

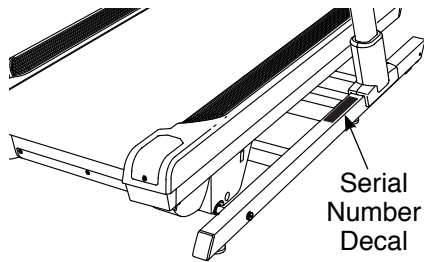
FREEMOTION[®] 2000 GS

www.freemotionfitness.com

Model No. SFTK39514.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

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

USER'S MANUAL

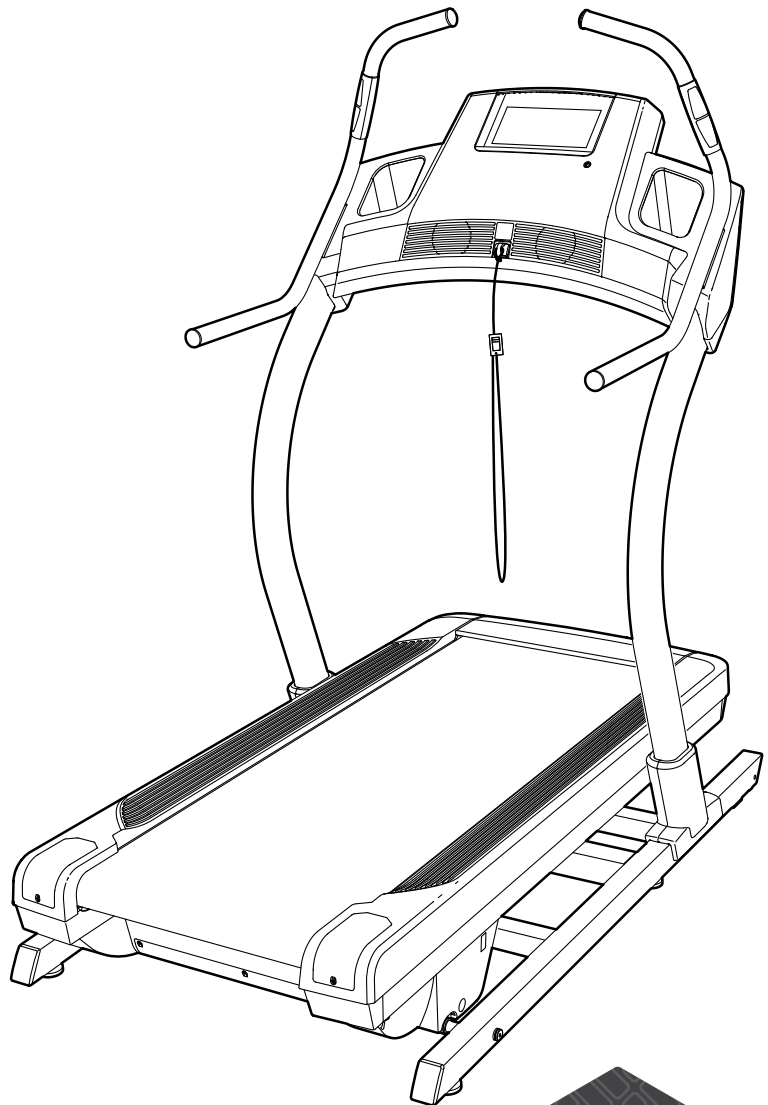
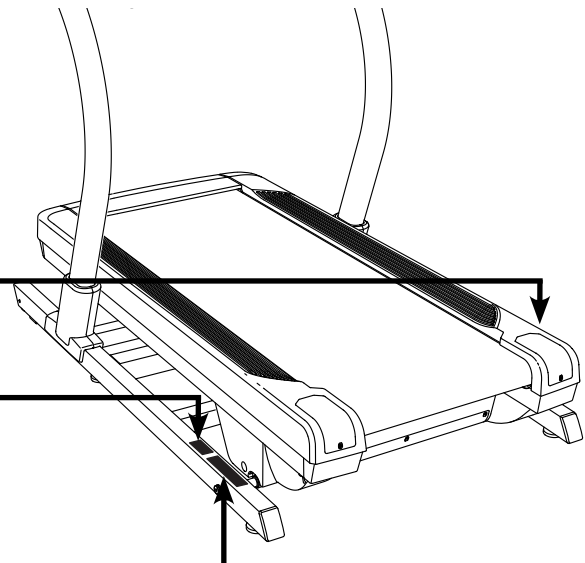


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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the back 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.**



⚠ CAUTION	⚠ ATTENTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.	GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHÉ.

⚠ WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:			
<ul style="list-style-type: none"> • Stand only on 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 treadmill. • Stop if you feel faint, dizzy, or short of breath. 		<ul style="list-style-type: none"> • Never allow children on or around treadmill. • Remove key when not in use. 	
		<ul style="list-style-type: none"> • Keep clothing, fingers, and hair away from moving belt. • Never try to adjust or fix the belt while it is moving. • Always wear athletic shoes while operating treadmill. 	

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 incline trainer before using your incline trainer. FreeMotion Fitness 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 incline trainer 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 incline trainer only as described in this manual.
4. The incline trainer is intended for home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.
5. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.
6. Place the incline trainer 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 incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
7. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
8. Keep children under age 12 and pets away from the incline trainer at all times.
9. The incline trainer should be used only by persons weighing 350 lbs. (159 kg) or less.
10. Never allow more than one person on the incline trainer at a time.
11. Wear appropriate exercise clothes while using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
12. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 12). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
13. Use only a surge suppressor that meets all of the specifications described on page 12. To purchase a surge suppressor, call the telephone number on the back cover of this manual, or see your local electronics store.
14. Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
15. Keep the power cord and the surge suppressor away from heated surfaces.
16. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 28 if the incline trainer is not working properly.)

17. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 14). Always wear the clip while using the incline trainer.
18. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the incline trainer.
19. Keep fingers, hair, and clothing away from the moving walking belt.
20. The incline trainer 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 incline trainer 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 incline trainer is not in use.
23. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO MOVE THE INCLINE TRAINER on page 27.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the incline trainer.
24. Never insert any object into any opening on the incline trainer.
25. Inspect and properly tighten all parts of the incline trainer regularly.
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the incline trainer, 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.
27. 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

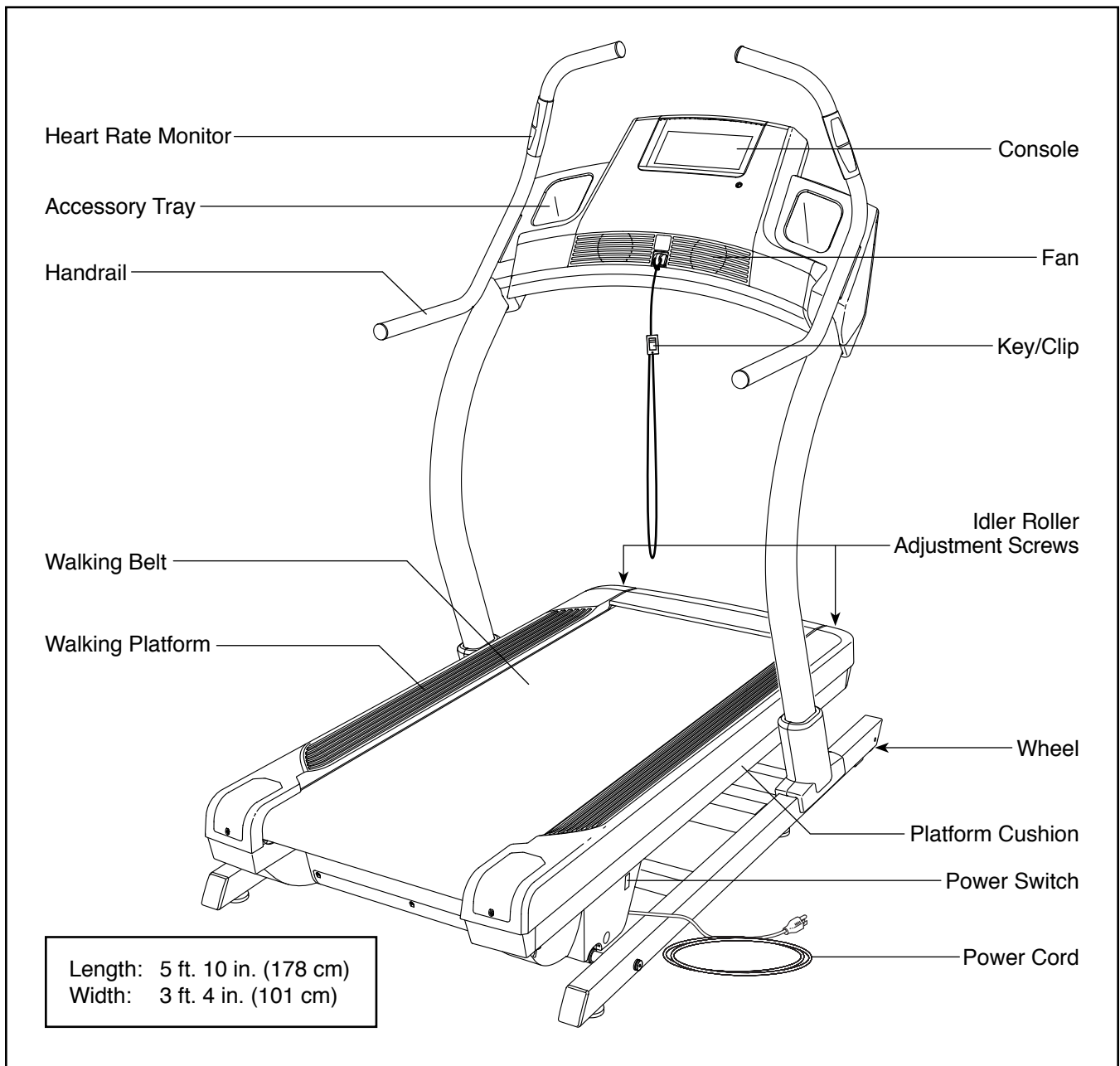
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® 2000 GS incline trainer. The 2000 GS incline trainer offers a selection of features designed to make your workouts at home more effective and enjoyable.

