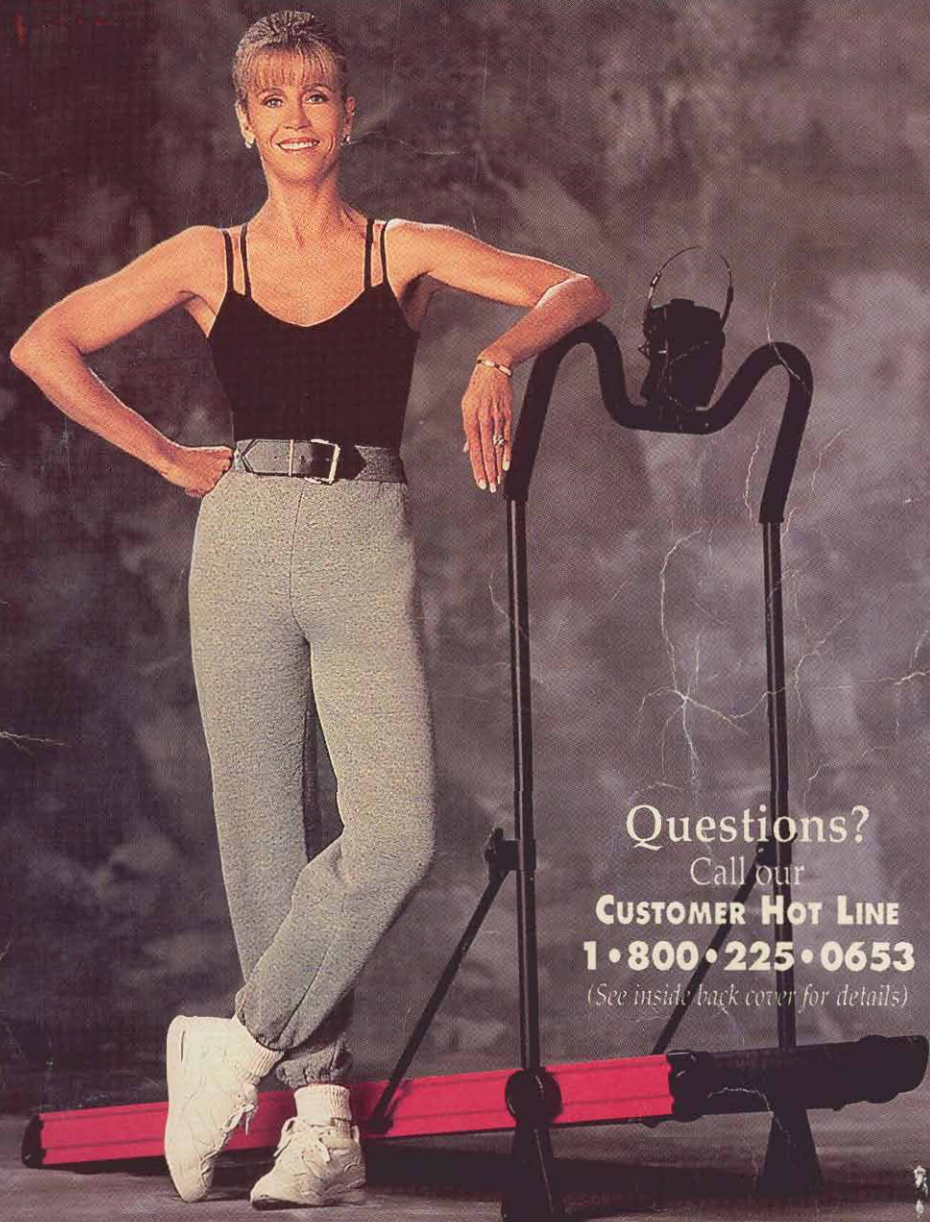


QV-JFWMT

Jane Fonda's

WALK TO THE MUSIC FITNESS TREAD™



Questions?

