

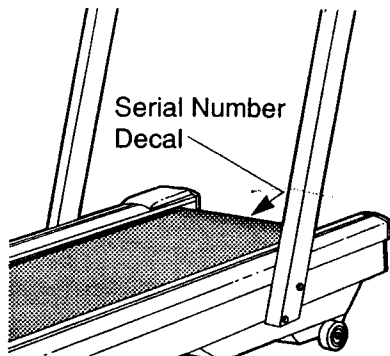
★ IF YOU HAVE QUESTIONS ABOUT
TRAINING OR TECHNIQUE, CALL
TONY LITTLE'S PERSONAL TRAINERS

TOLL-FREE 1-800-780-6744

MON-FRI 9AM-6PM EST

Model No. TLTL21040

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

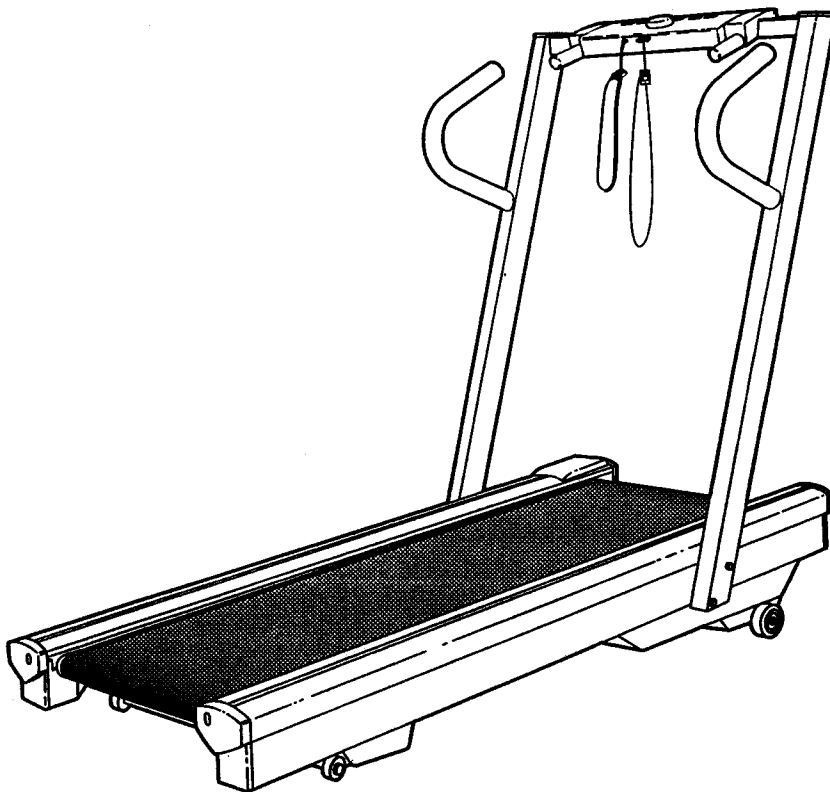
1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

⚠ CAUTION!

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

ONE ON ONE TRAINER™



OWNER'S MANUAL

LIMITED WARRANTY

ICON Health & Fitness, Inc. warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. ICON extends a limited five (5) year warranty on the frame and steel parts. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a ICON authorized service center or for products 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 OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN UT 84321-9813

ONE ON ONE **TRAINER™**

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⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

IMPORTANT SAFETY PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see PLUGGING IN THE POWER CORD on page 7), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
4. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
5. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
6. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
7. Never allow more than one person on the treadmill at a time. The treadmill should not be used by persons weighing more than 250 pounds.
8. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
9. Never drop or insert any object into any opening.
10. The roller guards must be 1/8 inch from the rear roller. If necessary, turn off the power and adjust the roller guards.
11. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
12. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
13. Use the treadmill only as described in this manual.
14. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover 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.

