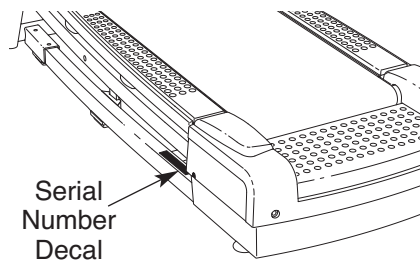


# FREEMOTION<sup>®</sup> *incline trainer i7.7*

Model No. VMTL83907-INT.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## QUESTIONS?

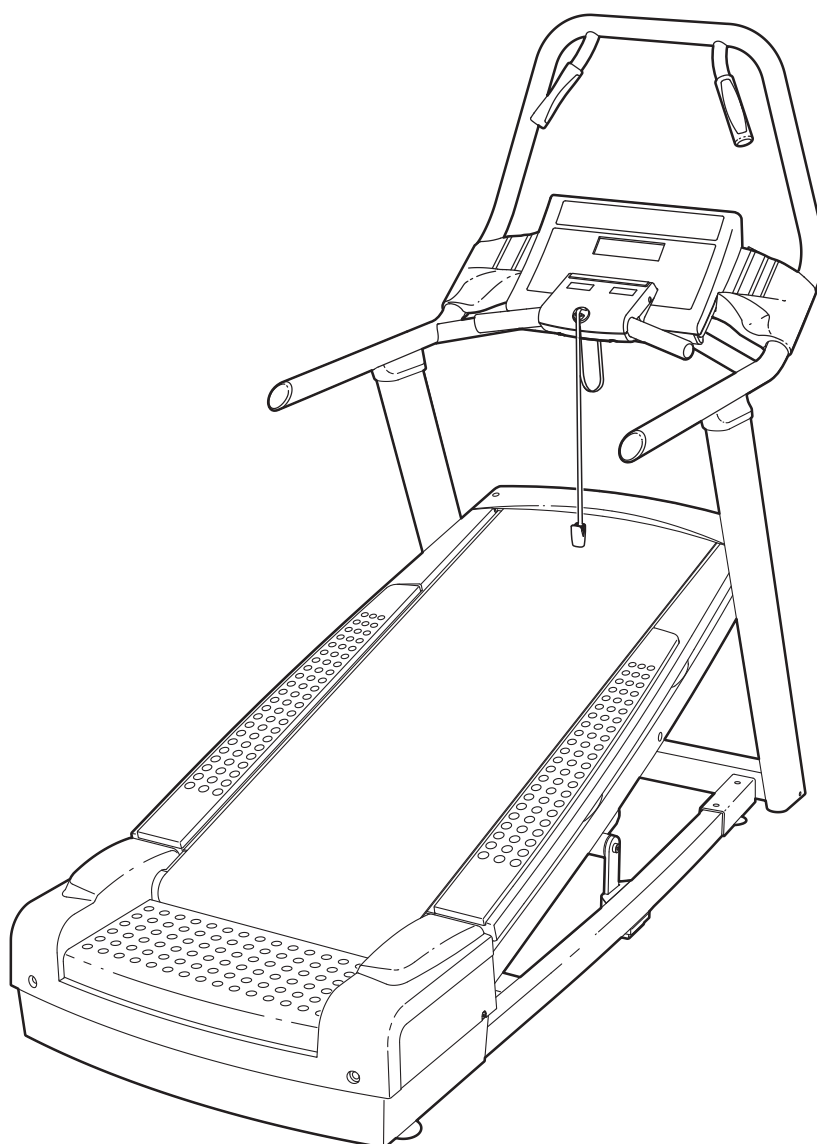
If you have questions, or if parts are damaged or missing, **PLEASE CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

If you are unable to contact the store, 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.

## USER'S MANUAL

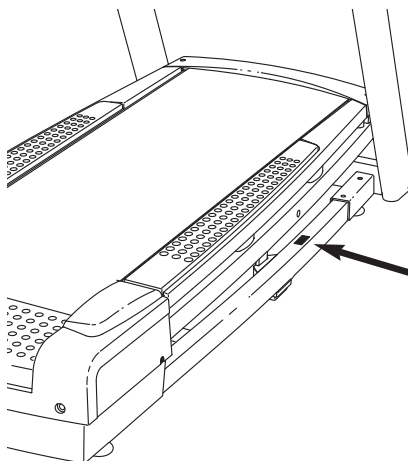


# TABLE OF CONTENTS

|                                               |            |
|-----------------------------------------------|------------|
| WARNING DECAL PLACEMENT .....                 | 2          |
| IMPORTANT PRECAUTIONS .....                   | 3          |
| BEFORE YOU BEGIN .....                        | 5          |
| ASSEMBLY .....                                | 6          |
| HOW TO MOVE THE INCLINE TRAINER .....         | 11         |
| INCLINE TRAINER OPERATION .....               | 12         |
| PREVENTIVE MAINTENANCE .....                  | 24         |
| SIX-MONTH PREVENTIVE MAINTENANCE RECORD ..... | 27         |
| TROUBLESHOOTING .....                         | 28         |
| EXERCISE GUIDELINES .....                     | 30         |
| PART LIST .....                               | 32         |
| EXPLODED DRAWING .....                        | 34         |
| HOW TO CONTACT CUSTOMER CARE .....            | Back Cover |
| LIMITED WARRANTY .....                        | Back Cover |

## WARNING DECAL PLACEMENT

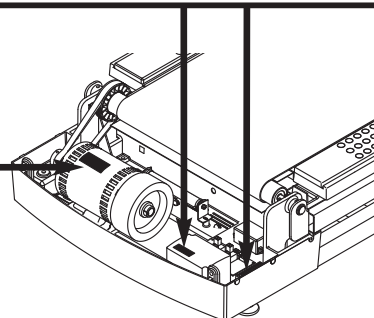
This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.**  
 Note: The decals may not be shown at actual size.



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

Note: There is one decal on each side.

**CAUTION:HIGH VOLTAGE**  
 Disconnect line cord from outlet before servicing.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your 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. Use the incline trainer only as described in this manual.
4. Place the incline trainer on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
5. 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.
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 assembled (see ASSEMBLY on page 6).
8. Inspect and properly tighten all parts of the incline trainer regularly.
9. Keep children under age 12 and pets away from the incline trainer at all times.
10. The incline trainer should not be used by persons weighing more than 350 lbs. (159 kg).
11. 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.*
12. When connecting the power cord, follow the instructions on page 12. No other appliance should be on the same circuit as the incline trainer. Do not use an extension cord.
13. Keep the power cord away from heated surfaces.
14. 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 28 if the incline trainer is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the incline trainer (see page 15).
16. Never start the incline trainer while you are standing on the walking belt. Always hold the handrails while using the incline trainer.
17. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. Never leave the incline trainer unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the incline trainer is not in use. (See the drawing on page 5 for the location of the power switch.)
19. Do not change the incline of the incline trainer by placing objects under it.
20. Never insert or drop any object into any opening on the incline trainer.
21. 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.

22. **DANGER:** Always unplug the power cord immediately after use, 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.
23. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

## SAVE THESE INSTRUCTIONS

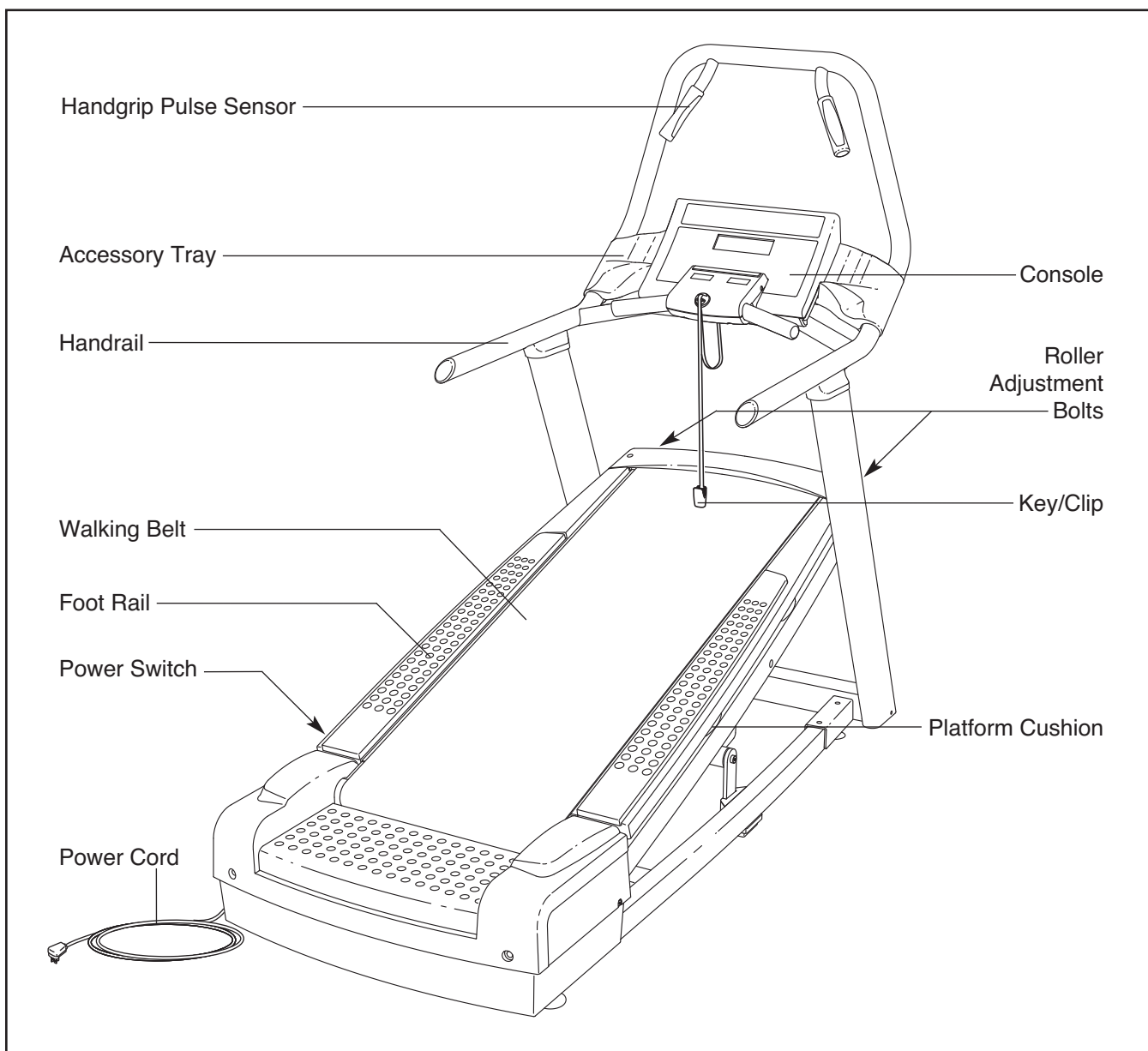
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary FREEMOTION® incline trainer i7.7. The incline trainer i7.7 offers an impressive array of features designed to help you achieve your fitness goals in the convenience and privacy of your home.

**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 familiarize yourself with the parts that are labeled in the drawing below.