Call our

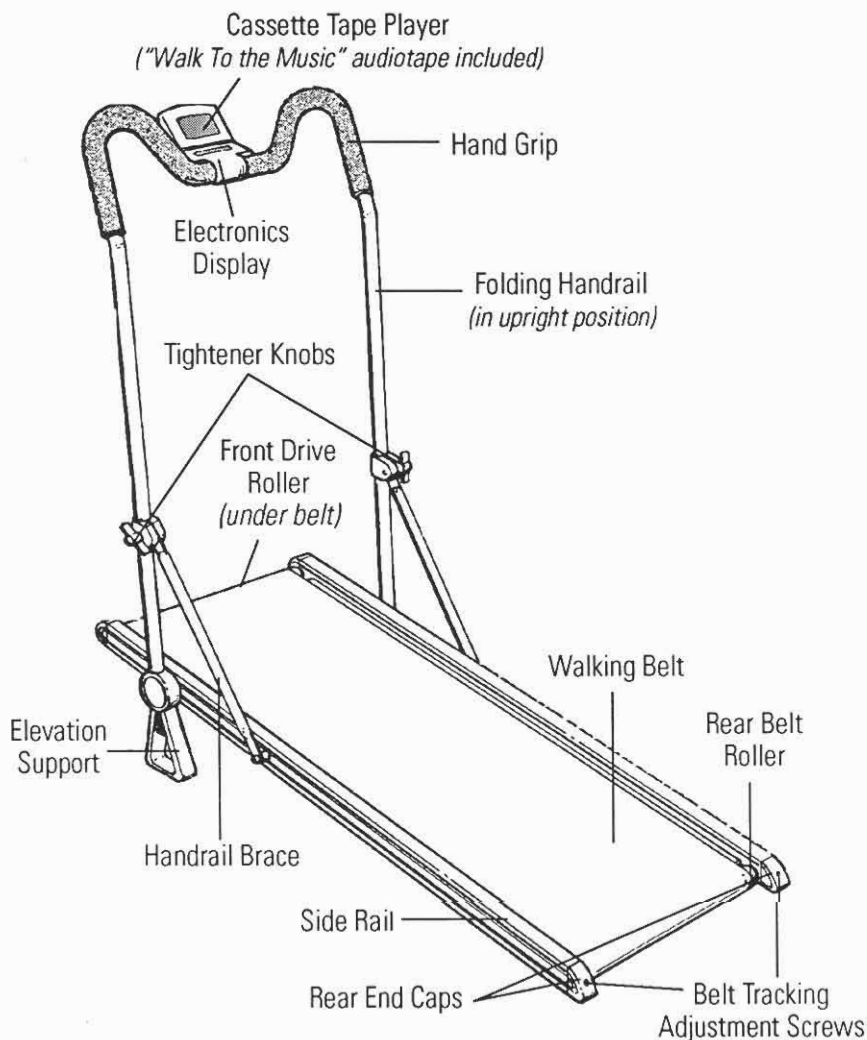
CUSTOMER HOT LINE

1 • 800 • 225 • 0653

(See inside back cover for details)

O W N E R ' S M A N U A L

Jane Fonda's 'Walk To the Music' Fitness Tread™



S P E C I F I C A T I O N S

LENGTH: 54.5" HEIGHT (IN USE): 50.5" WEIGHT: 49 LBS

WIDTH: 22.5" HEIGHT (FOLDED): 7" SHPG WT: 59 LBS

For HOME USE ONLY. Product specifications subject to change without notice. U.S. and foreign patents pending.

Table of Contents

Fitness Tread Specifications	2
Important Safety Information	4
Setting Up Your Fitness Tread	5
Using the Electronics	8
Getting Ready to Walk Out.....	11
Your First Workout	15
"Walk to the Music"	17
Your Target Heart Rate Zone	18
Strategies For Success	21
Care Guide and Storage.....	22
How to Keep Your Fitness Tread Running Like New.....	23
Limited Warranty	26

**Please read this entire manual
before using your treadmill.**

Rev. W/1

Important Safety Information

Consult Your Physician

- Before beginning this or any exercise program.
- To help determine your target heart rate, see pages 18–20. This is especially important for people who are over 35 years old, have a pre-existing health problem, or have been sedentary for some time.

Safety Instructions

- Read this entire manual before using your Fitness Tread.
- Set up the treadmill on a flat, clean, level surface and clear the area around it, so you can get on and off freely and safely. Before getting on the Fitness Tread, make sure that the hand-rail is completely raised, the bottom edges of the elevation supports rest flat on the floor, and the tightener knobs are securely tightened. (*See setup section, pages 5–6.*)
- NOTE: This treadmill is not intended for use by persons weighing more than 250 lbs.
- Use care and firmly hold the handrail while exercising, and especially while getting on and off.
- The Fitness Tread is a *walking* exerciser. It is not intended for running.
- Make sure the Fitness Tread belt has come to a complete stop before getting off.
- This product is to be used by only one person at a time.
- **CAUTION:** Keep children away from this product, both when in use and in storage. Moving parts could cause falls or pinched fingers, and playing with the electronics cord could lead to injury.

Do Not Overexert Yourself

- While the Target Heart Rate Zone chart (*page 19*) will help you exercise at the proper intensity, the 'breath test' helps you determine when you're working too hard. Throughout your treadmill workout, you should be able to carry on a conversation without gasping for breath. If you start to become breathless, **slow down**.
- **Stop exercising immediately** and consult your physician before continuing if you experience any of the following symptoms: pain or tightness in your chest, an irregular heart-beat, extreme shortness of breath, lightheadedness, nausea, dizziness, or lower back pain.

Setting Up Your Fitness Tread

Important Note

With this manual, we have included a brief but important instructional video to help you learn how to get the safest and most effective workout from your Fitness Tread and its "Walk to the Music" training component. **We strongly recommend that you view this video in its entirety *before* setting up your treadmill and beginning your first workout.**

