FREEMOTION®

t22.9 REFLEX

USER'S MANUAL

QUESTIONS?

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

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.
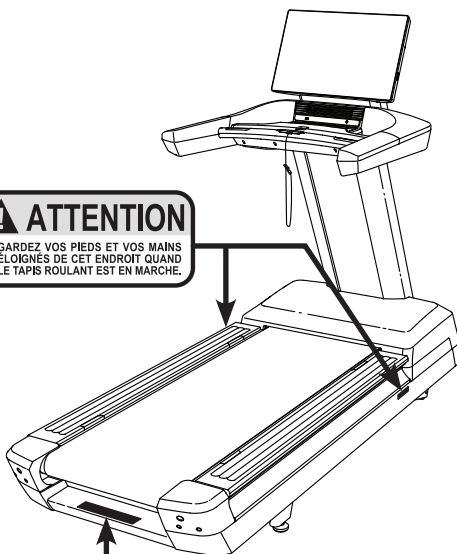
freemotionfitness.com

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WARNING DECAL PLACEMENT

These drawings show the locations of the warning decals. **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 decals may not be shown at actual size.

⚠ **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 MARCHE.

⚠ **WARNING**

• Hazardous Voltage
• Risk of Electric Shock
• Unplug Treadmill before Assembly/ Disassembly

⚠ **ATTENTION**

• Tension Dangereuse
• Risque de Choc Électrique
• Débranchez le tapis roulant Avant l'Assemblage/Désassemblage

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

• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.

• Never allow children on or around treadmill.
• Remove key when not in use.

• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

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 treadmill before using your treadmill. Freemotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. 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.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.

4. Use the treadmill only as described.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

8. Keep children under age 16 and pets away from the treadmill at all times.

9. The treadmill should be used only by persons weighing 398 lbs. (181 kg) or less.

10. Never allow more than one person on the treadmill at a time.

11. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

12. When connecting the power cord, follow the instructions on page 14. No other appliance should be on the same circuit as the treadmill. Do not use an extension cord.

13. Keep the power cord away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 34 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16). Always wear the clip while using the treadmill.

16. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.

17. When a person is walking on the treadmill, the noise level of the treadmill will increase.

18. Keep fingers, hair, and clothing away from the moving walking belt.

19. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

20. 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.

21. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

22. Do not move the treadmill until it is properly assembled (see ASSEMBLY on page 8). Do not move the treadmill by sliding it (see HOW TO MOVE THE TREADMILL on page 28). You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

