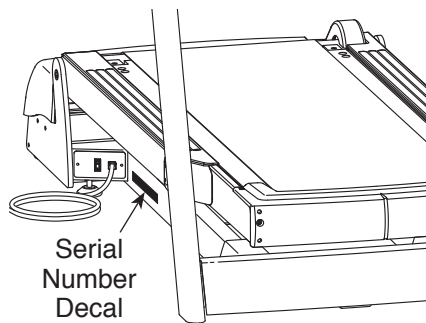


FREEMOTION® i7.9 INCLINE TRAINER

Model No. VMTL39811.7

Serial No. _____

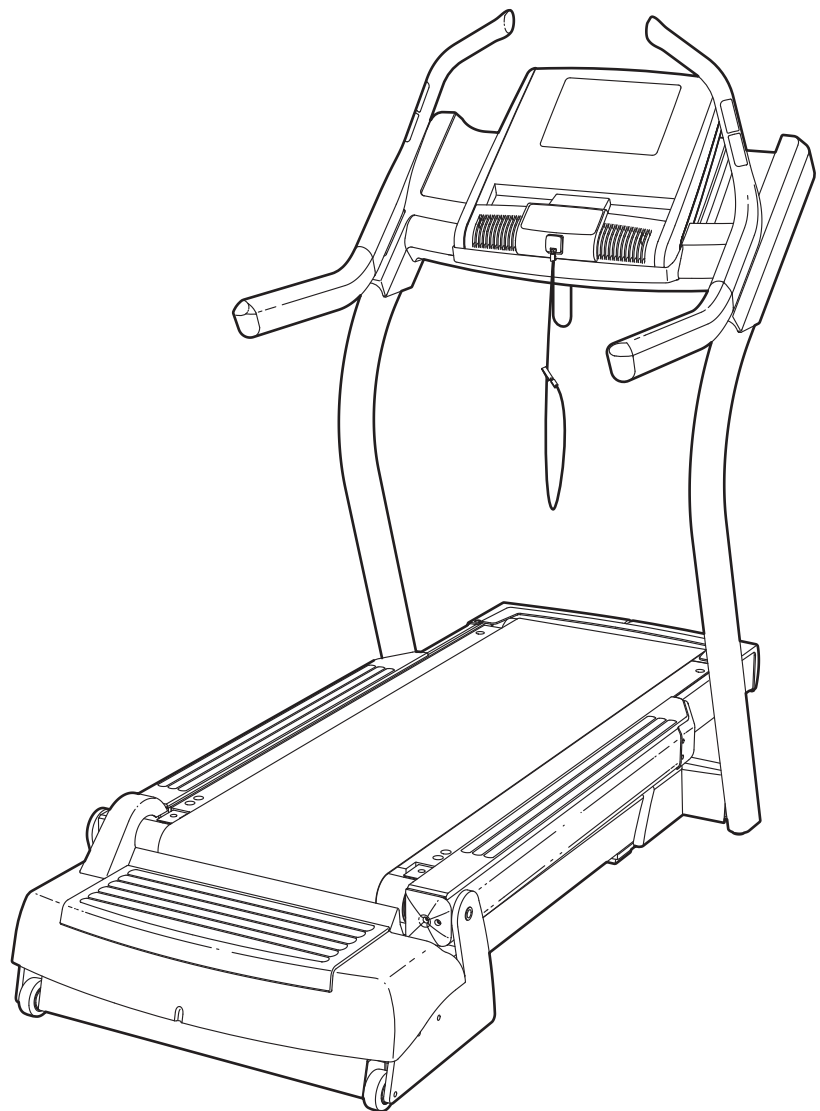
Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.



CAUTION

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

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on the incline trainer before using the incline trainer. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the incline trainer are adequately informed of all warnings and precautions.
3. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.
4. Keep the incline trainer indoors, away from moisture and dust. Do not place the incline trainer in a garage or covered patio, or near water.
5. Place the incline trainer on a level surface, with at least 2.4 m (8 ft.) of clearance behind it and 0.6 m (2 ft.) on each side. Do not place the incline trainer on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
6. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
7. Do not operate the incline trainer until it is properly and fully assembled (see ASSEMBLY on page 8).
8. Regularly inspect and tighten all parts of the incline trainer.
9. Keep children under age 13 and pets away from the incline trainer at all times.
10. The incline trainer should not be used by persons weighing more than 400 lbs. (181 kg).
11. Never allow more than one person on the incline trainer at a time.
12. Wear appropriate exercise clothes when using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
13. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 14). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
14. Use only a surge suppressor that meets all of the specifications described on page 14. To purchase a surge suppressor, see your local FREEMOTION dealer, call the telephone number on the front cover of this manual, or see your local electronics store.
15. Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
16. Keep the power cord away from heated surfaces.
17. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged or if the incline trainer is not working properly. (See TROUBLESHOOTING on page 34 if the incline trainer is not working properly.)

18. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 18). Always wear the clip while using the incline trainer.
19. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the incline trainer.
20. When a person is walking on the incline trainer, the noise level of the incline trainer will increase.
21. Keep fingers, hair, and clothing away from the moving walking belt.
22. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
23. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
24. Never leave the incline trainer unattended while it is running.
25. Do not change the incline of the incline trainer by placing objects under it.
26. Never insert or drop any object into any opening on the incline trainer.
27. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so will void the warranty and may result in damage to the incline trainer.
28. **DANGER:** Always unplug the power cord before cleaning the incline trainer and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
29. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
30. Use the incline trainer only as described in this manual.

SAVE THESE INSTRUCTIONS

WARNING DECAL PLACEMENT

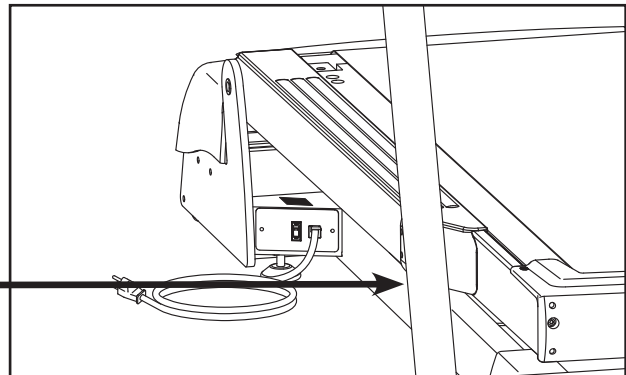
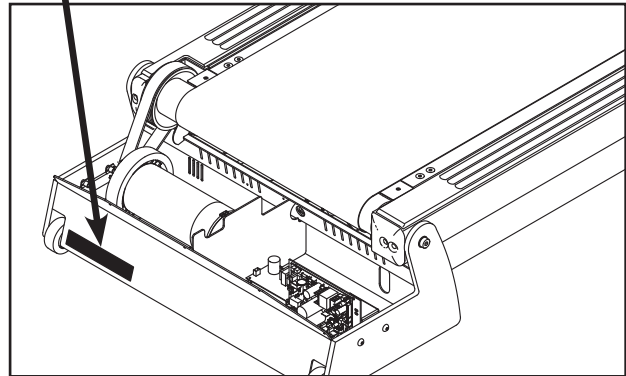
These drawings show the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

Note: The decal(s) may not be shown at actual size.

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

- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.



Note: There is one decal on each side

⚠ CAUTION ⚠ ATTENTION

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

GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHÉ.

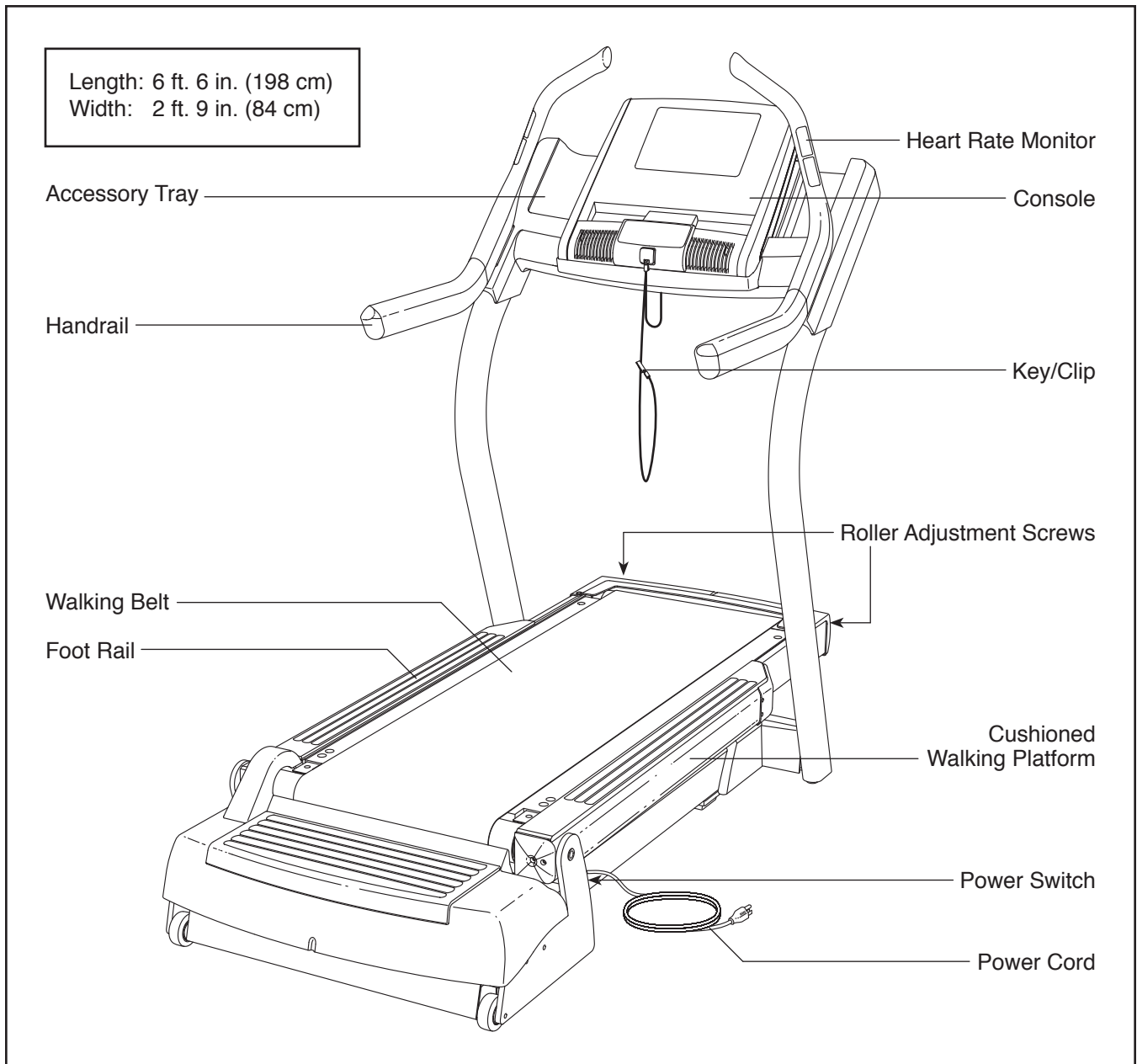
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® i7.9 INCLINE TRAINER. The i7.9 INCLINE TRAINER provides an impressive selection of features designed to make your workouts more effective and enjoyable.

