

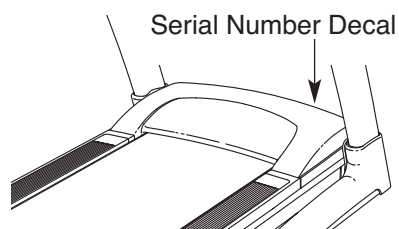
FREEMOTION® *t 5.2*

www.freemotionfitness.com

Model No. SFTL14808.1

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

If you are unable to contact the store, 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

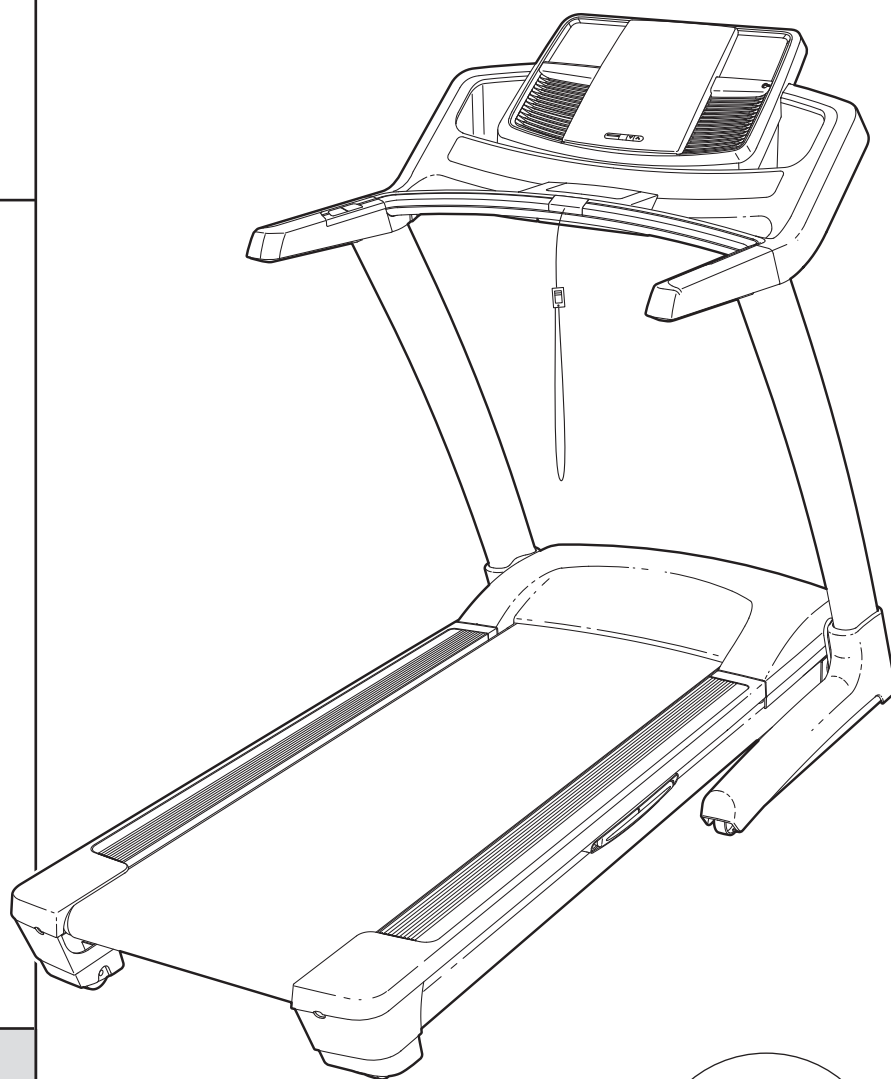
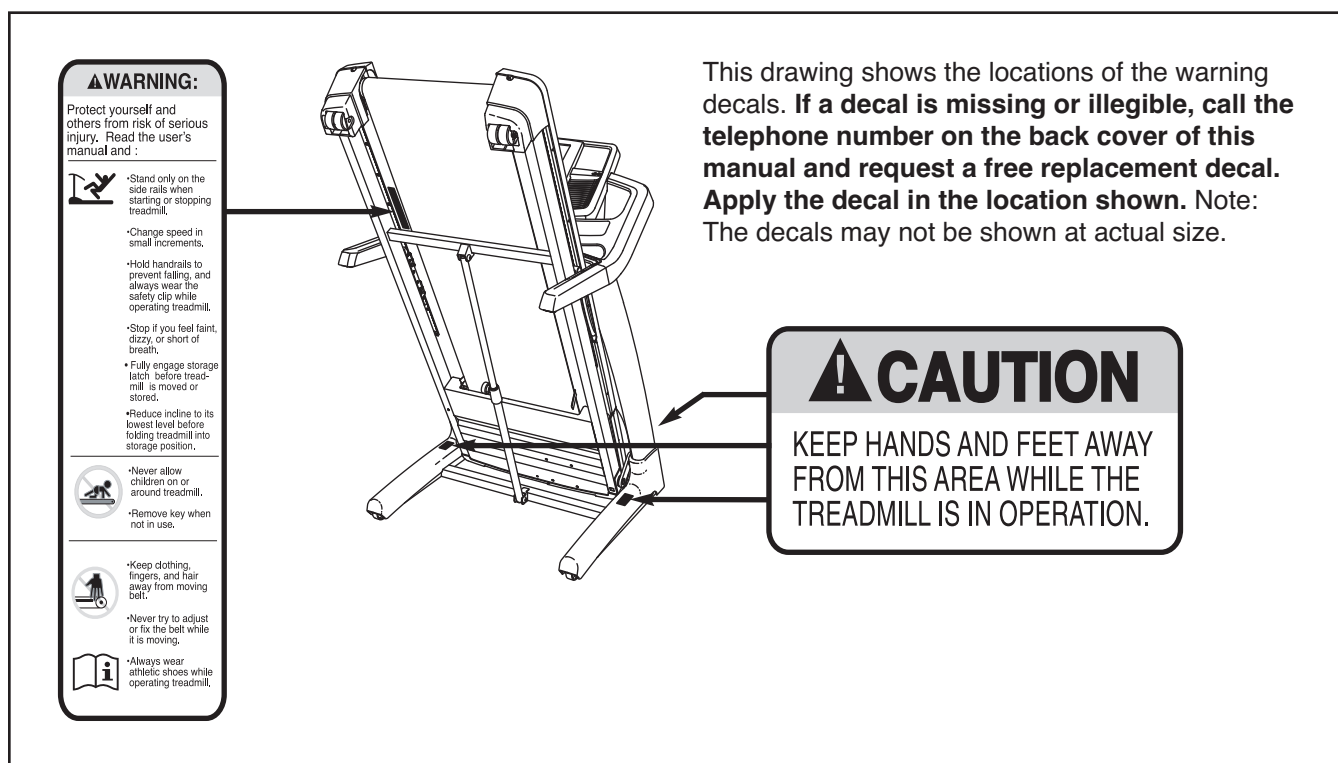


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WARNING DECAL PLACEMENT



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. 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.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 12), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet 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 and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

19. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.
20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 22.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. Do not change the incline of the treadmill by placing objects under the treadmill.
23. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
24. Inspect and properly tighten all parts of the treadmill regularly.
25. Never insert or drop any object into any opening on the treadmill.
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
27. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
28. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

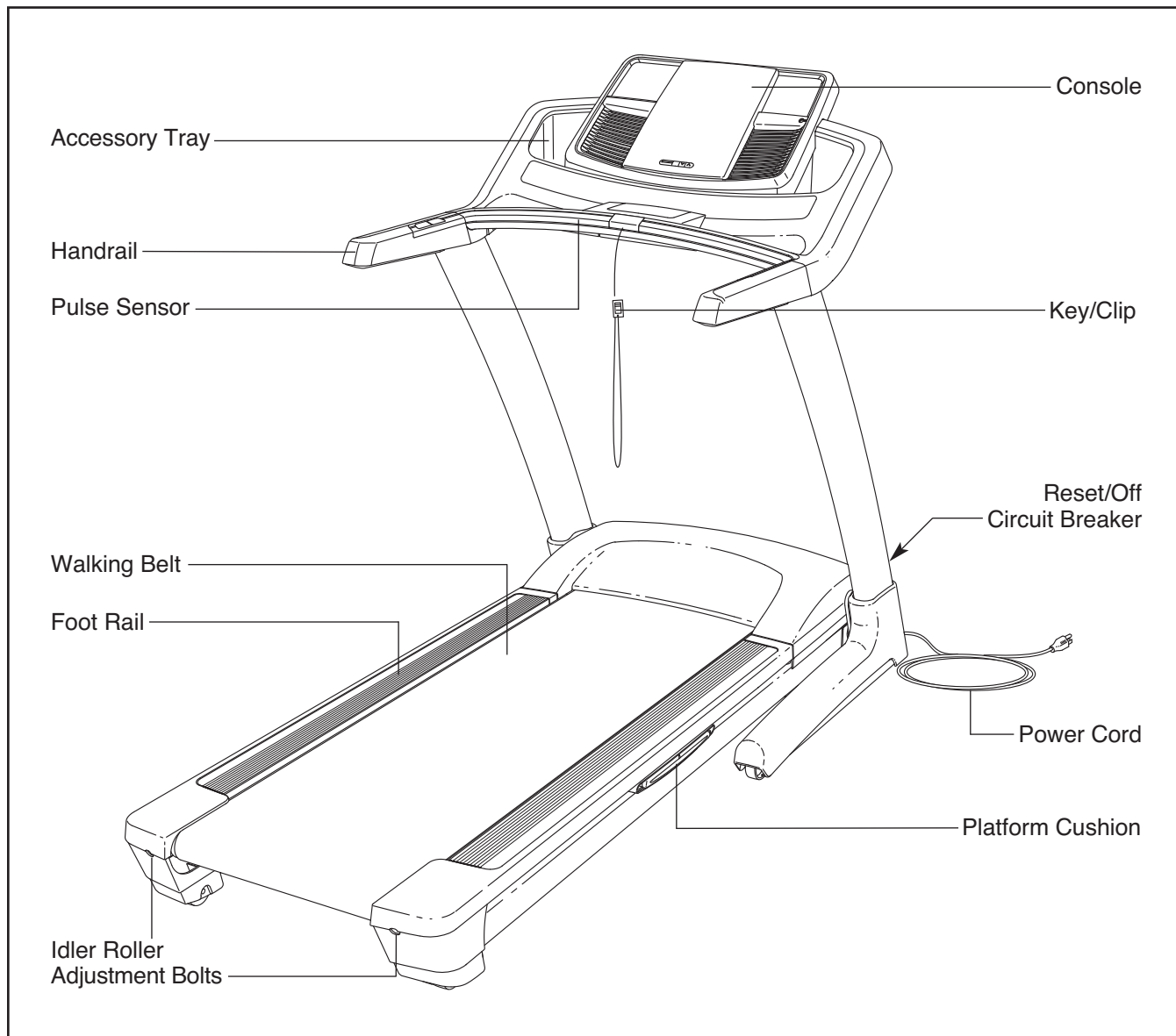
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® T5.2 treadmill. The T5.2 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

ing 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 look at the drawing below and familiarize yourself with the labeled parts.

