

Heart Rate Monitor User's Guide

Model No.
PFMC10190

Congratulations for purchasing the new AccuRate™ heart rate monitor. To install and use the heart rate monitor, **read and follow all instructions in this user's guide.** For detailed instructions about using the heart rate monitor with your treadmill, refer to the user's manual included with your treadmill.

This device complies with Part 15 of the FCC rules. Operation is subject to the following conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications not expressly approved by ICON Health & Fitness, Inc. could void the user's authority to operate this device.

⚠ WARNING

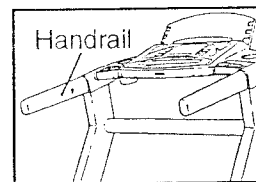
If you have an implanted medical device such as a pacemaker, check with your physician before using the heart rate monitor.

If you have heart problems, or if you are over 60 years of age and have been inactive, do not use pulse-driven programs.

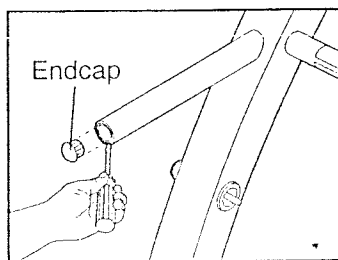
If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

How to Install the Receiver

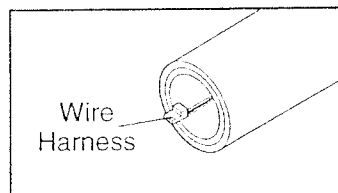
If the handrails of your treadmill look like the handrails shown at the right, disregard this section and refer to *How to Use the Heart Rate Monitor* on page 2. If the handrails are round or square the included receiver must be installed in your treadmill before the heart rate monitor can be used. **If your treadmill has round handrails, follow steps 1 through 6 below; if your treadmill has square handrails, follow steps A through F on page 2.** Note: Your treadmill may not look exactly like the treadmills shown in the drawings.



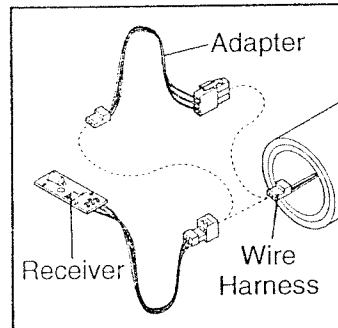
- 1** Using a small flat-bladed screwdriver, pry the endcap out of the left handrail. Set the endcap aside.



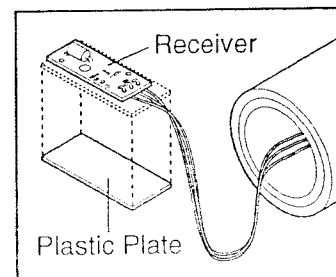
- 2** Find the wire harness inside the handrail. Cut the plastic tie and the foam pad off the wire harness.



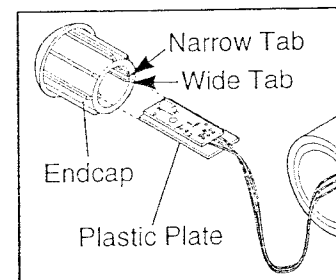
- 3** Insert a finger into the handrail to hold the wire harness. Connect the receiver to the wire harness. Note: If the receiver cannot be connected directly to the wire harness, use the included adapter to connect the receiver.



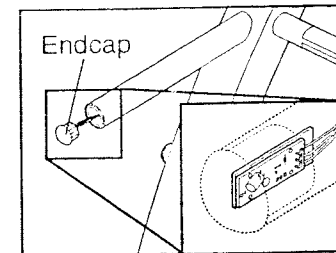
- 4** Peel the backing off the adhesive pad on the receiver. Press the receiver onto the included wide plastic plate. **Make sure that the receiver is flush with the end of the plastic plate as shown.**



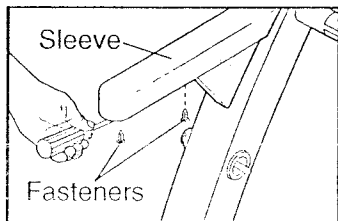
- 5** Turn the endcap so the narrow tabs are above the wide tabs as shown. Insert the wide plastic plate between the tabs and push the plastic plate into the endcap as far as it will go.



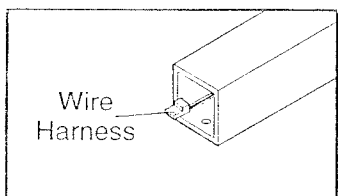
- 6** Carefully press the endcap into the handrail. **Rotate the endcap so that the receiver will be turned toward your chest when you are standing on the treadmill.**



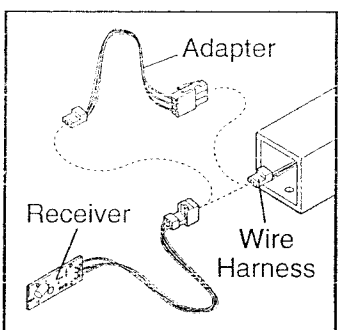
A Using a small flat-bladed screwdriver, pry the two fasteners out of the sleeve on the left handrail. Pull off the sleeve and set the sleeve and the fasteners aside.



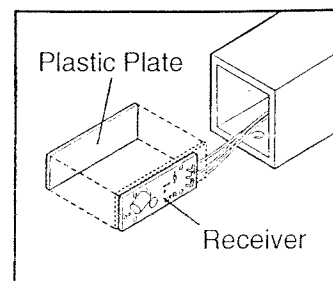
B Find the wire harness inside the handrail. Cut the plastic tie and the foam pad off the wire harness. Note: If there is not a wire harness, go back to step A and remove the sleeve from the right handrail instead.