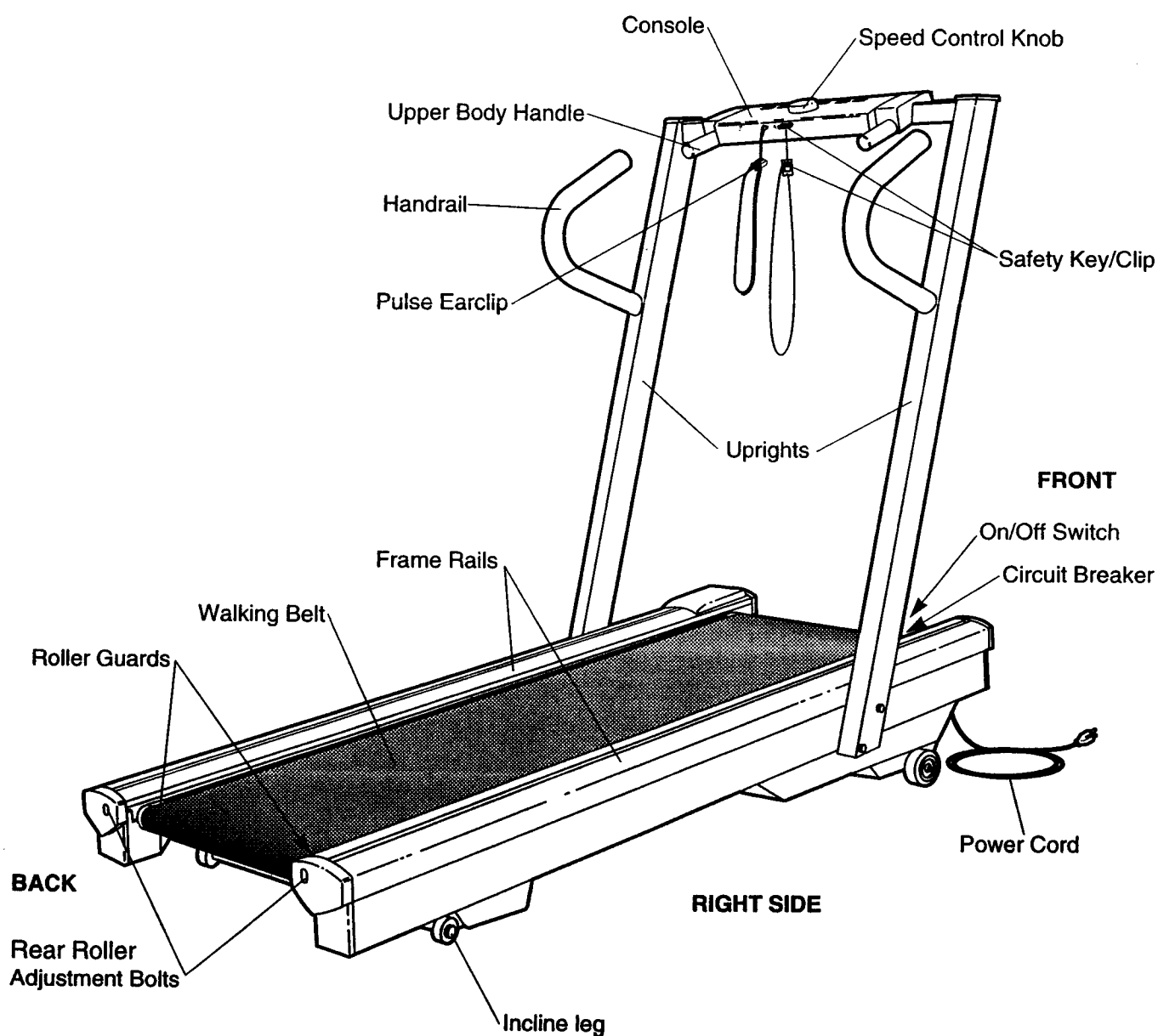
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the TONY LITTLE® ONE ON ONE TRAINER treadmill. The ONE ON ONE TRAINER treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your safety and benefit, read this manual carefully before using the ONE ON ONE TRAINER treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is TLTL21040. The serial number can be found on a decal attached to the ONE ON ONE TRAINER treadmill (see the front cover of this manual for the location of the decal).

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



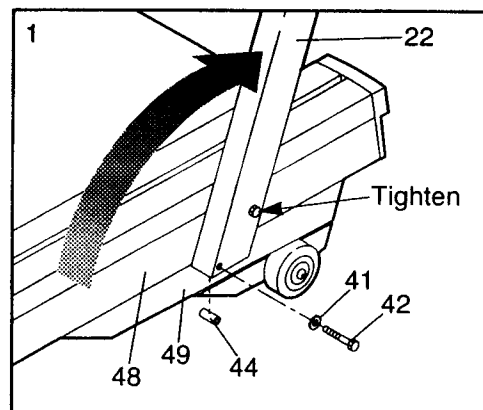
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **TOOLS REQUIRED FOR ASSEMBLY:** An adjustable wrench  (not included).