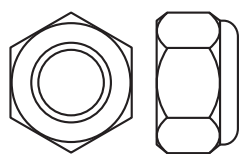


# ASSEMBLY

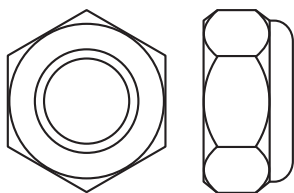
**Assembly requires two persons.** Set the incline trainer in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using a 7/32" hex key and an adjustable wrench** .

Note: The underside of the incline trainer walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect incline trainer performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

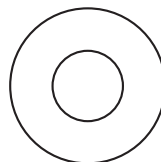
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses shows the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**



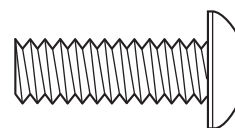
3/8" Nut (42)–2



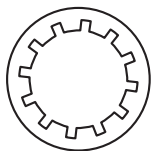
1/2" Jam Nut (5)–4



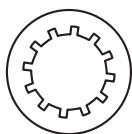
3/8" Wheel Washer (57)–2



5/16" x 1" Bolt (2)–8



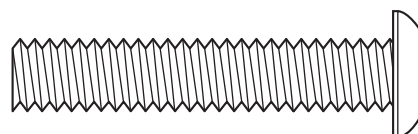
1/2" Star Washer (7)–4



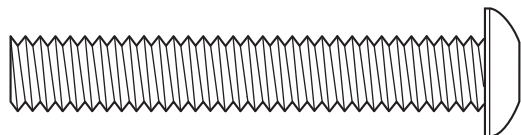
3/8" Star Washer (9)–4



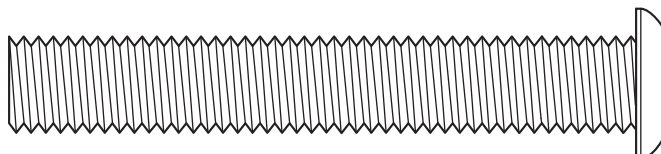
5/16" Star Washer (8)–4



3/8" x 2" Bolt (3)–4



3/8" x 2 1/2" Wheel Bolt (34)–2

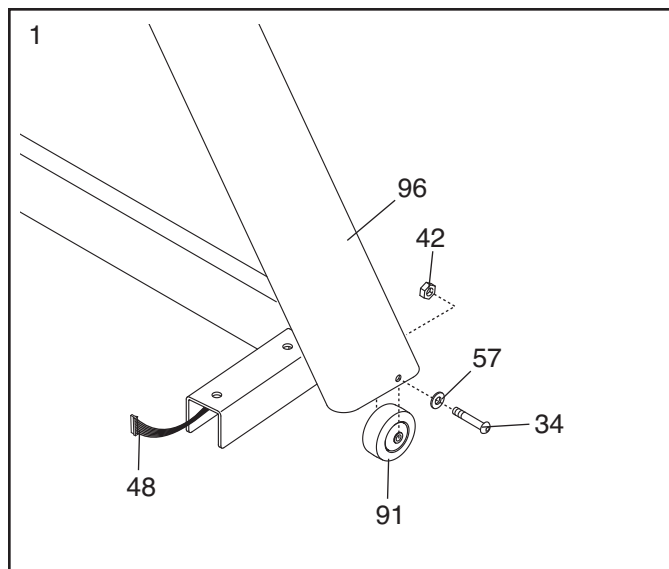


1/2" x 3 1/4" Bolt (1)–4

1. **The Wheels (91) may be preattached; if they are not, complete this step.**

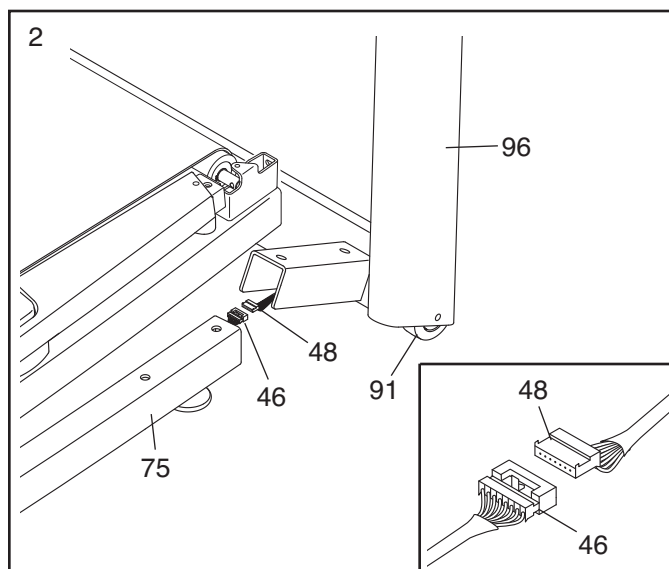
With the help of a second person, carefully raise the Uprights (96) and insert a Wheel (91) into the bottom of each Upright. **Be careful not to pinch the 55" Wire Harness (48).**

Attach each Wheel (91) with a 3/8" x 2 1/2" Wheel Bolt (34), a 3/8" Wheel Washer (57), and a 3/8" Nut (42) (only one side is shown). **Do not overtighten the Nuts; the Wheels must turn freely.**

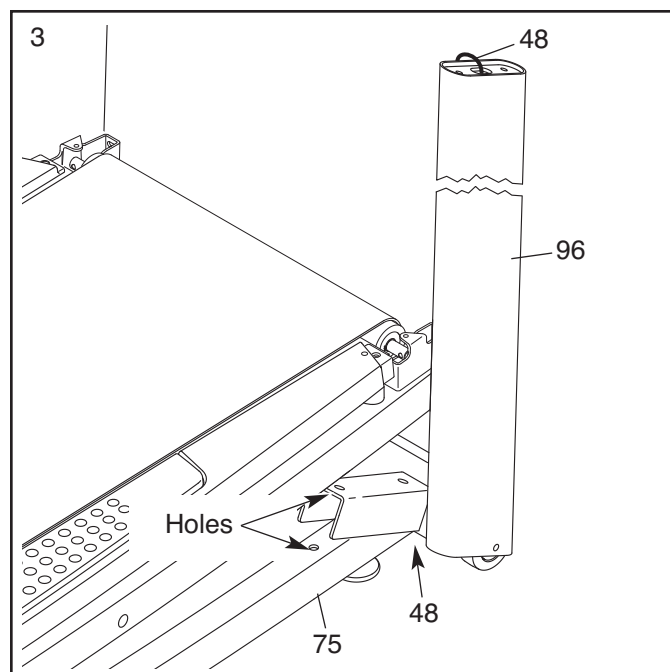


2. Place the Uprights (96) near the front of the Base Frame (75). Have a second person tip the Uprights back so that they roll on the Wheels (91) as shown.

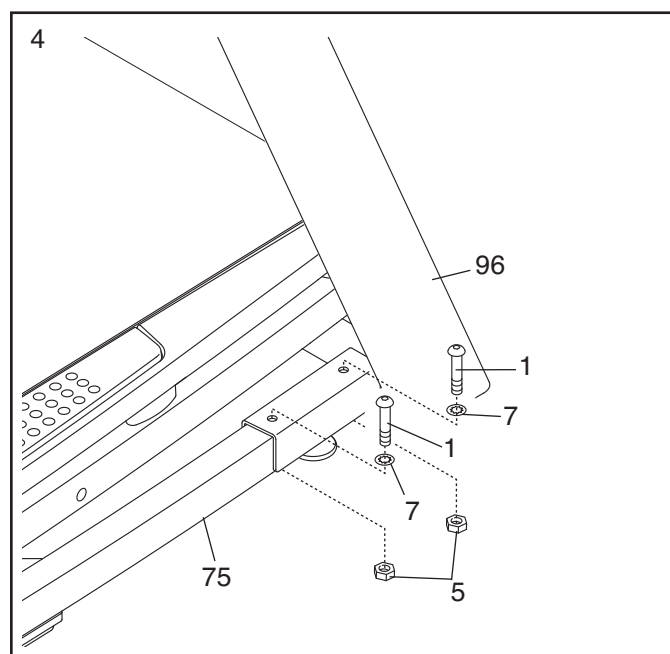
Connect the 80" Wire Harness (46) in the Base Frame (75) to the 55" Wire Harness (48) in the right Upright (96). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Be careful not to pinch your fingers or the wire harnesses.



3. Gently pull up on the 55" Wire Harness (48) while a second person rolls the Uprights (96) toward the Base Frame (75). Align the holes in the Uprights above the holes in the Base Frame. Lower the Uprights onto the Base Frame. **Be careful not to pinch your fingers or the wire harnesses. Make sure to keep the holes aligned.**



4. Tighten four 1/2" x 3 1/4" Bolts (1) with four 1/2" Star Washers (7) and four 1/2" Jam Nuts (5) (only two of each are shown) into the Uprights (96) and the Base Frame (75). **Start all four Bolts before tightening any of them.**

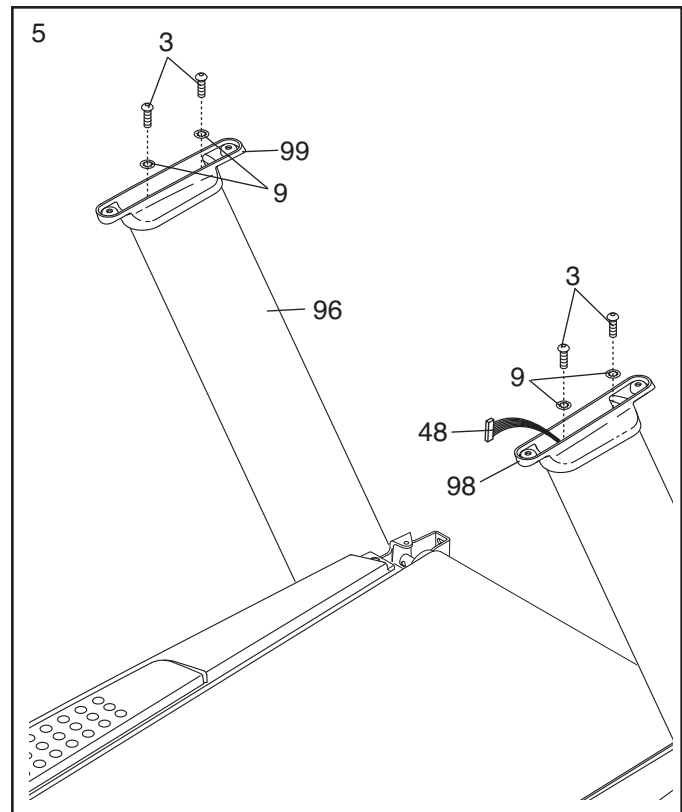


5. **The Upright Brackets (98, 99) may be pre-attached; if they are not, complete this step.**

Press the Left Upright Bracket (99) onto the left Upright (96).

Insert the 55" Wire Harness (48) through the Right Upright Bracket (98). Press the Right Upright Bracket onto the right Upright (96). **Be careful not to pinch the Wire Harness.**

Attach the Upright Brackets (98, 99) with four 3/8" x 2" Bolts (3) and four 3/8" Star Washers (9).