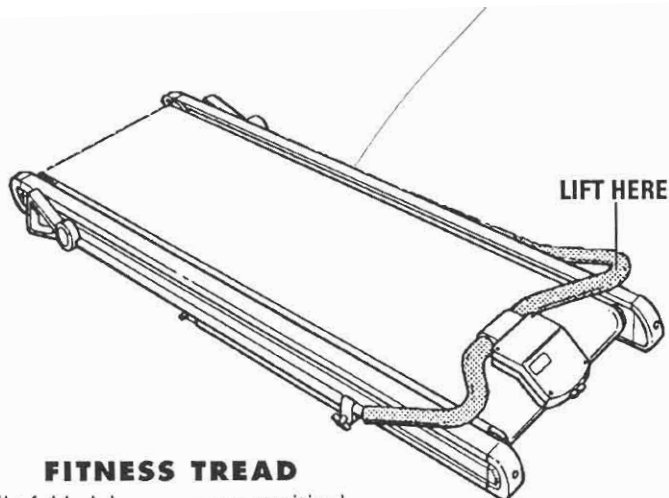
Unpacking

- Your Fitness Tread requires no assembly. Simply take it out of the shipping carton, and it is ready to unfold and use.
- NOTE: The Instapak® foam packaging material we use is recyclable and produced without use of ozone-depleting CFC's. Please save it, along with the shipping carton, in case you need to ship or transport your treadmill.

- As you unpack the shipping carton, locate the headphones which are packed with the literature. Set these carefully aside so they won't be damaged.

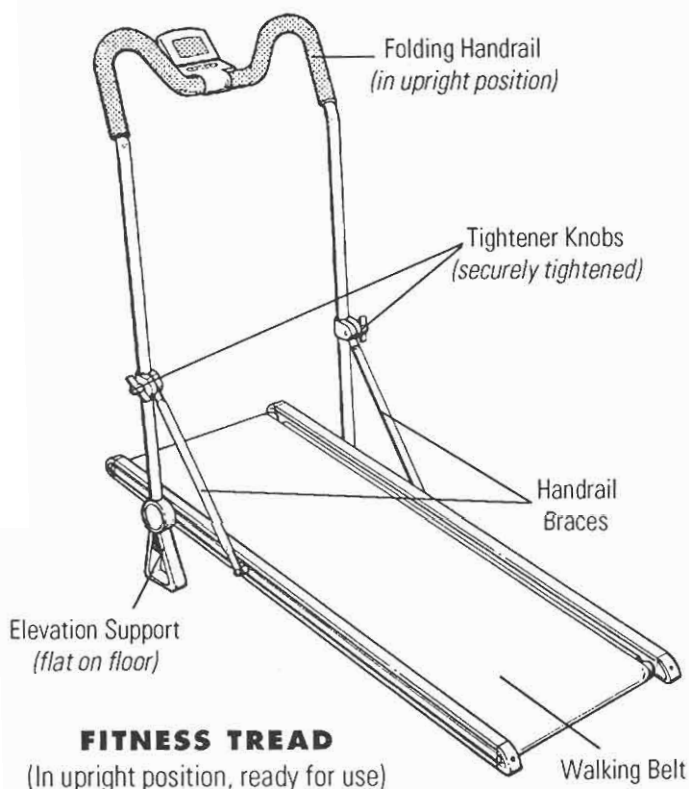
Set-up

- **Your Fitness Tread may be used on hard-surface flooring or on low-pile or loop carpet. Deep plush carpeting can interfere with the movement of the treadmill rollers and belt.** To protect your flooring and keep the treadmill operating properly, we recommend placing a smooth or low-pile mat under the treadmill.
- You may move the treadmill to the desired location by lifting up the back end and rolling it on its front transport rollers as you would a wheelbarrow. Even though the Fitness Tread is light, **always protect your back by bending your legs when lifting, not by stooping forward from the hips.**
- Once the treadmill is in its desired position, loosen the two tightener knobs near the bottom of the handrail and lift the handrail to its **fully upright** position and turn the two tightener knobs until they are secure. Make sure that the elevation supports are resting flat on the floor.



FITNESS TREAD

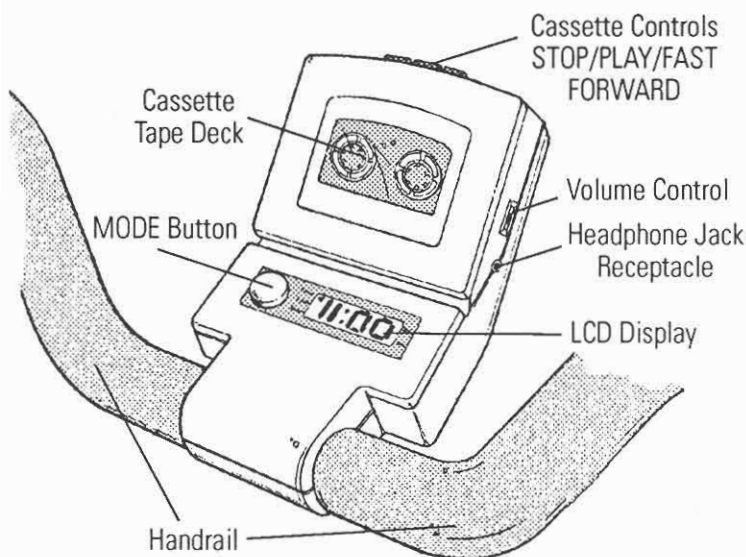
(In folded down storage position)



FITNESS TREAD

(In upright position, ready for use)

Using the Electronics



The electronics console on your Fitness Tread consists of: 1) an audio cassette player preloaded with your "Walk To the Music" workout tape, and 2) a motivational LCD display with feedback data on your workout.