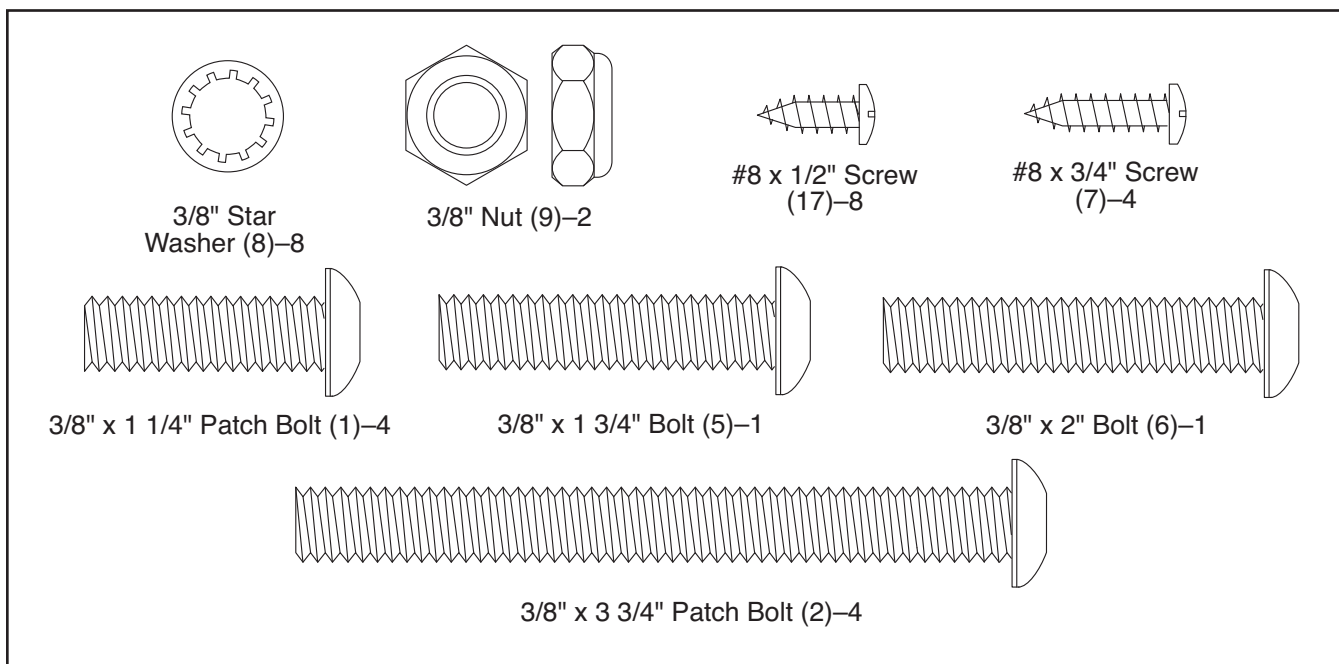


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys  and your own Phillips screwdriver  and adjustable wrench .

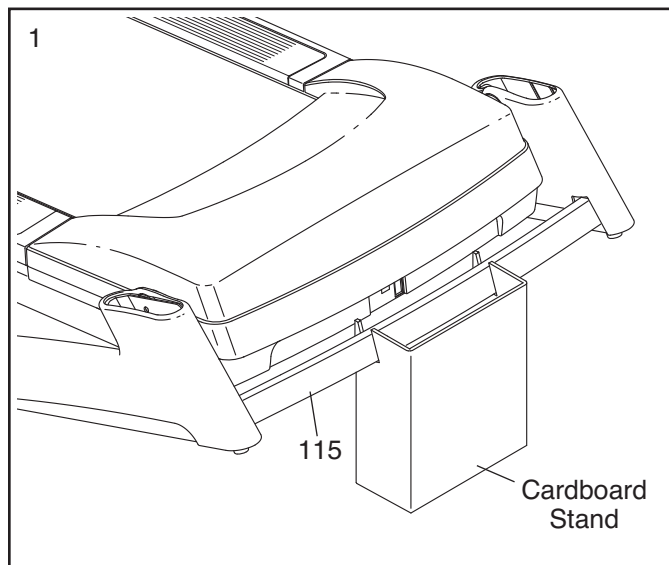
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



1. Make sure that the power cord is unplugged.

Locate the cardboard stand. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (115) into the cutout in the cardboard stand as shown.

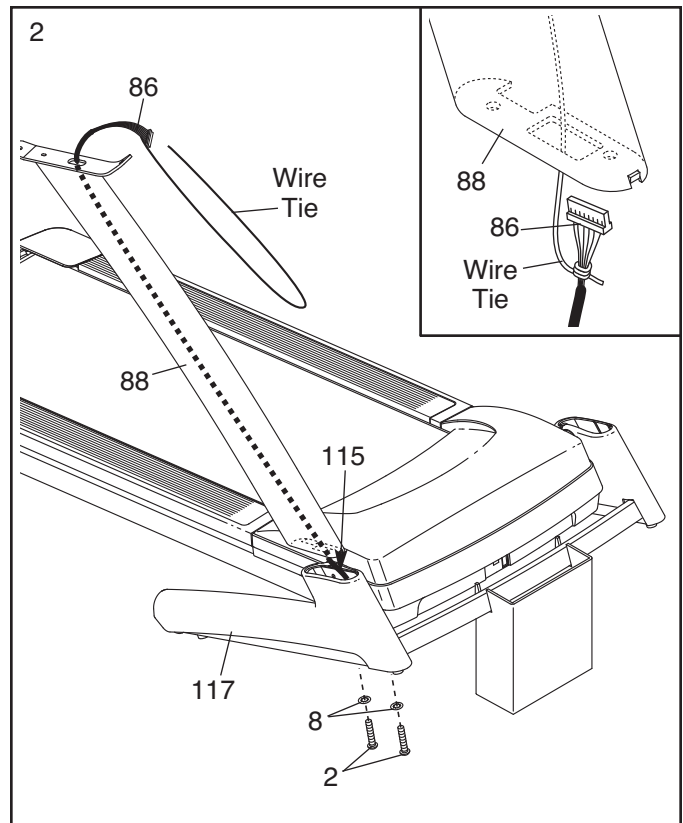
Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stand. A second person must hold the treadmill until assembly step 3 is completed to prevent the treadmill from moving, tipping, or falling.



2. Have a second person hold the Right Upright (88) near the Right Base Cover (117). **See the inset drawing.** Locate the wire tie in the bottom of the Right Upright. Tie the wire tie securely around the end of the Upright Wire (86). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.

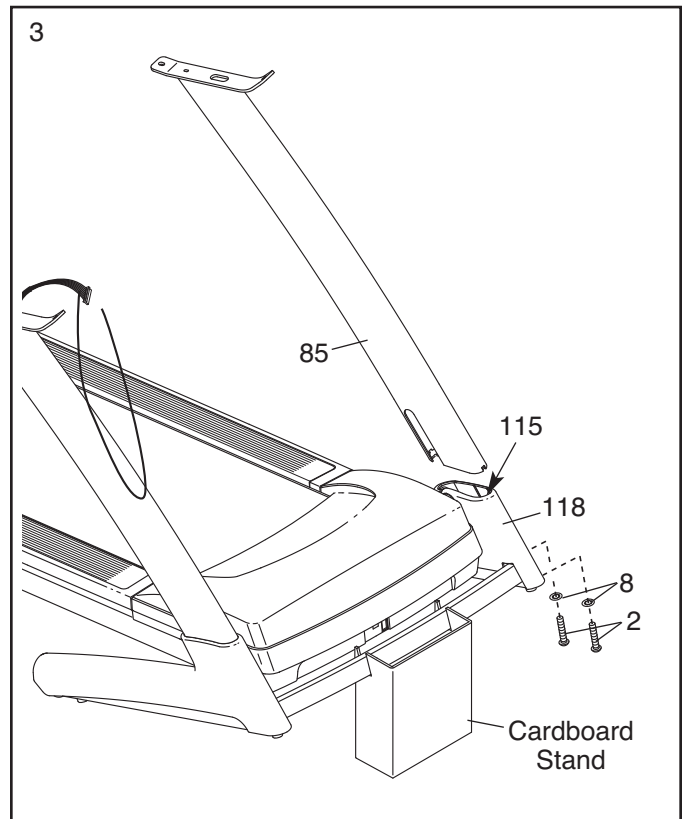
Gently pull up on the Upright Wire (86) as you set the Right Upright (88) on the Base (115) inside the Right Base Cover (117). **Be careful not to pinch the Upright Wire.**

Attach the Right Upright (88) to the Base (115) with two 3/8" x 3 3/4" Patch Bolts (2) and two 3/8" Star Washers (8); **do not fully tighten the Patch Bolts yet.** Note: It may be necessary to tip the top of the Right Upright forward slightly and rotate the bottom as you thread the Patch Bolts into the Right Upright.



3. Attach the Left Upright (85) to the Base (115) inside the Left Base Cover (118) with two 3/8" x 3 3/4" Patch Bolts (2) and two 3/8" Star Washers (8); **do not fully tighten the Patch Bolts yet.** Note: It may be necessary to tip the top of the Left Upright forward slightly and rotate the bottom as you thread the Patch Bolts into the Left Upright.

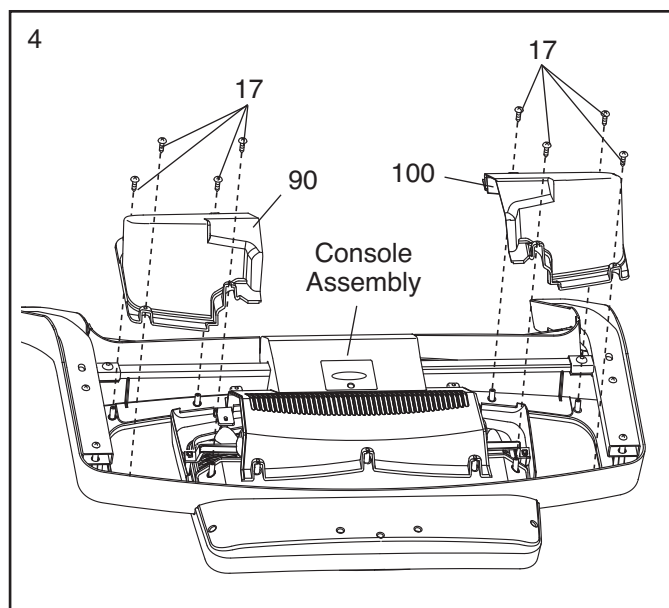
With the help of a second person, lower the treadmill off the cardboard stand. The stand will be used again in assembly step 8.