23. Do not change the incline of the treadmill by placing objects under the treadmill.

24. Inspect and properly tighten all parts each time the treadmill is used.

25. Never insert or drop any object into any opening on the treadmill.

26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

27. 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.
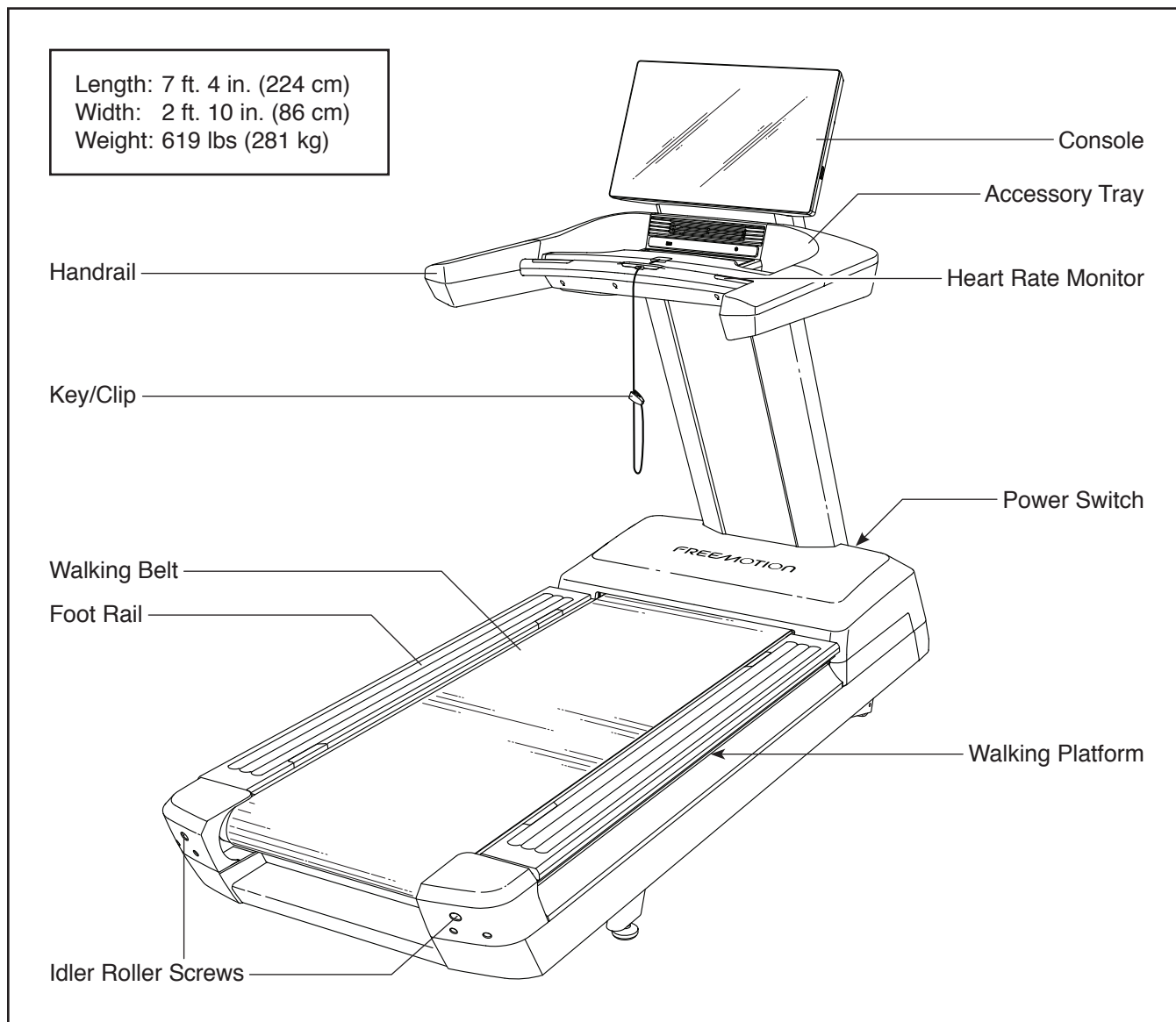
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® T22.9 REFLEX treadmill. The T22.9 REFLEX treadmill offers an impressive selection of features designed to make your workouts more effective and enjoyable.

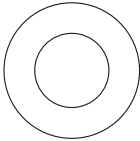**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

Length: 7 ft. 4 in. (224 cm)
Width: 2 ft. 10 in. (86 cm)
Weight: 619 lbs (281 kg)

Console

Accessory Tray

Handrail

Heart Rate Monitor

Key/Clip

Power Switch

Walking Belt

Foot Rail

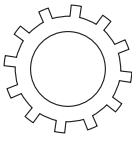Walking Platform

Idler Roller Screws
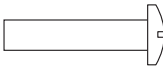
PART IDENTIFICATION CHART

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.**
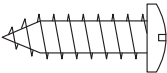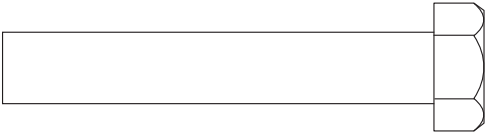
3/8" Flat
Washer (6)–6
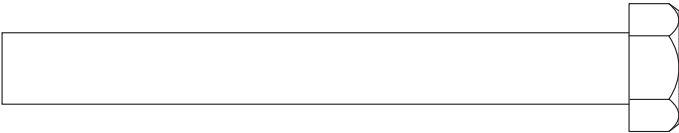
3/8" Star
Washer (7)–6

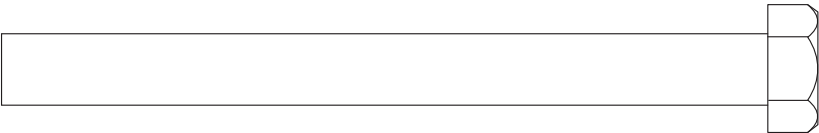#8 x 3/4"
Machine
Screw (4)–11

#10 x 3/4"
Screw (5)–4

3/8" x 2 1/4" Screw (1)–4

3/8" x 3 1/4" Screw (2)–4

3/8" x 4" Screw (3)–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.

- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- To identify small parts, see page 7.

- Assembly requires the following tools:

  one set of English hex keys

  one Phillips screwdriver

  one torque wrench

  To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged. Be careful not to pinch the power cord.**

   ⚠ WARNING
   - Hazardous Voltage
   - Risk of Electric Shock
   - Unplug Treadmill before Assembly/ Disassembly

   ⚠ ATTENTION
   - Tension Dangereuse
   - Risque de Choc Électrique
   - Débranchez le tapis roulant Avant l'Assemblage/Désassemblage
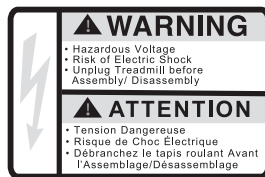
   Slide the Upright Cover (not shown) off the Upright (144).

