

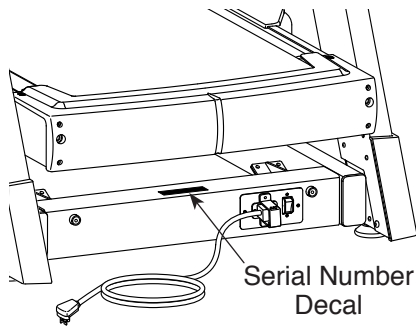
# FREEMOTION®

## *i10.9b INCLINE TRAINER*

Model No. FMTK74218.3

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

Write the serial number in the space above for reference.



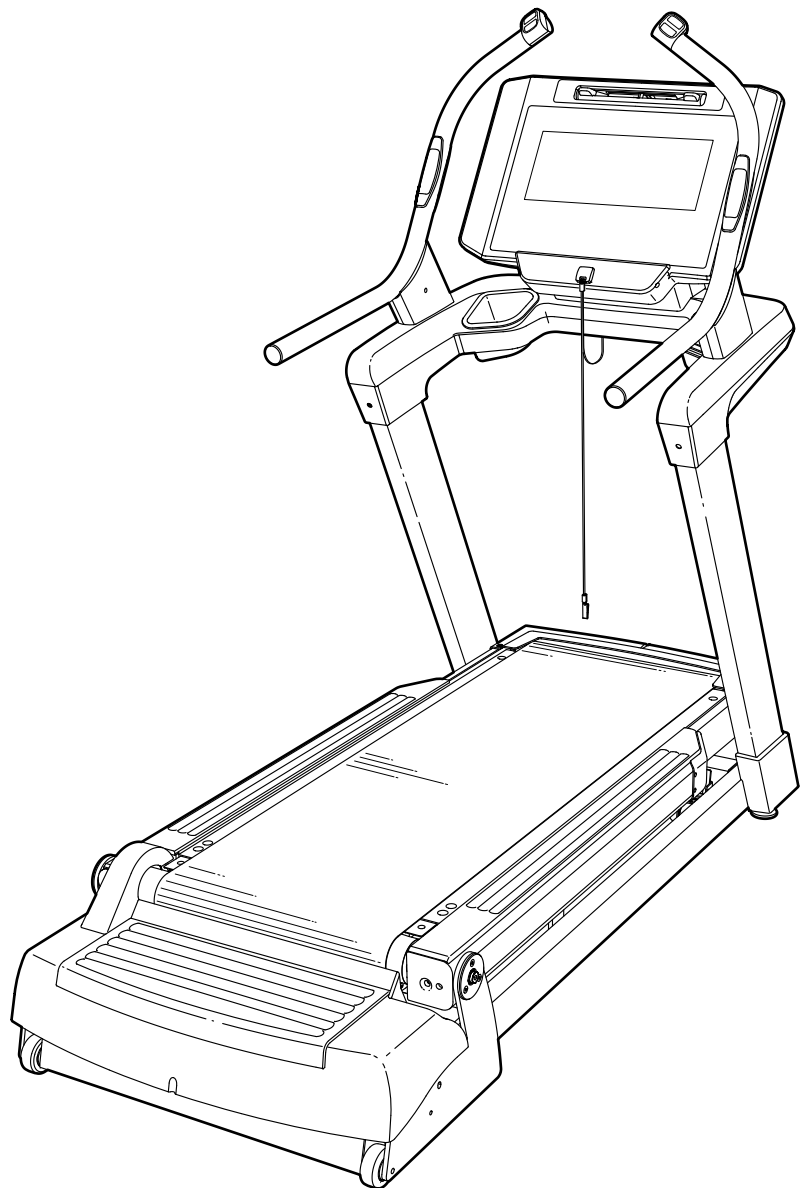
### QUESTIONS?

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.

## USER'S MANUAL



[freemotionfitness.com](http://freemotionfitness.com)

---

# TABLE OF CONTENTS

IMPORTANT PRECAUTIONS.....	3
WARNING DECAL PLACEMENT .....	5
BEFORE YOU BEGIN.....	6
PART IDENTIFICATION CHART.....	7
ASSEMBLY .....	8
HOW TO MOVE THE INCLINE TRAINER .....	16
HOW TO CONNECT THE INCLINE TRAINER.....	17
HOW TO UPGRADE THE CONSOLE .....	18
HOW TO USE THE CONSOLE .....	19
PREVENTIVE MAINTENANCE .....	28
PREVENTIVE MAINTENANCE RECORD .....	32
TROUBLESHOOTING .....	33
EXERCISE GUIDELINES .....	35
PART LIST.....	37
EXPLODED DRAWING.....	39
HOW TO CONTACT CUSTOMER CARE.....	Back Cover
LIMITED WARRANTY.....	Back Cover

FREEMOTION and IFIT are registered trademarks of ICON Health & Fitness, Inc. App Store is a trademark of Apple Inc., registered in the U.S. and other countries. Android and Google Play are trademarks of Google LLC. The Bluetooth word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. IOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

# 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 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. It is the responsibility of the owner to ensure that all users of the incline trainer are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The incline trainer 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 incline trainer by someone responsible for their safety.
4. Use the incline trainer only as described in this manual.
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. 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.
7. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
8. Do not operate the incline trainer until it is properly and fully assembled (see **ASSEMBLY** on page 8).
9. Inspect and tighten all parts of the incline trainer each time the incline trainer is used.
10. Keep children under age 13 and pets away from the incline trainer at all times.
11. The incline trainer should not be used by persons weighing more than 400 lbs. (181 kg).
12. Never allow more than one person on the incline trainer at a time.
13. Wear appropriate exercise clothes while 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.*
14. When connecting the power cord, follow the instructions on page 17. No other appliance should be on the same circuit as the incline trainer. Do not use an extension cord.
15. Keep the power cord away from heated surfaces.
16. 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 33 if the incline trainer is not working properly.)
17. Read, understand, and test the emergency stop procedure before using the incline trainer (see **HOW TO TURN ON THE POWER** on page 20). Always wear the clip while using the incline trainer.
18. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the incline trainer.
19. When a person is walking on the incline trainer, the noise level of the incline trainer will increase.

20. Keep fingers, hair, and clothing away from the moving walking belt.
21. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
22. 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.
23. Never leave the incline trainer unattended while it is running.
24. Do not change the incline of the incline trainer by placing objects under it.
25. Never insert or drop any object into any opening on the incline trainer.
26. 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.
27. **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.
28. 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.

**SAVE THESE INSTRUCTIONS**

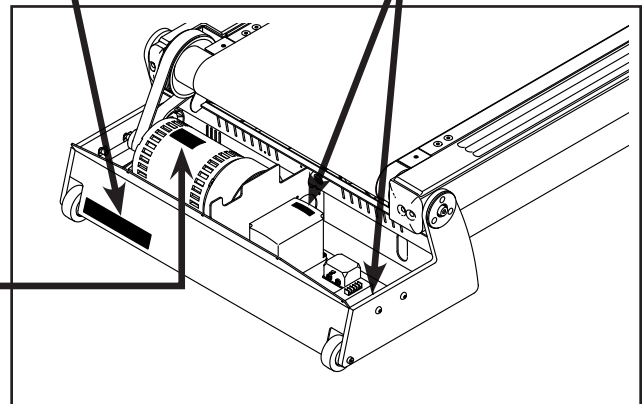
# WARNING DECAL PLACEMENT


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.

<b>⚠ WARNING:</b> Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:			
	<ul style="list-style-type: none"> <li>Stand only on side rails when starting or stopping treadmill.</li> </ul>		<ul style="list-style-type: none"> <li>Never allow children on or around treadmill.</li> </ul>
	<ul style="list-style-type: none"> <li>Change speed in small increments.</li> </ul>		<ul style="list-style-type: none"> <li>Remove key when not in use.</li> </ul>
	<ul style="list-style-type: none"> <li>Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.</li> </ul>		<ul style="list-style-type: none"> <li>Keep clothing, fingers, and hair away from moving belt.</li> </ul>
	<ul style="list-style-type: none"> <li>Stop if you feel faint, dizzy, or short of breath.</li> </ul>		<ul style="list-style-type: none"> <li>Never try to adjust or fix the belt while it is moving.</li> <li>Always wear athletic shoes while operating treadmill.</li> </ul>

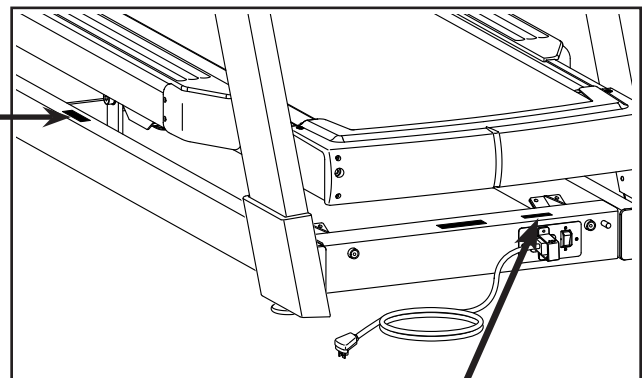
**⚠ CAUTION: HIGH VOLTAGE**  
Disconnect line cord from outlet before servicing.



	<b>⚠ WARNING</b> <ul style="list-style-type: none"> <li>Hazardous Voltage</li> <li>Risk of Electric Shock</li> <li>Unplug Treadmill before Assembly/ Disassembly</li> </ul>
	<b>⚠ ATTENTION</b> <ul style="list-style-type: none"> <li>Tension Dangereuse</li> <li>Risque de Choc Électrique</li> <li>Débranchez le tapis roulant Avant l'Assemblage/Désassemblage</li> </ul>

<b>⚠ CAUTION</b>	<b>⚠ ATTENTION</b>
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.

Note: There is one decal on each side



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

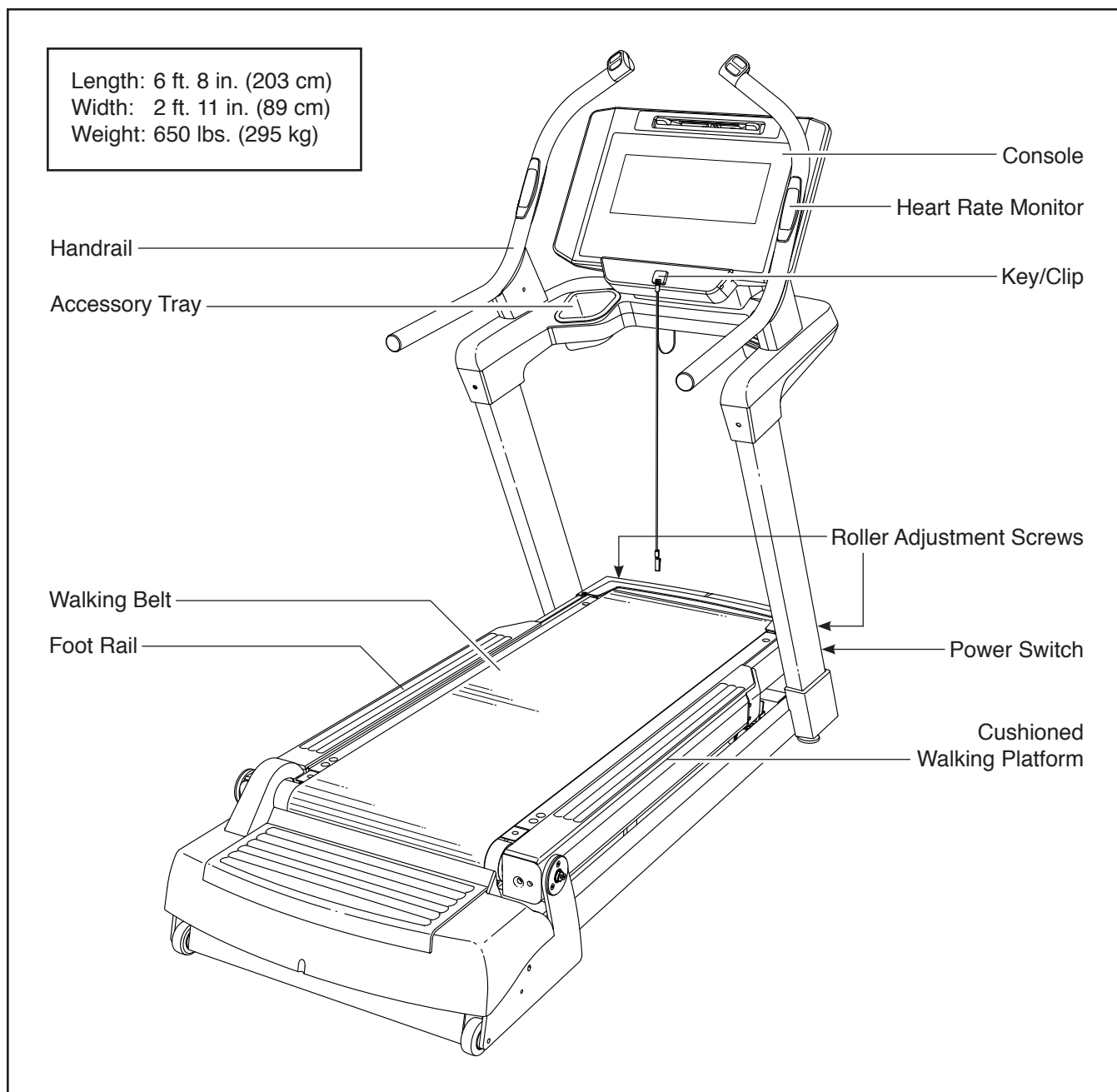
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® I10.9B INCLINE TRAINER. The I10.9B 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 you use the incline trainer.** If you have questions