4. Set the console assembly face down on a soft surface to avoid scratching the console assembly.

Identify the Left Accessory Tray (90) and the Right Accessory Tray (100).

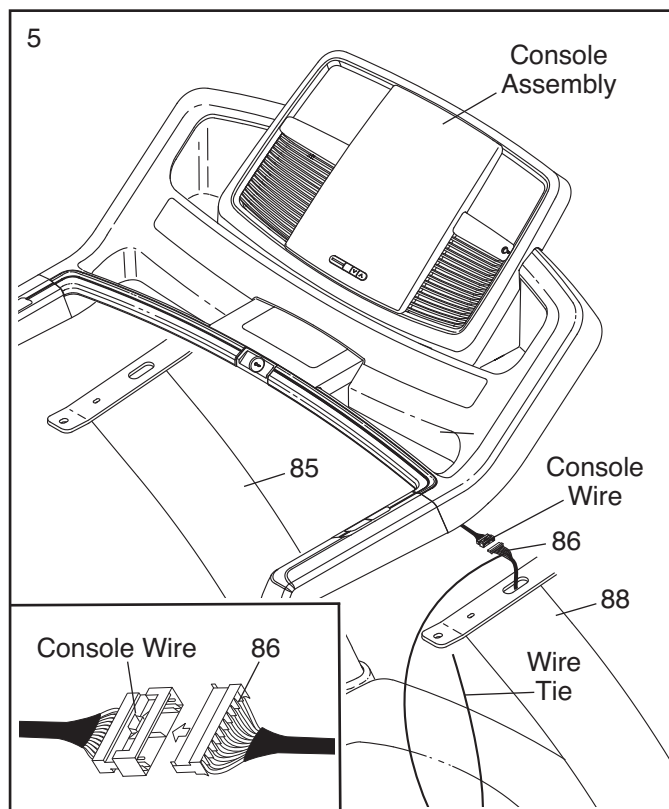
Attach the Left Accessory Tray (90) and the Right Accessory Tray (100) to the console assembly with eight #8 x 1/2" Screws (17).



5. With the help of a second person, hold the console assembly near the Uprights (85, 88).

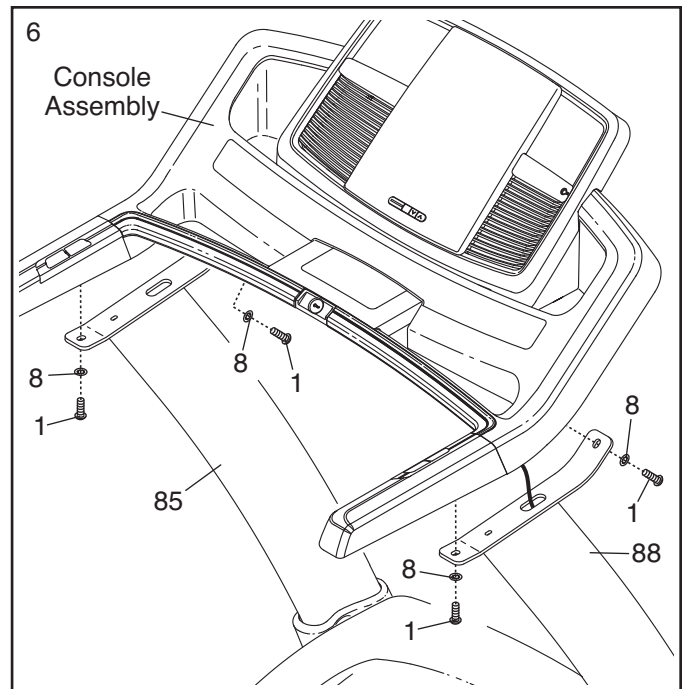
Connect the Upright Wire (86) to the console wire extending from the console assembly. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Remove the wire tie from the Upright Wire (86).

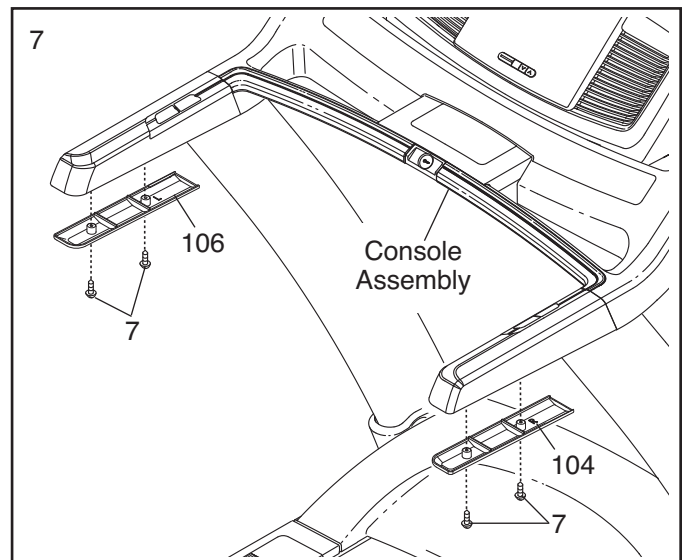


6. Insert the wires from step 5 into the Right Upright (88) as you set the console assembly on the Right Upright and the Left Upright (85). **Be careful not to pinch any wires.**

Attach the console assembly to the Uprights (85, 88) with four 3/8" x 1 1/4" Patch Bolts (1) and four 3/8" Star Washers (8). **Start all four Bolts before tightening any of them.**



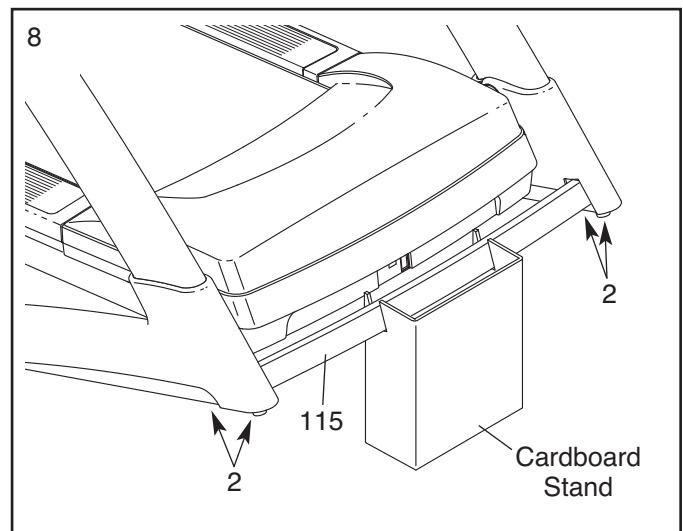
7. Attach the Right Bottom Handrail Cover (104) and the Left Bottom Handrail Cover (106) to the console assembly with four #8 x 3/4" Screws (7).



8. Locate the cardboard stand used in step 1. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (115) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

Firmly tighten the four 3/8" x 3 3/4" Patch Bolts (2).

With the help of a second person, lower the treadmill off the cardboard stand.

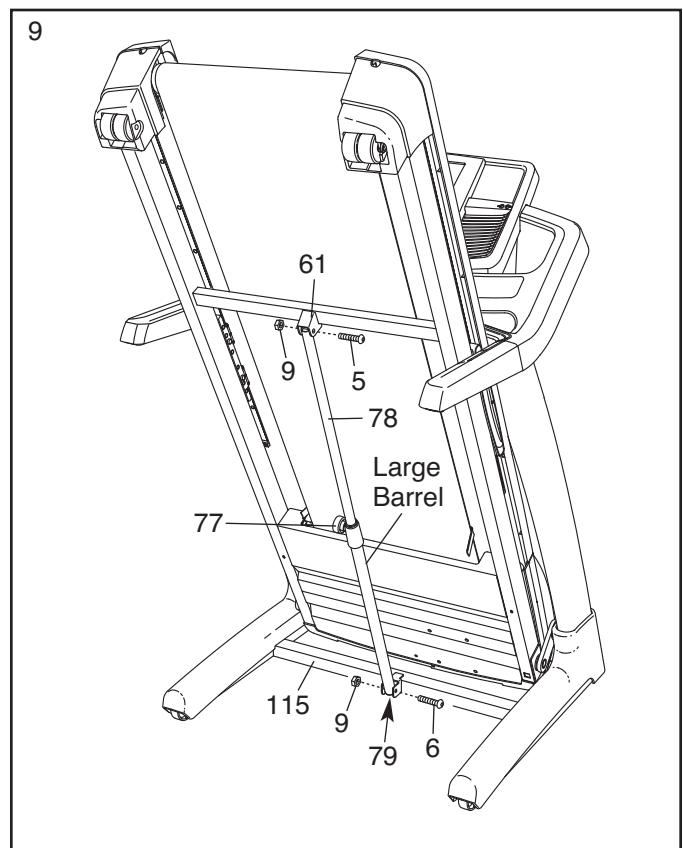


9. Raise the Frame (61) to the position shown. Have a second person hold the Frame until this step is completed. Orient the Storage Latch (78) so that the large barrel and the Latch Knob (77) are in the positions shown.

Remove the tie from the upper end of the Storage Latch (78). Attach the upper end of the Storage Latch to the bracket on the Frame (61) with a 3/8" x 1 3/4" Bolt (5) and a 3/8" Nut (9).

Remove the tie from the lower end of the Storage Latch (78). Keep the holes in the Latch Cap (79) aligned with the holes in the Storage Latch. **Make sure to keep the Latch Cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Base (115) with a 3/8" x 2" Bolt (6) and a 3/8" Nut (9). Note: It may be necessary to move the Frame (61) back and forth to align the Storage Latch with the bracket.

Lower the Frame (61) (see HOW TO LOWER THE TREADMILL FOR USE on page 23).

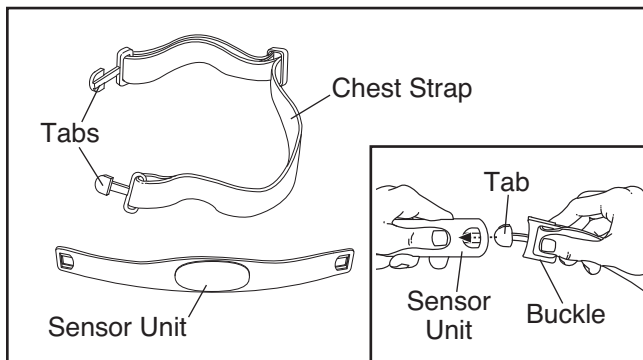


10. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 25 and 26). **To protect the floor or carpet from damage, place a mat under the treadmill.**

HOW TO USE THE CHEST PULSE SENSOR

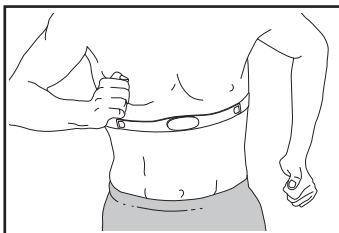
HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components—the chest strap and the sensor unit.



Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing above. The tab should be flush with the front of the sensor unit.

Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.



Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it

may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor 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 unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor 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 chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

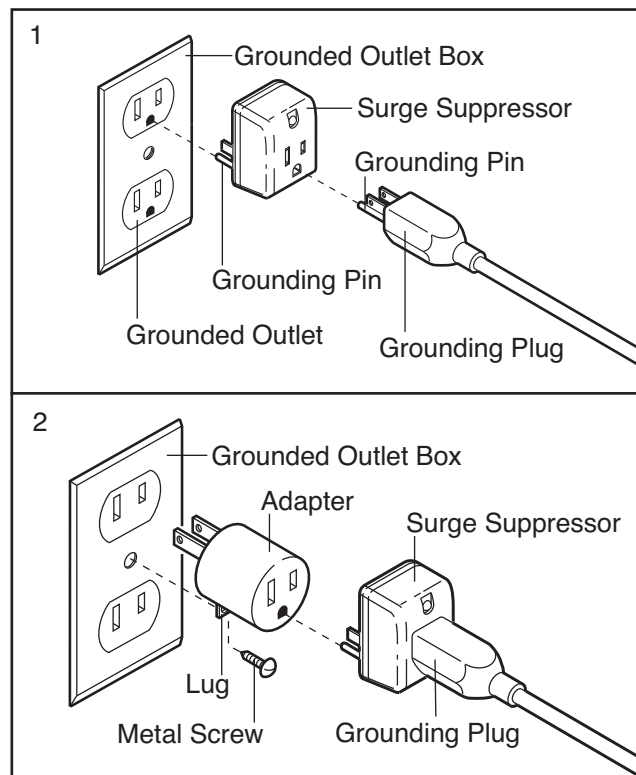
Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

Use only a single-outlet 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 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 damage the control system of the treadmill (see precaution 13 on page 3).

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet**

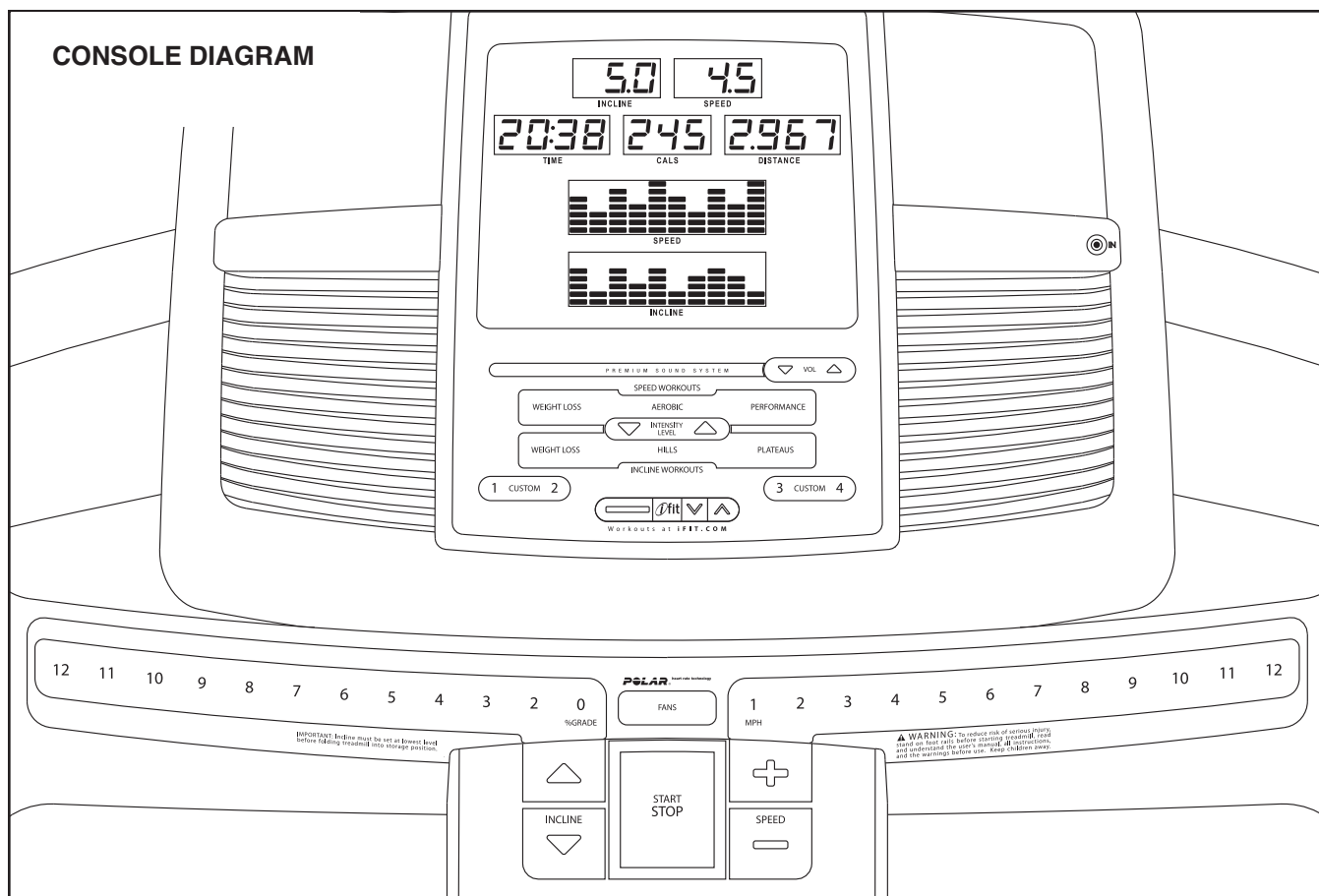
that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.

This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).



The temporary adapter should be used only until a properly grounded outlet (see drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. The adapter must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive selection of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor. See page 11 for information about the chest pulse sensor.

In addition, the console features twenty-two preset workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even create your own custom workouts and save them for future use.

The console also features the new iFit interactive workout system. The iFit system enables the console to accept iFit interactive workout cards containing workouts

designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout, or train for a long-distance run with the Marathon workout. iFit workouts automatically control the treadmill while the voice of a personal trainer coaches you through every step of your workout. iFit cards are available separately. **To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the back cover of this manual. iFit cards are also available at select stores.**

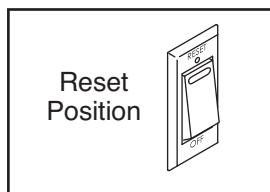
You can also listen to your favorite workout music or audio books with the console's premium stereo sound system.

To turn on the power, see page 14. To use the manual mode, see page 14. To use a preset workout, see page 17. To create and use a custom workout, see pages 18 and 19. To use an iFit workout, see page 20. To use the information mode, see page 21. To use the stereo sound system, see page 21.

HOW TO TURN ON THE POWER

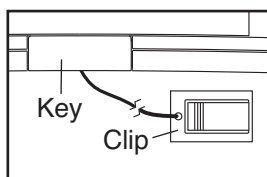
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Start/Stop button for a few seconds. If the displays remain lit, see **THE INFORMATION MODE** on page 21 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console.



After a moment, the displays will light. **IMPORTANT:** In an emergency situation, 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.

IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).

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

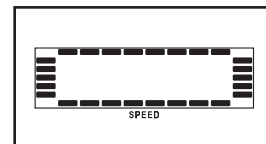
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See **HOW TO TURN ON THE POWER** at the left.

2. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons repeatedly until a track appears in the speed matrix.



3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start/Stop button, one of the Speed increase buttons, or one of the speed buttons numbered 1 to 12.

If you press the Start button or one of the Speed increase buttons, 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 on the console or in the right handrail. Each time you press a button, 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 stop the walking belt, press the Start/Stop button. To restart the walking belt, press the Start/Stop button, one of the Speed increase buttons, or one of the numbered speed buttons.

4. Change the incline of the treadmill as desired.

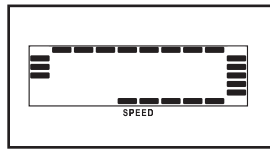
To change the incline of the treadmill, press one of the Incline increase or decrease buttons or one of the incline buttons numbered 0 to 12.

Each time you press one of the Incline increase or decrease buttons on the console or in the left handrail, the incline will change by 0.5%. If you press one of the numbered incline buttons, the incline will gradually change until it reaches the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.

5. Follow your progress with the displays.

The speed matrix—

When you select the manual mode, the speed matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The Incline display—

The Incline display will show the incline of the treadmill.



The Speed display—

The Speed display will show the speed of the walking belt.



The Time display—

The Time display will show the elapsed time.

Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The Calorie/Pulse display—

The Calorie/Pulse display can show the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor (see step 6 on page 16).



The Distance

display—The Distance display will show the distance that you have walked or run.

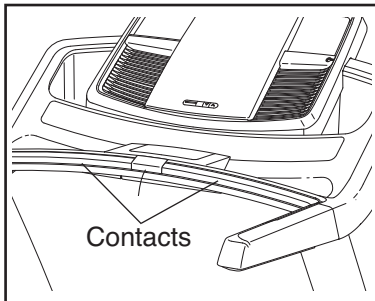


To reset the console, press the Start/Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. See page 11 for information about the chest pulse sensor.

Before using the handgrip pulse sensor, remove the sheets of clear 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 metal contacts on the handrail—**avoid moving your hands. Hold the contacts for approximately ten seconds.** 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 fans if desired.

The fans feature high and low speed settings. Press the Fans button repeatedly to select a fan speed or to turn off the fans. Note: If the fans are on when the walking belt is stopped, the fans will turn off automatically after a few minutes.

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

Step onto the foot rails, press the Start/Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

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

HOW TO USE A PRESET WORKOUT

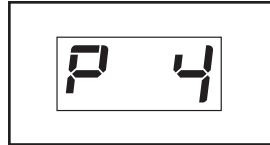
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a preset workout.

To select a preset workout, press the Weight Loss, Aerobic, Performance, Hills, or Plateaus button.

When a preset workout is selected, the displays will show the maximum incline setting and the maximum speed setting of the workout, the workout duration, and the workout number. In addition, profiles of the speed and incline settings of the workout will scroll across the speed matrix and the incline matrix.



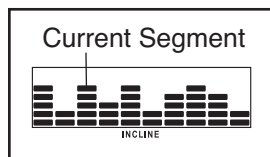
To change the intensity level of the entire program, press the Intensity Level increase and decrease buttons. The intensity level will appear in the Calorie/Pulse display.