1. Raise the Right Upright (22) and the Left Upright (not shown) to a vertical position. Hold an Upright Spacer (44) inside the lower end of the Right Upright. Insert an Upright Bolt (42), with an Upright Washer (41), through the hole near the lower end of the Right Upright and through the Spacer. (You may need to insert your fingers into the lower end of the Right Upright and push aside the wires as you insert the Bolt.) Tighten the Bolt into the hole in the side of the Frame (48).

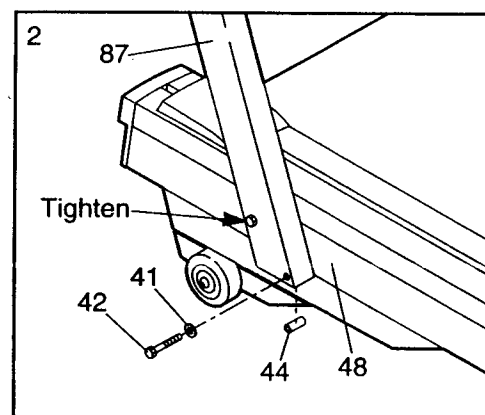
Tighten the bolt that is already in the Right Upright (22).

Insert any slack wire into the hole in the Safety Cover (49).

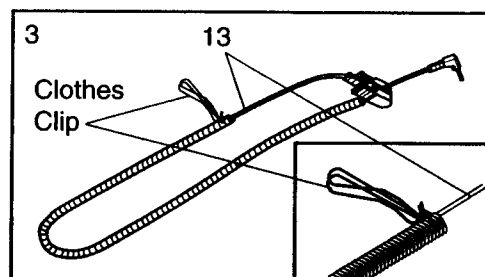


2. Hold an Upright Spacer (44) inside the lower end of the Left Upright (87). Insert an Upright Bolt (42), with an Upright Washer (41), through the hole near the lower end of the Left Upright and through the Spacer. Tighten the Bolt into the hole in the side of the Frame (48).

Tighten the bolt that is already in the Left Upright (87).

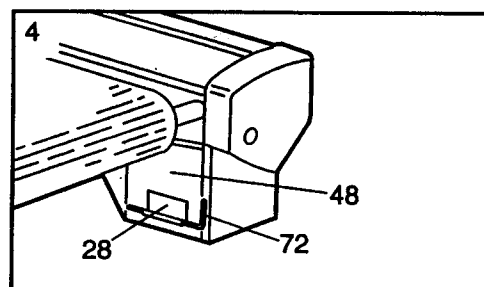


3. Slide the metal Clothes Clip onto the Pulse Earclip (13) in the indicated location. The use of the Pulse Earclip is explained in MOTIVATIONAL FITNESS MONITOR on page 9.



4. Remove the paper backing from the Adhesive Clip (28). Press the Adhesive Clip onto the Frame (48) in the indicated location. Press the 3/16" Allen Wrench (72) into the Adhesive Clip.

Make sure that all parts are tightened before you use the treadmill.
Note: To protect the floor, cover the floor beneath the treadmill.



OPERATION AND ADJUSTMENT

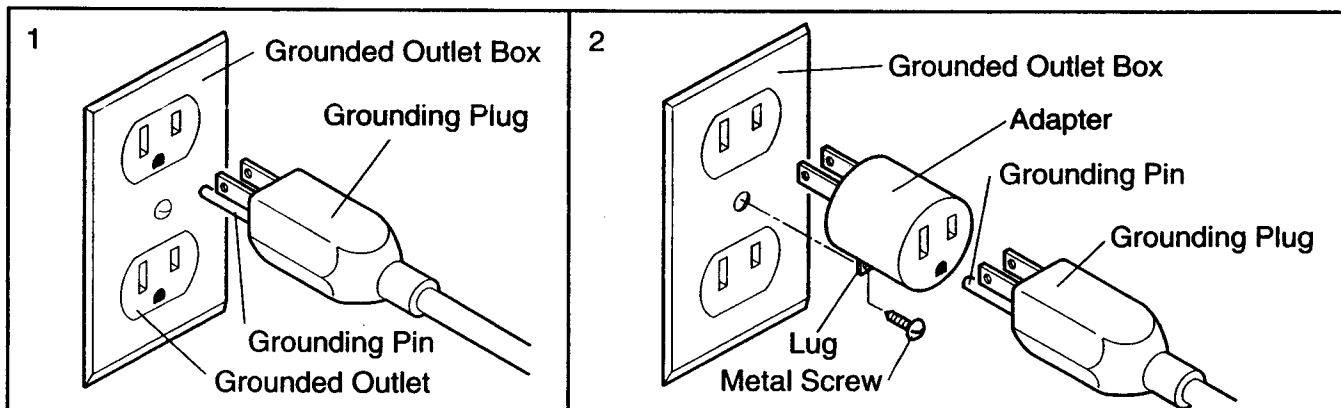
PLUGGING IN THE POWER CORD

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 is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in a 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.