Audio Cassette Player

The monaural (not stereo) cassette player on the Fitness Tread console comes preloaded with your introductory "Walk to the Music" workout audio tape. Remove the headphones from their packaging and plug the headphone jack into the receptacle on the right side of the cassette player. The volume control is located just above the headphone jack receptacle on the right side of the console. The three buttons on top of the player allow you to STOP, PLAY, and FAST FORWARD the tape (*See illustration, above*). To rewind the tape, turn it over and press FAST FORWARD. You may also listen to your other favorite cassette tapes on this player.

LCD Display

To turn on the display — Press the round MODE button to the left of the display panel. The TIMER will begin counting your work-out time immediately, and the display will automatically SCAN through the TIME, SPEED, and DISTANCE functions at four-second intervals. A small arrow on the display indicates which function is currently being displayed. **If the display fails to come on, check the back of the module to make sure the plug is firmly inserted into the receptacle and that the batteries are inserted correctly.**

To view one function for more than four seconds — Press the MODE button again as many times as needed to get to the function you're interested in viewing. The display will stop scanning and stay on the function currently being displayed. To display another function, press the MODE button again until the arrow appears next to the desired function.

To reset the display values — Hold down the MODE button for at least three seconds. This will clear the values of all functions except the odometer, which continues to accumulate mileage throughout the life of each set of batteries installed in the console. When the batteries are replaced, the odometer returns to zero.

Display Functions

SCAN — Sequentially displays TIME, SPEED, and DISTANCE values for 4 seconds each until the MODE button is pressed.

TIMER — As soon as electronics start up, the TIMER begins counting up from '00:00' (zero minutes, zero seconds). MAXIMUM READING: '59:59.'

SPEED – Displays how fast you are walking in miles per hour, based on the velocity of the flywheel.

DISTANCE – Displays how far in miles you have traveled during your workout, based on the movement of the walking belt past a sensor. Depending on your speed, it may take two or three minutes for you to cover your first tenth of a mile and for the display to register your progress.

ODOMETER – Accumulates lifetime mileage on unit until batteries are changed; then resets to zero. Not included in the SCAN rotation. To view this function, press MODE button until arrow next to 'ODO' appears. MAXIMUM READING: '9999.'

Automatic Shutdown

After three minutes of no activity, the LCD display will automatically shut down and all values, except the odometer, will reset to zero.

Replacing the Batteries

If you experience a lag in the rhythm of your workout music, the two 'AA' batteries preloaded in the electronics console of your Fitness Tread may be running low.

To replace them, simply open the access panel located on the back of the console and remove the old batteries. Since batteries contain mercury, a toxic substance, please dispose of them according to the methods for hazardous waste disposal in your area. Insert the new batteries and close the access panel securely.

NOTE: This procedure will reset to zero the value stored in the ODOMETER function of your electronics.

Getting Ready to Walk Out

What to Wear

When you exercise, your calorie-burning activity produces energy that has to escape from the body in the form of heat and perspiration. So wear cool, comfortable (loose or stretchy) clothes made from fabrics that 'breathe' and help move perspiration away from your skin. Comfortable shoes that offer good support, stability, and traction are a must. You may want to pick one of the many brands and styles of athletic shoes that have been specifically developed for fitness walking.

Limber Up

We recommend that you stretch with each Fitness Tread workout. A stretching routine helps keep your muscles, tendons, and ligaments flexible. Because you're walking on a slight incline, it's especially important to keep your calf muscles and Achilles' tendons adequately stretched and flexible.

Stretching should feel good and never be painful. In general, a stretch should be held at the point of gentle tension for at least 12–15 seconds. Remember to keep breathing throughout the stretch, as you gently relax into it. Don't worry about how far you can stretch; if you stretch regularly in a relaxed fashion, flexibility will follow.

The basic stretches described here will help keep your calf muscles, Achilles' tendons, and hamstrings limber. Stand on the floor or a mat and hold onto the Fitness Tread handrail for support.

How to Stretch

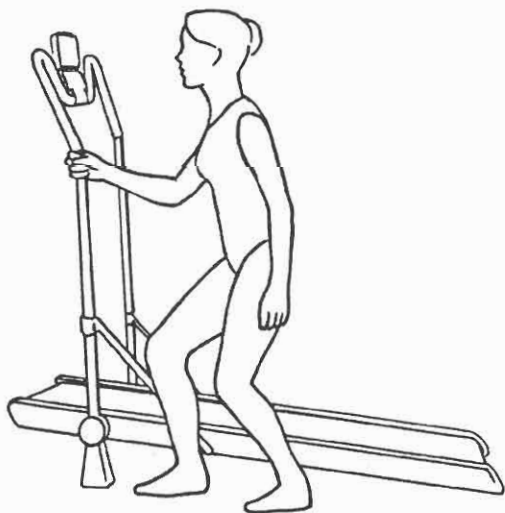
Stretch 1 – Extend your left leg about two feet behind your right leg. Your front (right) leg is bent and your back (left) leg is straight, with your left heel pressed into the floor. You should feel the stretch in your left calf muscles. Keep your toes pointed straight ahead and your knees aligned over your toes. Don't

hold your breath; keep breathing normally. Hold the stretch for 12–15 seconds. Pull your stomach in and curl your pelvis under so that your back isn't arched. Keep your left heel pressed down.

