

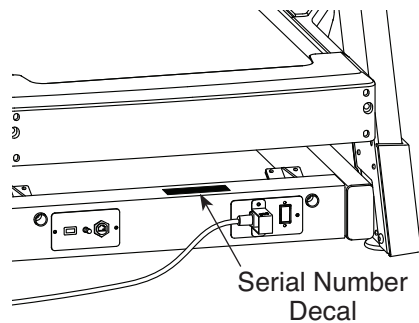
FREEMOTION[®]

i22.9 INCLINE TRAINER

Model No. FMTK74819K2.0

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.

OWNER'S MANUAL

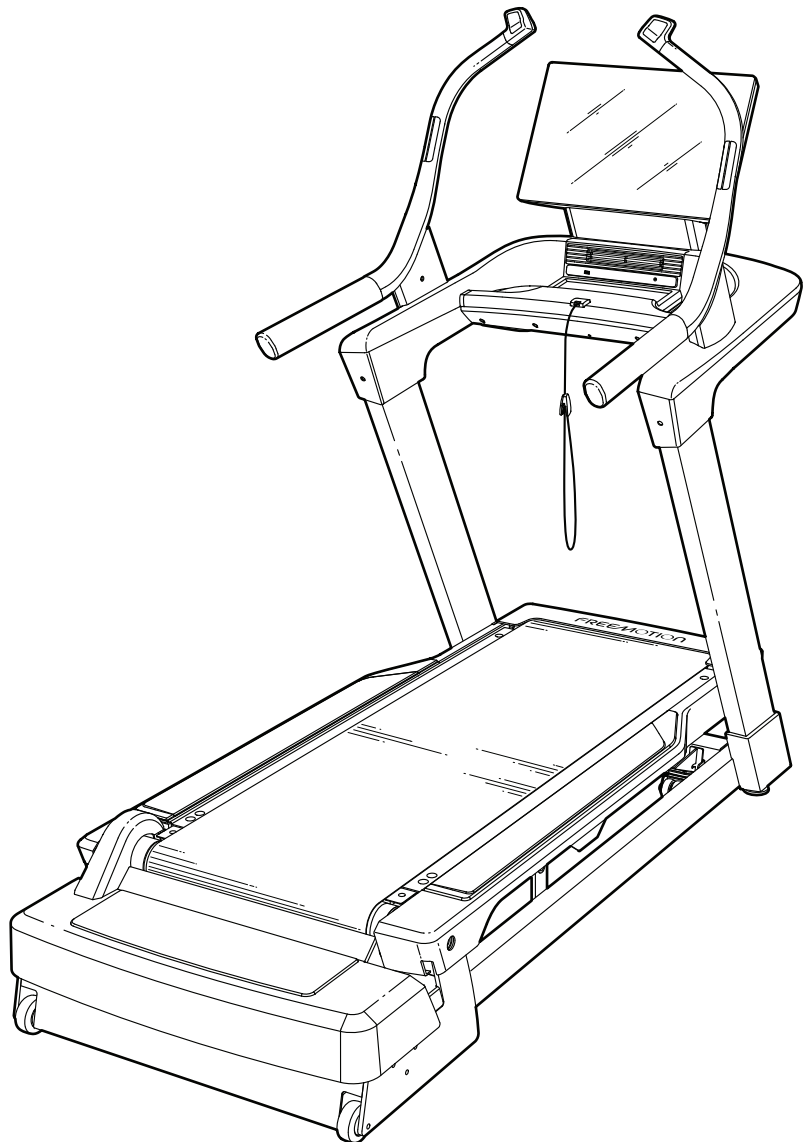


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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on 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 16 and pets away from the incline trainer at all times.
11. The incline trainer should not be used by persons weighing more than 398 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 37 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 19). 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

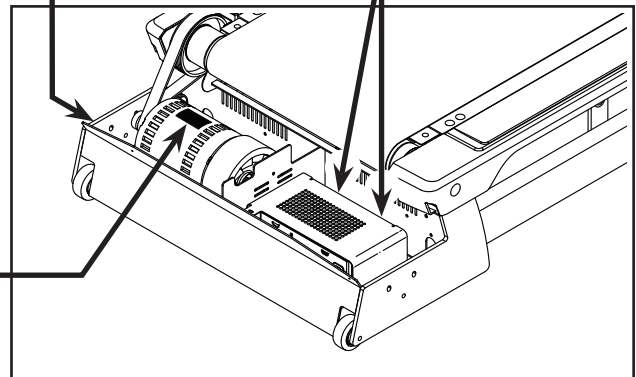
These drawings show the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

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

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

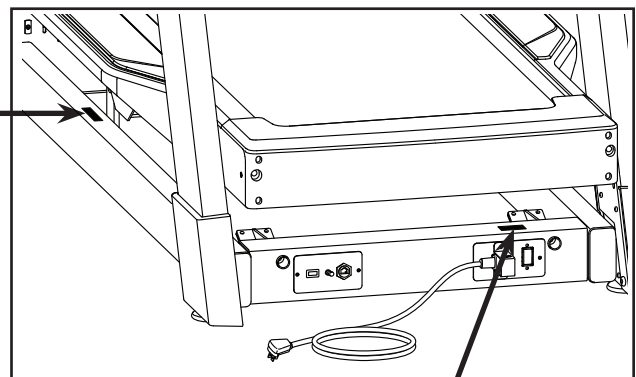
	⚠ WARNING <ul style="list-style-type: none"> Hazardous Voltage Risk of Electric Shock Unplug Treadmill before Assembly/ Disassembly
	⚠ ATTENTION <ul style="list-style-type: none"> Tension Dangereuse Risque de Choc Électrique Débranchez le tapis roulant Avant l'Assemblage/Désassemblage

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



⚠ CAUTION	⚠ ATTENTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.	GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHÉ.

Note: There is one decal on each side



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

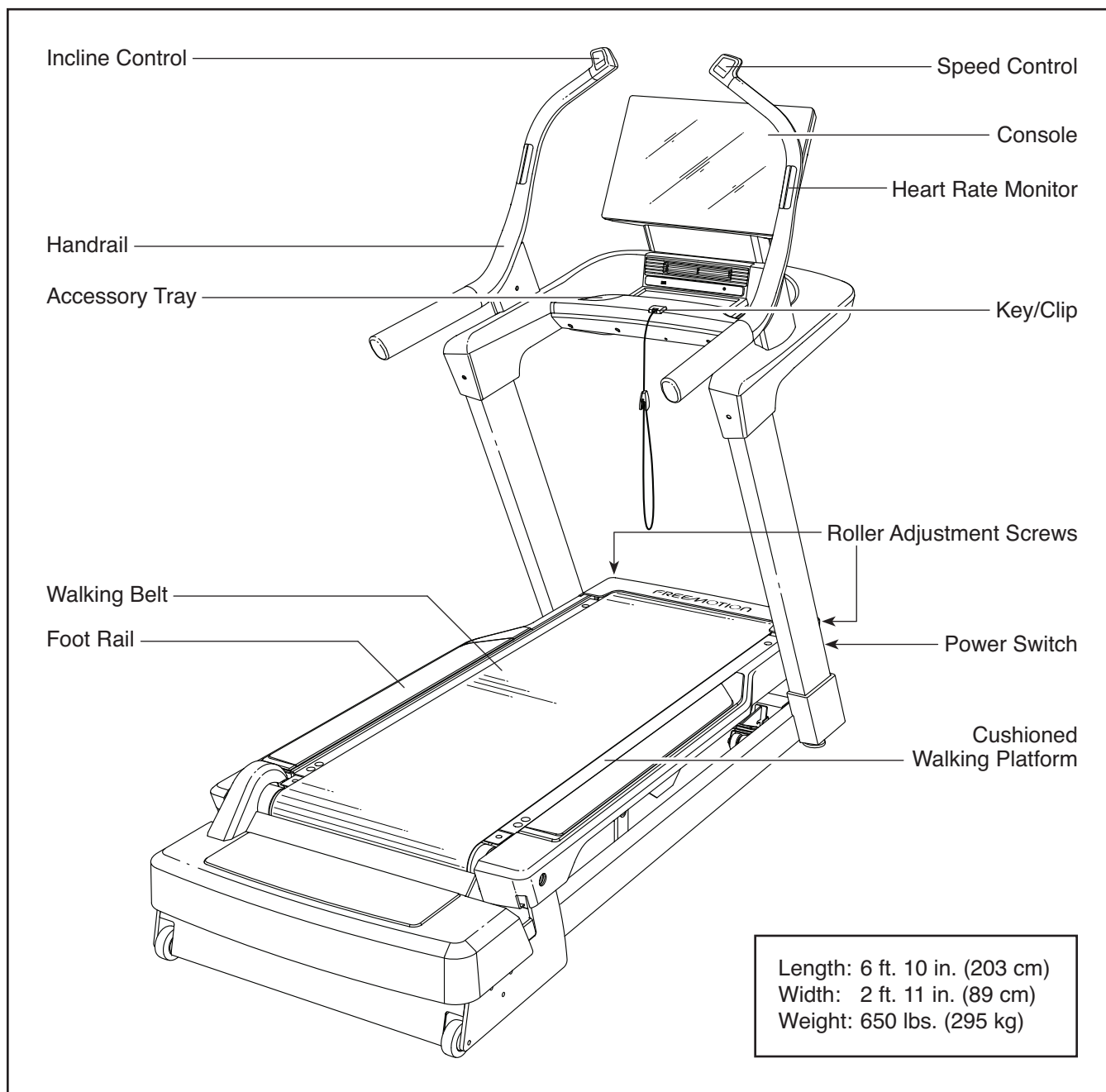
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® i22.9 INCLINE TRAINER. The i22.9 INCLINE TRAINER provides an impressive selection of features designed to make your workouts more effective and enjoyable.

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

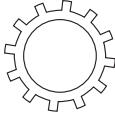
after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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




PART IDENTIFICATION CHART

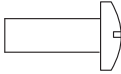
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



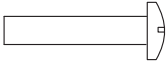
3/8" Star Washer (8)–8



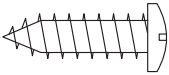
5/16" Star Washer (7)–12



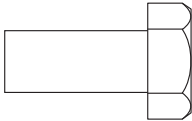
#10 x 1/2" Machine Screw (2)–2



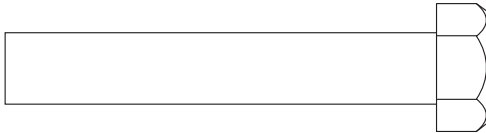
#8 x 3/4" Machine Screw (1)–36



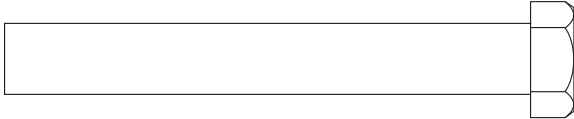
#10 x 3/4" Screw (3)–4



5/16" x 3/4" Screw (4)–14



3/8" x 2 1/4" Screw (6)–4



3/8" x 2 3/4" Screw (5)–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:

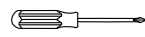
one 3/8" hex key



one 7/32" hex key



one Phillips screwdriver



one torque wrench

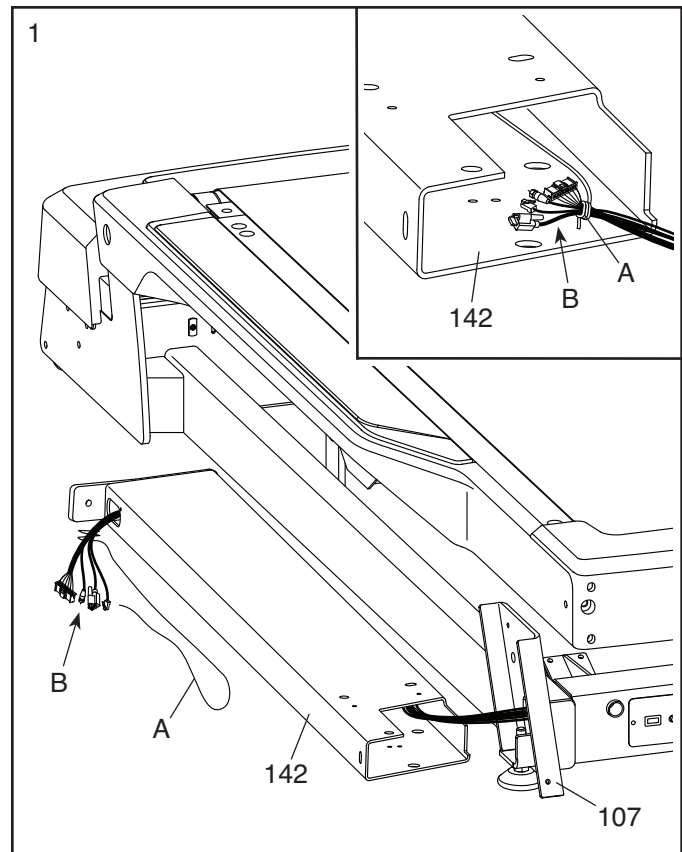


To avoid damaging parts, do not use power tools.

