



TELEVISION

www.iconfitness.com

Model No. SFTV15212.0

ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.iconservice.com/registration.

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For service at any time, go to www.iconservice.com.

Or call 1-800-999-3756
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Please do not contact the store.



CAUTION

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

USER'S MANUAL

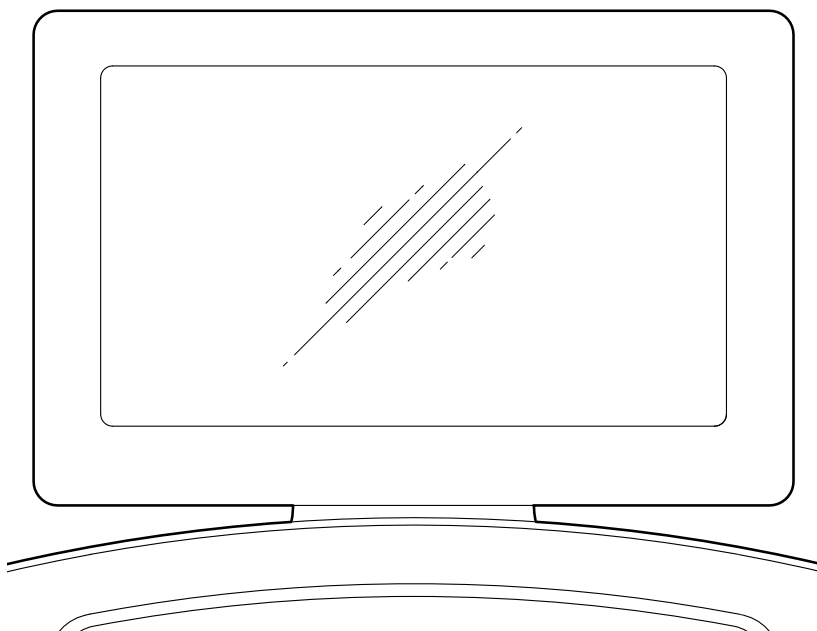


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IMPORTANT PRECAUTIONS

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

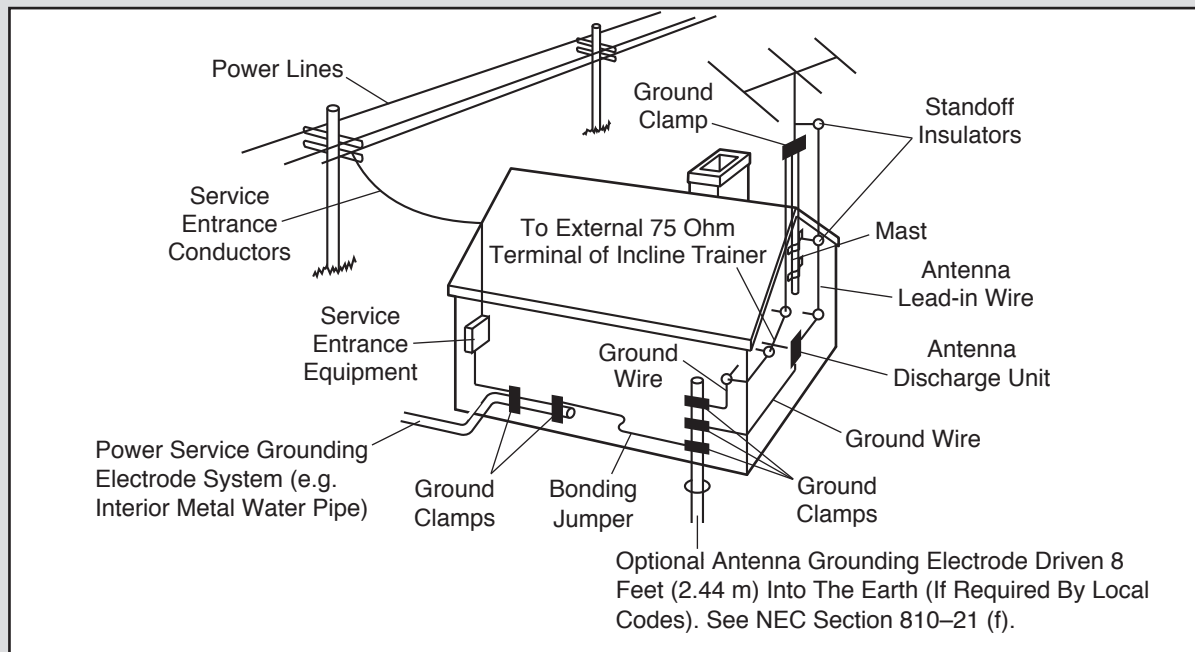
1. It is the responsibility of the owner to ensure that all users of the TV are adequately informed of all warnings and precautions.
2. Use the TV only as described in this manual and in your fitness equipment user's manual.
3. Keep the TV indoors, away from moisture and dust. Do not place the TV in a garage or covered patio, or near water.
4. Never insert or drop any object into any opening.
5. Do not store the TV in temperatures below -40° F (-40° C) or above 140° F (60° C). Do not operate the TV in temperatures below 23° F (-5° C) or above 90° F (32° C).
6. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.
7. If an outside antenna or cable system is connected, make sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, or your local codes and ordinances provide information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.
8. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, use extreme care to keep from touching such power lines or circuits, as contact with them might be fatal.
9. To reduce the risk of electric shock, do not remove the cover or the back of the TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
10. Upon completion of any service or repairs to the TV, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.
11. Use No. 10 AWG (5.3 mm²) copper, No. 8 AWG (8.4 mm²) aluminum, No. 17 AWG (1.0 mm²) copper-clad steel or bronze wire, or larger as a ground wire.

12. Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83 m) apart.

13. Mount an antenna discharge unit as close as possible to where the lead-in enters the house.

14. Use a jumper wire not smaller than No. 6 AWG (13.3 mm²) copper, or the equivalent, when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j) or your local codes and ordinances.

15. Note to the CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



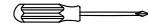
SAVE THESE INSTRUCTIONS

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- Assembly requires the following tool:

one Phillips screwdriver

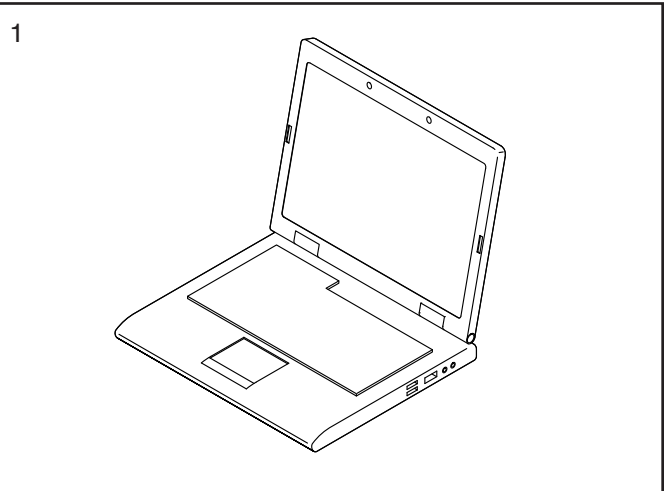


To avoid damaging parts, do not use power tools.

1. Go to www.iconservice.com/registration on your computer and register your product.

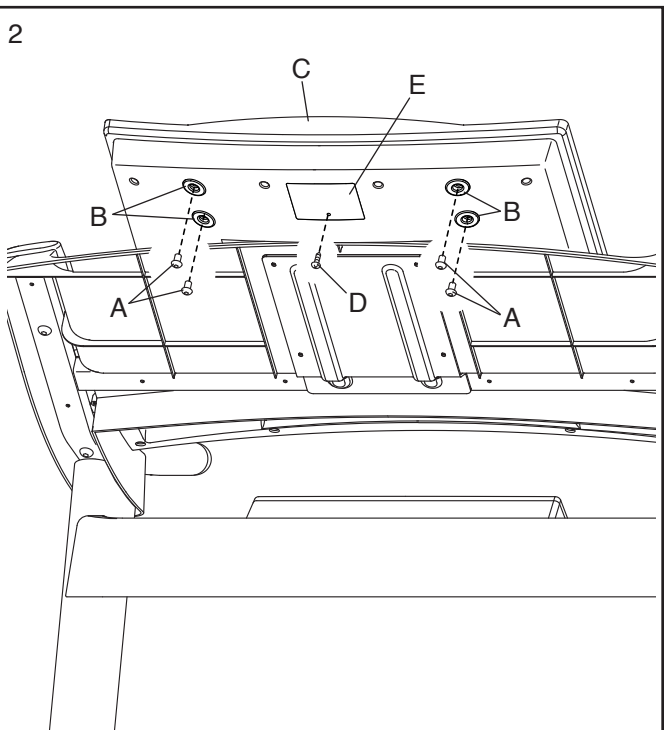
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call CUSTOMER CARE (see the front cover of this manual) to register your product.