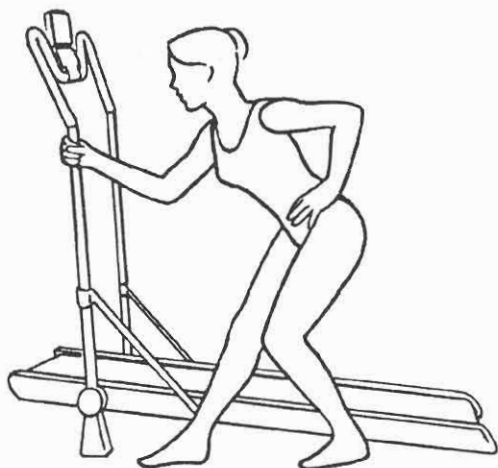


Stretch 2 – Now move your left foot forward a few inches and bend at the knee, keeping the right knee bent as well. You should feel a stretch in the lower calf and Achilles' tendon of your left leg.

Again, toes are pointed straight ahead; don't let them roll in. Tuck in your stomach, curl your pelvis under, and keep breathing normally. After 12–15 seconds of stretching, relax, and stay in the same position to begin your right hamstring stretch.



Stretch 3 – Now move your left foot forward a few more inches, with toes pointed straight ahead. Both knees are still bent. Keep one hand on your handrail or other support for balance and place your other hand on your hip. Keeping your



back straight and your right heel to the floor, slowly straighten your right leg and extend your upper body forward from the hips until you feel a gentle stretch at the back of your right thigh. You are stretching your right hamstring muscle. Just stretch it to the point of gentle tension. Relax your head and neck and pull in your abdomen. Hold this stretch for 12–15 seconds. Now bend your right leg to release the stretch and bring your left foot forward, so that you return to a normal standing position.

Switch legs and repeat these three stretches on the other side of your body. Be sure to hold onto the treadmill handrail or some other sturdy support as you stretch.

Body Mechanics

We are better designed for walking than for sitting, standing, or running. In fact, the human body is the perfect walking machine. Even though walking is a natural human movement, many of us have developed improper walking habits which, over time, can lead to unbalanced muscle development and injury. The spine is the foundation for all movement; when you exercise with good posture and form, you'll feel lighter, more comfortable, and more energetic.

Ideal Walking Form

- Position yourself in the center of the belt at a comfortable arms' length from the handrail. (*See illustration, below*)
- Keep your body upright, with your pelvis tucked under, chest lifted, and shoulders comfortably pressed down and back.
- Bend your elbows and position your hands on the handrail at a comfortable height that lets you walk without stooping or bending forward.
- Stand at a comfortable arms' length from the handrail while keeping the weight of your body centered slightly in front of your ankles.
- To get the belt started, push off against the handrail and also with the ball and toes of your rear foot. Then bring this foot forward, landing in the center of the heel.
- Take comfortable normal length strides, stretching out from the hip.
- As you walk, keep your feet rolling through your stride so that the belt moves smoothly.
- Avoid arching your spine backward or bending your torso forward so much that your weight is not over your legs.



Your First Workout

Getting On and Off

Getting started on your Fitness Tread couldn't be easier, but it's important to do it safely. **Always hold the handrail while getting on and off, and while starting and stopping the tread.**

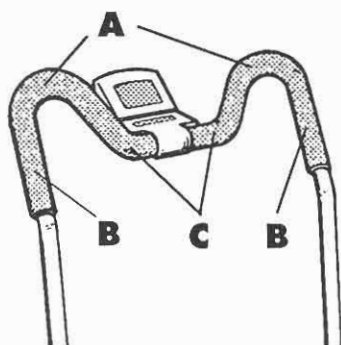
Getting Started

- If you are going to listen to music, make sure your "Walk to the Music" workout tape is loaded in the cassette tape player on the console.
- Put on the headphone and adjust the fit to your head.
- Insert the headphone jack into the receptacle on the right side of the cassette player and push the PLAY button. Adjust the volume as desired.
- While holding the handrail, step onto the Fitness Tread, and stand in the center of the belt at a comfortable arms' length from the handrail.
- *Just start walking!* You'll find that you get more of a workout on this treadmill—and burn more calories!—than you do walking outdoors. That's because your feet are actually pushing the belt, and second, because of the incline of the tread. Practice several times for short intervals—you'll soon get the feel of it.

Using the Handrail

The handrail is an important component of your Fitness Tread. Holding onto it makes your workout safer by keeping you in the proper position on the belt and by helping you maintain your balance. Plus, you'll want to 'push off' against it at the start of your

Three Convenient Handhold Positions



workout. Most people also find that pushing slightly against the handrail as they walk helps keep the belt moving smoothly. The foam-covered portion of the handrail provides several comfortable hand rests at a variety of heights, so that you can alternate positions during your workout.