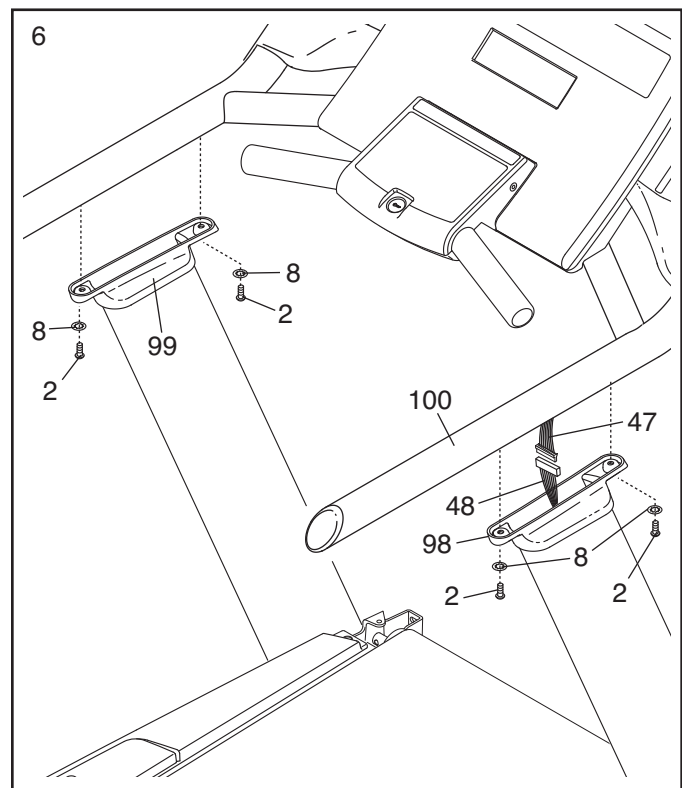


6. Have a second person hold the Handrail (100) near the Upright Brackets (98, 99).

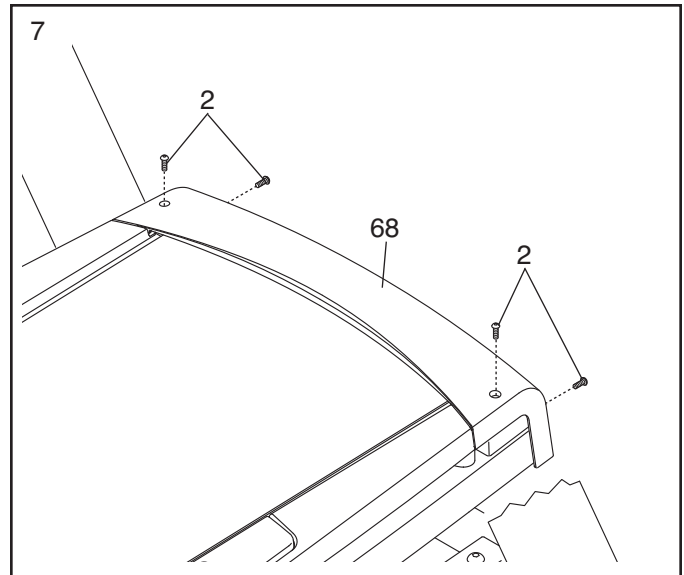
Next, connect the 35" Wire Harness (47) to the 55" Wire Harness (48) in the Right Upright Bracket (98). **See the inset drawing in step 2. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the Wire Harnesses (47, 48) into the Handrail (100) as you set the Handrail on the Upright Brackets (98, 99). **Be careful not to pinch the wires.**

Attach the Handrail (100) to the Upright Brackets (98, 99) with four 5/16" x 1" Bolts (2) and four 5/16" Star Washers (8). **Start all four Bolts before tightening any of them.**



7. Attach the Front Roller Cover (68) with four 5/16" x 1" Bolts (2).

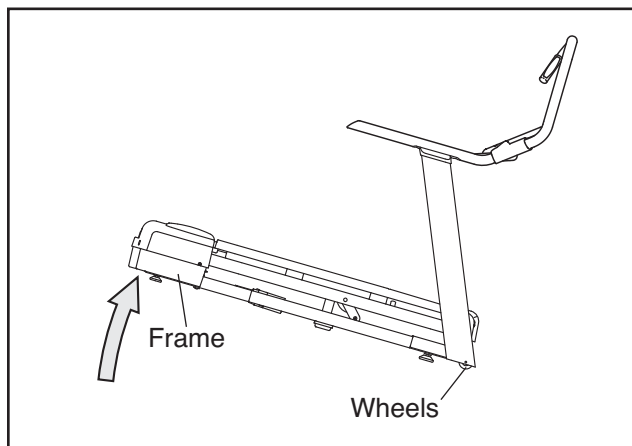


8. **Make sure that all parts are properly tightened before you use the incline trainer.** To protect the floor or carpet, place a mat beneath the incline trainer.

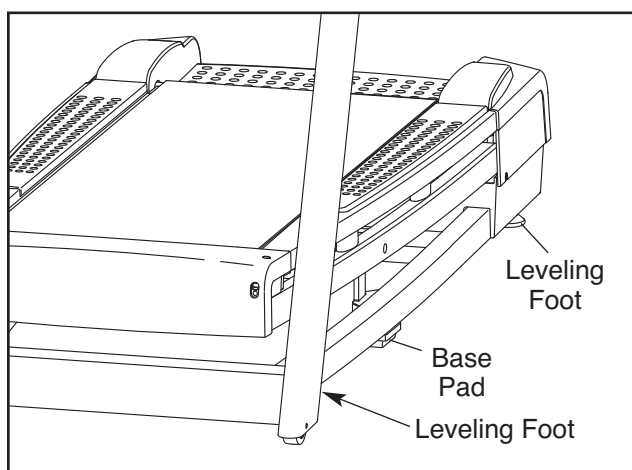
# HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, unplug the power cord.

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 plastic front cover or by the handrail. Carefully roll the incline trainer on the wheels to the desired location and then lower it to the level position. **CAUTION:** To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.



After the incline trainer is placed in the location where it will be used, make sure that the leveling feet and the base pads rest firmly on the floor (only one side is shown). If the incline trainer rocks even slightly, turn one of the leveling feet clockwise or counterclockwise until the rocking motion is eliminated.



# INCLINE TRAINER OPERATION

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

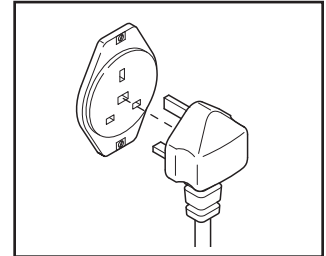
To purchase a power cord, please contact the store where you purchased this product or see the back cover of this manual.

## HOW TO CONNECT THE POWER CORD IN THE UK

**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock.

**This product is for use on a dedicated, 10-amp, 240-volt circuit. No other appliance should be on the same circuit.**

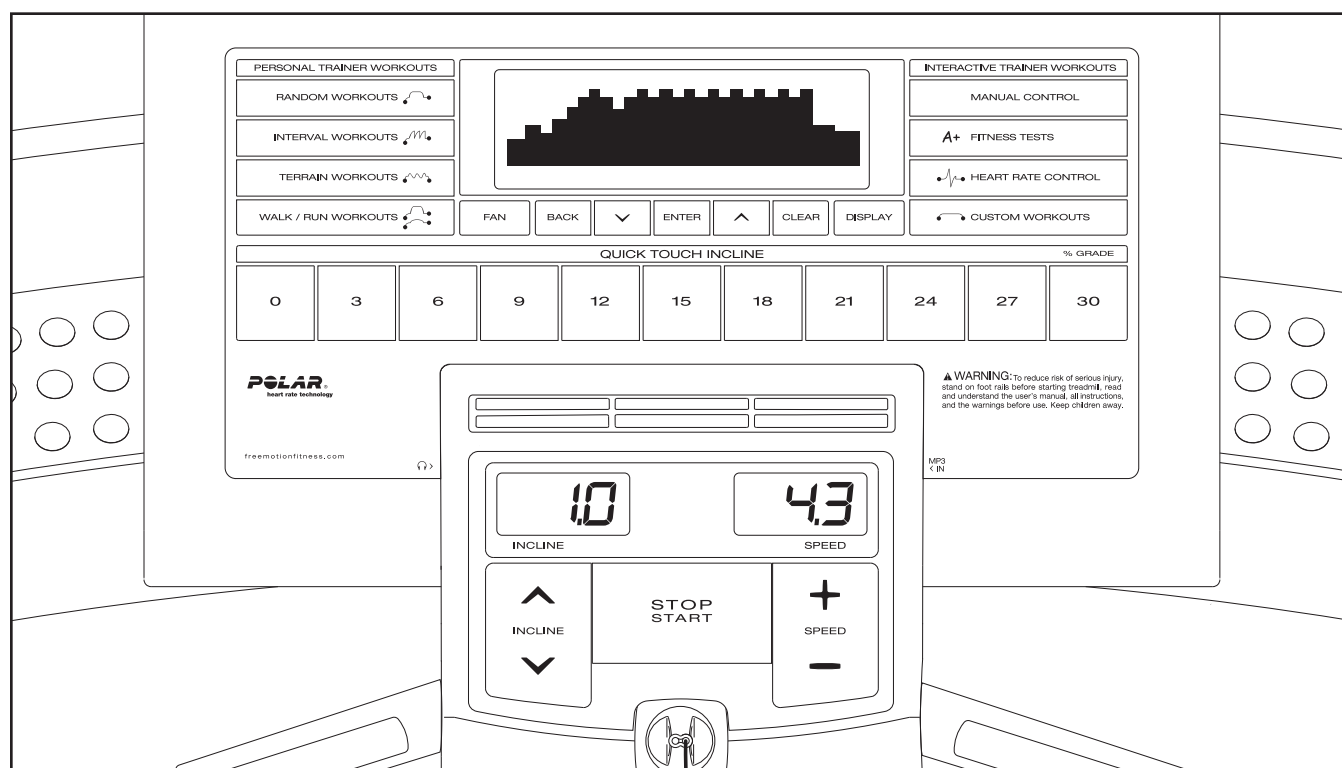
Plug the earthing plug into a receptacle as shown at the right. Do not modify the plug or the receptacle. Do not use an adapter or an extension cord. The receptacle must be earthed.



---

## NOTES

## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the incline trainer with the touch of a button. As you exercise, the console will display continuous exercise feedback.

In addition, the console features fourteen personal trainer workouts. Each preset workout automatically controls the speed and incline of the incline trainer as it guides you through an effective workout.

The console also offers twelve interactive trainer workouts that allow you to customize your workout. The interactive trainer workouts include three heart rate workouts that control the speed and incline of the incline trainer to keep your heart rate near the target heart rate settings. In addition, three fitness test workouts measure your fitness level or your VO<sub>2</sub> max.

The console also features the new iFit interactive workout system. The iFit system is compatible with iFit inter-

active workout cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the iFit Weight Loss program, or train for a long-distance run with the iFit Marathon program. iFit programs automatically control the speed and incline of the incline trainer. **To purchase iFit cards, please see the back cover of this manual or go to [www.iFit.com](http://www.iFit.com). iFit cards are also available at select stores.**

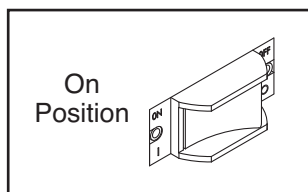
Whether you select the manual mode or a preset workout, you can listen to your favorite workout music or audio books with the console's stereo sound system.