3. Start the walking belt.

Press the Start/Stop button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

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

During the workout, the profiles will show your progress. The flashing segment of each profile represents the current



segment of the workout. The height of the current segment indicates the speed or incline setting. At the end of each segment, a series of tones will sound and the next segments of the profiles will begin to flash. If a new speed and/or incline setting is programmed for the next segment, the new speed and/or incline setting will appear in the displays for a few seconds. The treadmill will automatically adjust to the new speed and/or incline setting.

The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Start/Stop button. To restart the workout, press the Start/Stop button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the displays.

See step 5 on page 15.

5. Measure your heart rate if desired.

See step 6 on page 16.

6. Turn on the fans if desired.

See step 7 on page 16.

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

See step 8 on page 16.

HOW TO CREATE A CUSTOM WORKOUT

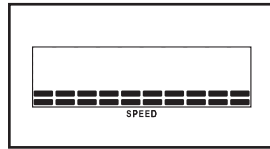
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a custom workout.

To select a custom workout, press the one of the Custom buttons repeatedly. When a custom workout is selected, the displays will show the maximum incline setting and the maximum speed setting of the workout, the workout duration, and the workout number. In addition, profiles of the speed and incline settings of the workout will scroll across the speed matrix and the incline matrix.

If the custom workout has not yet been defined, the displays will show a workout time of forty minutes and flat profiles. If the workout time is not forty minutes or the profiles are not flat, see HOW TO USE A CUSTOM WORKOUT on page 19.



3. Start the walking belt and program the desired speed and incline settings.

Press the Start/Stop button or the Speed increase button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each custom workout is divided into several one-minute segments. One speed setting and one in-

cline setting can be programmed for each segment. To program speed and incline settings for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the speed and incline buttons.

When the first segment of the workout ends, a series of tones will sound and the current speed and incline settings will be saved in memory. Program a speed setting and an incline setting for the second segment in the same way.

Continue programming speed and incline settings for as many segments as desired; custom workouts can have up to forty segments. When you are finished with your workout, press the Start/Stop button and remove the key from the console. The speed and incline settings that you have programmed and the workout time will then be saved in memory.

4. Follow your progress with the displays.

See step 5 on page 15.

5. Measure your heart rate if desired.

See step 6 on page 16.

6. Turn on the fans if desired.

See step 7 on page 16.

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

See step 8 on page 16.

HOW TO USE A CUSTOM WORKOUT

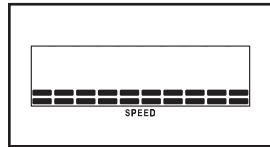
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select a custom workout.

To select a custom workout, press the one of the Custom buttons repeatedly. When a custom workout is selected, the displays will show the maximum incline setting and the maximum speed setting of the workout, the workout duration, and the workout number. In addition, profiles of the speed and incline settings of the workout will scroll across the speed matrix and the incline matrix.

Note: If the displays show a workout time of forty minutes and the profiles are flat, see HOW TO CREATE A CUSTOM WORKOUT on page 18.



3. Start the walking belt.

Press the Start/Stop button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

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

The custom workout will function in the same way as a preset workout (see step 3 on page 17). Note: The intensity level buttons will not function during a custom workout.

If desired, you can redesign the workout while using it. **To change the speed setting or the incline setting for the current segment**, simply press the speed or incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout**, first wait until the workout is completed. Then, press the Start/Stop button and program speed and incline settings for as many additional segments as desired; custom workouts can have up to forty segments. When you have added as many segments as desired, press the Start/Stop button and remove the key from the console. **To decrease the length of the workout**, press the Start/Stop button and remove the key from the console at any time before the workout is completed.

To stop the workout temporarily, press the Start/Stop button. To restart the workout, press the Start/Stop button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.

4. Follow your progress with the displays.

See step 5 on page 15.

5. Measure your heart rate if desired.

See step 6 on page 16.

6. Turn on the fans if desired.

See step 7 on page 16.

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

See step 8 on page 16.

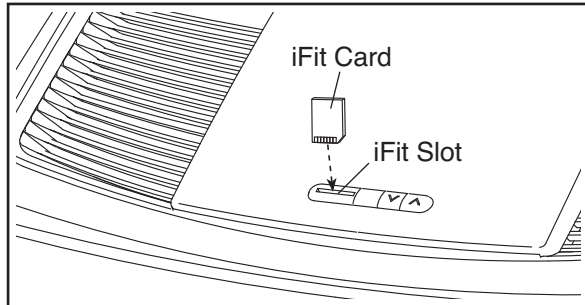
HOW TO USE AN IFIT WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are inserted into the iFit slot. When the iFit card is properly inserted, the iFit logo will light.



Next, select an iFit workout by pressing the iFit increase and decrease buttons next to the iFit slot. When an iFit workout is selected, the displays will show the maximum speed setting of the workout, the workout duration, and the workout number. In addition, profiles of the speed and incline settings of the workout will scroll across the speed matrix and the incline matrix. Then, the maximum incline setting will appear in the displays.

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

3. Start the walking belt.

Press the Start/Stop button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

During the workout, a personal trainer will guide you through the workout.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Start/Stop button. To restart the workout, press the Start/Stop button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the displays.

See step 5 on page 15.

5. Turn on the fans if desired.

See step 7 on page 16.

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

See step 8 on page 16.

CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

THE INFORMATION MODE

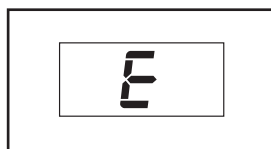
The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers to measure distance, and to turn on and turn off the display demo mode.

To select the information mode, hold down the Start/Stop button while inserting the key into the console and then release the Start/Stop button. When the information mode is selected, the following information will be shown:

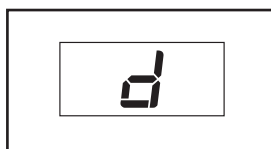
The Time display will show the total number of hours the treadmill has been used.



An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the Speed increase button to change the unit of measurement if desired.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the Calorie/Pulse display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.



The Distance/Speed display will show the total number of miles or kilometers that the walking belt has moved.



To exit the information mode, remove the key from the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack.

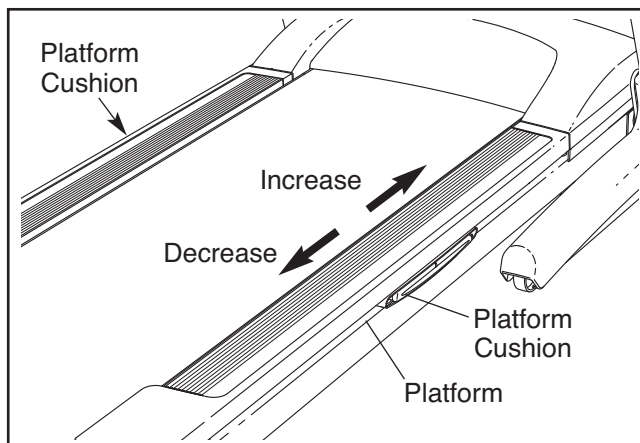
To use the audio jack, locate the audio wire and plug it into the audio jack labeled IN. Then plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the Volume increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface and not on the console.

HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: It may be helpful to lift on the platform as you slide the cushions. Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**

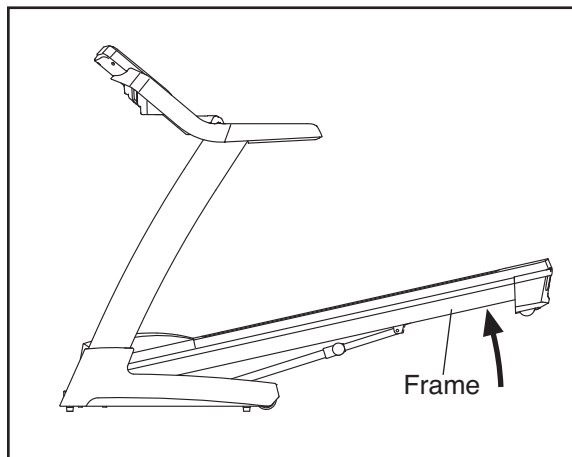


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

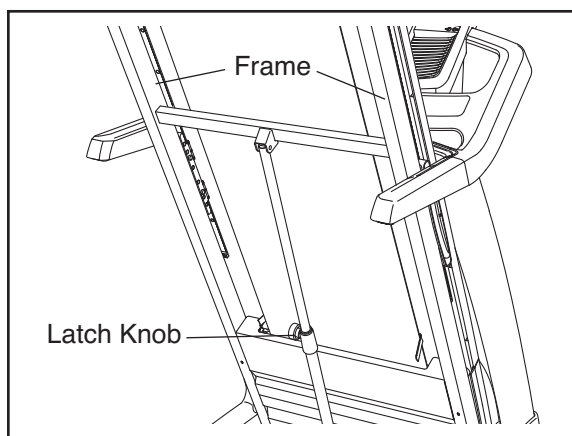
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs. Raise the frame about halfway to the vertical position.



2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

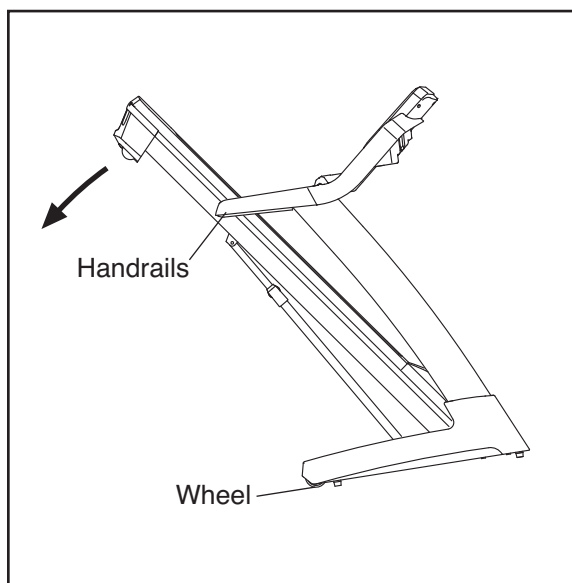
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

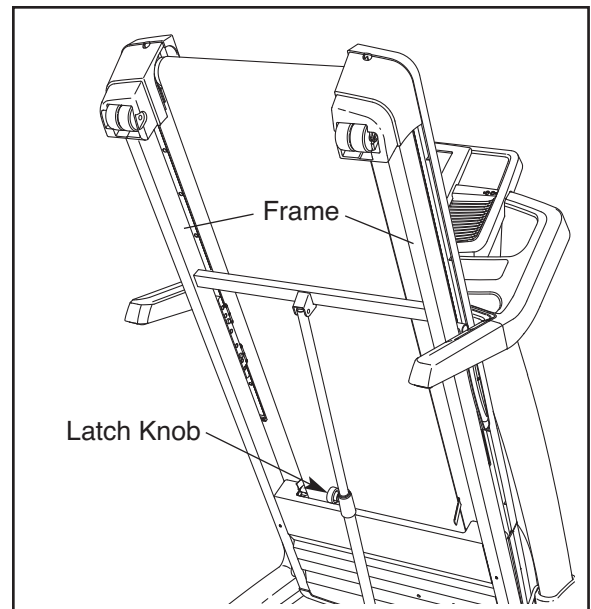
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold the handrails and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

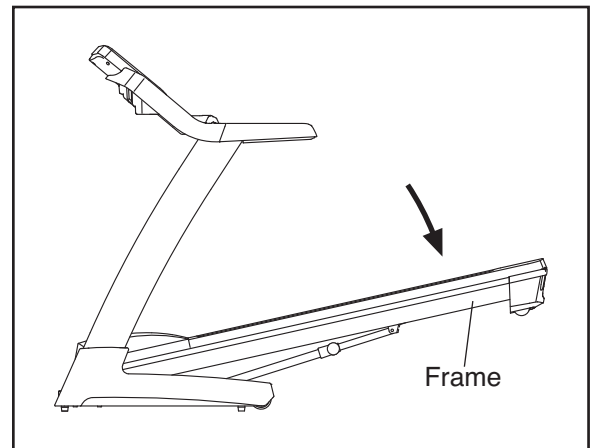


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame downward and release the latch knob. Note: To release the latch knob, it may be necessary to push the frame forward as you pull the latch knob to the left.