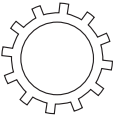
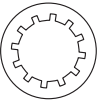
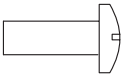

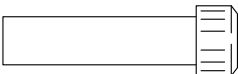

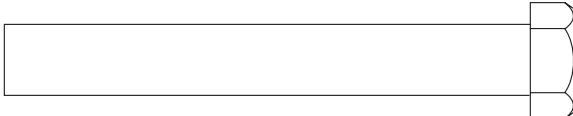
after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# 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.**

			
3/8" Star Washer (14)–4	5/16" Star Washer (61)–14	#10 x 1/2" Screw (35)–2	#8 x 3/4" Screw (16)–30
			
1/4" x 1" Screw (8)–2	5/16" x 3/4" Screw (51)–16	3/8" x 2 3/4" Screw (50)–4	

# 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:

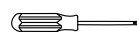
one 3/8" hex key



one 7/32" hex key

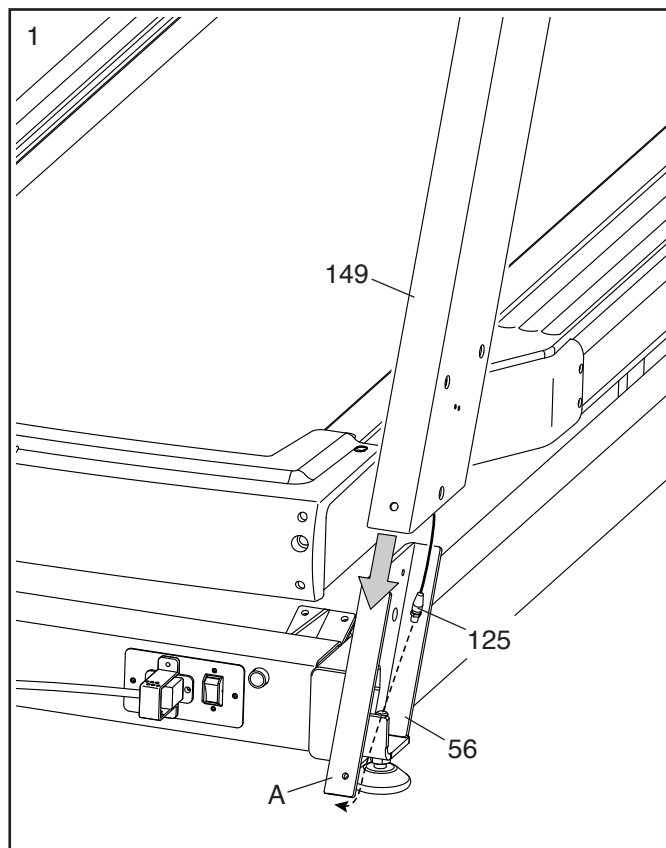


one Phillips screwdriver



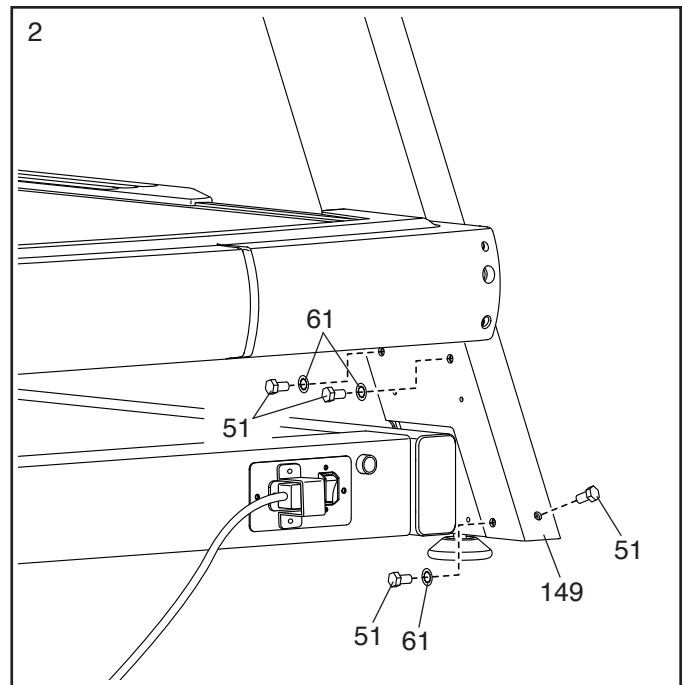
To avoid damaging parts, do not use power tools.

1. With the help of a second person, slide the Left Upright (149) onto the Base Frame (56), making sure that the Upright Coaxial Cable (125) comes out of the bottom of the bracket (A) on the Base Frame. **Do not pinch the Upright Coaxial Cable.**



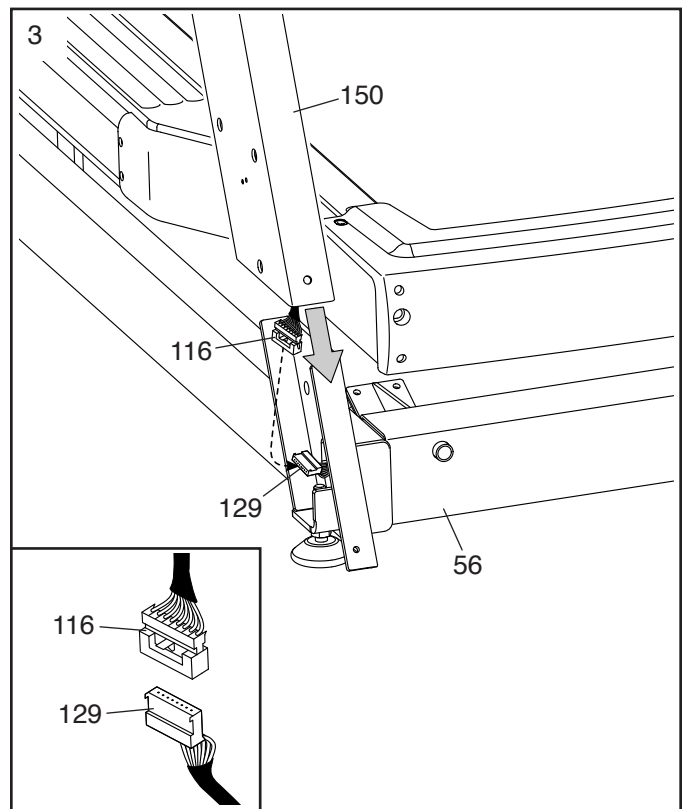


2. Partially tighten four 5/16" x 3/4" Screws (51) with three 5/16" Star Washers (61) into the Left Upright (149) as shown; **do not fully tighten the Screws yet.**

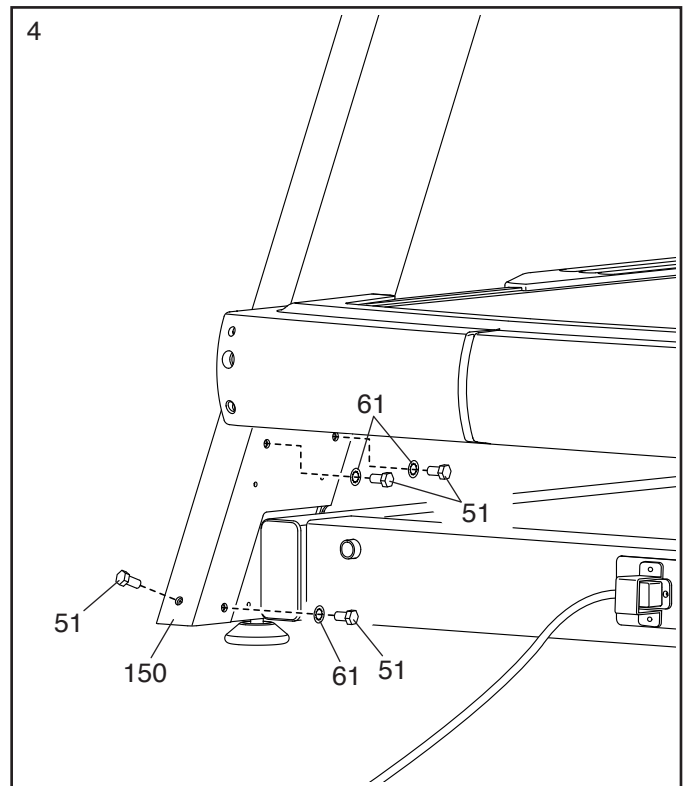


3. With the help of a second person, slide the Right Upright (150) onto the Base Frame (56). **Have the second person hold the Right Upright** as you connect the Upright Wire Harness (116) to the Frame Wire Harness (129). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Then, insert the Wire Harnesses (116, 129) into the Base Frame (56) as you slide the Right Upright (150) down. **Do not pinch the Upright Wire Harness (116) or the Frame Wire Harness (129).**

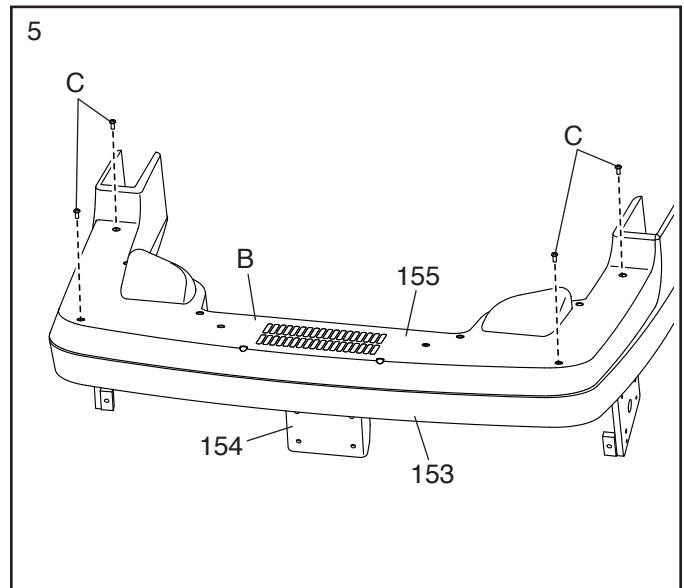


4. Partially tighten four 5/16" x 3/4" Screws (51) with three 5/16" Star Washers (61) into the Right Upright (150) as shown; **do not fully tighten the Screws yet.**



5. Place the handrail assembly (B) upside down on a soft surface. Remove and discard the four indicated screws (C).

Then, separate the Handrail Base Top Cover (153) and the Handrail Base Bottom Cover (155), and remove the Handrail Base (154).

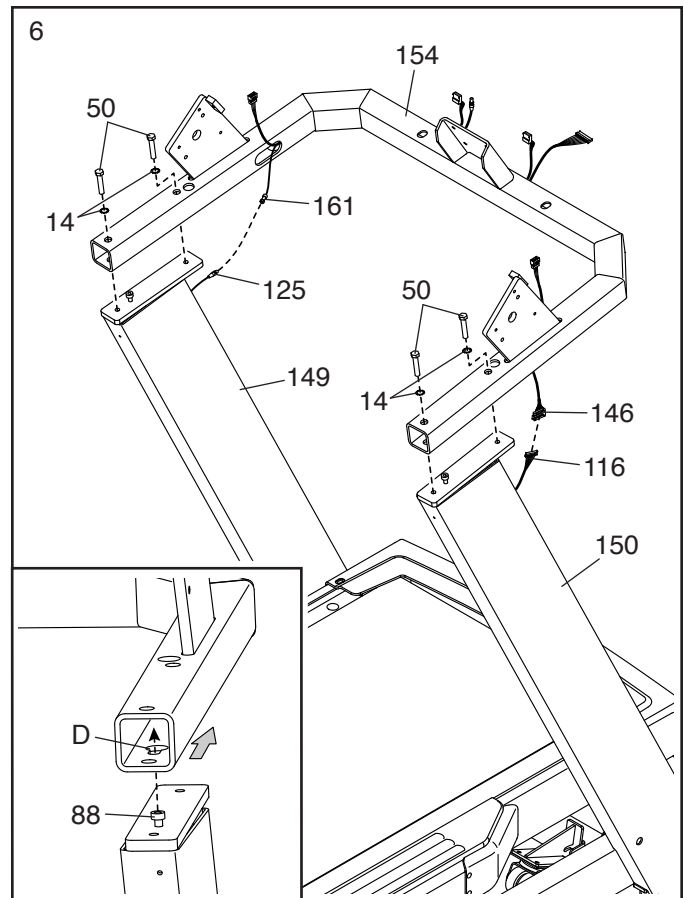


6. With the help of a second person, set the Handrail Base (154) on the Uprights (149, 150). **See the inset drawing.** The 5/16" x 3/4" Cap Screws (88) must be inside the holes (D) in the bottom of the Handrail Base. Then, slide the Handrail Base forward. The Cap Screws will keep the Handrail Base in place.

