

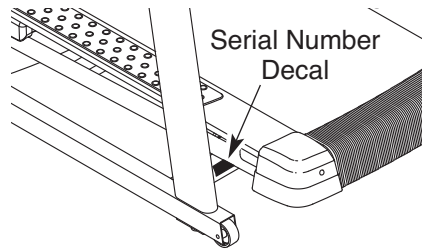
FREEMOTION[®] TT₃₀ TERRAIN TRAINER

www.iconfitness.com

Model No. SFTL15619.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

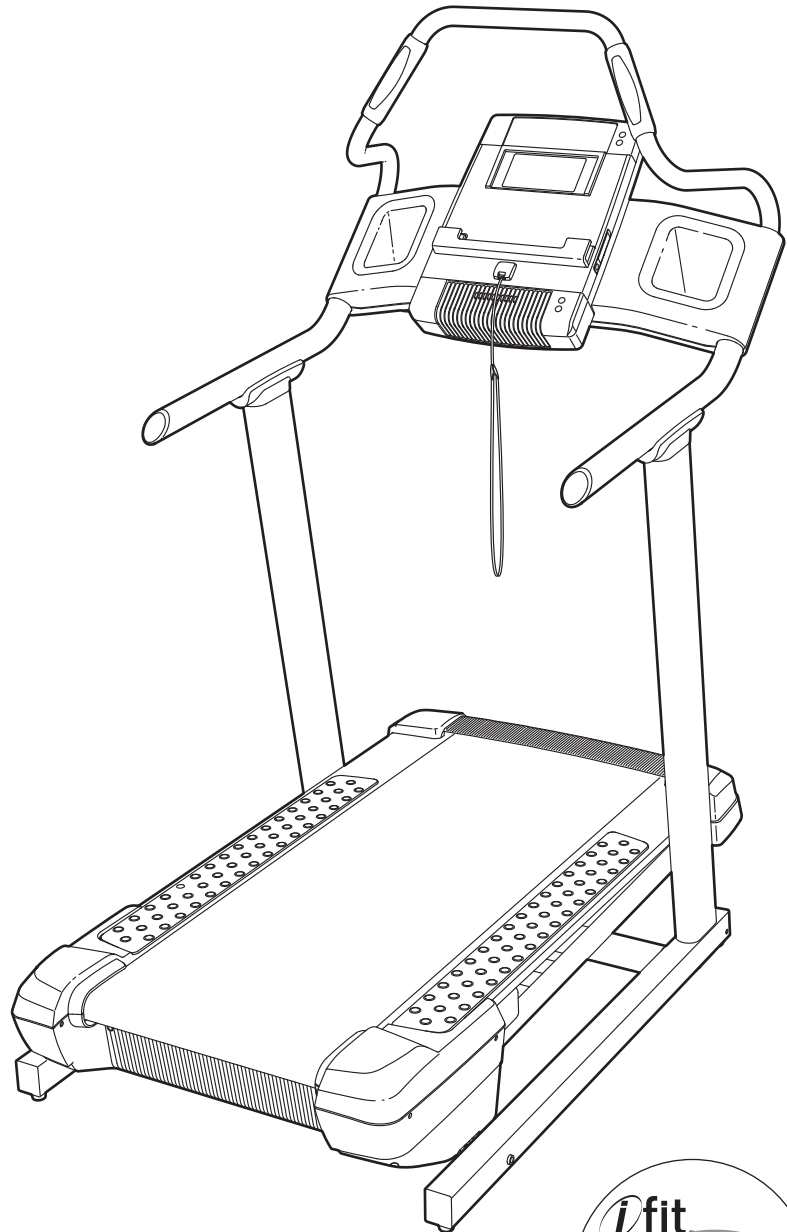
1-800-999-3756

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.iconservice.com



CAUTION

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



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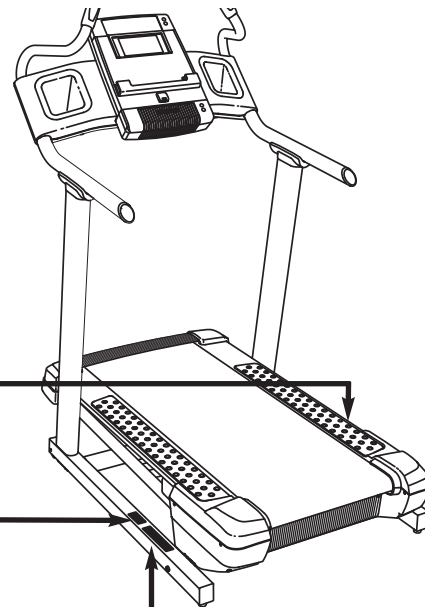
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WARNING DECAL PLACEMENT

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



⚠ CAUTION
 KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

⚠ WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:

- 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.
- Never allow children on or around treadmill.
- Remove key when not in use.
- 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 serious injury, read all important precautions and instructions in this manual and all warnings on your terrain trainer before using your terrain trainer. ICON 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 terrain trainer are adequately informed of all warnings and precautions.
3. Use the terrain trainer only as described.
4. Place the terrain 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 terrain trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the terrain trainer.
5. Keep the terrain trainer indoors, away from moisture and dust. Do not put the terrain trainer in a garage or covered patio, or near water.
6. Do not operate the terrain trainer where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the terrain trainer at all times.
8. The terrain trainer should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the terrain trainer at a time.
10. Wear appropriate exercise clothes when using the terrain trainer. Do not wear loose clothes that could become caught in the terrain trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the terrain trainer 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, see your local FREEMOTION dealer or call the telephone number on the front 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 terrain 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.
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 terrain trainer if the power cord or plug is damaged, or if the terrain trainer is not working properly. (See TROUBLESHOOTING on page 21 if the terrain trainer is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the terrain trainer (see HOW TO TURN ON THE POWER on page 14).
17. Never start the terrain trainer while you are standing on the walking belt. Always hold the handrails while using the terrain trainer.

18. The terrain trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
20. Never leave the terrain trainer 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 terrain trainer is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
21. Do not attempt to move the terrain trainer until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TERRAIN TRAINER on page 20.) You must be able to safely lift 45 lbs. (20 kg) to move the terrain trainer.
22. Do not change the incline of the terrain trainer by placing objects under the terrain trainer.
23. Inspect and properly tighten all parts of the terrain trainer regularly.
24. Never insert or drop any object into any opening on the terrain trainer.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the terrain 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.
26. The terrain trainer is intended for in-home use only. Do not use the terrain trainer in any commercial, rental, or institutional setting.
27. 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

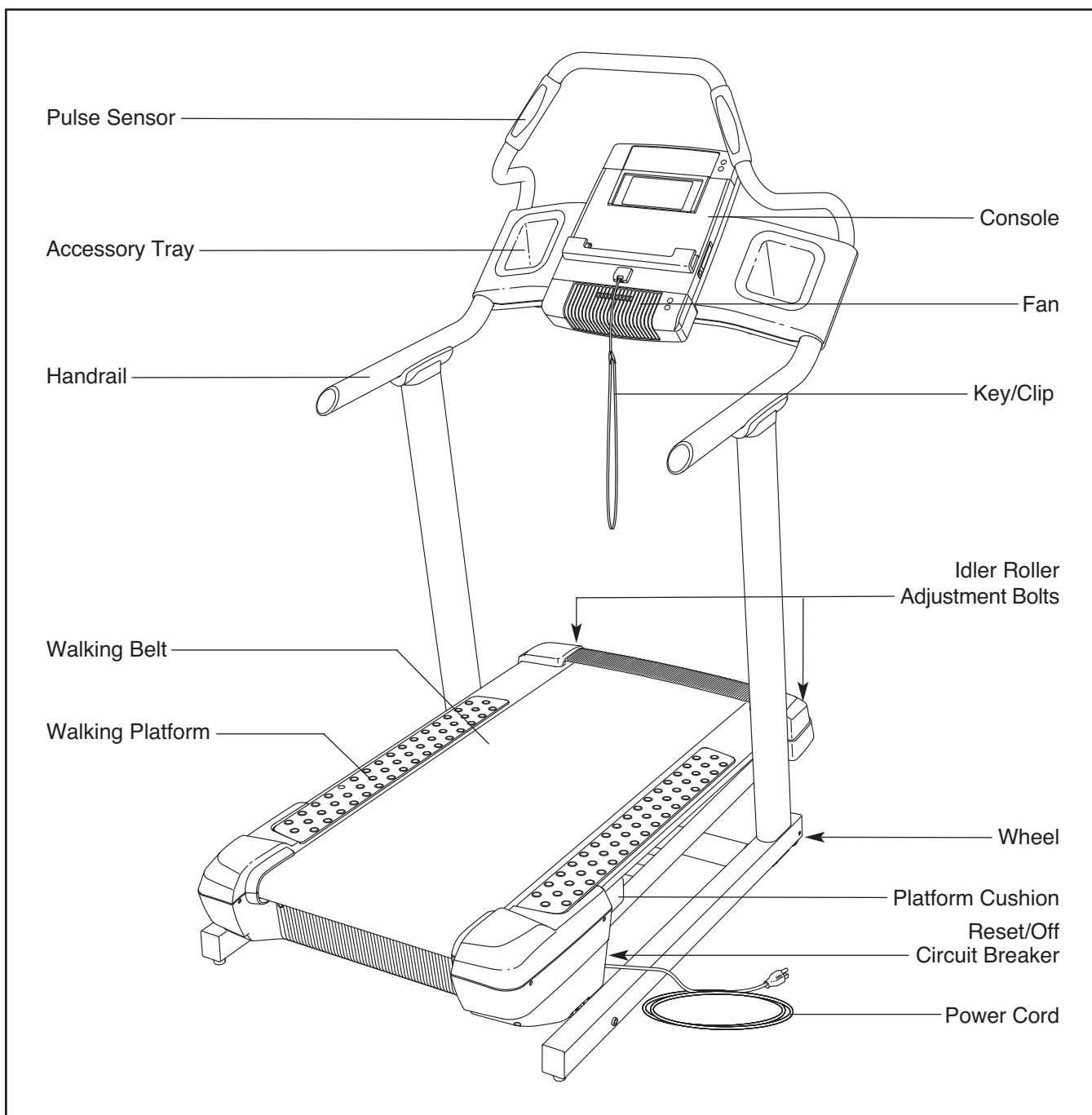
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® TT 30 TERRAIN TRAINER. The TT 30 TERRAIN TRAINER offers a selection of features designed to make your workouts at home more enjoyable and effective.

