

Long Beille

**ONE ON ONE
VIDEO
TRAINER™**

**YOUR
PERSONAL TRAINER
OWNER'S MANUAL AND GUIDE**

• EXERCISE • STRETCHING • NUTRITION •

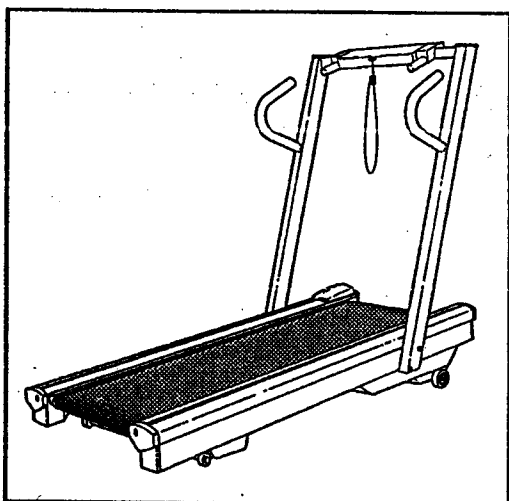
Model No. THT-9050

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A MESSAGE FROM TONY LITTLE



By purchasing the ONE-ON-ONE VIDEO TRAINER™ treadmill, you have chosen my top-of-the-line piece of exercise equipment. This treadmill with interactive video is a revolutionary product that will allow me to work one-on-one with you, to motivate and educate you and provide you with long-term success. Once you begin your program, you will see that the old saying, "Never be afraid to buy the best," definitely holds true with the ONE-ON-ONE VIDEO TRAINER treadmill—because it is the best with the best. And I will not let you down.

Along with this treadmill you will receive an exclusive, three-volume Personal Trainer Video Series, that will allow me to be your personal trainer for your personal goals. I will be with you every step of the way. In this unique program, you receive a Fat Burning Workout, a Cardiovascular Training Workout and a Cross Training Workout. All are totally controlled by me, you and your treadmill.

You can be assured that the choice you have made is a sound choice. And my trainers and I will be there to help you every step of the way.

Conceive, Believe, and Achieve!

Tony Little
America's Personal Trainer™

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important 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 a surface that blocks any air openings.
2. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
3. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 6), 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.
4. 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.
5. Never move the walking belt while the power is turned off. Do not use the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)
6. 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.
7. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body cords when exercising on the treadmill.
8. The treadmill should not be used by persons weighing more than 250 pounds.
9. Never allow more than one person on the treadmill at a time.
10. Keep small children away from the treadmill at all times.
11. Never leave the treadmill unattended while it is running. Always turn off the power when the treadmill is not in use.
12. Never drop or insert any object into any opening.
13. The roller guards must be 1/8 inch from the rear roller. If necessary, turn off the power and adjust the roller guards.
14. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. Use the treadmill only as described in this manual.
17. 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 described in this manual should be performed by an authorized service representative only.

⚠ 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.

SAVE THESE INSTRUCTIONS

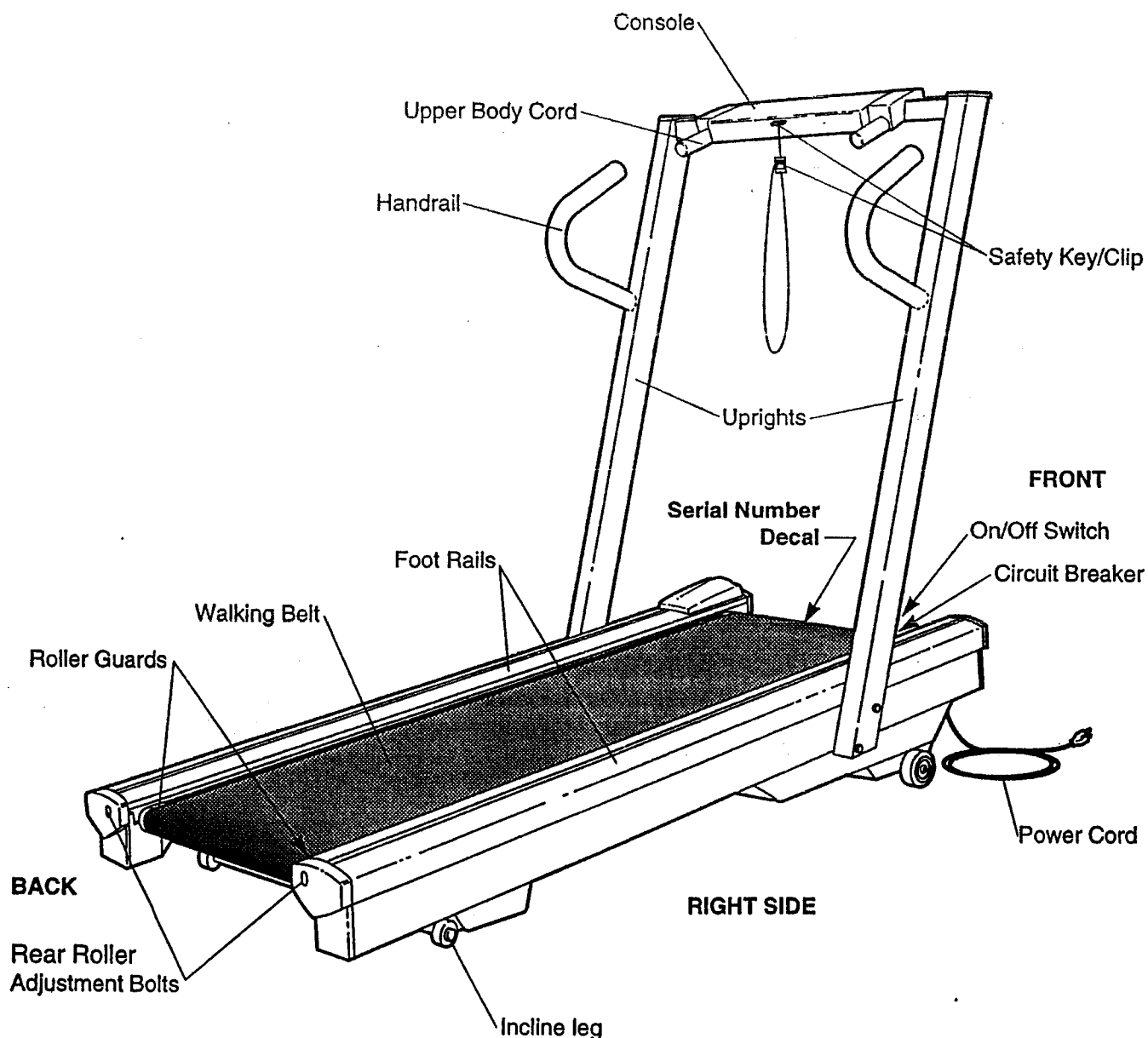
BEFORE YOU BEGIN

Thank you for selecting the revolutionary TONY LITTLE® ONE-ON-ONE VIDEO TRAINER™ treadmill. The ONE-ON-ONE VIDEO 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.

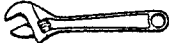
For your benefit, read this manual carefully before using the ONE-ON-ONE VIDEO TRAINER treadmill. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until

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 TLTL23040. The serial number can be found on a decal attached to the ONE-ON-ONE VIDEO TRAINER treadmill (see the drawing below for the location of the decal). Write the serial number in the following space for future reference: _____

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



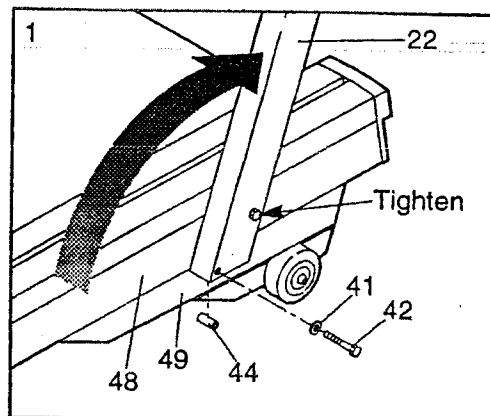
ASSEMBLY

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).

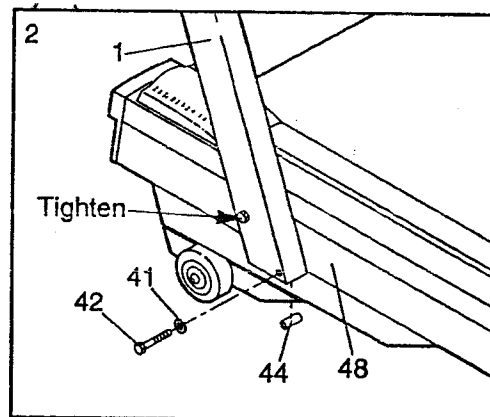
Tighten the bolt that is already in the Right Upright (22).

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 (1). 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).

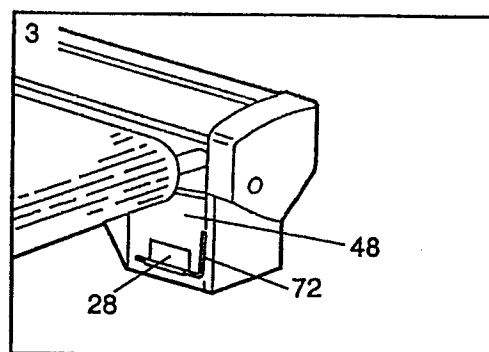
Tighten the bolt that is already in the Left Upright (1).



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

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, a small amount of white powder may accumulate on the foot rails and the walking platform. The white powder is high-performance lubricant from the walking belt.