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

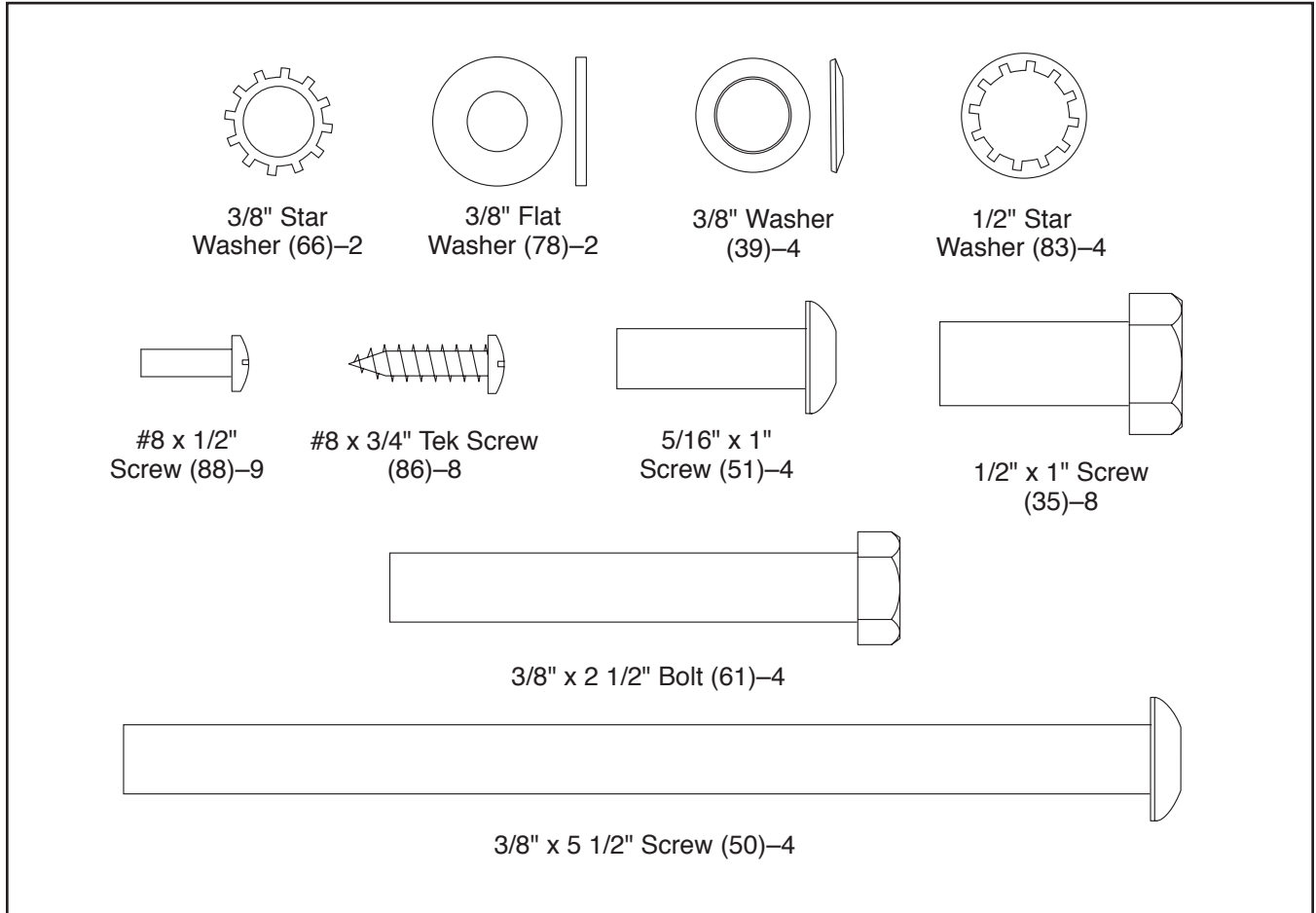
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra hardware may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 7.
- Assembly requires the following tools (not included):

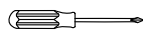
one 3/8" hex key



one 7/32" hex key



one Phillips screwdriver



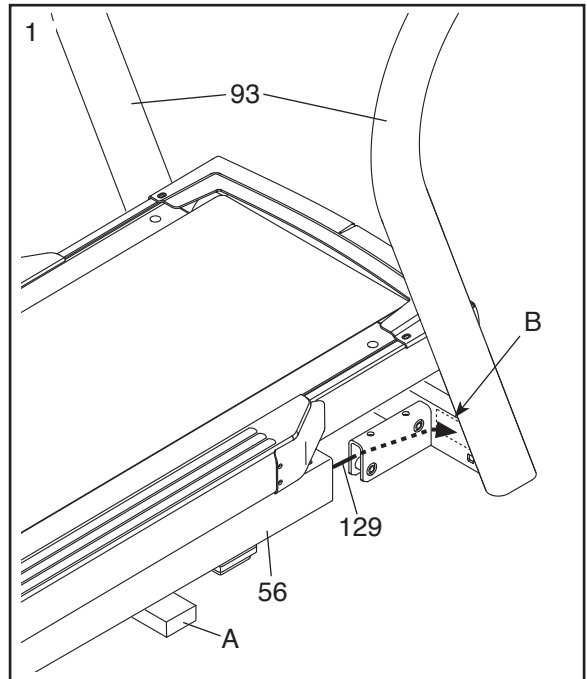
To avoid damaging parts, do not use power tools.

1. Place the Base Frame (56) on two pieces of the wood (A) found in the packaging of the incline trainer. Position the wood on each side of the Base Frame behind the feet as shown.

Have a second person hold the Uprights (93) near the front of the Base Frame (56) as shown.

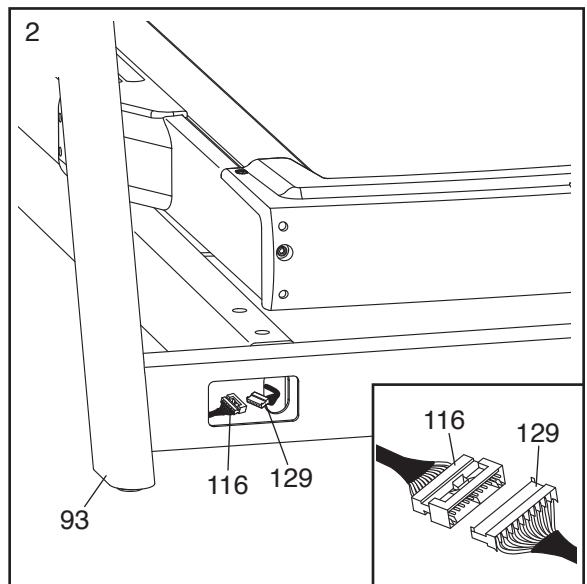
As you insert the Uprights (93) into the Base Frame (56), insert the Frame Wire Harness (129) through the bracket on the Uprights and into the access hole (B) in the front of the Uprights. **Be careful to avoid pinching the wire.**

Align the holes in the Uprights (93) with the holes in the Base Frame (56).



2. Locate the Frame Wire Harness (129) and the Upright Wire (116) in the Uprights (93) access hole.

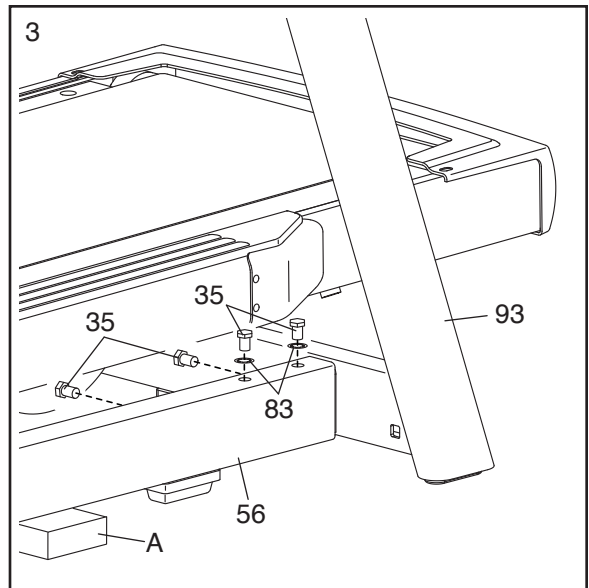
See the inset drawing. Connect the Frame Wire Harness (129) to the Upright Wire (116). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**



- Partially tighten four 1/2" x 1" Screws (35) with two 1/2" Star Washers (83) into the Base Frame (56) and into the bracket on the right side of the Upright (93) as shown; **do not tighten the Screws yet. Be careful not to pinch any wires.**

Repeat this step on the left side of the incline trainer. Then, tighten all eight 1/2" x 1" Screws (35).

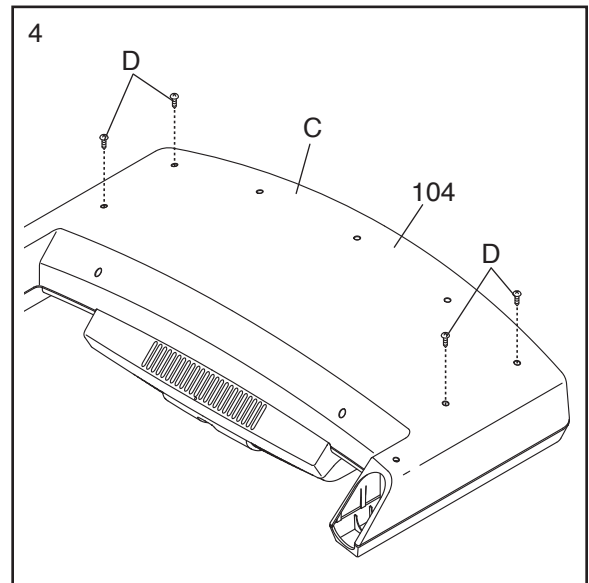
Remove the pieces of wood (A) from under the Base Frame (56).



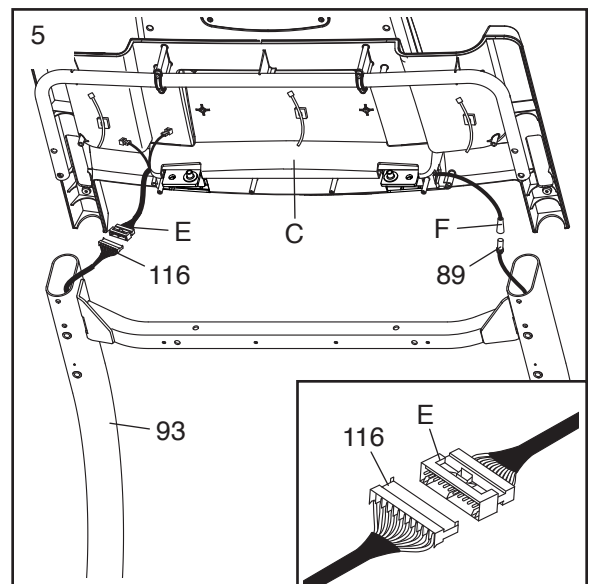
- Set the console assembly (C) face down on a soft surface to avoid scratching the console.

Remove and discard the four indicated screws (D) from the console assembly.

Remove the Console Back Cover (104).



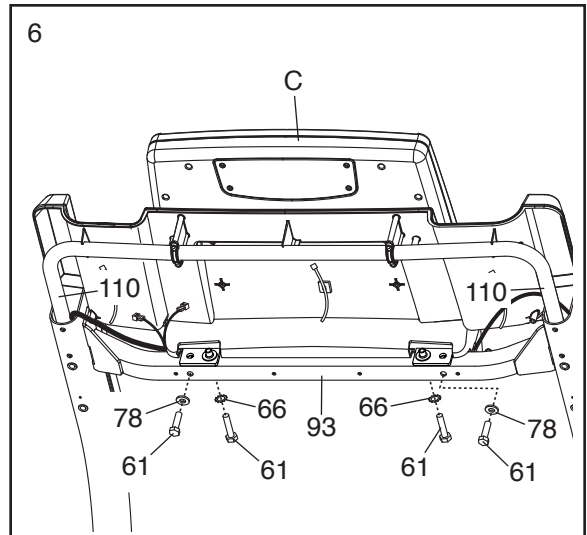
- With the help of a second person, hold the console assembly (C) near the Uprights (93). Connect the Upright Wire (116) to the console wire (E). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Next, connect the Upright TV Cable (89) to the console TV cable (F). Insert the wires downward into the Uprights (93).



- Set the console assembly (C) on the Uprights (93). **Be careful not to pinch any wires.** Make sure that the ends of the Console Crossbar (110) are inserted into the ends of the Uprights.

Start two 3/8" x 2 1/2" Bolts (61) with two 3/8" Flat Washers (78) into the Uprights (93) as shown; **do not tighten the Bolts yet.**

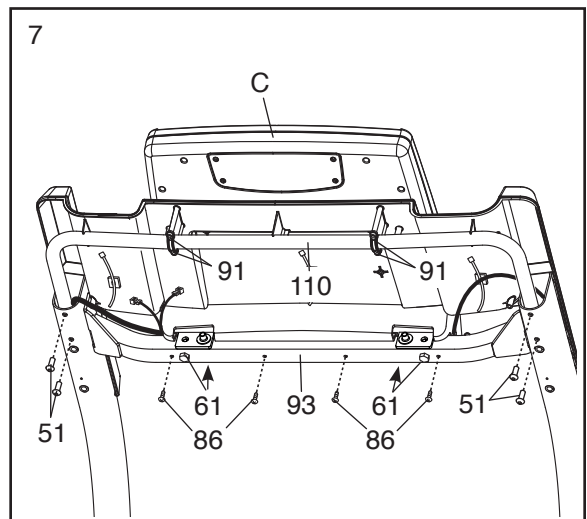
Next, attach the console assembly (C) to the Uprights (93) with two 3/8" x 2 1/2" Bolts (61) and two 3/8" Star Washers (66) as shown; **do not fully tighten the Bolts yet.**



- Start four 5/16" x 1" Screws (51) into the Uprights (93) and the Console Crossbar (110); **start all four Screws, and then tighten them.**

Tighten four #8 x 3/4" Tek Screws (86) into the Uprights (93) and the console assembly (C).

