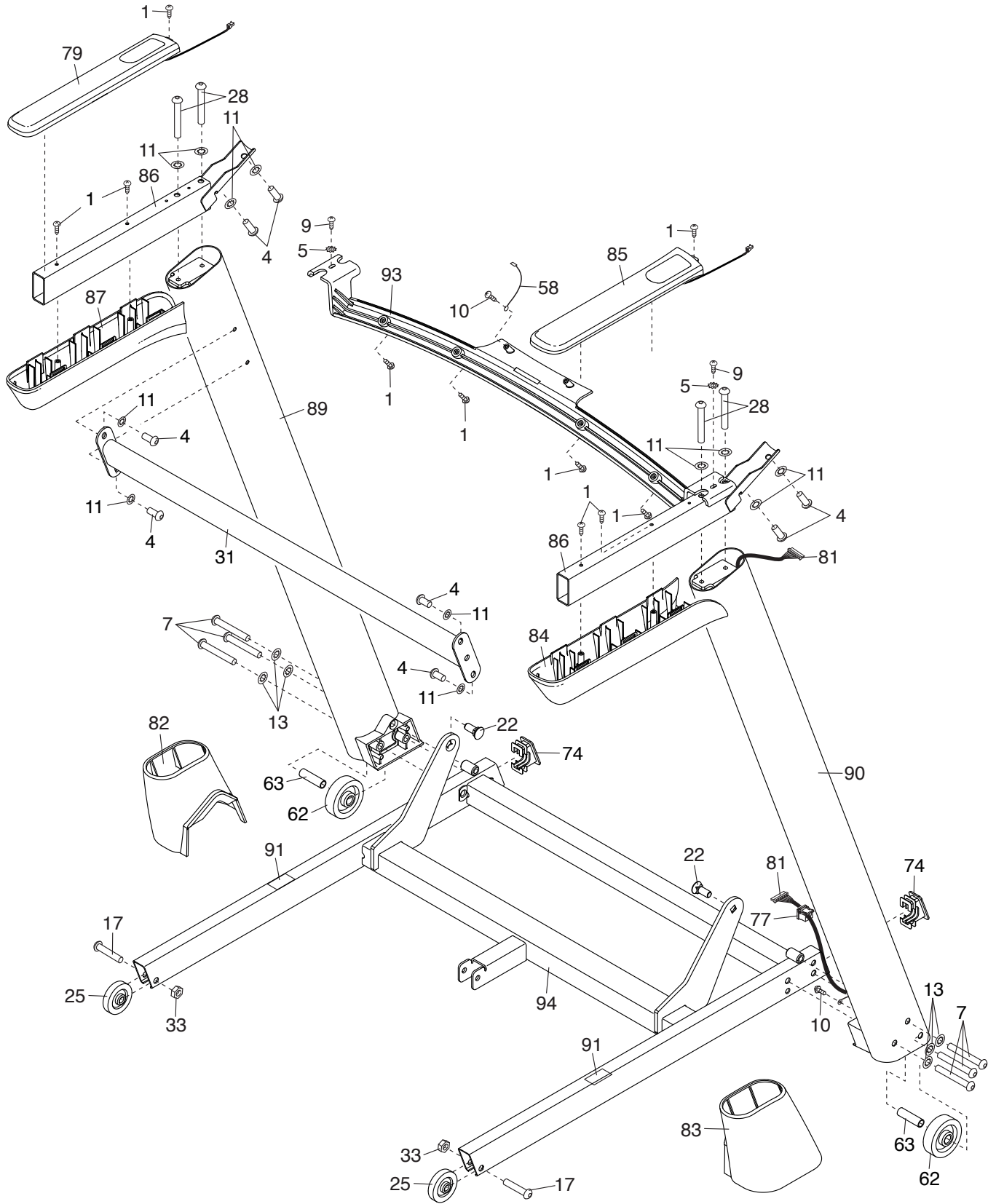
# EXPLODED DRAWING B

Model No. PETL14715.1 R0615A



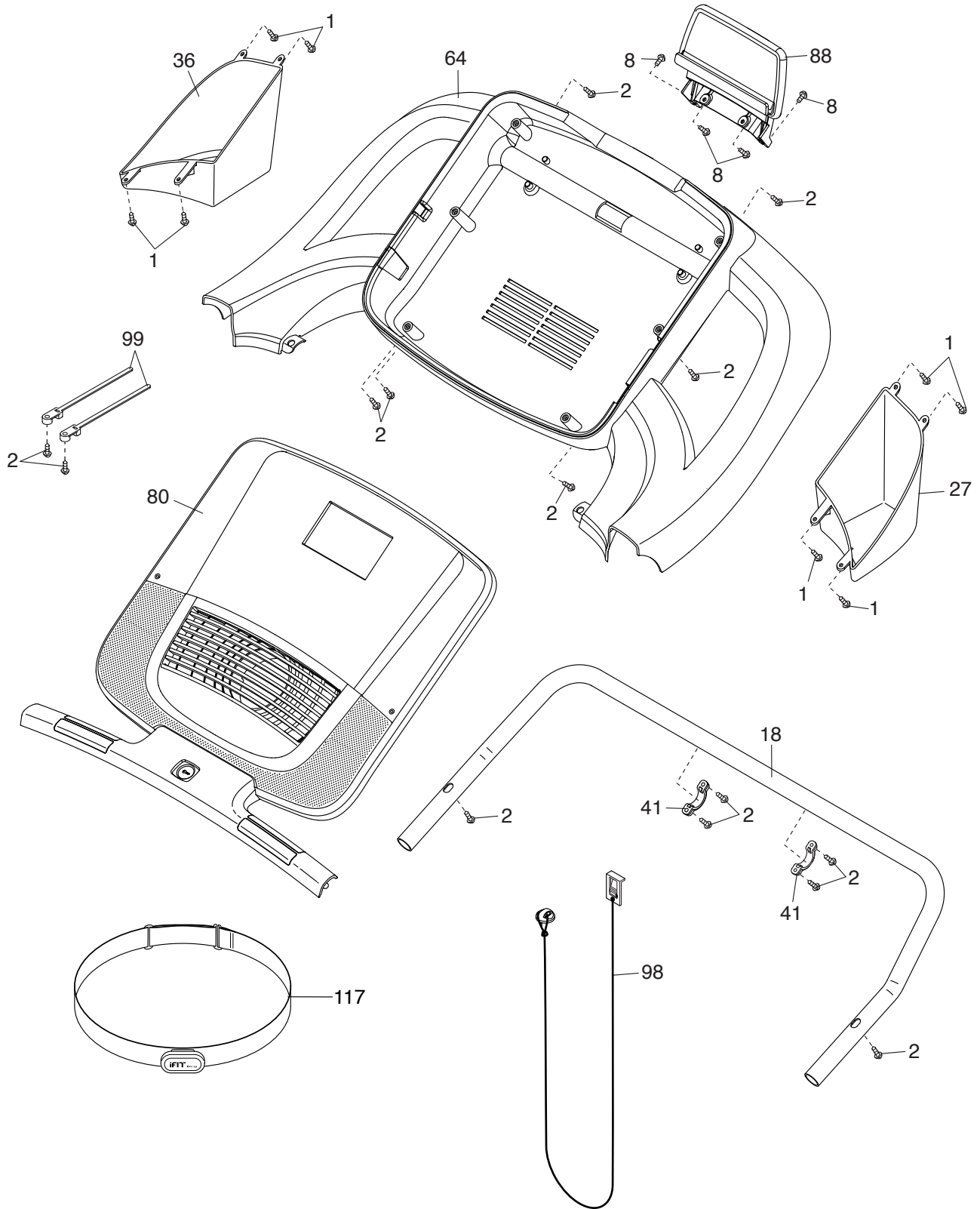
# EXPLODED DRAWING C

Model No. PETL14715.1 R0615A



# EXPLODED DRAWING D

Model No. PETL14715.1 R0615A



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## ORDERING REPLACEMENT PARTS

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

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

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## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