**To turn on the power**, see page 15. **To use the manual mode**, see page 15. **To use a personal trainer workout**, see page 17. **To use a walk/run workout or a manual control workout**, see page 18. **To use a fitness test workout**, see page 19. **To use a heart rate workout**, see page 20. **To use a custom workout**, see page 21. **To use an iFit workout**, see page 22. **To use the maintenance mode**, see page 23. **To use the stereo sound system**, see page 23.

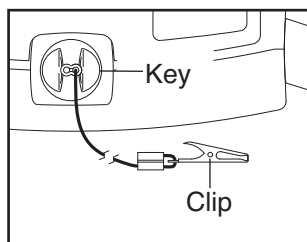
## HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 12). Next, locate the power switch on the incline trainer frame near the power cord. Make sure that the power switch is in the on position.



Next, stand on the foot rails of the incline trainer. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.



**IMPORTANT:** If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time the incline trainer is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 29).

Note: The console will display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

### 2. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons repeatedly until zeros appear in the display.



### 3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start/Stop button or the Speed increase button. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons next to the Start/Stop button. Each time you press a button, the speed setting will change; if you hold down a button, the speed setting will change in larger increments.

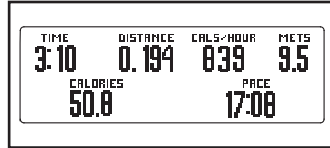
To stop or restart the walking belt, press the Start/Stop button.

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

To change the incline of the incline trainer, press the Incline increase or decrease button, or one of the Quick Touch Incline buttons numbered 0 to 30. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

## 5. Select a display mode and monitor your progress with the display.

When the manual mode is selected, the console offers seven display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.



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

- The elapsed time.
- The distance that you have walked or run.
- The speed of the walking belt.
- The incline level of the incline trainer.
- The approximate number of calories you have burned.
- The approximate number of calories burned per hour.
- Your exercise intensity in METs. One MET is the amount of energy you use while resting.
- Your walking or running pace, in minutes per mile or minutes per kilometer.
- An animation of a road.

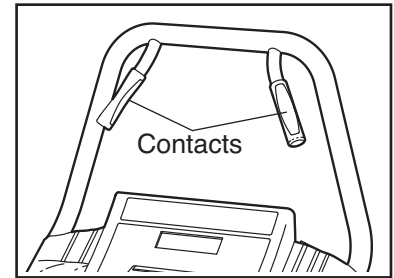
Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting.

As you switch between workouts and the manual mode, the console will keep track of the total distance that you have walked or run and the approximate number of calories you have burned. You can

keep your totals even when you switch to a new workout. To reset the console, press the Clear button.

## 6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear 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 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 has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt stops, the fan will automatically turn off after a few minutes.

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

Step onto the foot rails, press the Start/Stop button, 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 A PERSONAL TRAINER WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select one of the personal trainer workouts.

To select a personal trainer workout, press the Random

Workouts button,

the Interval Workouts button, or the Terrain Workouts button repeatedly until the name of the desired workout appears in the display. Random workouts use preset random speed and incline settings. Interval workouts use incline settings to provide a personalized workout. Terrain workouts use speed and incline settings to simulate an actual walking experience.



When a workout is selected, the display will show the name, the maximum incline setting, the maximum speed setting and the duration of the workout. The display will also show a profile of the incline settings of the workout.

Press the Enter button to select the desired workout. Select your age and your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the Interval workouts, you must also enter your minimum and maximum incline settings using the Quick Touch Incline buttons or the Incline increase and decrease buttons.

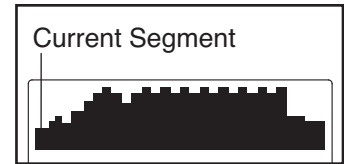
### 3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

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

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the incline setting for the current segment. At the end of each

segment, the next segment of the profile will begin to flash and the speed and incline settings will appear at the top of the display for a few moments to alert you.



The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.** Note: If you use an Interval workout, the speed will not adjust automatically.

To stop or restart the workout at any time, press the Start/Stop button.

### 4. Select a display mode and monitor your progress with the display.

The console offers three display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show the speed of the walking belt, the incline of the incline trainer, a profile of the workout, the time remaining in the workout, the distance you have walked or run, the approximate number of calories you have burned, the approximate number of calories burned per hour, your pace, and your power output in watts.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

## HOW TO USE A WALK/RUN WORKOUT OR A MANUAL CONTROL WORKOUT

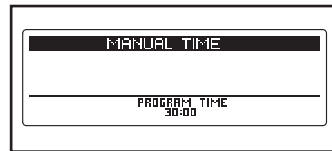
### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select one of the workouts.

To select a walk/run workout, press the Walk/Run Workouts button repeatedly until the 5K Walk, the 10K Run, or the Cross Country workout appears in the display.

To select a manual control workout, press the Manual Control button repeatedly until the Manual Time, the Manual Vertical Distance, or the Manual Calories workout appears in the display.



The display will show the name, and the time, distance, or calorie goal of the workout.

Press the Enter button to select the desired workout. Select your age and then your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the cross country workouts, you must also enter your distance goal. To use a manual control workout, enter your time, vertical distance, or calorie goal.

### 3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will begin moving. Hold the handrails and begin walking.

During the workout, the profile will show the incline of the walking belt. As you exercise, change the speed and incline of the walking belt as desired by pressing the Speed and Incline increase and decrease buttons.

The workout will continue until you reach your time, vertical distance, or calorie goal. The walking belt will then slow to a stop.

To stop or restart the workout at any time, press the Start/Stop button.

### 4. Select a display mode and monitor your progress with the display.

See step 4 on page 17.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

## HOW TO USE A FITNESS TEST WORKOUT

The fitness test workouts measure your relative fitness level. For the most accurate results, use a fitness test workout when you are not feeling tired, when you have not eaten for at least two hours, and when you have not exercised for at least 24 hours.

The incline trainer features three fitness workouts. The Ebbeling Fitness Test measures VO<sub>2</sub> max, or aerobic capacity, and lasts 9 minutes. The Gerkin Fitness Test also measures VO<sub>2</sub> max. The Gerkin Fitness Test begins with a three-minute warm-up period and ends after either 14 minutes or when you reach a certain heart rate. The FreeMotion Fitness Test measures your fitness level on a scale of 1 to 10. The FreeMotion Fitness Test ends after either 28 minutes or when you reach a certain heart rate.

### 1. Put on a Polar®-compatible chest pulse sensor (not included).

To use a fitness test, you must wear a Polar-compatible chest pulse sensor or use the handgrip pulse sensor. Note: For best results, you should wear a chest pulse sensor. No chest pulse sensor is included.

### 2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 3. Select a fitness test workout.

To select a fitness test workout, press the Fitness Tests button repeatedly until the name of the desired fitness test appears in the display.

Press the Enter button to select the desired workout. Select your age and then your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the Ebbeling Fitness Test, you must also enter your gender.

### 4. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings of the fitness test. Begin walking on the incline trainer. Note: For the most accurate results, do not hold the handrails during a fitness test workout.

During the workout, the speed and incline of the incline trainer will periodically change. The speed setting or the incline setting will appear in the display to alert you before each change.

**IMPORTANT: The Speed and Incline buttons will not function during a fitness test workout.**

Note: If you press the Start/Stop button during the fitness test, the fitness test will end.

When the workout ends, the walking belt will slow to a stop and your fitness level or VO<sub>2</sub> max will appear in the display.

If your pulse is not detected during the workout, the words CHECK HEART RATE MONITOR will appear in the display and the speed of the incline trainer may automatically decrease. If your pulse is still not detected, the fitness test will be aborted.

### 5. Select a display mode and monitor your progress with the display.

See step 4 on page 17. Note: The fitness tests will display your fitness level instead of your exercise intensity in METs.

### 6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

## HOW TO USE A HEART RATE WORKOUT

**⚠ CAUTION:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse workouts. If you are taking medication regularly, consult your physician to find out whether the medication will affect your exercise heart rate.

### 1. Put on a Polar®-compatible chest pulse sensor (not included).

To use a heart rate workout, you must wear a Polar-compatible chest pulse sensor or use the handgrip pulse sensor. Note: For best results, you should wear a chest pulse sensor.

### 2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 3. Select one of the heart rate workouts.

To select a heart rate workout, press the Heart Rate Control button repeatedly until the desired workout appears in the display. Press the Enter button to select the desired workout.

Select your age and then your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the constant heart rate and variable heart rate workouts, you must also enter your target maximum heart rate. If the target maximum heart rate setting is changed, the intensity level of the entire workout will change. Note: To calculate your target maximum heart rate see EXERCISE INTENSITY on page 30.

### 4. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the walking belt will begin to move and the incline

trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

The heart rate workouts are divided into several one-minute segments. One target heart rate setting is programmed for each segment. The same target heart rate setting may be programmed for consecutive segments. For a shorter workout, simply stop the workout before it ends.

During all heart rate workouts, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting for the current segment, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the workout, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed of the incline trainer may automatically change to bring your heart rate closer to the target heart rate setting.

To stop or restart the workout at any time, press the Start/Stop button.

### 5. Select a display mode and monitor your progress with the display.

See step 4 on page 17.

### 6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

## HOW TO USE A CUSTOM WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select one of the custom workouts.

To select a custom workout, press the Custom Workouts button repeatedly until the desired workout appears in the display.

The display will show the name, the maximum incline setting, the maximum speed setting, and the duration of the workout. **Note: To create a custom workout, see step 3 on page 23.**

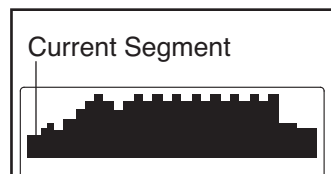
Press the Enter button to select the desired workout. Select your age and then your weight using the Increase and Decrease buttons next to the Enter button.

### 3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indi-



cates the incline setting for the current segment. At the end of each segment, a series of tones will sound, the next segment of the profile will begin to flash, and the speed or incline setting for the next segment will appear in the display to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

To stop or restart the workout at any time, press the Start/Stop button. The speed of the walking belt will gradually increase to the speed setting of the current segment.

### 4. Select a display mode and monitor your progress with the display.

See step 4 on page 17.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

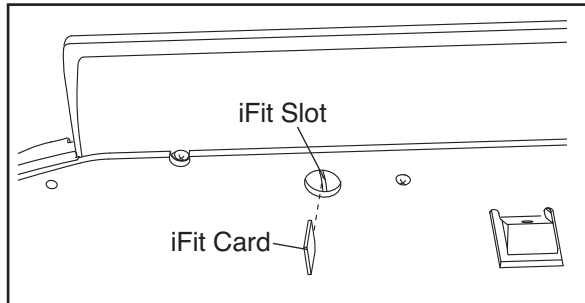
## HOW TO USE AN IFIT WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot in the back of the console; make sure that the iFit card is oriented so the missing corner is facing downward and is inserted into the iFit slot.



Next, select an iFit workout by pressing the Increase and Decrease buttons next to the Enter button. When an iFit workout is selected, the display will show the name of the workout, the maximum incline setting and the maximum speed setting of the workout, and the workout time.