Tighten the four 3/8" x 2 1/2" Bolts (61). Make sure that the four #8 x 1" Screws (91) are tightened. Do not overtighten the Screws.

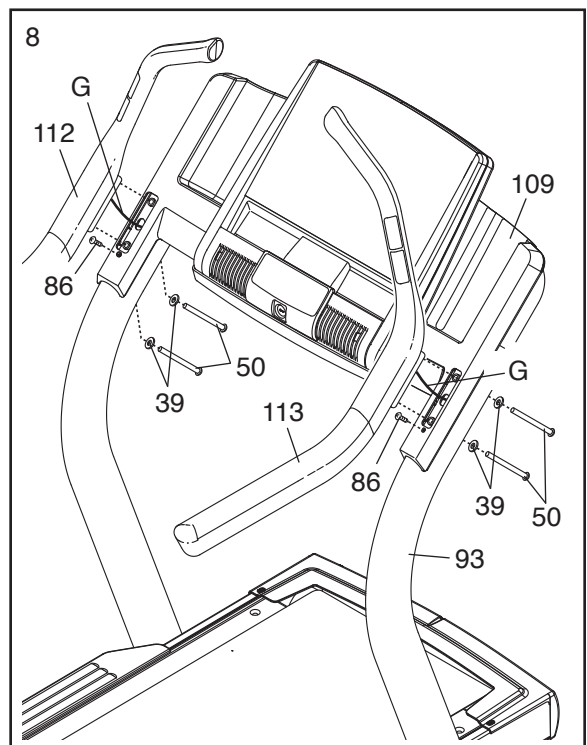


- Tighten two #8 x 3/4" Tek Screws (86) into the Console Base (109) and the Uprights (93). **Do not overtighten the Screws.**

Identify the Left and Right Handrail Assemblies (112, 113). Hold the Right Handrail Assembly near the Uprights (93). Insert the pulse wire (G) from the Right Handrail through the hole in the Console Base (109) and out of the top of the Uprights.

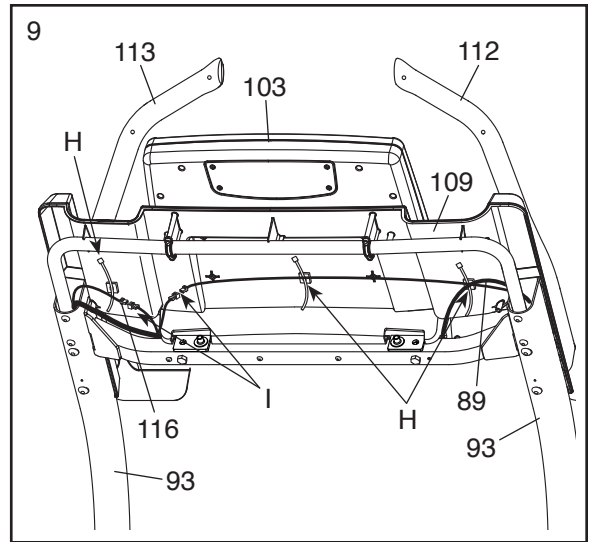
Apply three drops of the included thread adhesive to the threaded ends of two 3/8" x 5 1/2" Screws (50). Then, attach the Right Handrail Assembly (113) to the Uprights (93) with the two Screws and two 3/8" Washers (39); **start both Screws, and then tighten them. Torque the Screws to 340 in-lbs.**

Attach the Left Handrail Assembly (112) as described above.

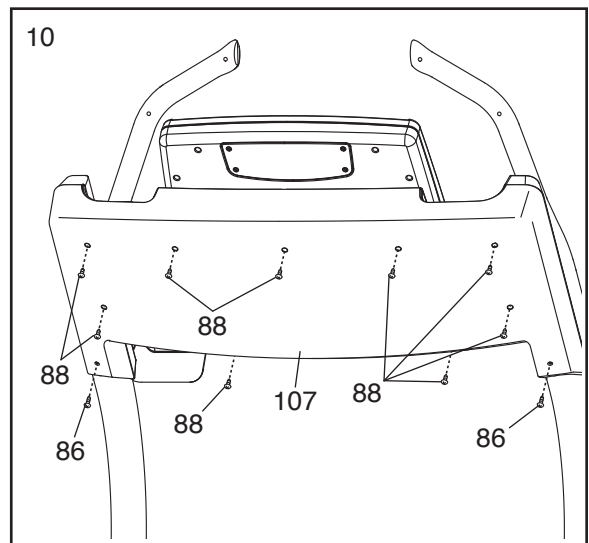


9. Connect the pulse wires from the Left and Right Handrail Assemblies (112, 113) to the pulse wires from the Console (103). Insert the included ties (H) through the tie blocks attached to the back of the Console Base (109). Loop the ties around the pulse wires (I), the Upright Wire (116), and the Upright TV Cable (89), then tighten the ties around the wires.

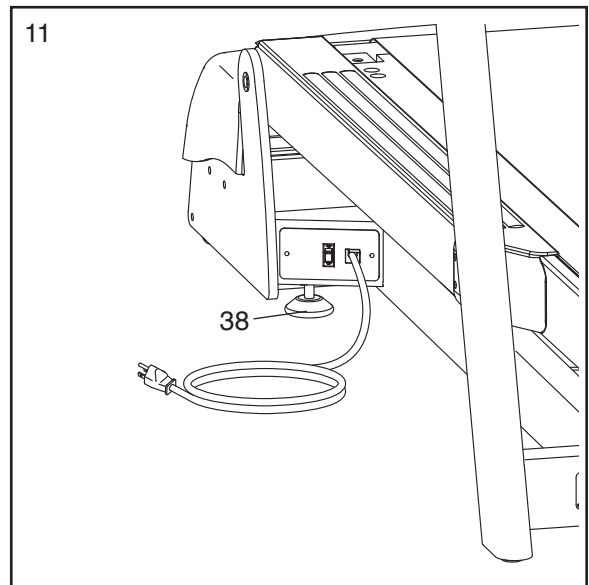
Insert all wires and cables into the top of the Uprights (93).



10. Attach the Console Base Back (107) with nine #8 x 1/2" Screws (88) and two #8 x 3/4" Tek Screws (86) as shown; **be careful not to overtighten the Screws.**

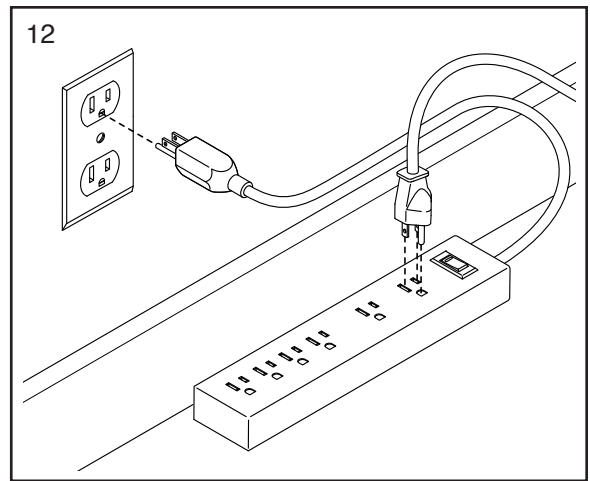


11. After the incline trainer is placed in the location where it will be used (see HOW TO MOVE THE INCLINE TRAINER on page 13), make sure that both Rear Leveling Feet (38) and the Base Pads (not shown) rest firmly on the floor. If the incline trainer rocks even slightly, turn one of the Rear Leveling Feet clockwise or counter-clockwise until the rocking motion is eliminated.



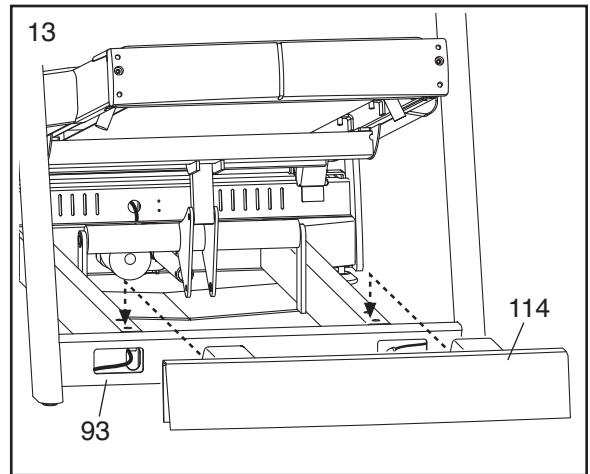
12. See page 14 and plug in the power cord. Next, see page 18 and turn on the power.

Then, press the Incline button numbered 30.



13. Press the Upright Cover (114) onto the lower end of the Uprights (93) until the Upright Cover snaps into place.

Lower the incline by pressing the Incline button numbered 0 and **unplug the power cord.**

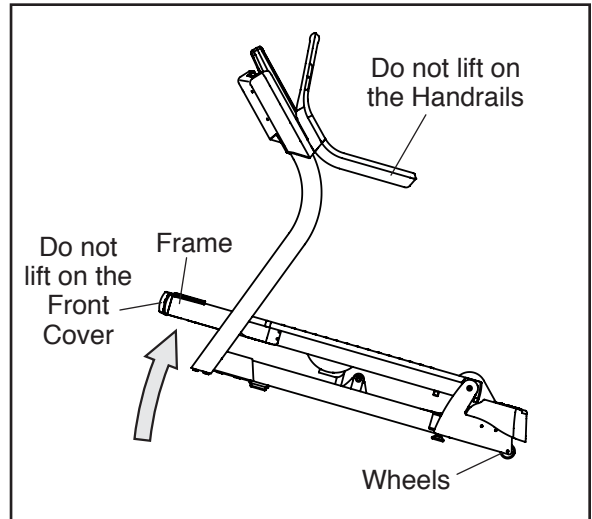


14. **Make sure that all parts are properly tightened before you use the incline trainer.** To protect the floor or carpet, place a mat beneath the incline trainer.

HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, unplug the power cord. Note: It may be necessary to disconnect a CATV cable and a network wire from the incline trainer, depending on how far the incline trainer will be moved.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the metal frame firmly in the location shown at the right. CAUTION: To decrease the possibility of damage to the incline trainer or of injury, do not lift the frame by the front cover. Carefully roll the incline trainer on the wheels to the desired location and then lower it back to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**



HOW TO USE THE TREADMILL

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your incline trainer, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the incline trainer, always use a surge suppressor with the incline trainer. To purchase a surge suppressor, see precaution 13 on page 3.**

Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer and serious injury to users.**

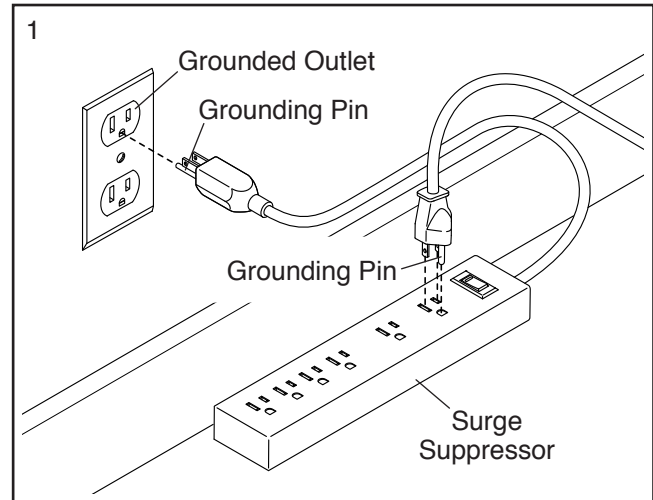
Plug in the Power Cord

The incline trainer 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. The incline trainer power cord has a plug with a grounding pin (see drawing 1 on this page).