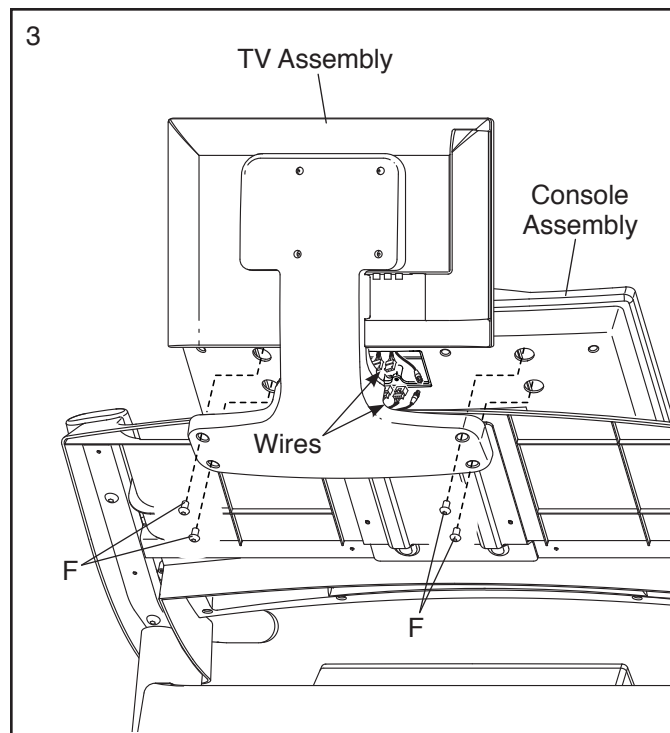
2. Remove the four 1/4" x 1/2" Screws (A) and the four Console Inserts (B) from the back of the Console Assembly (C).

Remove the indicated Screw (D) and the Access Door (E).



3. Hold the TV assembly near the console assembly, and connect the wires.

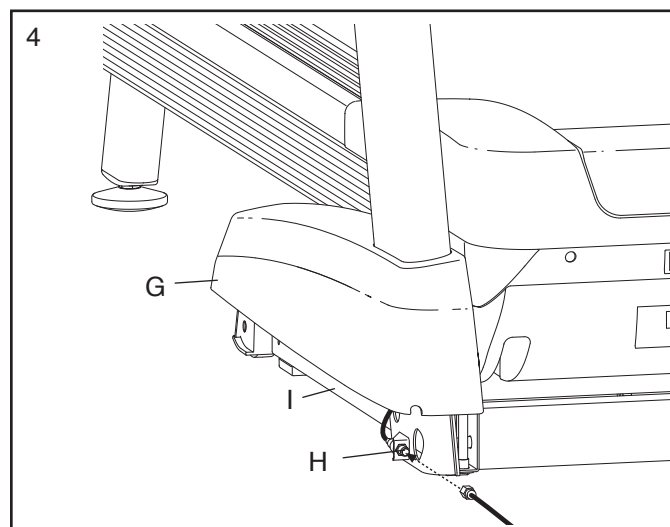
Attach the TV assembly to the back of the console assembly with four 1/4" x 1/2" Screws (F). **Make sure not to pinch any wires. Start all four Screws, and then tighten them.**



4. Place the treadmill near the coaxial cable from your wall or device. Raise the Right Base Cover (G).

Connect the coaxial cable to the Upright Coaxial Cable (H).

Press the Right Base Cover (G) onto the Base (I) until it snaps into place.



5. **Make sure that all parts are properly tightened before you use the TV.** If there is a sheet of plastic on the TV, remove the plastic. Note: Extra parts may be included.

HOW TO CONNECT YOUR FITNESS EQUIPMENT

CONNECT THE POWER CORD

Before using your fitness equipment with the TV, make sure that the power cord is properly connected as described in your fitness equipment user's manual.