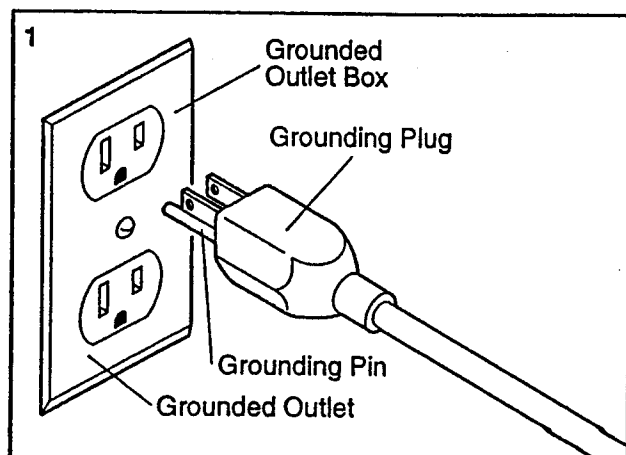
Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

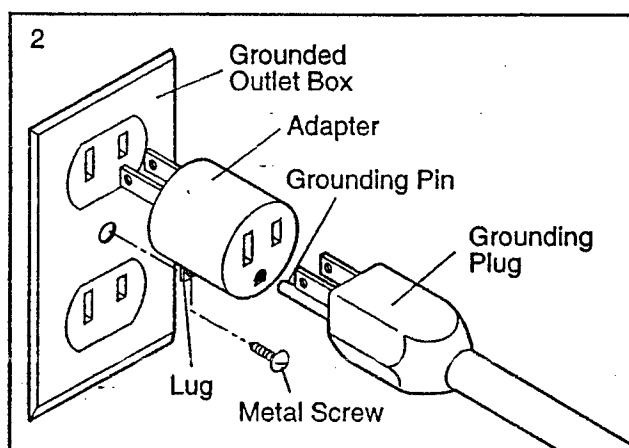
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into 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 below.



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.**



CHANGING THE INCLINE OF THE TREADMILL

The incline of the treadmill can be changed by raising or lowering the back end. **Before changing the incline, remove the safety key and unplug the power cord.** Next, stand behind the treadmill and grip the endcaps. When the back end of the treadmill is in the lowest position, the incline is about 10%. Raise the back end until it clicks into position. The incline will then be about 5%. Raise the back end again until it clicks into position. The incline will then be about 3%. To lower the back end, first raise it past the highest position, and then lower it.

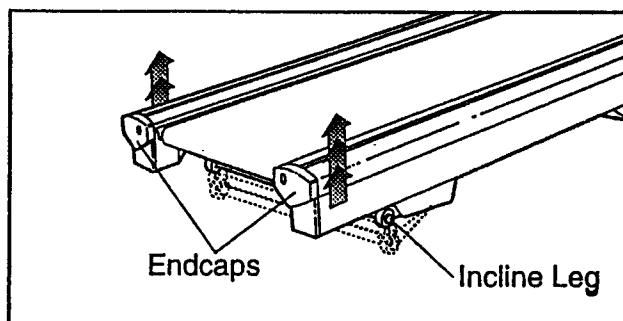
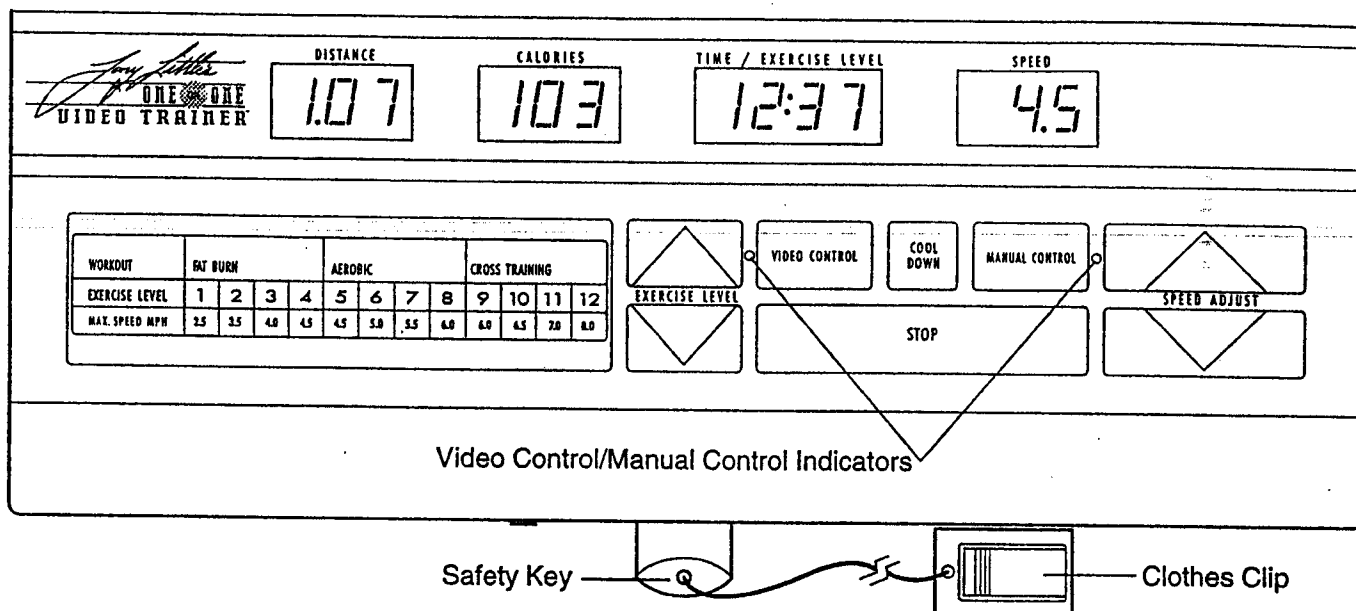


DIAGRAM OF THE CONSOLE



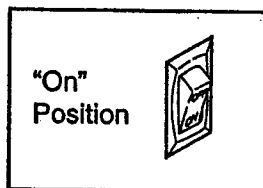
FEATURES OF THE CONSOLE

The heart of the TONY LITTLE ONE-ON-ONE VIDEO TRAINER treadmill is the interactive console. The console features both manual control and video control modes, and has four independent displays to provide continuous exercise feedback. When the console is in the manual control mode, you can adjust the speed with a touch of a button. In the video control mode, you can choose one of the three included videocassettes, and work out with Tony Little—when Tony Little speeds up or slows down his treadmill, your treadmill will automatically do the same. Note: To use the video control mode, you must have a video-cassette player (VCR) and a television. The included cable will connect the treadmill to your VCR.

If there is a thin sheet of clear plastic on the face of the console, remove it before operating the console.

HOW TO TURN ON THE POWER

If the safety key is in the console, remove it. Make sure that the on/off switch located near the power cord is in the "on" position.



Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 6). The displays and indicators on the console will flash three times. Note: If the safety key is in the console when the power cord is plugged in, the letters "PO" will flash in the SPEED display. If this occurs, remove the safety key.

Stand on the foot rails of the treadmill. Slide the clothes clip onto the waistband of your clothing.

WARNING: Always stand on the foot rails when turning on the power or starting the walking belt. Always wear the clothes clip while using the treadmill.

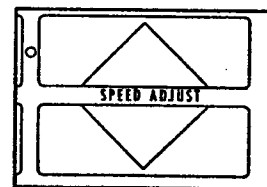
Insert the safety key into the console. The MANUAL CONTROL indicator and the four displays will light.

HOW TO USE THE MANUAL CONTROL MODE

How to Control the Speed

When the power is turned on, the console will be in the manual mode. For your safety, the walking belt will be stationary.

The speed range of the walking belt is 0.5 to 8.0 miles per hour. The speed is controlled with the SPEED ADJUST buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mph. The buttons can be held down to change the speed rapidly.



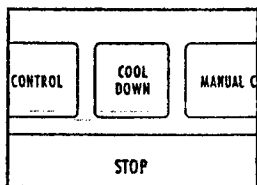
WARNING: After the SPEED ADJUST buttons are pressed, it will take a moment for the walking belt to reach the selected speed setting. Adjust the speed in small increments until you are familiar with the treadmill.

Press the SPEED ADJUST increase button until the walking belt is moving at slow speed. Hold the handrails, step carefully onto the walking belt and begin exercising. Change the speed of the walking belt as desired by pressing the SPEED ADJUST buttons. To stop the walking belt, press the STOP button.

HOW TO COOL DOWN

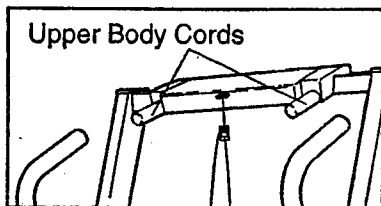
Each workout should end with a cool-down period on the treadmill.

When you are ready to cool down, press the COOL DOWN button. The word "COOL" will be shown in the TIME/EXERCISE LEVEL display for three seconds; the display will then count down 5 minutes. During the cool-down period, the speed of the walking belt will gradually decrease until it slows to a stop.



HOW TO USE THE UPPER BODY CORDS

The unique upper body cords are specially designed to exercise your upper body as you work out on the treadmill. To use the upper body cords, firmly hold one cord with each hand. Swing your arms forward and backward as you walk on the treadmill. **IMPORTANT: Never let go of the upper body cords while they are stretched, or they may break the console.**



THE CONSOLE DISPLAYS

DISTANCE Display

The DISTANCE display shows how many miles you have walked or run during your workout. Note: To reset the display, remove the safety key and then reinsert it.