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

reading this manual, please see the front 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.



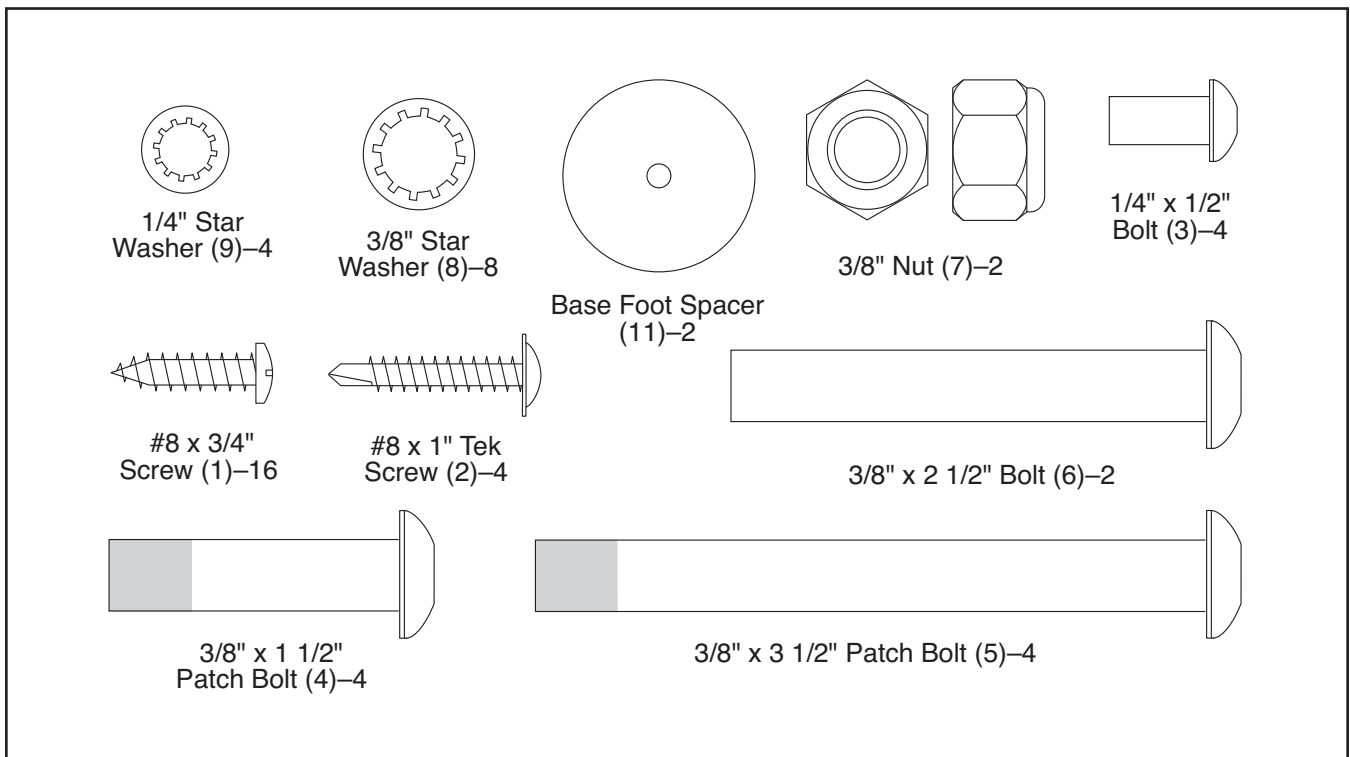
ASSEMBLY

To hire an authorized service technician to assemble the terrain trainer, call 1-800-445-2480.

Assembly requires two persons. Set the terrain trainer 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 terrain trainer 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 terrain trainer 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 , adjustable wrench , and scissors .

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.**

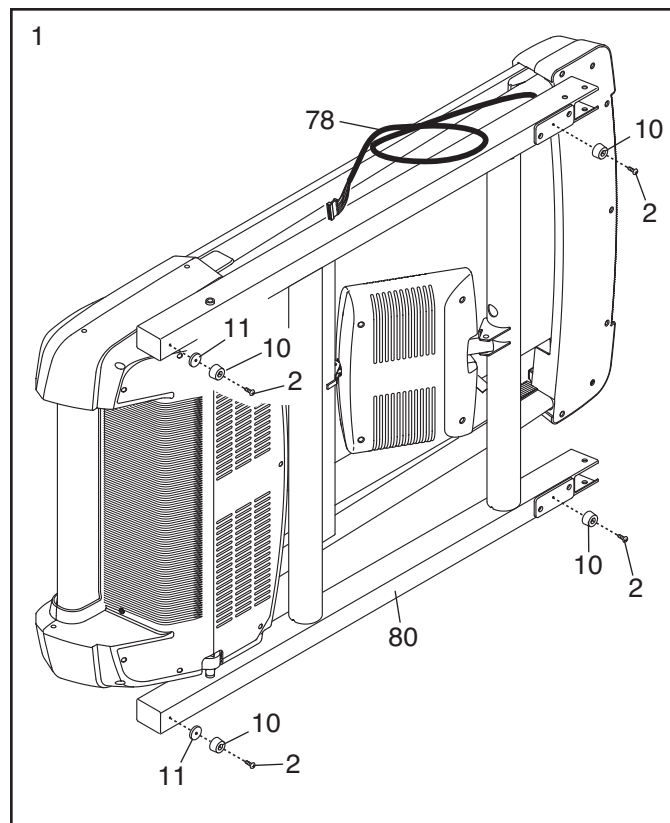


1. **Make sure that the power cord is unplugged.**

With the help of a second person, tip the terrain trainer onto its left side. **Have the second person hold the terrain trainer to prevent it from tipping.**

Locate the Upright Wire (78).

Attach four Base Feet (10) and two Base Foot Spacers (11) to the Base (80) with four #8 x 1" Tek Screws (2) in the locations shown. **Be careful not to overtighten the Tek Screws.**



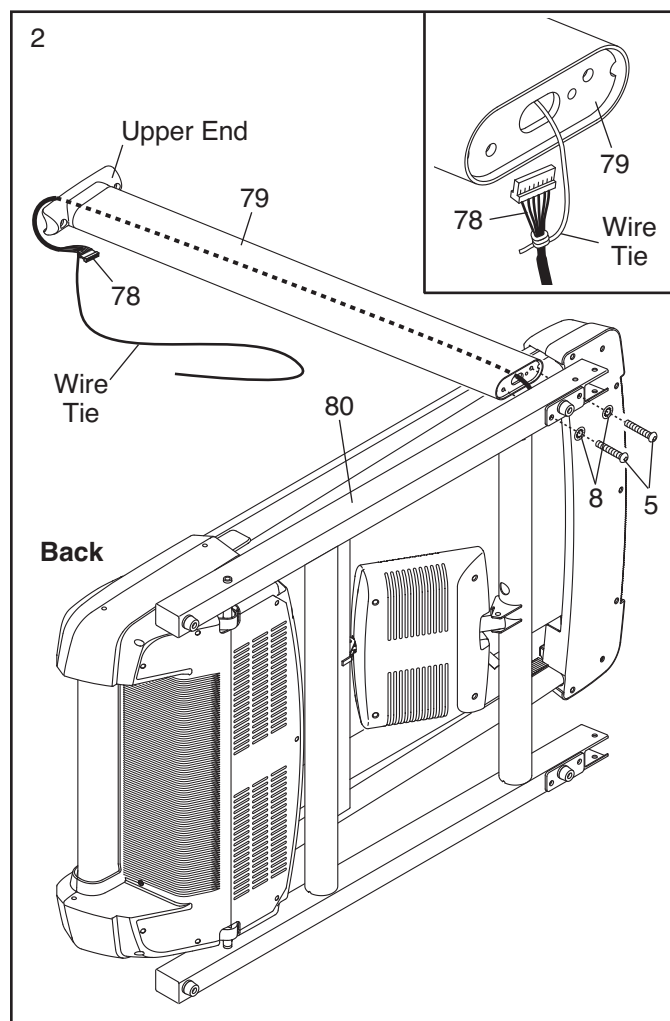
2. Identify the Right Upright (79), which is marked with a "Right" sticker and hold the Right Upright near the terrain trainer. Orient the Right Upright so that the upper end slants toward back of the terrain trainer.