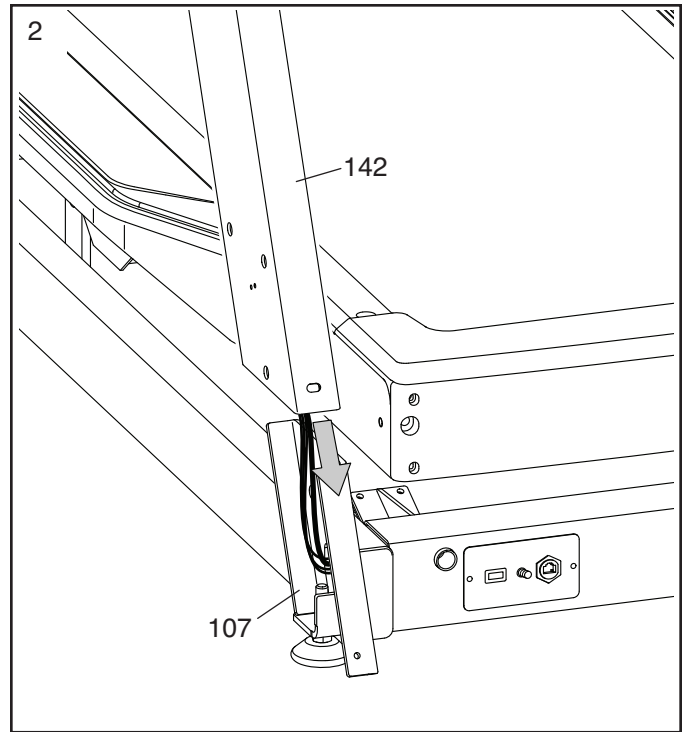
1. Make sure that the power cord is unplugged.

Identify the Right Upright (142). Lay the Right Upright near the Base Frame (107).

See the inset drawing. If there is a wire tie (A) in the Right Upright (142), tie it securely around the wires (B) extending from the Base Frame (107). Then, insert the wires into the lower end of the Right Upright, and pull the other end of the wire tie, until the wires are routed through the Right Upright. Then, remove the wire tie.



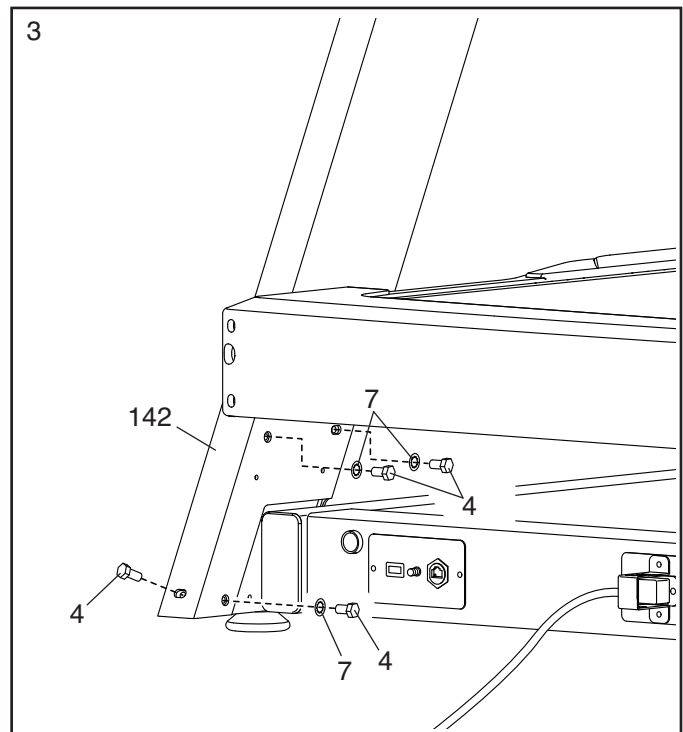
2. **Tip: Avoid pinching the wires.** With the help of a second person, slide the Right Upright (142) onto the Base Frame (107).



3. Partially tighten two 5/16" x 3/4" Screws (4) with two 5/16" Star Washers (7) into the upper two holes in Right Upright (142); **do not fully tighten the Screws yet.**

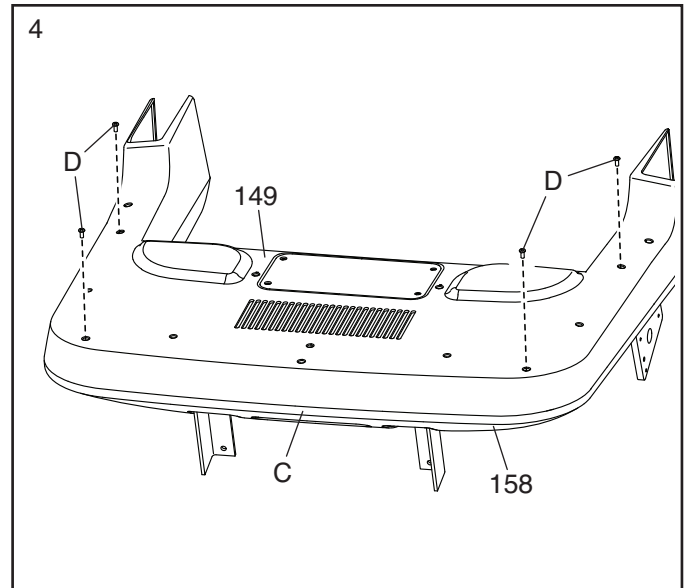
Then, partially tighten two 5/16" x 3/4" Screws (4) with one 5/16" Star Washer (7) as shown into the Right Upright (142).

Attach the Left Upright (not shown) as described above. Note: There are no wires in the Left Upright.



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

Then, separate the Handrail Base Top Cover (158) from the Handrail Base Bottom Cover (149). Set the Handrail Base Top Cover aside to be reattached in a later step.

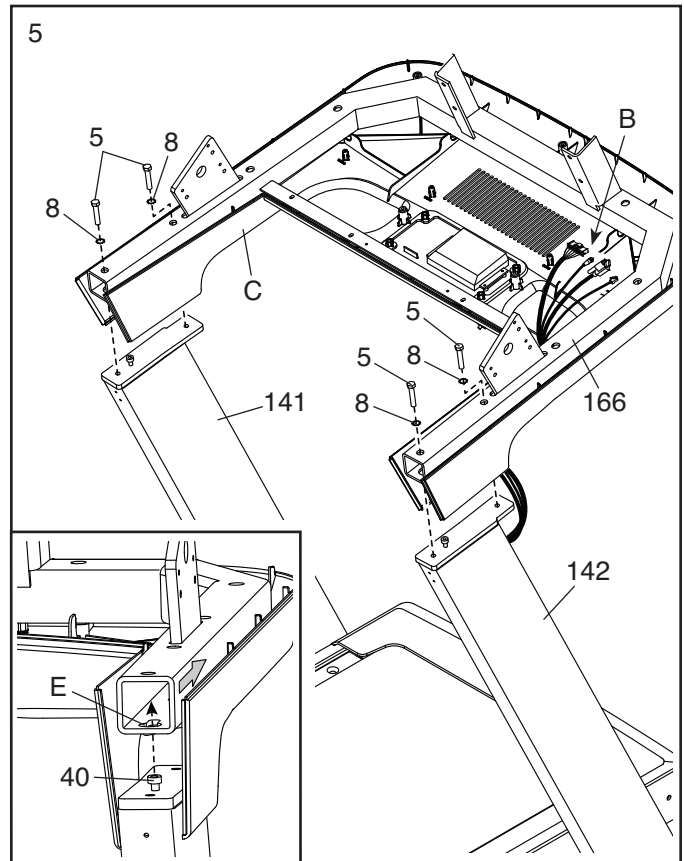


5. With the help of a second person, hold the handrail assembly (C) near the Right Upright (142). Insert the wires (B) up through the bottom of the handrail assembly and to the left side of the Handrail Base (166) as shown.

Tip: Avoid pinching the wires. Set the handrail assembly (C) on the Uprights (141, 142). **See the inset drawing. Make sure that the 5/16" x 3/4" Cap Screws (40) are in the holes (E) in the bottom of the Handrail Base.** Then, slide the handrail assembly forward. The Cap Screws will keep the handrail assembly in place.

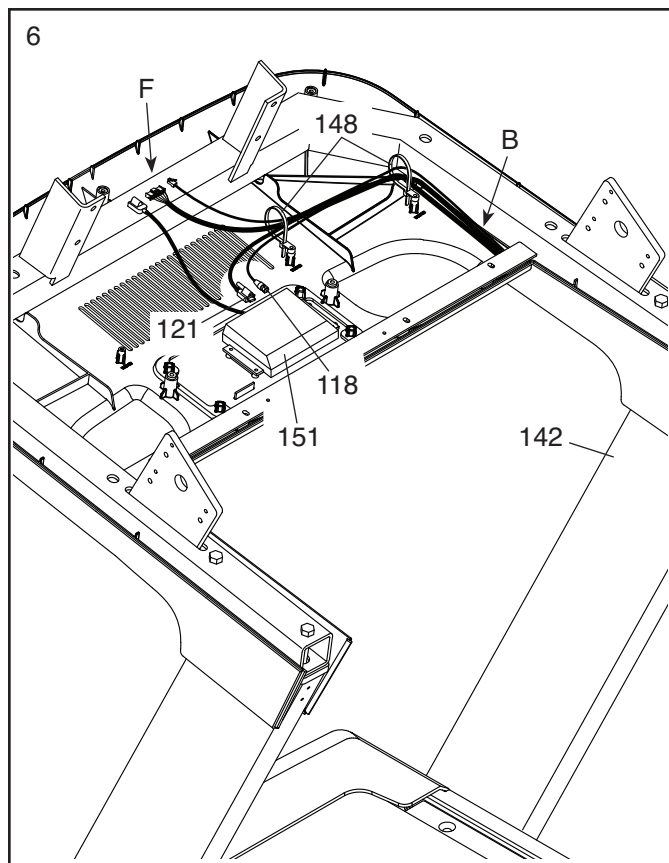
Attach the Handrail Base (166) with four 3/8" x 2 3/4" Screws (5) and four 3/8" Star Washers (8); **start all four Screws, and then torque them to 31 pound-feet (42 Newton-meters).**

IMPORTANT: See step 3. Torque the 5/16" x 3/4" Screws (4) in both uprights to 17 pound-feet (23 Newton-meters).

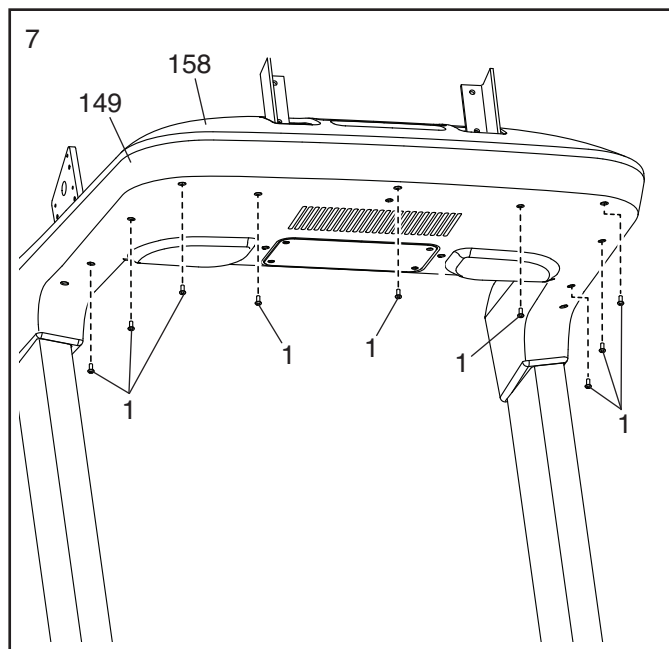


6. Insert the four wires (B) coming from the Right Upright (142) through the two looped Wire Ties (148). (Note: The Wire Ties may not be pre-looped.) Gently pull any slack out of the wires, and tighten the Wire Ties around the wires.

Next, connect the HDMI Cable (121) and the Coaxial Cable (118) to the TV Tuner (151). Position the other wires (F) toward the front of the incline trainer.