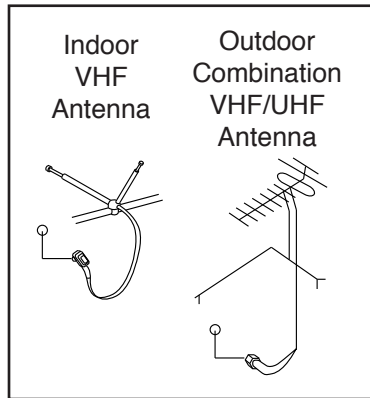
HOW TO CONNECT THE TV

Before operating the TV, you must connect an antenna or a 75 ohm CATV cable to the 75 ohm terminal.

Note: Use a CATV cable to connect to an external source such as a cable box, satellite TV box, VCR, or analog cable. No CATV cable, antenna, or adapter is included.

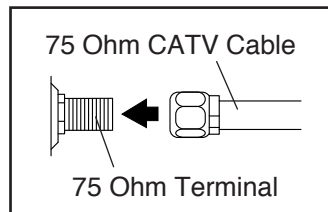
HOW TO CONNECT AN ANTENNA

Place an indoor VHF antenna or an outdoor combination VHF/UHF antenna in the desired location. Note: Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your outdoor antenna and the lead-in wiring before connecting the antenna.



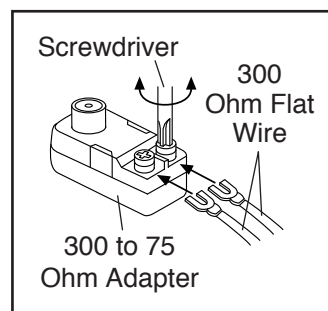
75 Ohm CATV Cable

1. Connect the 75 ohm CATV cable from the antenna to the 75 ohm terminal on the fitness equipment frame near the power cord.

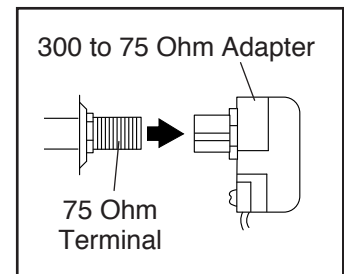


300 Ohm Flat Wire

1. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.



2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm terminal on the fitness equipment frame near the power cord.



HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

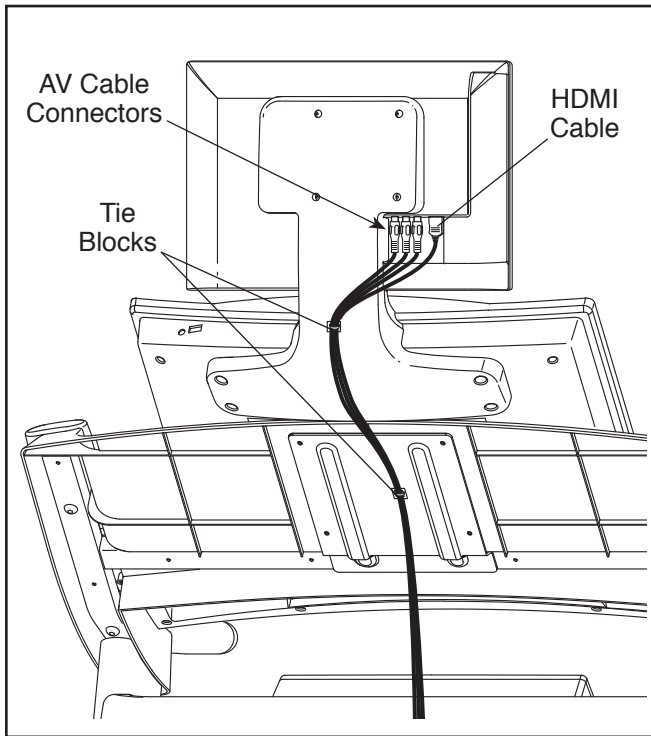
1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your external source.
2. Plug in the power cord of your external source. See your external source user's manual for proper grounding instructions.
3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the fitness equipment frame near the power cord. See the drawing at the left.

TV CONNECTION SETTINGS

Note: The TV has been pre-configured to be either NTSC-compatible or PAL-compatible. Compatibility may vary from country to country.