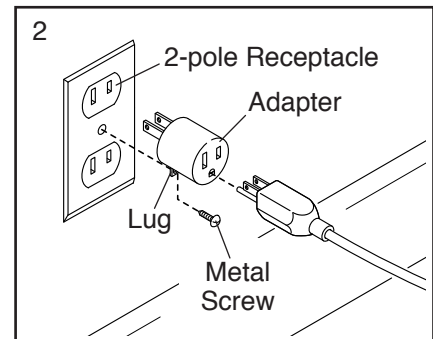
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the incline trainer is properly grounded, contact a qualified electrician.

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a**

nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT: The incline trainer may not be compatible with AFCI-equipped outlets.**



A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.

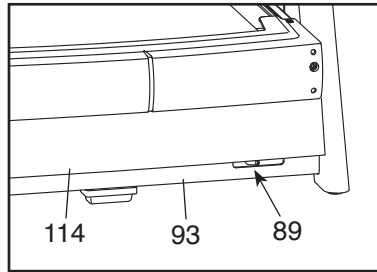


The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

HOW TO CONNECT A CATV CABLE

If your incline trainer has the 17" Digital TV, a CATV cable must be connected to the incline trainer for cable TV stations to be viewed.

Lift the Upright Cover (114) and locate the cable jack on the front of the incline trainer. Connect the CATV cable to the Upright TV Cable (89). Route the cable so that it will not be pinched or crushed by the incline trainer. Press the Upright Cover onto the lower end of the Upright (93) until the Upright Cover snaps into place.



A satellite receiver, VCR, or DVD player can also be connected to the incline trainer. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the incline trainer.

Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly. RF modulators are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual for the equipment you wish to connect to determine if an RF modulator is needed, or contact your local audio/video service provider.

WARRANTY INFORMATION

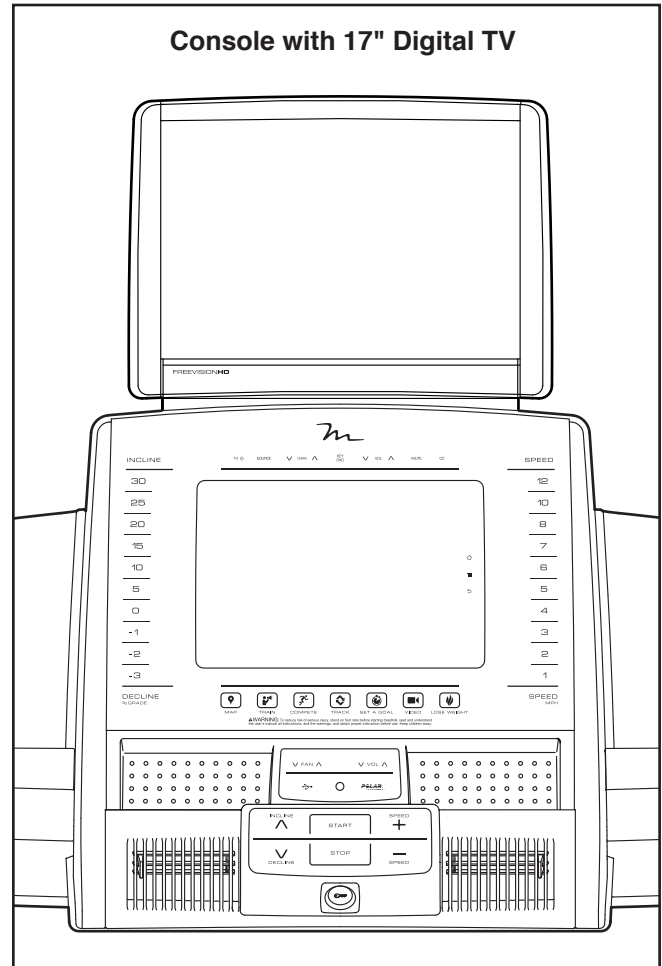
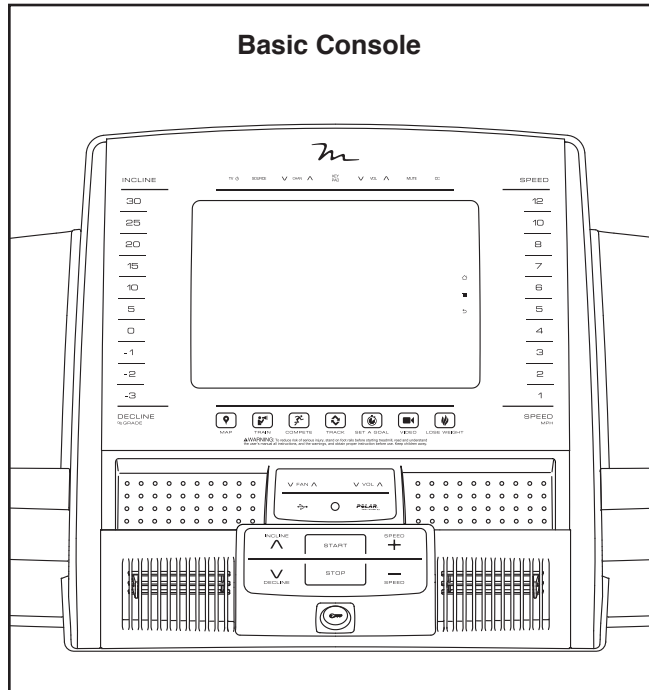
The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized service; misuse; accident; negligence; improper assembly or installation; debris resulting from any destruction activities in the product's environment; rust or corrosion as a result of the product's location; alterations or modifications without written authorization; or failure on your part to use, operate, and maintain the product as set forth in this manual will void the warranty.

All terms of the warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized FreeMotion Fitness, Inc. representative.

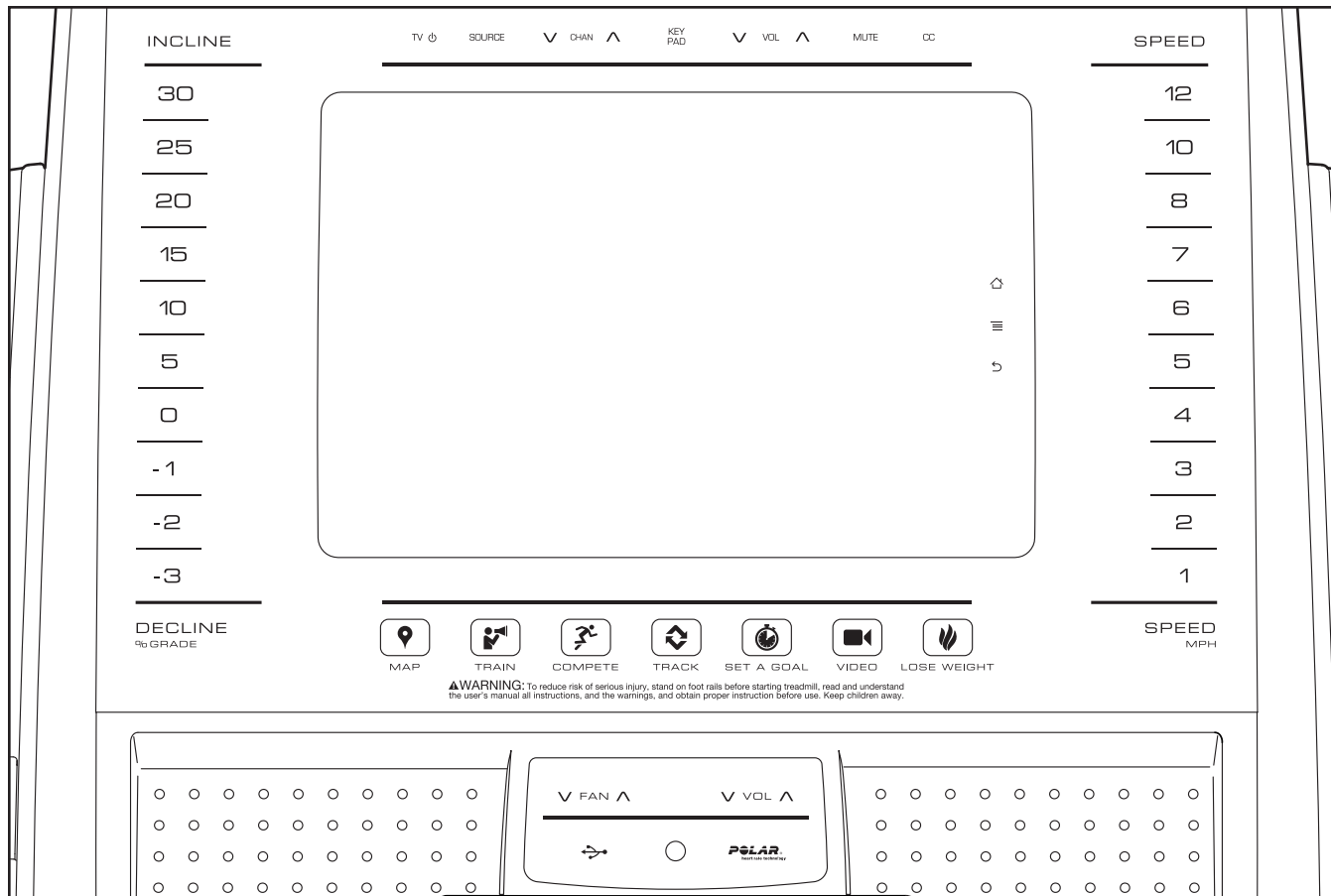
HOW TO UPGRADE THE CONSOLE

Your incline trainer's console has been preconfigured to operate with a 17" Digital TV (see the drawings below). To learn about the features of the basic console, see page 17. To learn about the features of the 17" Digital TV, see the user's manual included with the 17" Digital TV. **Note: The buttons near the top of the basic console function with the 17" Digital TV only.** The basic console has no television capabilities.

To upgrade your console whenever you choose, please see the back cover of this manual.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit technology that enables the incline trainer to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session. In addition, you can set a calorie, time, distance, or pace goal.

When you use the manual mode, you can change the speed and incline of the incline trainer with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or an optional Polar®-compatible chest heart rate monitor.

You can even browse the Internet or listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 18. To learn how to use the touch screen, see page 18. To set up the console, see page 19.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 25. For simplicity, all instructions in this section refer to miles.

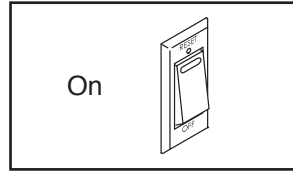
HOW TO TURN ON THE POWER

1. Plug in the power cord.

See HOW TO CONNECT THE POWER CORD on page 14.

2. Press the power switch to the on position.

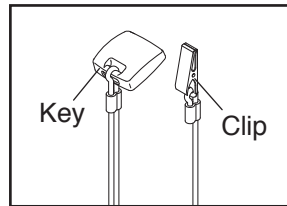
Locate the power switch on the incline trainer near the power cord. Press the power switch into the on position.



3. Insert the key into the console.

Note: The console can be set to be used without the key. See step 6 on page 25 for instructions. If the console has been set to be used without the key, this step does not apply.

Find the key and the clip on the console and attach the clip to the waistband of your clothes. Next, insert the key into the console. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 20). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

Before using the incline trainer for the first time, set up the console.

1. Connect to your wireless network.

Note: To access the Internet, download iFit workouts, and use several other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 28 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 25 and step 2 on page 27 and select the maintenance mode. Then, see step 3 on page 27 and check for firmware updates.

3. Calibrate the incline system.

See step 4 on page 27 and calibrate the incline system of the incline trainer.

4. Create an iFit account.

Touch the globe button near the lower-left corner of the screen and touch the iFit button.

Note: For information about navigating in the browser, see page 29. The browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 20. **To use an onboard workout**, see page 22. **To use a set-a-goal workout**, see page 23. **To use an iFit workout**, see page 24.

To use the equipment settings mode, see page 25. **To use the maintenance mode**, see page 27. **To use the wireless network mode**, see page 28. **To use the sound system**, see page 29. **To change the audio input**, see page 29. **To use the Internet browser**, see page 29.

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time you use the incline trainer, observe the alignment of the walking belt, and center the walking belt if necessary (see page 35).