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

### 3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

At the end of each one-minute segment, the speed and incline settings for the next segment will appear in the display and a series of tones will sound to alert you. If a different speed and/or incline setting is programmed for the next segment, three tones will sound.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

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

### 4. Select a display mode and monitor your progress with the display.

See step 4 on page 17.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. Turn on the fan if desired.

See step 7 on page 16.

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

See step 8 on page 16.

**CAUTION: Always remove iFit cards from the iFit slot when you are not using them.**

## HOW TO USE THE MAINTENANCE MODE

The console has a maintenance mode that keeps track of the total number of hours that the incline trainer has been operated and the total distance that the walking belt has moved. The maintenance mode also allows you to adjust the maximum workout time, the pause timeout, and the sleep timeout. You can also select the desired language and disable or enable the safety key.

### 1. Select the maintenance mode.

To select the maintenance mode, hold down the Clear button and the Enter button for three seconds.

Press the Display button to move between screens. Press the Back button to return to a previous screen. To change the settings, press the Increase and Decrease buttons next to the Enter button.

### 2. Set user preferences.

When you select the maintenance mode, the display will show the total number of hours and the total number of miles (or kilometers) that the walking belt has moved. Press the Display button to move to the next screen.

Set the pause timeout, if desired. The pause timeout begins when the walking belt stops. When the pause timeout ends, the display will return to the main screen and your distance and calories count will be reset.

Press the Display button to move the cursor to the sleep timeout. Set the sleep timeout, if desired. The sleep timeout begins when the display returns to the main screen. When the sleep timeout ends, the incline will lower to the lowest setting and the screen saver will appear.

Next, press the Display button to move to the next screen. To use a personal media player, select the MP3 mode.

Press the Display button to move to the default volume. Set the default volume, if desired.

### 3. Create a custom workout.

If desired, create a custom workout. Press the Display button until the desired custom workout is shown. Then press the Enter button. Program a speed setting and an incline setting for the first one-minute segment by pressing the Speed and Incline buttons. Press the Enter button to move to the next segment and continue programming segments for 30 segments. Press the Enter button after you have programmed the last segment. Then press the Display button until you exit the information mode.

### 4. Enable or disable the safety key.

If desired, disable or enable the safety key. When the safety key is enabled, the key must be inserted into the console for the incline trainer to turn on. To disable the safety key, push the Increase or Decrease button. Note: To disable or enable the safety key, you must remove the key from the console before you enter the maintenance mode. For best results, operate the incline trainer with the safety key enabled.

To exit the maintenance mode at any time, remove the key from the console.

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire and plug it into the MP3 jack near the Start/Stop button. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player. To use headphones, plug the headphones into the headphone jack near the Start/Stop button.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

# PREVENTIVE MAINTENANCE

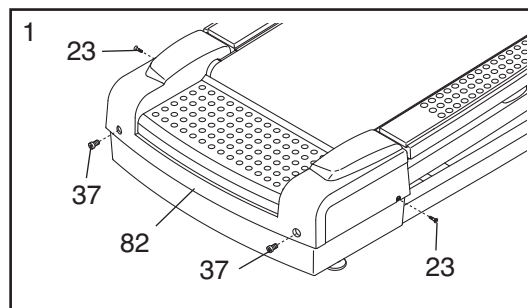
Regular maintenance is necessary for optimal performance and long life of the incline trainer. Please read and follow all instructions below. If the incline trainer is not maintained as described, components may wear excessively, the incline trainer may be damaged, and the warranty will be voided. If 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

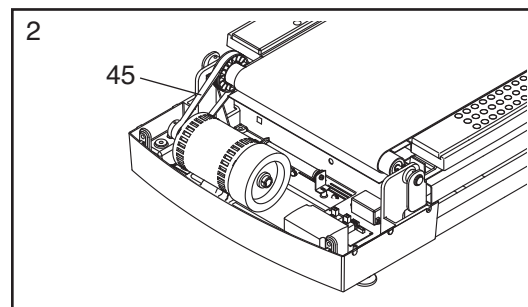
1. **Unplug the power cord.** Inspect and properly tighten all external parts of the incline trainer.
2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, upright, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not wipe under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% 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 28 and 29.

## MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the two 1/4" x 3/4" Bolts (23) and the two 1/2" x 1" Bolts (37) attaching the Motor Hood (82), 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 Belt (45) for wear and cracks. If the Drive 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/Stop button. **IMPORTANT: 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. See step 1.** Reattach the Motor Hood (82) with the two 1/4" x 3/4" Bolts (23) and the two 1/2" x 1" Bolts (37).

## 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.

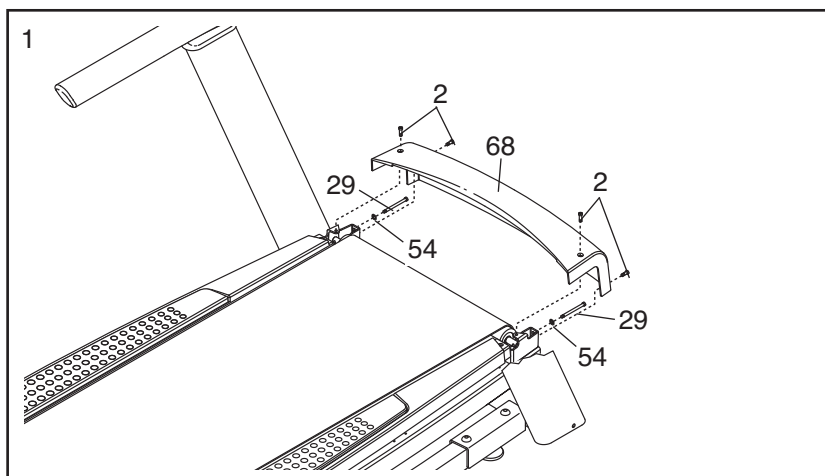
## REPLACING THE WALKING PLATFORM

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 below to replace the walking platform.

## 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 above) 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 5/16" x 1" Bolts (2) and the Front Roller Cover (68). Remove the 5/16" x 4 3/8" Bolts (29) and 5/16" Star Washers (54).

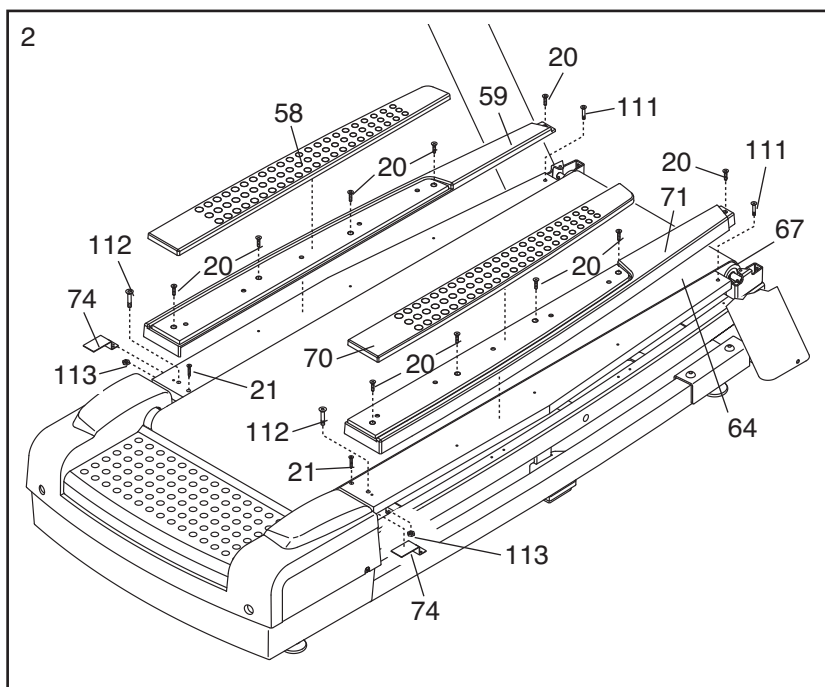


2. Remove the Left and Right Foot Rail Covers (58, 70). Remove the #12 x 1" Screws (20) and the Left and Right Foot Rails (59, 71).

Remove the 1/4" x 1 1/2" Bolts (111), the 3/8" x 1 3/4" Bolts (112), and the 3/8" Platform Nuts (113).

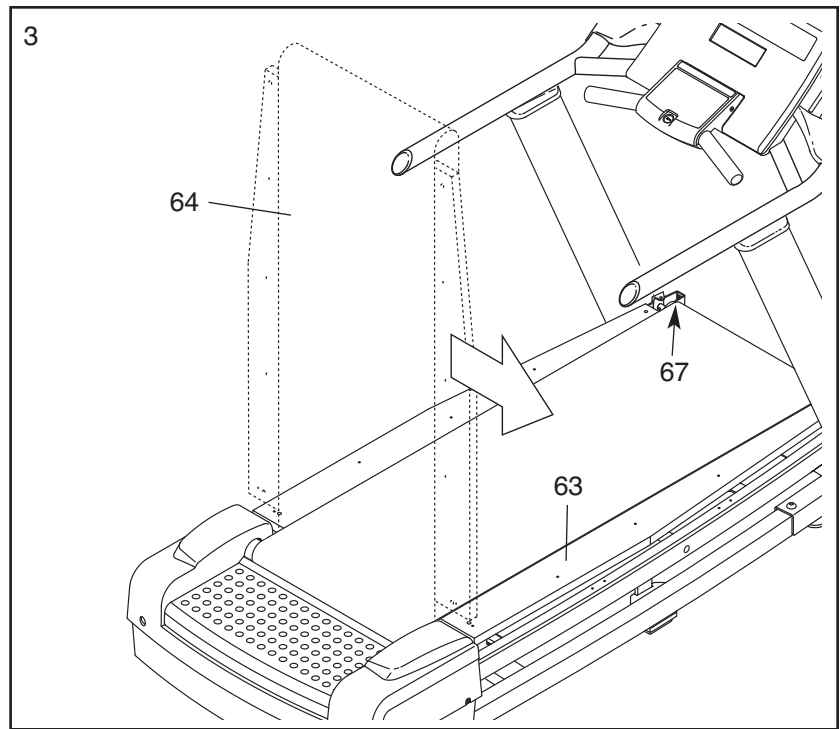
Remove the #10 x 1 1/2" Screws (21) and the Roller Guards (74).

Lift the Front Roller (67) and slide it out of the Walking Belt (64).



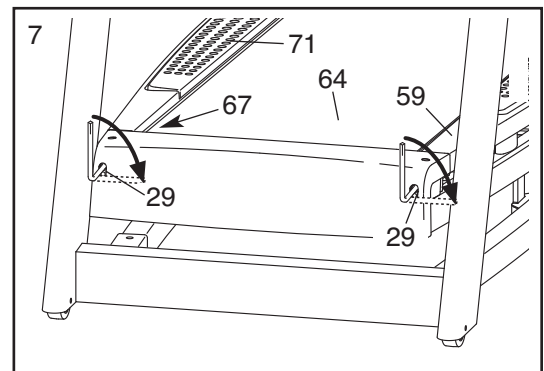
3. **Note: Be very careful to avoid chipping or damaging the phenolic coating on the Walking Platform (63).** Lift the Walking Platform and the Walking Belt (64) to the position shown by the dotted lines. Slide the Walking Platform out of the Walking Belt, turn it, and then slide it back into the Walking Belt. **Note: If you are replacing the Walking Platform, slide the new Walking Platform into the Walking Belt.**

Lay down the Walking Platform (63) and the Walking Belt (64). Slide the Front Roller (67) back into the Walking Belt.