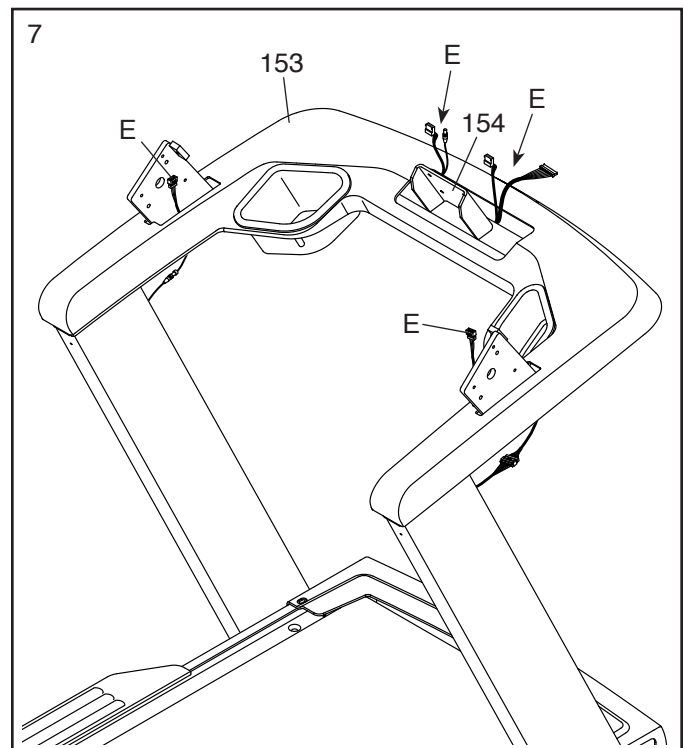
Attach the Handrail Base (154) with four 3/8" x 2 3/4" Screws (50) and four 3/8" Star Washers (14); **start all four Screws, and then torque them to 31 pound-feet (42 Newton-meters).**

Then, connect the Upright Wire Harness (116) to the Handrail Wire (146), and connect the Upright Coaxial Cable (125) to the Coaxial Extension Cable (161).

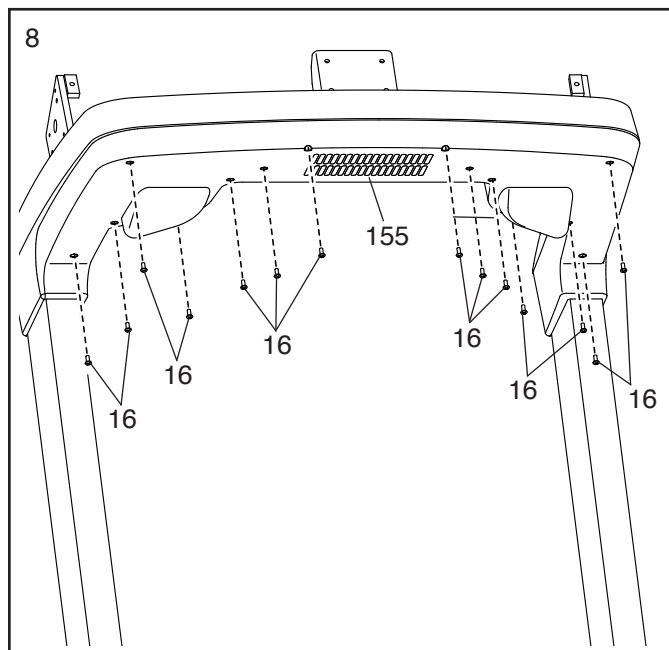
**IMPORTANT:** See steps 2 and 4. Torque the 5/16" x 3/4" Screws (51) to 17 pound-feet (23 Newton-meters).



7. Set the Handrail Base Top Cover (153) on the Handrail Base (154). **Make sure that no wires or cables (E) are inside the Handrail Base Top Cover.**



8. Attach the Handrail Base Bottom Cover (155) with fourteen #8 x 3/4" Screws (16); **start all fourteen Screws, and then tighten them. Do not overtighten the Screws.**



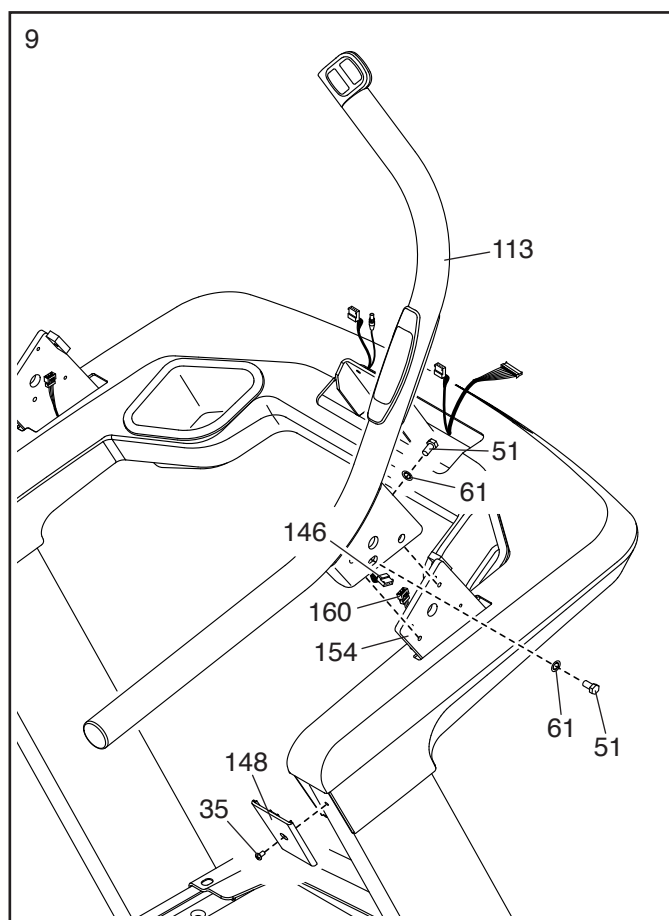
9. Set the Right Handrail Assembly (113) on the right side of the Handrail Base (154). Attach the Right Handrail Assembly with two 5/16" x 3/4" Screws (51) and two 5/16" Star Washers (61).

**Torque the 5/16" x 3/4" Screws (51) to 17 pound-feet (23 Newton-meters).**

Next, connect the Handrail Wire (146) to the Handrail Extension Wire (160).

Then, attach an Upright Cap (148) with a #10 x 1/2" Screw (35).

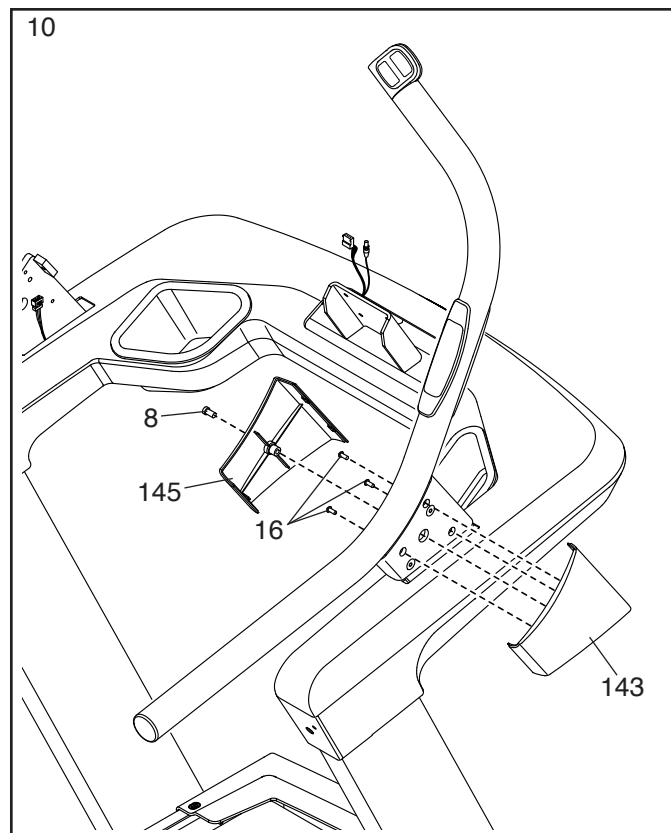
**Attach the Left Handrail (not shown) and the other Upright Cap (not shown) as described above.**



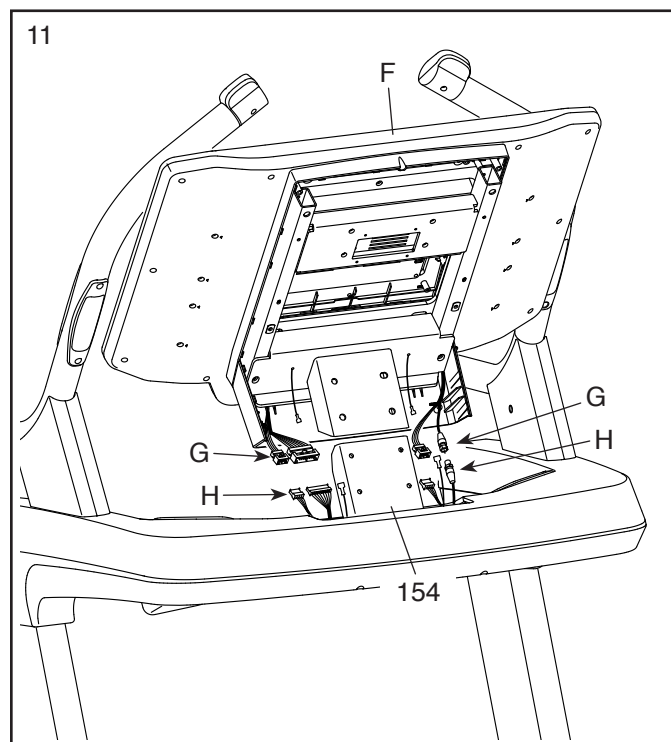
10. Attach the Right Outer Cover (143) with three #8 x 3/4" Screws (16); **do not overtighten the Screws.**

Next, attach the Right Inner Cover (145) with a 1/4" x 1" Screw (8); **do not overtighten the Screw.**

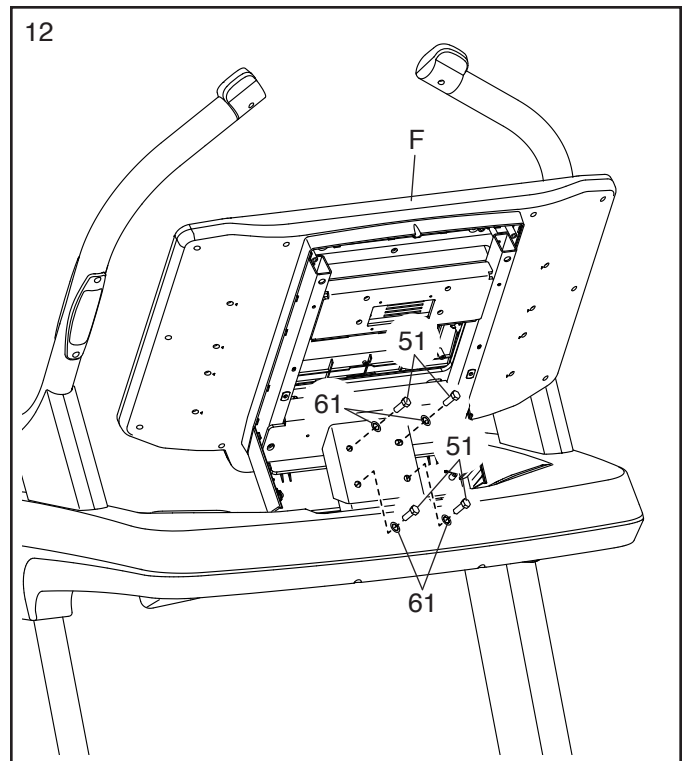
**Attach the Left Outer Cover (not shown) and the Left Inner Cover (not shown) as described above.**



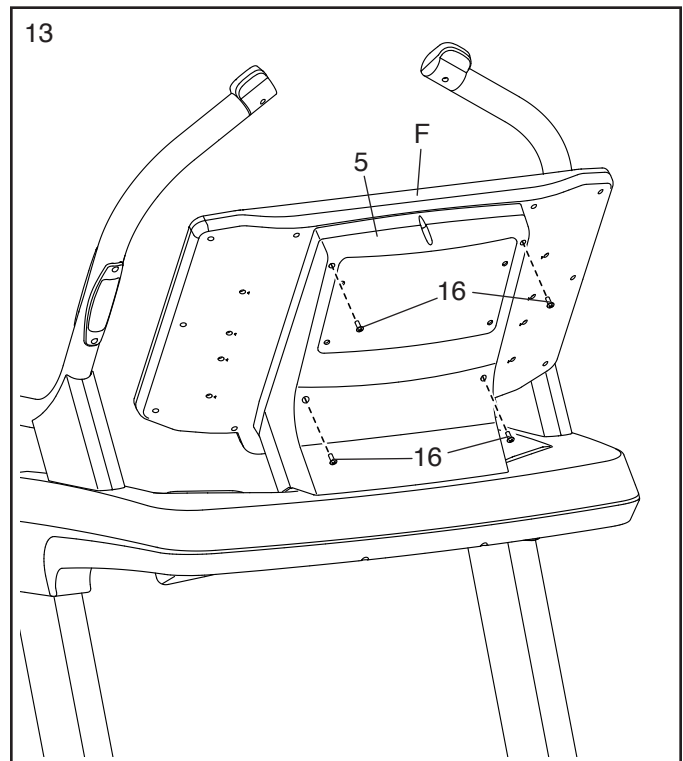
11. Set the console assembly (F) on the Handrail Base (154). Connect the wires (G) from the console assembly to the corresponding wires (H) from the Handrail Base.