HOW TO CONNECT A VCR, DVD PLAYER, OR OTHER DEVICE USING AN AV CABLE

1. Connect the three-pronged end of an RCA AV Cable to your VCR, DVD player, or other device.
2. Plug in the power cord of your device. See your VCR, DVD player, or other device's user's manual for proper grounding instructions.
3. Connect the RCA AV Cable to the audio/video input jack on the TV as shown below.



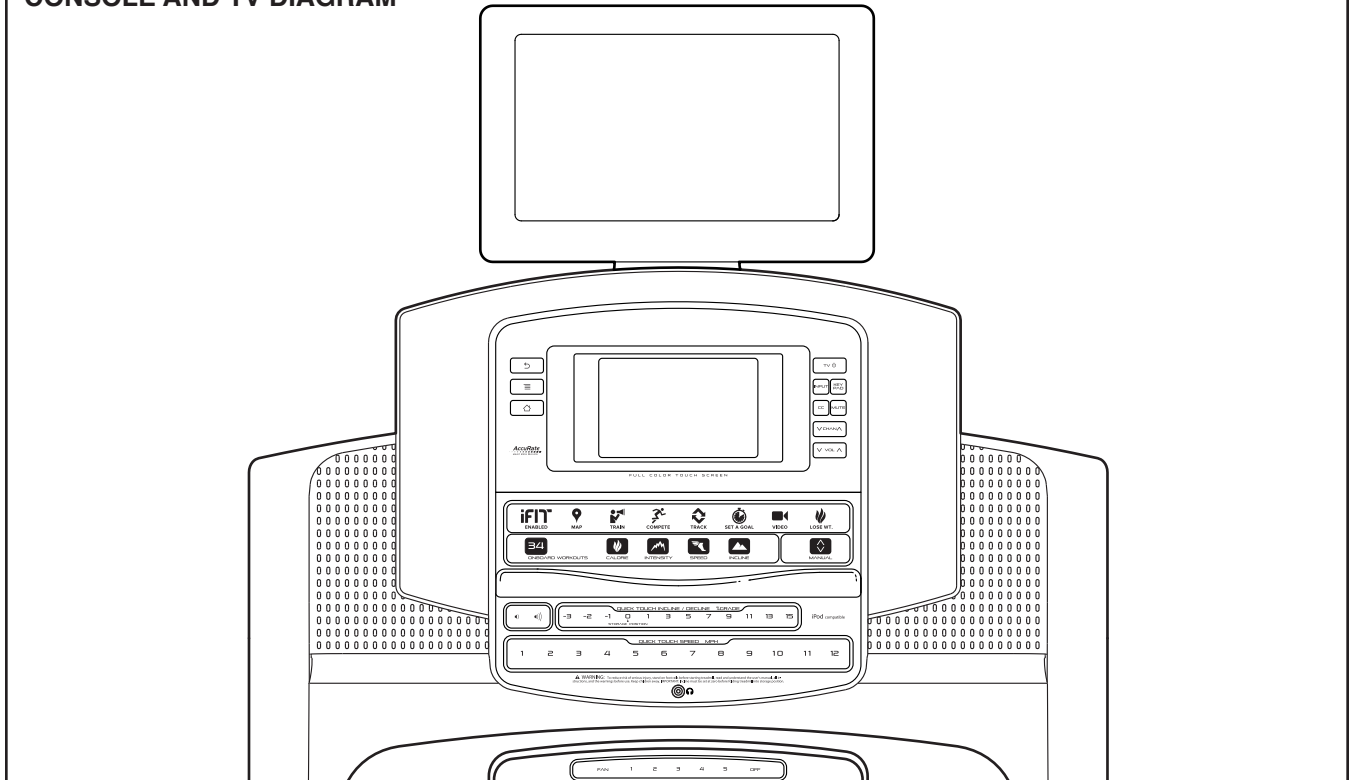
HOW TO CONNECT A DVD OR BLU-RAY PLAYER OR OTHER DEVICE USING AN HDMI CABLE

1. Connect one end of an HDMI Cable to your DVD or Blu-ray player or other device.
2. Plug in the power cord of your device. See your DVD or Blu-ray player or other device's user's manual for proper grounding instructions.
3. Connect the other end of the HDMI Cable to the HDMI input jack on the TV as shown at the left.
4. If desired, apply the included tie blocks as shown at the left. First, remove the paper covering the adhesive on the back of a tie block. Then, apply the adhesive on the tie block in the location desired. Wrap one of the included zip ties through the tie block and around the wires. Then, pull the zip tie on the tie block to secure the wires. Cut the end of the zip tie. Repeat this step with as many tie blocks as desired.