7. Set the Handrail Base Top Cover (158) onto the Handrail Base Bottom Cover (149). Attach the Handrail Base Top Cover with nine #8 x 3/4" Machine Screws (1); **start all nine Machine Screws, and then tighten them. Do not over-tighten the Machine Screws.**



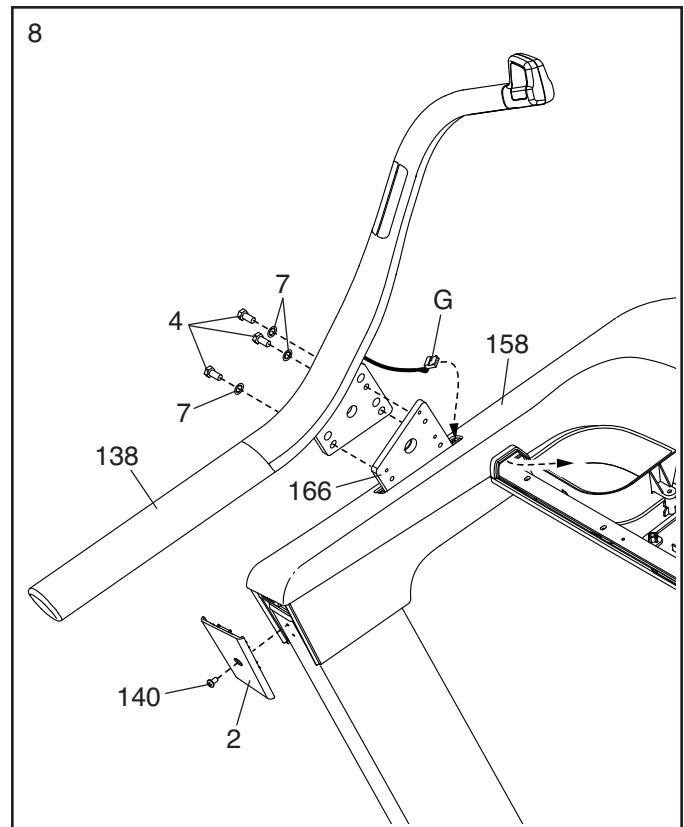
8. With the help of second person, hold the Left Handrail (138) near the bracket on the left side of the Handrail Base (166). Insert the pulse wire (G) through the opening in the Handrail Base Top Cover (158) and pull it out of the side hole as shown.

Attach the Left Handrail (138) with three 5/16" x 3/4" Screws (4) and three 5/16" Star Washers (7); **start all three Screws, and then tighten them.**

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

Then, attach the Left Upright Cap (140) with a #10 x 1/2" Machine Screw (2); **do not over-tighten the Machine Screw.**

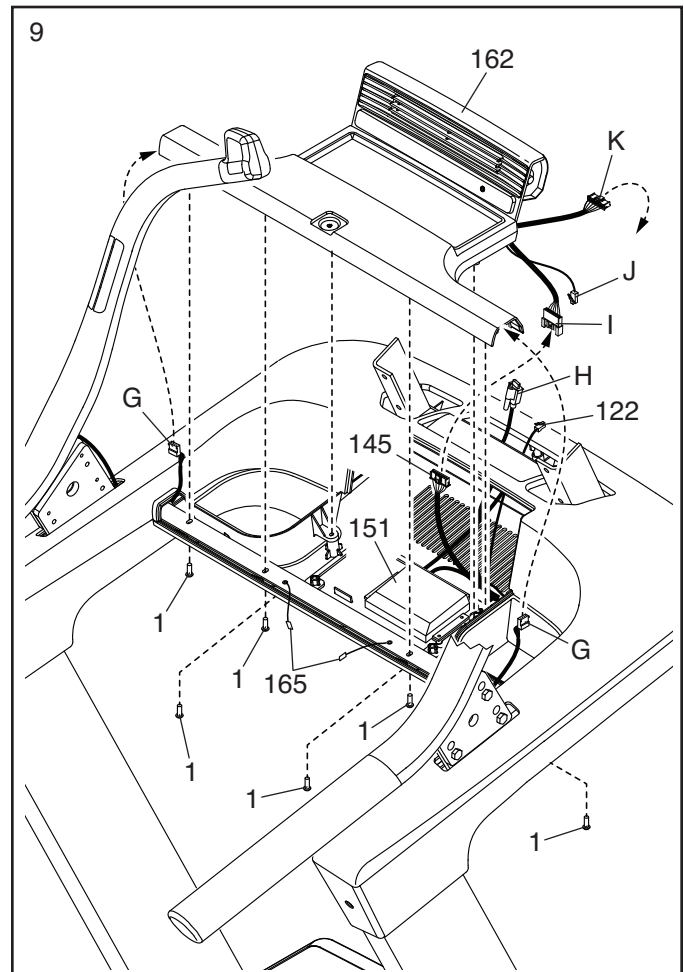
Attach the Right Handrail (not shown) and the Right Upright Cap (not shown) as described above.



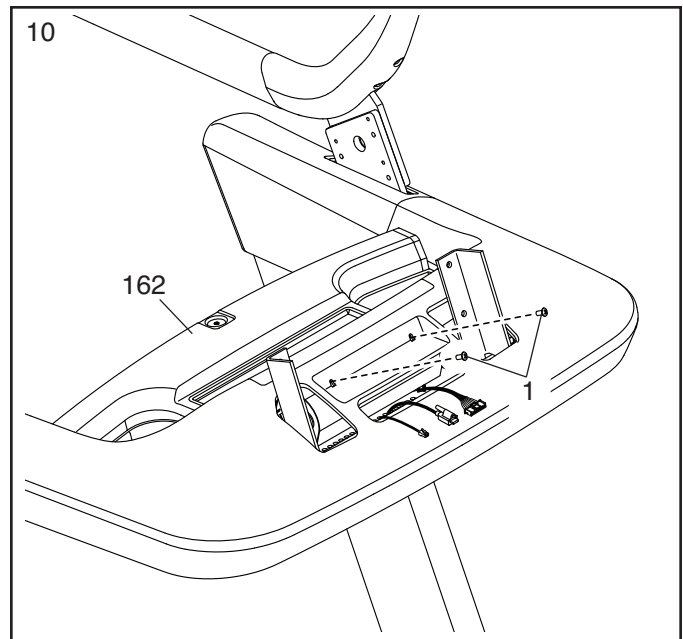
9. Position the Network Cable (122) and the HDMI cable (H) from the TV Tuner (151) forward as shown. Then, connect the two pulse wires (G) to the Console Insert (162).

Next, connect the Upright Wire (145) to the wire harness (I) from the Console Insert (162), and connect the tuner power wire (J) to the TV Tuner (151). Route the remaining wire harness (K) down through the slot alongside the Network Cable (122) and the HDMI cable (H). Then, connect the two Ground Wires (165) to the Console Insert.

Tip: Avoid pinching any wires. Attach the Console Insert (162) with six #8 x 3/4" Machine Screws (1); **start all six Machine Screws, and then tighten them. Be careful not to over-tighten the Machine Screws.**



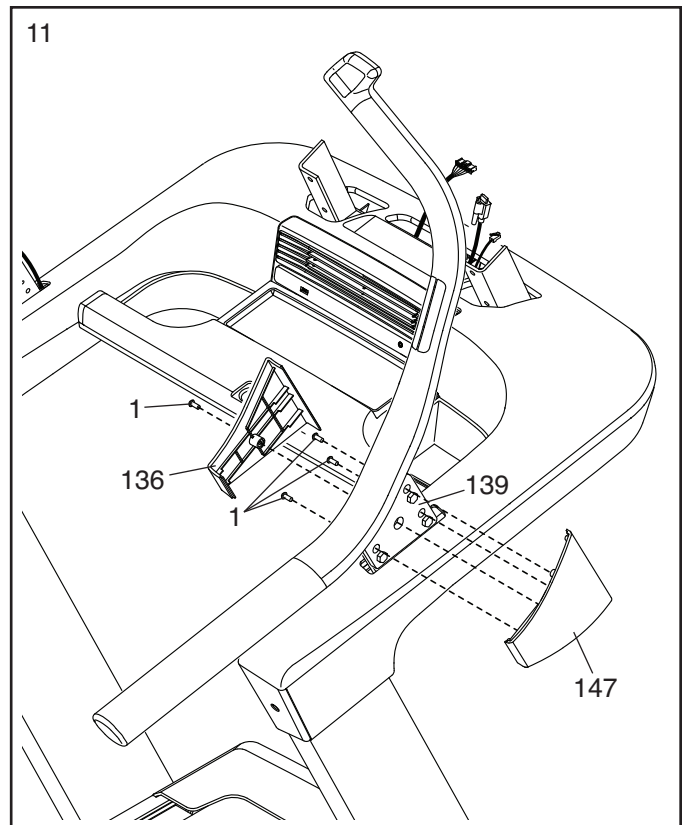
10. Tighten two #8 x 3/4" Machine Screws (1) into the Console Insert (162) as shown.



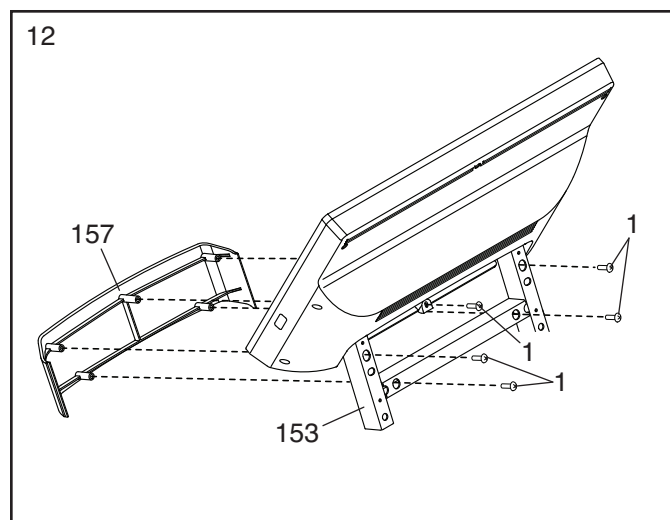
11. Attach the Right Outer Cover (147) to the Right Handrail (139) with three #8 x 3/4" Machine Screws (1); **do not overtighten the Machine Screws.**

Next, attach the Right Inner Cover (136) with a #8 x 3/4" Machine Screw (1); **do not overtighten the Machine Screw.**

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

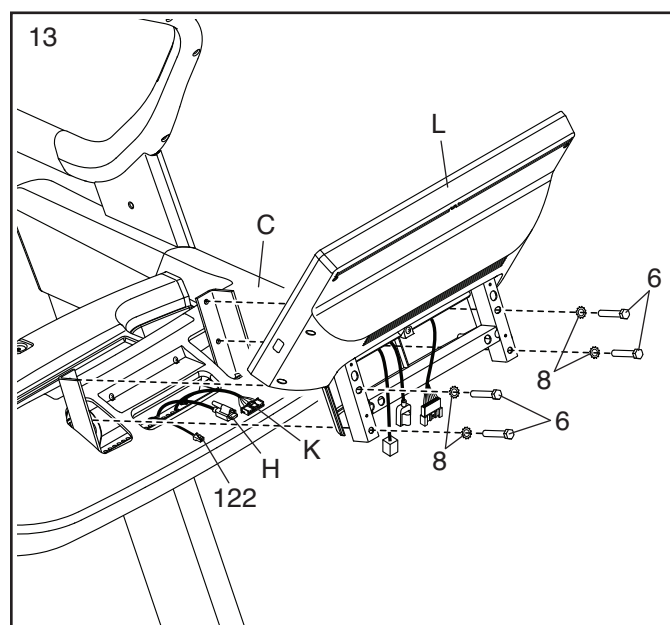


12. Attach the Small Console Cover (157) to the Console Frame (153) with five #8 x 3/4" Machine Screws (1); **start all five Machine Screws, and then tighten them. Do not overtighten the Machine Screws.**

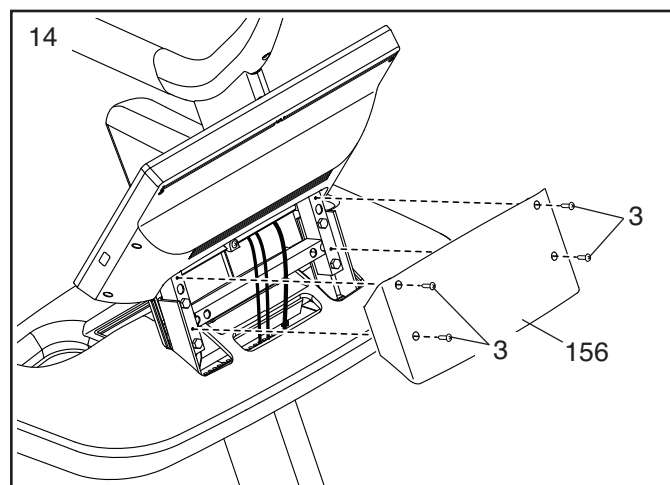


13. Hold the console assembly (L) near the handrail assembly (C). Connect the wires (122, H, K) in the handrail assembly to the corresponding wires on the console assembly.