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

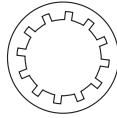
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

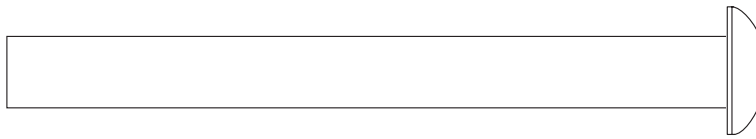


PART IDENTIFICATION CHART

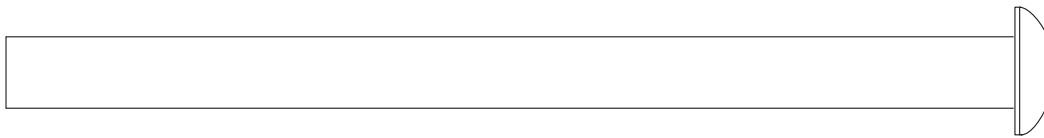
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



3/8" Star
Washer (3)-8

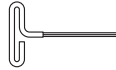


3/8" x 3 3/4" Screw (2)-2



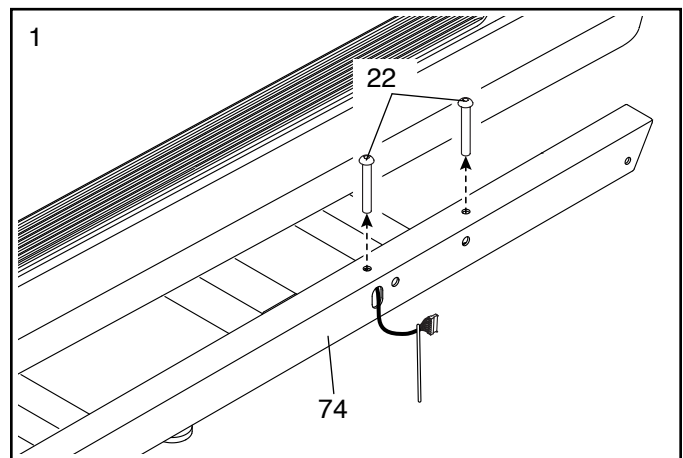
3/8" x 5 1/4" Screw (1)-2

ASSEMBLY

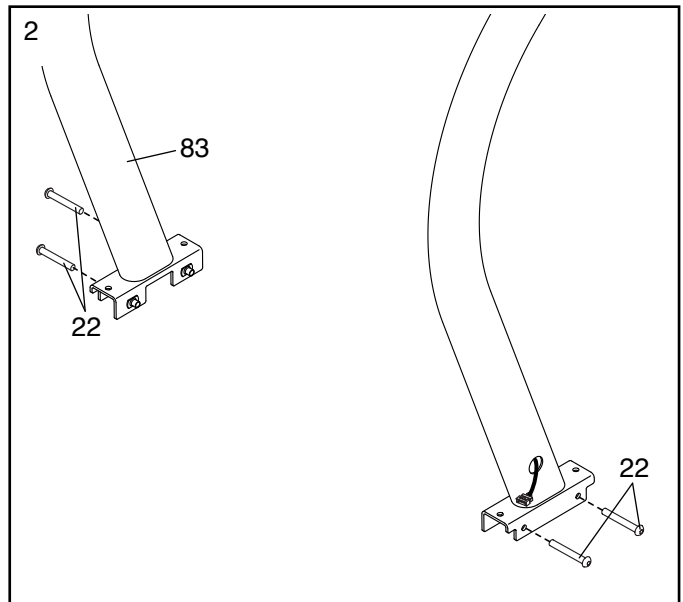
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the incline trainer. This is normal. If there is an oily substance on the incline trainer, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- To identify small parts, see page 6.
- Assembly requires the following tools:
the included hex keys 
To avoid damaging parts, do not use power tools.

1. Make sure that the power cord is unplugged.

Remove and save the four 3/8" x 2 3/4" Screws (22) in the Base (74) (only one side is shown).



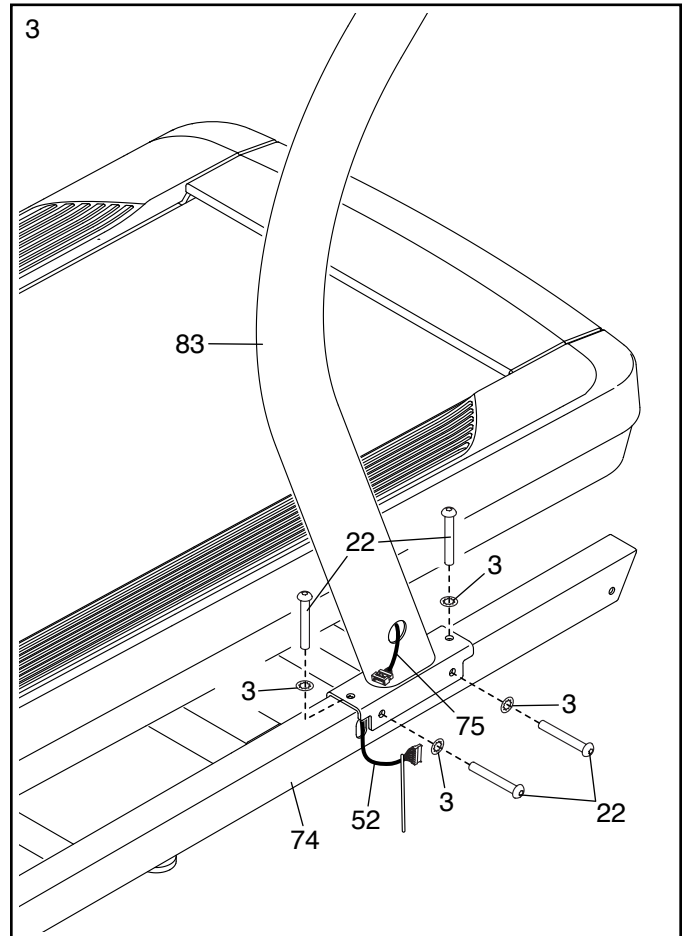
2. Remove and save the four 3/8" x 2 3/4" Screws (22) in the Uprights (83).