See the inset drawing. Tie the wire tie in the Right Upright (79) around the end of the Upright Wire (78). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.

Attach the Right Upright (79) to the Base (80) with two 3/8" x 3 1/2" Patch Bolts (5) and two 3/8" Star Washers (8). **Start both Patch Bolts before tightening either of them. Be careful not to pinch the Upright Wire (78).**

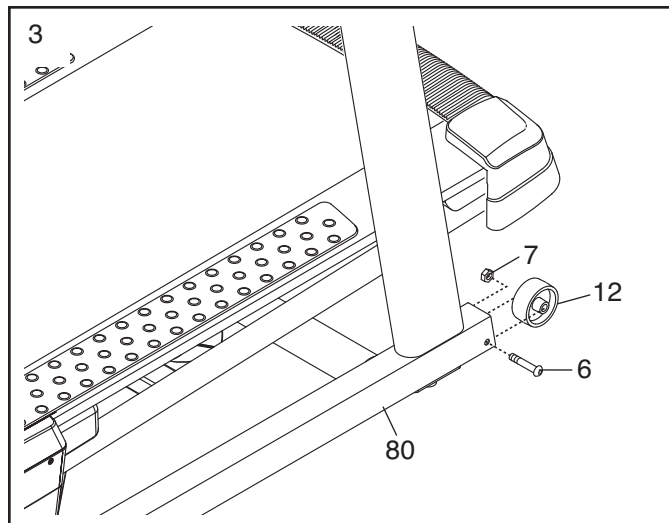
With the help of a second person, tip the terrain trainer onto its right side. **Have the second person hold the terrain trainer to prevent it from tipping.**

Attach the Left Upright (not shown) as described above. Note: There are no wires on the left side.



- With the help of a second person, carefully tip the terrain trainer down so that the Base (80) is flat on the floor.

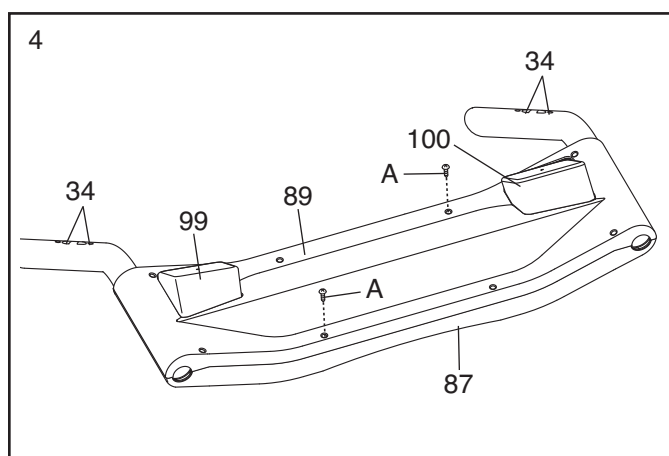
Attach a Wheel (12) to each side of the Base (80) with a $\frac{3}{8}$ " x $2\frac{1}{2}$ " Bolt (6) and a $\frac{3}{8}$ " Nut (7) (only one side is shown).



- Set the Console Cover (87) face down on a soft surface. Remove the plastic ties from the bottom of the Handrail Assembly (88). Press the U-nuts (34) back into place, if necessary.

Remove two Screws (A) from the Console Back (89). Note: The Screws may not be in the indicated holes. Separate the Console Back from the Console Cover (87). Discard the Screws.

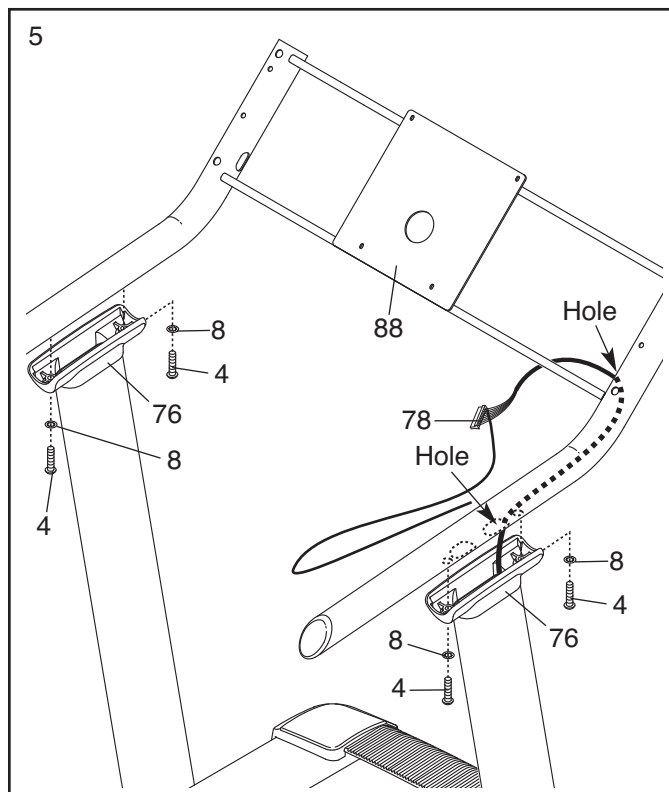
Remove the Left and Right Accessory Trays (99, 100) from the Console Cover (87).



- Have a second person hold the Handrail Assembly (88) near the Handrail Brackets (76). Insert the Upright Wire (78) through the indicated hole in the bottom of the Handrail Assembly and out of the hole near the top of the Handrail Assembly.

Set the Handrail Assembly (88) on the Handrail Brackets (76). **Make sure not to pinch the Upright Wire (78).**

Attach the Handrail Assembly (88) to the Handrail Brackets (76) with four $\frac{3}{8}$ " x $1\frac{1}{2}$ " Patch Bolts (4) and four $\frac{3}{8}$ " Star Washers (8); **start all four Patch Bolts before tightening any of them.**

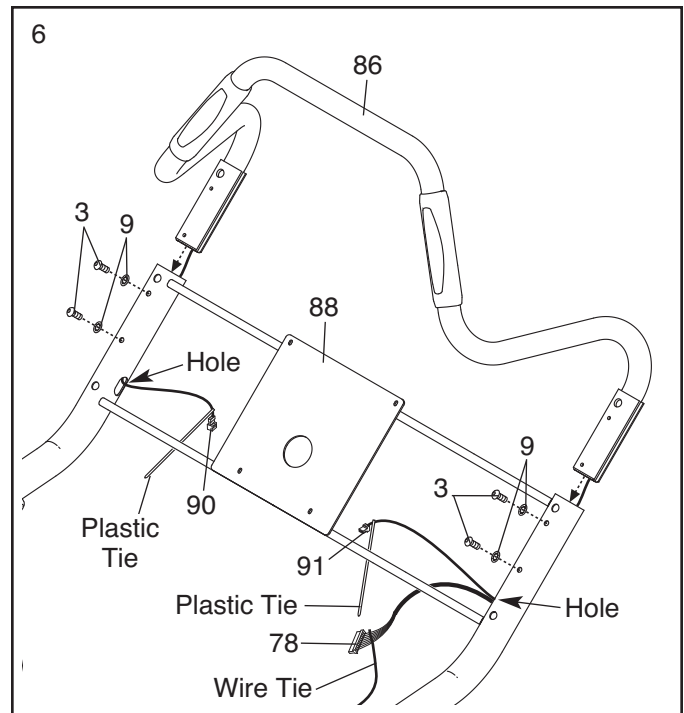


6. Hold the Pulse Handrail (86) near the Handrail Assembly (88). Insert the Left and Right Pulse Wires (90, 91) into the top of the Handrail Assembly and out of the holes in the sides.

Slide the Pulse Handrail (86) into the top of the Handrail Assembly (88). **Be careful not to pinch the Pulse Wires (90, 91).**

Attach the Pulse Handrail (86) to the Handrail Assembly (88) with four 1/4" x 1/2" Bolts (3) and four 1/4" Star Washers (9). **Start all four Bolts before firmly tightening any of them.**

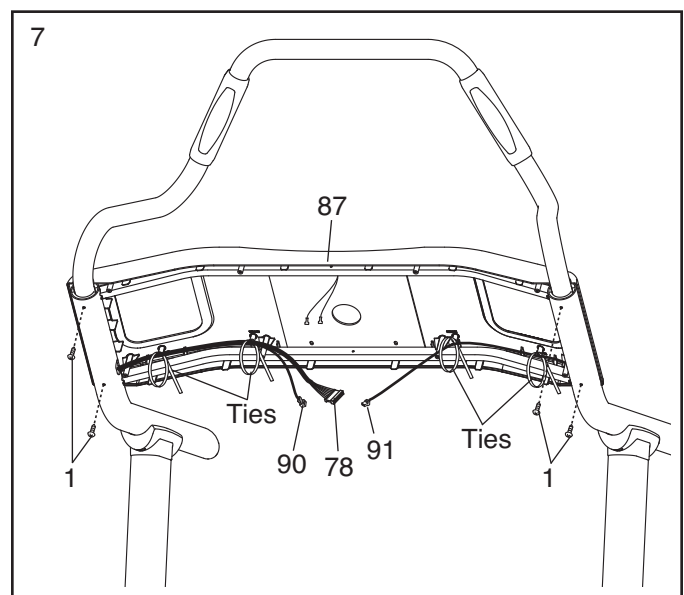
Remove the two plastic ties and the wire tie.