IMPORTANT: Do not plug any devices into the USB port on the side of the TV.

HOW TO USE THE TV

CONSOLE AND TV DIAGRAM



FEATURES OF THE TV

The FREEMOTION® TELEVISION allows you to watch your favorite TV shows or movies while you get in shape. The TV operates through your fitness equipment's console. To learn about the features of the console, see the user's manual that came with your fitness equipment.

To learn about how to operate the TV, see page 10. **To use the entertainment mode,** see page 10. **To use the remote control,** see page 11. **To adjust the TV settings,** see page 12.

If there is a sheet of plastic on the face of the TV, remove the plastic.

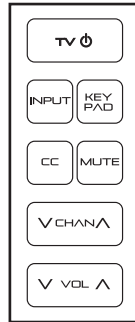
Note: Before changing channels on the TV, you must perform an Auto Channel Search (see step 4 of HOW TO ADJUST THE TV SETTINGS on page 12).

HOW TO OPERATE THE TV

The TV can be controlled with the remote control (see page 11). If your treadmill is the FREEMOTION® 775 INTERACTIVE treadmill, you can also control the TV by using the control buttons found on your treadmill's console.

1. Turn the TV on.

To turn on the TV, press the TV power button, which is the top button on the console TV control.



2. Select a TV input source.

To switch between cable or antenna input and another audio/visual input device such as a VCR, DVD player, or Blu-ray player, press the Input button repeatedly. Select TV for cable or antenna input, AV for a device connected to the TV with an AV cable, or HDMI for a device connected with an HDMI cable.

3. Select the desired channel.

To select the desired cable channel, press the Chan increase and decrease buttons or the Key Pad button. Note: If you press the Key Pad button, a ten-number button pad will appear on your console's touch screen. Touch the numbers for the desired cable channel.

When the buttons are pressed, a graphic will appear on-screen to show which channel is selected.

Note: The TV can identify and store in memory all valid cable channels in your area (see HOW TO ADJUST THE TV SETTINGS on page 12). The Chan increase and decrease buttons will select only channels that are stored in memory. If a satellite TV box, VCR, DVD player, or Blu-ray player is connected and used as the input source, the channel must be changed on the satellite TV box, VCR, DVD player, or Blu-ray player.

4. Adjust the volume as desired.

Press the Vol increase and decrease buttons to adjust the volume. When the buttons are pressed, a graphic will appear on-screen to show which volume setting is selected.

5. Mute the TV if desired.

Press the Mute button to silence the TV's audio output. Press the button again or adjust the volume to turn the TV off of mute.

6. Use closed captioning.

If the TV show or movie you are watching has closed captioning, you can use this feature to display an on-screen text version of the audio output. To view closed captioning on the TV, press the CC button repeatedly (see step 6 on page 13 to adjust closed captioning settings).

7. When you are done using the TV, turn the TV off.

To turn off the TV, press the TV power button.

HOW TO USE THE ENTERTAINMENT MODE

Note: The entertainment mode is only available on the FREEMOTION® 775 INTERACTIVE treadmill.

Your fitness equipment's console features an entertainment mode that allows you to access an on-screen remote control.

1. Access the settings main menu.

Press the settings button on your treadmill's console or touch the gears button on the screen to access the settings main menu.

2. Select the entertainment mode.

In the settings main menu, touch the Entertainment button to enter the entertainment mode.

3. Select custom settings.

Touch the Custom Settings button to access an on-screen remote control. Note: This on-screen control functions similarly to the included remote control (see page 11 to learn how to use the remote control).

4. Exit the entertainment mode.

To exit the entertainment mode, touch the back button on the screen.

HOW TO USE THE REMOTE CONTROL

The first time you use the remote control, insert batteries (see HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL at the right).

Next, stand on the treadmill and hold the remote control near the TV. Point the remote control directly at the TV.