12. Attach the console assembly (F) with four 5/16" x 3/4" Screws (51) and four 5/16" Star Washers (61). **Torque the Screws to 17 pound-feet (23 Newton-meters).**



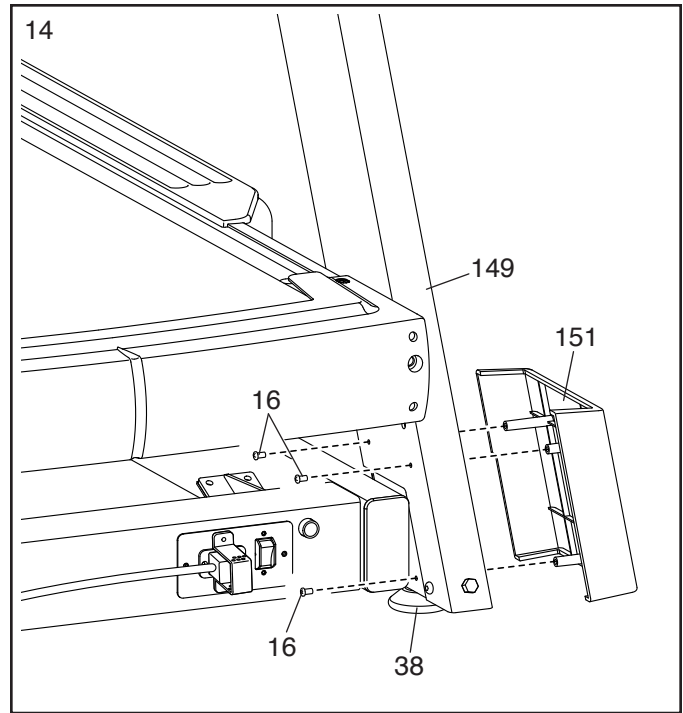
13. Attach the Console Back (5) to the console assembly (F) with four #8 x 3/4" Screws (16); **start all four Screws, and then tighten them. Do not overtighten the Screws.**



14. Attach the Left Upright Cover (151) to the Left Upright (149) with three #8 x 3/4" Screws (16); **start all three Screws, and then tighten them. Do not overtighten the Screws.**

**Attach the Right Upright Cover (not shown) to the Right Upright (not shown) as described above.**

After the incline trainer is placed in the location where it will be used (see HOW TO MOVE THE INCLINE TRAINER on page 16), make sure that both Leveling Feet (38) rest firmly on the floor. If the incline trainer rocks even slightly, loosen the nut on a Leveling Foot, turn the Leveling Foot clockwise or counterclockwise until the rocking motion is eliminated, and then tighten the nut.



15. **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.

**If you purchased the optional MYE receiver to set up a wall of TVs, follow the step below to install the MYE receiver. To order the MYE receiver, see the back cover of this manual.**

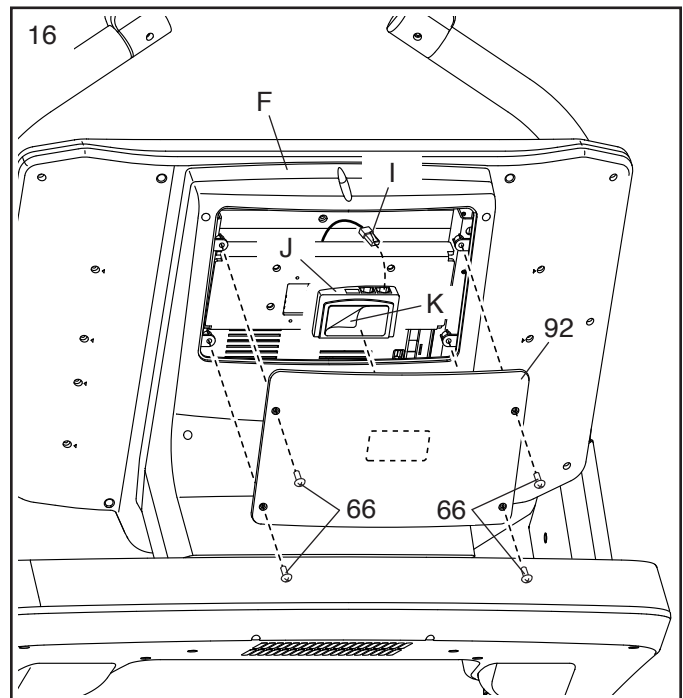
16. Remove the four #8 x 1/2" Screws (66), and then remove the Console Access Cover (92).

Next, plug the cable (I) from the console assembly (F) into the "In" port on the receiver (J).

Next, peel the backing (K) off the receiver (J), and press the receiver onto the Console Access Cover (92) in the location shown by the dashed line.

Then, reattach the Console Access Cover (92) with the four #8 x 1/2" Screws (66).

Follow the instructions included with the MYE programmer to program the receiver (J). **IMPORTANT: After the receiver is programmed, you will need to turn off power to the incline trainer and then turn it back on.** See page 17 to plug in the power cord. See page 20 to turn on the power.

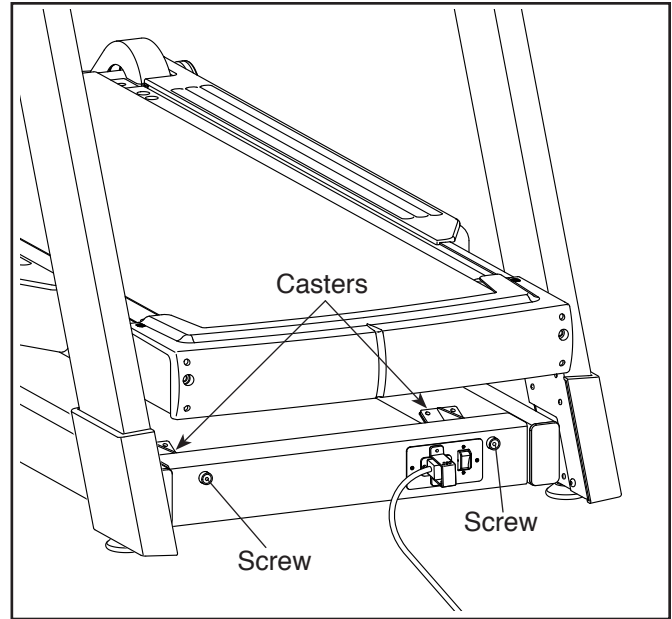


# HOW TO MOVE THE INCLINE TRAINER

**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 may require two or three people.** To lower the casters, use a hex key and turn each of the indicated screws clockwise until the casters raise the incline trainer. Then, roll the incline trainer to the desired location. **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.**

Once the incline trainer has been moved to the desired location, turn the screws counterclockwise until the incline trainer is resting evenly on the leveling feet.





# HOW TO CONNECT THE INCLINE TRAINER

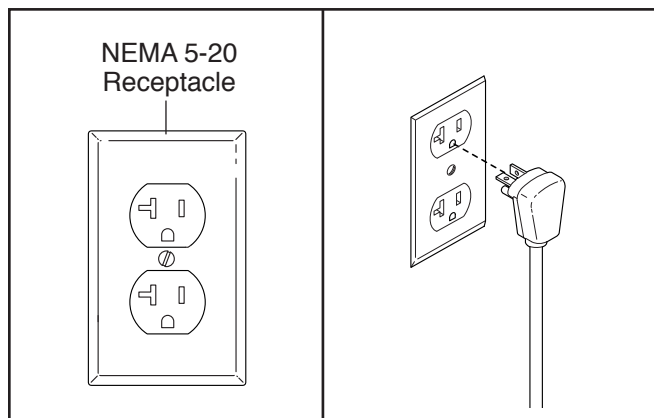
**⚠ DANGER:** Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed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

## HOW TO CONNECT THE POWER CORD

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

**This product is for use on a dedicated, 20-amp, 120-volt circuit. No other appliance should be on the same circuit.** This product has a cord with an equipment-grounding conductor and a grounding plug.

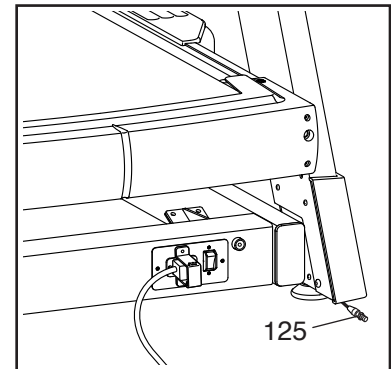
Plug the grounding plug into a standard NEMA 5-20 receptacle. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord. The receptacle must be grounded.



## HOW TO CONNECT A CATV CABLE

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

Locate the Upright Coaxial Cable (125) at the front of the incline trainer. Connect the CATV cable to the Upright Coaxial Cable. Route the cable so that it will not be pinched or crushed by the incline trainer.



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/visual service provider.

## WARRANTY INFORMATION

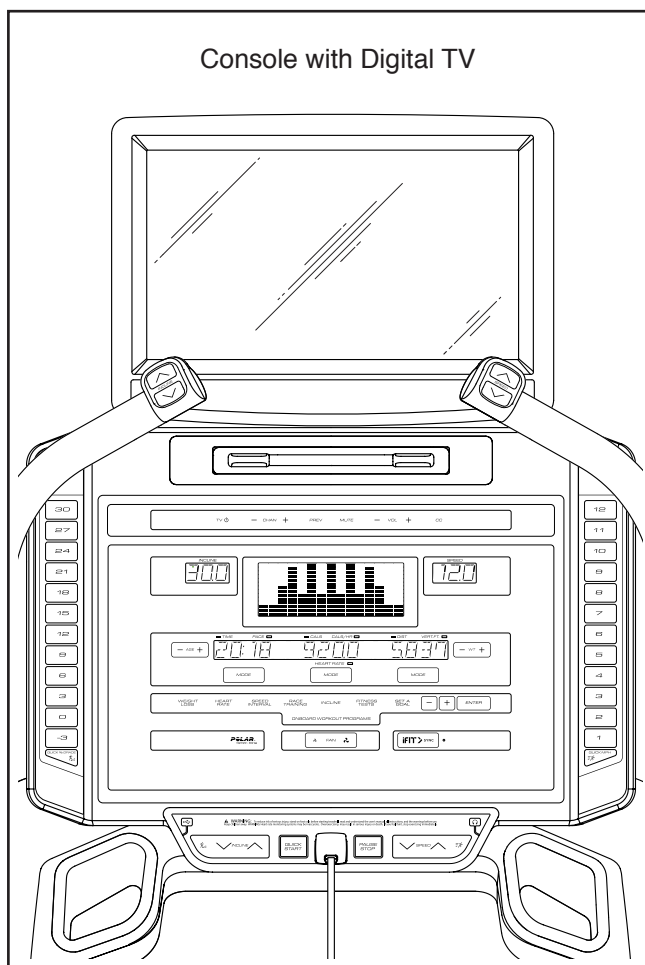
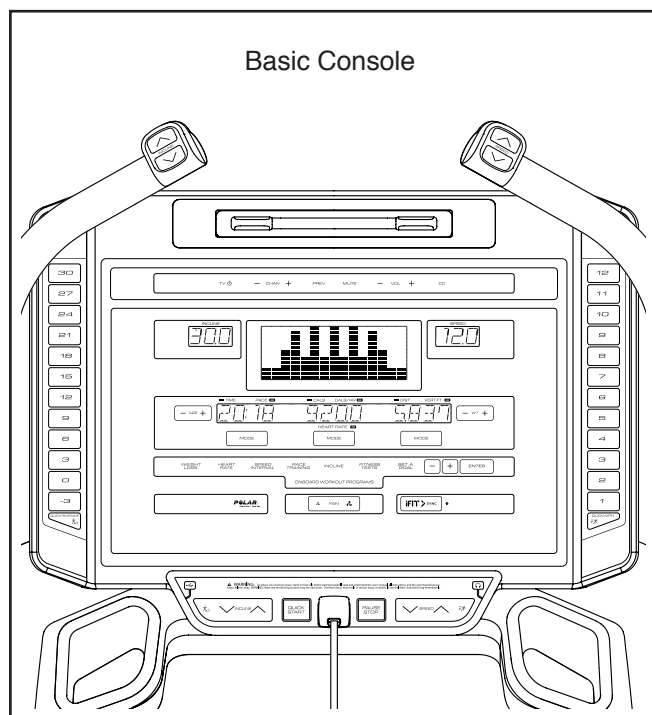
The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized 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.**