Changing Speed

Because of its unique and innovative engineering, your Fitness Tread is very responsive to your body. It couldn't be simpler to change the treadmill belt speed. When your feet speed up or slow down, the belt quickly responds, and if you stop walking, the treadmill stops with you.

You'll find the stride length on the Fitness Tread is long enough to allow even tall users to stretch out. However, **we recommend that you do not run on this piece of equipment.** It is designed to provide a walking exercise and works best at a moderate to vigorous walking pace.

Time to Stop

When you finish your workout—or any time you need to stop—simply slow your pace and then stop walking. The treadmill stops with you. **Allow the belt to come to a complete stop before getting off.** Once the belt has stopped moving, use **one hand only** to remove the headphones and hang them on the handrail. Continue holding onto the handrail with the other hand and step off carefully.

"Walk to the Music"

Your "Walk to the Music" introductory tape has been specially designed to give you an individualized and enjoyable workout program. The tempo of the music guides your pace. The first programs are shorter and slower, so you can climb gradually toward your desired fitness level.

Finding the Perfect Workout For You

1. Start with the first program on Side A of your tape, which is called "A Walk In the Park." You may even hear a few birds chirping along the way. This initial program does two things—
 - It helps you become acclimated to the Fitness Tread.
 - It gives you a starting point for determining your current fitness level.
2. If the first program challenges you, we urge you to continue using it until you feel ready for a faster-paced program.
3. If "A Walk In the Park" feels too easy for you, simply move on to the 10-minute program that follows it. Want more challenge? Try the 15-minute program on Side B. But don't rush through these programs. Give yourself time to grow into your treadmill. Don't challenge yourself so much that you "dread gettin' on the tread!" *After all, the most important aspect of exercise is sticking with it; so don't overdo it.*
4. Once again, do **not** overexert yourself. **Stop exercising immediately** if you experience tightness or pain in your chest, an irregular heartbeat, shortness of breath, lightheadedness, nausea, dizziness, or lower back pain. **Consult your physician before continuing.**

Your Target Heart Rate Zone

To get the health and fitness benefits of working out on your Fitness Tread, a good guideline is to exercise vigorously enough to raise your pulse rate to approximately 50–75% of the maximum number of times your heart can beat in one minute. This range is called your **Target Heart Rate Zone**. To find your **Maximum Heart Rate (MHR)**, subtract your age from 220 beats per minute.

For example, if you are 35 years old, your MHR is $220 - 35$, or 185. Multiply this number by .50 (50%) and then .75 (75%) to find the lower and upper limits of your target heart rate zone. $185 \times .50 = 93$; $185 \times .75 = 138$. If you are in average good health, your target heart rate zone lies between 93 and 138 beats per minute.

People who are new to exercise, or who are out of shape will want to work at the lower end of the range (around 50% MHR). On the other hand, a conditioned person interested in boosting athletic performance may prefer to work at the upper end (up to 75%).

When you exercise within your target heart rate zone, your muscles effectively use the oxygen you breathe and burn body fat as their energy source. Moderate aerobic exercise (never becoming so breathless you can't talk) allows you to exercise longer and burn more total calories than exercising too hard and quickly exhausting yourself.

The chart on the next page shows the lower (50%) and upper (75%) limits of the target heart rate zone appropriate for average individuals in good health. Find the value closest to your age and follow across to the corresponding lower and upper limits of your target heart rate zone.

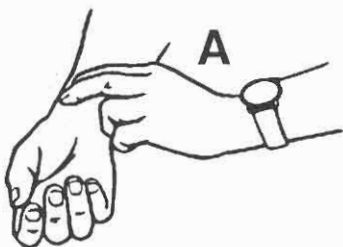
TARGET HEART RATE ZONE Determining Your Training Rate		
Age	Lower Limit (50% MHR)	Upper Limit (75% MHR)
20	100	150
22	99	149
24	98	147
26	97	146
28	96	144
30	95	142
32	94	141
34	93	139
36	92	138
38	91	137
40	90	135
45	88	131
50	85	127
55	83	123
60	80	120
65	78	116
70+	75	113
<i>Source: American Heart Association</i>		

If you are untrained, it will require less effort to reach your target heart rate zone. As your fitness level improves and you become stronger, you will have to work harder to reach the desired range in your target heart rate zone. **Remember that these figures are averages and cannot take into account individual circumstances.** Consult your physician for the target heart rate zone best suited to you.

The Pulse: Your Internal Coach

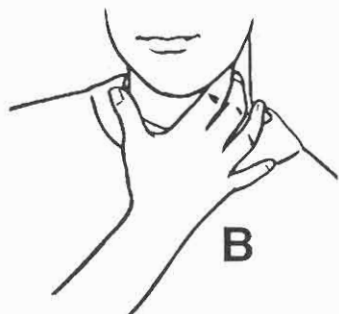
To check your exercising heart rate—

- Stop exercising and **immediately** take your pulse for 10 seconds. Be sure to count the first beat as **0**...not as **1**. This is like clicking the start button on a stopwatch.



- Multiply your 10-second total by 6 to calculate your heart beats per minute.

- Use either the pulse in your wrist (**A** in illustration at right) or the carotid artery in your neck (**B**). Don't press **too** hard, since heavy pressure can reduce blood flow.