7. Set the Console Cover (87) on the Handrail Assembly (88). Make sure that the Console Cover is oriented with the wire ties toward the bottom as shown.

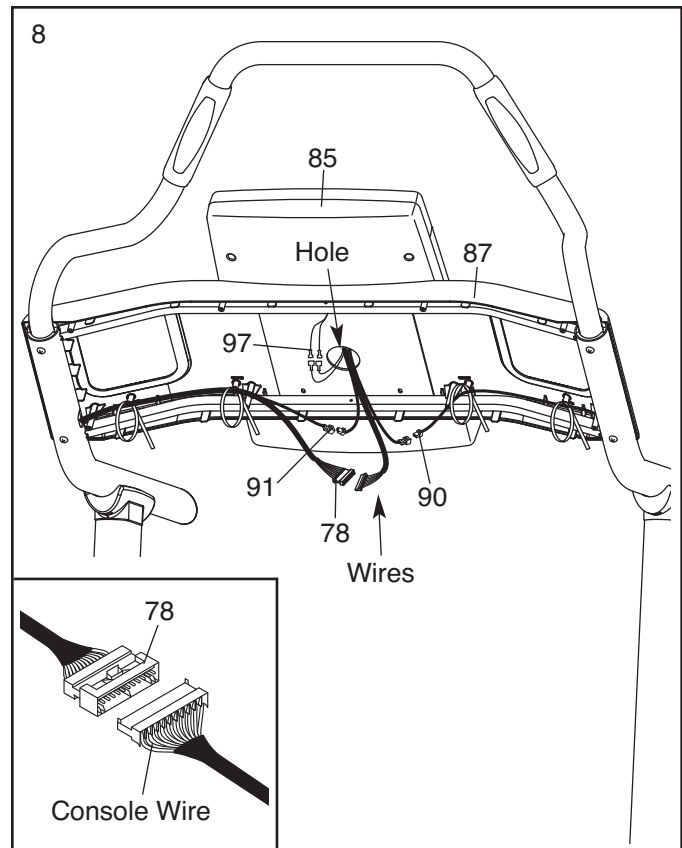
Attach the Console Cover (87) with four #8 x 3/4" Screws (1). **Start all four Screws before tightening any of them. Do not overtighten the Screws.**

Insert the wires (78, 90, 91) through the loops in the indicated ties.



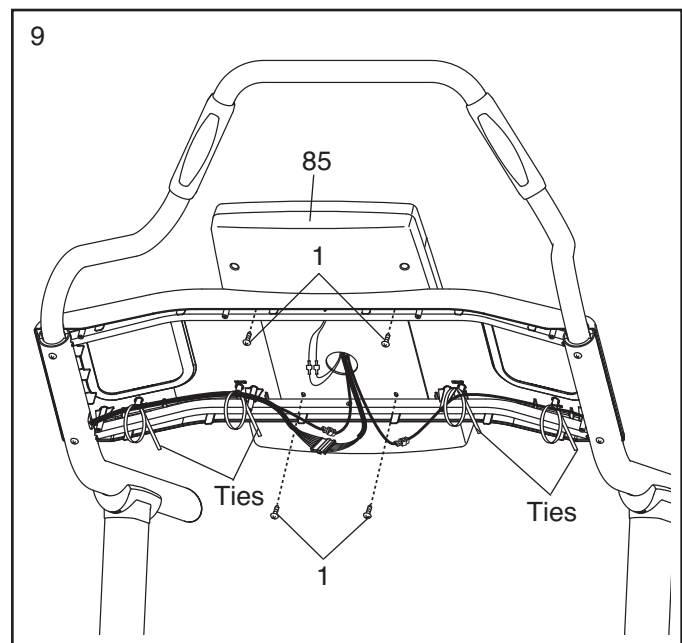
8. Have a second person hold the Console (85) near the Console Cover (87). Insert the wires from the Console through the indicated hole.

Connect the Upright Wire (78), the Left and Right Pulse Wires (90, 91), and the Console Ground Wires (97) to the wires extending from the Console (85). **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.**

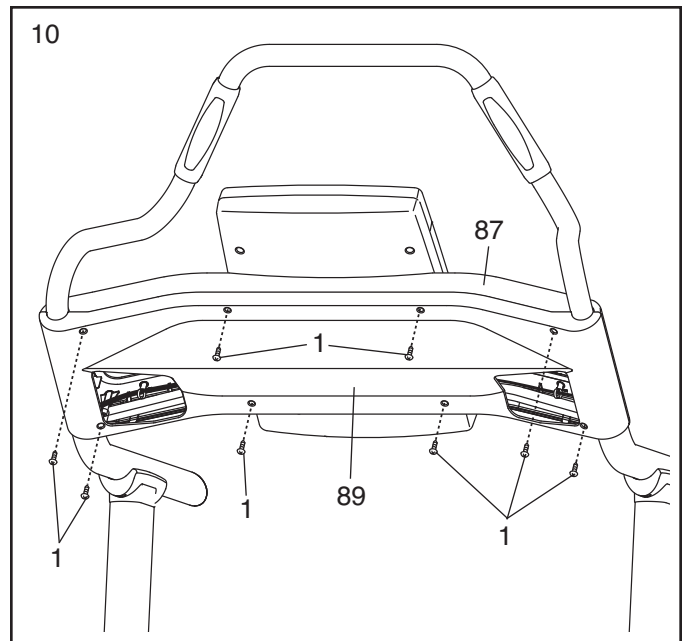


9. Attach the Console (85) with four #8 x 3/4" Screws (1). **Start all four Screws before tightening any of them. Do not overtighten the Screws.**

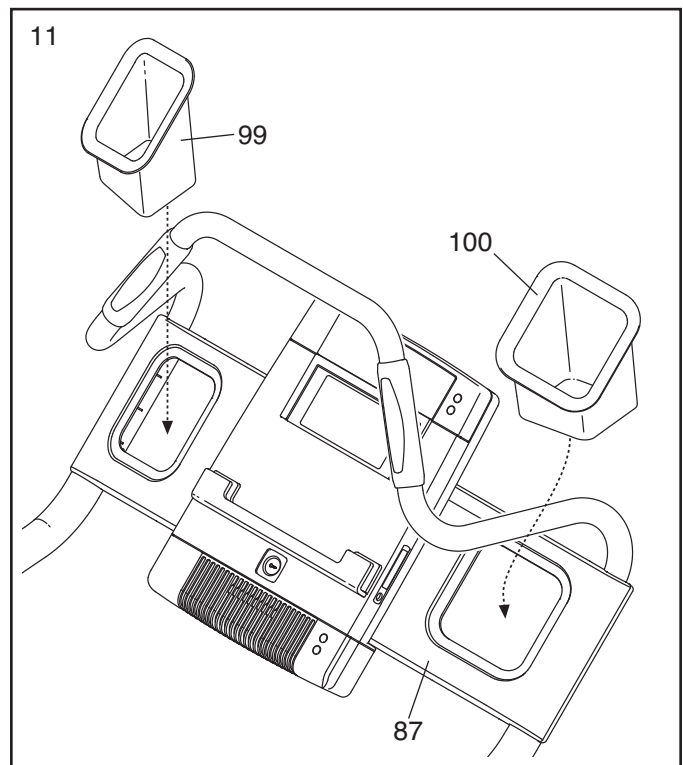
Tighten the four loops around the wires by pulling on the ends of the ties.



10. Attach the Console Back (89) to the Console Cover (87) with eight #8 x 3/4" Screws (1). **Start all eight Screws before tightening any of them. Do not overtighten the Screws. Make sure no wires are pinched.**



11. Press the Left and Right Accessory Trays (99, 100) into the Console Cover (87).



12. **Make sure that all parts are properly tightened before you use the terrain trainer.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 22 and 23). **To protect the floor or carpet from damage, place a mat under the terrain trainer.**

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your terrain 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. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

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

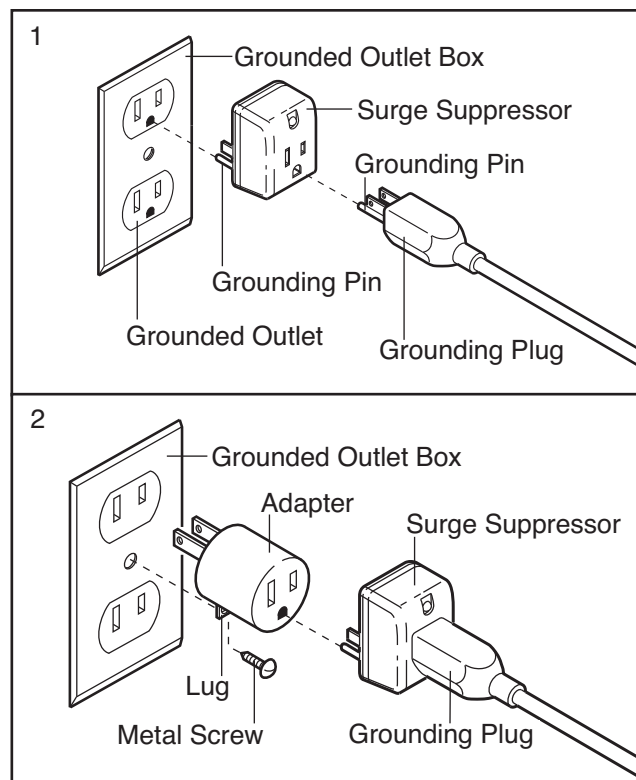
Your terrain trainer, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your terrain trainer being damaged, always use a surge suppressor with your terrain trainer (see drawing 1 at the right).** To purchase a surge suppressor, see your local FREEMOTION dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

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 result in damage to the control system of the terrain 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.