2. **Hold the metal frame firmly with both hands, and lower it to the floor. CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

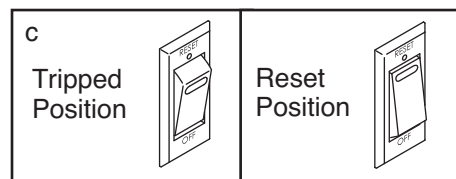
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the back cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. 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 single-outlet surge suppressor that meets all of the specifications described on page 12. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch to the reset position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

b. 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.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the back cover of this manual.

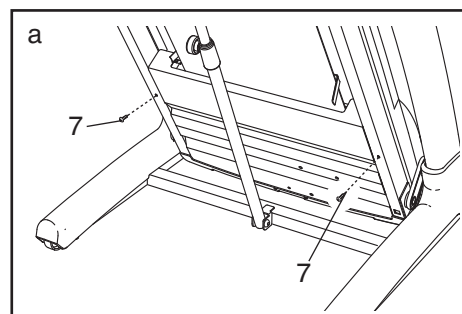
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 21 to turn off the demo mode.

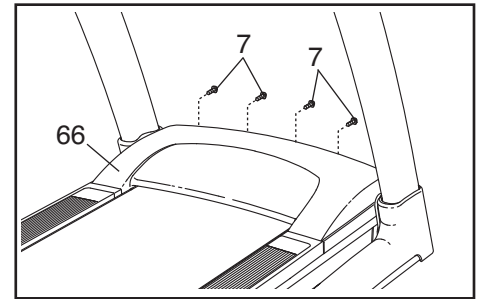
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 22).

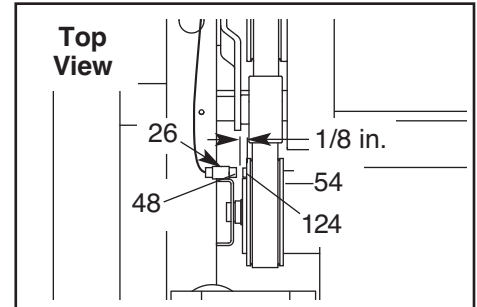
Next, remove the two indicated #8 x 3/4" Screws (7).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 23). Remove the four indicated #8 x 3/4" Screws (7), and remove the Motor Hood (66).



Next, locate the Reed Switch (48) and the Magnet (124) on the left side of the Pulley (54). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated #8 x 3/4" Washer Head Tek Screw (26), move the Reed Switch slightly, and then retighten the Tek Screw. Reattach the Hood (not shown) with the six #8 x 3/4" Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.



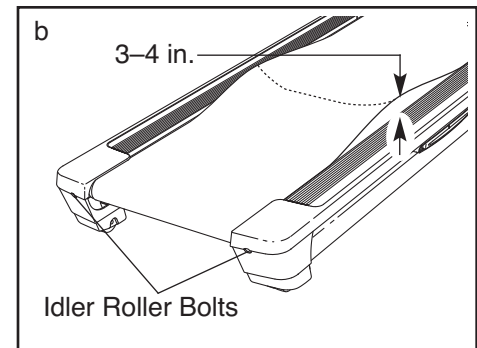
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.

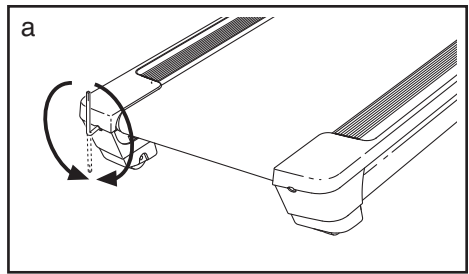
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should 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 treadmill for a few minutes. Repeat until the walking belt is properly tightened.



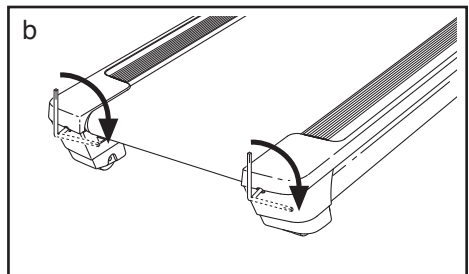
- c. If the walking belt still slows when walked on, please see the back cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, 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 bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts 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 treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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	♥
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

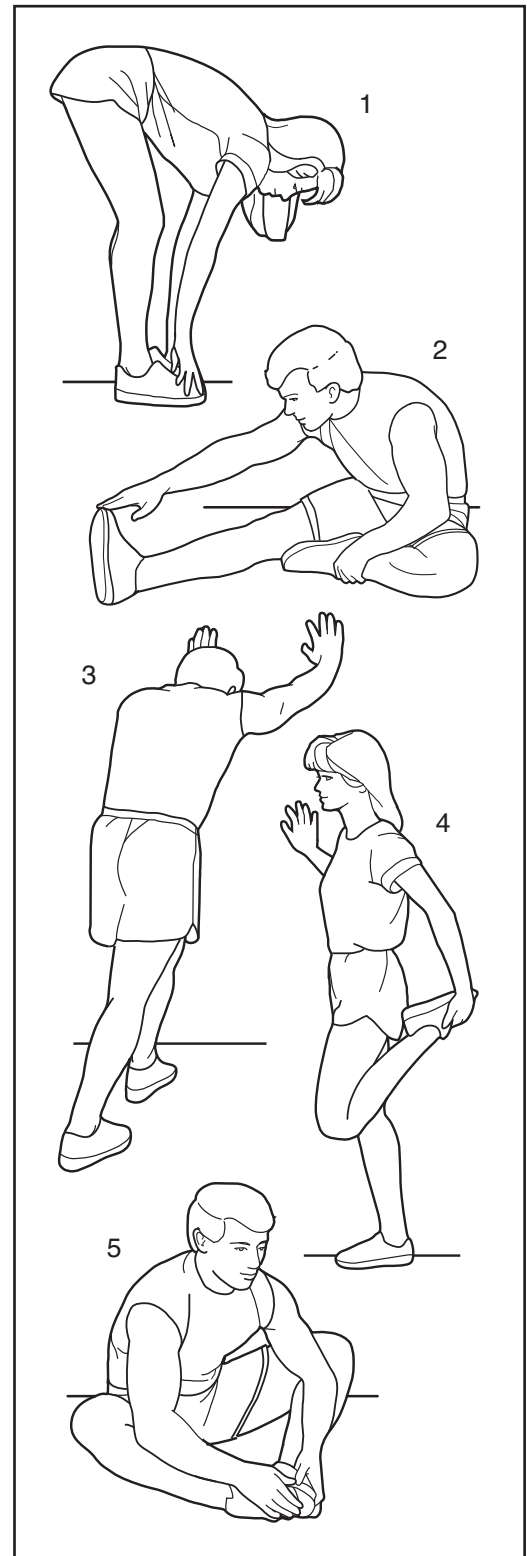
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. SFTL14808.1