3. Set the Uprights (83) on the Base (74). **Make sure that the hole with the Upright Wire (75) is on the right side.**

Attach the right Upright (83) to the Base (74) with four of the 3/8" x 2 3/4" Screws (22) that you just removed and four 3/8" Star Washers (3). **Make sure that the Base Wire (52) is not pinched. Do not fully tighten the Screws yet.**

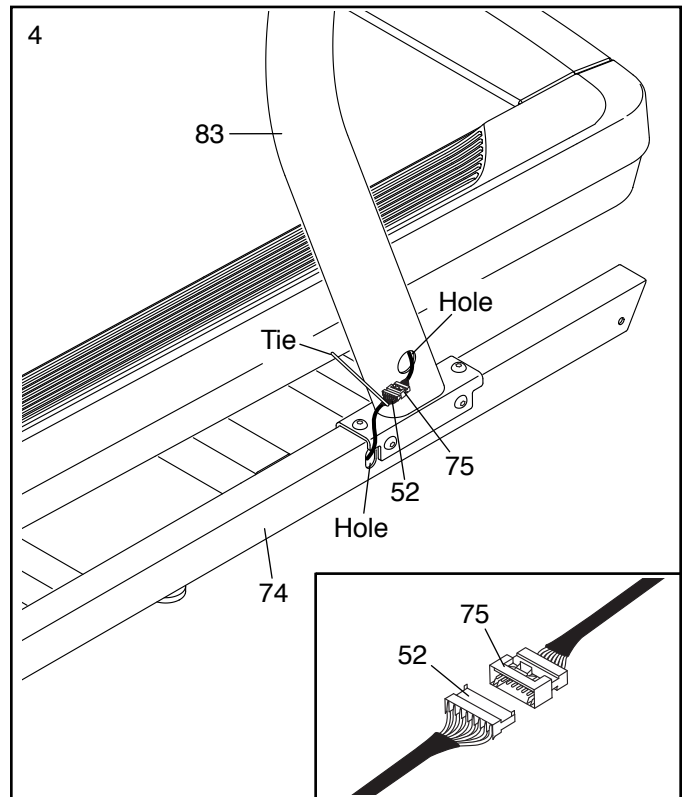
Attach the left Upright (not shown) in the same way. Note: There is not a wire on the left side. **Fully tighten all eight 3/8" x 2 3/4" Screws (22).**



4. Connect the Base Wire (52) to the Upright Wire (75).

See the inset drawing. 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.**

Then, remove the tie from the Base Wire (52), and insert the connectors into the holes in the right Upright (83) and the Base (74).

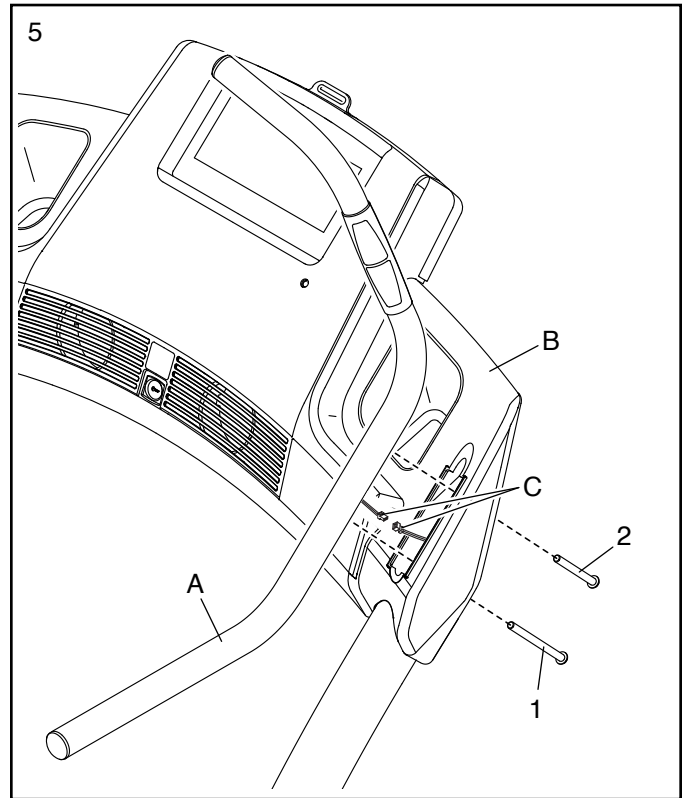


5. Identify the right handrail assembly (A). Hold the right handrail assembly near the right side of the console assembly (B), and connect the two pulse wires (C).

Set the right handrail assembly (A) on the console assembly (B). **Make sure that no wires are pinched.**

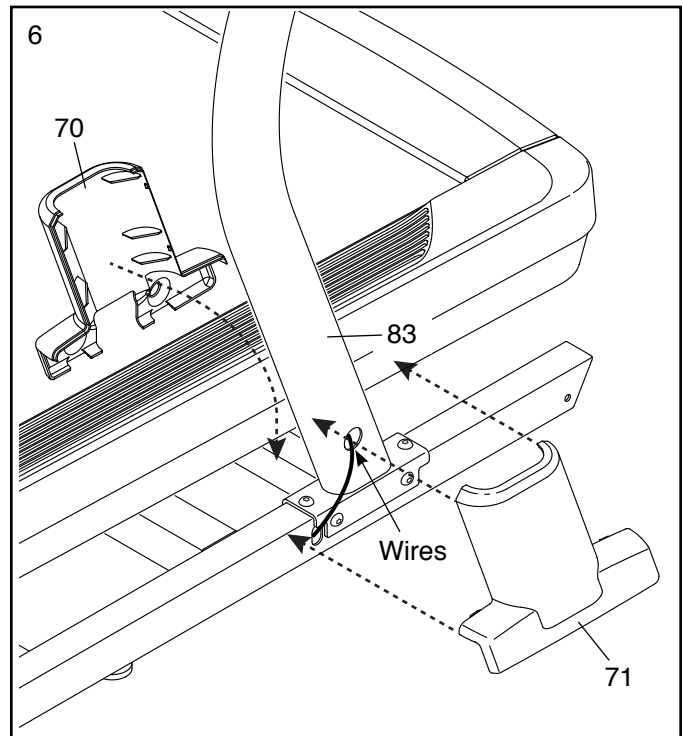
Attach the right handrail assembly (A) with a 3/8" x 5 1/4" Screw (1) and a 3/8" x 3 3/4" Screw (2). **Start both Screws, and then tighten them.**

Attach the left handrail assembly (not shown) in the same way.



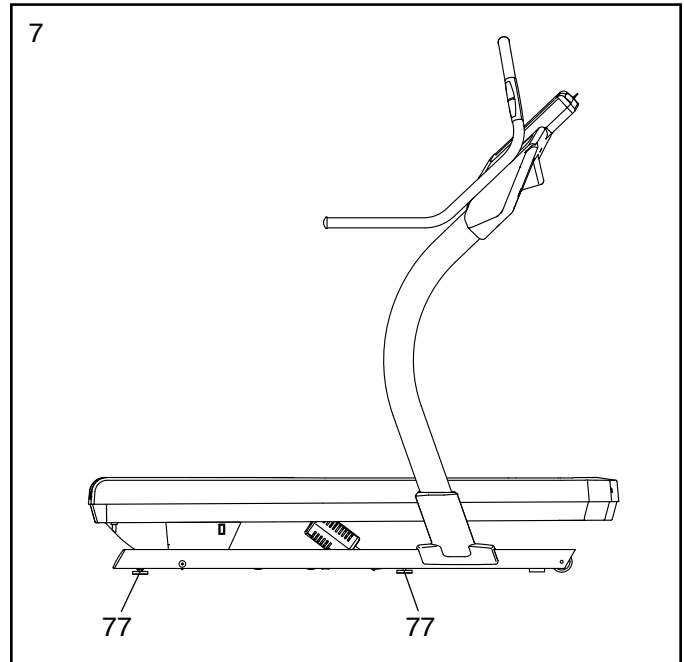
6. Slide the Right Inside Upright Cover (70) against the lower end of the right Upright (83). Press the Right Outside Upright Cover (71) against the Right Inside Upright Cover until it snaps into place. **Make sure that the wires are not pinched.**

Attach the Left Inside Upright Cover and the Left Outside Upright Cover (not shown) in the same way. Note: There is not a wire on the left side.



7. If necessary, move the incline trainer to the desired location (see HOW TO MOVE THE INCLINE TRAINER on page 27).

After the incline trainer is placed in the location where it will be used, make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn the Leveling Feet (77) as needed until the rocking motion is eliminated.



8. Make sure that all parts are properly tightened before you use the incline trainer. Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 29 and 30). To protect the floor or carpet from damage, place a mat under the incline trainer. To avoid damage to the console, keep the incline trainer out of direct sunlight.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

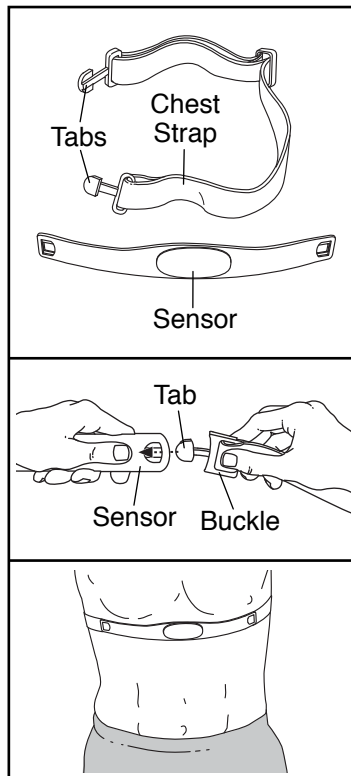
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

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

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

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

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet 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 sensor, 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 INCLINE TRAINER

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your incline trainer, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the incline trainer, always use a surge suppressor with the incline trainer. To purchase a surge suppressor, please see the back cover of this manual and order part number 146148, or see your local electronics store.**

Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer and serious injury to users.**

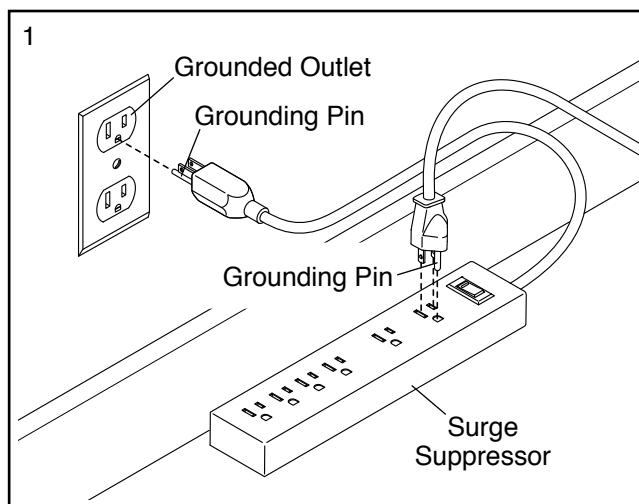
Plug in the Power Cord

The incline trainer must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The incline trainer power cord has a plug with a grounding pin (see drawing 1 on this page).