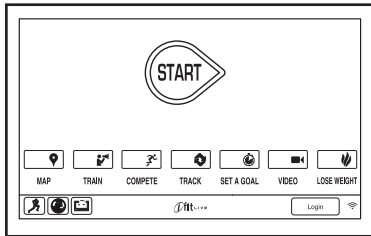
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 18.
Note: It may take a minute for the console to be ready for use.

2. Select the main menu.

When you turn on the power, the main menu will appear after the console boots up.
Note: Touch the home button in the lower-left corner of the screen (not shown here) to return to the main menu at any time.



3. Start the walking belt and adjust the speed.

Touch the Start button on the screen or press the Start button on the console to start the walking belt. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph.

If you press one of the Speed buttons numbered 1 through 12, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. **Note:** This will not function if the console is set to metric units.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

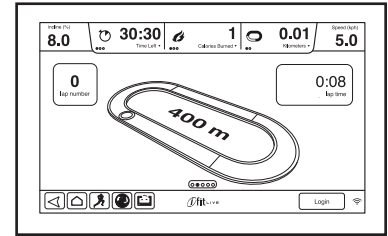
4. Change the incline of the incline trainer as desired.

To change the incline of the incline trainer, press the Incline increase and decrease buttons or one of the numbered Incline/Decline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 27).

5. Monitor your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen. You can also view additional information by touching the red boxes on the screen.



As you walk or run on the incline trainer, the screen can show the following workout information:

- The incline level of the incline trainer
- The time elapsed
- The time left (**Note:** The manual mode does not have a time left countdown.)
- The approximate number of calories you have burned
- The approximate number of calories burned per hour
- The distance that you have walked or run
- The number of vertical feet you have climbed
- The speed of the walking belt
- A track representing 1/4 mile (400 m)
- Your pace in minutes per mile
- Your current lap number
- Your heart rate (see step 6)

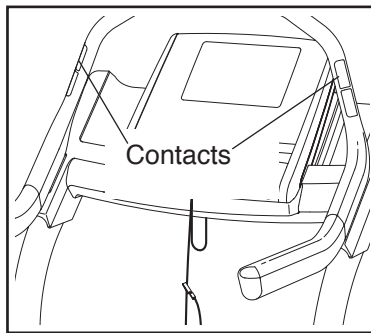
If desired, adjust the volume by pressing the Vol increase and decrease buttons on the console.

To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout, touch the End Workout button.

6. Measure your heart rate if desired.

Note: If you use the handgrip heart rate monitor and the optional chest heart rate monitor at the same time, the console will not display your heart rate accurately. For information about the chest heart rate monitor, please see the back cover of this manual and contact Customer Care.

Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms for approximately ten seconds; **avoid moving your hands**. When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features multiple speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

Press the Fan increase button to increase the fan speed. If you press the Fan increase button once while the fan is on its maximum speed setting, the auto fan mode will be selected. Press the Fan decrease button repeatedly to decrease the fan speed or to turn off the fan.

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

Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. Then, remove the key from the console and put it in a secure place.

When you are finished using the incline trainer, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the incline trainer's electrical components may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 18.

2. Select an onboard workout.

To select an onboard workout, touch the runner icon in the lower left corner of the screen.

In the Workouts menu, touch the Calorie button, the Intensity button, the Speed button, or the Incline button. Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

3. Start the workout.

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

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

During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting for the current segment. The top profile represents the speed setting for the current segment.

At the end of the first segment of the workout, the incline trainer will automatically adjust to the speed and/or incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

If the speed and/or incline settings are too high or too low at any time during the workout, you can override the settings by pressing the Speed or Incline/Decline buttons. **If you press a Speed button**, you can then manually control the speed (see step 3 on page 20). **If you press an Incline button**, you can then manually control the incline (see step 4 on page 20). **To return to the programmed speed and/or incline settings of the workout**, first, view the profile. Then, touch the Follow Workout button.

To pause the workout, touch either the back button or the home button in the lower-left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Start button on the console. To end the workout, touch the End Workout button.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the speed or incline of the incline trainer during the workout, the number of calories you burn will be affected.

4. Monitor your progress.

See step 5 on page 20. The screen can also show a profile of the speed and incline settings of the workout.

5. Measure your heart rate if desired.

See step 6 on page 21.

6. Turn on the fan if desired.

See step 7 on page 21.

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

See step 8 on page 21.

HOW TO USE A SET-A-GOAL WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 18.

2. Select the main menu.

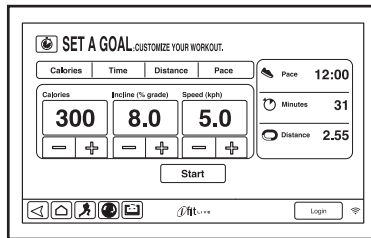
See step 2 on page 20.

3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a calorie, time, distance, or pace goal, touch the Calories, Time, Distance, or Pace button.

Then, touch the increase and decrease buttons on the screen to select a time, distance, calorie, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.



4. Start the workout.

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

The workout will function in the same way as the manual mode (see pages 20 and 21).

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight.

5. Monitor your progress.

See step 5 on page 20.

6. Measure your heart rate if desired.

See step 6 on page 21.

7. Turn on the fan if desired.

See step 7 on page 21.

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

See step 8 on page 21.

HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 28). An iFit account is also required.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 18.

2. Select the main menu.

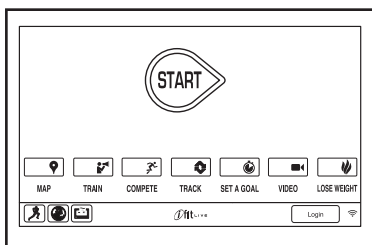
See step 2 on page 20.

3. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

4. Select an iFit workout.

To download an iFit workout in your schedule, touch the Map, Train, Video, or Lose Weight button to download the next work-



out of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 23). Note: You can also press one of the iFit buttons on the console.

To switch users within the account, touch the user button near the lower right corner of the screen.

Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please see www.iFit.com.

When you select an iFit workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. Start the workout.

See step 3 on page 22.

During some workouts, the voice of an audio coach may guide you through your workout.

6. Monitor your progress.

See step 5 on page 20. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the iFit users and the distances they have walked or run. The screen will also show the numbers of seconds that the other iFit users are ahead of you or behind you.

7. Measure your heart rate if desired.

See step 6 on page 21.

8. Turn on the fan if desired.

See step 7 on page 21.

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

See step 8 on page 21.

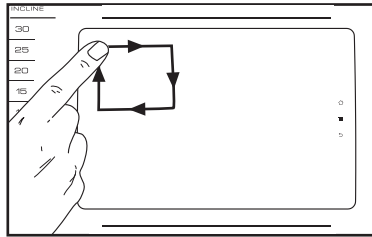
For more information about the iFit mode, go to www.iFit.com.

HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to select a language and the unit of measurement, to turn on and turn off the display demo mode, to set a reset timeout, and to enable or disable the key and/or a passcode.

1. Access the settings main menu.

Insert the key into the console (see HOW TO TURN ON THE POWER on page 18). Next, select the main menu (see step 2 on page 20). Then, draw a square clockwise on the screen to access the settings main menu.



2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

4. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

5. Select a timezone.

Touch the Timezone button. Select your local timezone to have the console sync to your local time. Then, touch the back button.

6. Select an automatic update time

You can set a time for the console to automatically check for firmware updates. You can always cancel these firmware updates by touching the Cancel button. However, it is strongly recommended that you allow the console to update frequently. Touch the Update Time button. Select the time when the console will automatically check for an update. Then, touch the back button.

7. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the on position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

8. Enable or disable the key.

You can disable the key so that the incline trainer does not require the use of the key. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox.

9. Enable or disable the web browser.

You can disable the console's web browser, which will help to restrict the bandwidth used on your wireless network.

Touch the Browser button. To disable the browser, touch the Disable checkbox. The console will automatically restart, and the web browser will be disabled. To enable the browser again, return to the Browser option, and then touch the Enable checkbox. The console will automatically restart, and the web browser will be enabled again.

10. Enable or disable the street view.

You can disable the street view for maps workouts, which will help to restrict the bandwidth used on your wireless network.

Touch the Street View button. To disable the street view, touch the Disable checkbox. To enable the street view again, touch the Enable checkbox

11. Set a time for the reset timeout.

The console features an automatic reset feature; if no buttons are touched or pressed and the walking belt does not move for a set amount of time, the console will automatically reset.

To set the amount of time the console will wait before it automatically resets, touch the Reset Timeout button to view a list of times. Then, select the amount of time desired. Touch the back button on the screen.

12. Set a workout time limit.

You can set a time limit for workouts to help restrict the amount of time each user spends on the incline trainer.

Touch the Workout Time Limit button. To enable the workout time limit, touch the Enable checkbox. Then, touch the increase and decrease buttons to select the amount of time allowed for each user. Then, touch the back button on the screen.

During any workout, the screen will notify you when only ten seconds remain until the time limit. When the time limit is reached, the workout will automatically end.

13. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the screen.

HOW TO USE THE MAINTENANCE MODE

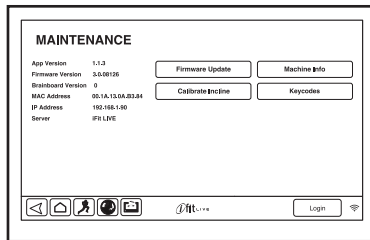
The console features a maintenance mode that allows you to update the console firmware, calibrate the incline of the incline trainer, view technical information, and view a button's keycode.

1. Access the settings main menu.

See step 1 on page 25.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the incline trainer.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the incline trainer, do not turn off the power or remove the key while the firmware is being updated.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

The screen will show the progress of the update. When the update is complete, the incline trainer will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the on position. Note: It may take a few minutes for the console to be ready for use.

4. Calibrate the incline system of the incline trainer.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The incline trainer will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep feet and other objects away from the incline trainer while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. View machine information.

Touch the Machine Info button to view information about your incline trainer. After you view the information, touch the back button on the screen.

6. Find keycodes.

The Keycodes button is intended to be used by service technicians to identify whether a certain button is working correctly.

7. Exit the maintenance mode.

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

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. Access the settings main menu.

See step 1 on page 25.

2. Select the wireless network mode.

In the settings main menu, touch the Wireless Network button to enter the wireless network mode.

3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, press the back button on the console to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

5. Exit the wireless network mode.

To exit the wireless network mode, touch the back button on the screen.

HOW TO USE THE SOUND SYSTEM

To listen to music and the console audio on your personal headphones or ear buds, plug the audio wire on your headphones into the audio jack in the center of the lower section of the console. Note: This audio jack is for audio output only.

This incline trainer has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

To play music or audio books through the console sound system, you must connect your iPod to the console through the cable extending from the lower section of the console. The console will charge your iPod while you use it. **Make sure that the iPod is fully plugged in.**

Next, press the play button on your iPod. Adjust the volume by pressing the Vol increase and decrease buttons on the console.

Plug an MP3 player, smartphone, or other USB device into the USB port on the front of the console to charge your device.

HOW TO CHANGE THE AUDIO INPUT

To select a different audio source, touch the music notes icon at the bottom of the screen. Then, choose an audio source from the list.

1. Personal TV.

Select this audio source to listen to the audio from the personal 17" Digital TV. Note: The console must have a 17" Digital TV for this option to function.

2. iPod.

Select this audio source to listen to your iPod (see HOW TO USE THE SOUND SYSTEM at the left).

HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website.

To navigate the Internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the Internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 18.

To enter a different web address in the URL bar, first slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

PREVENTIVE MAINTENANCE

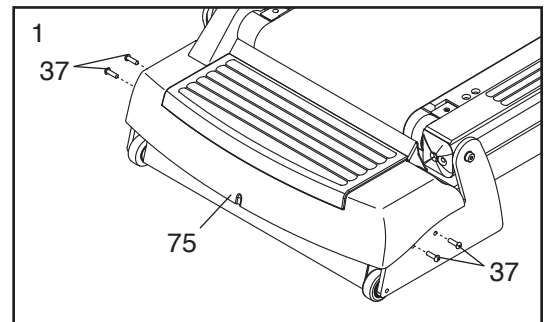
Regular maintenance is necessary for optimal performance and long life of the incline trainer. Please read and follow all instructions below. If the incline trainer is not maintained as described, components may wear excessively, the incline trainer may be damaged, and the warranty will be voided. If you have questions about maintenance, please see the back cover of this manual. **CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

WEEKLY MAINTENANCE

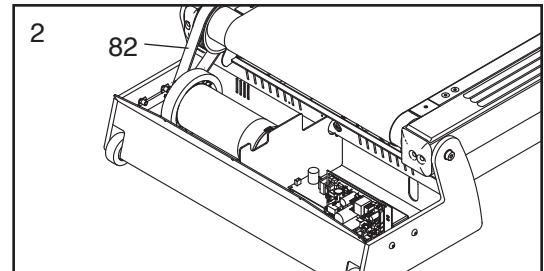
1. **Unplug the power cord.** Inspect and properly tighten all external parts of the incline trainer.
2. Apply a mild multi-purpose cleaner to a 100 percent cotton cloth and remove any dust and grime from the handrails, uprights, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not use cleaners under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100 percent cotton cloth and wipe the console and the screens. **Do not spray cleaner directly onto the incline trainer or use ammonia or acid-based cleaners.**
3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see pages 34 and 35.

MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the 3/8" x 1 1/4" Screws (37) attaching the Motor Hood (75), and lift off the Motor Hood.



2. Using a hand-held vacuum, clean the area under the Motor Hood (not shown). **Be careful to avoid touching any components.** Check the Drive Motor Belt (82) for wear and cracks. If the motor belt needs to be replaced, please see the back cover of this manual.

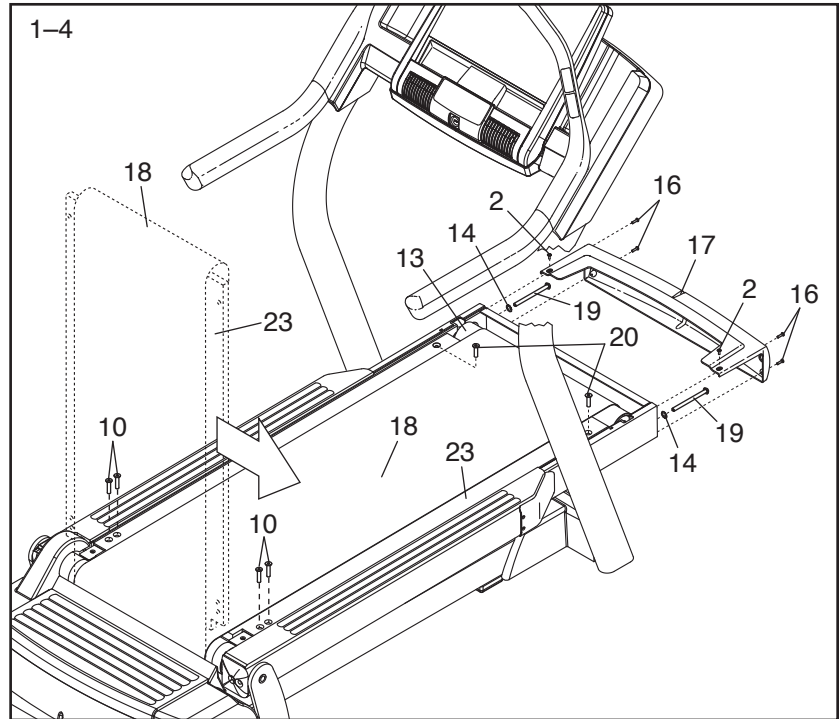


3. Plug in the power cord and insert the key into the console. Press the Start button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the incline trainer for unusual noises or odors. If any of these problems exists, please see the back cover of this manual. **Remove the key and unplug the power cord.** Reattach the Motor Hood (75) with the 3/8" x 1 1/4" Screws (37).
4. Hold a clean, dry towel between the walking platform and the walking belt. Pull the towel from side to side along the length of the walking platform. Rotate the walking belt and repeat this step until the entire walking belt has been cleaned.

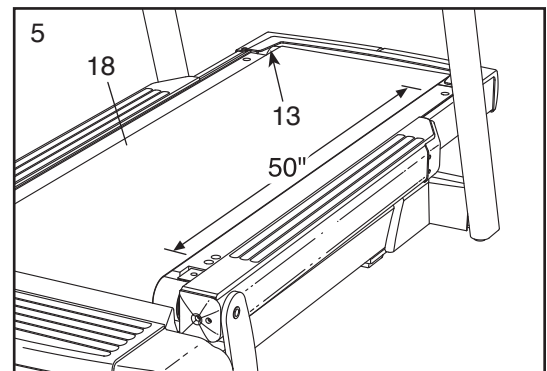
TURNING THE WALKING PLATFORM

Both sides of the walking platform are designed to be used as walking surfaces. Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be turned over. The walking platform will need to be turned over and the walking belt replaced (see page 32) after every 10,000 to 15,000 miles (16,000 to 24,000 kilometers). Follow the instructions below to turn over the walking platform.

1. **Remove the key and unplug the power cord.** Remove the #8 x 3/4" Screws (16), the #8 x 1/2" Machine Screws (2), and the Front Cover (17). Next, remove the 3/8" x 5" Screw (19) and the 3/8" Star Washer (14) from each side of the Front Roller (13).
2. Remove the four 3/8" x 1 3/4" Screws (10) and the two 3/8" x 1 1/2" Screws (20). **Note: Be very careful to avoid chipping or damaging the phenolic coating on the Walking Platform (23).** Lift the Front Roller (13) and slide it out of the Walking Belt (18). Lift the Walking Platform and the Walking Belt to the position shown by the dotted lines. Slide the Walking Platform out of the Walking Belt, turn it, and then slide it back into the Walking Belt.



3. Lay down the Walking Platform (23) and the Walking Belt (18). Slide the Front Roller (13) back into the Walking Belt.
4. Reattach the 3/8" x 1 3/4" Screws (10) and the 3/8" x 1 1/2" Screws (20). Thread the 3/8" x 5" Screws (19) with the 3/8" Star Washers (14) into the Front Roller (13). Reattach the Front Cover (17) with the #8 x 3/4" Screws (16) and the #8 x 1/2" Machine Screws (2).
5. Next, the Walking Belt (18) will need to be adjusted to the proper tension. Using chalk, make two marks on the Walking Belt exactly 50 in. (1.25 m) apart, as shown in the drawing. Tighten both 3/8" x 5" Screws (19, see the drawing above) until the two chalk marks move apart an additional 3/16 to 1/4 in. (5 to 6 mm). As you tighten the Screws, the Front Roller (13) will move. **If the Front Roller stops moving, do not further tighten the Screws; please see the back cover of this manual.** Make sure to keep the Walking Belt centered (see page 35).



REPLACING THE WALKING BELT

When the walking belt becomes worn, it should be replaced. The walking belt will need to be replaced after every 10,000 to 15,000 miles (16,000 to 24,000 kilometers). See the Service Manual for replacement instructions. Please see the back cover of this manual to order a new walking belt.

REPLACING THE WALKING PLATFORM

When both sides of the walking platform become worn, the walking platform should be replaced. The walking platform will need to be replaced after every 20,000 to 30,000 miles (32,000 to 48,000 kilometers). Please see the back cover of this manual to order a new walking platform. Follow the instructions on page 31 to replace the walking platform.

SIX-MONTH PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the incline trainer. Each copy of the form can be used for six months (26 weeks). When maintenance is performed, write the date in the appropriate spaces. **Make sure to perform each maintenance procedure as described on pages 30 to 32. If the procedures are not performed as described, components may wear excessively, the incline trainer may become damaged, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the incline trainer.	Clean the incline trainer.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.
Week 1	/ /	/ /	/ /			
Week 2	/ /	/ /	/ /			
Week 3	/ /	/ /	/ /			
Week 4	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /			
Week 6	/ /	/ /	/ /			
Week 7	/ /	/ /	/ /			
Week 8	/ /	/ /	/ /	/ /	/ /	/ /
Week 9	/ /	/ /	/ /			
Week 10	/ /	/ /	/ /			
Week 11	/ /	/ /	/ /			
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Week 14	/ /	/ /	/ /			
Week 15	/ /	/ /	/ /			
Week 16	/ /	/ /	/ /			
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Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

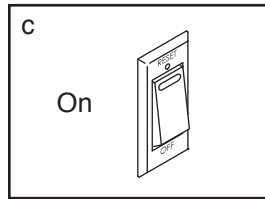
Walking Platform Turned/Replaced	/ /	/ /	Walking Belt Replaced	/ /
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TROUBLESHOOTING

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

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly grounded outlet (see page 14).
- Make sure that the key is inserted into the console.
- Check the power switch located on the incline trainer near the power cord. Make sure that the power switch is pressed into the on position.

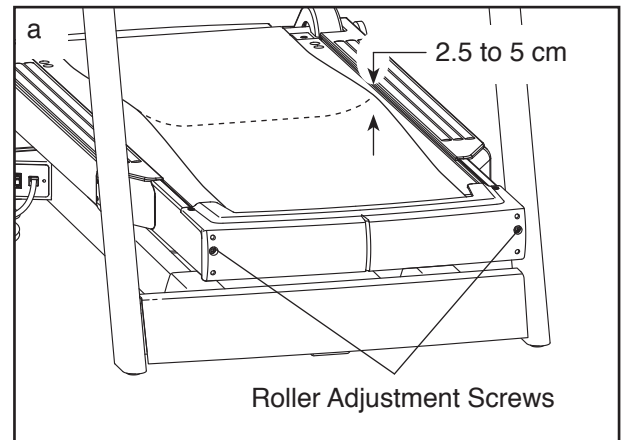


SYMPTOM: The power turns off during use

- Check the power switch located on the incline trainer near the power cord (see the drawing above). Make sure that the power switch is pressed into the on position.
- Make sure that the power cord is plugged in.
- Remove the key from the console, and then reinsert it.
- Check the walking belt and the walking platform for excessive wear. Replace the walking belt or the walking platform if necessary.
- If the power still turns off during use, please see the back cover of this manual.

SYMPTOM: The walking belt slows when walked on

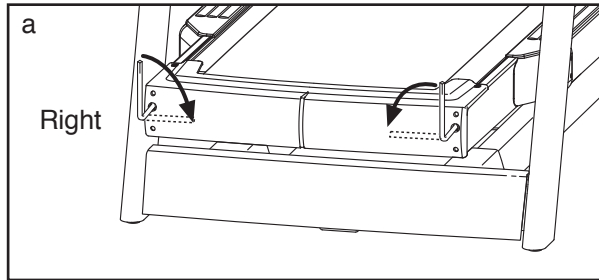
- If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 in. (2.5 to 5 cm) off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using a 7/32" hex key, turn both roller adjustment screws counterclockwise 1/4 of a turn. Then, plug in the power cord, insert the key, and use the incline trainer for a few minutes. **Be careful to keep the walking belt centered.** Repeat until the walking belt is properly tightened. Note: To tighten the walking belt, see step c. on page 35.



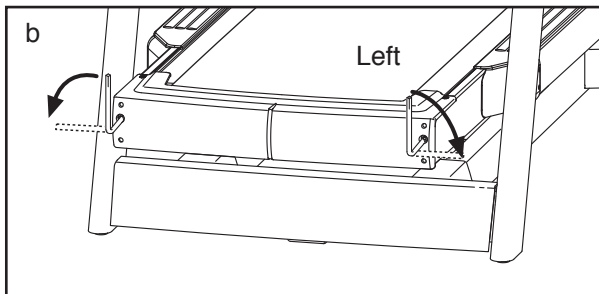
- If the walking belt still slows when walked on, please see the back cover of this manual.

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

- a. **If the walking belt has shifted to the right:**
Remove the key and unplug the power cord. Using a 7/32" hex key, turn the roller adjustment screws in the directions shown, 1/4 of a turn each. **Be careful not to overtighten the walking belt.** Then, plug in the power cord, insert the key, and use the incline trainer for a few minutes. Repeat until the walking belt is centered.

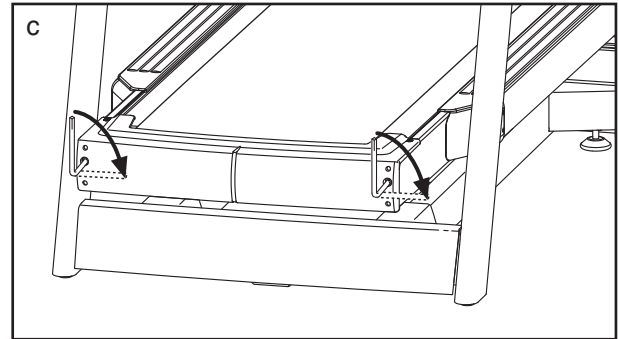


- b. **If the walking belt has shifted to the left:**
Remove the key and unplug the power cord. Using a 7/32" hex key, turn the roller adjustment screws in the directions shown, 1/4 of a turn each. **Be careful not to overtighten the walking belt.** Then, plug in the power cord, insert the key, and use the incline trainer for a few minutes. Repeat until the walking belt is centered.