Make sure that no wires are pinched. Attach the console assembly (L) with four 3/8" x 2 1/4" Screws (6) and four 3/8" Star Washers (8) as shown; **start all four Screws, and then tighten them.**



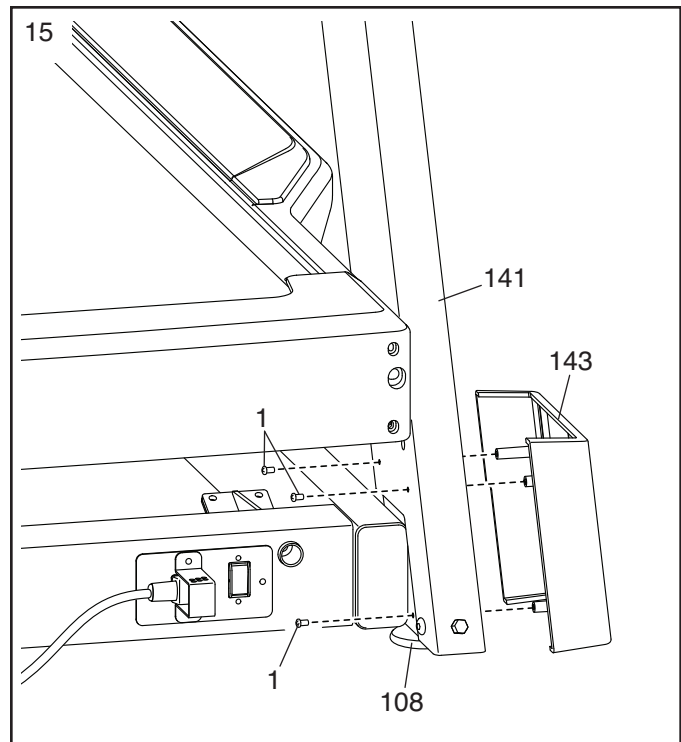
14. Attach the Console Cover (156) with four #10 x 3/4" Screws (3); **start all four Screws, and then tighten them. Do not overtighten the Screws.**



15. Attach the Left Upright Cover (143) to the Left Upright (141) with three #8 x 3/4" Machine Screws (1); **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 (108) 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.



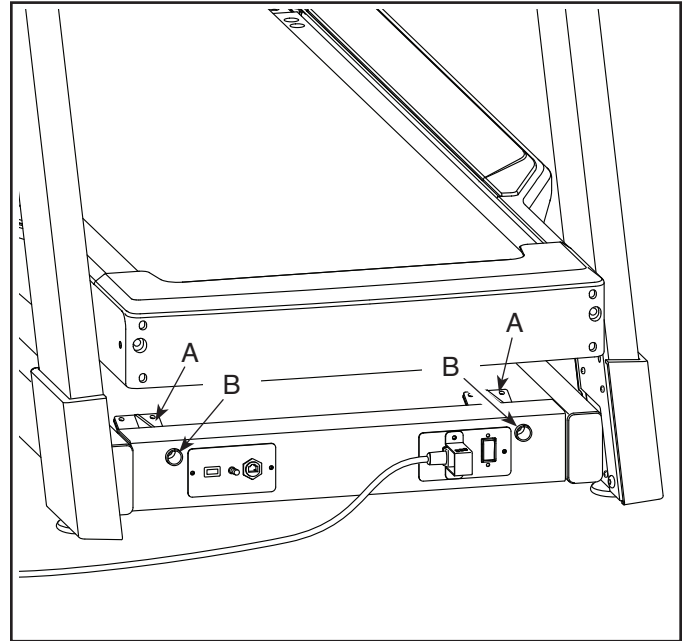
16. **Make sure that all parts are properly tightened before you use the incline trainer.** To protect the floor or carpet, place a mat beneath the incline trainer.

HOW TO MOVE THE INCLINE TRAINER

Before moving the incline trainer, unplug the power cord. Note: It may be necessary to disconnect a CATV cable, HDMI cable, and/or ethernet cable 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 (A), use a hex key and turn each of the indicated screws (B) 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 (B) 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.

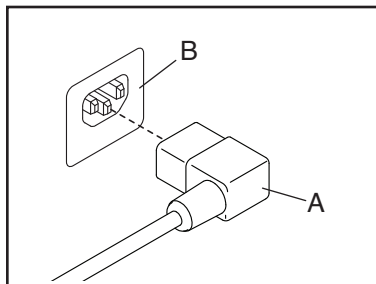
HOW TO CONNECT THE POWER CORD

This product must be 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.

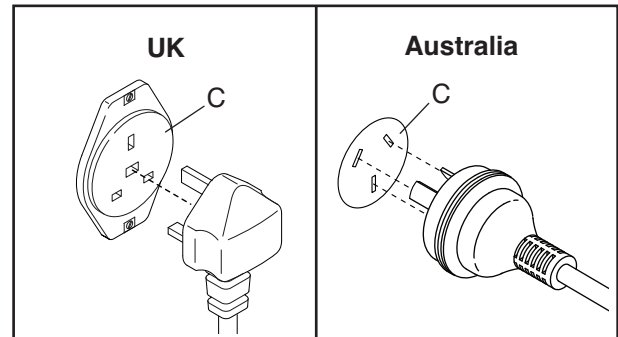
This product is for use on a dedicated, 10-amp, 240-volt circuit. No other appliance should be on the same circuit.

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord (A) into the socket on the treadmill (B).



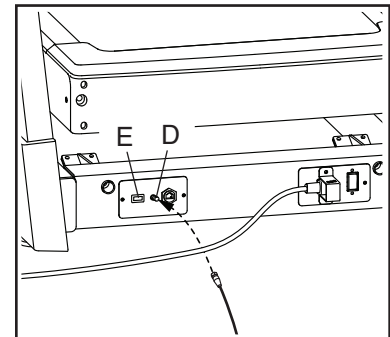
2. Plug the power cord into an appropriate outlet (C) that is properly installed and earthed in accordance with all local codes and ordinances.



HOW TO CONNECT AN AUDIOVISUAL INPUT

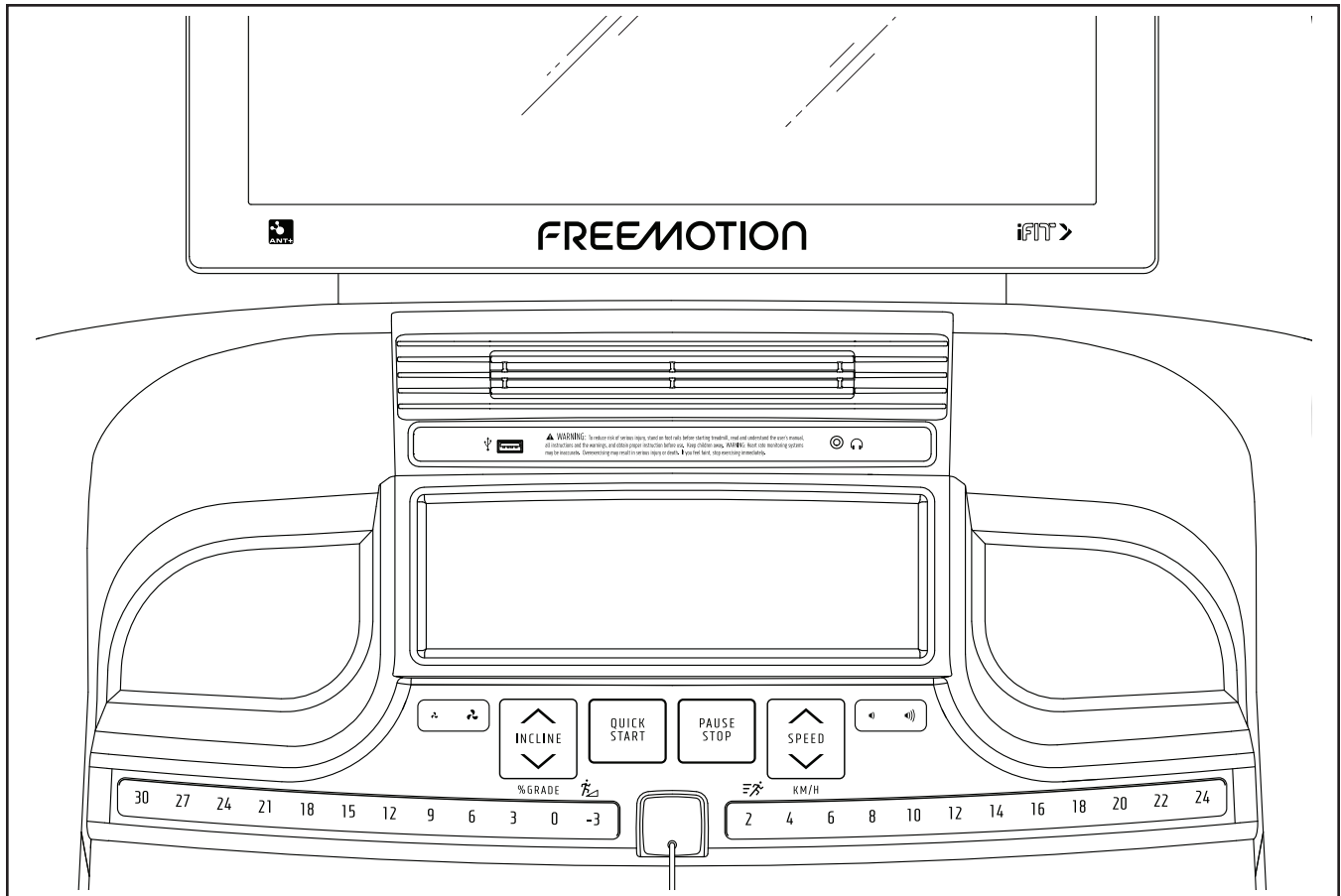
If your incline trainer console is TV-enabled, an audiovisual input must be connected to the incline trainer for cable TV stations or other media to be viewed. Note: If your incline trainer console is not TV-enabled, but has the appropriate input ports, the TV function may be added in a future firmware update (see step 6 on page 28).

Locate the cable jack (D) and HDMI port (E) under the front of the incline trainer. **Route any cables so that they will not be pinched or crushed by the lift mechanism or the frame.**



A satellite receiver, video player, or other audiovisual device can be connected to the incline trainer. Connect a CATV or HDMI cable from the output on your equipment (usually labeled VIDEO OUT, TV OUT or RF OUT) to the appropriate receptacle on the front of the incline trainer.

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, calorie, or pace goal.

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

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

To turn on the power, see page 19. **To learn how to use the touch screen,** see page 19. **To set up the console,** see page 20.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 3 on page 27.

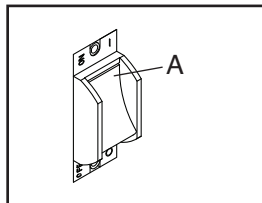
HOW TO TURN ON THE POWER

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.

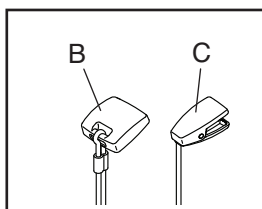
Locate the power switch on the incline trainer near the power cord. Press the power switch into the on position (A).



3. Insert the key into the console.

Find the key (B) and the clip (C) on the console and attach the clip to the waistband of your clothes. Next, insert the key into the console.

IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.



HOW TO USE THE TOUCH SCREEN

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

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 21). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the ~[< button. Touch the ?123 button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch and hold the arrow button. To return to the lowercase keyboard, touch the arrow button again. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

Before the incline trainer can be used, you must set up the console. When the console is turned on for the first time, a tour presentation will guide you through the console features and assist you to set up the console.

1. Connect to your network.

For iFit workouts and several other features of the console to be available to users, the console must be connected to a network with either a wired connection or a wireless connection. See HOW TO CONNECT TO A NETWORK on page 29 for more information.

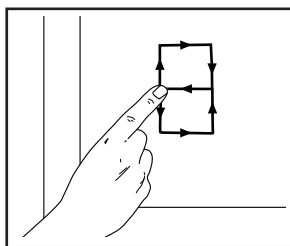
2. Customize settings.

Follow the prompts on the screen to set the desired unit of measurement, time zone, and other settings.

Note: To change these settings later, see HOW TO CHANGE CLUB OWNER SETTINGS on page 27.

3. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, and then draw a blocky figure 8 on the screen with your finger until the club owner settings menu appears on the screen. Next, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see step 6 on page 28.



4. Calibrate the incline system.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, and then draw a blocky figure 8 on the screen with your finger; the club owner settings menu will appear on the screen. Next, touch *Maintenance*, and then touch *Calibrate Incline*. The frame will rise and lower as it calibrates. For more information, see step 7 on page 28.

The console is now ready for use. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see page 21. **To use a featured workout**, see page 23. **To create a draw-your-own-map workout**, see page 25. **To use an iFit workout**, see page 26.

To change user settings, see page 27. **To change club owner settings**, see page 27. **To connect to a network**, see page 29. **To use the charging port**, see page 30. **To use the sound system**, see page 30.

Note: If there is a sheet of plastic on the screen, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 19.