4. **See step 1.** Partially reattach the 5/16" x 4 3/8" Bolts (29) and the 5/16" Star Washers (54). **Make sure that the walking belt is centered. Do not fully tighten the Bolts; the Bolts should only be tight enough to remove the slack from the walking belt.**
5. **See step 2.** Reattach the Roller Guards (74), the Walking Platform (63), the Foot Rails (59, 71), and the Foot Rail Covers (58, 70).
6. **See step 1.** Reattach the Front Roller Cover (68). **Make sure that the Walking Belt (64) is centered on the Front Roller (67).** Then, partially tighten the 5/16" x 4 3/8" Bolts (29) until the Walking Belt cannot be pushed to the left or right on the Front Roller. **Make sure to turn both Bolts the same number of times.**

7. The tension of the Walking Belt (64) now needs to be adjusted. Turn each 5/16" x 4 3/8" Bolt (29) clockwise four times. Center the Walking Belt if necessary (see page 29). Then, step onto the Foot Rails (59, 71), insert the key into the console, and press the Start/Stop button. Hold the handrails and gently press one foot against the moving Walking Belt. If the Walking Belt stops moving, remove the key from the console and turn each Bolt one more time. Continue to test the tension of the Walking Belt until the Walking Belt no longer slips. Make sure to keep the Walking Belt centered. **If the Front Roller (67) stops moving, do not further tighten the Bolts; please see the back cover of this manual.**



**IMPORTANT:** The ideal tension is just enough to prevent the walking belt from slipping. This will maximize the life of the walking belt, the roller, and the drive system. Overtightening the walking belt can lead to premature walking belt failure and excess wear to the bearings and drive components.

# 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 24 to 26. If the procedures are not performed as described, components may wear excessively, the incline trainer may be 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 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 12 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 13 | / /                                                            | / /                        | / /                                                      | / /                                                     | / /                                             | / /                                                    |
| Week 14 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 15 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 16 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 17 | / /                                                            | / /                        | / /                                                      | / /                                                     | / /                                             | / /                                                    |
| Week 18 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 19 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 20 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 21 | / /                                                            | / /                        | / /                                                      | / /                                                     | / /                                             | / /                                                    |
| Week 22 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 23 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 24 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 25 | / /                                                            | / /                        | / /                                                      |                                                         |                                                 |                                                        |
| Week 26 | / /                                                            | / /                        | / /                                                      | / /                                                     | / /                                             | / /                                                    |

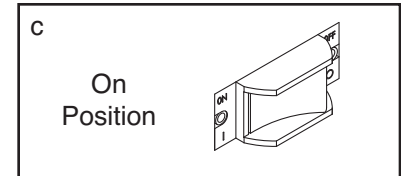
|                                  |     |     |                       |     |
|----------------------------------|-----|-----|-----------------------|-----|
| Walking Platform Turned/Replaced | / / | / / | Walking Belt Replaced | / / |
|----------------------------------|-----|-----|-----------------------|-----|

# 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.

## PROBLEM: The power does not turn on

- SOLUTION:**
- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.
  - After the power cord has been plugged in, make sure that the key is inserted into the console.
  - Check the power switch located on the incline trainer frame near the power cord. If the switch is in the off position, the switch has tripped. To reset the switch, wait for five minutes and then press the switch back into the on position.



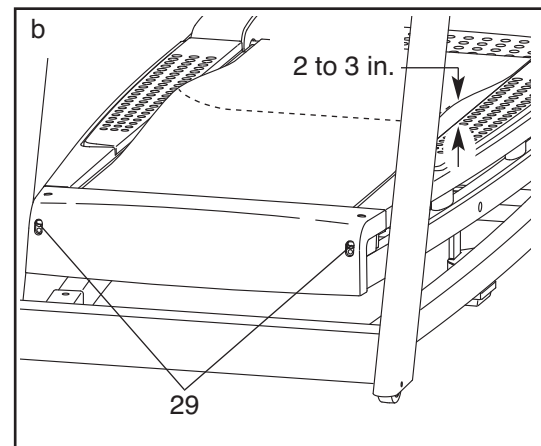
## PROBLEM: The power turns off during use

- SOLUTION:**
- Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.
  - Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
  - Remove the key from the console. Reinsert the key into the console.
  - If the power still turns off during use, see the back cover of this manual.

## PROBLEM: The walking belt slows when walked on

- SOLUTION:**
- Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.

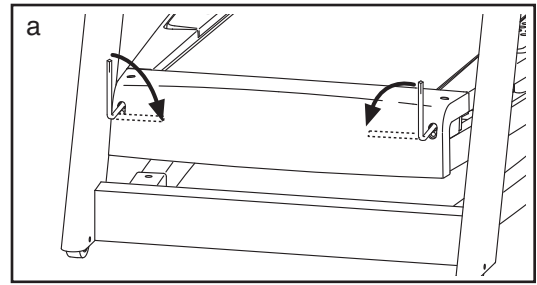
- If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using a 7/32" hex key, turn both 5/16" x 4 3/8" Bolts (29) 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 29.



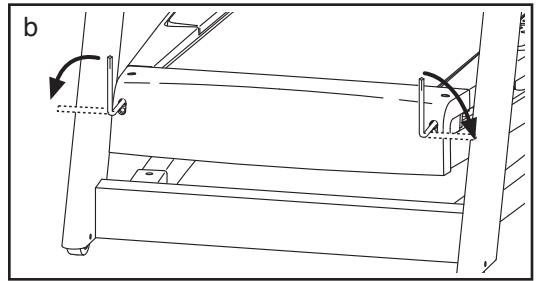
- If the walking belt still slows when walked on, see the back cover of this manual.

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

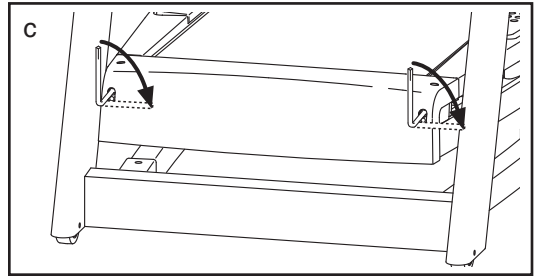
**SOLUTION:** a. **If the walking belt has shifted to the right:**  
**Remove the key and unplug the power cord.**  
Using a 7/32" hex key, turn the 5/16" x 4 3/8" bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the 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 5/16" x 4 3/8" bolts 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 5/16" x 4 3/8" bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 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 bolts, the front roller will move. **If the front roller stops moving, do not further tighten the bolts; please see the back cover of this manual.**



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

**SOLUTION:** a. The incline system may need to be calibrated. To initiate the calibration routine, turn the power switch off, wait 5 seconds and then turn the power switch back on. During the calibration routine, the incline trainer will automatically travel to the highest incline level and then return to the initial level.

b. If the incline system still does not function properly, please see the back cover of this manual.

# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

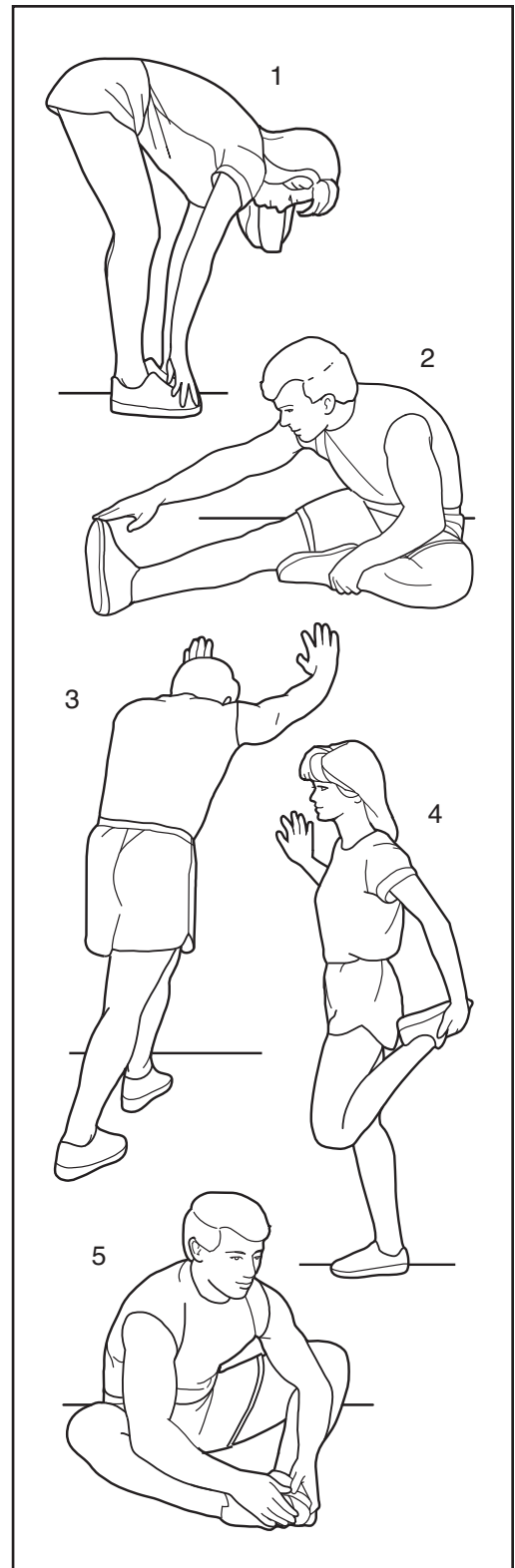
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# PART LIST—Model No. VMTL83907-INT.0