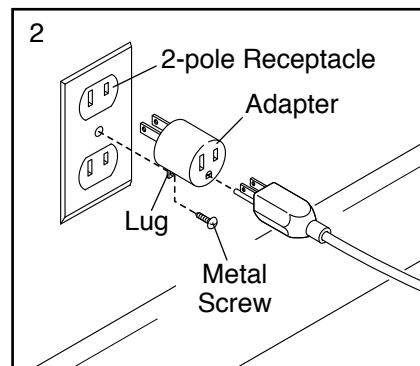
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the incline trainer is properly grounded, contact a qualified electrician.

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a**

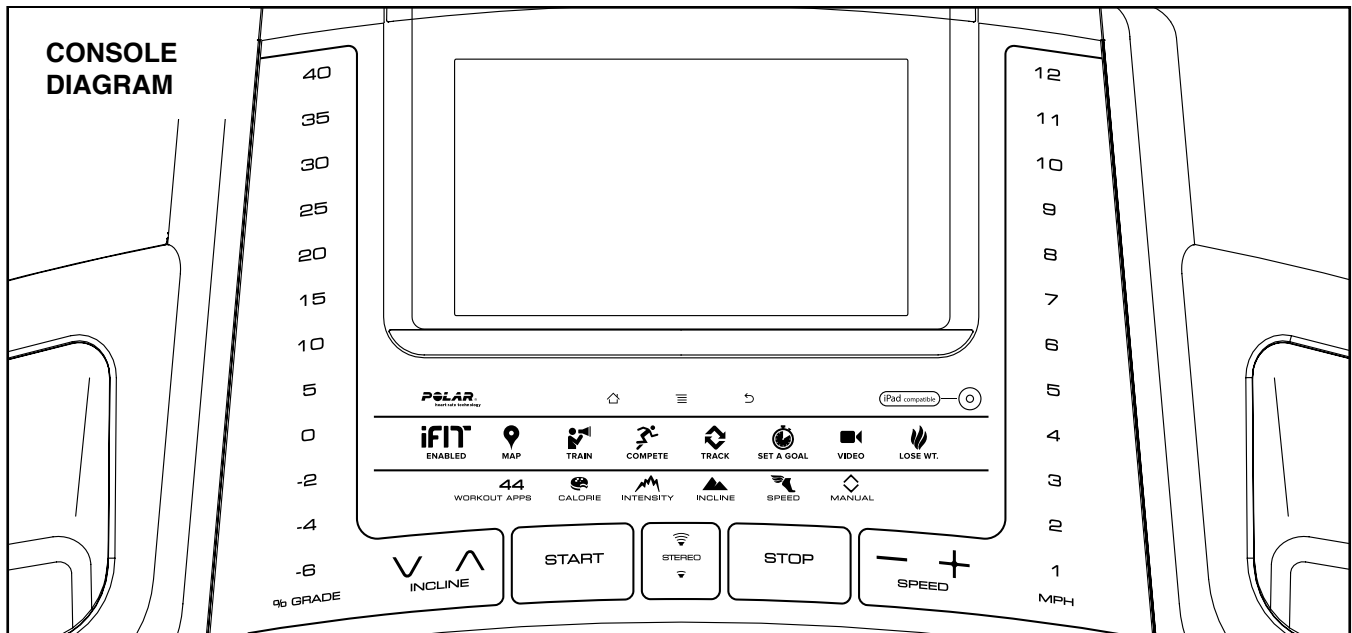
nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT: The incline trainer may not be compatible with AFCI-equipped outlets.**



A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**



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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 to learn more.

FEATURES OF THE CONSOLE

The advanced incline trainer 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 incline trainer 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 incline trainer as it guides you through an effective exercise session. In addition, you can set a calorie, time, distance, or pace goal.

You can also use your tablet to control the speed and incline of the incline trainer, or to access workouts.

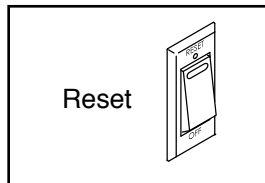
You can even browse the Internet or listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 14. **To learn how to use the touch screen**, see page 14. **To set up the console**, see page 15.

HOW TO TURN ON THE POWER

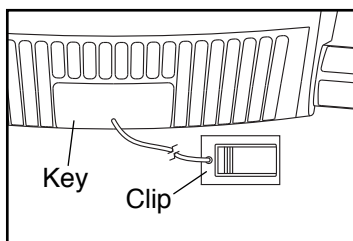
IMPORTANT: If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 12). Next, locate the power switch on the incline trainer 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 incline trainer is displayed in a store. If the demo mode is turned on, the screen will show a demo presentation after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 7 on page 22.

Next, stand on the foot rails of the incline trainer. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert



the key into the console. **Note:** It may take a minute for the console to be ready for use. **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.

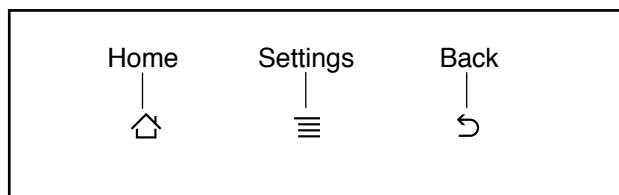
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 21. For simplicity, all instructions in this section refer to miles.

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 16). 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 21). Press the back button to return to the previous screen.



HOW TO SET UP THE CONSOLE

Before using the incline trainer 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 24 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 21 and step 2 on page 23 and select the maintenance mode. Then, see step 3 on page 23 and check for firmware updates.

3. Calibrate the incline system.

See step 4 on page 24 and calibrate the incline system of the incline trainer.

4. Create an iFit account.

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

The browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership. Note: For information about navigating in the browser, see page 23.

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 page 15. **To use an onboard workout**, see page 17. **To use a set-a-goal workout**, see page 18. **To use a pulse workout**, see page 19. **To use an iFit workout**, see page 20.

To use the equipment settings mode, see page 21. **To use the sound system**, see page 23. **To use the Internet browser**, see page 23. **To use the maintenance mode**, see page 23. **To use the wireless network mode**, see page 24. **To use a tablet with the console**, see page 26.

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 incline trainer. The first time you use the incline trainer, observe the alignment of the walking belt, and center the walking belt if necessary (see page 30).

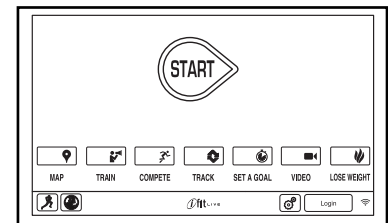
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14. **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 lower 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 Start button on the screen or press the Start 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 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

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

To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. Note: This will not function if the console is set to metric units.

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

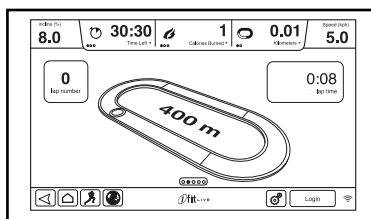
4. Change the incline of the incline trainer as desired.

To change the incline of the incline trainer, press the Incline increase and decrease buttons or one of the numbered Incline/Decline 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 24).

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 incline trainer, the screen can show the following workout information:

- The incline level of the incline trainer
- 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 feet you have climbed
- The speed of the walking belt
- A track representing 1/4 mile (400 m)
- Your pace in minutes per mile
- Your current lap number
- Your heart rate (see step 6)

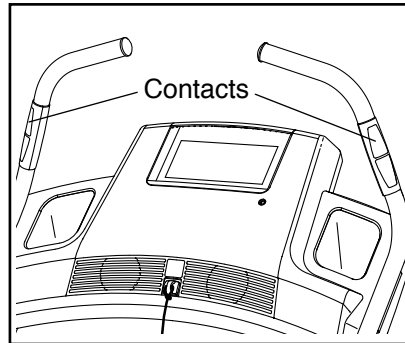
If desired, adjust the volume by pressing the volume buttons on the console.