CALORIES Display

The CALORIES display shows the approximate number of Calories you have burned during your workout. Note: To reset the display, remove the safety key and then reinsert it.

TIME/EXERCISE LEVEL Display

The TIME/EXERCISE LEVEL display will show the length of time that the walking belt has been moving. Note: When the display passes 99 minutes and 59 seconds, the walking belt will automatically slow to a stop. This is a safety feature that prevents the walking belt from being left running for longer than 100 minutes.

When the console is in the video control mode, the TIME/EXERCISE LEVEL display will also show the exercise level.

SPEED Display

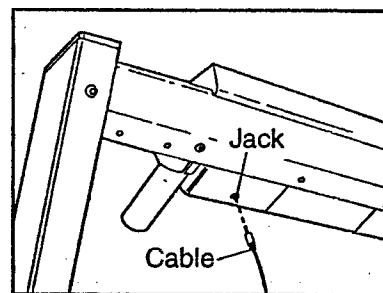
The SPEED display will show the current speed of the walking belt in miles per hour. When one of the SPEED ADJUST buttons is pressed, the speed display will show the selected speed setting.

HOW TO USE THE VIDEO CONTROL MODE

When the console is in the video control mode, you can work out with your own personal trainer—Tony Little. Just insert one of the three included videocassettes into your VCR, and select an exercise level. Tony Little will exercise along with you, and provide you with the instruction and motivation you need for an effective workout. Follow the steps below to use the video control mode.

1. Connect the console to your VCR

Plug one end of the included cable into the jack under the console. Plug the other end into the jack labeled "audio out" on your VCR.



2. Select the video control mode

Press the VIDEO CONTROL button. The indicator beside the button will light. The TIME/EXERCISE LEVEL display will show "EL: 1," indicating that exercise level 1 is selected. (The exercise level is explained below.)

3. Select a videocassette

Select one of the three included videocassettes. The FAT BURNING videocassette is a low-intensity workout, and is recommended for all beginners. The AEROBIC CONDITIONING videocassette is a medium-intensity workout that focuses on cardiovascular conditioning. The CROSS TRAINING PERFORMANCE videocassette is a high-intensity workout for conditioned exercisers.

Insert the selected videocassette into your VCR.

4. Select an exercise level

When the console is in the video control mode, you can adjust the intensity of your workout by changing the exercise level. There are 12 different exercise levels. The higher the exercise level you select, the faster the walking belt can move during the workout. (The chart on the left side of the console shows the maximum speed setting for each exercise level.)

When the video control mode is selected, the TIME/EXERCISE LEVEL display will show "EL: 1," indicating that exercise level 1 is selected. Select the desired exercise level by pressing the EXERCISE LEVEL buttons. Each time one of the buttons is pressed, the exercise level will change by one. If you are using the FAT BURNING videocassette, only exercise levels 1 through 4 can be selected; if you are using the AEROBIC CONDITIONING videocassette, exercise levels 5 through 8 can be selected; if you are using the CROSS TRAINING PERFORMANCE videocassette, exercise levels 9 through 12 can be selected.

Note: When the walking belt is moving, the TIME/EXERCISE LEVEL display will show the speed of the walking belt. When one of the EXERCISE LEVEL buttons is pressed, the display will show the exercise level for three seconds.

5. Start your VCR

Press the play button of your VCR. When the workout begins, Tony Little will explain the exercise principles you need to know for an effective workout. He will demonstrate correct form and technique, and will

guide you through each step of your workout, from warm-up to cool-down.

As Tony Little works out on his treadmill, he will control your treadmill as well. When he starts his walking belt, your walking belt will start, too. When he speeds up or slows down, your treadmill will automatically do the same. **Each time the speed of your walking belt is about to change, a tone will sound three times and the speed display will flash three times to alert you.**

6. Adjust the intensity of the workout, if desired

As you exercise, you can adjust the intensity of the workout with the exercise level buttons.

Once you have found the right exercise level, minor adjustments can be made to the speed of the walking belt, if necessary, with the SPEED ADJUST buttons.

HOW TO TURN OFF THE POWER

To turn off the power, remove the safety key from the console. **Store the safety key in a secure location.** The power cannot be turned on without the safety key.

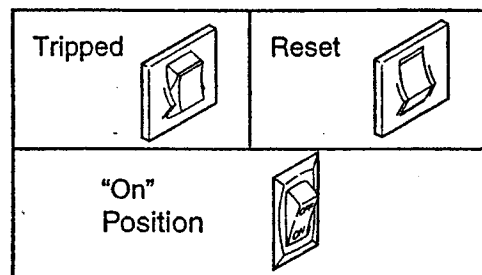
TROUBLE-SHOOTING AND STORAGE

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 HOW TO PLUG IN THE POWER CORD on page 6.) 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 HOW TO TURN ON THE POWER on page 7.)
- 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.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

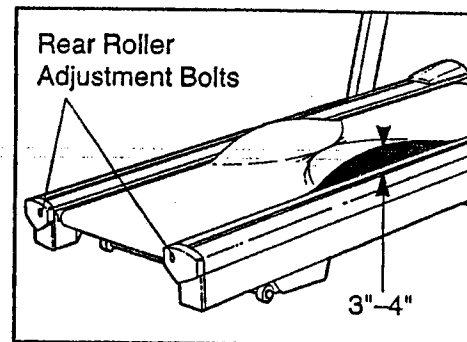
- Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped (see the drawing above), wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the safety key from the console. Reinsert the safety key fully into the console. Various indicators on the console should light.
- Check to make sure the on/off switch is in the "on" position. (See 1. d. above.)
- If the treadmill still will not run, please call our Customer Service Department.

3. SYMPTOM: AN ERROR CODE ("E2," "E3," OR "E4") APPEARS ON THE CONSOLE

- Error code "E2" may appear in the SPEED display if one of the SPEED ADJUST buttons is pressed, and no movement of the walking belt is detected within seven seconds. Remove the safety key, wait for ten seconds, and then reinsert the safety key. Make sure that you stand on the foot rails of the treadmill when starting the walking belt. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.
- Error code "E3" may appear in the SPEED display if the speed of the walking belt surges above the selected speed setting. Remove the safety key, wait for ten seconds, and then reinsert the safety key. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.
- Error code "E4" may appear in the SPEED display if the walking belt is moving at a slow speed, and there is excessive stress on the motor. Remove the safety key, wait for ten seconds, and then reinsert the safety key. If you weigh over 200 pounds, it may be helpful to increase the incline of the treadmill. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

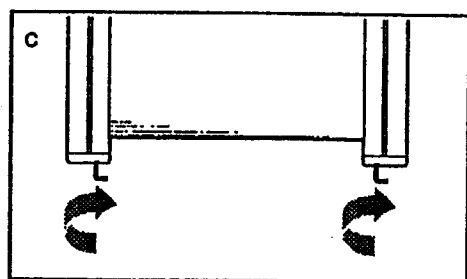
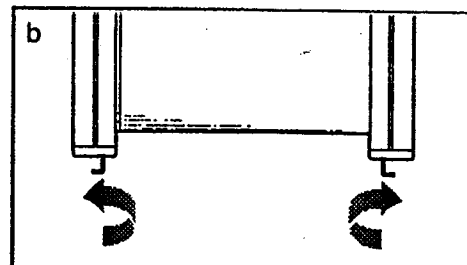
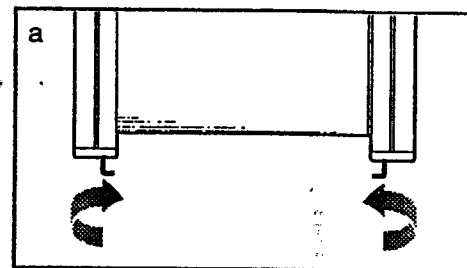
4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- 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.
- If the walking belt still slows when walked on, please call our Customer Service Department.



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

- 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.
- 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.
- 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.



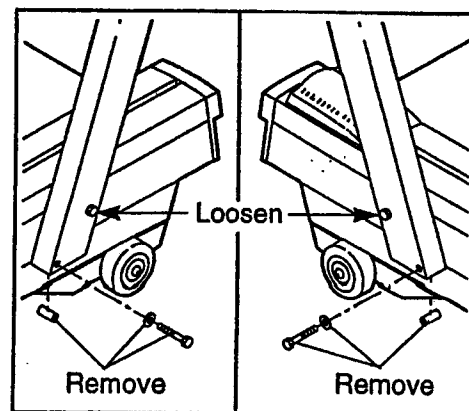
STORAGE

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 5 when setting up the treadmill after storage.