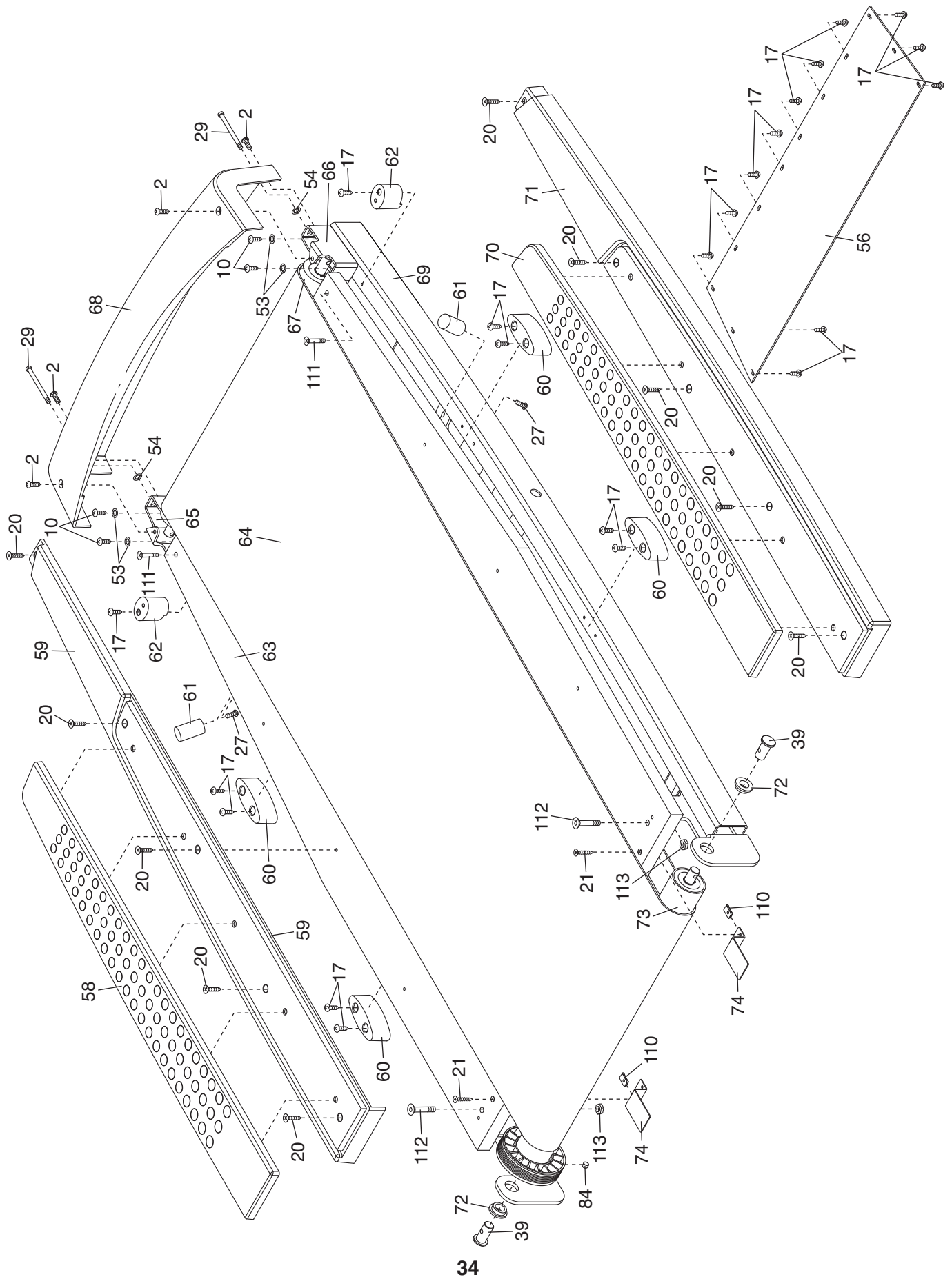
R0710A

| Key No. | Qty. | Description                   | Key No. | Qty. | Description                      |
|---------|------|-------------------------------|---------|------|----------------------------------|
| 1       | 4    | 1/2" x 3 1/4" Bolt            | 51      | 1    | Key/Clip                         |
| 2       | 8    | 5/16" x 1" Bolt               | 52      | 8    | Motor Washer                     |
| 3       | 4    | 3/8" x 2" Bolt                | 53      | 4    | 1/4" Star Washer                 |
| 4       | 4    | Accessory Tray Mounting Screw | 54      | 2    | 5/16" Star Washer                |
| 5       | 4    | 1/2" Jam Nut                  | 55      | 4    | 3/8" Star Washer                 |
| 6       | 4    | 1/4" U-nut                    | 56      | 1    | Front Belly Pan                  |
| 7       | 4    | 1/2" Star Washer              | 57      | 2    | 3/8" Wheel Washer                |
| 8       | 4    | 5/16" Star Washer             | 58      | 1    | Left Foot Rail Cover w/Adhesive  |
| 9       | 4    | 3/8" Star Washer              | 59      | 1    | Left Foot Rail                   |
| 10      | 4    | Roller Bracket Screw          | 60      | 4    | Platform Cushion                 |
| 11      | 4    | 1/4" x 1" Bolt                | 61      | 2    | Belt Guide                       |
| 12      | 1    | Console                       | 62      | 2    | Front Platform Cushion           |
| 13      | 1    | Power Cord Ground Wire        | 63      | 1    | Walking Platform                 |
| 14      | 1    | Motor Ground Wire             | 64      | 1    | Walking Belt                     |
| 15      | 6    | #8 x 1/2" Screw               | 65      | 1    | Left Roller Bracket              |
| 16      | 1    | Electrical Board Ground Wire  | 66      | 1    | Right Roller Bracket             |
| 17      | 24   | #8 x 3/4" Screw               | 67      | 1    | Front Roller                     |
| 18      | 4    | 1/2" Nut                      | 68      | 1    | Front Roller Cover               |
| 19      | 2    | #6 x 1/4" Screw               | 69      | 1    | Frame                            |
| 20      | 10   | #12 x 1" Screw                | 70      | 1    | Right Foot Rail Cover w/Adhesive |
| 21      | 2    | #10 x 1 1/2" Screw            | 71      | 1    | Right Foot Rail                  |
| 22      | 6    | #10 x 3/4" Screw              | 72      | 2    | Frame Bushing                    |
| 23      | 2    | 1/4" x 3/4" Bolt              | 73      | 1    | Rear Roller                      |
| 24      | 4    | Pulse Sensor Screws           | 74      | 2    | Roller Guard                     |
| 25      | 4    | 1/4" x 1/2" Bolt              | 75      | 1    | Base Frame                       |
| 26      | 1    | 1/4" x 2" Bolt                | 76      | 2    | Base Pad                         |
| 27      | 2    | 1/4" x 3/4" Belt Guide Bolt   | 77      | 4    | Leveling Foot                    |
| 28      | 13   | #8 x 3/4" Screw               | 78      | 1    | Link Arm                         |
| 29      | 2    | 5/16" x 4 3/8" Bolt           | 79      | 1    | Lift Frame                       |
| 30      | 6    | 3/8" x 1" Motor Bolt          | 80      | 1    | Incline Motor                    |
| 31      | 2    | 3/4" x 1/2" Bolt              | 81      | 1    | Hood Cover w/Adhesive            |
| 32      | 3    | #10 x 1/4" Screw              | 82      | 1    | Motor Hood                       |
| 33      | 4    | 3/8" x 1 1/2" Bolt            | 83      | 1    | Controller                       |
| 34      | 2    | 3/8" x 2 1/2" Wheel Bolt      | 84      | 1    | Magnet                           |
| 35      | 2    | 3/8" x 2 1/4" Bolt            | 85      | 2    | Hand Grip                        |
| 36      | 1    | 1/2" x 3" Bolt                | 86      | 1    | Small Console                    |
| 37      | 2    | 1/2" x 1" Bolt                | 87      | 2    | 3/8" Locknut                     |
| 38      | 2    | 3/4" Flat Washer              | 88      | 1    | Dust Cover                       |
| 39      | 2    | Frame Pin                     | 89      | 1    | Belly Pan                        |
| 40      | 2    | #4 Speed Sensor Nut           | 90      | 1    | Power Cord Bracket               |
| 41      | 1    | #10 Star Washer               | 91      | 2    | Wheel                            |
| 42      | 2    | 3/8" Nut                      | 92      | 1    | Power Switch                     |
| 43      | 1    | Clevis Pin                    | 93      | 1    | 1/2" Nut                         |
| 44      | 1    | 1/4" Nut                      | 94      | 1    | Drive Motor Isolator             |
| 45      | 1    | Drive Belt                    | 95      | 1    | Drive Motor                      |
| 46      | 1    | 80" Wire Harness              | 96      | 1    | Upright                          |
| 47      | 1    | 35" Wire Harness              | 97      | 1    | 1/4" Roller Star Washer          |
| 48      | 1    | 55" Wire Harness              | 98      | 1    | Right Upright Bracket            |
| 49      | 1    | Console Back                  | 99      | 1    | Left Upright Bracket             |
| 50      | 5    | #8 x 1/2" Screw               | 100     | 1    | Handrail                         |

| Key No. | Qty. | Description               | Key No. | Qty. | Description                |
|---------|------|---------------------------|---------|------|----------------------------|
| 101     | 5    | #8 Rivet Nut              | 127     | 1    | Left Accessory Tray        |
| 102     | 1    | Speed Sensor              | 128     | 1    | Right Accessory Tray       |
| 103     | 3    | 1/4" x 1/2" Bracket Bolt  | 129     | 2    | Voltage Caution Decal      |
| 104     | 1    | Hand Grip Bracket         | 130     | 1    | Voltage Warning Decal      |
| 105     | 1    | Console Cover             | 131     | 2    | Lift Frame Bushing         |
| 106     | 2    | Caution Decal             | 132     | 2    | Runner Bushing             |
| 107     | 1    | #8 x 1 5/8" Screw         | 133     | 1    | Fan Grill                  |
| 108     | 2    | #4 x 3/8" Screw           | 134     | 1    | Digital Player Tray        |
| 109     | 4    | Link Arm Bushing          | 135     | 1    | Fan                        |
| 110     | 2    | #10 U-nut                 | 136     | 4    | Fan Screw                  |
| 111     | 2    | 1/4" x 1 1/2" Bolt        | 137     | 1    | Audio Wire                 |
| 112     | 2    | 3/8" x 1 3/4" Bolt        | 138     | 1    | Power Cord Receptacle      |
| 113     | 2    | 3/8" Platform Nut         | 139     | 1    | Resistor Assembly          |
| 114     | 1    | Motor Pulley              | 140     | 2    | Handrail Endcap            |
| 115     | 1    | #8 x 3/4" Ground Screw    | 141     | 1    | Pulse Wire                 |
| 116     | 4    | #8 Locknut                | 142     | 8    | #5 x .188" Screw           |
| 117     | 7    | 8" Cable Tie              | 143     | 2    | #6 x 1/2" Screw            |
| 118     | 1    | Wire Tie                  | 144     | 2    | Plastic Nut                |
| 119     | 1    | #10 x 3/4" Wire Tie Screw | 145     | 4    | 1/4" Hex Plastic Stand-off |
| 120     | 2    | Hole Plug                 | 146     | 1    | Filter                     |
| 121     | 6    | Accessory Tray Screw      | 147     | 2    | Sensor Bracket Screw       |
| 122     | 1    | 1/4" Star Washer          | 148     | 1    | Electrical Board           |
| 123     | 1    | Sensor Bracket            | 149     | 1    | Speed Disk                 |
| 124     | 2    | Grip                      | 150     | 1    | Electronics Plate          |
| 125     | 4    | Pulse Sensor              | *       | —    | User's Manual              |
| 126     | 4    | Pulse Sensor Base         |         |      |                            |

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.