Press the Power button (⏻). After a few moments, the TV will turn on or turn off.

Press the volume (Vol) increase or decrease button to adjust the volume.

Press the Mute button to turn on or turn off the sound.

Press the numbered channel buttons and the dash button (–) or the Channel (CH) increase or decrease button to select a channel.

Press the return button (↩) to view the previous channel.

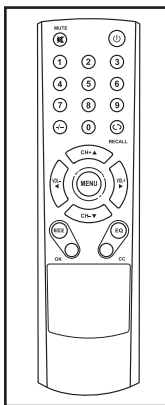
Press the Menu button to view the main menu or to view a previous menu. See pages 12 and 13 for information about the menu.

Press the arrow keys to navigate in the menu. Press the OK/Enter button to make a selection in the menu.

Press the Exit button to exit any menu.

Press the List button to view a list of channels. If you have labeled any channels, the menu will also show the channel label. See step 4 on page 12 for information about labeling channels.

Press the EPG button to view the electronic program guide. Note: The electronic program guide is only available when viewing ATSC digital television.



Press the Display button to view information about the current program and the broadcast or cable signal.

Press the CC button repeatedly to turn on or turn off closed captioning. See step 6 on page 13 to adjust closed captioning settings.

Press the Source button repeatedly to select the input source. Select TV for cable or antenna input, AV for a device connected to the TV with an AV cable, or HDMI for a device connected with an HDMI cable.

Press the MTS button repeatedly to select English or Spanish as the audio setting language.

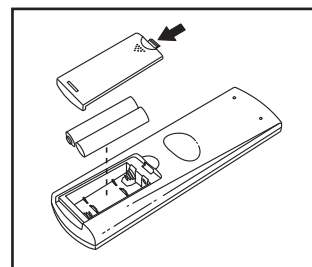
Press the Aspect button repeatedly to select normal, wide, cinema, or zoom image as the display format.

Press the V-Chip button to adjust parental control settings.

Press the Fav button to select the Favorite List of channels. See step 4 on page 12 to create a favorite channels list.

HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL

To replace the batteries, first locate the battery cover on the back of the remote control. Push down on the clip on the battery cover and pull off the battery cover.



Next, remove the old batteries from the remote control, and insert two new “AAA” batteries. **Make sure to insert the batteries as shown in the drawing.** Then, press the battery cover onto the remote control.

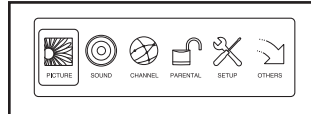
HOW TO ADJUST THE TV SETTINGS

The TV has a menu that allows you to adjust and personalize TV settings.

Press the Menu button on the remote control or the on-screen control to enter the main menu or to return to a previous menu. Press the Exit button to exit the menu. Use the arrow buttons to navigate right and left or up and down in a menu. Press the OK/Enter button to make a selection.

1. Press the Menu button to enter the main menu.

To select one of the icons in the menu, press the left and right arrow buttons on your remote



control until the desired icon is highlighted. Select Picture to adjust the image settings. Select Sound to adjust the audio settings. Select Channel to adjust the channel settings. Select Parental to adjust the parental control settings. Select Setup to adjust basic TV settings. Select Others to adjust advanced TV settings. To return to the main menu, press the Menu button.

2. Adjust the image settings.

The Picture menu offers numerous features for adjusting the TV display. Use the arrow buttons to navigate through the various settings and personalize the image settings.

3. Adjust the audio settings.

The Audio menu offers numerous features for adjusting the TV audio output. Use the arrow buttons to navigate through the various settings and personalize the audio settings.

4. Adjust the channel settings.

The Channel menu allows you to save channels in the TV memory and select settings for channels. Note: You can only access this menu if TV is selected as the input source.

First, scroll to the bottom of the Channel menu and highlight Auto Channel Search. Press the Enter button to start the auto scan. The TV will begin scanning all of the channels available in your area. When no signal is detected on a channel, the channel will be skipped. When a signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel is reached. The TV will renumber the channels in the order in which it locates them. **Do not remove the key while the TV is scanning channels.** Note: If a television channel disappears, scan for channels again.

Next, select Channel Settings to view a list of channels saved in the TV memory. Select a checkbox in the Skip column and press Enter to have the TV not use this channel. Select a checkbox in the Favorite column to add the channel to your favorite channels list. Select a name in the Label column to change the channel's label. Edit the label using the arrow buttons.