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 Start 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 11.

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.

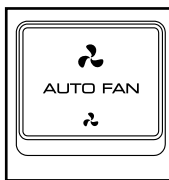


To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms for approximately ten seconds; **avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15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

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



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 incline trainer, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the incline trainer'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 14.

2. Select an onboard workout.

To select an onboard workout, press the Calorie button, the Intensity button, the Incline button, or the Speed 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 incline trainer 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 15). **If you press an Incline button**, you can then manually control the incline (see step 4 on page 16). **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 lower left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Start 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 incline trainer during the workout, the number of calories you burn will be affected.

4. Monitor your progress with the displays.

See step 5 on page 16. 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 16.

6. Turn on the fan if desired.

See step 7 on page 17.

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

See step 8 on page 17.

HOW TO USE A SET-A-GOAL WORKOUT

1. Insert the key into the console.

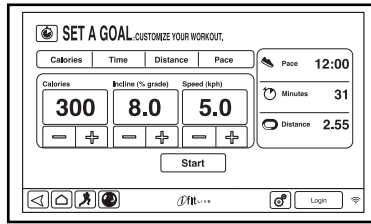
See HOW TO TURN ON THE POWER on page 14.

2. Select the main menu.

See step 2 on page 15.

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 select 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 set a calorie, time, distance, or pace goal and to set 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 Start 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 page 15).

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 16.

6. Measure your heart rate if desired.

See step 6 on page 16.

7. Turn on the fan if desired.

See step 7 on page 17.

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

See step 8 on page 17.

HOW TO USE A PULSE WORKOUT

Pulse workouts automatically control the speed and incline of the incline trainer 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 11.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

3. Select a pulse workout.

To select a pulse workout, touch the runner button in the lower left corner of the screen. Next, touch the Heart Rate button on the screen.

Then, touch either the Performance or Weight Loss 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 16.

7. Turn on the fan if desired.

See step 7 on page 17.

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

See step 8 on page 17.

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 24). An iFit account is also required.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select the main menu.

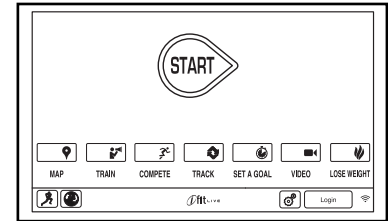
See step 2 on page 15.

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. To use a set-a-goal workout, touch the Set A Goal button (see page 18).

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.

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 17.

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

6. Monitor your progress with the displays.

See step 5 on page 16. 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 covered. 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 16.

8. Turn on the fan if desired.

See step 7 on page 17.

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

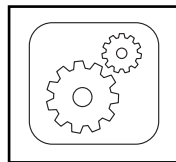
See step 8 on page 17.

For more information about the iFit mode, go to www.iFit.com.

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 14). Next, select the main menu (see step 2 on page 15). 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.

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 incline trainer. Set the update time for a time when you normally use the incline trainer and will be available to unplug the power cord after an update.

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

The console features a display demo mode, designed to be used if the incline trainer 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 incline trainer.

You can disable the key so that the incline trainer 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 incline trainer.

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.

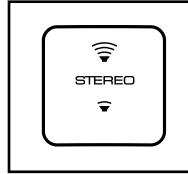
13. Exit the equipment settings mode.

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 14.

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 for assistance.

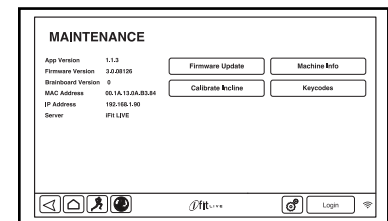
HOW TO USE THE MAINTENANCE MODE

1. Select the settings main menu.

See step 1 on page 21.

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 incline trainer.

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 incline trainer, 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 incline trainer 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 incline trainer.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The incline trainer 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 incline trainer 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 incline trainer. 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. 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 21.

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 14.

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 for assistance.

5. Exit the wireless network mode.

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

HOW TO USE A TABLET WITH THE CONSOLE

Note: To connect your tablet to the console, you must have access to a wireless network (see page 24). An iFit account and an iFit app are also required. **Go to www.iFit.com to sign up for an iFit account and to download the iFit app.**

1. Set up a wireless connection on the console.

See page 24. Note: The console and your tablet must be connected to the same wireless network.

2. Access the iFit app on your tablet and sign into your iFit account.

3. Set up a wireless connection to your tablet.

Connect your tablet to the same wireless network you selected in step 1. Touch Connect on your tablet. Then, press the Stop button on the console to confirm that you will be using your tablet to control the incline trainer.

4. Control the incline trainer using your tablet.

Once you have established a wireless connection between your tablet and the console, you can control the incline trainer using the options on your tablet. From your tablet, you can access workouts and adjust the speed and incline. **Note: A pop-up window will cover the console's touch screen, but the buttons on the console will continue to function in addition to the tablet controls.**

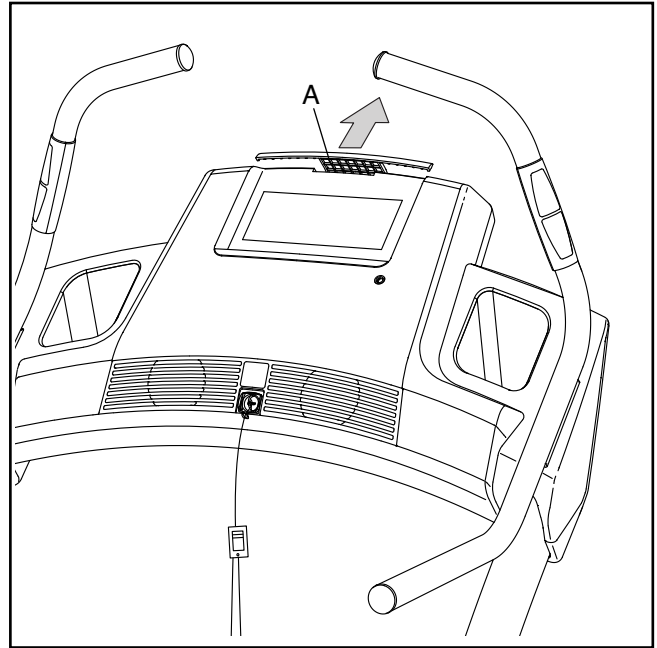
5. Log out and exit the iFit app.

When you are finished using your tablet, touch the link in the upper right corner of your tablet to log out.

For more information about the iFit app, go to www.iFit.com.

HOW TO USE THE TABLET HOLDER

Secure your tablet to the console while you use the incline trainer. Pull the tablet holder (A) upward and place your tablet on the console. The tablet holder will then hold your tablet in place.



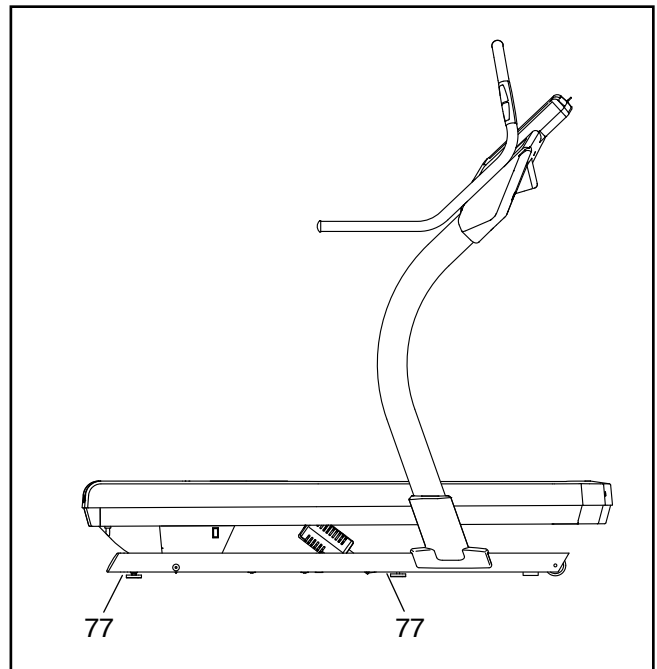
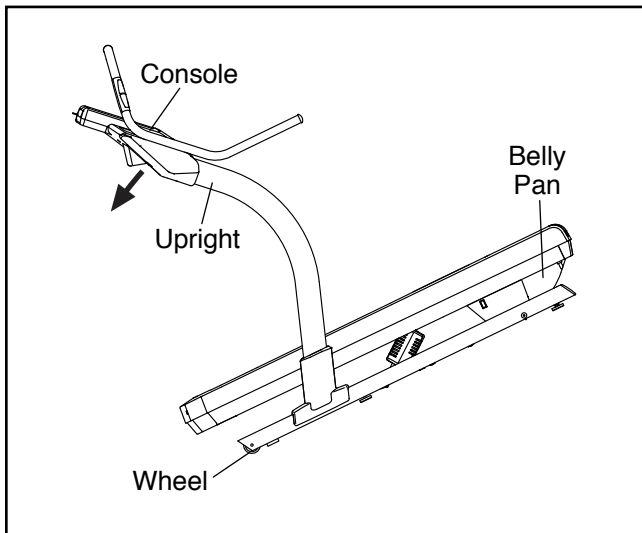
HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the uprights firmly near the console. Tip the incline trainer back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the incline trainer, do not lift the incline trainer by the plastic belly pan. Do not pull on the console.**