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 elec-

tric shock. This product is equipped with a cord having 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 terrain trainer is not compatible with GFCI-equipped outlets.**

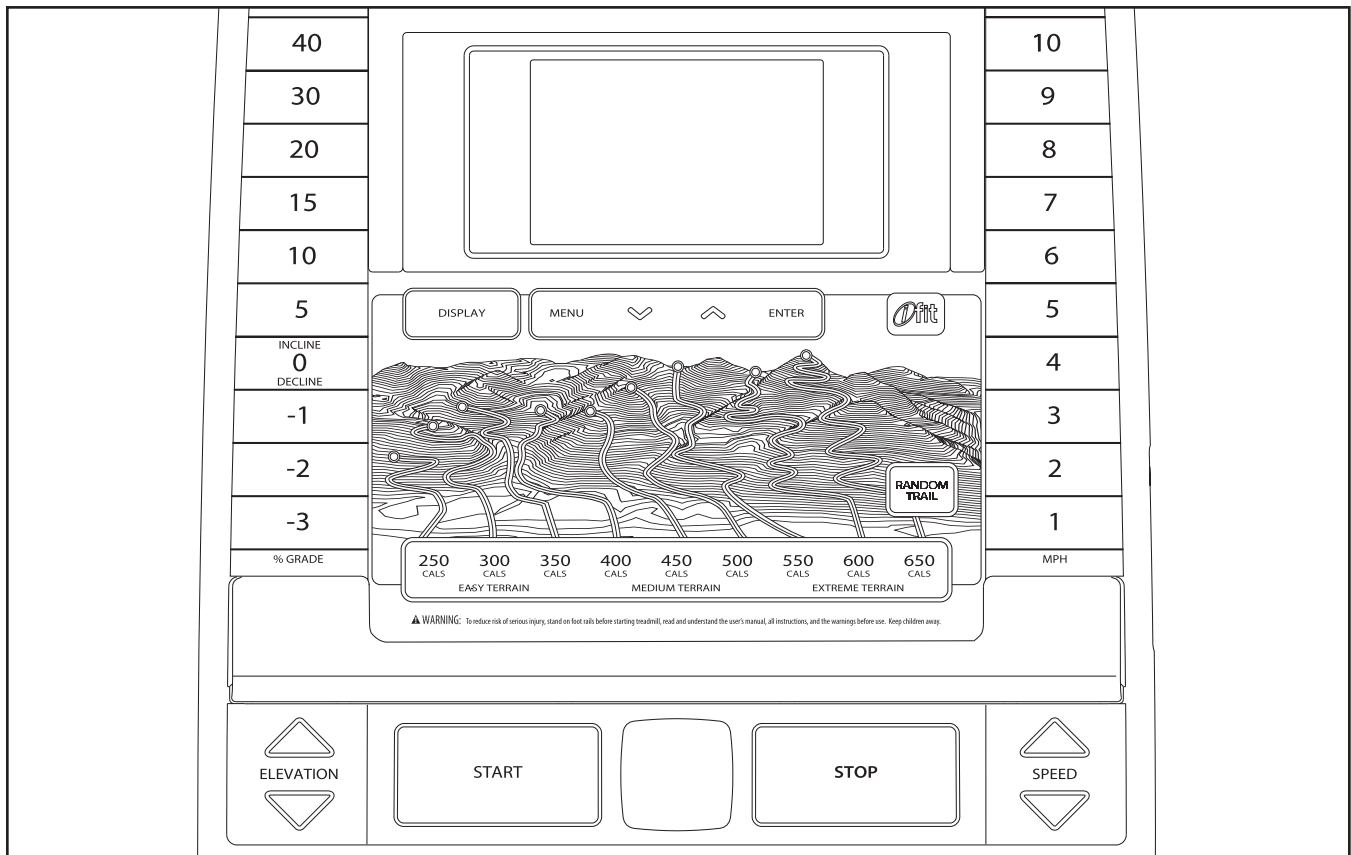
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (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. Whenever the adapter is used it 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.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The terrain trainer console offers an impressive array 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 terrain trainer 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.

In addition, the console features nine calorie workouts. Each workout automatically controls the speed and incline of the terrain trainer as it guides you through an effective exercise session. You can even use the random workout generator to get a new workout every time you exercise.

The console also features an iFit training mode that allows you to connect your terrain trainer to your wireless

network through an optional iFit Live module. The iFit Live module allows you to download personalized workouts and to track and analyze your workout results on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

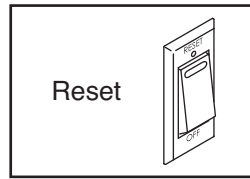
You can also listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To turn on the power, see page 14. **To use the manual mode**, see page 14. **To use a calorie workout**, see page 16. **To use a random workout**, see page 17. **To use the information mode**, see page 18. **To use the stereo sound system**, see page 19. **To use the iFit training mode**, see page 19.

HOW TO TURN ON THE POWER

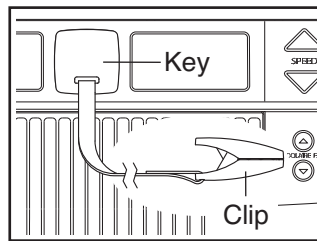
IMPORTANT: If the terrain trainer has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the terrain trainer 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 terrain trainer 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 Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

Next, stand on the walking platform of the terrain trainer. 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 terrain trainer. The first time the terrain trainer is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 18. For simplicity, all instructions in this manual refer to miles.

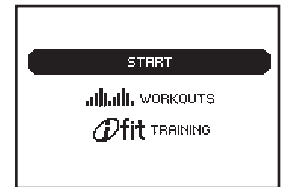
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left. If necessary, press the Incline buttons to adjust the incline level to 0 percent.

2. Select the manual mode.

Each time the key is inserted, the main menu will appear. To select the manual mode, use the increase and decrease buttons next to the Enter button and highlight



START. Press the Enter button. If you have selected a workout or the iFit training mode, press the Menu button to return to the main menu.

3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

If you press the Start button or the Speed increase button, 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.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

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

To change the incline of the terrain trainer, press the Incline increase and decrease buttons or one of the incline buttons numbered -3 to 40. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: As the incline changes, the maximum speed of the terrain simulator will change. When the incline is from -3% to -2.5%, the maximum speed will be 8 mph; when the incline is from -2% to -1.5%, the maximum speed will be 8.5 mph; when the incline is from -1% to -0.5%, the maximum speed will be 9 mph; when the incline is from 0% to 15%, the maximum speed will be 10 mph; when the incline is from 15.5% to 25%, the maximum speed will be 8 mph; and when the incline is from 25.5% to 40%, the maximum speed will be 6 mph.

5. Monitor your progress with the display.

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, repeatedly press the Display button or the increase and decrease buttons next to the Enter button.

As you walk or run on the terrain trainer, the center display can show the following workout information:

- The incline level of the terrain trainer.
- The speed of the walking belt.
- The elapsed time.
- The distance that you have walked or run.
- The approximate number of calories you have burned.
- Your pace in minutes per mile or minutes per kilometer.
- Your heart rate (see step 6 on this page).

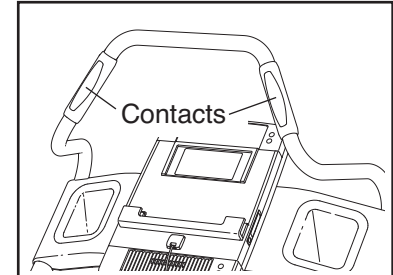
Regardless of which display mode you select, the speed and incline settings will appear in the display for a few seconds each time you change the setting.

If desired, adjust the volume level by pressing the Volume (VOL) increase and decrease buttons on the console.

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

6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts if necessary. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the walking platform** and hold the metal contacts on the handrail 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 low and high speed settings. Press the Coolaire Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

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

Step onto the walking platform and press the Stop button. Next, remove the key from the console and put it in a secure place.

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

HOW TO USE A CALORIE WORKOUT

1. Insert the key into the console.

See step 1 on page 14.

2. Select a calorie workout.

If you have selected the manual mode, a workout, or the iFit training mode, press the Menu button to return to the main menu.

To select a calorie workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, press the increase and decrease buttons to highlight the desired workout category and press the Enter button. You can also press the Cals buttons on the console.

Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name of the workout, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout.

3. Start the workout.

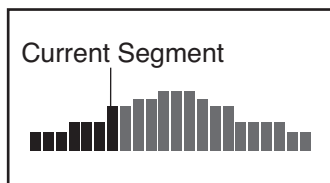
Press the Start button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each calorie workout is divided into 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. Press the Display button repeatedly to view the profile. The

flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.