- c. **If the walking belt slips when walked on:**
Remove the key and unplug the power cord. Using a 7/32" hex key, turn both roller adjustment screws clockwise 1/4 of a turn. When the walking

belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 in. (2.5 to 5 cm) off the walking platform. The center of the walking belt should just touch the walking platform. **Make sure to keep the walking belt centered.** Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is properly tightened. Note: As you tighten the roller adjustment screws, the front roller will move. **If the front roller stops moving, do not further tighten the roller adjustment screws; please see the back cover of this manual.**



SYMPTOM: The walking belt stops or the incline cannot be adjusted even though the console remains lit

- a. This indicates that a controller error may have occurred. To correct the problem, press the power switch to the off position, wait for 5 seconds, and then press the power switch to the on position.

SYMPTOM: The incline system does not function properly or the incline system does not appear to be at the incline level shown in the display

- a. Calibrate the incline system (see step 4 on page 27).
- b. If the incline system still does not function properly, please see the back cover of this manual.

EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

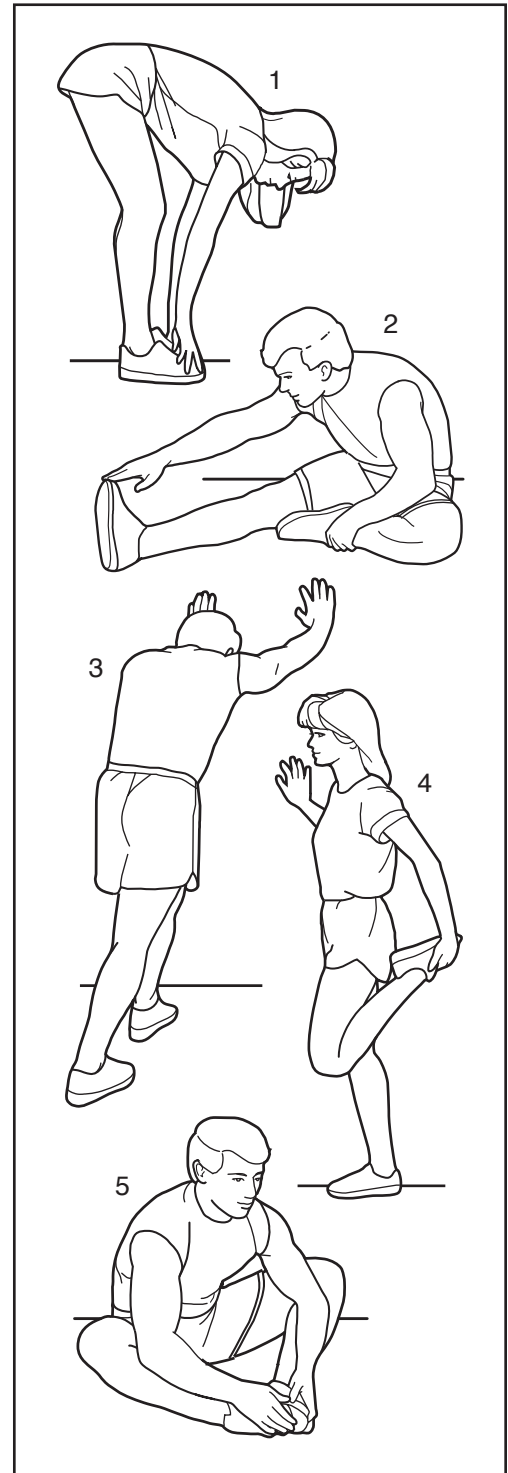
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. VMTL39811.7 R0916A

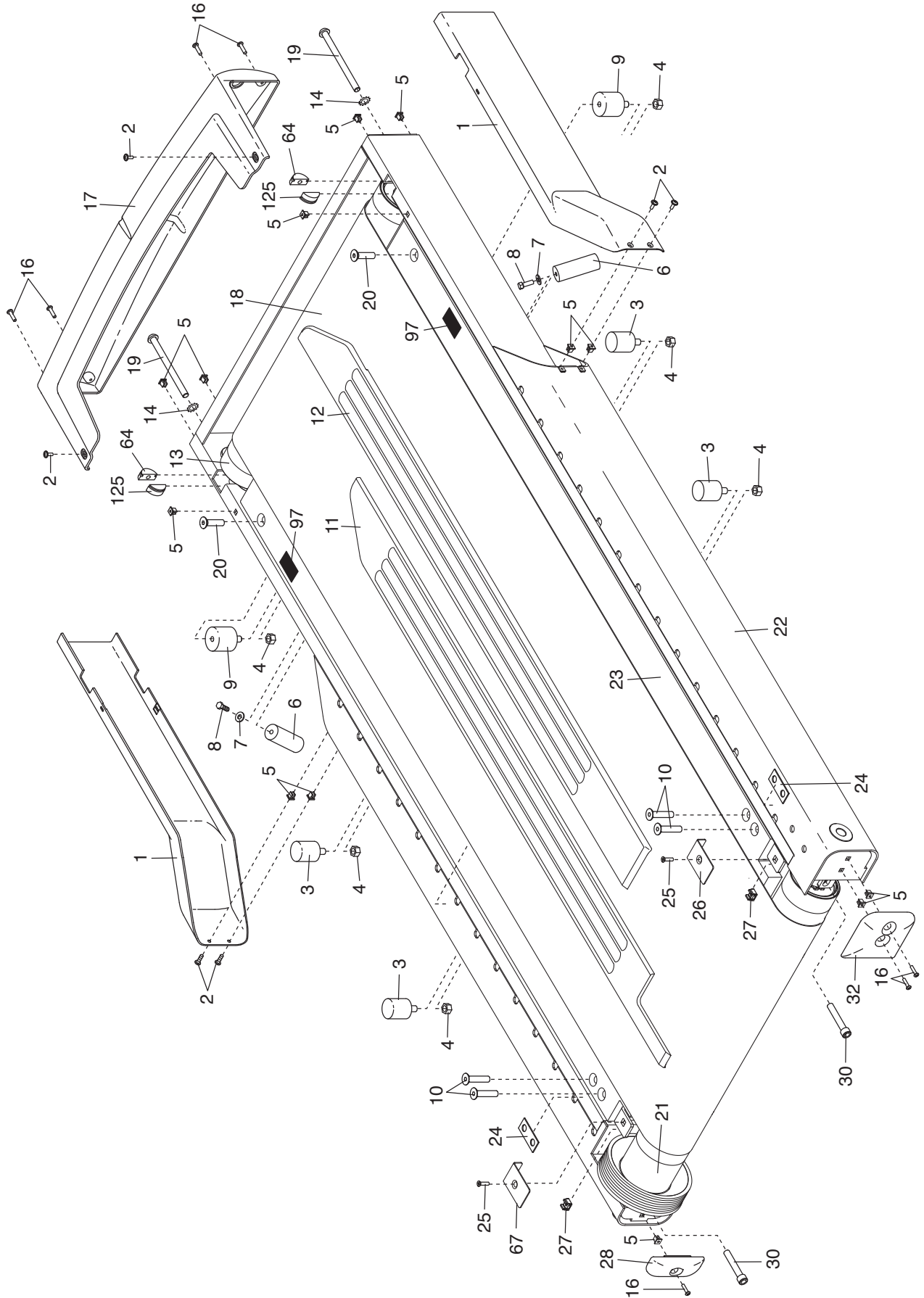
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Side Cover	51	8	5/16" x 1" Screw
2	6	#8 x 1/2" Machine Screw	52	1	Drive Motor
3	4	Center Isolator	53	1	Drive Motor Isolator
4	7	3/8" Jam Nut	54	2	3/4" x 1/2" Screw
5	19	Plastic Insert	55	2	Torsion Bar Bushing
6	2	Belt Guide	56	1	Base Frame
7	2	1/4" Split Washer	57	2	Base Frame Pad
8	2	1/4" x 3/4" Hex Screw	58	8	3/4" x 1/2" Screw
9	2	Front Isolator	59	4	Incline Link Bushing
10	4	3/8" x 1 3/4" Screw	60	2	3/8" x 2 1/2" Shoulder Bolt
11	1	Left Foot Pad	61	4	3/8" x 2 1/2" Bolt
12	1	Right Foot Pad	62	1	Torsion Bar
13	1	Front Roller	63	1	Power Switch
14	2	3/8" Star Washer	64	2	Front Roller Insert
15	1	TV Power Supply	65	1	Power Cord Grommet
16	7	#8 x 3/4" Screw	66	2	3/8" Star Washer
17	1	Front Cover	67	1	Left Rear Roller Guard
18	1	Walking Belt	68	1	Electronics Board
19	2	3/8" x 5" Screw	69	2	Fan
20	2	3/8" x 1 1/2" Screw	70	1	Incline Link Bar
21	1	Drive Roller Assembly	71	1	3/8" x 2 1/4" Bolt
22	1	Frame	72	4	Incline Motor Bushing
23	1	Walking Platform	73	1	Incline Motor
24	2	Plastic Platform Spacer	74	1	3/8" x 1 3/4" Bolt
25	2	1/4" x 3/4" Flat Head Bolt	75	1	Motor Hood
26	1	Right Rear Roller Guard	76	1	Hood Support Bracket
27	2	Cage Nut	77	1	Right Hood Cover
28	1	Left Rear Endcap	78	2	3/8" Flat Washer
29	8	#6 x 1/4" Screw	79	2	5/16" x 2 1/2" Bolt
30	2	3/8" x 3" Screw	80	2	5/16" Nut
31	2	Torsion Bar Spacer	81	2	Wheel
32	1	Right Rear Endcap	82	1	Drive Motor Belt
33	1	Fan Grill/Key Switch Assembly	83	4	1/2" Star Washer
34	4	#10 x 1/2" Screw	84	1	Outlet Plate
35	8	1/2" x 1" Screw	85	8	1/4" x 3/4" Screw
36	1	Resistor	86	10	#8 x 3/4" Tek Screw
37	4	3/8" x 1 1/4" Screw	87	8	1/4" x 1/2" Screw
38	2	Rear Leveling Foot	88	9	#8 x 1/2" Screw
39	4	3/8" Washer	89	1	Upright TV Cable
40	-	(Not Used)	90	2	Incline Motor Spacer
41	-	(Not Used)	91	4	#8 x 1" Screw
42	4	Drive Motor Spacer	92	14	#10 x 1" Screw
43	4	5/16" Flat Washer	93	1	Upright
44	-	(Not Used)	94	1	5/16" Nut
45	12	Standoff	95	2	#8 Nut
46	2	Speed Sensor Nut	96	2	#8 Star Washer
47	1	Speed Sensor	97	2	Deck Maintenance Decal
48	2	Speed Sensor Bolt	98	2	#8 x 3/4" Machine Bolt
49	-	(Not Used)	99	10	#4 Screw
50	4	3/8" x 5 1/2" Screw	100	1	Converter Board

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Filter	122	1	Speed Sensor Bracket
102	1	Controller	123	1	Warning Decal
103	1	Console	124	4	Motor Mount Bushing
104	1	Console Back Cover	125	2	Roller Insert
105	1	Key/Clip	126	–	(Not Used)
106	1	Console Back	127	14	#8 x 3/4" Pan Head Screw
107	1	Console Base Back	128	4	#8 x 1/2" Pan Head Screw
108	1	Console Frame	129	1	Frame Wire Harness
109	1	Console Base	130	2	3/8" Nut
110	1	Console Crossbar	131	1	Touch Screen
111	2	Console Clamp	132	1	Entertainment Pod
112	1	Left Handrail Assembly	133	1	1/2" x 3 1/2" Shoulder Bolt
113	1	Right Handrail Assembly	134	8	3/8" x 5/8" Screw
114	1	Upright Cover	135	1	5/8" x 1" Shoulder Bolt
115	2	Upright Base Pad	136	2	Hub
116	1	Upright Wire	137	2	Frame Pivot Bearing
117	1	Ferrite Clamp	138	2	Snap Ring
118	1	Power Cord	139	2	Metal Spacer
119	2	Speed Disk Screw	140	2	1/2" Jam Nut
120	1	Speed Disk	*	–	User's Manual
121	2	Caution Decal			