Note: It may take some time for the console to be ready for use.

2. Select the main menu.

When you turn on the power, the main menu will appear after the console boots up. If you are in a workout or the settings menu, touch the back arrow or the x on the screen to return to the main menu.

Note: If you plan to use a wearable heart rate monitor with the console, you must put on the heart rate monitor **before you start the walking belt**. The console will automatically search for the heart rate monitor for 30 seconds when you start the walking belt at the beginning of each workout. **See the back cover of this manual to purchase a wearable heart rate monitor.**

3. Start the walking belt and adjust the speed.

Touch *Manual Start* on the screen or press the Quick Start button on the console to start the walking belt. The walking belt will begin to move at a low speed. 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 in small increments; if you hold down the button, the speed setting will change more quickly.

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

To stop the walking belt, press the Pause/Stop button or tap the middle of the screen. To restart the walking belt, press the Quick Start button.

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

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

Note: If the walking belt is moving at a high speed and you adjust the incline below 0% or above 15%, the speed of the walking belt may automatically decrease.

IMPORTANT: The first time you use the incline trainer, you must calibrate the incline system (see step 7 on page 28).

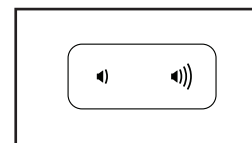
5. Monitor your progress with the display modes.

While you walk or run on the incline trainer, a selection of workout information will be displayed:

- The incline level of the incline trainer
- The elapsed time
- The approximate number of calories you have burned
- The distance that you have walked or run
- The speed of the walking belt

Additional information is also available. To view or browse additional statistics and charts, swipe down from the top of the screen. You can also touch the + button on the screen to view stats or charts.

If desired, adjust the volume by pressing the volume buttons on the console.



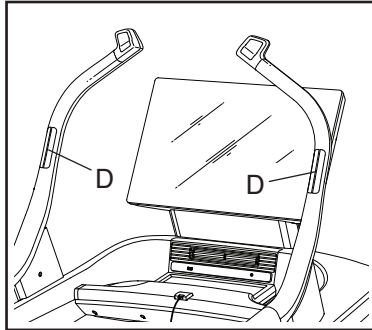
To pause the workout, tap the screen or press the Pause/Stop button on the console. To continue the workout, touch the play icon on the screen or press the Quick Start button.

6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or a wearable heart rate monitor. Note: The console is compatible with all ANT+™ and Polar® heart rate monitors.

Note: If you use the handgrip heart rate monitor and a wearable heart rate monitor at the same time, the wearable heart rate monitor will take priority. For information about ordering an optional wearable heart rate monitor, please see the back cover of this manual.

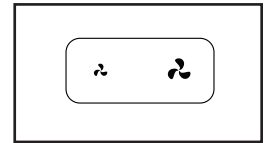
Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts (D). In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the handgrip heart rate monitor with your palms on 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 features several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.



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

Step onto the foot rails and press the Pause/Stop button on the console or tap on the screen. Then, touch the stop icon on the screen or press the Stop button again. A workout summary will appear on the screen. If you wish to save your workout for future use, you can add it as a favorite by touching the heart icon on the screen. You may also be able to either save or publish your results using one of the options on the screen. Touch *Finish* to exit to the main menu. Then, remove the key from the console and put it in a secure place.

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

HOW TO USE A FEATURED WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 19.
Note: It may take a few moments for the console to be ready for use.

2. Select options on the welcome screen and view the main menu.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you have an iFit account, log in to your iFit account if desired. Touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The main menu will then appear on the screen.

Note: If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Select the main menu or the workout library.

Touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

4. Select a workout.

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

Note: To use a featured workout, the console must be connected to a network (see HOW TO CONNECT TO A NETWORK on page 29).

If you are logged into your iFit account, you can save a featured workout for future use by touching the favorites button (heart symbol).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 25.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

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

During some workouts, an iFit coach will guide you through a video workout. Touch the sound button (music notes symbol) to select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

If the speed and/or incline level is too high or too low, you can manually override the setting by pressing the Speed buttons or the Incline buttons.

To return to the programmed speed and/or incline settings of the workout, touch *Follow Trainer*.

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

To pause the workout, simply touch the screen or press the Stop button. To continue the workout, press the play icon on the screen or press the Quick Start button.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen.

If you are logged into your iFit account, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 26) or adding the workout to your favorites list.

Then, touch *Save Workout* to return to the main menu.

6. Follow your progress.

See step 5 on page 21.

7. Measure your heart rate if desired.

See step 6 on page 22.

8. Turn on the fan if desired.

See step 7 on page 22.

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

See step 8 on page 22.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 19.
Note: It may take a few moments for the console to be ready for use.

2. Select options on the welcome screen and view the main menu.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you have an iFit account, log in to your iFit account if desired. Touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The main menu will then appear on the screen.

Note: If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Select a draw-your-own-map workout.

To select a draw-your-own-map workout, touch *Create* at the bottom of the screen.

4. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

5. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

Note: To save your workout for future use, you must be logged into your iFit account.

6. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 23).

7. Follow your progress.

See step 5 on page 21.

8. Measure your heart rate if desired.

See step 6 on page 22.

9. Turn on the fan if desired.

See step 7 on page 22.

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

See step 8 on page 22.

HOW TO USE AN iFIT WORKOUT

If you create and log into your iFit account, additional console features will be available.

1. Create or log in to your iFit account.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you do not have an iFit account, touch *Create your iFit account* and follow the prompts on the screen to create an iFit account.

If you have an iFit account, touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

To log in to your iFit account from the main menu, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

2. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

3. Select an iFit workout that you have previously added to your schedule on iFit.com.

IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 2).

To load an iFit workout from iFit.com to the console, touch the Calendar button at the bottom of the screen.

When you load a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories that you will burn during the workout.

4. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 23).

5. Follow your progress.

See step 5 on page 21.

6. Measure your heart rate if desired.

See step 6 on page 22.

7. Turn on the fan if desired.

See step 7 on page 22.

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

See step 8 on page 22.

For more information about iFit, go to iFit.com.

HOW TO CHANGE USER SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause the console to function slightly differently.

1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout

Equipment

- Equipment Info

About

- Legal

Note: Some settings will only be available if you are logged into your iFit account.

3. Customize workout settings and the unit of measurement.

To customize workout settings, touch *In Workout*, and then touch the desired settings.

To customize the unit of measurement, touch *Equipment Info*, and then touch the desired setting. The console can display speed and distance in either standard units of measurement or metric units of measurement.

4. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your trainer or about the console app.

5. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

HOW TO CHANGE CLUB OWNER SETTINGS

1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

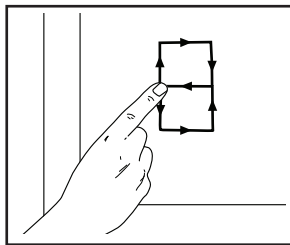
When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Unlock the club owner settings menu.

Draw a blocky figure 8 on the screen with your finger until the club owner settings menu appears on the screen.



3. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

4. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your trainer or about the console app.

5. Customize equipment settings.

To customize equipment settings, such as the time zone and default unit of measurement, touch *Equipment Settings*, and then touch the desired settings.

6. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your network. The update will begin automatically. **IMPORTANT: To avoid damaging the incline trainer, do not turn off the power while the firmware is being updated.**

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

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

7. Calibrate the incline system.

To calibrate the incline system, touch *Maintenance*, touch *Calibrate Incline*, and then touch *Begin*. The frame will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

IMPORTANT: Keep your body and other objects away from the incline trainer while the incline system is calibrating.

8. Exit the club owner settings menu.

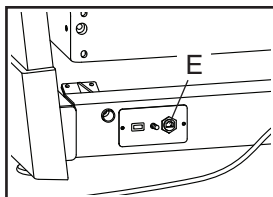
If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the club owner settings menu.

HOW TO CONNECT TO A NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a network with either a wired connection or a wireless connection.

IMPORTANT: When streaming iFit content, 10 mbps of available bandwidth is recommended for best performance. If multiple devices or consoles will be streaming iFit content on the same network, make sure that the network and service can support 10 mbps per device or console in addition to any other bandwidth usage.

To use a wired connection, insert an ethernet cable into the receptacle (E) on the front of the incline trainer near the power cord. **Route the cable so that it will not be pinched or crushed by the lift mechanism or the frame.**



To use a wireless connection:

1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 19). Note: It may take a few moments for the console to be ready for use.

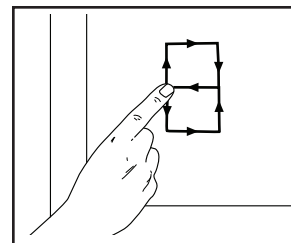
When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Unlock the club owner settings menu and select the network menu.

Draw a blocky figure 8 on the screen with your finger until the club owner settings menu appears on the screen.



Then, touch *Wi-Fi* to select the network menu.

3. Set up and manage a network connection.

To make a wireless connection, make sure that Wi-Fi® is enabled on the console. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

The screen will show a list of available networks. Note: It may take a few moments for the list of networks to appear.

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

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

Follow the prompts on the screen to enter your password and connect to the selected network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 19.)

When the console is connected to your network, a checkmark will appear next to the network name.

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

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption.

4. Exit the network menu.

To exit the network menu, touch the back arrow. Then, touch the x symbol to exit the club owner settings menu.

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

HOW TO USE THE CHARGING PORT

The console features a charging port that you can use to charge USB-compatible devices, such as tablets and smartphones, while you exercise.

To use the charging port, plug a USB charging cable (not included) into the charging port on the left side of the console and into the receptacle on your device; **make sure that the USB charging cable is fully plugged in.** Note: It may be necessary to remove a small cover to access the charging port. The charging port cannot be used to view or transfer data or to play music through the console sound system.

HOW TO USE THE SOUND SYSTEM

Connect Your Headphones with an Audio Cable

To listen to the console audio with your personal headphones, plug your headphones into the audio jack on the accessory tray.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the side of the console.

Connect Your Headphones with Bluetooth

You can connect your Bluetooth-compatible headphones to listen to audio from the console through your headphones.

To connect your headphones to the console, first turn on your headphones and place them near the console. Next, select a featured workout (see page 23) or an iFit workout (see page 26). Then, touch *Connect Bluetooth Headphones* when this option appears on the screen.

To pair your headphones to the console, select your headphones from the list on the screen. When your headphones and the console pair successfully, the audio from the console will play through your headphones.

COMPLIANCE INFORMATION

UNITED STATES

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMC420332.

CANADA

This device complies with RSS-210 of the Industry Canada (IC) Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. **CAUTION: The device for operation in the band 2.412–2.462 GHz is only for indoor use.**

Radiation Exposure Statement: This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20 cm between the radiator and your body. Information can be obtained at: http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/radio_guide-lignes_direct-eng.php

ICES-003/NMB-003 Statement: This device complies with Canadian ICES-003 Class B.

Note: The console contains IC ID: 3673A-420332.

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.

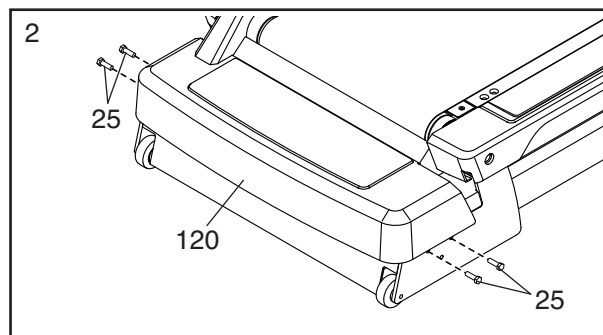
WEEKLY MAINTENANCE

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% 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 37 and 38). If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see page 38.

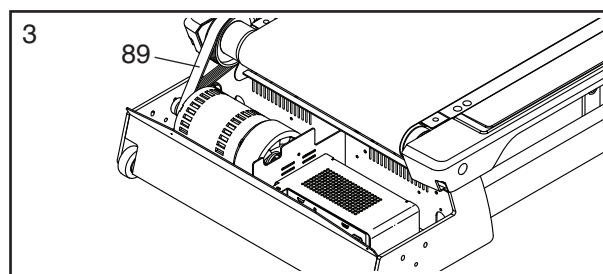
MONTHLY MAINTENANCE

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 (25), and lift off the Motor Hood (120).



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 (89) 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.