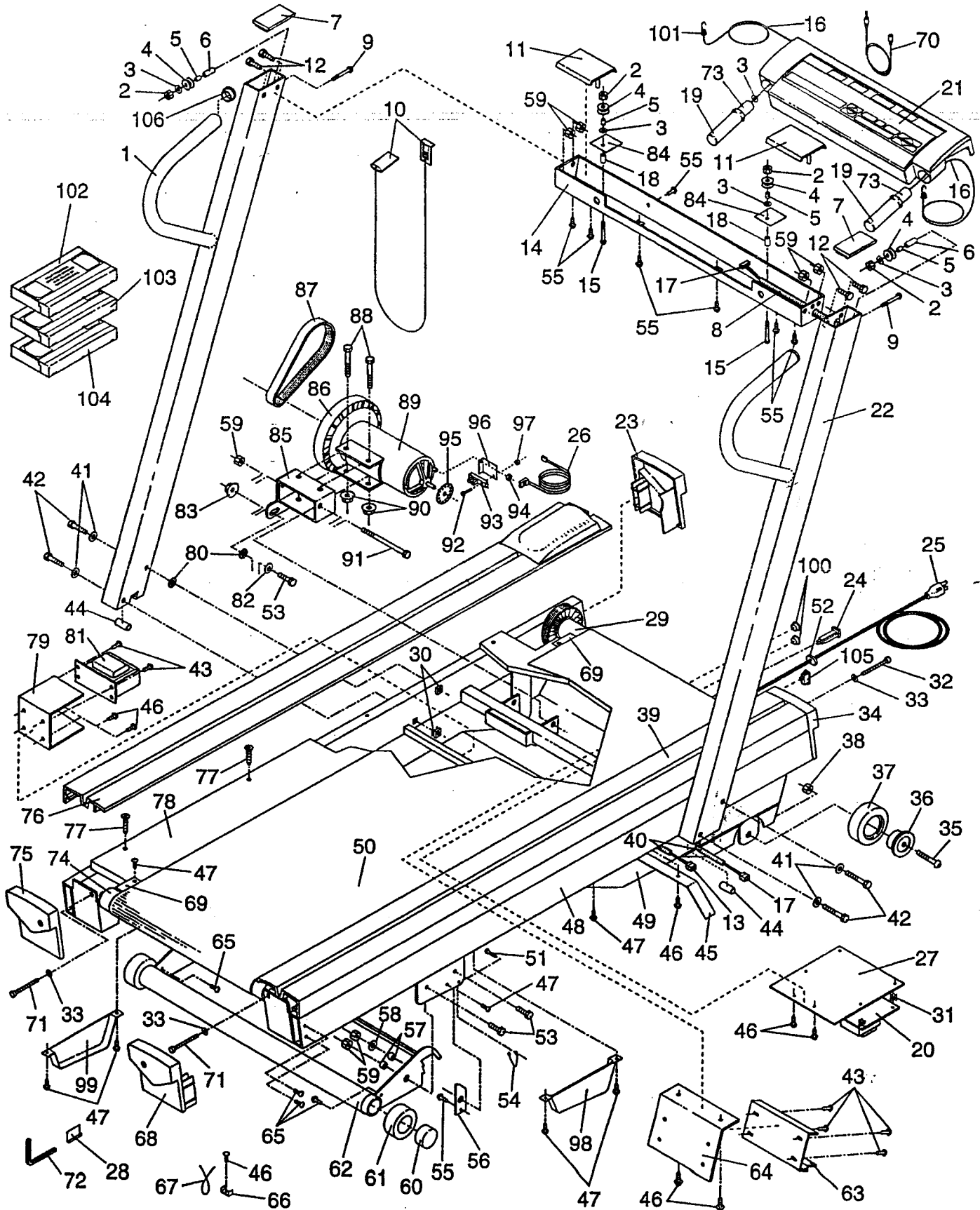
PART LIST—Model No. TLTL23040

R495A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright/Handrail	58	2	Incline Leg Washer
2	4	Pulley Nut	59	9	3/8" Nut
3	6	Pulley Washer	60	2	Incline Leg Cap
4	4	Pulley	61	2	Incline Leg Pad
5	4	Pulley Bushing	62	1	Incline Leg
6	2	Long Pulley Spacer	63	1	Controller
7	2	Upright Cap	64	1	Controller Plate
8	1	24" Cable Loom	65	6	Endcap Screw
9	2	1/4" x 2" Bolt	66	1	Cable Tie Clip
10	1	Safety Key/Clip	67	1	Cable Tie
11	2	Crossbar Cover	68	1	Right Rear Endcap
12	4	3/8" x 3/4" Bolt	69	4	Roller Guard
13	1	20" Wire Harness	70	1	Video Cable
14	1	Crossbar	71	2	Rear Roller Adjustment Bolt
15	2	1/4" x 1 3/4" Bolt	72	1	3/16" Allen Wrench
16	2	Upper Body Cord	73	2	Upper Body Cord Handle
17	1	70" Wire Harness	74	1	Rear Roller
18	2	Short Pulley Spacer	75	1	Left Rear Endcap
19	2	Upper Body Cord Grip	76	1	Left Foot Rail
20	1	Power Board	77	6	Platform Screw
21	1	Console	78	1	Walking Platform
22	1	Right Upright/Handrail	79	1	Choke Bracket
23	1	Left Front Endcap	80	3	Star Washer
24	1	Circuit Breaker	81	1	Choke
25	1	Power Cord	82	1	Motor Tension Washer
26	1	Optic Switch Wire Harness	83	1	Motor Tension Nut
27	1	Power Board Plate	84	2	Cord Guard
28	1	Wrench Clip	85	1	Motor Mount Bracket
29	1	Front Roller/Pulley	86	1	Pulley/Flywheel/Fan
30	4	Upright Cage Nut	87	1	Motor Belt
31	4	Plastic Stand-Off	88	2	Motor Bolt
32	1	Front Roller Adjustment Bolt	89	1	Motor
33	3	Roller Adjustment Washer	90	2	Motor Nut
34	1	Front Right Endcap	91	1	Motor Pivot Bolt
35	2	Wheel Bolt	92	1	Optic Switch Bolt
36	2	Wheel Bushing	93	1	Optic Switch
37	2	Front Wheel	94	1	Optic Switch Bracket Nut
38	2	Wheel Nut	95	1	Optic Disk
39	1	Right Foot Rail	96	1	Optic Switch Bracket
40	2	12" Cable Loom	97	1	Optic Switch Nut
41	4	Upright Washer	98	1	Right Rear Incline Cover
42	4	Upright Bolt	99	1	Left Rear Incline Cover
43	6	Small Screw	100	2	Round Plug
44	2	Upright Spacer	101	2	Resistance Cord Clip
45	1	Belt Guide	102	1	Fat Burn Videocassette
46	10	Screw	103	1	Aerobic Videocassette
47	16	Safety Cover Screw	104	1	Cross Training Videocassette
48	1	Frame	105	1	On/Off Switch
49	1	Safety Cover	106	2	Handrail Endcap
50	1	Walking Belt	#	1	14" Black Wire, 2 Female
51	2	Spring Screw	#	1	9" Black Wire, Male/Female
52	1	Power Cord Grommet	#	1	4" Black Wire, 2 Female
53	5	Incline Leg Bolt/Motor Lock Bolt	#	1	14" White Wire, 2 Female
54	2	Incline Leg Spring	#	1	8" White Wire, Male/Female
55	10	Utility Screw	#	1	8" Blue Wire, 2 Female
56	2	Foot Incline Latch	#	1	14" Red, White, Black Wire
57	4	Incline Leg Spacer	#	1	8" Green Ground Wire
58	2	Incline Leg Washer	#	1	Owner's Manual

EXPLODED DRAWING—Model No. TLTL23040

R495A



Specifications are subject to change without notice.

HOW TO ORDER 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 (TLTL23040).
- The **NAME** of the product (TONY LITTLE® ONE-ON-ONE VIDEO TRAINER™ treadmill).
- The **SERIAL NUMBER** of the product (see page 4 of this manual).
- The **KEY NUMBER** of the part(s) (see page 12 of this manual).
- The **DESCRIPTION** of the part(s) (see page 12 of this manual).

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

EXERCISE GUIDELINES

CONCEIVE, BELIEVE, ACHIEVE

If you've seen me on television or seen my exercise videos, you know how often I repeat Dr. Norman Vincent Peale's credo: "Conceive, believe, achieve." At this starting point in your Total-Body Weight Loss and Workout program, you are going to take your first step: conceive of the changes you can make in your life and think about your goals.

What kind of body do you want? Do you have a clear picture of how you want to look? Concentrate on it. Think about the way you want to look. Form a mental picture of the body of your dreams. Memorize the picture. It is your goal. See your new body in your mind every day.

Conceive it. Believe it. With the ONE-ON-ONE VIDEO TRAINER treadmill you'll achieve it.

Focus first on your short-term goals, the ones you can achieve in weeks. I guarantee that after one or two weeks you'll have more energy, feel stronger, and have a satisfying sense of accomplishment.

As you move through an effective exercise program from day to day, set goals for yourself. Challenge yourself every time you work out: add one more minute, burn a few more calories.

Are you ready to achieve? If you have tried to lose weight and get into shape before—and who hasn't?—you probably are pretty skeptical about whether any exercise program will succeed when so many others you've tried have failed.

But within days of working out on the VIDEO TRAINER treadmill you will feel your body and your attitude changing. You're going to feel tighter, firmer, and stronger, and your energy level is going to skyrocket. Within weeks you will begin to see the difference. Your clothes will be looser in all the right places. And where you now have flab you'll begin to see a shapely form.

Once you feel and see results, there is no turning back. Success is a powerful motivator. You will find yourself looking forward to your workout. As you get stronger you will want to challenge yourself, set new goals for yourself. You will feel more in charge of your body and your life, and you'll have new confidence that your success is assured.

EXERCISE RECOMMENDATIONS

Exercise duration and resistance are directly related to

your individual fitness level and fat loss goals. If you are just beginning, I always recommend that you begin with Volume 1, Fat Burning until you find out what fitness level you are at.

TIME CLOCK GRAPH

A time clock graph will be visible during the entire workout. I recommend that you start at the beginning level and work your way up towards the intermediate and then the advanced level. You can increase your time as you feel you are able. Remember, you should always be working in your Target Heart Rate Zone and be able to talk easily.

SCHEDULE: Fat Burning, Volume I

Note: When beginning this program I recommend that you start with Fat Burning, Volume I.