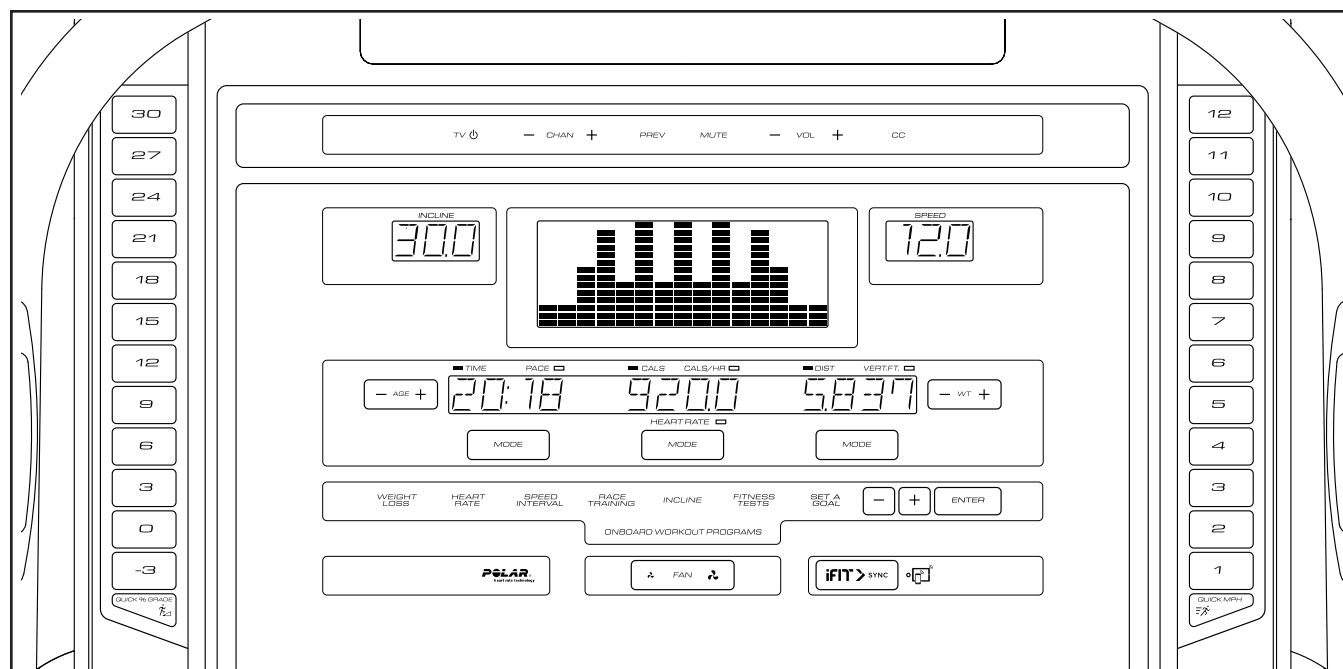
# HOW TO UPGRADE THE CONSOLE

Your incline trainer's console has been preconfigured to operate with a digital TV (see the drawings below). To learn about the features of the console, see page 19. To learn about the features of the digital TV, see the user's manual included with the digital TV. **Note: The buttons at the top of the console function with the 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 a selection 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 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 time, distance, or calorie goal.

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

You can also connect your tablet to the console and use the iFit®—Smart Cardio Equipment app to record and track your workout information.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 27 for information about purchasing an optional chest heart rate monitor.**

**To turn on the power,** see page 20. **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 a fitness test,** see page 24. **To connect your tablet to the console,** see page 25. **To connect your heart rate monitor to the console,** see page 26. **To use the maintenance mode,** see page 26.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE MAINTENANCE MODE on page 26. For simplicity, all instructions in this manual refer to miles.

**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 pages 33 and 34).

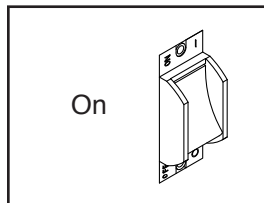
## HOW TO TURN ON THE POWER

### 1. Plug in the power cord.

See HOW TO CONNECT THE POWER CORD on page 17.

### 2. Press the power switch into the on position.

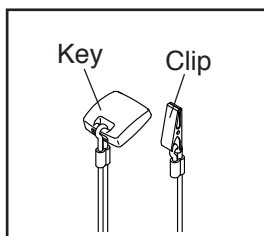
Locate the power switch on the incline trainer near the power cord. Press the power switch into the on position.



### 3. Insert the key into the console.

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 MANUAL MODE

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

See HOW TO TURN ON THE POWER at the left.

### 2. Enter your weight if desired.

Use the Wt increase and decrease buttons to adjust the weight shown in the display.

### 3. Enter your age if desired.

Use the Age increase and decrease buttons to adjust the age shown in the display.

### 4. Start the walking belt.

To start the walking belt, press the Start button. 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; Note: After you press the button, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To pause the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button.

### 5. 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 numbered incline buttons. Each time you press one of the buttons, the incline trainer will gradually adjust to the selected incline setting.

## 6. Follow your progress with the displays.

**The matrix**—The matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

**The Incline display**—This display will show the incline of the incline trainer.

**The Speed display**—This display will show the speed of the walking belt.

**The Time display**—This display will show the elapsed time.

**The Pace display**—This display will show your pace.

**The Cals display**—This display will show how many calories you have burned.

**The Cals/Hr display**—This display will show how many calories you are burning per hour.

**The Dist display**—This display will show the distance that you have walked or run.

**The Vert.Ft. display**—This display will show how many vertical feet you have climbed.

To change the information in any of the three center displays, press the Mode button below the desired display. Press the Mode button repeatedly to set the display to continually alternate which information is shown.

To reset the displays, press the Stop button, remove the key, and then reinsert the key. Note: If the incline trainer is not used for a few minutes, the displays will reset automatically.

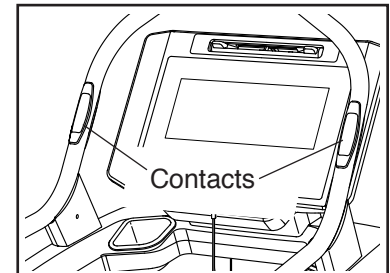
## 7. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. **For information about purchasing an optional chest heart rate monitor, see page 27.**

The console is compatible with all Bluetooth® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 26.

**Note: If you use both heart rate monitors at the same time, the Bluetooth Smart heart rate monitor will have priority.**

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 place your hands on the metal contacts—**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.**

## 8. Turn on the fan if desired.

The fan features several 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 or decrease button to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

**9. When you are finished exercising, press the Stop button.**

Step onto the foot rails, press the Stop button, and adjust the incline of the incline trainer to zero.

## **HOW TO USE AN ONBOARD WORKOUT**

**1. Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 20.

**2. Enter your weight if desired.**

See step 2 on page 20.

**3. Enter your age if desired.**

See step 3 on page 20.

**4. Select an onboard workout.**

To select an onboard workout, press the Weight Loss, Speed Interval, Race Training, or Incline button repeatedly until the desired workout appears in the display.

A few seconds after you select a workout, the duration, distance, and maximum speed settings of the workout will appear in the display for a few seconds.

**5. Start the walking belt.**

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

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

At the end of each segment, the speed and/or incline setting for the next segment will flash in the display to alert you if the setting is about to change. The incline trainer will then automatically adjust to the speed and 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.**

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 and Incline buttons; however, **when the current segment of the workout ends, 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 Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for that segment.

**6. Follow your progress with the displays.**

See step 6 on page 21.

**7. Measure your heart rate if desired.**

See step 7 on page 21.

**8. Turn on the fan if desired.**

See step 8 on page 21.

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

See step 9 at the left.

## HOW TO USE A SET-A-GOAL WORKOUT

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

See HOW TO TURN ON THE POWER on page 20.

### 2. Enter your weight if desired.

See step 2 on page 20.

### 3. Enter your age if desired.

See step 3 on page 20.

### 4. Set a time, distance, or calorie goal.

To select a set-a-goal workout, press the Set a Goal button repeatedly until the desired workout appears in the display. Use the increase and decrease buttons next to the Enter button to adjust the goal amount. Then, press the Enter button to set the goal.

### 5. Start the workout.

Press the Start button to start the workout. A moment after you press 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 page 20).

The workout will continue until you reach the goal that you set. The incline trainer will then enter cool down mode, after which the walking belt will slow to a stop.

**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.**

### 6. Follow your progress with the displays.

See step 6 on page 21.

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

See step 7 on page 21.

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

See step 8 on page 21.

### 9. When you are finished exercising, press the Stop button.

See step 9 on page 22.

## HOW TO USE A HEART RATE WORKOUT

Heart rate workouts automatically control the speed and incline of the incline trainer to keep your heart rate near a target level while you exercise. Note: You must use the handgrip heart rate monitor or wear a chest heart rate monitor to use a heart rate workout.

### 1. Wear a Polar-compatible chest heart rate monitor.

For the most accurate heart rate readings, it is recommended that you wear a Polar-compatible chest heart rate monitor when using a heart rate workout.

You can also hold the handgrip heart rate monitor during a heart rate workout.

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

See HOW TO TURN ON THE POWER on page 20.

### 3. Enter your weight if desired.

See step 2 on page 20.



**4. Enter your age if desired.**

See step 3 on page 20.

**5. Select a heart rate workout.**

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

**6. Start the workout.**

Press the Start button to start the workout. A moment after you press the button, the console will count down, and then the walking belt will begin to move. Hold the handrails and begin walking.

During a heart rate workout, the displays will compare your actual heart rate to your target heart rate.

To keep your actual heart rate near the target heart rate, the console will automatically adjust the speed and incline of the workout.

The workout will continue until the heart rate workout is complete. Then, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Stop button repeatedly to return to the main menu.

**Note: The calorie display 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.**

**7. Follow your progress with the displays.**

See step 6 on page 21.

**IMPORTANT: The heart rate target is intended only to provide motivation. Make sure to exercise at an intensity that is comfortable for you. If the speed and incline settings are uncomfortable for you, press the Stop button or remove the key to pause or end the workout.**

**8. Turn on the fan if desired.**

See step 8 on page 21.

**9. When you are finished exercising, press the Stop button.**

See step 9 on page 22.

**HOW TO USE A FITNESS TEST**

**1. Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 20.

**2. Wear a Polar-compatible chest heart rate monitor.**

For the most accurate heart rate readings, it is recommended that you wear a Polar-compatible chest heart rate monitor when using the fitness test.

You can also hold the handgrip heart rate monitor during the fitness test.

**3. Enter your weight if desired.**

See step 2 on page 20.

**4. Enter your age if desired.**

See step 3 on page 20.

**5. Select the fitness test.**

To select the fitness test, press the Fitness Tests button repeatedly until the desired fitness test appears in the display. Then, press the Start button.



## 6. Begin exercising.

The fitness test is divided into segments. During the fitness test, the profile in the display will show your progress.

During the fitness test, the console will automatically adjust the speed and incline of the incline trainer.

**IMPORTANT: In some of the fitness tests, you cannot adjust the incline and speed settings manually. If you are uncomfortable, press the Stop button or remove the key to stop the fitness test.**

The program will continue in this way until the last segment ends.

## 7. Follow your progress with the displays.

See step 6 on page 21.

## 8. Turn on the fan if desired.

See step 8 on page 21.

## 9. When you are finished exercising, press the Stop button.

See step 9 on page 22.

## HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other Bluetooth connections are not supported.

### 1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App Store<sup>SM</sup> or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

### 2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 26.

### 3. Connect your tablet to the console.

Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

When a connection is established, the LED on the console will turn solid blue.

### 4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

### 5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

## HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all Bluetooth Smart heart rate monitors.

To connect your Bluetooth Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

**Note:** If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

**Note:** All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

## THE MAINTENANCE MODE

The console features a maintenance mode that keeps track of incline trainer information and allows you to personalize console settings.

To select the maintenance mode, hold down the Stop button while inserting the key into the console, and then release the Stop button. When the maintenance mode is selected, press the Stop button to access the optional screens. Then, press the Speed increase button to change settings.

**UNITS**—This display will show which unit of measurement is selected. To view distance in miles, select UNITS ENGLISH. To view distance in kilometers, select UNITS METRIC.

**INCLINE CALIBRATION**—This display is used to calibrate the incline system. To calibrate the incline system, press the Incline increase and decrease buttons.

**SOFTWARE VERSION**—This display will show the current versions of various software on the console.

**TOTAL TIME**—This display will show the total number of hours that the incline trainer has been used.

**TOTAL BELT TIME**—This display will show the total number of hours that the walking belt has moved.

**TOTAL LIFT TIME**—This display will show the total number of hours that the lift motor has been used.

**IDLE TIME**—This display allows you to adjust the amount of time that will pass before the console goes to sleep after no buttons have been pressed.

**PAUSE TIME**—This display allows you to adjust the amount of time that will pass before the console will reset the displays after the walking belt has been paused.