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

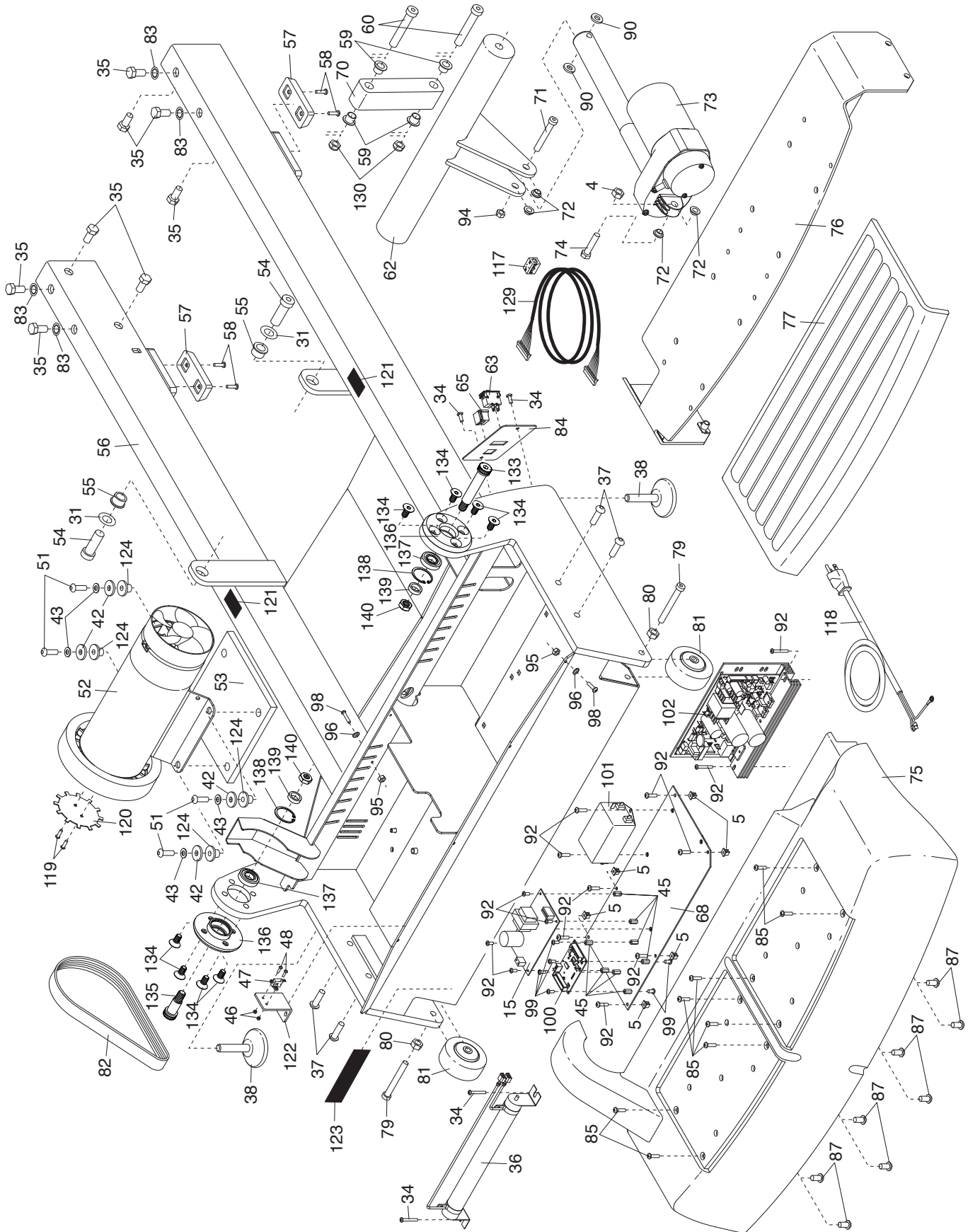
EXPLODED DRAWING A

Model No. VMTL39811.7 R0916A



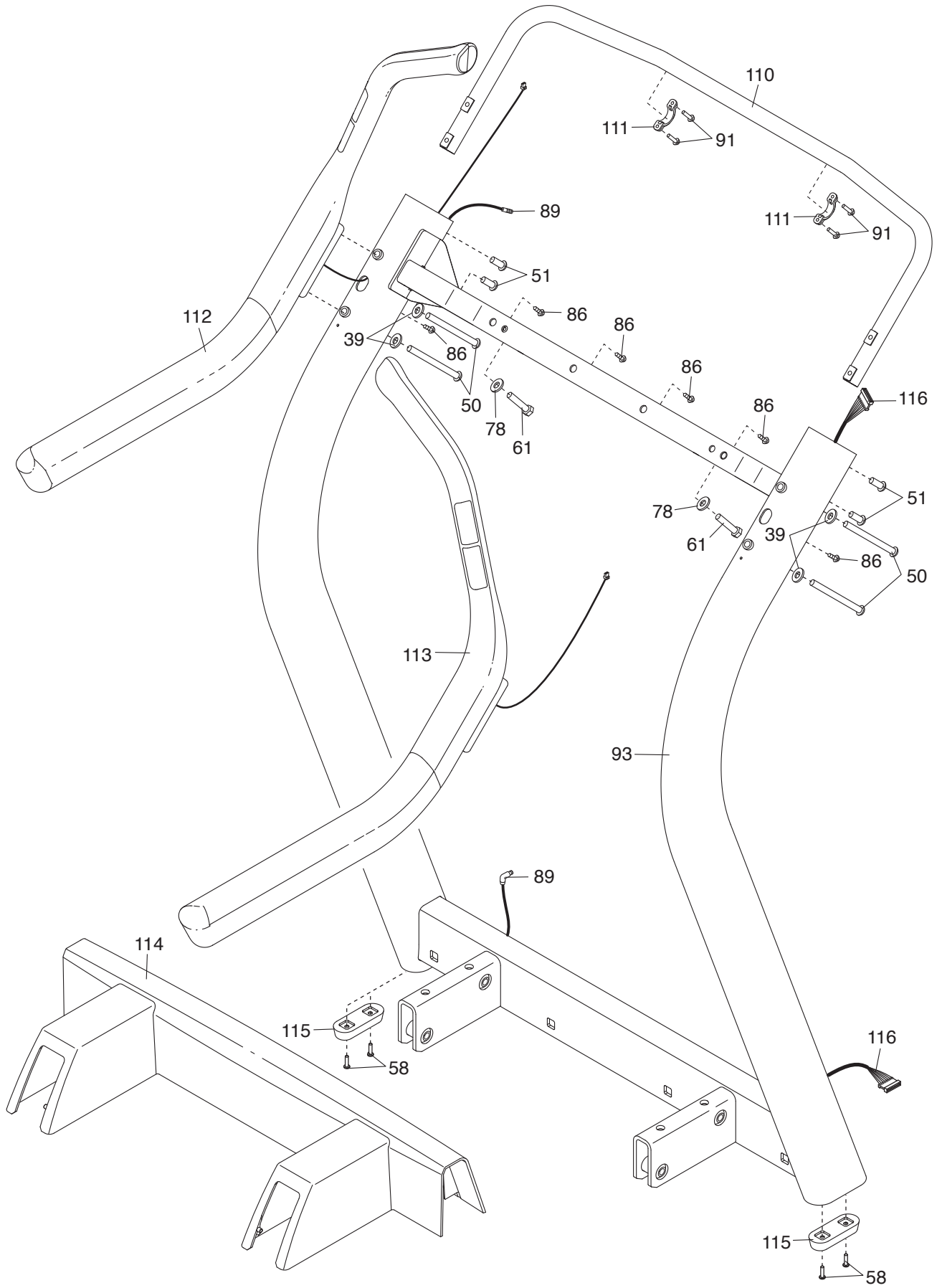
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Model No. VMTL39811.7 R0916A



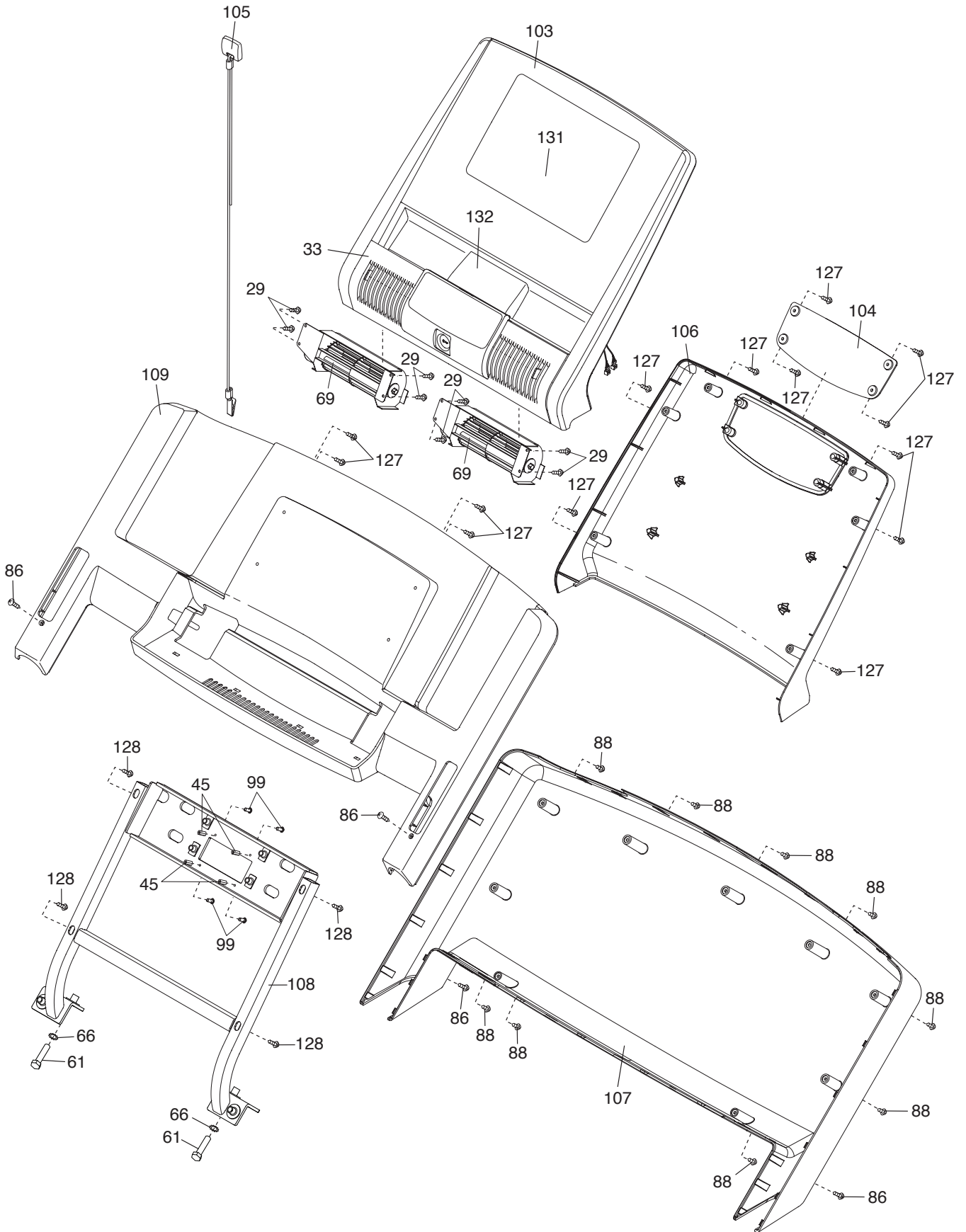
EXPLODED DRAWING C

Model No. VMTL39811.7 R0916A



EXPLODED DRAWING D

Model No. VMTL39811.7 R0916A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, **please contact the store where you purchased this product.** If you are unable to contact the store, contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States

Call: 1-800-999-3756, Mon.–Fri. 8 a.m.–5 p.m. MT
Email: fmfmcustomerservice@freemotionfitness.com

Write:

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

Outside the United States

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

LIMITED WARRANTY

This product is warranted for use in non-dues-paying institutional settings to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not warranted for use in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations; use of this product in such settings will void this warranty.

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than 400 lbs. (181 kg).
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.

7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, seats, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.