At the end of the first segment of the workout, a series of tones will sound. If a different speed and/or incline setting is programmed for the second seg-



ment, the speed setting and/or incline setting will appear in the display for a moment to alert you and the terrain trainer will automatically adjust to the speed and incline settings for the next segment.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment 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 override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the terrain trainer will automatically adjust to the speed and incline settings for the next segment.**

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

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 your weight. In addition, if you manually change the speed or incline of the terrain trainer during the workout, the number of calories you burn will be affected.

4. Monitor your progress with the display.

See step 5 on page 15. When a calorie workout is selected, the console can also show a flame representing 25 calories and a profile of the speed settings of the workout.

5. Measure your heart rate if desired.

See step 6 on page 15.

6. Turn on the fan if desired.

See step 7 on page 15.

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

See step 8 on page 15.

HOW TO USE A RANDOM WORKOUT

1. Insert the key into the console.

See step 1 on page 14.

2. Select a random workout.

If you have selected the manual mode, a workout, or the iFit training mode, press the Menu button to return to the main menu.

To select a random workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, press the increase and decrease buttons to highlight RANDOM TRAIL and press the Enter button.

Press one of the Cals buttons to select the desired number of calories. The terrain trainer will create a new workout based on random speed and incline settings. Press the Cals button repeatedly to create different workouts.

When you select a workout, the display will show the name of the workout, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout.

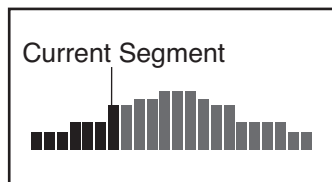
3. Start the workout.

Press the Start 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 random workout is divided into 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. Press the Display button repeatedly to view the profile. The

flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.



At the end of the first segment of the workout, a series of tones will sound. If a different speed and/or incline setting is programmed for the second segment, the speed setting and/or incline setting will appear in the display for a moment to alert you and the terrain trainer will automatically adjust to the speed and incline settings for the next segment.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment 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 override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the terrain trainer will automatically adjust to the speed and incline settings for the next segment.**

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

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 your weight. In addition, if you manually change the speed or incline of the terrain trainer during the workout, the number of calories you burn will be affected.

4. Monitor your progress with the display.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 6 on page 15.

6. Turn on the fan if desired.

See step 7 on page 15.

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

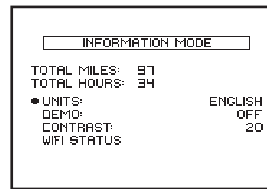
See step 8 on page 15.

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. You can also adjust the contrast level of the display and view the status of the optional iFit Live module.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The display will show the total number of miles that the walking belt has moved and the total number of hours the treadmill has been used.



The display will show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

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, the word "ON" will appear in display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

The display will also show the contrast level of the display. Press the Incline increase and decrease buttons to adjust the contrast.

The display will show whether an accessory is plugged into the console. If the iFit Live module is plugged in, the display will show the words "WIFI STATUS." If a USB device is plugged in, the display will show the words "USB STATUS." If nothing is plugged in, the display will show the words "NO MODULE DETECTED."

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 speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Locate the audio wire. Plug one end into the audio jack on the side of the console. Then, plug the audio wire into a jack on your MP3 player, CD player, or 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. Then, adjust the volume level 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 instead of on the console.

HOW TO USE THE IFIT TRAINING MODE

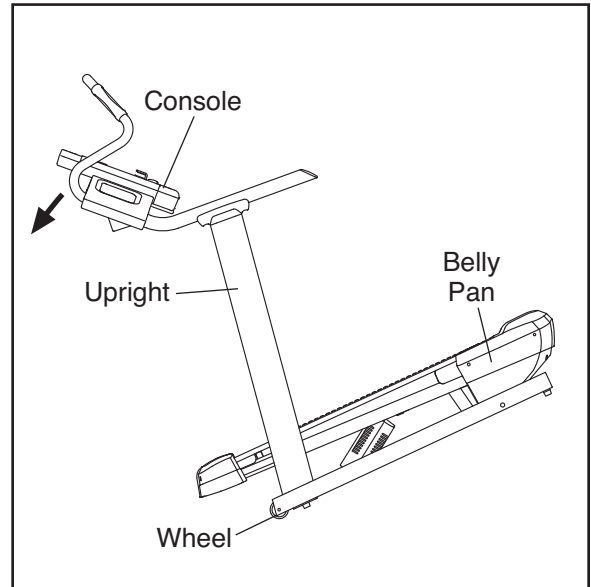
The optional iFit Live module allows you to connect your terrain trainer to your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to www.ifit.com or call the telephone number on the front cover of this manual.**

To select the iFit training mode, use the increase and decrease buttons next to the Enter button and highlight IFIT TRAINING. Press the Enter button. For more information on the iFit training mode, go to www.ifit.com. Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

HOW TO MOVE THE TERRAIN TRAINER

Before moving the terrain 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 terrain trainer, moving it requires two or three persons. Hold the upright firmly near the console. Tip the terrain trainer back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the terrain trainer, do not lift the terrain trainer by the plastic belly pan. Do not pull on the console.** Carefully roll the terrain 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 terrain trainer. Do not attempt to move the terrain trainer over uneven surfaces.**



TROUBLESHOOTING

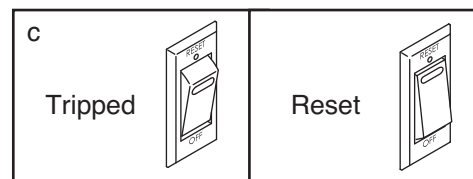
Most terrain trainer problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 terrain trainer 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 terrain trainer 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.

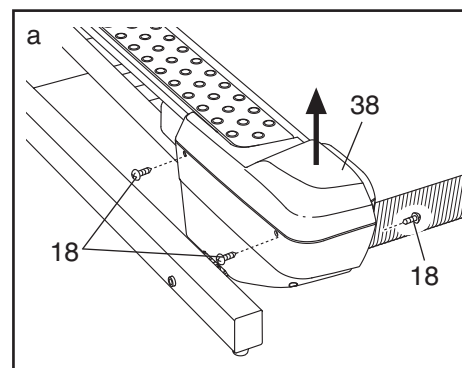
d. If the terrain trainer still will not run, please see the front cover of this manual.

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

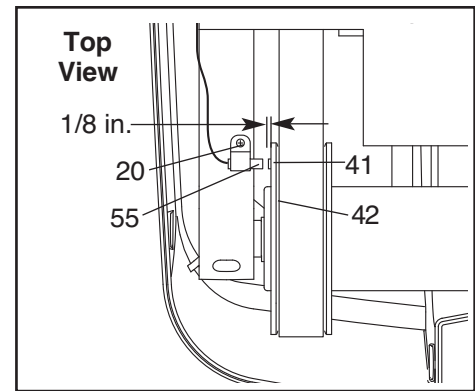
SOLUTION: a. The console features a display demo mode, designed to be used if the terrain trainer is displayed in a store. If the displays remain lit when you remove the key and the incline rises to the maximum level, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 18 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**. Next, remove the three indicated #8 x 1/2" Cover Screws (18). Lift off the Left Roller Cover (38).



Locate the Reed Switch (55) and the Magnet (41) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Clamp Screw (20), move the Reed Switch slightly, and then retighten the Screw. Reattach the Left Roller Cover (not shown) and run the terrain trainer for a few minutes to check for a correct speed reading.



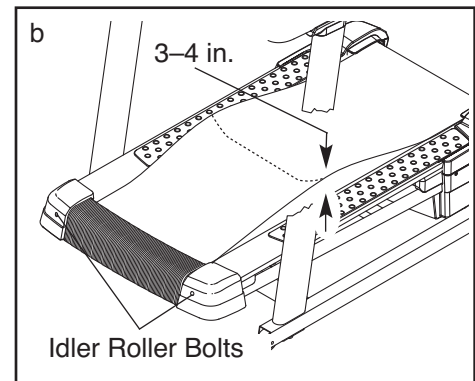
PROBLEM: The incline of the terrain trainer does not change correctly

SOLUTION: a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button again. Then, press the Incline increase or decrease button. The terrain trainer will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

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.