R1010A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

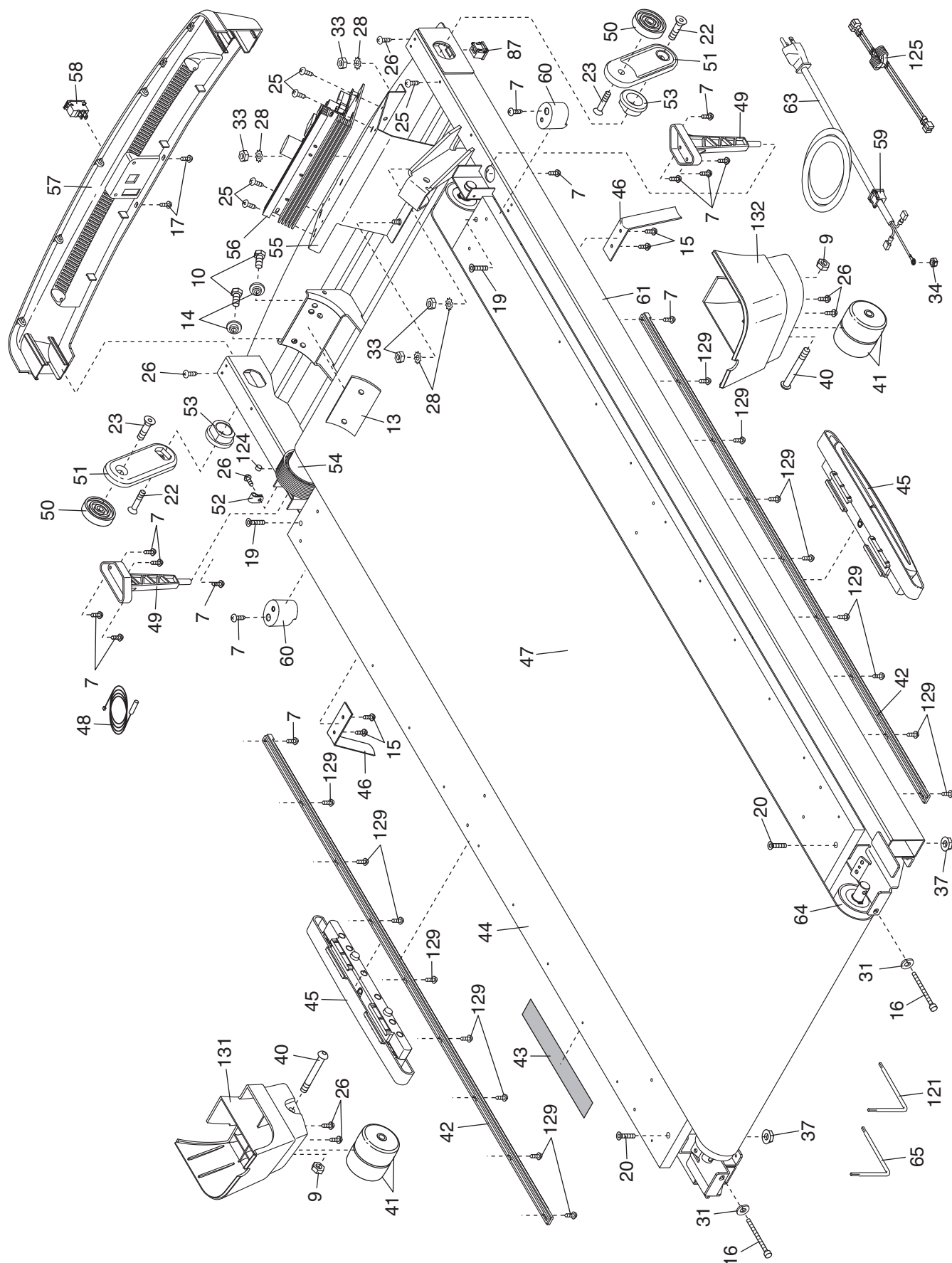
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 1 1/4" Patch Bolt	51	2	Lift Arm
2	4	3/8" x 3 3/4" Patch Bolt	52	1	Reed Switch Clamp
3	2	3/8" x 3/4" Bolt	53	2	Incline Rod Spacer
4	1	Incline Button	54	1	Drive Roller/Pulley
5	1	3/8" x 1 3/4" Bolt	55	1	Electronics Bracket
6	1	3/8" x 2" Bolt	56	1	Controller
7	39	#8 x 3/4" Screw	57	1	Front Cap
8	10	3/8" Star Washer	58	1	Reset/Off Circuit Breaker
9	10	3/8" Nut	59	1	Power Cord Grommet
10	2	5/16" Drive Motor Bolt	60	2	Front Isolator
11	1	3/8" x 1 3/4" Hex Bolt	61	1	Frame
12	1	3/8" x 2" Hex Bolt	62	4	#6 x 3/8" Screw
13	1	Motor Plate	63	1	Power Cord
14	2	Motor Bushing	64	1	Idler Roller
15	4	#8 Belt Guide Screw	65	1	Hex Key
16	2	1/4" x 2 1/2" Bolt	66	1	Motor Hood
17	57	#8 x 1/2" Screw	67	1	Incline Rod
18	1	Right Foot	68	1	Incline Motor
19	2	1/4" x 1 1/4" Bolt	69	1	Incline Motor Wire
20	2	5/16" x 1 1/4" Bolt	70	1	Stop Bracket Spacer
21	12	#12 x 1" Screw	71	1	Stop Bracket
22	2	3/8" x 3/4" Bolt	72	1	Drive Motor Belt
23	2	3/8" x 1 3/4" Patch Bolt	73	1	Drive Motor
24	2	3/8" x 2 3/8" Bolt	74	1	Left Rail Cover
25	10	#8 x 1/2" Bright Screw	75	1	Left Foot Rail
26	9	#8 x 3/4" Washer Head Tek Screw	76	1	Right Foot Rail
27	4	#8 x 1" Screw	77	1	Latch Knob
28	4	1/4" Star Washer	78	1	Storage Latch
29	6	#3 x 1/4" Screw	79	1	Latch Cap
30	1	Speed Button	80	1	Small Right Pulse Sensor
31	2	1/4" Lock Washer	81	1	Large Right Pulse Sensor
32	4	Base Foot Spacer	82	4	Releasable Tie
33	4	1/4" Nut	83	1	Right Rail Cover
34	1	#8 Nut	84	10	8" Cable Tie
35	1	Right Console Fan	85	1	Left Upright
36	4	Hood Clip	86	1	Upright Wire
37	2	5/16" Flange Nut	87	2	Upright Wire Grommet
38	8	Console Clamp	88	1	Right Upright
39	2	1/4" x 1/2" Bolt	89	1	Speaker Base
40	2	3/8" x 3 3/4" Bolt	90	1	Left Accessory Tray
41	4	Rear Wheel	91	1	Small Left Pulse Sensor
42	2	Cushion Track	92	1	Large Left Pulse Sensor
43	1	Warning Decal	93	1	Incline Control Cover
44	1	Walking Platform	94	1	Pulse Bar
45	2	Platform Cushion	95	1	Access Door
46	2	Belt Guide	96	2	4" Ground Wire, M/F
47	1	Walking Belt	97	1	Console
48	1	Reed Switch	98	1	Speaker Cover
49	2	Motor Hood Mount	99	1	Speed Control Cover
50	2	Lift Arm Spacer	100	1	Right Accessory Tray

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	4" Ground Wire R/R	116	2	Wheel
102	1	Left Handrail	117	1	Right Base Cover
103	1	Right Handrail	118	1	Left Base Cover
104	1	Right Bottom Handrail Cover	119	7	Wire Tie
105	1	Console Crossbar	120	2	Speaker
106	1	Left Bottom Handrail Cover	121	1	5/32" Hex Key
107	1	Left Handrail Cover	122	1	18" Audio Wire
108	1	Right Handrail Cover	123	8	#6 x 1/4" Screw
109	1	Console Cover	124	1	Magnet
110	1	Key/Clip	125	1	Filter Wire
111	1	Chest Pulse Sensor	126	1	Console Base
112	3	Caution Decal	127	1	Left Foot
113	4	Base Foot	128	1	Left Console Fan
114	1	Chest Pulse Strap	129	16	#8 x 3/4" Track Screw
115	1	Base	*	—	User's Manual

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

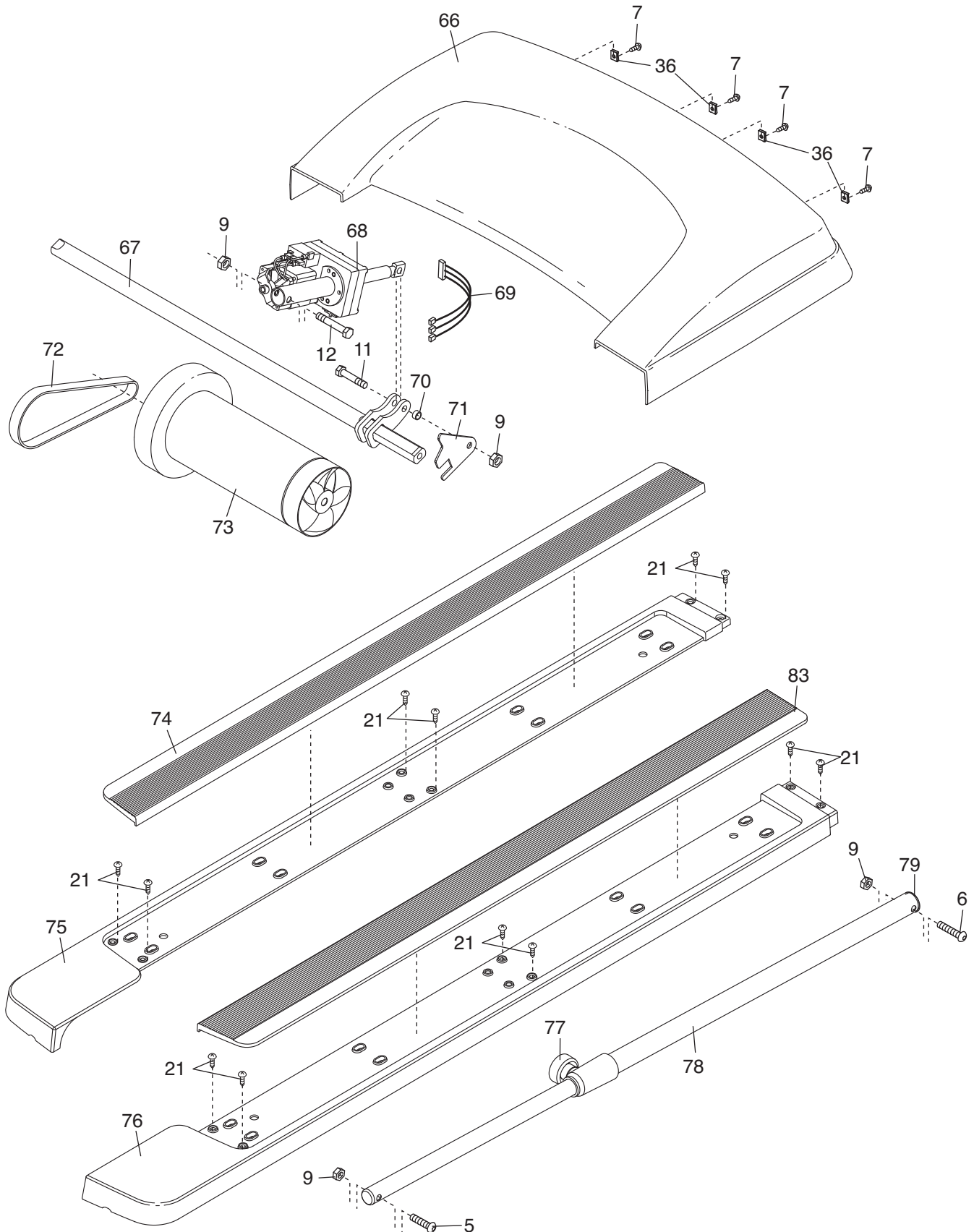
EXPLODED DRAWING A—Model No. SFTL14808.1