- If you are a newcomer to exercise, this pulse rate should be about 50% of your maximum heart rate. If you are very fit, up to 75% may be more appropriate.

⚠ WARNING

Some **heart and blood pressure medications** lower the maximum heart rate and therefore the training rate. If you have a heart problem, or a family history of heart disease, or if you are taking heart or blood pressure medications, **it is essential that you obtain medical advice from your physician with regard to the recommended safe exercise heart rate zone.**

Strategies For Success

You've taken a great first step toward being a successful exerciser by purchasing your Fitness Tread. No matter what the time of day or weather conditions outside, you have easy access to a convenient, enjoyable, and effective workout. Here are some strategies to help you stick with your program.

Develop new appreciation for your body.

Consider how miraculously your heart keeps you alive and how those thighs (no matter what their size!) support your body and allow you to walk. Exercise is a positive, nurturing thing to do for your body. Treat yourself to a daily serving of physical fitness.

Create and maintain regular time slots in your daily schedule for exercise.

Think of your workout as your fourth meal, something that nourishes your body and its cells—a regular part of the way you live every day. Even when your schedule gets hectic, if you can spend as little as five minutes walking on the Fitness Tread, you'll keep your exercise habit alive.

Keep your exercise intensity moderate.

Exercising at a lower intensity will be more enjoyable, help prevent injuries and soreness, and burn body fat most effectively. Use the Target Zone chart on page 19 to help you stay in the lower part of your range.

Treat your eyes and ears to pleasant, interesting distractions.

Your workout time will seem to pass more quickly and feel less strenuous if you use your "Walk to the Music" training tape, watch a special television show, or listen to your favorite radio station.

Keep track of what you've done.

After each workout session, write down how many minutes you've walked, how much distance you've covered, how you've moved up to the next workout level. As the numbers add up you'll feel justifiably proud of what you've accomplished, and that reinforcement will help keep your commitment strong.

Thumb your nose at backsliding.

If you temporarily fall off your program, don't be harsh with yourself; just get right back on schedule as soon as possible. Everyone experiences setbacks; as long as you don't allow them to become permanent, you'll be successful.

Celebrate success!

Create incentives for sticking with your program, and reward yourself often for your dedication and persistence.

Care Guide and Storage

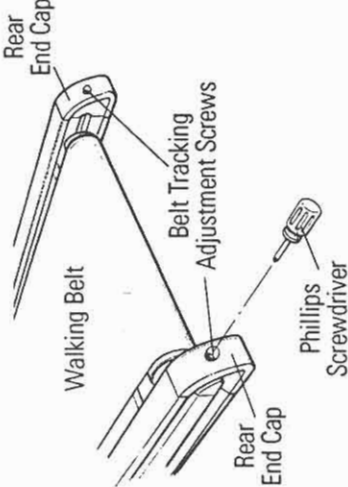
Your Fitness Tread is designed to be virtually maintenance free. Since the flywheel and belt rollers both contain shielded ball bearings, no lubrication of these is required or advisable.

Keep the walking belt and other machine surfaces clean by wiping them off with a clean damp cloth. To store your treadmill, loosen the tightener knobs and fold the handrail down to the base, taking care to lay the electronics carefully on top of the walking belt. You may then pick up your Fitness Tread by the back end and roll it like a wheelbarrow to its storage location. Since the Fitness Tread is only 7" high when folded, it will fit under most beds; or you may stand it on its rear end against a wall.

HOW TO KEEP YOUR FITNESS TREAD RUNNING LIKE NEW

If you have any questions about your Fitness Tread, call our customer service department at **1-800-225-0653**. Monday – Friday, 6 AM – 6 PM (MST). Be sure to have your model number 'JFWMT' ready when you call.

Here's the Situation...	Here's What You Do...
The walking belt motion is not as smooth as when you first got your Fitness Tread, or the belt feels tight.	1. Get two clean rags. Dampen one with water. Lift the edge of the walking belt up slightly from the black board beneath it. Wipe the top surface of the board with the water-dampened rag to remove any dust or debris. 2. Spray a liberal amount of LiquidWrench Non-Flammable Super Lubricant with Teflon (sample can included with your treadmill) onto the other rag. Again hold up the edge of the walking belt as you use this second rag to wipe the board. Spray only onto the rag. Do not spray the lubricant directly onto the machine. Avoid getting any lubricant on the walking surface of the belt or the drive rollers. 3. Try out the belt by walking on it. If it needs more lubrication, repeat STEP 2 above.
The walking belt is rubbing up against a transport wheel at the front of the treadmill.	1. Use a Phillips screwdriver to turn to the RIGHT the recessed belt tracking adjustment screw on the side where the belt is touching the transport wheel or siderail. For example, if the belt is touching the left siderail, turn