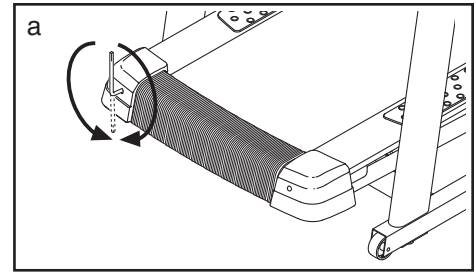
b. If the walking belt is overtightened, terrain trainer performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should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



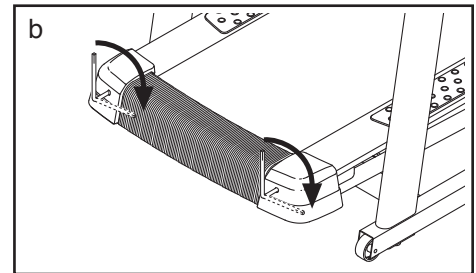
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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 bolt counterclockwise 1/2 of a turn. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the key, and run the terrain trainer 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 terrain trainer 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	♥
<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

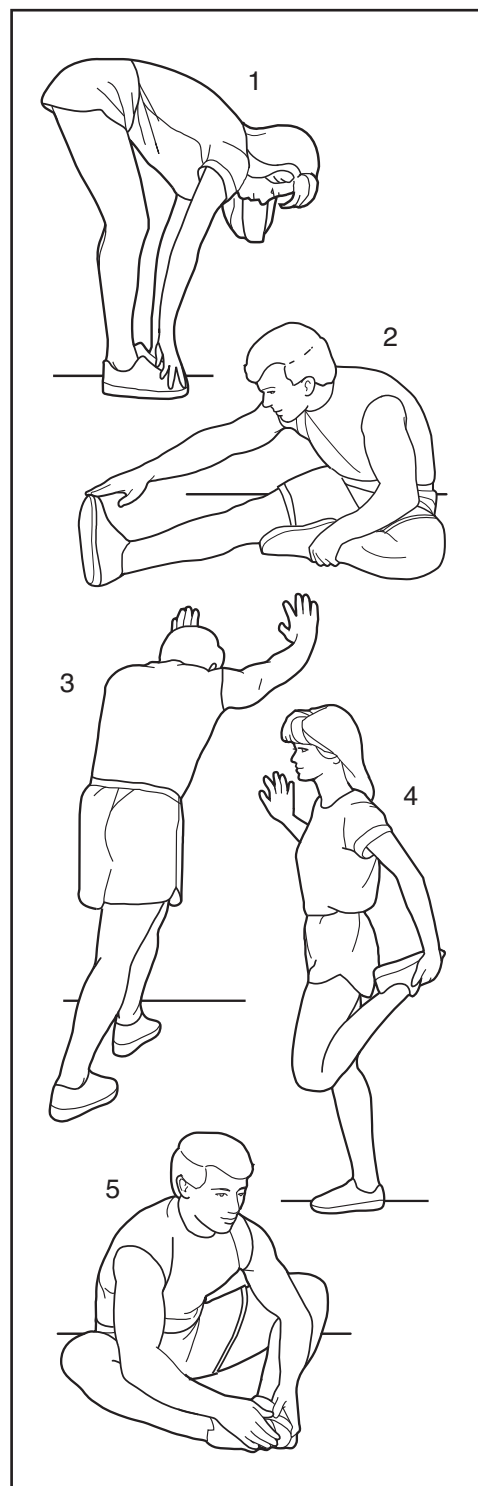
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. SFTL15619.0

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

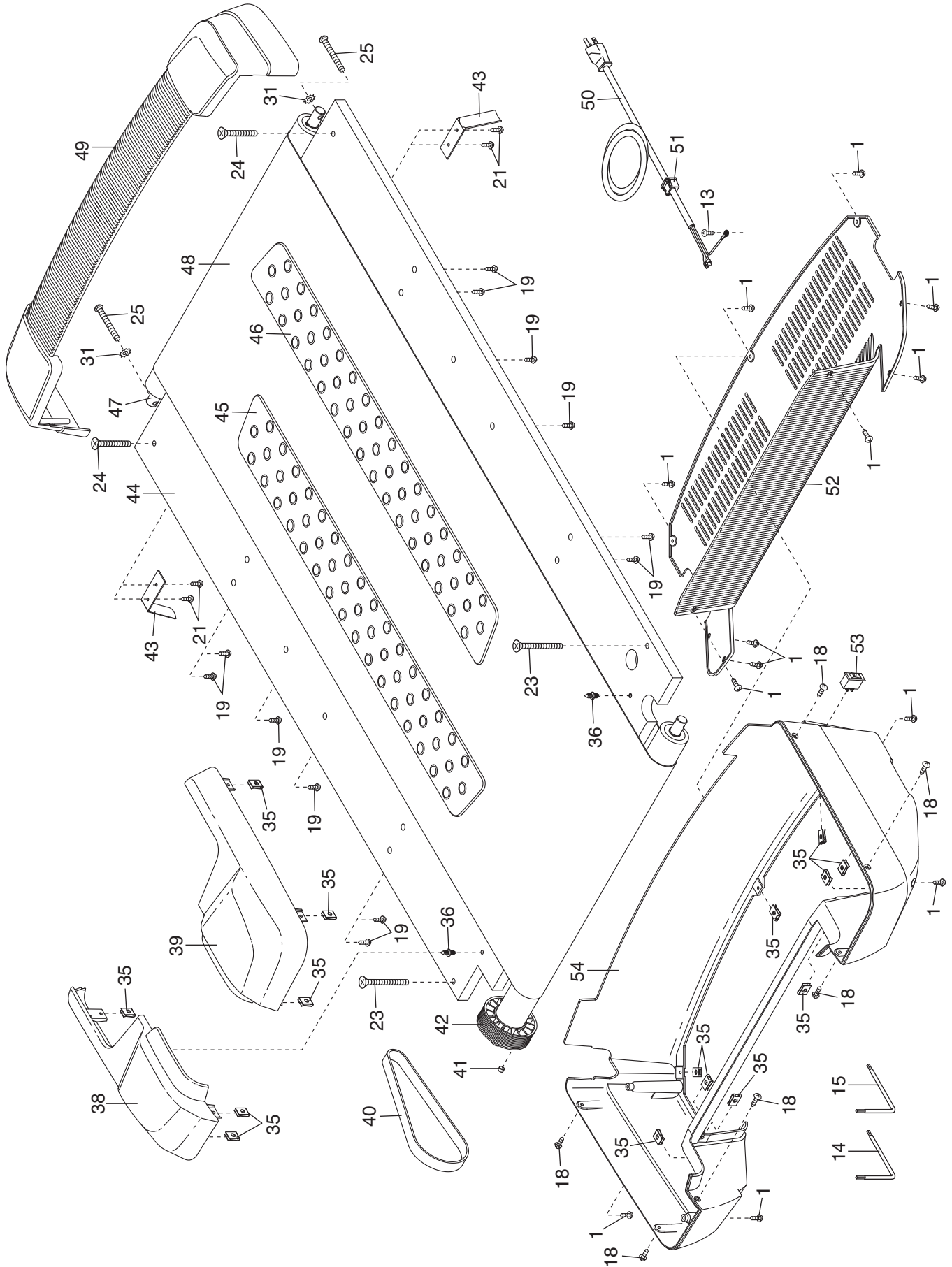
Key No.	Qty.	Description	Key No.	Qty.	Description
1	48	#8 x 3/4" Screw	51	1	Grommet
2	4	#8 x 1" Tek Screw	52	1	Belly Pan Cover
3	4	1/4" x 1/2" Bolt	53	1	Reset/Off Circuit Breaker
4	8	3/8" x 1 1/2" Patch Bolt	54	1	Belly Pan
5	4	3/8" x 3 1/2" Patch Bolt	55	1	Reed Switch
6	2	3/8" x 2 1/2" Bolt	56	1	Reed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

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Incline Sensor Wire	*	—	8" Black Wire, M/F
*	—	8" White Wire, M/F	*	—	10" Red Wire, M/F
*	—	10" Blue Wire, 2F	*	—	10" Brown Wire, 2F
*	—	4" Blue Wire, M/F	*	—	User's Manual

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

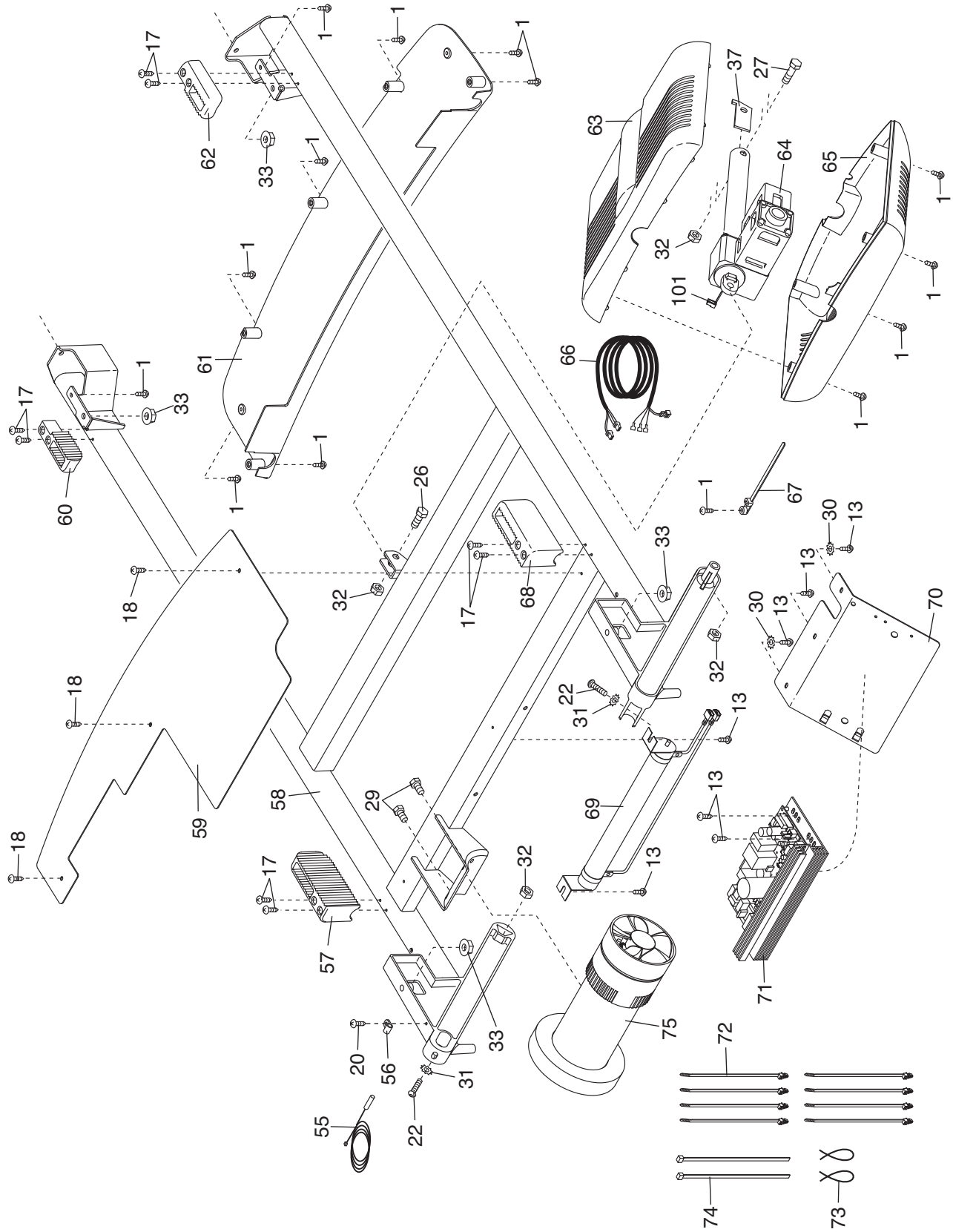
EXPLODED DRAWING A—Model No. SFTL15619.0