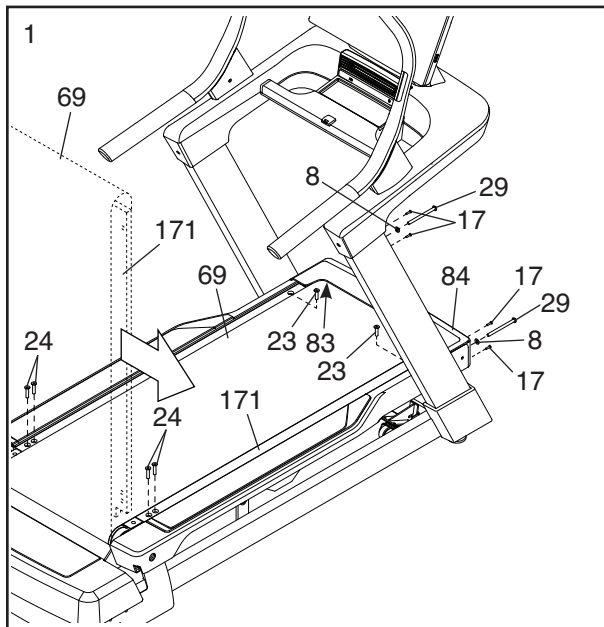


4. Lift the edge of the walking belt and slide your hand between the walking belt and the walking board. If the underside of the walking belt is dry, you may need to apply more lubricant (see the back cover of this manual).
5. Plug in the power cord and insert the key into the console. Press the Quick 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 (120) with the 3/8" x 1 1/4" Screws (25).

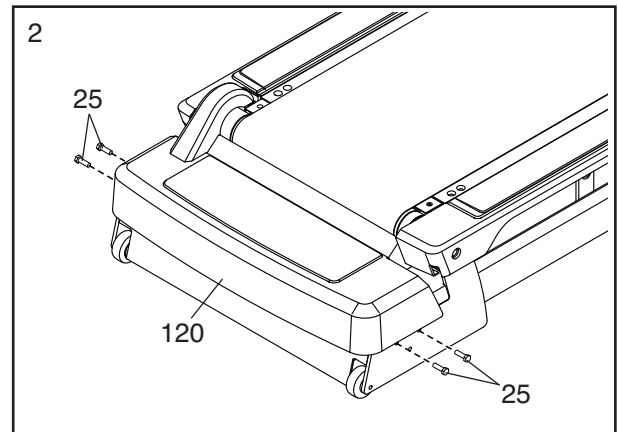
REPLACING THE WALKING PLATFORM AND THE WALKING BELT

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.**

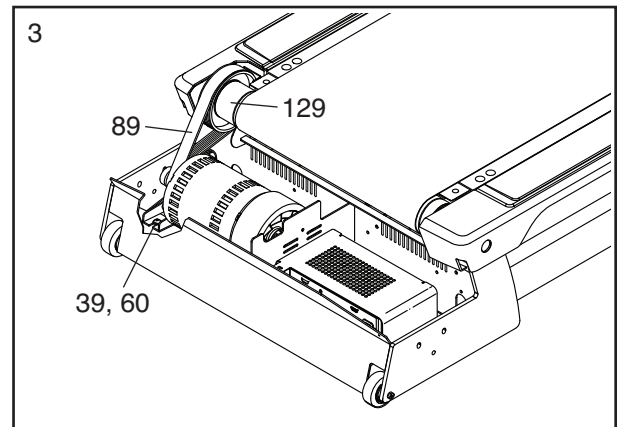
1. Set the incline level to 0%. **Remove the key and unplug the power cord.** Remove the four #8 x 3/4" Truss Head Screws (17) and the Front Cover (84). Next, remove the two 3/8" x 5 1/2" Screws (29) and the two 3/8" Star Washers (8) from the Idler Roller (83). Then, lift the Idler Roller and slide it out of the Walking Belt (69).



2. Remove the 3/8" x 1 1/4" Screws (25) and lift off the Motor Hood (120).



3. Remove the 3/8" x 2" Screw (39) and the 3/8" Flat Washer (60). Next, slip off the Drive Motor Belt (89). Then, carefully lift out the Drive Roller (129).



4. **See drawing 1 at the left.** Remove the four 3/8" x 1 3/4" Screws (24) and the two 3/8" x 1 1/2" Screws (23). **Note: Be very careful to avoid chipping or damaging the phenolic coating on the Walking Platform (171).** Next, lift the Walking Platform and the Walking Belt (69) to the position shown by the dotted lines.

If you are turning over or replacing the Walking Platform (171), go to step 5.

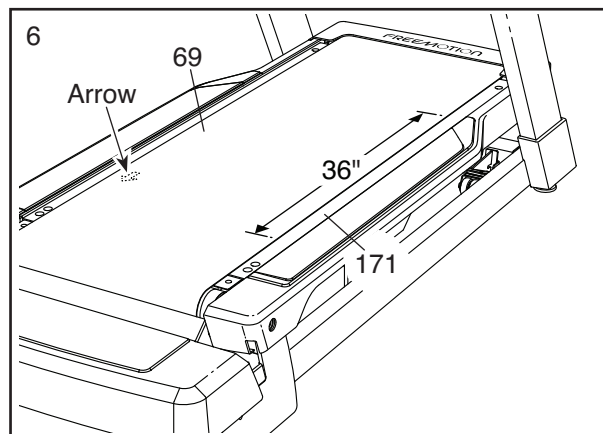
If you are replacing only the Walking Belt (69), remove the old Walking Belt and discard it. Next, slide the new Walking Belt onto the Walking Platform (171). Then, carefully follow steps 1–4 in reverse order. Make sure to align the Drive Motor Belt (89) so that it is straight on both pulleys. **Then, go to step 6.**

5. **See drawing 1 on page 33.** Remove the Walking Belt (69) and the Walking Platform (171) from the incline trainer.

Check to see whether both sides of the Walking Platform (171) 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 (171) 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 (69), use the new Walking Belt. Make sure to align the Drive Motor Belt (89) so that it is straight on both pulleys.

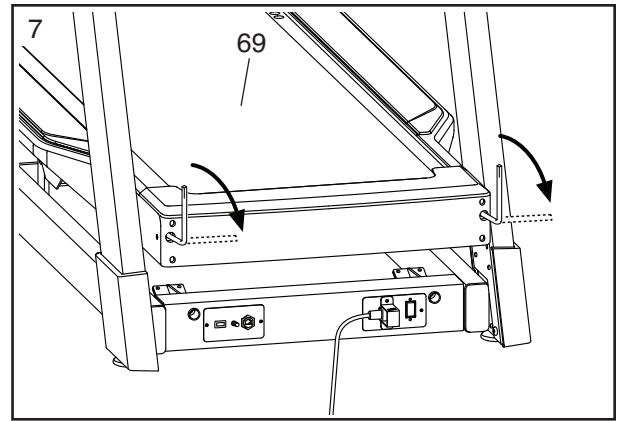
6. Lift the right or left edge of the Walking Belt (69) and look for a small arrow printed on the underside of the Walking Belt; move the Walking Belt, if necessary, as you look for an arrow. **If you find an arrow, make sure that the arrow is pointing toward the rear of the incline trainer, as shown.** If it is not, remove the Walking Belt, turn it around, and slide it back onto the Walking Platform (171). 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 (69), if necessary, until the seam (not shown) across the Walking Belt is beneath the Walking Platform (171).

Then, locate the indicated marks on the left and right sides of the Walking Belt (69). The marks should be exactly 36" apart. **See drawing 1 on page 32.** If necessary, turn both 3/8" x 5 1/2" Screws (29) clockwise or counterclockwise until the marks are exactly 36" apart.

7. Center the Walking Belt (69), if necessary (see pages 37 and 38). 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.



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 32 to 35. 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	/ /	/ /	/ /	/ /	/ /	/ /
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Week 23	/ /	/ /	/ /			
Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

Walking Belt Replaced	/ /	Walking Platform Turned Over/Replaced	/ /
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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.

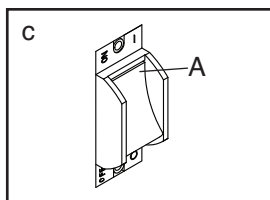
Regularly clean the incline trainer and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the incline trainer with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto 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 (A).

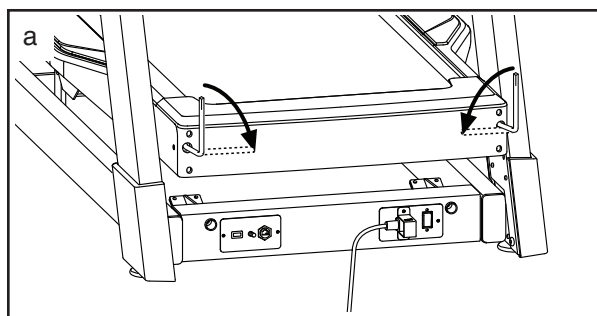


SYMPTOM: The power turns off during use

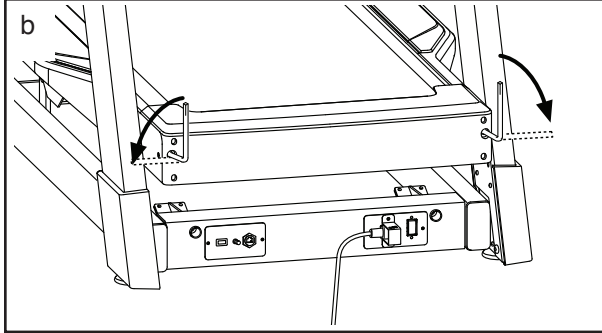
- Check the power switch located on the incline trainer near the power cord (see drawing c at the left). Make sure that the power switch is pressed into the on position.
- Make sure that the power cord is plugged in.
- Remove the key from the console, and then reinsert it.
- Check the walking belt and the walking platform for excessive wear. Replace the walking belt or the walking platform if necessary (see pages 33 to 35).
- 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

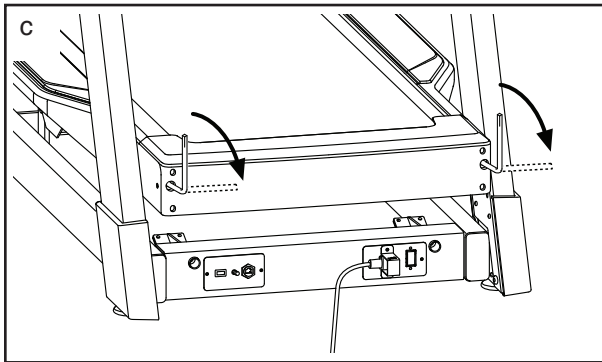
- IMPORTANT: If the walking belt rubs against the foot rails, the walking belt may become damaged. If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using a 7/32" hex key, turn the roller adjustment screws in the directions shown, 1/4 of a turn each. Be careful 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 35. 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

- a. 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.

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

- a. Calibrate the incline system (see step 7 on page 28).
- b. If the incline system still does not function properly, please see the back cover of this manual.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
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

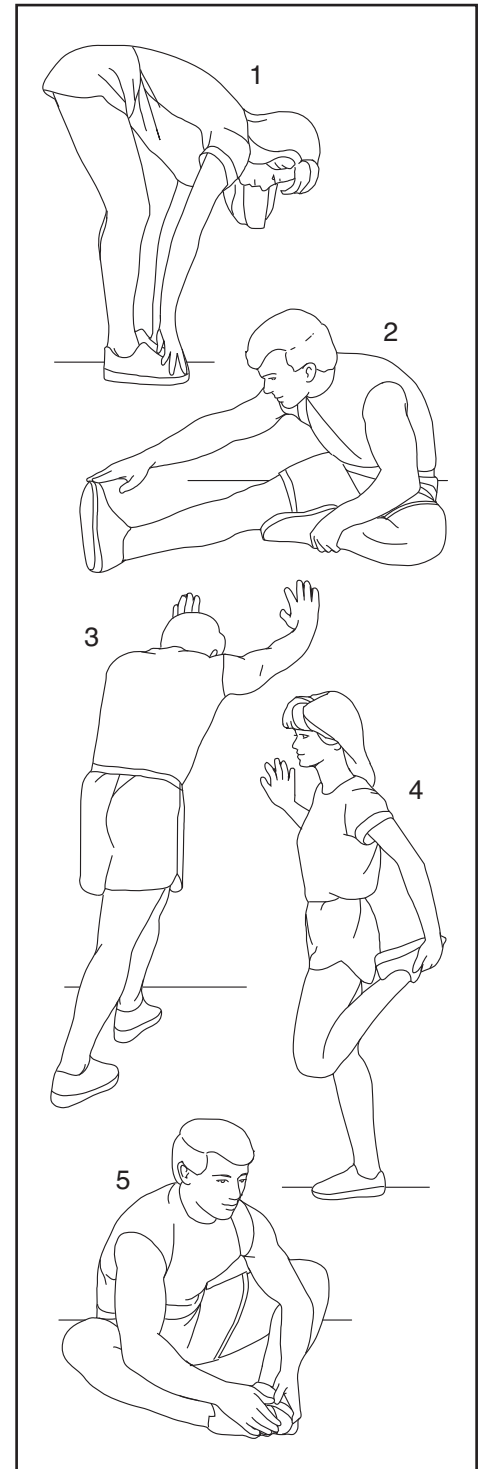
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. FMTK74819K2.0 R1220A