Frequency	Every other day with resistance exercise in between days. (You may use the treadmill up to five days a week.)
Duration	Beginner—15 minutes with a 3–5 minute cool-down. Intermediate—30 minutes with a 3–5 minute cool-down. Advanced—50 minutes with a 5 minute cool-down.
Intensity	When the advanced level gets easy with just the length of time, use speed, elevation and the upper-body cords to increase intensity for better cardiovascular fitness and fat loss; always challenge yourself.

Remember, you always need to do a combination of Resistance Exercise and Cardiovascular Exercise to achieve total fitness. For your Resistance Exercise you can use my Fat Free or Target Training Tape.

SCHEDULE: Aerobic Conditioning, Volume II

Frequency	Every other day with resistance exercise in between days. (You may use the treadmill up to five days a week.)
Duration	Beginner—10 minutes with a 5 minute cool-down. Intermediate—20 minutes with a 5 minute cool-down. Advanced—30 minutes with a 5 minute cool-down.

Intensity You have four levels of exercise intensity, levels 5–8. For your first workout, always start at level 5 to learn technique for safe and effective results.

SCHEDULE: Cross Training, Volume III

Frequency Every other day with resistance exercise in between days. Extra days on the treadmill provide more cardiovascular fitness, but are not necessary if you balance your program with resistance exercise. (You may use the treadmill up to five days a week.)

Duration Beginner—20 minutes with a 5 minute cool-down.
Intermediate—40 minutes with a 5 minute cool-down.
Advanced—60 minutes with a 5 minute cool-down.

Intensity You have four levels of exercise intensity, 9–12. For your first workout always start at level 9 to learn technique for safe and effective results.

RESISTANCE EXERCISE

Resistance exercise is a type of physical activity that exerts force in opposition to an object. (This is to increase muscle strength—muscle definition will result.) A few examples of this are: Weight Training, Fat Free Tapes and the Target Training Tapes. For more information on some of my resistance training products call 1-800-517-4554.

AEROBIC EXERCISE

Aerobic exercise is a type of physical activity that is continuous (minimum 15 minutes) in your target heart rate zone. Your aerobic time should depend on the first level for the type of aerobic activity you will be doing on any particular day. There is a wide variety of different types of aerobic exercise. The following are a few examples of aerobic exercise: walking, jogging, bicycling, swimming, low-impact aerobic dance, in-line skating or using in-home aerobic equipment such as a mini-trampoline.

EXERCISE APPAREL

Shoes: There is a proper shoe for every sport. A good walking shoe with plenty of room in the toe area and a good lacing structure to secure your foot is what I recommend for walking. A cross training shoe is my second choice. Running shoes are definitely out unless 75% of your program is strictly running or jogging. Running shoes with waffle heels make walking difficult

and unnatural. Don't wear plastic or vinyl shoes; they will soak your feet, not to mention the smell.

Socks: You should wear two pairs of socks—one to wick moisture away from the foot, and one to reduce the friction in the shoe.

Shorts and Pants: They should always be loose unless you are wearing cotton lycra or spandex shorts.

Note: If you are very heavy, you can use a small amount of PT jelly on the inside of your legs to reduce friction, pain and walking funny.

STRETCHING

Before you begin any workout you must stretch out to avoid injury or muscle strain. Begin your workout with the stretches described below. They'll help prepare your muscles for exercise. *Hold each stretch for ten counts.*

- **Low Back and hamstring stretch:** Slowly lower yourself to the floor and lie down on your back. (Use an exercise mat if you have one.) Gently hug your knees into your chest. Be sure your hands are under, not over, your knees.
- **Alternate low back stretch:** Lying on your back, bend your left knee and place your left foot on the floor. Raise your left leg up into the air. Your knee should be flexed slightly. Gently pull your leg toward your chest. Repeat for the right leg.
- **Lateral low back stretch:** Lying on your right side, bend your left leg at the knee and stretch it toward the floor. At the same time, stretch your left arm in the opposite direction as far as you can. As you become more flexible, you'll be able to stretch your arm farther. Repeat lying on your left side.
- **Full back and hip stretch:** Sit back on or between your heels and stretch your chest and arms out on the floor in front of you. Stretch only as far as you comfortably can.
- **Lateral neck stretches:** While standing in proper alignment, stretch your head to the right as if you were trying to touch your ear to your shoulder. Do this gently. Never force this stretch. Repeat for the left side.
- **Frontal and posterior neck stretch:** Stretch your neck by raising your chin. Then bend your head toward the floor.

For a full stretching chart and detailed instructions, contact one of my Certified Personal Trainers at 1-800-780-6744.

AEROBIC/CARDIOVASCULAR WORKOUTS

To understand how aerobic/cardiovascular exercise conditions your heart and lungs, you have to know a bit about your body's needs during physical activity. When you're working out, your body demands more oxygen than it normally requires. Since oxygen is extracted from blood, during exercise your heart must pump more blood than it does when your body is at rest. Over time, this increased demand conditions the heart and lungs and improves blood circulation.

Fact: When you're out of shape, it takes your heart seventy to seventy-five beats to pump the same amount of blood it can handle in forty-five to fifty beats when you're physically fit. This means that your heart works at a less efficient rate, using more beats to pump blood when your life is sedentary. Don't wear your ticker out! If you don't use it, you lose it!

Aerobic/cardiovascular exercise also revs up your metabolism so that your body burns calories and fat at an accelerated rate while you're working out. Even after you stop exercising, your metabolism may not slow down for hours. The faster you burn calories, the faster you lose weight and the more food you can eat without gaining weight once you reach your goal. By adding aerobic/cardiovascular activity to your daily routine, you'll burn fat faster. Also, adding resistance exercise or light weight training will help you burn more fat by increasing your lean muscle—resulting in a better body shape and higher metabolism. Cross training (including both aerobic and resistance exercise in your workout routine) is the best way to increase your metabolism. It also provides variety in your workout routine, so you don't get bored with one exercise.

To get the full health and fitness benefits of aerobic/cardiovascular exercise, you have to work out for *at least* twenty minutes a day, three times a week. You may not be able to do that much at first. But as you progress, make every workout longer and more intense than the one before. Every added minute makes a difference.

There are two types of aerobic/cardiovascular exercise. Depending on what you want to accomplish, each serves a unique purpose. There is aerobic exercise to target fat burn (Fat-Burn Exercise). And there is aerobic exercise to improve heart, lung and circulation performance which is ideal for boosting energy (Energy Exercise). However, these benefits are not mutually exclusive; you *will* improve cardiovascular fitness through fat-burn exercise, and you *will* burn fat with regular energy exercise. What distinguishes these two exercises is heart rate. Maximum fat burn requires a lower heart rate, and maximum energy exercise requires a moderate heart rate.

Before we get into the different types of exercise, let's figure out your maximum heart rate. You will need it to determine your target heart rate for maximum fat burn and energy exercise. Simply subtract your age from 220 and the number you get is your maximum heart rate. For example, let's say that you are 37 years old:

- $220 - \text{Age} = \text{Maximum Heart Rate}$
- $220 - 37 = 183$

FAT-BURN WORKOUT

This is the type of exercise you want to begin with, especially if you've been sedentary for a while. With a fat-burn intensity, you will burn more fat than any other type of exercise.

The key here is to warm up slowly at a low intensity until your heart rate reaches 60%–70% of your maximum heart rate. So take your maximum heart rate (figured above) and multiply that by .60 and then by .70 to figure the ideal beats per minute. We'll use the example of the 37-year-old who has a maximum heart rate of 183:

- $183 \times .60 = 110$ beats per minute
- $183 \times .70 = 128$ beats per minute

So the 37-year-old person should keep his or her heart rate between 110 and 128 beats per minute to maximize fat burning. This is a relatively low range, so don't go too fast. Now it isn't good enough to simply *reach* your ideal fat-burn heart rate. It must be sustained for a length of time. During the first few minutes of exercise, your body uses easily accessible carbohydrates for energy. Only after about 20 minutes does your body begin to use stored body fat for energy. Because this process uses oxygen, your exercise then becomes "aerobic." But since it is a low-intensity, extended aerobic exercise, it is optimal for burning fat.

ENERGY WORKOUT

This type of exercise is just like fat burn, except you work out faster in a shorter amount of time. Energy exercise gets your body moving faster to increase oxygen intake, blood circulation and heart beats. This is the exercise that is ideal to wake you up and get you moving every day. You will find yourself getting less sluggish and more vigorous.

The key here is to warm up to a moderate heart rate and maintain it for a length of time. Your heart rate should reach between 70% and 85% of your maximum heart rate. Once again, figure out the ideal heart rate for energy exercise using your maximum heart rate. Take your maximum heart rate (figured above) and multiply it by .70 and then by .85. Again, we'll use the

37-year-old person who has a maximum heart rate of 183 as an example:

- $183 \times .70 = 128$ beats per minute
- $183 \times .85 = 156$ beats per minute

Here the 37-year-old person should keep his or her heart rate between 128 and 156 beats per minute. This is a fairly high heart rate, so don't get discouraged if you find it difficult to maintain or even reach it. In fact, even 80% of the maximum heart rate is enough for an athlete. If you are not physically active, you will probably have to start out in the fat-burn zone and slowly work up to the energy zone over time.

Once again, I must caution you to never overdo it. Every person's body is different and you shouldn't use the workout intensities and workout times that I've suggested as strict guidelines. Your body should be the basis to judge how fast and how long you work out. Always use your pulse as a guide, and stop your workout if you feel faint, dizzy or short of breath.