Carefully roll the incline trainer on the wheels to the desired location, and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**

Make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn the Leveling Feet (77) as needed until the rocking motion is eliminated.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

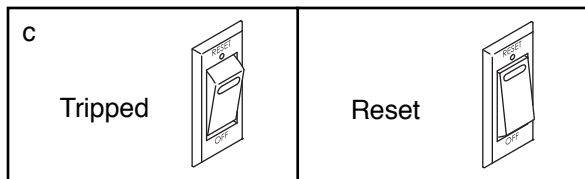
Regularly clean the incline trainer and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the incline trainer with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto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

TROUBLESHOOTING

Most incline trainer 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 back cover of this manual.

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 12). Use only a surge suppressor that meets all of the specifications described on page 12. **IMPORTANT: The incline trainer may not be compatible with AFCI-equipped outlets.**
- 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 incline trainer 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

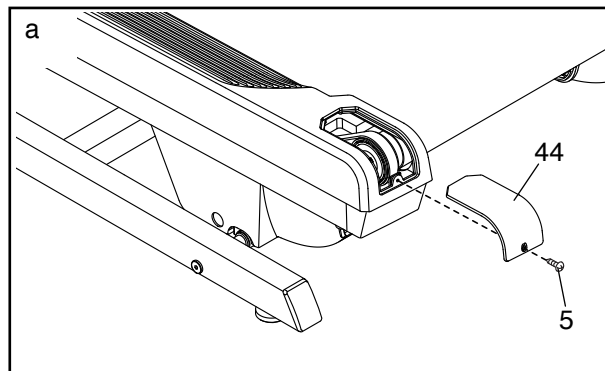
- Check the power switch (see drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the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

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

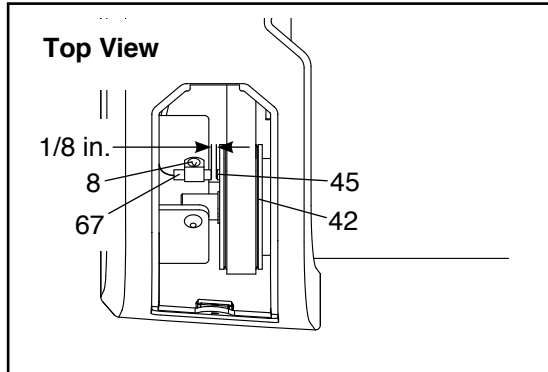
- The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the screen remains lit when you remove the key, the demo mode is turned on. To turn off the demo mode, see step 7 on page 22.

SYMPTOM: The console does not display speed and distance correctly

- Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the indicated #8 x 3/4" Screw (5), and lift off the Left Foot Rail Cover (44).



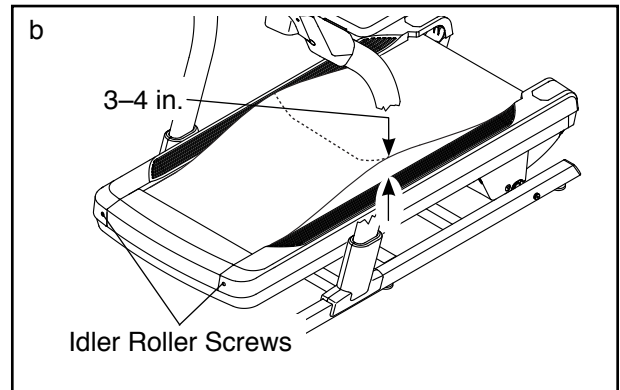
Next, locate the Reed Switch (67) and the Magnet (45) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **The gap between the Magnet and the Reed Switch must be about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (8), move the Reed Switch slightly, and then retighten the Truss Head Screw. Then, reattach the Left Foot Rail Cover, and run the incline trainer for a few minutes to check for a correct speed reading.



SYMPTOM: The walking belt slows when walked on

- a. Use only a surge suppressor that meets all of the specifications described on page 12.
- b. If the walking belt is overtightened, incline trainer performance may decrease and the walking belt may become damaged. First, adjust the incline to 40 percent. Then, 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

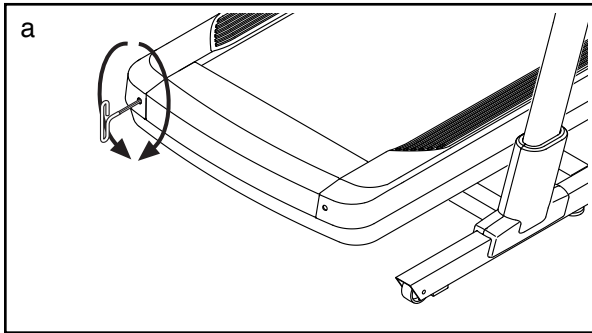
should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



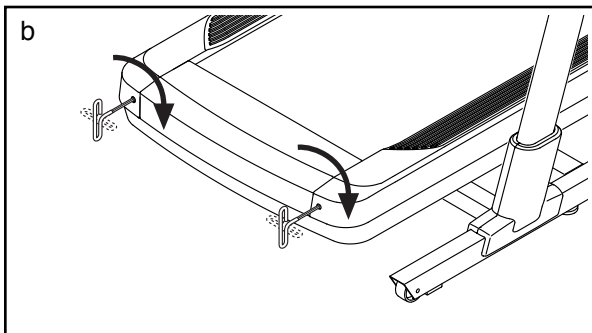
- c. Your incline trainer features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking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

SYMPTOM: The walking belt is off-center or slips when walked on

- a. **If the walking belt is off-center**, first adjust the incline to 40 percent. 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 incline trainer for a few minutes. Repeat until the walking belt is centered.



- b. **If the walking belt slips when walked on**, first adjust the incline to 40 percent. 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 3 to 4 in. (8 to 10 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 incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The iFit mode does not function correctly

- a. If the iFit mode is not functioning correctly, make sure that the incline trainer has the most current firmware available (see step 3 on page 23).

SYMPTOM: The incline system of the incline trainer does not change correctly

- a. Calibrate the incline system of the incline trainer (see step 4 on page 24)

SYMPTOM: The incline trainer will not connect to the wireless network

- a. Make sure that the wireless settings on your console are correct (see page 24).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, see the back cover of this manual.

SYMPTOM: The incline trainer will not connect to your tablet

- a. Make sure that the wireless settings on the console are correct (see page 24).
- b. Make sure that the settings for your wireless network are correct.
- c. Make sure that the console and your tablet are connected to the same network.
- d. If you still have questions, see the back cover of this manual.

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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

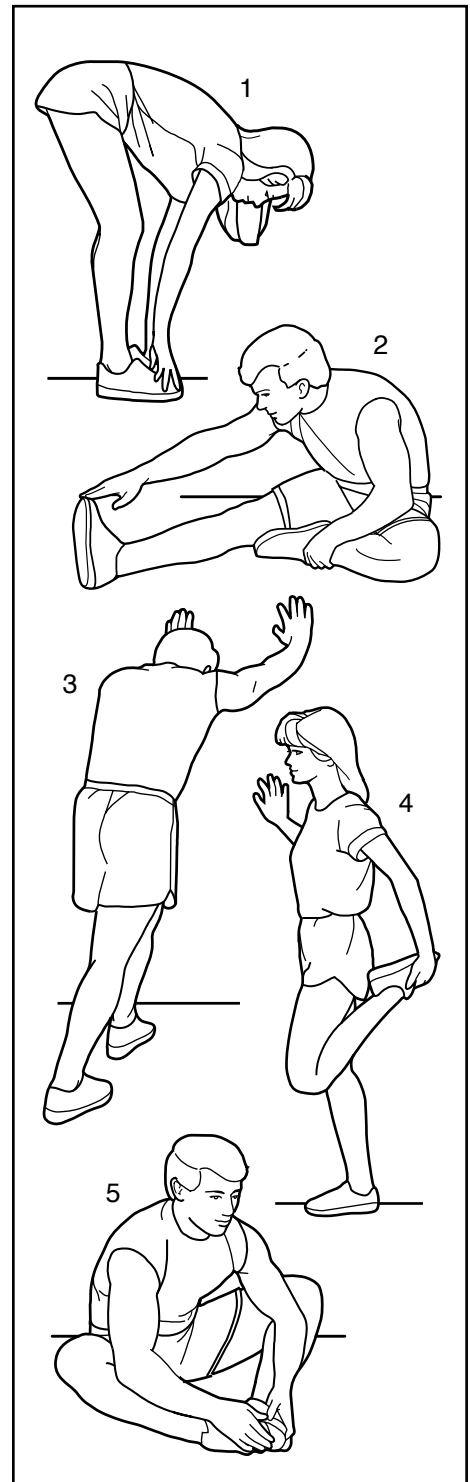
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. SFTK39514.0 R0514A