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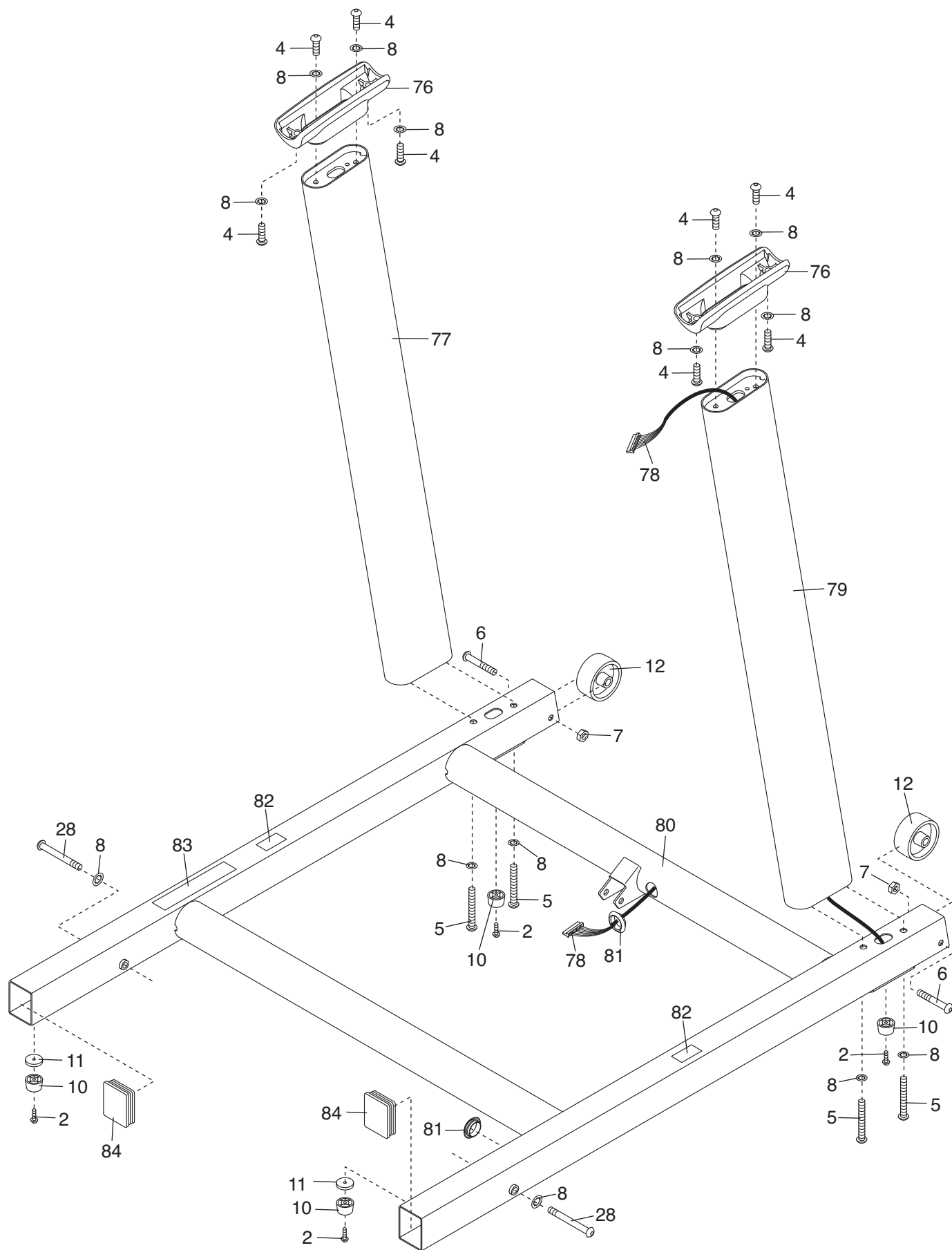
EXPLODED DRAWING B—Model No. SFTL15619.0

R1109B



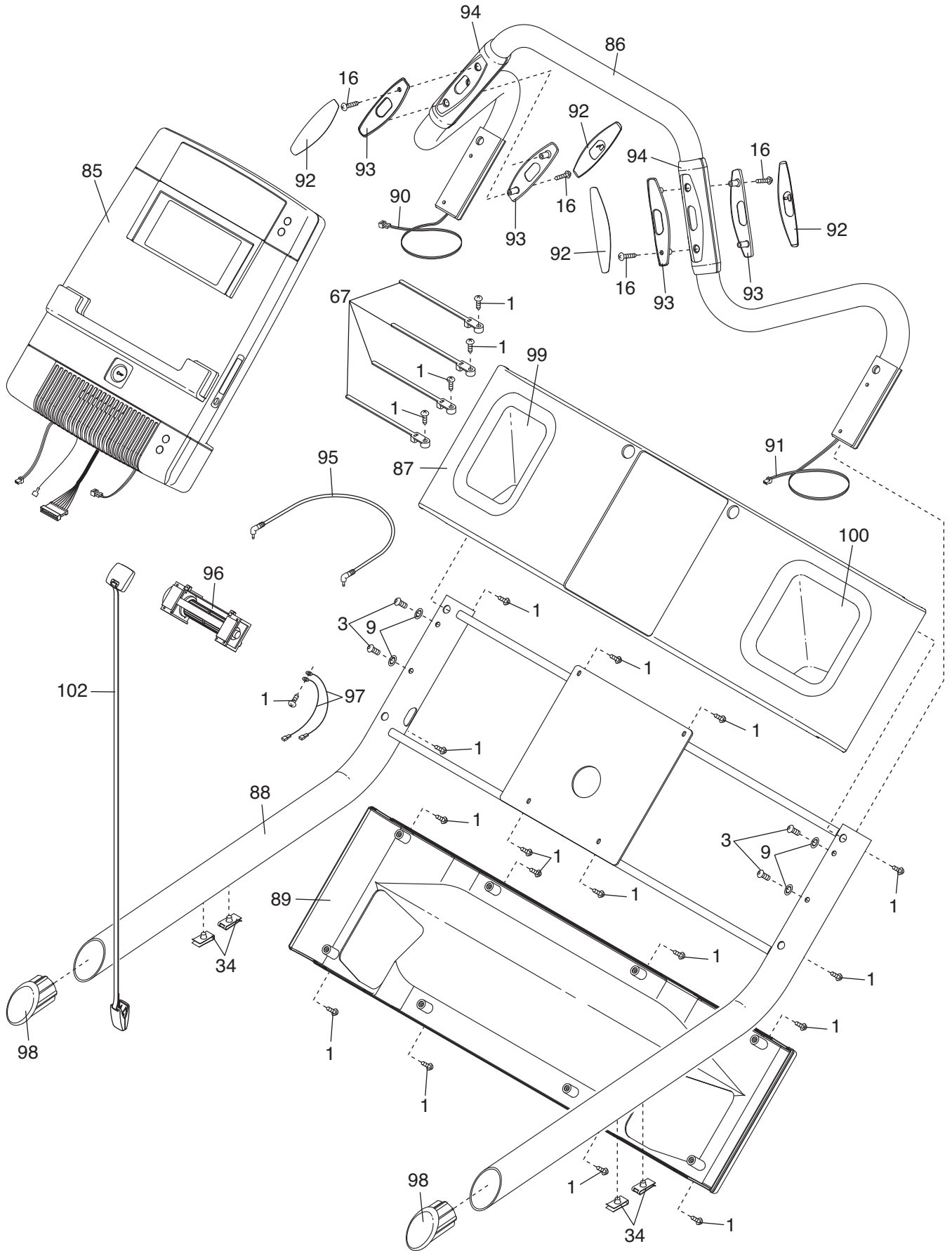
EXPLODED DRAWING C—Model No. SFTL15619.0

R1109B



EXPLODED DRAWING D—Model No. SFTL15619.0

R1109B



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.iconservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. 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 an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; 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.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813