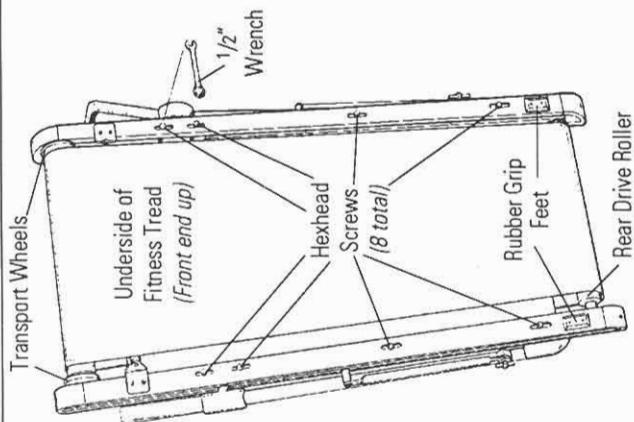
Here's the Situation...	Here's What You Do...
	the screw on that side of the machine to the RIGHT. 2. Test the newly adjusted belt by walking on it. The belt should gradually move back toward the center as it turns. If it does not, repeat STEP 1. It is not necessary for the belt to be perfectly centered to work properly.
You notice that the walking belt is slipping between your steps; the motion feels slightly uneven.	 1. Stand your Fitness Tread on the rear end caps on a flat, nonslip surface with the underside of the treadmill facing you. This task is best done with a partner to hold the machine up. Locate the four hexhead screws along each of the two siderails—two in the area of the handrail attachment, one midway down the siderail, and one near the rear of the siderail. <i>(See illustration, next page)</i> 2. Loosening all eight of these screws with a 1/2" or adjustable wrench will

Here's the Situation...

Here's What You Do...

allow the belt deck and flywheel to drop down slightly, increasing the tension on the drive belt just the right amount.

3. When this has been accomplished, tighten one screw on each siderail to fix the deck in its new position. Tighten down the other six screws securely and set your treadmill back down on the floor. Test out the adjustment by walking on it; your walking belt should move smoothly and evenly.



You want to increase the intensity of your workout.

Walk a little faster! Do **NOT** adjust the walking belt in an effort to make it harder to turn. Your Fitness Tread requires a smoothly moving walking belt to operate properly.

Limited Warranty

Weider Sporting Goods, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a WEIDER authorized service center, or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

WEIDER 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 OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION, OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

Jane Fonda's "Walk to the Music"

5-Minute Introductory Program:

- 1—A Walk in the Park

10-Minute Introductory Program: "Maximum Drive"

- | | |
|-----------------|--------------|
| 1—Maximum Drive | 3—My Town |
| 2—Nashville Jam | 4—World Beat |

15-Minute Introductory Program: "Steppin Out"

- | | |
|-------------------|------------------|
| 1—Steppin Out | 4—Uptown Stride* |
| 2—Sombada | 5—Sunset |
| 3—Fiddlin Around* | |

Music written and produced by

Alan Hewitt for Angel Song and Outrageous Productions.

Saxophone: Martin Ward. Guitars, mandolin and dobro: Randy Mitchell.

*Recording produced by David Vanacore and Jeff Edwards

Produced By: Mitchell Steinman and Alan Hewitt

Executive Producer: Julie LaFond

Original Treadmill concept created and developed by Imagination Corporation of America, Inc.

Manual Cover Photography by Rob Lewine

QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. **TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL FREE CUSTOMER HOT LINE.** The trained technicians on our Customer Hot Line will provide immediate assistance free of charge to you.

CUSTOMER HOT LINE

1 • 800 • 225 • 0653

Monday – Friday, 6 AM – 6 PM, MST

CAUTION!

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

Jane Fonda's *Walk To the Music* © 1993 JFH&F Tread. All rights reserved.

Photography © 1994 Jane Fonda. All rights reserved.

Fitness Tread Owner's Manual © 1994, Weider Sporting Goods, Inc. All rights reserved.

QV-JFWMT

Jane Fonda Workout Programs

BOOKS

Jane Fonda's Workout Book

Jane Fonda's New Pregnancy Workout and Total Birth Program, by Femmy DeLyser

VIDEOS AND AUDIOTAPES

Yoga Exercise Workout Video

Favorite Fat Burners Video

Step Aerobic and Abdominal Workout Video

Lower Body Solution Video

Fun House Swamp Stomp (*ages 3-7*)

Fun House Funk Video (*ages 7 and up*)

Lean Routine Video

Stress Reduction Program Video

Stretch & Stress Reduction (*audio cassette & CD*)

Complete Workout Video

Complete Workout (*audio cassette & CD*)

Toning and Shaping Video

SportsAid Video

Low Impact Aerobic Video

Easy Going Workout Video

Easy Going Workout (*record*)

Pregnancy, Birth and Recovery Workout Video

Pregnancy, Birth and Recovery Workout

(*audio cassette & record*)

Fitness Walkout (*audio cassettes & handbook*)

Weight Loss Walkout (*audio cassettes & handbook*)

Women Coming of Age (*90-minute audio book*)

WHERE TO FIND RESOURCES

Jane Fonda books, albums, audio cassettes, CDs, and videos are available locally at regular retail outlets. You may also order by phone or mail from:

Jane Fonda Workout

P.O. Box 2957

Beverly Hills, California 90213

1-800-824-7148

Fax: (310) 395-2527

9257-00

FOR FITNESS TREAD SERVICE, CALL

1 • 800 • 225 • 0653