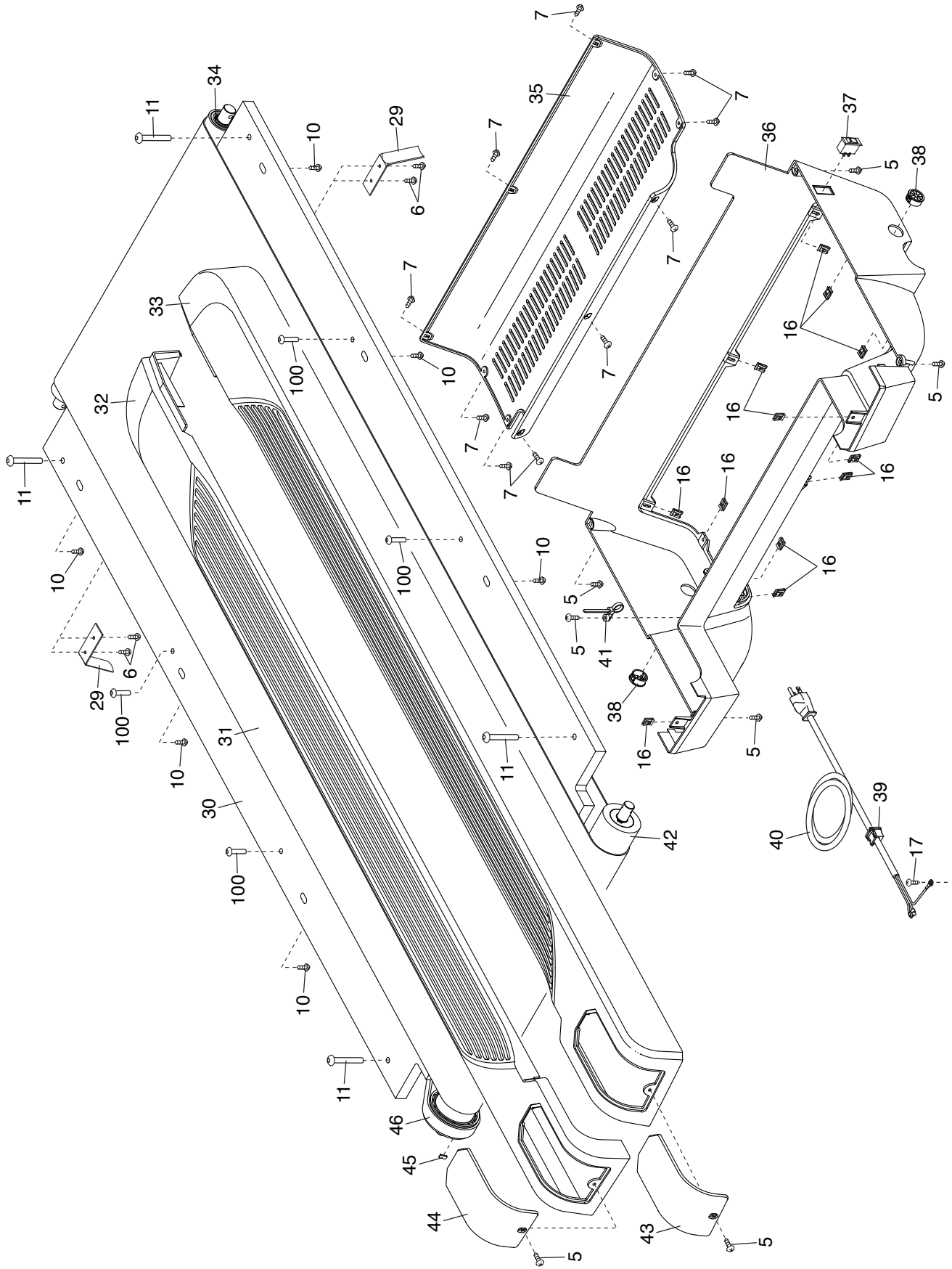
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	3/8" x 5 1/4" Screw	51	4	Cushion
2	2	3/8" x 3 3/4" Screw	52	1	Base Wire
3	8	3/8" Star Washer	53	4	Rubber Cushion
4	2	#8 x 3/4" Tek Screw	54	1	Chest Strap
5	45	#8 x 3/4" Screw	55	1	Electronics Cover
6	4	3/8" Belt Guide Screw	56	1	Incline Motor Top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

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	French Latch Decal	104	1	PFC Controller
102	1	Motor Ground Wire	*	–	User's Manual
103	2	Fan			

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.