TAKING YOUR PULSE

You should be able to feel your pulse in the radial artery on the inside of your wrist in line with your thumb, or in the carotid artery on either side of the neck below your jaw and to the side of your throat. To count your pulse, use the tip of your index and middle fingers (not your thumb, because there's a pulse in the thumb that can confuse your count). You should be able to feel either pulse with gentle pressure. (Don't press too hard on the carotid artery—too much pressure can slow your heart rate; you won't get a true reading and you may get dizzy.) Starting with zero, count the beats for ten seconds. At the end of ten sec-

onds, multiply the pulse count by six. This is your actual heart rate for one minute. You want to work within your Target Heart Rate (60%–85%) for a safe and effective workout.

OVERDOING IT

Here are the rules for a safe aerobic/cardiovascular workout:

- You should be able to carry on a conversation while exercising. If you can't talk comfortably, you're working too hard. Remember to always take the Talk Test. If you can't talk normally during your workout, then you are not in your fat-burn pulse zone. Slow down.
- If you don't feel normal within ten minutes after you finish exercising, you're working too hard. Ease off.
- If you have trouble breathing, feel faint, or feel weak during or after exercising, you're pushing yourself too hard. Ease off!
- If you get "side stitches" (moderate pain in your side), you're working too hard. Ease off.
- Never stop an aerobic/cardiovascular workout abruptly. If you do, you'll deliver a huge shock to your system. This is an absolute Tony Little no-no.
- It's always better to under-exercise and do it right while maintaining consistency.

The following chart reviews some of the critical information discussed above. Use it as a quick reference as you work to get the body you want.

TARGET HEART RATE			
AGE	FAT-BURN ZONE 60%–70%	ENERGY ZONE 70%–85%	MAX. HEART RATE 100%
20	120–140 bpm	140–170 bpm	200 bpm
25	117–137 bpm	137–166 bpm	195 bpm
30	114–133 bpm	133–162 bpm	190 bpm
35	111–130 bpm	130–157 bpm	185 bpm
40	108–126 bpm	126–153 bpm	180 bpm
45	105–123 bpm	123–149 bpm	175 bpm
50	102–119 bpm	119–146 bpm	170 bpm
55	99–116 bpm	116–140 bpm	165 bpm
60	96–112 bpm	112–136 bpm	160 bpm
65	93–109 bpm	109–132 bpm	155 bpm
70	90–105 bpm	105–128 bpm	160 bpm

OTHER GREAT WORKOUTS

The VIDEO TRAINER treadmill is a wonderful piece of equipment to burn fat and get you into great shape. Just a few minutes a day and you'll be on your way to a more beautiful, shapely body. You will have more energy and, yes, you will be happier and more confident. You may even want variety in your workout routine.

After using the VIDEO TRAINER treadmill, you may feel the need to complement your workout with other types of exercise. There are important reasons to switch from one type of an exercise to another:

- Physiologically, our bodies adapt to the same exercises, hit a plateau, and no longer change in response to what we're doing.
- Sooner or later we all get bored with the same routine, and we no longer have fun. We must always be challenging ourselves.

Switching from one type of activity to another keeps you interested, forces your body to change and keeps your mind "jazzed" about your workouts. Plus, once you get the body you want, you must maintain a regular workout routine to keep that body, and a variety of exercises will keep your workout exciting, invigorating and challenging.

If you ever have the desire to move on to other exercises, keep in mind that I offer a complete line of fitness equipment that is designed and constructed to optimize your workout performance, including the following:

- ONE-ON-ONE TRAINER Treadmill
- STRETCH & TONE Full Body Machine
- ONE-ON-ONE Skier

For information on all of Tony Little's One-on-One Trainer exercise equipment line please call 1-800-517-4554, or write to this address:

ICON Health & Fitness, Inc.
P.O. Box 313
Logan, UT 84321

If you have any additional questions that need to be answered, please call and speak to one of my Certified Personal Trainers at 1-800-780-6744. They are available from 9:00 am–5:00 pm Monday through Friday EST, or write to the address below. We believe in you! And we're willing to help!

Media Studio Group
Trainer Line
7024 Central Avenue
St. Petersburg, FL 33707

TONY LITTLE'S MOTIVATIONAL PROGRESS CHART

Use the chart on the next page to log your workouts and keep track of your measurements. You're going to see some amazing changes in your body, and I want you to have an accurate record of your progress "before" to "after." Make a note of your measurements in the space provided. Don't cheat and pull the tape measure tight. Round off each measurement to the nearest half inch.

Record every workout that you do to see how long and fast you work out and how many calories you burn. You can monitor your progress over time. Plus, every two weeks use a tape measure to determine your measurements at all of the body sites indicated. Use the first line to record your measurements before you begin your first workout. Don't get discouraged if you don't see a drastic change right away. It takes time before you start to see results, but remember, consistency is the key.

Do not use a weight scale in monitoring your progress. It is your worst enemy because it measures fat, water, and muscle loss or gain—not just fat. Because muscle weighs more than fat, and because water makes up most of your body weight and fluctuates daily, a scale tells you very little about fat loss and lean muscle gain.

As you continue to work out on your VIDEO TRAINER treadmill, you will notice a slimmer, more shapely you.

TONY LITTLE'S WORKOUT AND PROGRESS CHART

As you continue using the VIDEO TRAINER treadmill, you will begin to notice a slimmer, more shapely you. Photocopy this chart and use it to keep track of your workouts and measure your progress.

WORKOUT LOG				MEASUREMENTS (IN INCHES)											
DATE	TIME (MINUTES)	DISTANCE	CALORIES BURNED	WEEK	DATE	NECK	RIGHT ARM	LEFT ARM	CHEST/BUST	WAIST	HIPS	RIGHT THIGH	LEFT THIGH	RIGHT CALF	LEFT CALF
				0											
				2											
				4											
				6											
				8											
				10											
				12											

Neck

Right Arm/Left Arm

Chest/Bust

Waist

Hips

Right Thigh/Left Thigh

Right Calf/Left Calf

THROW AWAY YOUR SCALE

You may be wondering why I didn't ask you to record your weight along with your measurements. I don't care about your weight and neither should you. As a matter of fact, I don't want you to weigh yourself regularly while you're on this program. Nothing can be more discouraging. Your weight is the sum total of the bones, fat, muscle and water in your body. Whatever your size, water makes up 65 percent of your weight. The numbers on the scale tell you very little about fat loss or how the ratio of lean muscle to fat is changing in your favor over the course of this program.

I know that regardless of what I tell you, you will probably check the scale from time to time. But please don't weigh yourself every day. The changes you see reflect fluctuations in other bodily fluids and composition as well as fat loss and muscle gain. Changes in your measurements, the way your clothes fit, and the way your body feels are much better, more long-lasting indications of your progress.

METABOLISM

Strictly speaking, metabolism is the process by which our bodies create and consume energy. The vast majority of daily calories fuel the body's basic physiological functions like breathing, circulation, cell building and digestion. This "bottom line" of energy consumption is called the basal or resting metabolic rate. The more active and the more muscular you are, the more calories you burn beyond your basal metabolic rate.

Active body tissue like muscle burns more calories than inactive tissue. Fat is about the most inactive and ugliest tissue there is. It just sits there. It's energy waiting to be spent, and the reason it accumulates is that it isn't being used up fast enough.

The rate at which you burn calories is determined by how active you are and your body's ratio of lean muscle tissue to fat. Increase the amount of lean muscle tissue and you will burn calories faster and feel more energetic. Let muscle tissue atrophy through disuse and you will burn calories slower—and get fatter and more sluggish. The key to increasing lean muscle is to include the BIG THREE in your workout routine: Resistance Exercise (strength training), Cardiovascular Exercise, and Flexibility Exercise.

THE PERFECT BODY

Ideally, no more than 18 percent of a man's body composition should consist of fat. For athletes, fat may make up a very low percentage of total body weight. Women need a bit more body fat than men—between 20 and 25 percent to keep their hormonal systems functioning normally.

HOW FAT ARE YOU?

For an exact measurement, you have to get weighed underwater, a complicated and expensive procedure used only in sophisticated research laboratories. However, you can get an approximation of your muscle to body fat ratio with calipers, a device to pinch and measure flesh at four spots on your body. You can also use a mathematical formula called the Quetlet index to get an approximation of how much of your weight is fat. Although the formula is relatively accurate for normal, sedentary people, it isn't exact, and will overstate body fat for athletes, bodybuilders, and anyone else who is very muscular.

The calculations aren't difficult, but there are a few steps. Use a calculator and write down the result of each step. First you have to translate your weight into kilograms and your height into meters. Use the spaces below to calculate your body fat percentage.

1. Divide your weight by 2.2:
_____ ÷ 2.2 = _____ kilograms
2. Multiply your height in inches by 2.54:
_____ x 2.54 = _____ centimeters
3. Now, divide the result of step 2 by 100:
_____ ÷ 100 = _____ meters
4. Multiply the result of step 3 by itself:
_____ x _____ = _____
5. Divide the result of step 1 by the result of step 4:
_____ ÷ _____ = _____ %

The result of step 5 is an approximation of your body fat percentage.

NO EXCUSES

Do you know the number one excuse people give for not exercising? They don't have time. If I have time, you have time. Do you know when I do my workout? At 4:30 a.m. Okay, so I'm a little unusual.

The truth is, my days have become so hectic that if I don't get up extra early to exercise, I would never get around to it. And I wouldn't have the energy and strength to handle my crazy schedule with enthusiasm.

And who ever heard of a personal trainer who doesn't work out?

Now with my VIDEO TRAINER treadmill in your home, you have the convenience of getting a complete workout in a few minutes per day. And depending on your goals, your workout will take only between 10 and 40 minutes per day. No more excuses!