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. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug 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.



MAINTENANCE-FREE WALKING BELT

Your treadmill features a maintenance-free walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. During the first few hours of use, it is normal for a small amount of white powder to appear on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

CHANGING THE INCLINE OF THE TREADMILL

The incline of the treadmill can be changed by raising or lowering the back end of the treadmill. Raising the back end will decrease the incline; lowering the back end will increase the incline. **Before changing the incline, remove the safety key and unplug the power cord.** Stand behind the treadmill and grip an endcap with each hand. There are three height settings; raise the back end of the treadmill to the desired height setting. To lower the back end, you must first raise it past the highest setting.

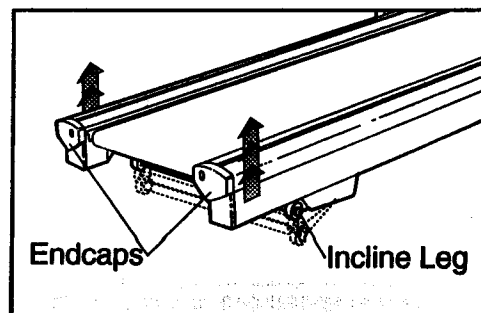
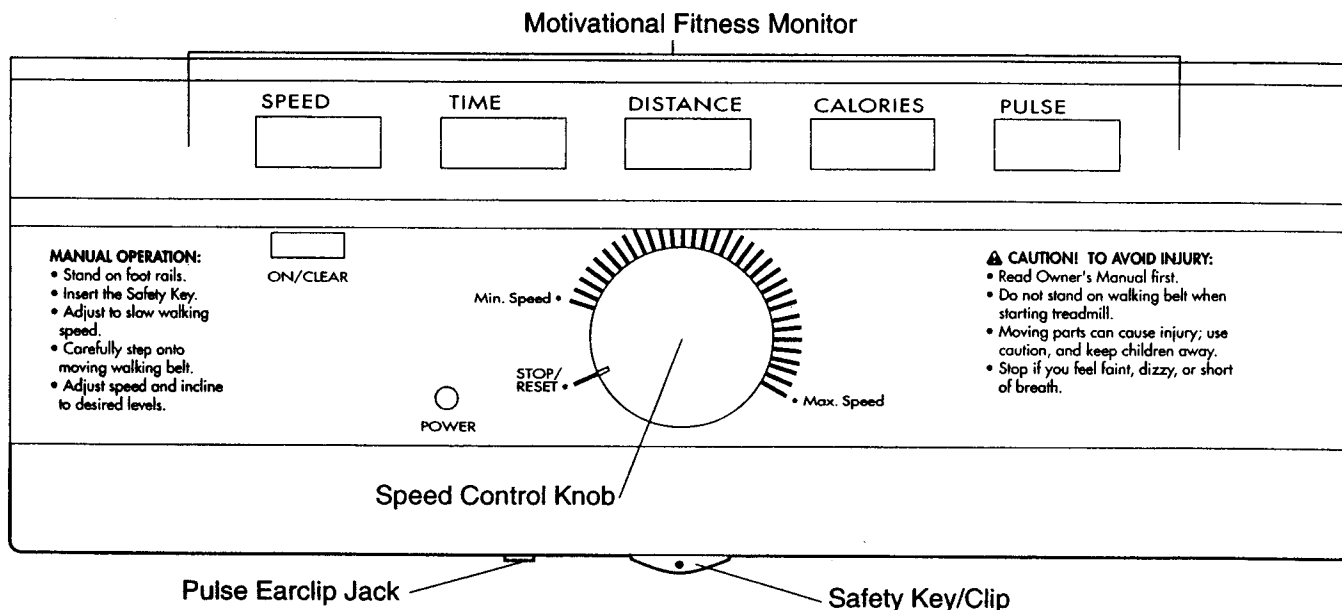


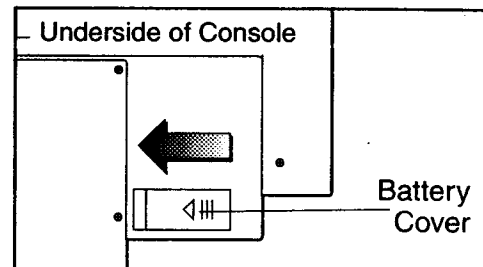
DIAGRAM OF THE CONSOLE

The heart of the treadmill is the innovative console. The console features a safety key-operated power switch, electronic speed control and five independent displays to give you continuous exercise feedback. Please read these instructions carefully before operating the console. **Note: If there is a sheet of protective plastic on the face of the console, peel it off before operating the console.**



INSTALLING BATTERIES

The motivational fitness monitor requires **two "AA" batteries** (not included); alkaline batteries are recommended. Slide open the battery cover located on the underside of the console. Remove the battery clip from the console, and find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Replace the battery clip in the console and close the battery cover.