   Set the Upright (144) on the tabs (A) on the Frame (63). Then, attach the Upright with four 3/8" x 3 1/4" Screws (2), two 3/8" Star Washers (7), and two 3/8" Flat Washers (6); **start all four Screws, and then torque them to 20 pound-feet (27 Newton-meters). Do not pinch any wires.**

8
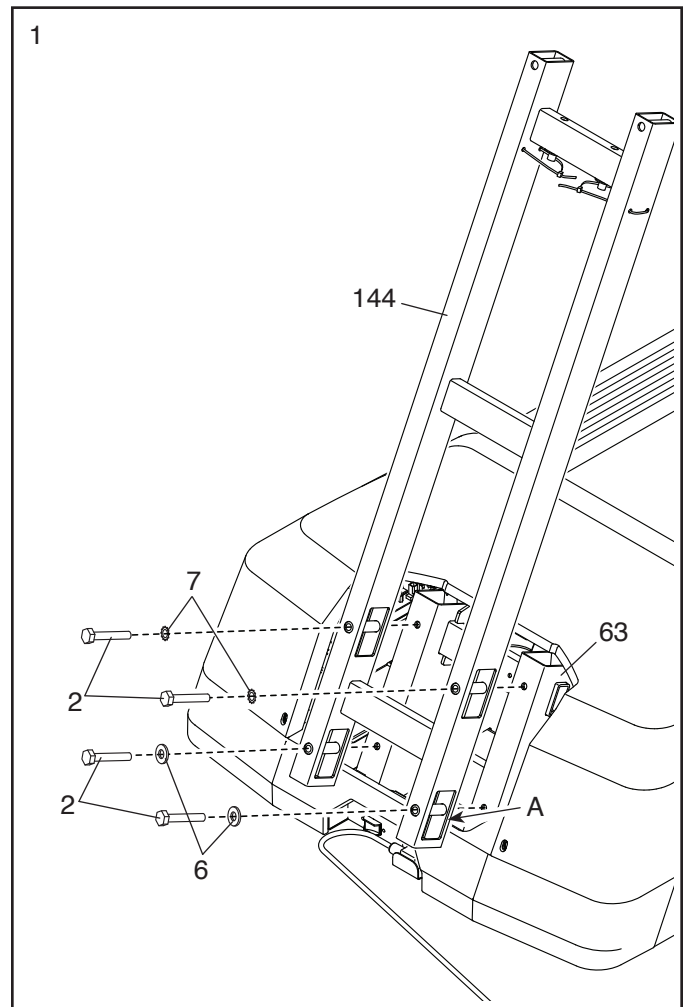
2. Insert the ends of the Upright Wire (148), Coaxial Cable (150), HDMI Cable (149), and Network Cable (67) through the looped plastic ties (B) at the top of the Upright (144). **Make sure that the Wire and the Cables are behind the crossbars (C) on the Upright.** Then, gently pull upward on the Wire and Cables as you tighten the plastic ties around the Wire and Cables.