Select Channel List to view a list of channels saved in the TV memory. Highlight a channel and press Enter to select the channel.

Select Favorite List to view a list of your favorite channels. Note: You must first select favorite channels to create this list. Highlight a channel and press Enter to select the channel.

5. Adjust the parental control settings.

The Parental menu allows you to block or allow various settings on the TV.

First, enter the Lock Parental Code password, which is a 4-digit PIN. Note: The default password is 0000. Once the password has been entered, the Parental menu will be unlocked.

Select V-CHIP to control which television and movie ratings are blocked or allowed. Note: The lock icon will indicate whether a rating has been blocked or allowed.

Select Change Password to change the Lock Parental Code password. Enter the old password once, then enter the new password twice to confirm. You will now have to enter the new password to enter the Parental menu. **Note: If you forget your password, enter the following master password to access locked menus: 1470.**

Select Keypad Lock to lock the keypad.

Select Source Lock to lock a specific audio/video input source, such as TV, AV, or HDMI.

6. Set up the basic TV settings.

The Setup menu allows you to adjust the closed caption settings, the language used in the menus, and the clock settings.

To enter the closed caption submenu, highlight Closed Caption and press the Enter button. In the closed caption submenu, adjust the caption display, caption type, and the digital preset and style.

Select Menu Language to change the language used in the menus.

Select Clock to adjust the TV clock's time zone, auto setting, time setting, day of the week setting, and daylight savings time setting.

7. Adjust the advanced TV settings.

The Others menu offers several advanced TV settings. You can also restore the original TV settings.

Select the Blue Back to have the TV screen display blue when no signal is detected.

Select No Signal Power Off to have the TV shut off if no signal is detected for 10 minutes.

Select No Operation Power Off to have the TV shut off if no buttons are pressed on the remote control, on-screen control, or console TV control for 3 hours.

When you highlight All Reset, a warning will appear in the display. Make sure to read the warning, then press Enter to restore the original TV settings. Note: All of your favorite channels, labels, and personal adjustments will be erased.

8. Exit the menu.

When you have finished adjusting the settings, press the Exit button.

MAINTENANCE AND TROUBLESHOOTING

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

SYMPTOM: The TV is not receiving a signal

- a. Make sure that the correct input source is selected. See page 11 to select an input source.
- b. Make sure that the antenna cable or CATV cable is connected securely to your fitness equipment. See page 7 to connect a CATV cable to your fitness equipment or page 8 to connect an AV cable or HDMI cable to the TV.
- c. Scan for broadcast or cable signals. See step 4 on page 12 to scan for signals.

SYMPTOM: The volume cannot be turned up

- a. If there is no sound coming from the TV, make sure that the TV audio is not muted.
- b. If there is still no sound coming from the TV, make sure that the audio wire is not plugged into the audio jack on the console.

SYMPTOM: TV reception is poor

- a. Make sure that the TV settings are set correctly. See HOW TO ADJUST THE TV SETTINGS on page 12.
- b. For the TV to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. See HOW TO CONNECT AN ANTENNA on page 7.
- c. Check for the problems listed below and follow the applicable instructions:
 - Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing

the position of your fitness equipment or other electric appliances to correct the problem.

- Ghosts—Ghosts are caused by the TV signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
- Blue Screen—If your fitness equipment is located in the fringe area of a TV station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.
- Fading—If blocks of the picture are missing, the picture moves around the screen, or the picture disappears, the signal may be weak. Change the direction or position of the antenna to improve reception. Make sure the TV settings are set correctly (see HOW TO ADJUST THE TV SETTINGS on page 12). Do not use a splitter.

Note: If one of these problems appears when the cable from a CATV company is connected, the problem may be caused by the cable company broadcast.

SYMPTOM: The TV needs to be cleaned

- a. **UNPLUG THE POWER CORD.** To clean the TV, wipe the TV and screen using a soft cloth with a small amount of soft detergent. Do not use a polishing cloth, solvent, or any type of propellant or chemical detergent such as alcohol or benzene.

NOTES

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

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

This warranty extends only to the original purchaser (customer). 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. If replacement parts are 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 freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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 any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

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

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