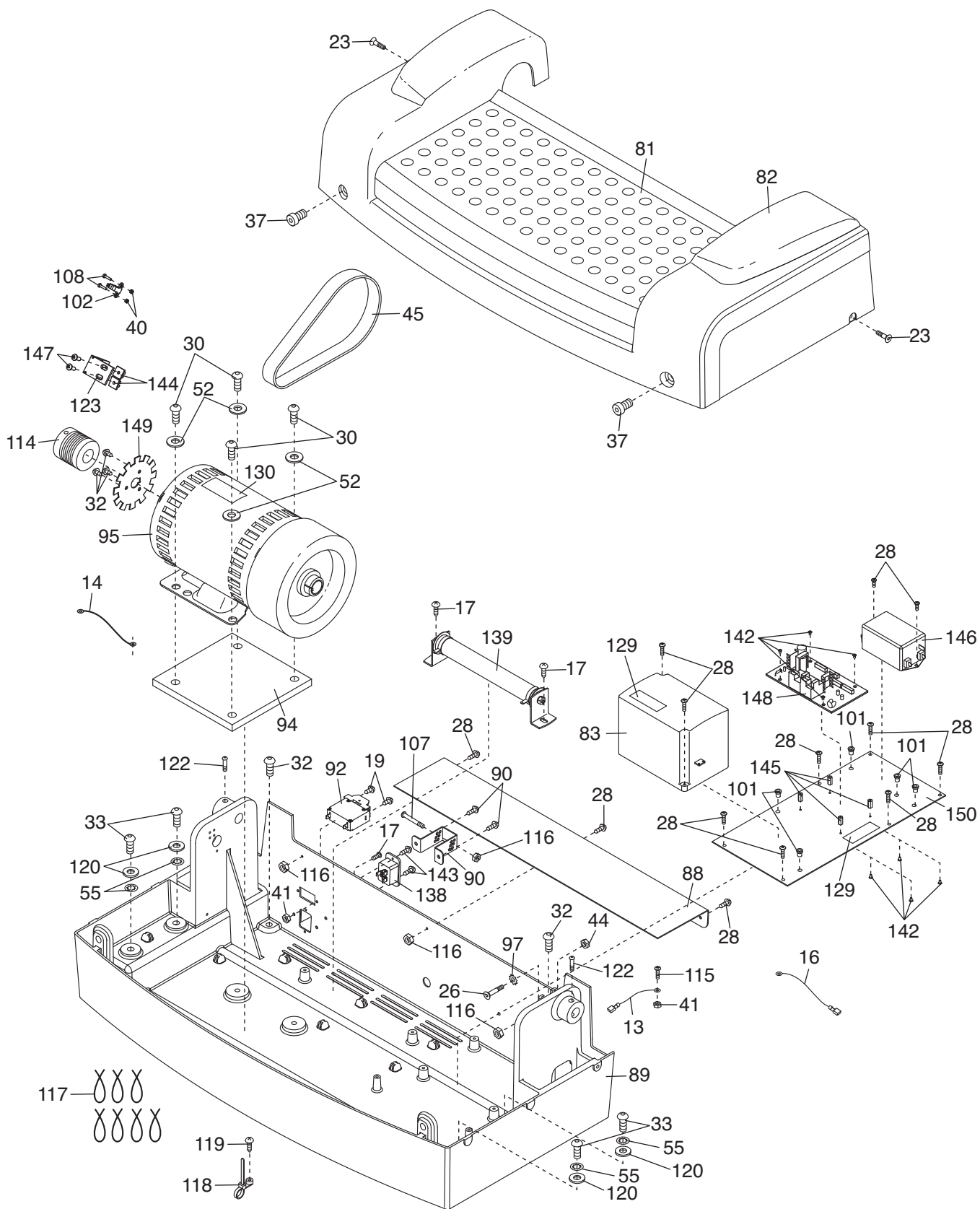
# EXPLODED DRAWING A—Model No. VMTL83907-INT.0 R0710A



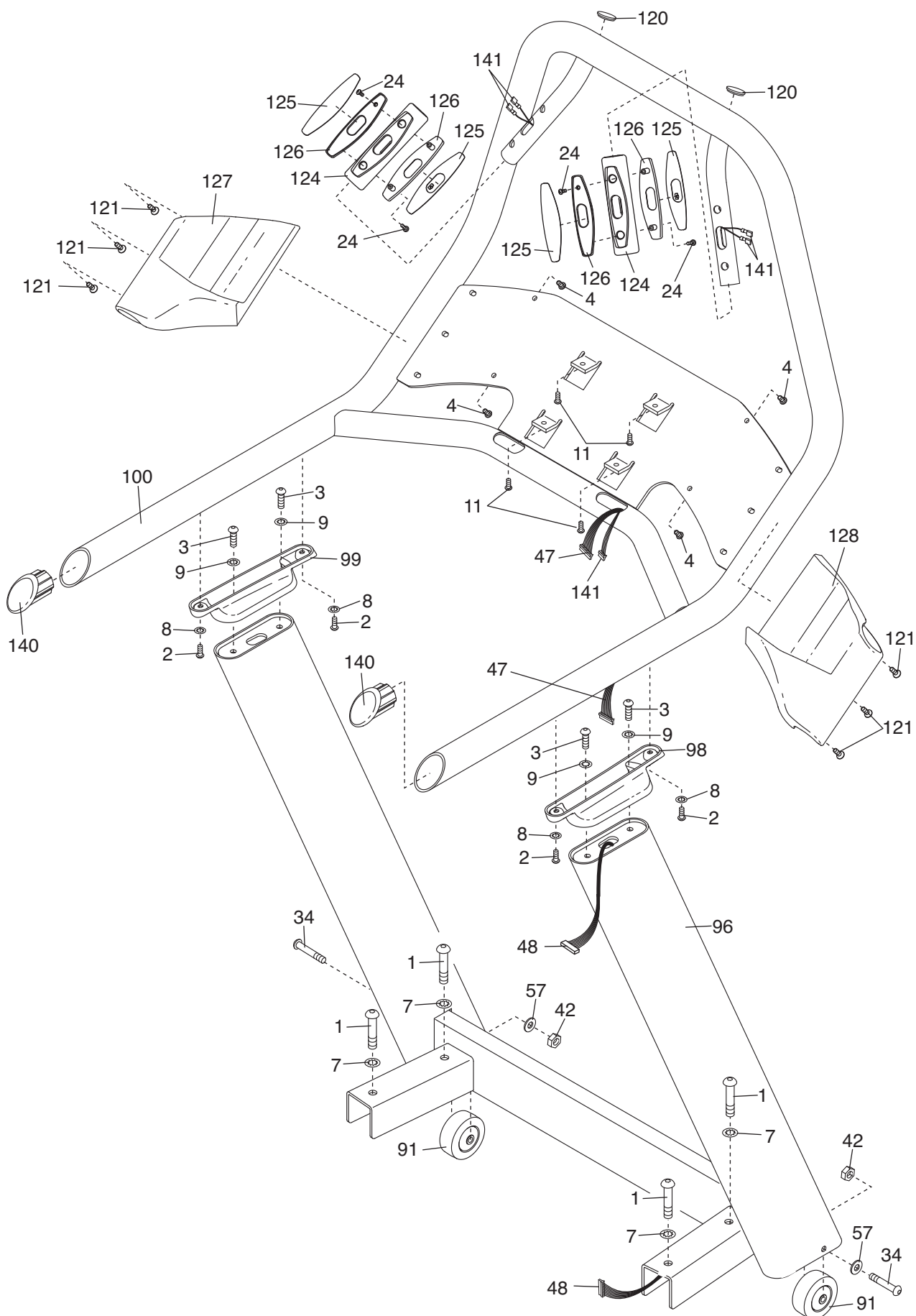
## R0710A



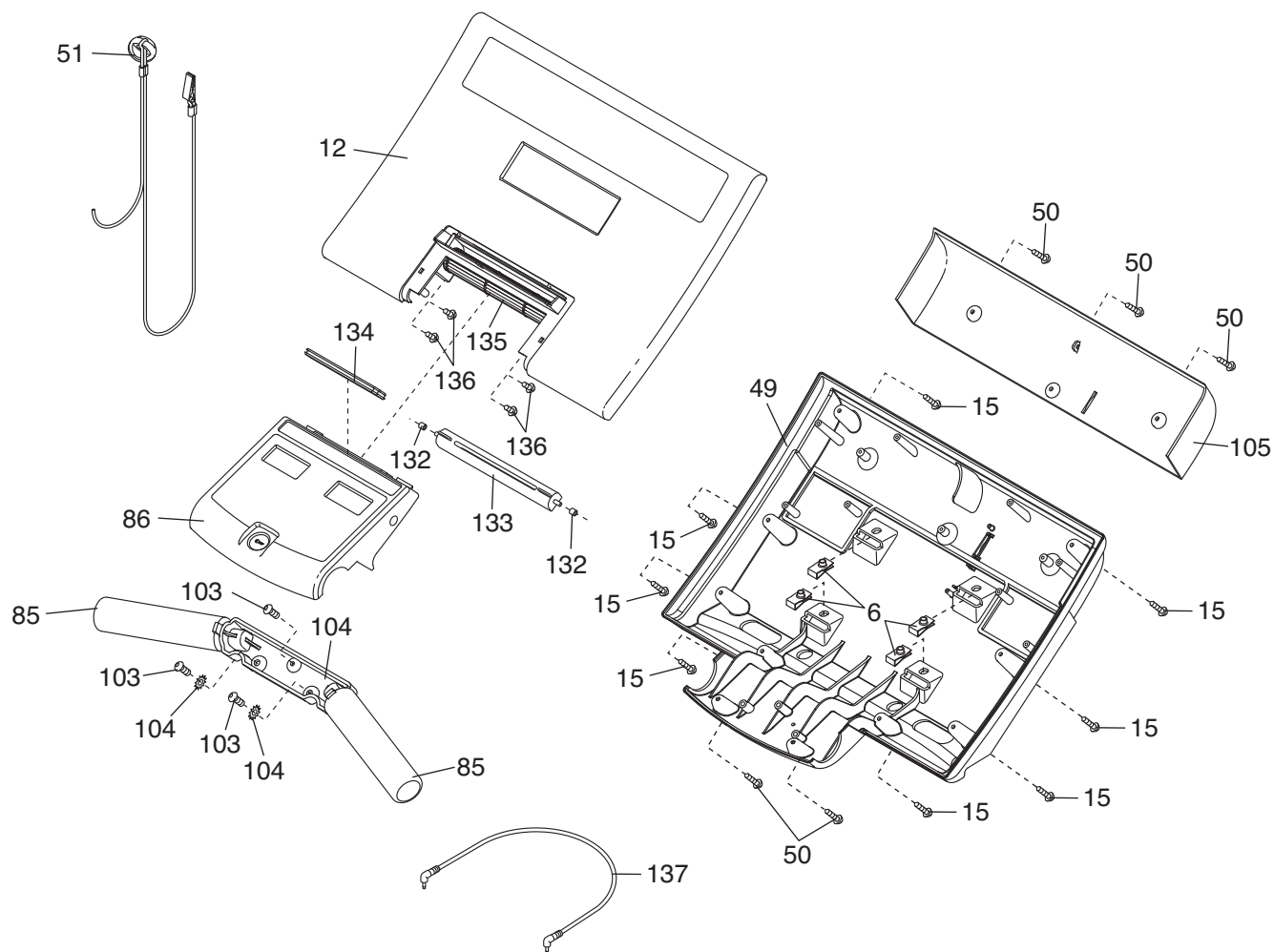
# EXPLODED DRAWING C—Model No. VMTL83907-INT.0 R0710A



# EXPLODED DRAWING D—Model No. VMTL83907-INT.0 R0710A



**EXPLODED DRAWING E—Model No. VMTL83907-INT.0** R0710A



---

## NOTES

# 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: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT  
Email: [fmfmcustomerservice@freemotionfitness.com](mailto: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](mailto:intlcustomercare@freemotionfitness.com)

# LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. 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.

## WARRANTY PERIODS AND COVERAGE

### Residential

Frame: 7 years  
Motor: 10 years  
Parts: 5 years

### Light Commercial

Frame: 7 years  
Motor: 3 years  
Parts: 2 years

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

## 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 350 lbs. (159 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.

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 states 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 state to state.

## TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.