**TV SETUP**—This display is used during setup of the optional TV.

**LANGUAGE**—This display will show which language is selected for the text displayed on the console.

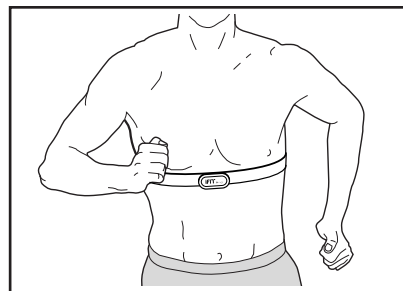
**Note:** There are several other optional screens in the maintenance mode meant to provide information about the incline trainer to service technicians.

To exit the maintenance mode, remove the key from the console.

## THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your

workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the back cover of this manual.**



**Note:** The console is compatible with all Bluetooth Smart heart rate monitors.

# PREVENTIVE MAINTENANCE

Regular maintenance is necessary for optimal performance and long life of the incline trainer. Please read and follow all instructions below. If you have questions, see the back cover of this manual.

**⚠ WARNING:** If all maintenance procedures are not performed as described, components may wear excessively, the incline trainer may become damaged, a risk of injury or a risk of fire may result, and the warranty will be voided.

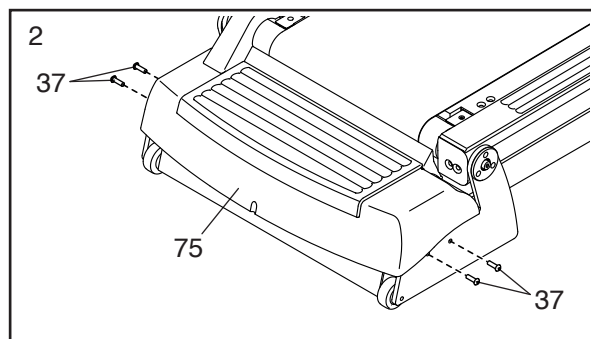
## WEEKLY MAINTENANCE

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.** Then, apply a small amount of the cleaner to a second cloth and wipe the console and the screen(s). **Do not spray cleaner directly onto the incline trainer or use ammonia or acid-based cleaners.**
3. Vacuum the area around the incline trainer.
4. Make sure that the walking belt is centered and properly tightened (see pages 33 and 34). If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see pages 30 and 31.

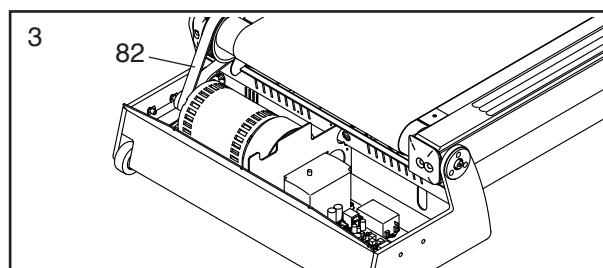
## MONTHLY MAINTENANCE

1. Turn on the incline trainer, and set the incline to 30%.

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



3. Using a hand-held vacuum, clean the area that was under the motor hood. **Be careful to avoid touching any components.** Then, check the Drive Motor Belt (82) for wear, cracks, dust buildup, and proper tension. If the Drive Motor Belt needs to be replaced, please see the back cover of this manual.

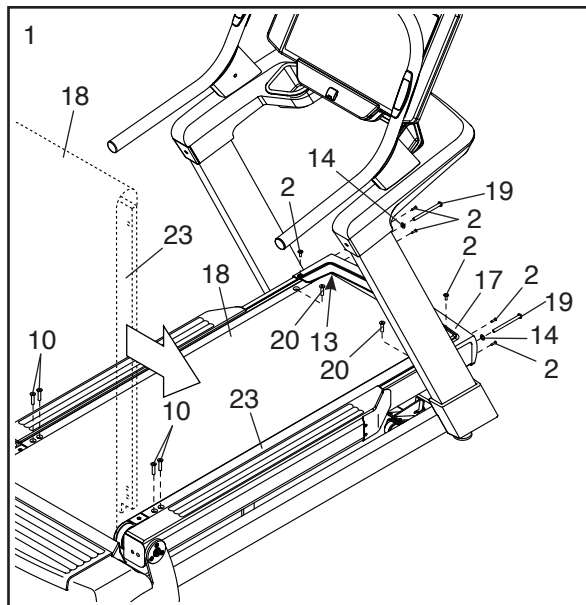


4. Lift the edge of the walking belt and slide your hand between the walking belt and the walking platform. If the underside of the walking belt is dry, you may need to apply more lubricant (see the back cover of this manual).
5. Plug in the power cord and insert the key into the console. Press the Start 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. See drawing 2 above.** Reattach the Motor Hood (75) with the 3/8" x 1 1/4" Screws (37).

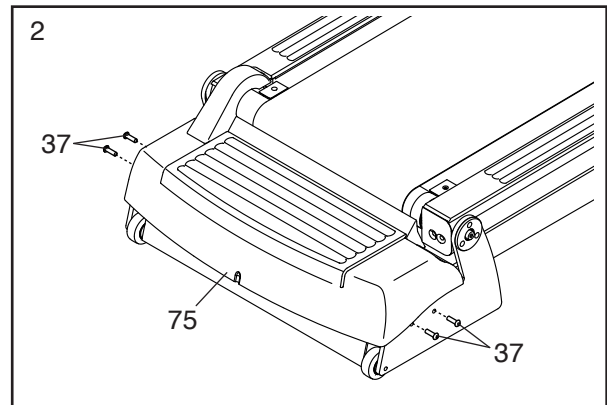
## REPLACING THE WALKING PLATFORM AND THE WALKING BELT

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 or replaced. In addition, inspect the walking belt for wear. If the walking belt is cracking, tearing, or folding, it should be replaced. Follow the instructions below to turn over or replace the walking platform and/or to replace the walking belt. **As you remove screws, make sure to note which screws you remove from each part.**

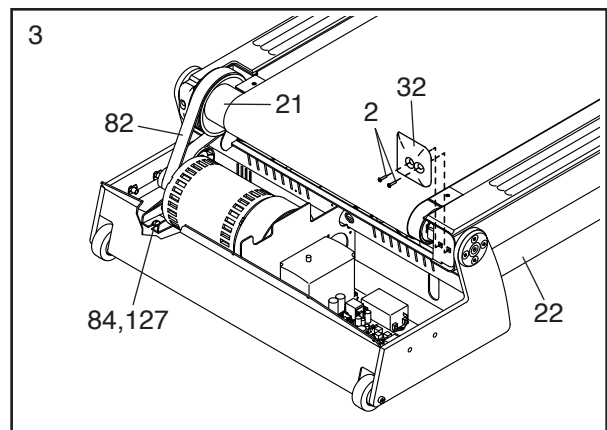
1. Set the incline level to 0%. **Remove the key and unplug the power cord.** Remove the six #8 x 3/4" Truss Head Screws (2) and the Front Cover (17). Next, remove the two 3/8" x 5 1/2" Screws (19) and the two 3/8" Star Washers (14) from the Front Roller (13). Then, lift the Front Roller and slide it out of the Walking Belt (18).



2. Remove the 3/8" x 1 1/4" Screws (37) and lift off the Motor Hood (75).



3. Remove the two indicated #8 x 3/4" Truss Head Screws (2), the Right Rear Endcap (32), the 3/8" x 2" Screw (84), and the 3/8" Black Washer (127). Next, slip off the Drive Motor Belt (82). Then, pull the left side of the Drive Roller (21) out of the Frame (22).



4. **See drawing 1 at the left.** 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).** Next, lift the Walking Platform and the Walking Belt (18) to the position shown by the dotted lines.

**If you are turning over or replacing the Walking Platform (23), go to step 5.**

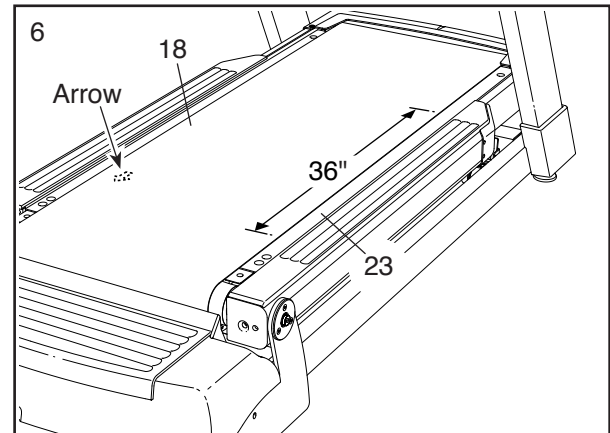
**If you are replacing only the Walking Belt (18),** remove the old Walking Belt and discard it. Next, slide the new Walking Belt onto the Walking Platform (23). Then, carefully follow steps 1–4 in reverse order. Make sure to align the Drive Motor Belt (82) so that it is straight on both pulleys. **Then, go to step 6.**

5. **See drawing 1 on page 29.** Remove the Walking Belt (18) and the Walking Platform (23) from the incline trainer.

Check to see whether both sides of the Walking Platform (23) are worn. If the underside has not previously been used, turn over the Walking Platform and continue to use it. If the Walking Platform has previously been turned over, discard the old Walking Platform. **Save all other parts.**

Using the new Walking Platform (23) or the old Walking Platform with the unworn side facing upward, carefully follow steps 1–5 in reverse order. If you are also replacing the Walking Belt (18), use the new Walking Belt. Make sure to align the Drive Motor Belt (82) so that it is straight on both pulleys.

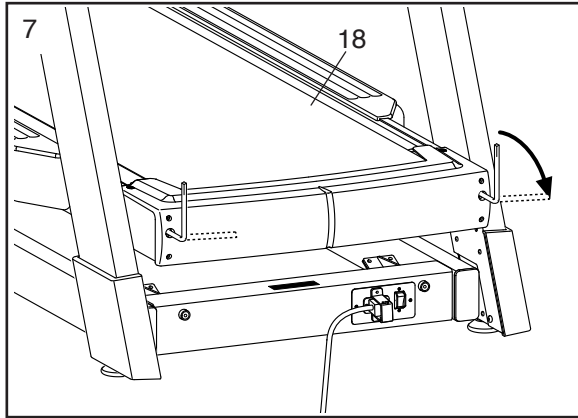
6. Lift the right or left edge of the Walking Belt (18) and look for a small arrow printed on the underside of the Walking Belt; move the Walking Belt, if necessary, as you look for an arrow. **If you find an arrow, make sure that the arrow is pointing toward the rear of the incline trainer, as shown.** If it is not, remove the Walking Belt, turn it around, and slide it back onto the Walking Platform (23). **Note:** Your walking belt may not have an arrow. If it does not have an arrow, it can be turned either way.



Next, move the Walking Belt (18), if necessary, until the seam (not shown) across the Walking Belt is beneath the Walking Platform (23).

Then, locate the indicated marks on the left and right sides of the Walking Belt (18). The marks should be exactly 36" apart.

7. Center the Walking Belt (18), if necessary (see pages 33 and 34). Then, plug in the power cord, step onto the foot rails, insert the key into the console, and press the Start 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, unplug the power cord**, and turn both roller adjustment screws clockwise one turn. Continue to test the tension of the walking belt until the walking belt no longer slips. Make sure to keep the walking belt centered.



## LUBRICATING THE WALKING BELT

Your incline trainer features a walking belt coated with high-performance lubricant. If the underside of the walking belt is dry, you may need to apply more lubricant (see the back cover of this manual).

**IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative.**

# 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. **IMPORTANT: Perform all maintenance procedures as described on pages 28 to 31. If all procedures are not performed as described, components may wear excessively, the incline trainer may become damaged, a risk of injury or a risk of fire may result, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the incline trainer.	Clean the incline trainer, and vacuum the area around 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 wear, and check the walking belt for lubricant.	Check the motor for arcing, and 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 Belt Replaced	/ /	Walking Platform Turned Over/Replaced	/ /
-----------------------	-----	---------------------------------------	-----



# TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the incline trainer is used. Replace any worn parts immediately.

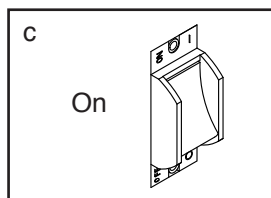
Regularly clean the incline trainer and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the incline trainer with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the incline trainer. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the incline trainer with a soft towel.

## 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 17).
- 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.

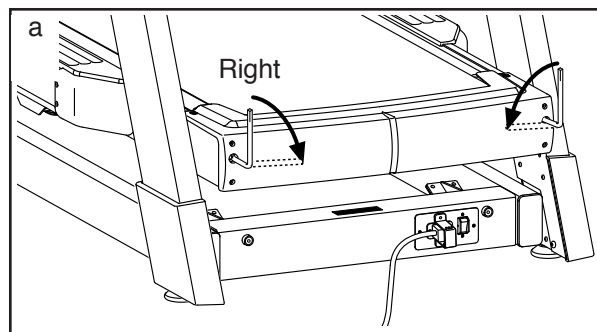


### SYMPTOM: The power turns off during use

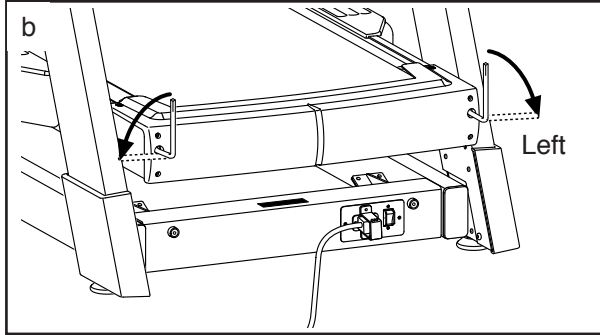
- Check the power switch located on the incline trainer near the power cord (see drawing c at the left). Make sure that the power switch is pressed into the on position.
- Make sure that the power cord is plugged in.
- Remove the key from the console, and then reinsert it.
- Check the walking belt and the walking platform for excessive wear. Replace the walking belt or the walking platform if necessary (see pages 29 to 31).
- This may be a symptom of high amp draw. Lubricate the walking belt if necessary (see page 31).
- If the power still turns off during use, please see the back cover of this manual.