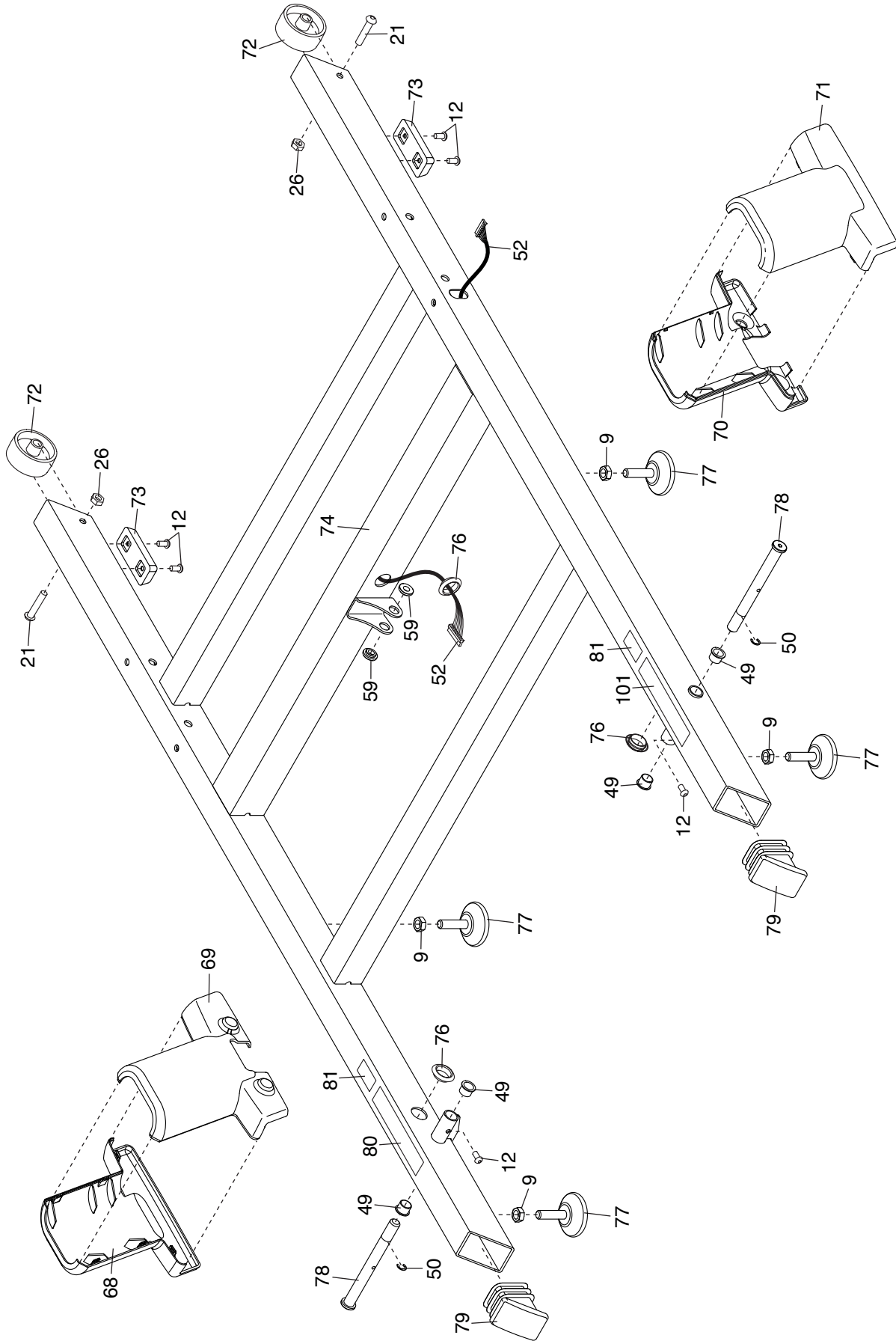
EXPLODED DRAWING A

Model No. SFTK39514.0 R0514A



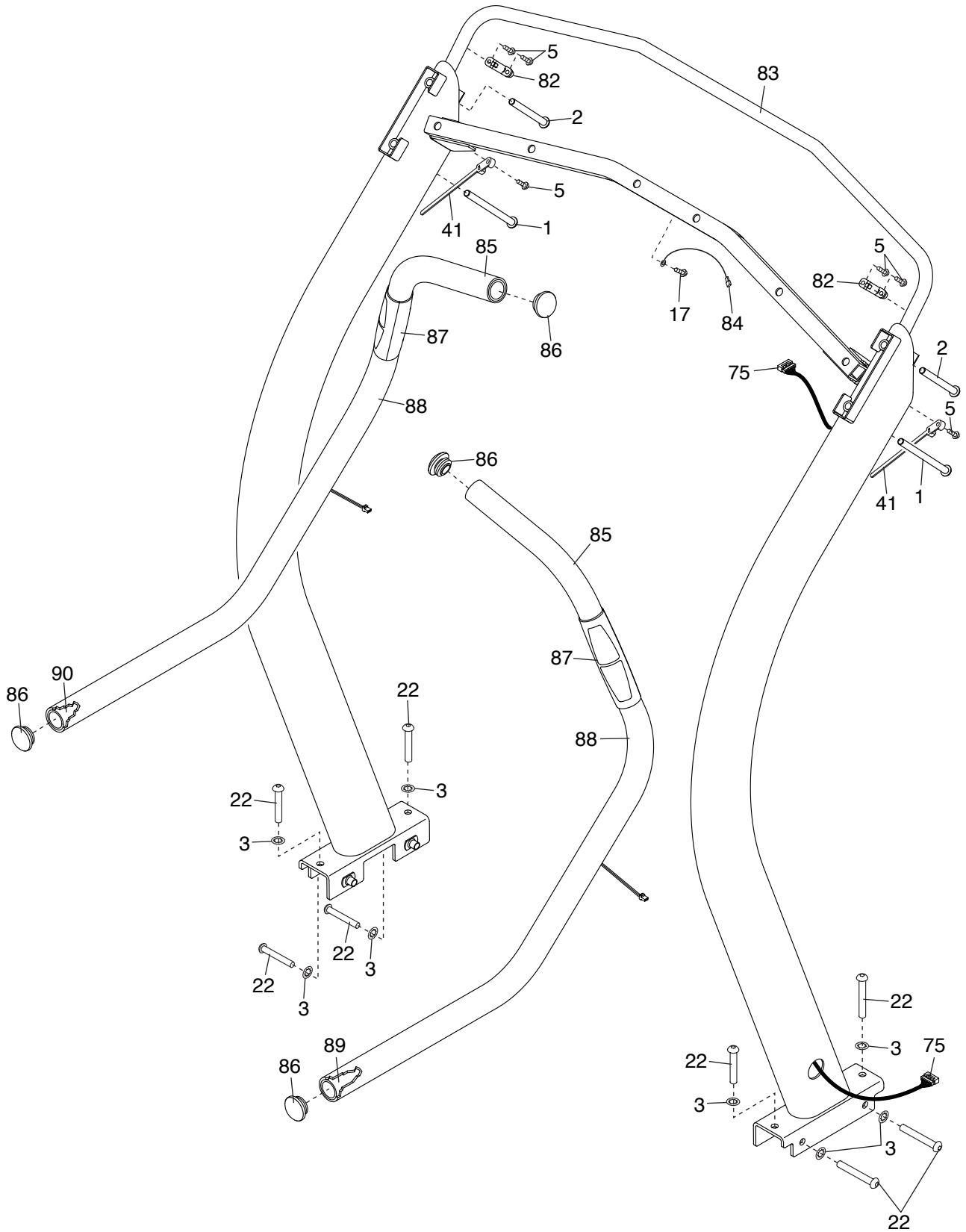
EXPLODED DRAWING C

Model No. SFTK39514.0 R0514A



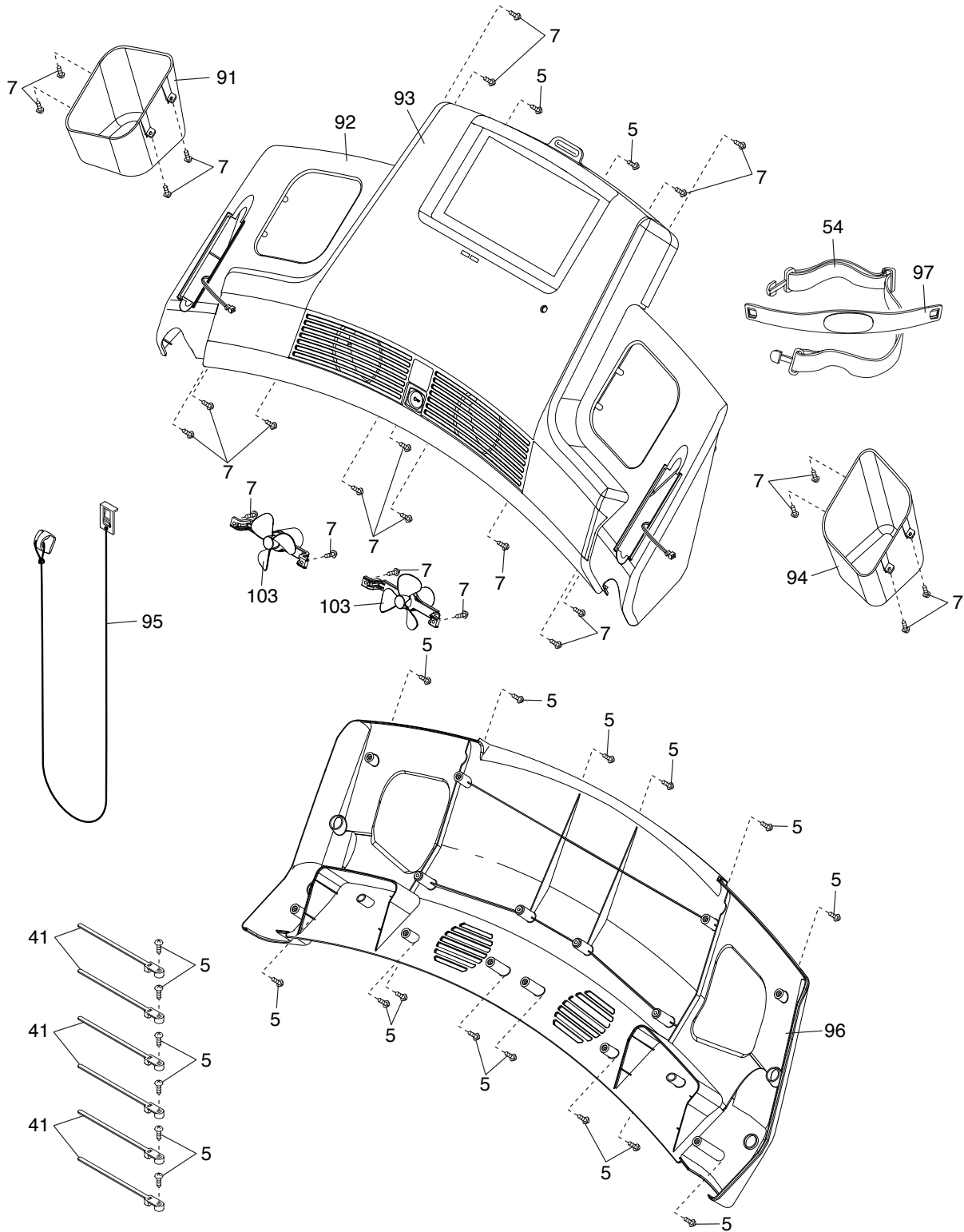
EXPLODED DRAWING D

Model No. SFTK39514.0 R0514A



EXPLODED DRAWING E

Model No. SFTK39514.0 R0514A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone number or address listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Call: 1-855-891-6772 Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

FreeMotion Fitness

1500 South 1000 West

Logan, UT 84321-9813

United States

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. The drive motor is warranted for ten (10) years from the date of purchase. Parts and electronics are warranted for six (6) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a FreeMotion authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

FreeMotion Fitness 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 the customer.

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 are limited in their 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 the customer.

This warranty gives you specific legal rights; the customer may also have other rights that vary from state to state.

FreeMotion Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813