TURNING ON THE POWER

Step onto the frame rails of the treadmill. Locate the clip attached by a cord to the safety key, and slide the clip onto the waistband of your clothing.

⚠ CAUTION: Do not stand on the walking belt when turning on the power. Always wear the clip while operating the treadmill. When the safety key is removed from the console, the power will shut off.

Insert the safety key into the console. The power indicator will light. The five displays of the motivational fitness monitor will not appear until the ON/CLEAR button is pressed, or the walking belt begins to move (see CONTROLLING THE SPEED below). Note: If batteries were just installed, the five displays will already appear.

CONTROLLING THE SPEED

To start the walking belt, first turn the speed control knob to "STOP/RESET." Then, turn the knob slowly clockwise until the walking belt begins to move at slow speed.

⚠ CAUTION: After the knob is turned, there will be a pause before the walking belt begins to move. Adjust the speed slowly until you are familiar with the operation of the treadmill.

Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control knob. To stop the walking belt, turn the knob to "STOP/RESET."

MOTIVATIONAL FITNESS MONITOR

The five displays of the motivational fitness monitor provide continuous exercise feedback. The displays can be reset by pressing the ON/CLEAR button. The five displays are described below:

SPEED—This display shows the current speed of the walking belt.

TIME—This display shows the elapsed time. Note: When the walking belt is stopped, the TIME display will go into a pause mode after a few seconds.

DISTANCE—This display shows the total distance that you have walked or run.

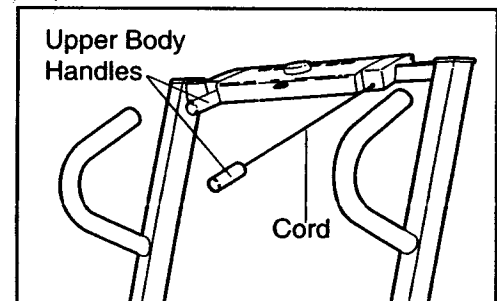
CALORIES—This display shows the approximate number of nutritional Calories that you have burned.

PULSE—This display shows your heart rate. Plug the pulse earclip into the jack on the console, and attach the earclip to your left ear lobe. Slide the metal clothes clip on the earclip wire onto your collar. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed after a few seconds, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.

Note: If the walking belt is stopped and remains stationary for about four minutes, the five displays of the motivational fitness monitor will be reset and will darken, although the power will remain on. The five displays will appear again when the ON/CLEAR button is pressed, or the walking belt is restarted.

USING THE UPPER BODY HANDLES

The unique upper body handles are specially designed to add upper body exercise to your workouts. Firmly grip one handle with each hand. Swing your arms backward and forward as you walk on the treadmill. **Important: Never let go of the handles while the cords are stretched, or the handles may break the console.**



TURNING OFF THE POWER

To turn off the power, remove the safety key from the console. The power indicator will darken. Keep the safety key in a secure location.

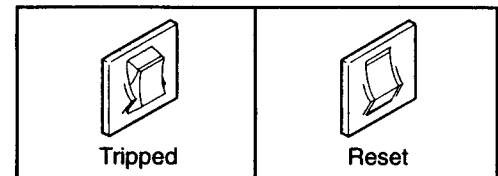
TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed.

If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a properly grounded outlet. (See PLUGGING IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. Various indicators on the console should light. (See TURNING ON THE POWER on page 8.)
- Check the circuit breaker located on the treadmill 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 back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- Make sure that the pulse earclip is plugged fully into the jack on the console.
- Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- Stand still while measuring your pulse.
- The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a cotton swab moistened with water.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

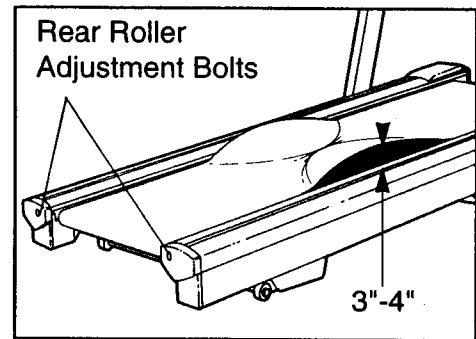
4. SYMPTOM: THE MOTIVATIONAL FITNESS MONITOR DOES NOT FUNCTION PROPERLY

- Check the batteries in the console. (See INSTALLING BATTERIES on page 8.) Most problems are the result of drained batteries.

5. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

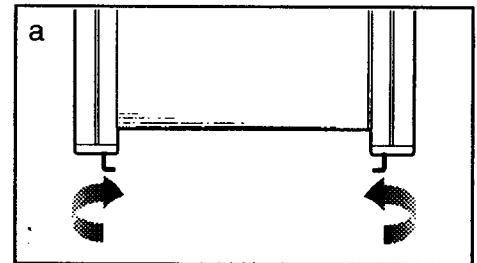
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



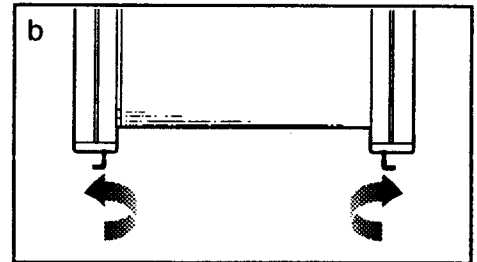
- c. If the walking belt still slows when walked on, please call our Customer Service Department.

6. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

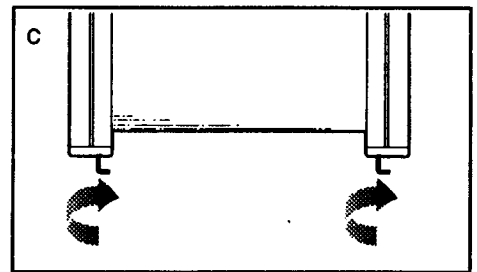
- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3-4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



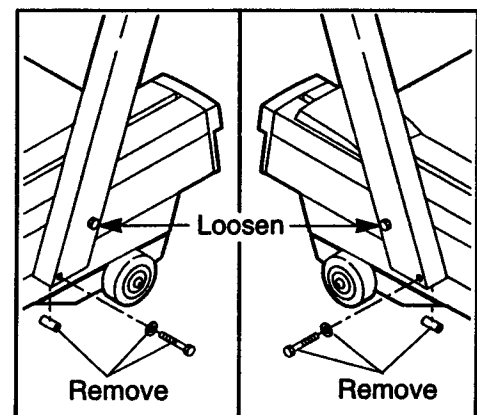
STORAGE

Unplug the power cord when the treadmill is not in use.

Remove one bolt, washer and spacer from the lower end of each upright. Loosen the other bolt in the lower end of each upright. Carefully lower the uprights.

It is recommended that the treadmill be covered during extended periods of storage.

Note: Follow the assembly steps on page 6 when setting up the treadmill after storage.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 30 minutes of training zone exercise, and a cool-down. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles as well as help to decrease soreness and other post-exercise problems.

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. The key to success is CONSISTENCY.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

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.

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 both legs.

Stretches: Hamstrings, lower back and groin.

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 both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

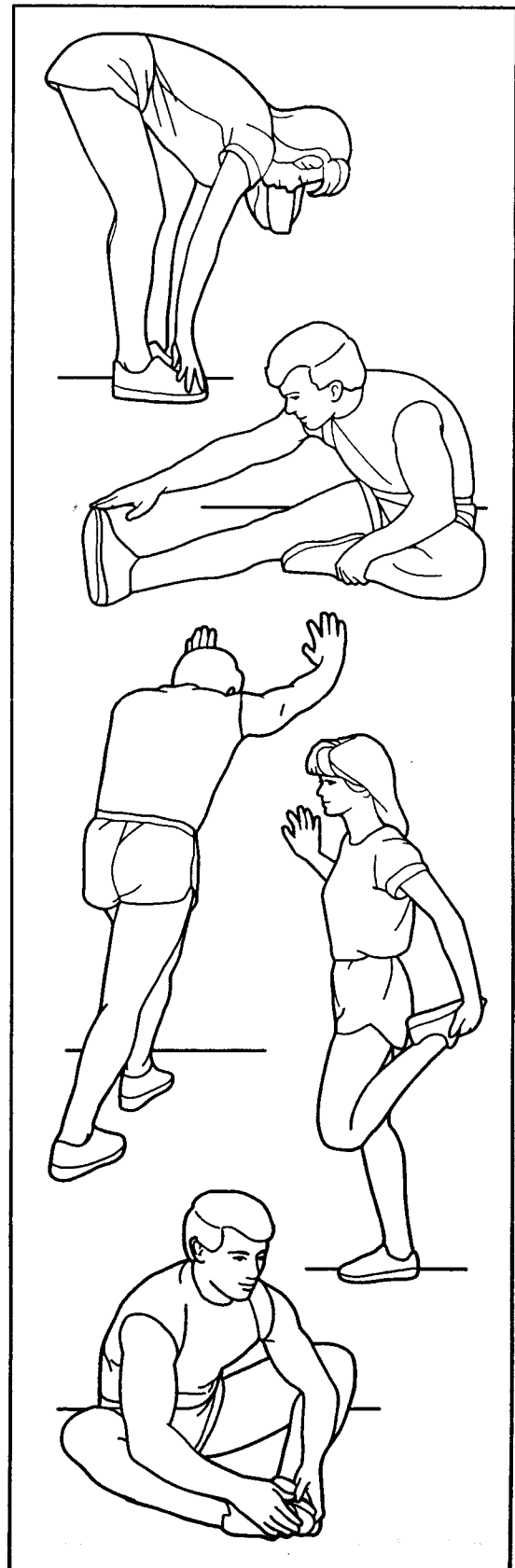
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