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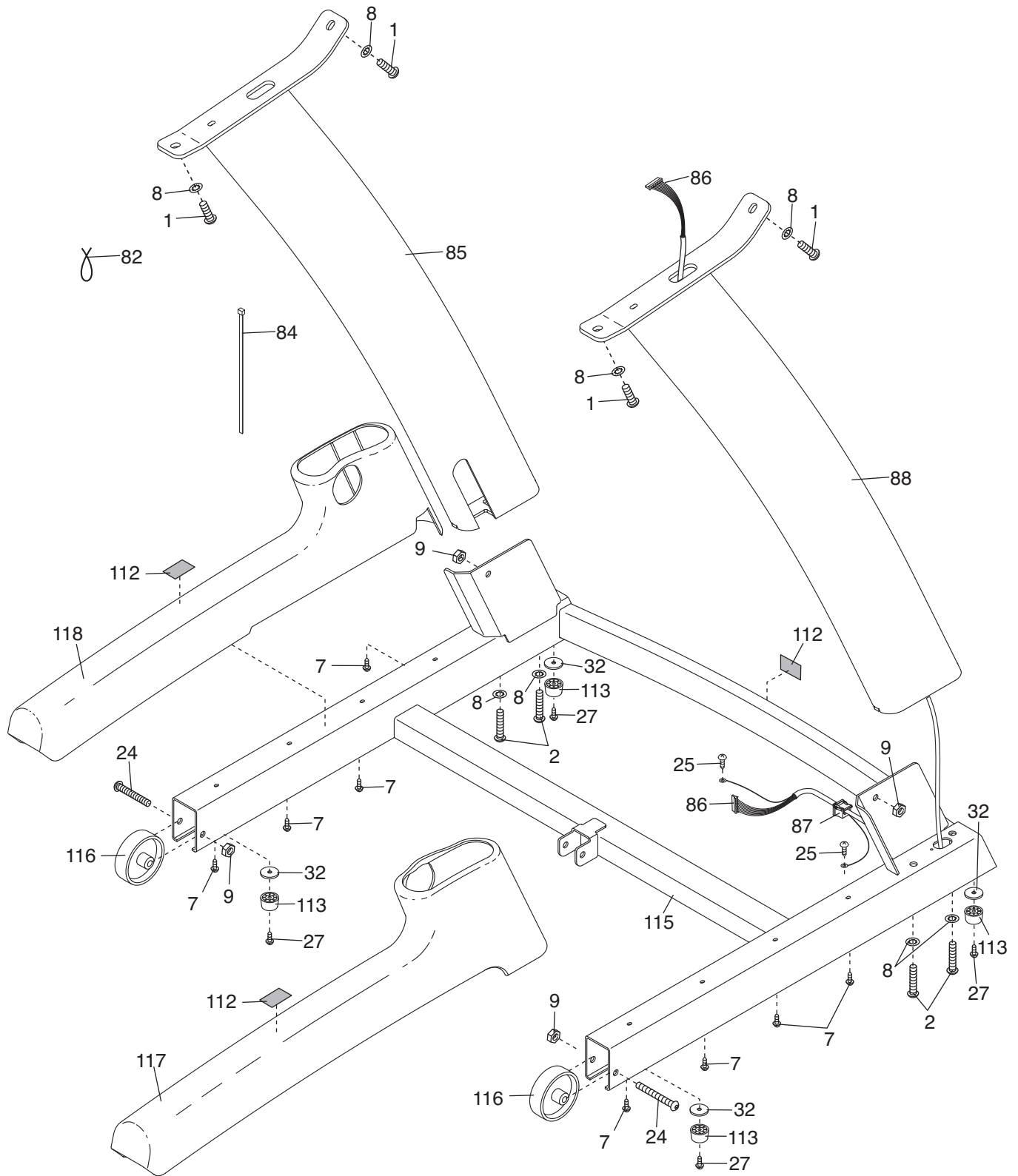
EXPLODED DRAWING B—Model No. SFTL14808.1

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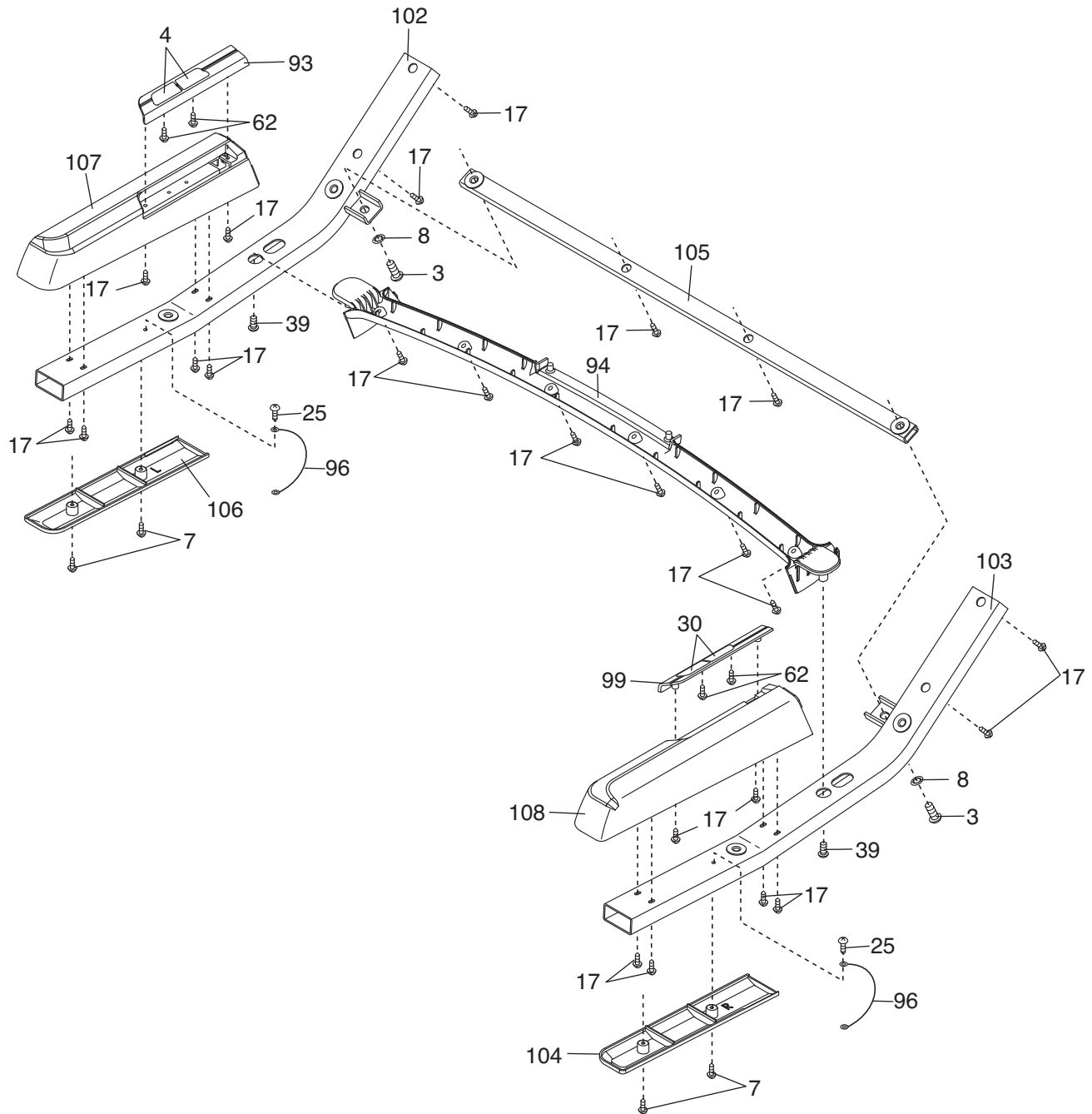
EXPLODED DRAWING C—Model No. SFTL14808.1

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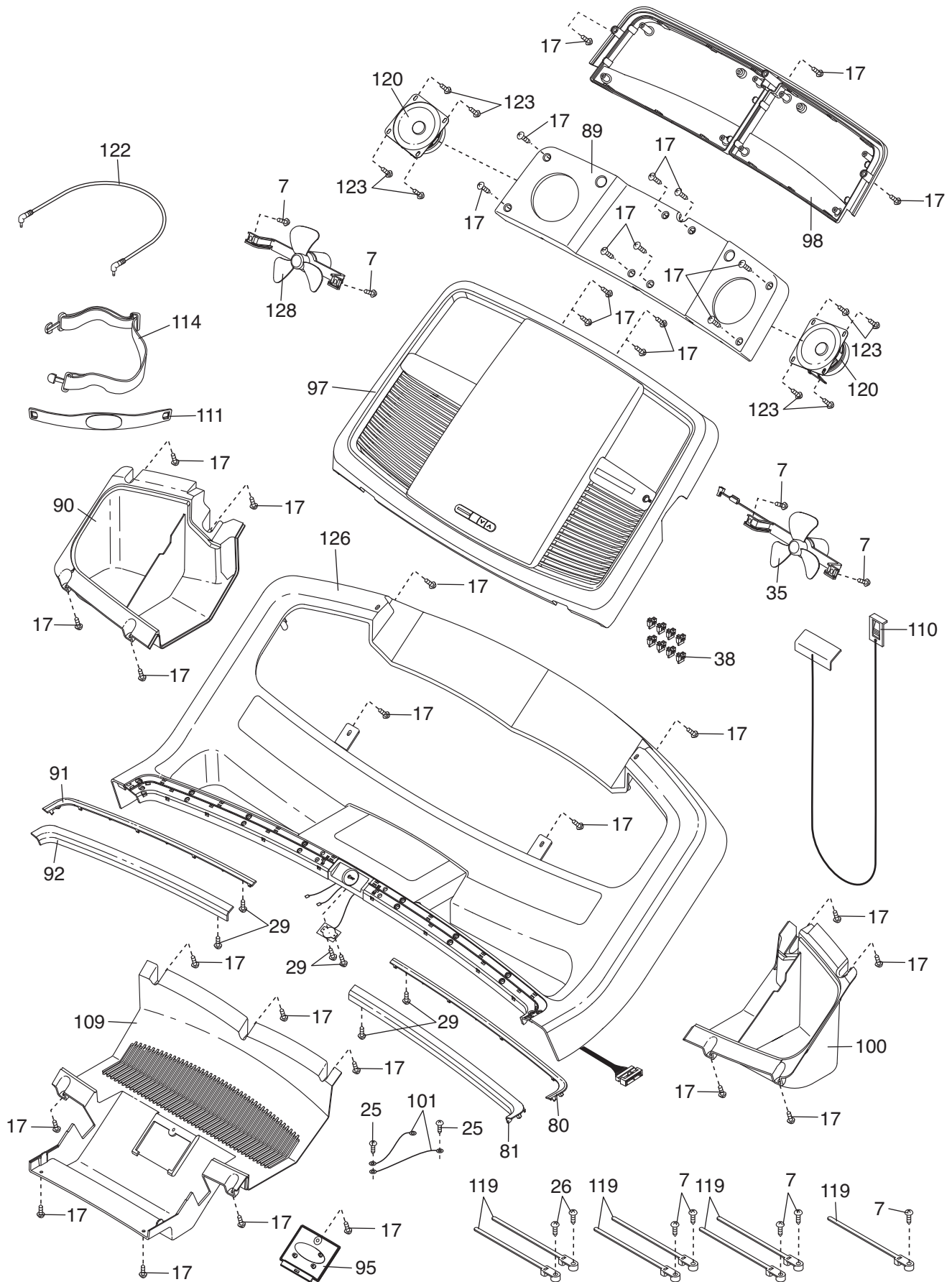
EXPLODED DRAWING D—Model No. SFTL14808.1

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EXPLODED DRAWING E—Model No. SFTL14808.1

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HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, **please contact the store where you purchased this product.** If you are unable to contact the store, contact Customer Care at one of the phone numbers or addresses 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).**

In the United States

Call: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT
Email: fmfvcustomerservice@freemotionfitness.com

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-435-786-3521
Email: intlcustomercare@freemotionfitness.com

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 fifteen (15) years from the date of purchase. Parts are warranted for five (5) 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 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 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 you.

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

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