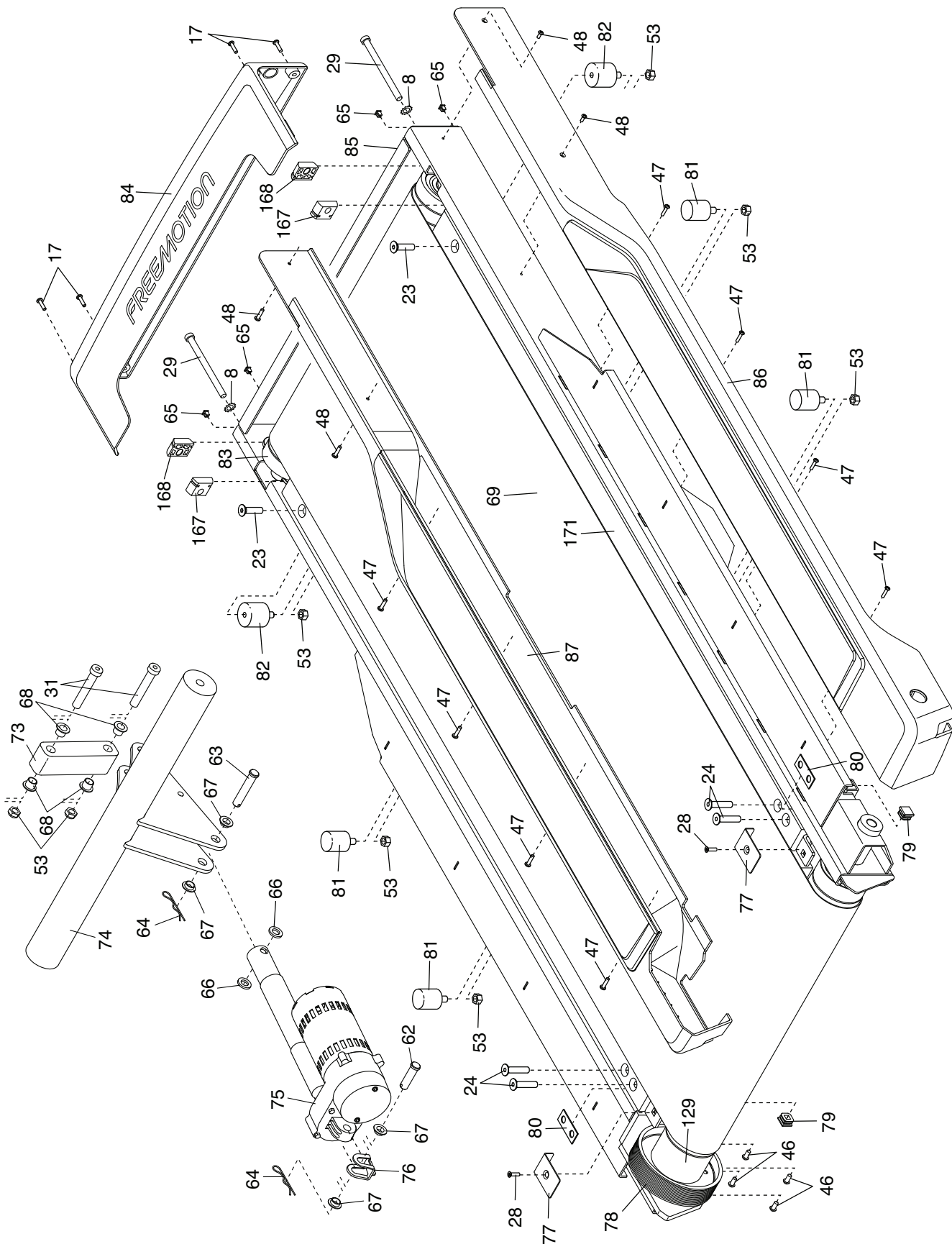
Key No.	Qty.	Description	Key No.	Qty.	Description
1	36	#8 x 3/4" Machine Screw	51	1	#8 Lock Nut
2	2	#10 x 1/2" Machine Screw	52	8	1/4" Nut
3	4	#10 x 3/4" Screw	53	9	3/8" Nut
4	14	5/16" x 3/4" Screw	54	2	1/2" Nut
5	4	3/8" x 2 3/4" Screw	55	2	#10 Nut
6	4	3/8" x 2 1/4" Screw	56	4	5/16" Nut
7	12	5/16" Star Washer	57	2	M3 Nut
8	10	3/8" Star Washer	58	2	Torsion Bar Washer
9	2	3/8" x 3" Screw	59	4	5/16" Flat Washer
10	2	M3 x 10mm Screw	60	1	3/8" Flat Washer
11	2	#4 x 5/8" Bolt	61	1	#8 Star Washer
12	16	#8 x 1/2" Screw	62	1	1 3/4" Clevis Pin
13	4	#8 x 3/4" Wire Tie Screw	63	1	2 3/8" Clevis Pin
14	4	#4 x 1/4" Screw	64	2	Cotter Pin
15	7	M4 x 15mm Screw	65	4	Plastic Insert
16	2	#8 x 1 1/4" Screw	66	2	Plastic Spacer
17	4	#8 x 3/4" Truss Head Screw	67	4	1/2" Plastic Bushing
18	8	1/4" x 1/2" Bolt	68	4	Incline Link Bushing
19	4	5/16" x 1 1/2" Screw	69	1	Walking Belt
20	1	#8 x 3/4" Ground Bolt	70	4	Motor Mount Bushing
21	2	#10 x 1/2" Screw	71	2	1/2" Jam Nut
22	2	#6 x 1/4" Screw	72	4	Fan Screw
23	2	3/8" x 1 1/2" Screw	73	1	Incline Link
24	4	3/8" x 1 3/4" Screw	74	1	Torsion Bar
25	4	3/8" x 1 1/4" Screw	75	1	Incline Motor
26	6	1/4" x 5/8" Screw	76	1	Incline Motor Bracket
27	1	1/2" x 3 1/2" Shoulder Bolt	77	2	Rear Roller Guard
28	9	1/4" x 3/4" Screw	78	1	Drive Roller Pulley
29	2	3/8" x 5 1/2" Screw	79	2	Frame Crossbar Cap
30	1	1/2" x 1 3/4" Shoulder Bolt	80	2	Platform Spacer
31	2	3/8" x 2 1/2" Shoulder Bolt	81	4	Center Cushion
32	2	5/8" x 2 1/8" Screw	82	2	Front Cushion
33	2	#6 x 1/2" Screw	83	1	Idler Roller
34	20	#8 x 1/2" Pan Head Screw	84	1	Front Cover
35	8	1/4" x 1/2" Screw	85	1	Frame
36	1	#8 x 1 5/8" Bolt	86	1	Right Foot Rail
37	1	3/8" x 2 1/2" Bolt	87	1	Left Foot Rail
38	1	3/8" x 2 3/4" Bolt	88	1	Idler Pulley
39	1	3/8" x 2" Screw	89	1	Drive Motor Belt
40	2	5/16" x 3/4" Cap Screw	90	1	Drive Motor
41	2	#10 x 2 1/4" Bolt	91	1	Hazard Warning Decal
42	2	5/16" x 2 1/2" Bolt	92	1	Drive Motor Isolator
43	2	5/16" x 2" Bolt	93	1	Idler Wheel
44	4	3/8" x 7/8" Screw	94	2	Metal Spacer
45	2	#3 x 10mm Bolt	95	2	Hub
46	4	1/4" x 1/2" Screw	96	2	Frame Pivot Bearing
47	19	#8 x 3/4" Pan Head Screw	97	2	Snap Ring
48	4	#8 x 5/8" Screw	98	1	Warning Decal
49	2	#4 Nut	99	2	Caution Decal
50	1	#8 Nut	100	1	Resistor

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	104°C Thermal Switch	137	1	Left Inner Cover
102	1	98°C Thermal Switch	138	1	Left Handrail
103	1	Thermal Switch Bracket	139	1	Right Handrail
104	2	Torsion Bar Bushing	140	1	Left Upright Cap
105	2	Caster	141	1	Left Upright
106	2	Caster Bracket	142	1	Right Upright
107	1	Base Frame	143	1	Left Upright Cover
108	2	Leveling Foot	144	1	Right Upright Cover
109	2	Base Frame Cap	145	1	Upright Wire
110	1	Power Switch	146	1	Left Outer Cover
111	1	Outlet Plate	147	1	Right Outer Cover
112	1	Power Cord Bracket	148	4	Wire Tie
113	1	RJ45 Adapter	149	1	Handrail Base Bottom Cover
114	1	Receptacle	150	1	Access Cover
115	1	HDMI Plate	151	1	TV Tuner
116	2	HDMI Spacer	152	1	Console
117	3	High Voltage Decal	153	1	Console Frame
118	1	Coaxial Cable	154	1	USB Cover
119	1	Motor Hood Cover	155	1	Console Back
120	1	Motor Hood	156	1	Console Cover
121	1	HDMI Cable	157	1	Small Console Cover
122	1	Network Cable	158	1	Handrail Base Top Cover
123	1	Hood Support Bracket	159	1	Right Tray
124	1	Power Cord	160	1	Left Tray
125	2	Wheel	161	1	Fan Bracket
126	1	Controller	162	1	Console Insert
127	1	Controller Cover	163	1	Fan
128	1	Filter	164	1	Key/Clip
129	1	Drive Roller	165	2	Ground Wire
130	1	Electronics Bracket	166	1	Handrail Base
131	1	Left Handrail Top	167	2	Roller Insert
132	1	Left Handrail Bottom	168	2	Front Roller Insert
133	1	Left Handrail Control	169	1	Right Upright Cap
134	1	Right Handrail Control	170	1	Right Handrail Top
135	1	Right Handrail Bottom	171	1	Walking Platform
136	1	Right Inner Cover	*	—	User's Manual

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.