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. TLTL21040

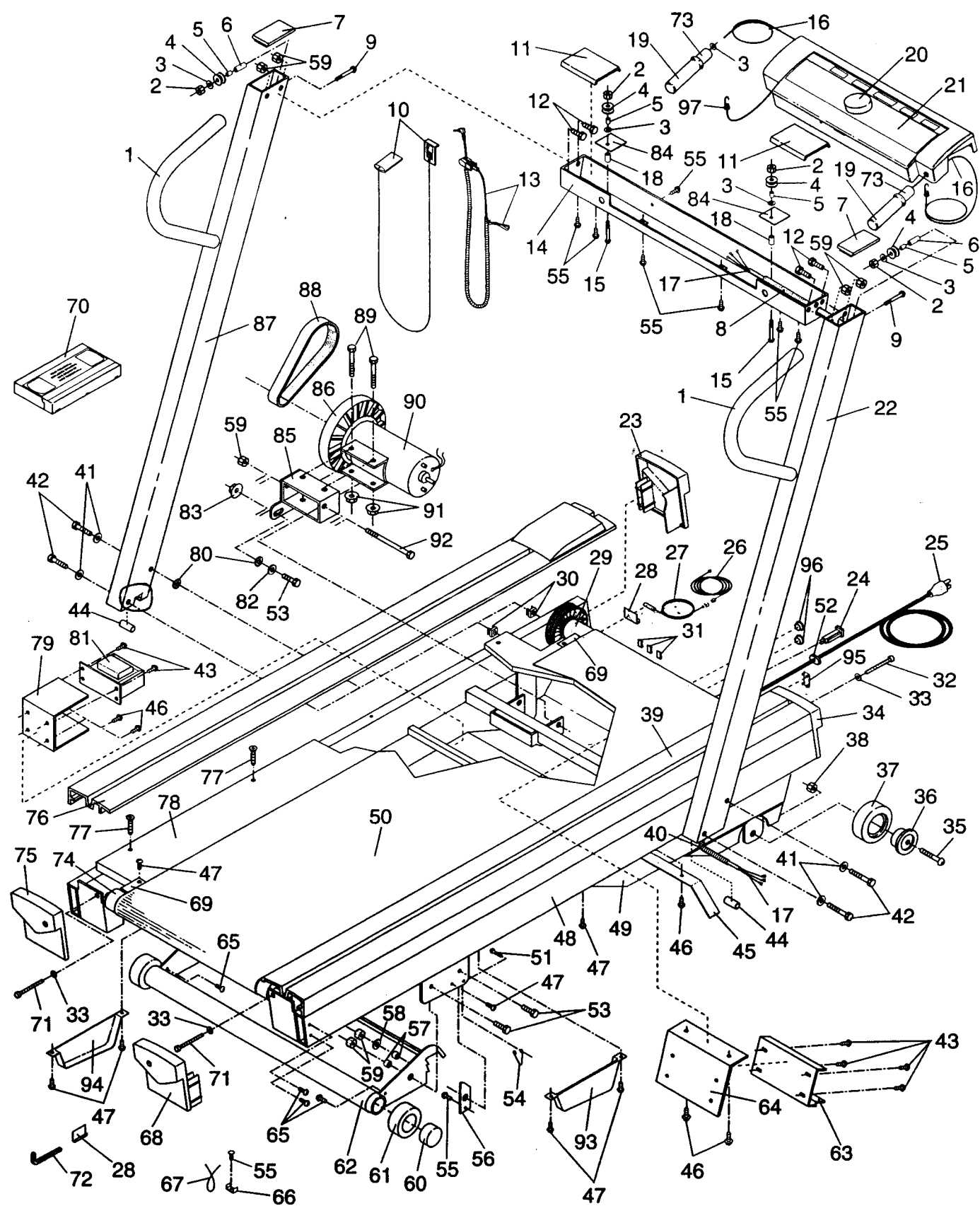
R195A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handrail Foam Grip	52	1	Power Cord Grommet
2	4	Pulley Nut	53	5	Incline Leg Bolt/Motor Lock Bolt
3	6	Pulley Washer	54	2	Incline Leg Spring
4	4	Pulley	55	11	Utility Screw
5	4	Pulley Bushing	56	2	Foot Incline Latch
6	2	Long Pulley Spacer	57	4	Incline Spacer
7	2	Upright Cap	58	2	Incline Leg Washer
8	1	36" Cable Loom	59	9	Nut
9	2	1/4" x 2" Bolt	60	2	Incline Leg Cap
10	1	Safety Key/Clip	61	2	Incline Leg Pad
11	2	Crossbar Cover	62	1	Incline Leg
12	4	3/8" x 3/4" Bolt	63	1	Controller
13	1	Pulse Earclip/Clothes Clip	64	1	Controller Plate
14	1	Crossbar	65	6	Endcap Screw
15	2	1/4" x 1 3/4" Bolt	66	1	Cable Tie Clip
16	2	Resistance Cord	67	1	Cable Tie
17	1	Wire Harness	68	1	Right Rear Endcap
18	2	Short Pulley Spacer	69	4	Roller Guard
19	2	Handle Grip	70	1	Video
20	1	Speed Control Knob	71	2	Rear Roller Adjustment Bolt
21	1	Console	72	1	3/16" Allen Wrench
22	1	Right Upright	73	2	Upper Body Handle
23	1	Left Front Endcap	74	1	Rear Roller
24	1	Circuit Breaker	75	1	Left Rear Endcap
25	1	Power Cord	76	1	Left Foot Rail
26	1	Reed Switch Extension Wire	77	8	Platform Screw
27	1	Reed Switch/Sensor Wire	78	1	Walking Platform
28	2	Adhesive Clip	79	1	Choke Bracket
29	1	Front Roller/Pulley	80	3	Star Washer
30	4	Upright Cage Nut	81	1	Choke
31	3	Horse Shoe Wire Clip	82	1	Motor Tension Washer