### SYMPTOM: The walking belt is not centered between the foot rails

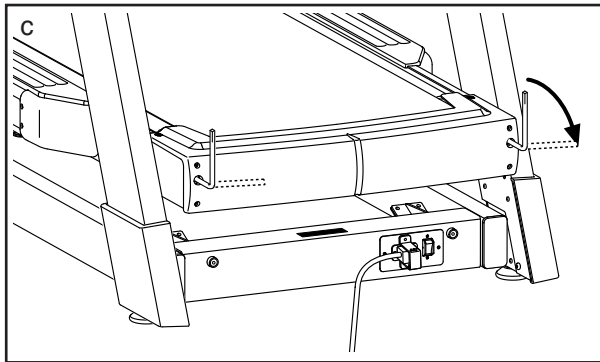
- IMPORTANT: If the walking belt rubs against the foot rails, the walking belt may become damaged. If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using a 7/32" hex key, turn the roller adjustment screws in the directions shown, 1/4 of a turn each. Be careful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



- 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 walk on the incline trainer for a few minutes. Repeat until the walking belt is centered between the foot rails.



- c. **If the walking belt slips when walked on, first 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. To properly tighten the walking belt, see step 7 on page 31. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



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

- This indicates that a controller error may have occurred. To correct the problem, turn the power switch off, wait 5 seconds, and then turn the power switch back on.
- This may be a symptom of high amp draw. Lubricate the walking belt if necessary (see page 31).

**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**

- Calibrate the incline system (see THE MAINTENANCE MODE on page 26).
- 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	♥
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

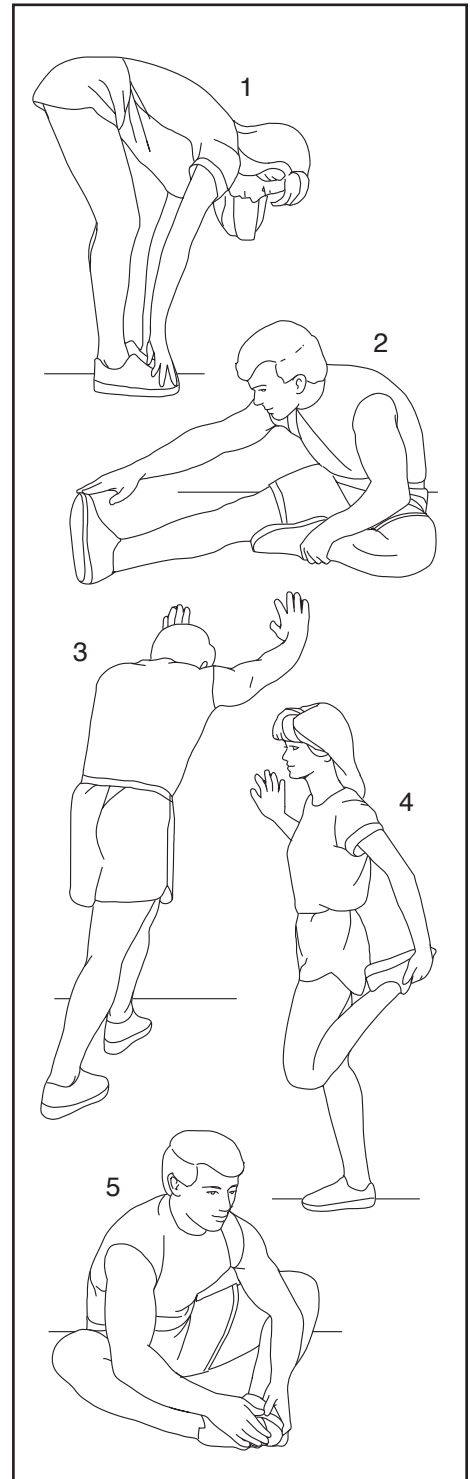
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. FMTK74218.3 R0619A

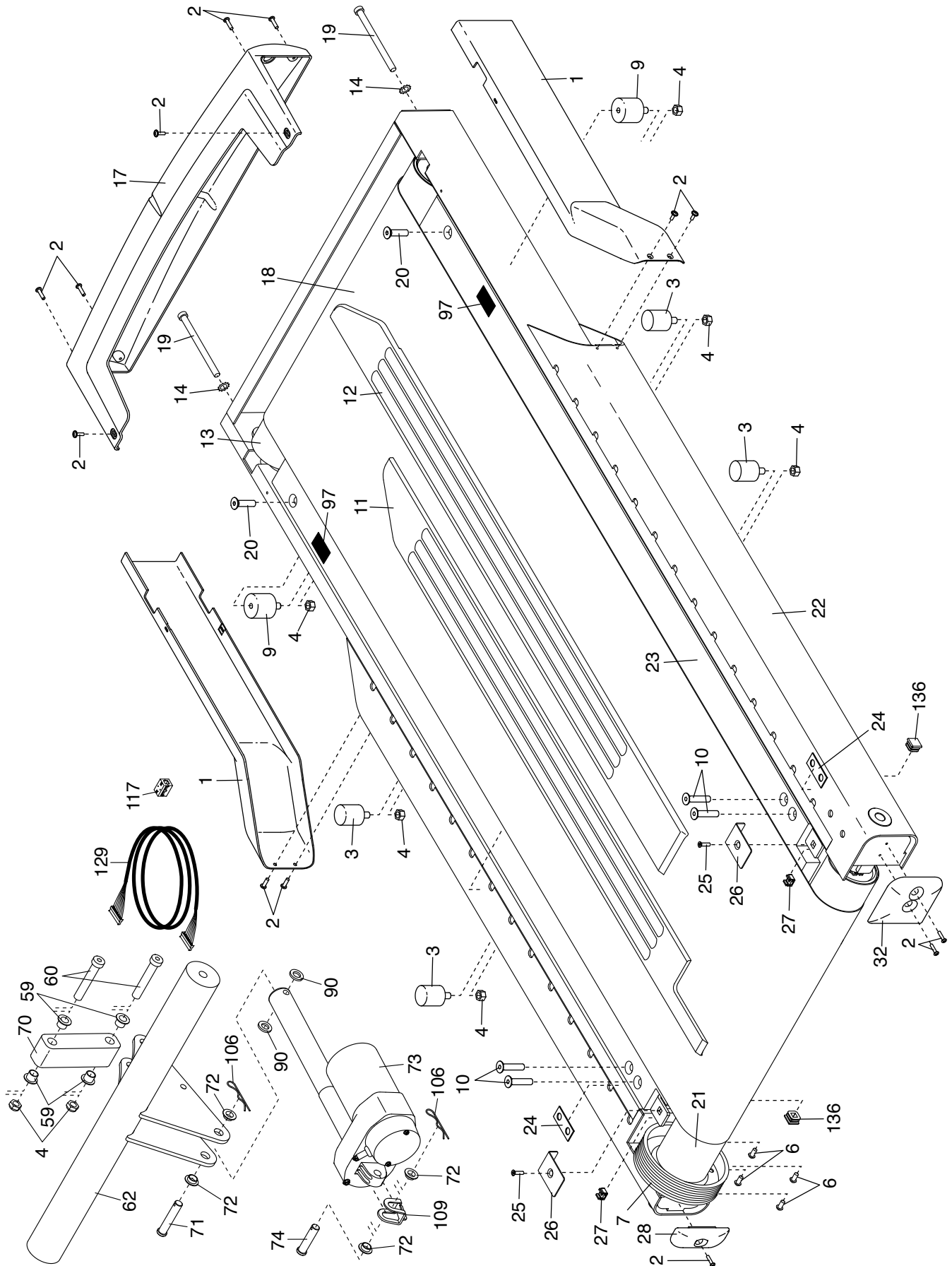
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Side Cover	51	16	5/16" x 3/4" Screw
2	15	#8 x 3/4" Truss Head Screw	52	1	Drive Motor
3	4	Center Isolator	53	1	Drive Motor Isolator
4	9	3/8" Jam Nut	54	2	3/4" x 1/2" Screw
5	1	Console Back	55	2	Torsion Bar Bushing
6	4	1/4" x 1/2" Screw	56	1	Base Frame
7	1	Drive Roller Pulley	57	4	M4 x 16mm Screw
8	2	1/4" x 1" Screw	58	1	TV Board
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	14	5/16" Star Washer
12	1	Right Foot Pad	62	1	Torsion Bar
13	1	Front Roller	63	1	Power Switch
14	6	3/8" Star Washer	64	2	3/8" x 3" Screw
15	1	Controller Box	65	1	Receptacle
16	56	#8 x 3/4" Screw	66	6	#8 x 1/2" Screw
17	1	Front Cover	67	4	#4 x 1/2" Screw
18	1	Walking Belt	68	1	Electronics Bracket
19	2	3/8" x 5 1/2" Screw	69	1	Small Console Cover
20	2	3/8" x 1 1/2" Screw	70	1	Incline Link Bar
21	1	Drive Roller	71	1	2 3/8" Clevis Pin
22	1	Frame	72	4	Incline Motor Bushing
23	1	Walking Platform	73	1	Incline Motor
24	2	Plastic Platform Spacer	74	1	1 3/4" Clevis Pin
25	2	1/4" x 3/4" Flat Head Bolt	75	1	Motor Hood
26	2	Rear Roller Guard	76	1	Hood Support Bracket
27	2	Cage Nut	77	1	Right Hood Cover
28	1	Left Rear Endcap	78	8	1/4" x 1/2" Bolt
29	12	#6 x 1/4" Screw	79	2	3/8" x 2 1/2" Bolt
30	1	3/8" x 2 1/2" Screw	80	4	5/16" Nut
31	2	Torsion Bar Spacer	81	2	Wheel
32	1	Right Rear Endcap	82	1	Drive Motor Belt
33	1	3/8" x 2 3/4" Button Head Bolt	83	2	#10 x 1/2" Bracket Screw
34	7	#8 x 3/4" Pan Head Screw	84	1	3/8" x 2" Screw
35	2	#10 x 1/2" Screw	85	7	1/4" x 3/4" Screw
36	1	Resistor	86	1	#8 x 1 5/8" Bolt
37	4	3/8" x 1 1/4" Screw	87	8	1/4" x 1/2" Screw
38	2	Leveling Foot	88	2	5/16" x 3/4" Cap Screw
39	1	Fan Airflow Adjuster	89	3	High Voltage Decal
40	2	1/4" x 3/4" Bolt	90	2	Incline Motor Spacer
41	1	5/8" x 1" Shoulder Bolt	91	2	1/4" x 2 3/8" Bolt
42	6	1/4" x 5/8" Screw	92	1	Console Access Cover
43	4	M8 Flat Washer	93	2	5/16" x 2 1/2" Bolt
44	4	5/16" x 1 1/2" Screw	94	8	1/4" Lock Nut
45	1	Idler Pulley	95	3	#8 Nut
46	2	Hub	96	2	#8 Star Washer
47	2	Frame Pivot Bearing	97	2	Deck Maintenance Decal
48	2	Snap Ring	98	4	#8 x 3/4" Machine Screw
49	1	Idler Wheel	99	16	#4 x 5/16" Screw
50	4	3/8" x 2 3/4" Screw	100	1	Power Board

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Filter	136	2	Frame Crossbar Cap
102	2	#6 x 1/2" Screw	137	1	M3 x 12mm Bolt
103	2	1/2" Jam Nut	138	1	98°C Thermal Switch
104	2	#10 Nut	139	1	M3 Nut
105	1	Key/Clip	140	1	Switch Bracket
106	2	Cotter Pin	141	1	Fan
107	2	Cable Tie	142	1	Left Outer Cover
108	1	Power Cord	143	1	Right Outer Cover
109	1	Incline Motor Bracket	144	1	Left Inner Cover
110	2	Caster	145	1	Right Inner Cover
111	2	Caster Bracket	146	2	Handrail Wire
112	1	Left Handrail Assembly	147	2	Handrail Cap
113	1	Right Handrail Assembly	148	2	Upright Cap
114	1	104°C Thermal Switch	149	1	Left Upright
115	2	Base Cap	150	1	Right Upright
116	1	Upright Wire Harness	151	1	Left Upright Cover
117	1	Ferrite Clamp	152	1	Right Upright Cover
118	1	Power Cord Bracket	153	1	Handrail Base Top Cover
119	2	Metal Spacer	154	1	Handrail Base
120	2	1/2" Jam Nut	155	1	Handrail Base Bottom Cover
121	2	Caution Decal	156	1	Left Tray
122	1	Hazard Warning Decal	157	1	Right Tray
123	1	Warning Decal	158	2	12" Ground Wire
124	4	Motor Mount Bushing	159	2	#8 x 3/4" Console Ground Screw
125	1	Upright Coaxial Cable	160	2	Handrail Extension Wire
126	1	1/2" x 3 1/2" Shoulder Bolt	161	1	Coaxial Extension Cable
127	2	3/8" Black Washer	162	1	Upright Extension Wire
128	1	Left Controller	163	1	Console Base
129	1	Frame Wire Harness	164	1	Console
130	1	Right Controller	165	1	Small Console Cover
131	9	Standoff	166	1	Console Cover
132	2	Pulse Top	167	1	Console Frame
133	1	Outlet Plate	168	1	Toroid Filter
134	2	Pulse Bottom	*	—	User's Manual
135	9	#8 x 1/2" Machine Screw			