THE BEST TIME TO WORK OUT

People always ask me *when* to work out. Is the morning the best? The evening?

The time of day doesn't matter. You have to find a time that is right for you. If you're an early riser like me and don't mind getting up a little earlier, do your workout first thing in the morning. It's great to start the day already having done something good for yourself. And you won't have to think about working out again until the next morning.

But there's nothing wrong with working out later in the day. If you can get home during your lunch hour, do your workout then. Or do it after work and before dinner. As long as exercise becomes part of your daily routine, the time of day isn't important.

Note: It isn't a good idea to work out on a full stomach—you probably won't be comfortable. Schedule your workout before meals or at least two hours after eating.

BREATHING

All forms of exercise are easier and more effective if you breathe properly while working out. Try to exhale through your mouth on the exertion and inhale through your nose when you relax.

Never hold your breath while you exercise. If you do, you'll find yourself winded and tired. Just breathe normally. If you find that you're holding your breath, try to break the habit by exhaling on the exertion. You will inhale automatically.

DRINK WATER

Always drink plenty of water before and after your workout to replace fluids lost when you sweat. Your body's most plentiful element is water. Every single body process requires water. The more you drink, the better. Water helps your body flush out toxins. One of the healthiest habits you can form is to drink water, water, and more water. Sodas and other beverages contain many things besides water. Water is number one.

EATING WELL

By now you understand how and why you're going to be burning calories faster than ever with the VIDEO TRAINER treadmill. You know you'll be changing the composition of your body by trading your fat for calorie-consuming lean muscle tissue. And I promise you that you're going to lose weight rapidly without dieting.

I'll bet you don't believe me. This is a no-diet program, and I mean it. I would be foolish to put you on a diet because, as we all know, diets don't work.

What is a diet after all? The idea is to eat less so that your body will be forced to burn stored fat for fuel. But eating less sounds a lot easier than it is. Dieting makes you hungry and so cranky that you are ready to strangle your boss, your spouse, even your personal trainer. If you give in to temptation and eat something "bad," you figure you've blown it and give up. You get disgusted with yourself and beat yourself up for lack of will power.

Not only are diets self-defeating psychologically, they're self-defeating physically. Even people who succeed in losing weight usually regain every single pound plus a few extra. That's right. Every time you regain lost weight, you end up fatter than you were to start with. There's an easy-to-understand scientific explanation for this.

THE INFAMOUS YO-YO

Researchers have a name for the pattern of putting on extra fat whenever you regain weight you lost by dieting. They call it the "yo-yo" syndrome. It's a vicious cycle that you'll never have to worry about again.

When you go on a diet and lose weight, you also lose lean muscle tissue. As you regain, you put back the fat. But without exercise there's no way to replace your lost muscle tissue. So you end up with lower a muscle-to-fat ratio than you had before your diet. Naturally your metabolism slows down due to this change in body composition. You end up fatter than ever.

That can't happen while using my VIDEO TRAINER treadmill along with good nutrition because from day one you'll be burning fat through exercise and building lean muscle tissue. This is going to result in weight loss without dieting and a toned, taut body.

Fact: To lose one pound of fat you have to burn 3,500 extra calories. It doesn't matter *how* you use up those calories. You can diet and regain, or you can exercise and make a permanent change in your body.

I want you to treat your body with respect. I want you to feel as good as you look. And I want you to eat

good, nutritious food that will enhance your health and increase your energy to better enjoy life.

With the VIDEO TRAINER treadmill you'll be putting effort into changing your shape. Why not work from the inside out, too?

WHY FAT MAKES YOU FAT

How much fat is in your diet? If you are typical, the amount adds up to 40 percent or more of all the calories you consume.

Fact: Calorie for calorie, fats are more fattening than other foods. One gram of fat contains 9 calories, compared with 4 calories per gram of protein or carbohydrate.

Not only are fats the most fattening foods, our bodies also handle them differently. Did you know that you burn carbohydrate calories before you burn up calories from fat? As a result, fat calories are a lot more likely to be stored as body fat. One scientific study showed that if you consumed 100 extra carbohydrate calories, your body would use 23 of them for processing and would store the other 77. But if the extra 100 calories came from fat, only 3 would be burned in processing and 97 would be stored.

Researchers have learned that people today are fatter than people were at the turn of the century. You don't have to look too far for the reason.

FATS AND HEALTH

Changing the way you eat can protect you from today's deadliest diseases. In the case of heart disease, researchers have shown that drastically reducing the amount of fat in the diet actually can unblock coronary arteries clogged with cholesterol. (Heart attacks occur when the blood can no longer flow freely to the heart because deposits of cholesterol have narrowed the path through coronary arteries.)

Cholesterol is a fatty substance your body makes on its own and extracts from certain fats in your diet. All fats are fattening, but only one type is associated with artery-clogging cholesterol: the saturated fats found in red meat, dairy products, and other foods from animal sources. The only non-animal fats that contribute to the artery-clogging process are coconut, cocoa butter and palm oils used in commercially baked goods. The American Heart Association recommends limiting intake of saturated fats to 10 percent of daily calories. This means cutting back on the following foods:

- red meat, particularly "prime"-grade meats, short ribs, spare ribs and steaks

- corned beef, pastrami, frankfurters, sausage, bacon and luncheon meats

- gravy made from meat drippings

- butter and other fats from animal products (bacon drippings, ham hocks, lard, salt pork)

- whole milk, cream, half-and-half, buttermilk, yogurt made from whole milk, condensed milk, evaporated milk and ice cream

- cheeses

- cream sauces and cream soups

Other types of fat aren't as bad for your heart and general health as saturated fats, but they're just as fattening. These are monounsaturates and polyunsaturates. Both come from plants, and neither contains cholesterol or contributes to high cholesterol levels in the body. However, your body processes and stores them the same way it deals with saturated fat. While they have not been linked to specific diseases, the fact that they are fats means that they contribute to obesity and to all of the health problems associated with being overweight and eating a high-fat diet. These include high blood pressure, diabetes, and many types of cancer.

Just limiting fat consumption can speed your weight loss during your workout program. For example, if you typically consume 2,000 calories a day and 40 percent of those calories come from fat, by cutting the fat in half, you would eliminate 400 calories a day. Over the course of ten weeks that would add up to 28,000 calories and translate into an 8 pound fat loss *in addition* to the fat you are going to burn off while exercising on the VIDEO TRAINER treadmill.

So how could you cut out 400 fat calories? Let me count the ways:

- You could save 50 calories (per glass) by switching from whole milk to 1 percent milk.
- You could save 178 calories by having a fudgesicle instead of a scoop of vanilla ice cream.
- You could save 60 calories by having an english muffin instead of a doughnut.
- Switch from granola to cornflakes and you save 250 calories per half-cup serving!
- You can save about 100 calories (and get more to eat) by substituting 1 cup of popcorn for 1 ounce of corn chips or potato chips.

- You can save 130 calories by substituting ten small stick pretzels for 1 ounce of potato chips.
- You can save more than 130 calories substituting a baked potato for a typical restaurant serving of french fries.
- You can save more than 100 calories by substituting 8 ounces of roast chicken for an 8-ounce burger (meat only). *You can save another 100 calories by removing the chicken skin!*
- Have a turkey sandwich (7 ounces of meat) instead of an 8-ounce burger and save 350 calories.

Those savings add up to more than 1,400 calories without dieting!

CARBOHYDRATES

The more fruits, vegetables and grains you eat, the better. I love this because it allows me to eat pasta, pasta, and more pasta. Plant foods of almost every description qualify as carbohydrates. All carbohydrates are fat-free with the exception of olives, avocados and nuts which are very high in fat.

There are two types of carbohydrates: simple and complex. Simple carbohydrates are sugars and other sweets. These are the so-called empty calories because they have no nutritional value. The less of them you eat, the better. On the other hand, complex carbohydrates, including such starches as breads and pasta, are the best foods you can eat and should add up to 40 to 60 percent of your daily calories.

Most veteran dieters are shocked at the idea of eating so many starchy foods. But, in fact, carbohydrates are less fattening than other types of food. What makes them fattening are the fats we add to them: butter on baked potatoes, cream or cheese sauces on pasta. The more fat-free carbohydrates in your diet, the fewer calories you'll consume and the more quickly you'll lose fat. Emphasizing complex carbohydrates is also the healthiest way to eat, particularly when your diet includes foods that are high in fiber.

FIBER

Fiber, a component of plant foods, is the undigestible residue of grains, fruits and vegetables. High-fiber diets are associated with a low risk of cancer. As a matter of fact, the American Health Foundation estimates that 75 percent of colon cancer and 50 percent of breast cancer could be prevented by reducing fat consumption and increasing the amount of fiber in the diet.

Fiber functions as a natural "internal broom" that sweeps through our intestines, moving food along

quickly and easily. The only drawback to adding fiber to your diet is that a sudden increase can cause bloating and intestinal gas. This usually is a temporary problem and may not develop at all if you gradually increase the amount of fiber you consume.

PROTEIN

Most people think they need a lot more protein than they really do. We couldn't survive without protein—it provides us with essential amino acids needed for good health. But we need surprisingly little. The Recommended Dietary Allowance (RDA) for men is only 56 grams of protein, about 2 ounces. Women need only 44 grams daily, about 1 1/2 ounces.

It doesn't matter whether the protein you eat comes from meats or other animal sources (including dairy products) or from combining vegetable sources of protein like legumes (peas, lentils, chick peas) with rice and other grains. The difference between animal and vegetable sources of protein is that animal products offer chemically complete protein. To get complete protein from plant sources, you have to know how to combine certain foods properly.