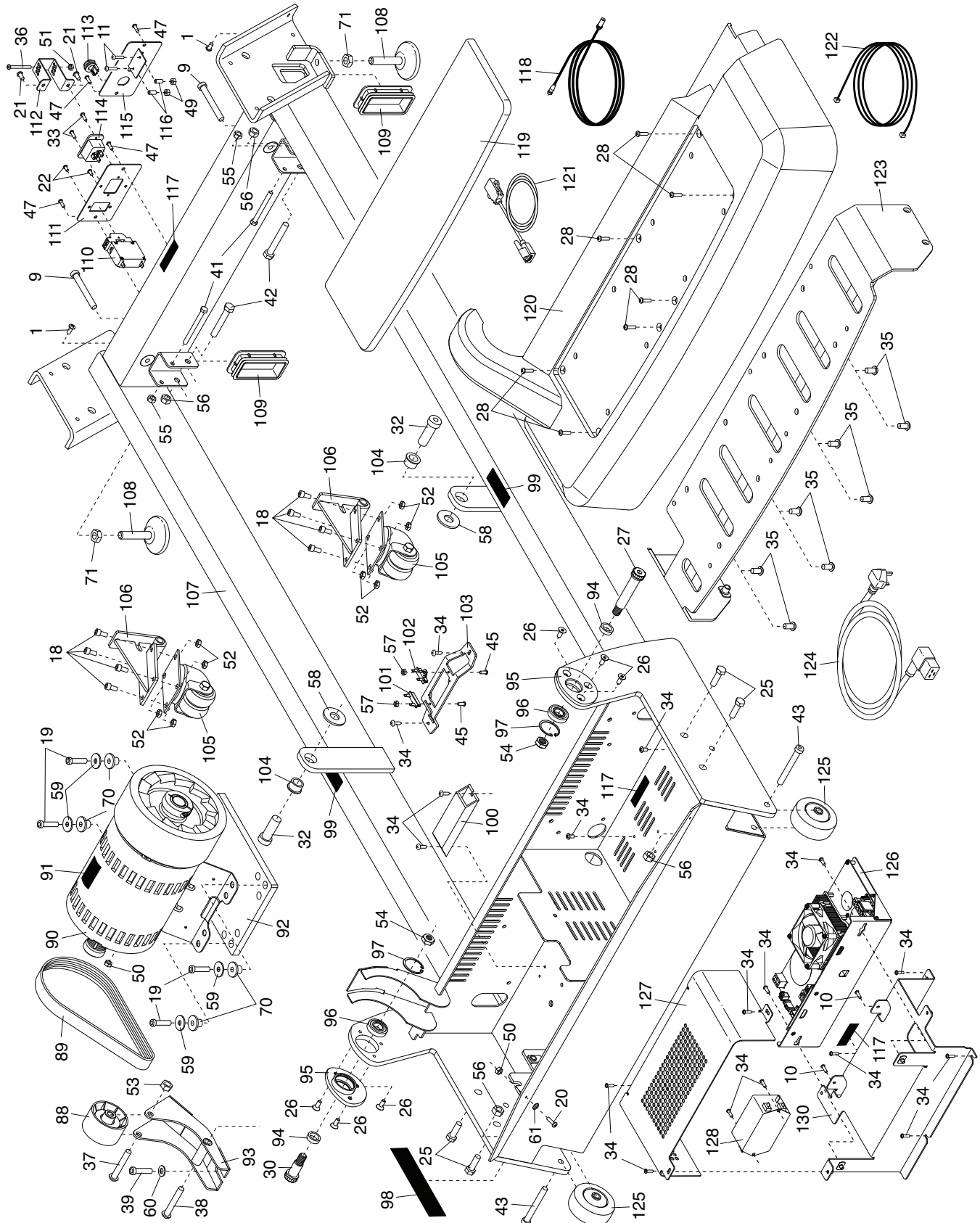
EXPLODED DRAWING A

Model No. FMTK74819K2.0 R1220A



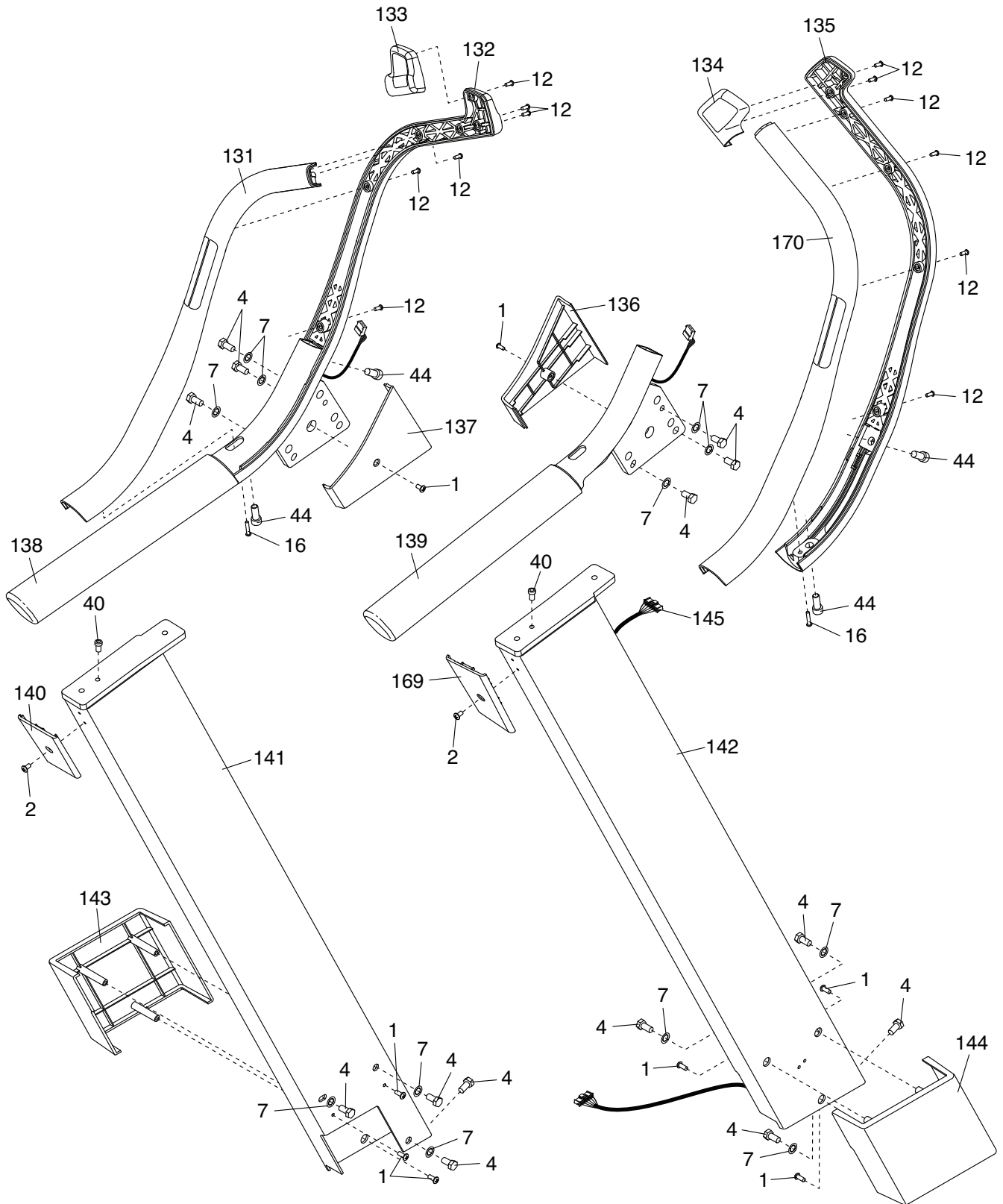
EXPLODED DRAWING B

Model No. FMTK74819K2.0 R1220A



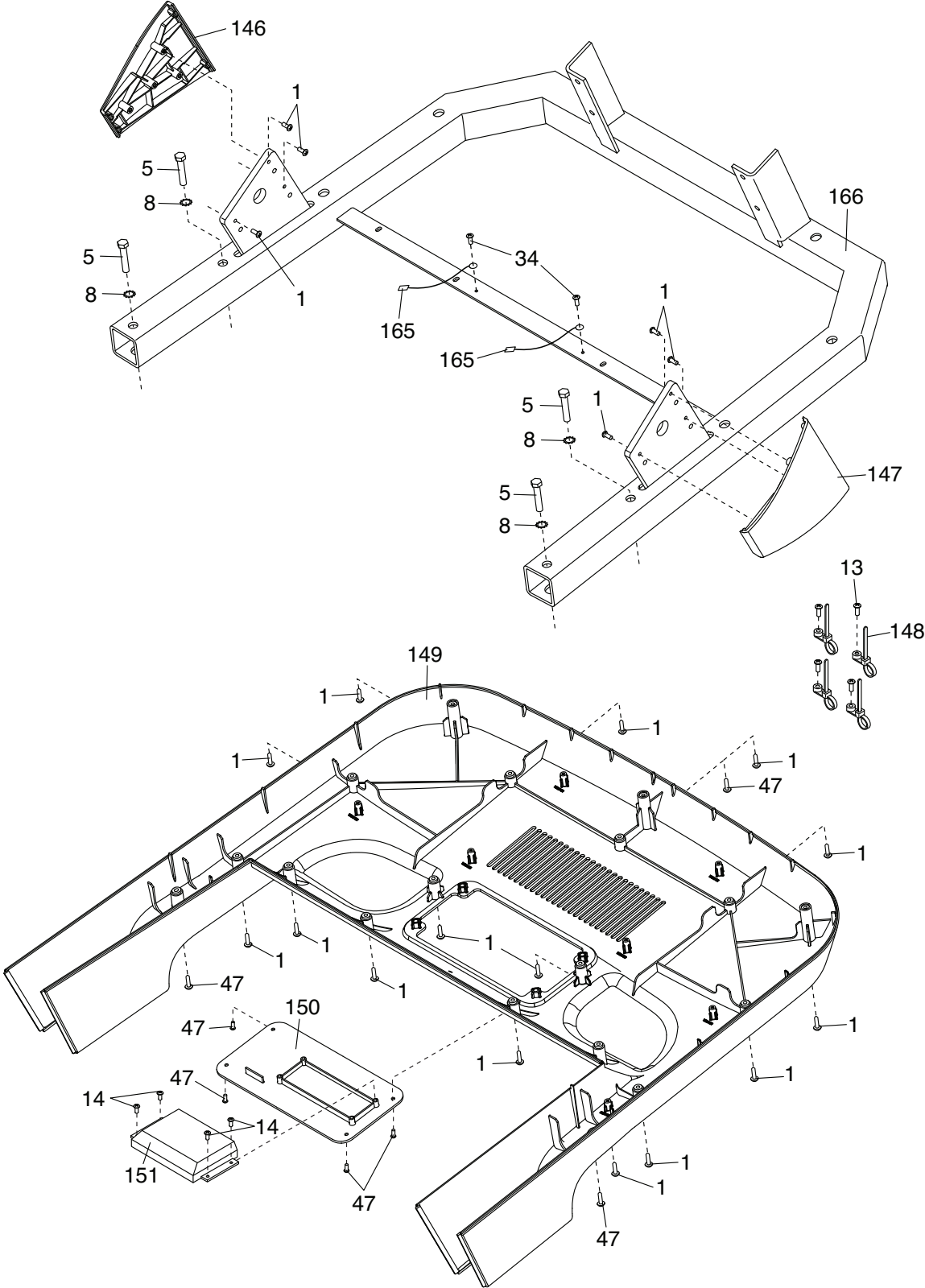
EXPLODED DRAWING C

Model No. FMTK74819K2.0 R1220A



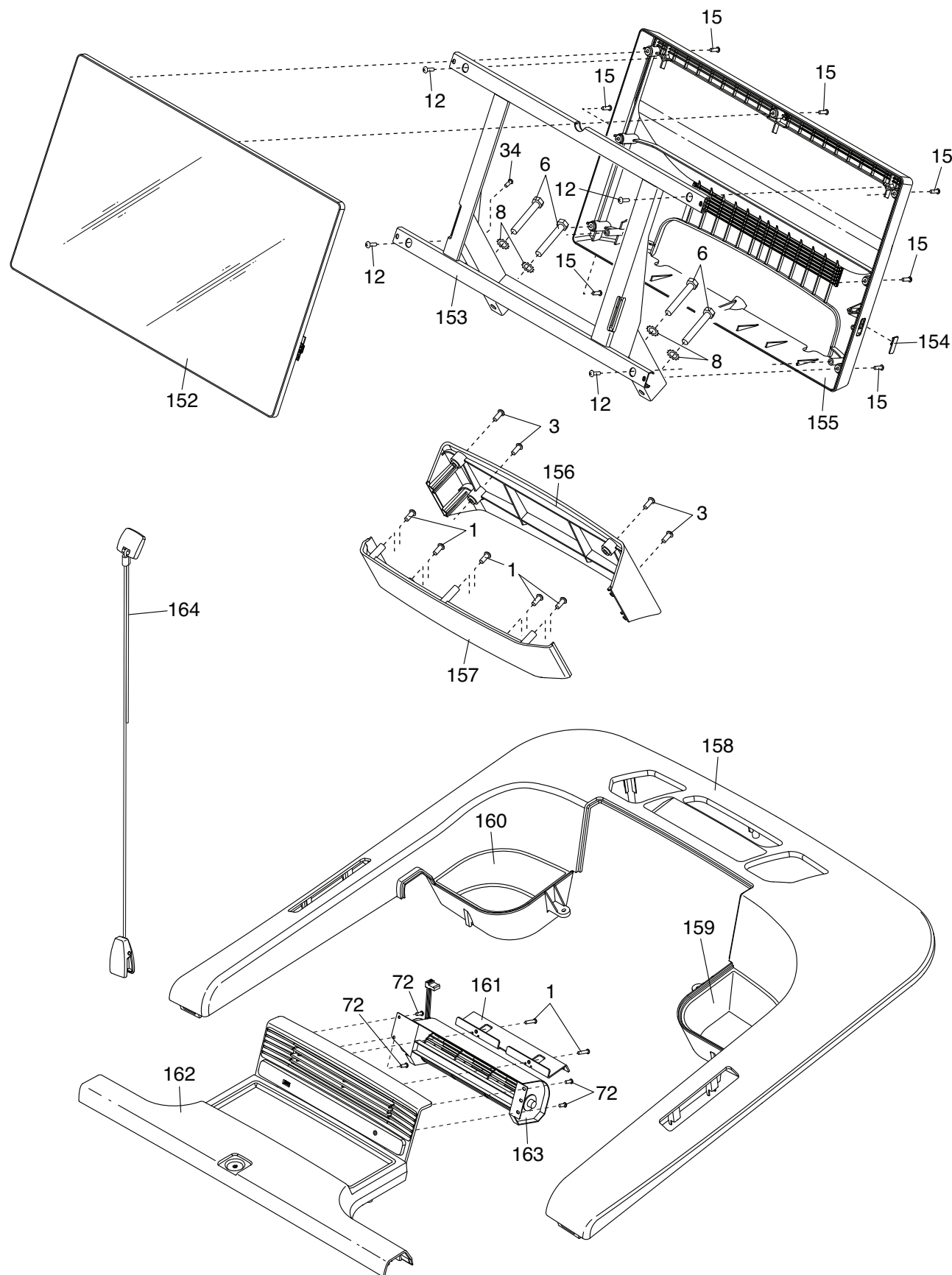
EXPLODED DRAWING D

Model No. FMTK74819K2.0 R1220A



EXPLODED DRAWING E

Model No. FMTK74819K2.0 R1220A



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

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

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. Unless otherwise specified on the invoice, the frame and drive motor are warranted for seven (7) years, the console and other parts are warranted for two (2) years, and labor is warranted for one (1) year.

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.