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

# EXPLODED DRAWING A

Model No. FMTK74218.3 R0619A





This exploded view diagram illustrates the assembly of a portable air conditioner. The main components shown include:

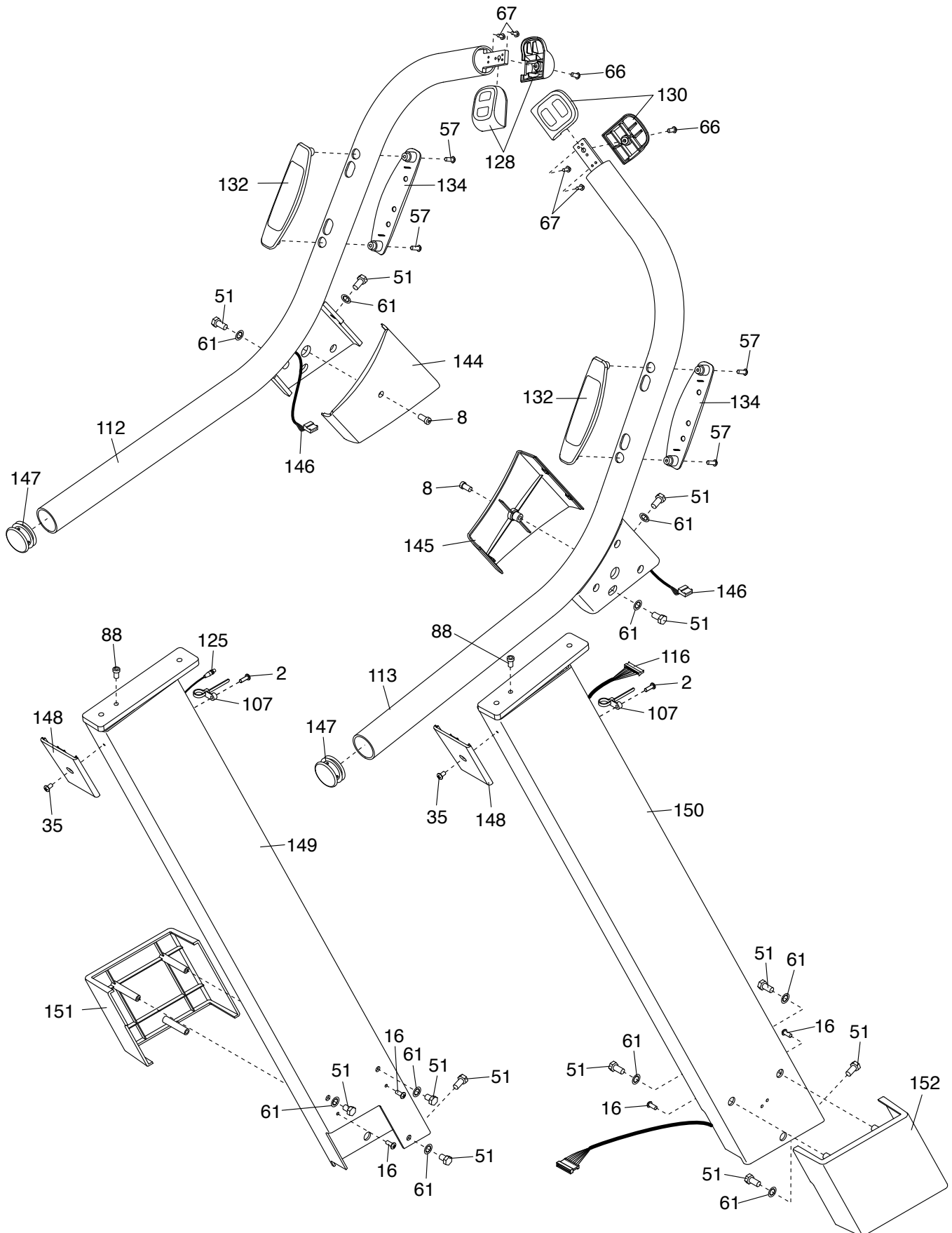
- Condenser Unit (Left):** Features a large condenser coil (82), a fan (45), and a motor assembly (30, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848,

40



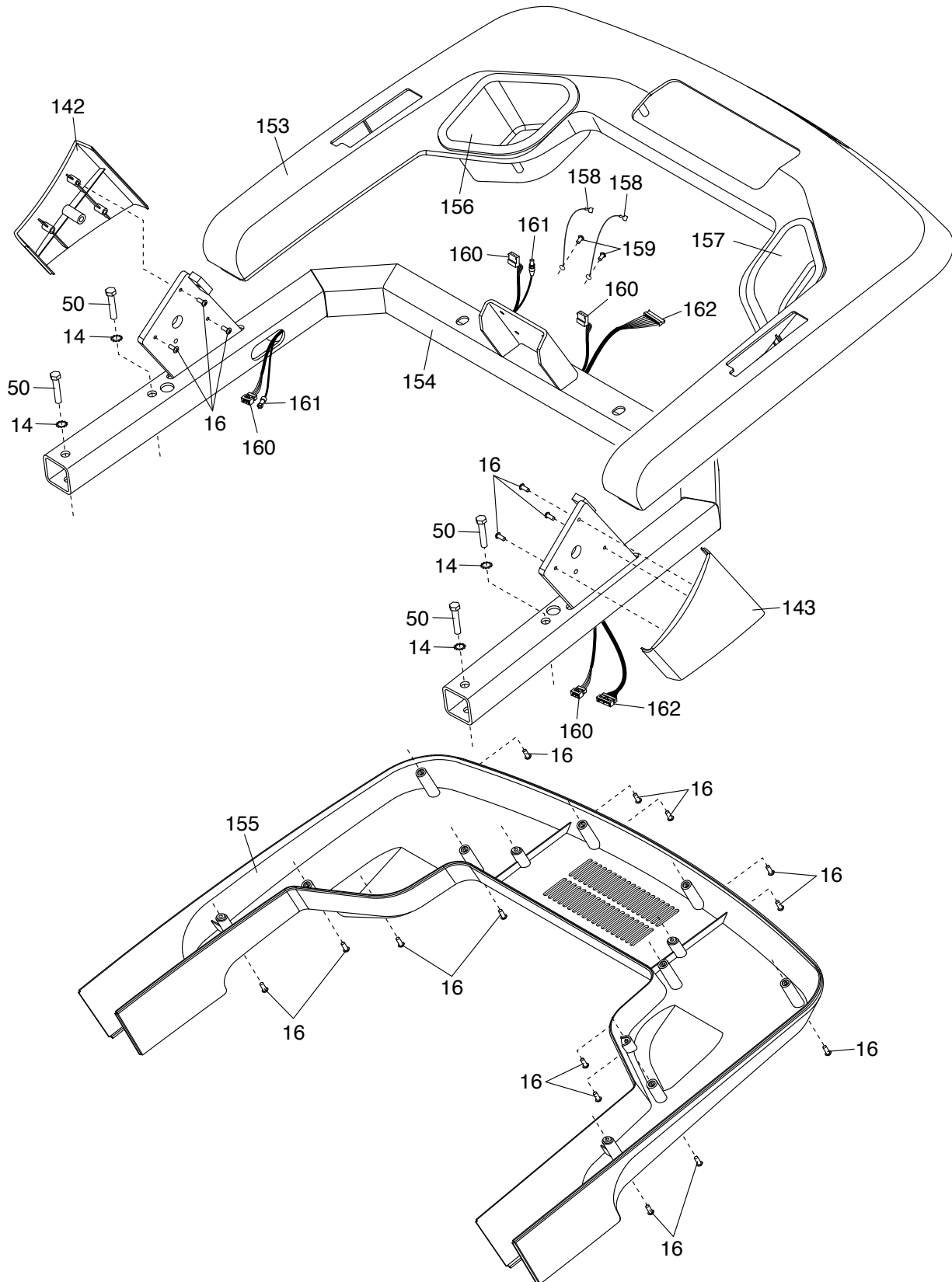
# EXPLODED DRAWING C

Model No. FMTK74218.3 R0619A



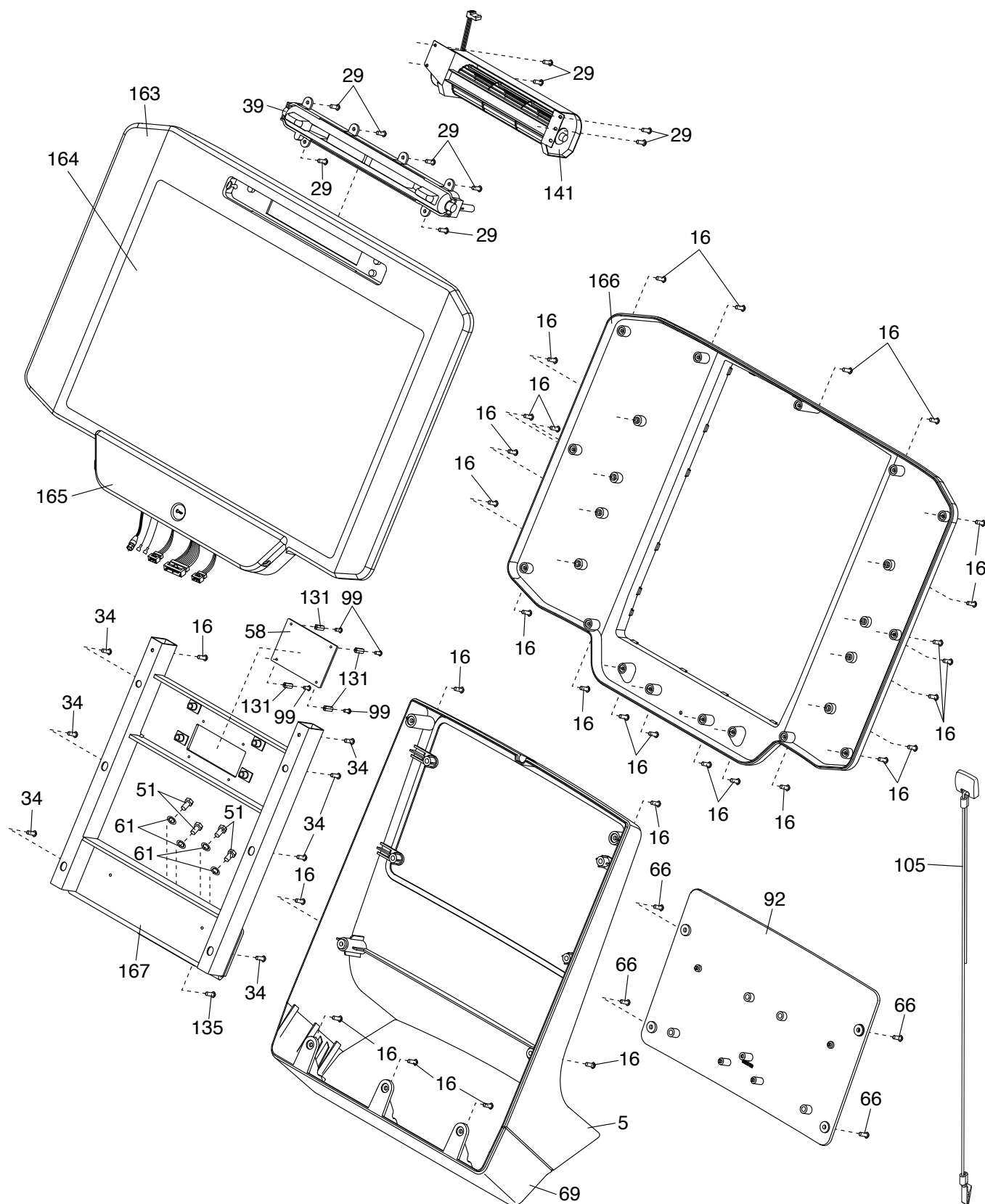
# EXPLODED DRAWING D

Model No. FMTK74218.3 R0619A



# EXPLODED DRAWING E

Model No. FMTK74218.3 R0619A



---

# HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please 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: 1-800-201-2109 Mon.–Fri. 6 a.m.–6 p.m. MT

Email: [customercare@freemotionfitness.com](mailto:customercare@freemotionfitness.com)

Write:

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

## Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)

---

# LIMITED 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 the maximum user weight listed in this manual.
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.