A vegetarian diet may not appeal to you (I'm not recommending it), but you should know that it can be as healthy as—if not more healthy than—nonvegetarian eating. If you decide to try a vegetarian diet, be sure to take a supplement of vitamin B12, particularly if you eliminate eggs and dairy products.

WATER

As your personal trainer, I definitely recommend that you drink eight 8-ounce glasses of water daily. You will find you need to drink a lot of water to replenish fluids lost during and after exercise. Water is the best liquid for avoiding dehydration. It also cleanses your body, helps flush impurities out of your system, and regulates your body temperature. I prefer a good mineral water, plain or carbonated, to regular tap water. To reduce water retention, drink distilled water.

THE FOOD PYRAMID

So what is a healthful diet? We now know that a healthful diet is high in carbohydrates like bread, cereal, rice and pasta. All of these foods are fat-free (unless you add butter, cheese or rich sauces). Guidelines for a healthy diet suggest that we model our food choices on the food pyramid illustrated on the next page.

As you can see, the foods at the base of the pyramid are the breads, cereals, rice and pasta that should make up the bulk of your diet—between six and eleven servings per day.

Next come fruits and vegetables: two to four servings of fruit and three to five servings of vegetables.

Next come dairy products, including milk, yogurt and cheese (two to three servings), and meat, poultry, fish, eggs, dry beans and nuts (two to three servings).

And at the tip of the pyramid are fats, oils and sweets, to be eaten sparingly.

My only quarrel with the food pyramid is the word *sparingly*. What does it mean? How many calories does it add up to? My suggestion is that you follow the recommendation of the American Heart Association and keep intake of fats and oils to 30 percent *or less* of your daily intake of calories to maintain your weight. I personally try to keep my fat consumption below 25 percent of total calories.

SERVINGS

What's your idea of a serving? The folks who designed the food pyramid had very specific amounts for each type of food:

Breads, Cereals, Rice and Pasta—One serving:

- 1 slice of bread (or 1 ounce of bread)
- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 1 ounce of ready-to-eat cereal

Vegetables—One serving:

- 1/2 cup of chopped, raw or cooked veggies
- 1 cup of leafy raw vegetables

Fruits—One serving:

- 1 piece of fruit or melon wedge
- 3/4 cup of juice
- 1/2 cup of canned fruit
- 1/4 cup of dried fruit

Milk, Yogurt and Cheese—One serving:

- 1 cup of milk or yogurt
- 1 1/2-2 ounces of cheese

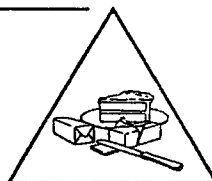
Meat, Poultry, Fish and Dry Beans—One serving:

- 2 1/2-3 ounces of cooked lean meat, poultry or fish
- 1 egg, 1/2 cup cooked beans or 2 tablespoons of peanut butter count as 1 ounce of lean meat (about 1/3 serving)

What is a fat or oil serving? Except for butter or margarine, we don't actually see the fat we use. Most of it is mixed into salad dressings or used in cooking. But you can get an approximation of the amount you use daily. Just remember that 1 tablespoon of butter, margarine or oil contains about 100 calories. Read food labels carefully to find out how much fat is present.

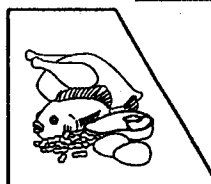
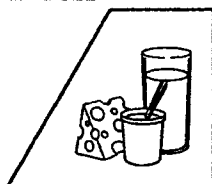
FOOD PYRAMID—A Guide to Daily Food Choices

Fats, Oils, and Sweets
Use Sparingly



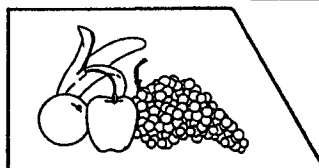
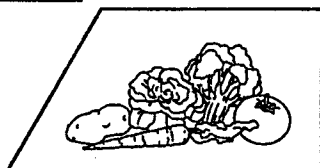
Note: Fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.

Milk, Yogurt, and Cheese Group
2-3 Servings



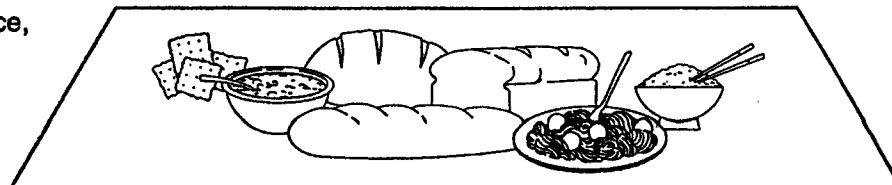
Meat, Poultry, Fish, Dry Beans,
Eggs, and Nuts Group
2-3 Servings

Vegetable Group
3-5 Servings



Fruit Group
2-4 Servings

Bread, Cereal, Rice,
and Pasta Group
6-11 Servings



READING FOOD LABELS

Labels on food packages have a wealth of information. You should take advantage of this and learn everything you can about the things you put into your body. Luckily, new government-developed food labels make it a lot easier to know what you're getting. Get in the habit of reading food labels until you are familiar with foods that you eat regularly.

Following is a short glossary of the most important things that you should look at when reading labels. These are the items that will let you know if what you're eating is going to put extra pounds on you.

Total Fat: This is perhaps the most important line on food labels. It indicates the total fat grams in a serving. It is usually broken down into saturated, polyunsaturated, and monounsaturated fat. If your serving is larger or smaller than the size listed, you'll have to do some simple math to determine how many fat grams you actually consume.

Calories From Fat: This is also an important line. It indicates the total number of calories derived from fat. This is computed by multiplying the number of fat grams by 9 calories. This information can be used to determine what percentage of the food content is fat. If the calories from fat is 45 and total calories per serving is 100, the percentage of fat would be 45%. You'd probably want to avoid this food item.

Saturated Fat: This is the amount of saturated fat—the worst kind of fat, the type that contributes most to heart disease.

Serving Size: "Serving size" is now defined as the amount of food "customarily consumed." Remember that all of the nutrient information on the label is based upon the stated serving size, so if your portion is to be greater or smaller, you'll have to do some math to find out how many calories and other items you actually consume.

Calories: Shows total calories per one "standardized serving."

Servings Per Container: This number tells you how many standardized servings are in the container.

Cholesterol: This number describes the amount of cholesterol in one serving. An intake of less than 300 milligrams of cholesterol per day is recommended for everyone.

Total Carbohydrate: Tells you how many grams of carbohydrate are furnished by each serving, including both simple and complex carbohydrates.

Percentage Recommended Daily Value: This number will show what percentage a serving of this product contributes toward the daily dietary allowance—within the context of a 2,000-calorie diet.

HOW MUCH SHOULD YOU EAT?

I'll bet you can't believe you can lose serious weight just by cutting down on the fats in your diet. If you try it, you'll see that I'm right, but if you're a planner and want to know how much you can eat and still lose weight (or stay the same), I can help.

Here's a formula that lets you figure out exactly how many calories you can consume at your exercise level and lose or maintain. Get out your calculator. If you want exact information, you will now have to do some math. Write down your results step by step in the spaces provided below. To start your calculation, you'll need two figures:

- Your weight: _____
- Your body fat percentage: _____ (from caliper measurements, professional measurements or the calculation on page 21.)

With these two numbers you can calculate your lean body mass.

1. First, multiply your weight (W) by your body fat percentage (F):

$$(W) \text{ _____ } \times (F) \text{ _____ } = \text{ _____ }$$

2. Next, subtract the result of step 1 from your weight:

$$(W) \text{ _____ } - \text{ _____ } = \text{ _____ }$$

3. Multiply the result of step 2 by one of the following figures:

- 14 if you're exercising at a beginner level
- 16 if you're exercising at an intermediate level
- 18 if you're exercising at an advanced level

$$\text{ _____ } \times \text{ _____ } = \text{ _____ } \text{ calories per day.}$$

The result of step 3 is the number of calories you can consume if you want to maintain your weight. If you want to lose weight, subtract 300 from the result of step 3.

$$\text{ _____ } - 300 = \text{ _____ } \text{ calories per day.}$$

QUICK DIETARY TIPS

- Always eat low fat and high fiber foods. The more natural a food is, the better it is for you.
- Try to avoid foods high in salt, sodium, sugar, milk and alcohol.

- Chicken, fish and turkey—baked, broiled or boiled, preferably with the skin off—are your smartest choices. Stay away from beef and pork.
- Stay away from foods that are fried in any type of oil.
- Fresh vegetables and fruits are always a low-fat smart snack choice.
- Remember to stay away from creamy sauces and dressings that are not low-fat or fat free.
- Pregnant and nursing women should always consult their physicians before changing their diet.
- Remember to read actual food labels carefully, NOT THE FANCY LABELS that can be very deceiving.
- Drink at least 8 large glasses of water daily. This can-

not be replaced by any other type of beverage. This is a key component in weight loss.

Note: Diets do not work, so remember to always eat a healthful diet. The quantity does not matter as much as the quality. Smart food choices are one of the major keys to healthy, safe and permanent inches lost.

THE LAST WORD

This is it! You can do it! Just follow a regular exercise routine with your VIDEO TRAINER treadmill and eat right *without* dieting. You will be on your way to a wonderful looking body, more energy and all of the confidence in the world. It's all up to you. Just concentrate on the body you want, follow my plan and it will happen.

Believe me, it works. You can do it. **So do it! NOW!**

Warranty

L I M I T E D

10 YEAR WARRANTY

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