32	1	Front Roller Adjustment Bolt	83	1	Motor Tension Nut
33	3	Roller Adjustment Washer	84	2	Wire Guard
34	1	Front Right Endcap	85	1	Motor Mount Bracket
35	2	Wheel Bolt	86	1	Pulley/Flywheel/Fan
36	2	Wheel Bushing	87	1	Left Upright
37	2	Front Wheel	88	1	Motor Belt
38	2	Wheel Nut	89	2	Motor Bolt
39	1	Right Foot Rail	90	1	Motor
40	1	12" Cable Loom	91	2	Motor Nut
41	4	Upright Washer	92	1	Motor Pivot Bolt
42	4	Upright Bolt	93	1	Right Rear Incline Cover
43	6	Small Screw	94	1	Left Rear Incline Cover
44	2	Upright Bushing	95	1	Plastic Plug
45	1	Belt Guide	96	2	Round Plug
46	7	Screw	97	2	Resistance Cord Clip
47	20	Safety Cover Screw	#	1	12" Extension Wire
48	1	Frame	#	1	8" White Wire, 2 Male/1 Female
49	1	Safety Cover	#	1	9" Black Wire, Male/Female
50	1	Walking Belt	#	1	Owner's Manual
51	2	Spring Screw			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING—Model No. TLTL21040

R195A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at **1-800-999-3756**, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The **MODEL NUMBER** of the product (TLTL21040).
- The **NAME** of the product (TONY LITTLE® ONE ON ONE TRAINER treadmill).
- The **SERIAL NUMBER** of the product (see the front cover of this manual).
- The **KEY NUMBER** of the part(s) (see page 14 of this manual).
- The **DESCRIPTION** of the part(s) (see page 14 of this manual).

If possible, place the treadmill near your telephone for easy reference when calling.