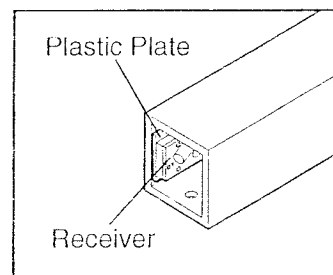
C Insert a finger into the handrail to hold the wire harness. Connect the receiver to the wire harness. Note: If the receiver cannot be connected directly to the wire harness, use the included adapter to connect the receiver.



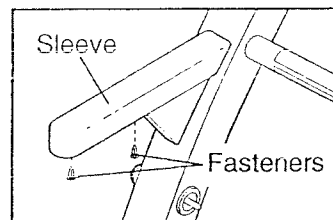
D Peel the backing off the adhesive pad on the receiver. Press the receiver onto the included narrow plastic plate. **Make sure that the receiver is flush with the end of the plastic plate as shown.**



E Peel the backing off the adhesive pad on the narrow plastic plate. Attach the plastic plate inside the handrail in the location shown. Note: If you are attaching the plastic plate inside the right handrail, attach it to the opposite side.

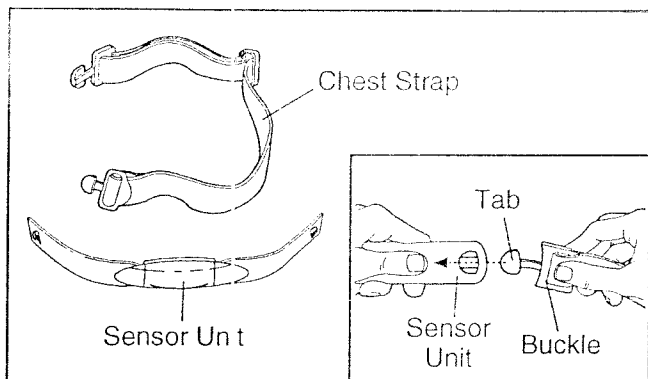


F Push the sleeve fully onto the handrail and reattach the sleeve with the two fasteners.



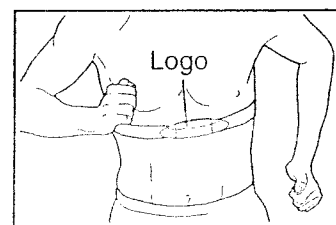
How to Use the Heart Rate Monitor

The 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.

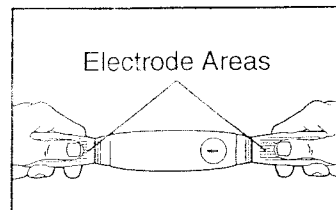


1 If the chest strap is attached to the sensor unit, go to step 2. If the chest strap is not attached, refer to the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Make sure to press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the sensor unit and the chest strap around your chest. Attach the free end of the chest strap to the sensor unit as described above. 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 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. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Then, reposition the sensor unit against your chest.



Heart Rate Monitor Trouble-Shooting

If the heart rate monitor does not function properly, or if the displayed pulse is excessively high or low, try the trouble-shooting steps below.

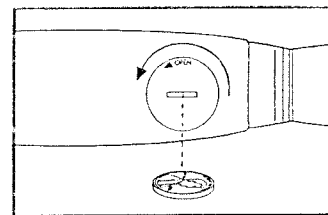
- Make sure that the heart rate monitor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the heart rate monitor does not function when positioned as described, try moving it slightly lower or higher on your chest.
- Make sure that the logo on the sensor unit is facing forward and is right-side-up.
- Each time you use the heart rate monitor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing on page 2). If pulse readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, make sure that you are near the center of the walking belt and within arm's length of the console. **For the console to display pulse readings, the user must be within arm's length of the console.**
- If your treadmill has round handrails, make sure that the left endcap is rotated to the proper position (see step 6 on the front of this guide).
- The heart rate monitor is designed to work with people who have normal heart rhythms. Pulse 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 caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating the treadmill.
- If the heart rate monitor still does not function properly, test the heart rate monitor in the following way:

Hold the heart rate monitor and place your thumbs over the electrode areas as shown at the left.

Next, hold the heart rate monitor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

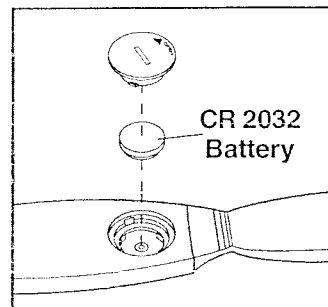
- If the heart rate monitor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery.

Make sure that the battery is turned so the writing is on top. Replace the battery cover and turn it clockwise to close it.



Heart Rate Monitor Care

- Dry the heart rate monitor after each use. The heart rate monitor is activated when the electrode areas are wetted and it 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, draining the battery prematurely.
- 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°F (50°C) or below 14°F (-10°C).
- Do not excessively bend or stretch the sensor unit when using or storing the heart rate monitor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals.

Limited Warranty

WHAT IS COVERED—The HEART RATE MONITOR ("product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, or, at our option, we will replace the product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in this manual ("manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display models.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the product as specified in the manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

MANUAL—It is VERY IMPORTANT THAT YOU READ THIS MANUAL before using the product. Remember to follow the instructions specified in this manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the model number of your product. They will tell you how to get a part replaced, or advise you how to ship the product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is 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. No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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