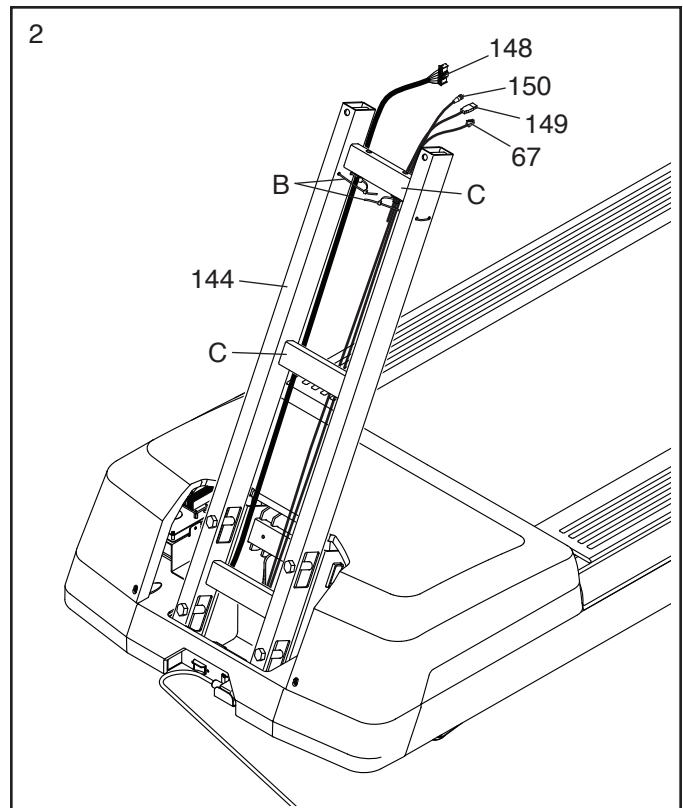
3. Slide the Upright Cover (145) downward onto the Upright (144). **Do not pinch the Upright Wire (148), Coaxial Cable (150), HDMI Cable (149), or Network Cable (67). Make sure not to hit the ceiling with the Upright Cover.**
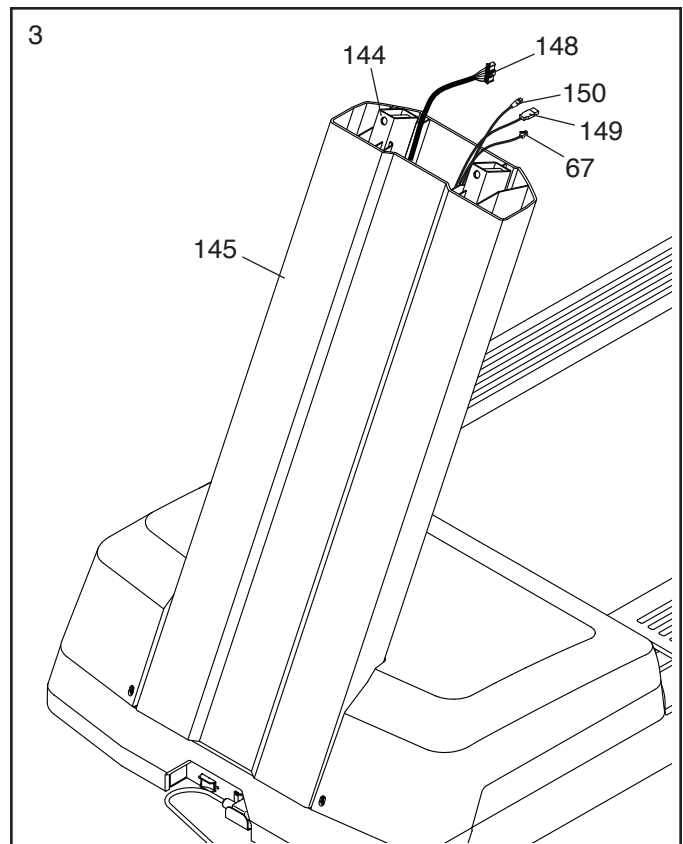
4. Remove the Console Insert (126) from the hand-rail assembly (D). **Note: The Console Insert may be attached with screws or packaging.**
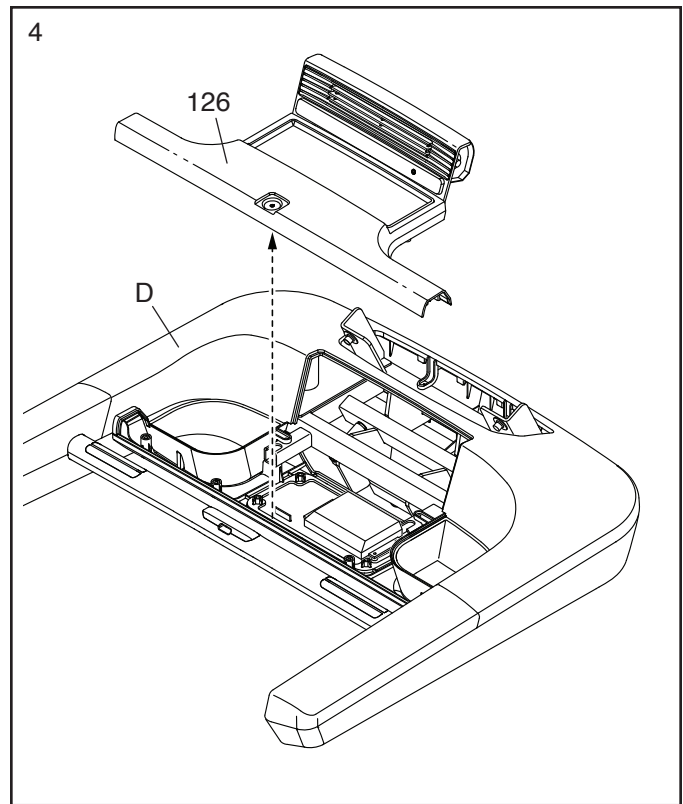
5. Have two people hold the handrail assembly (D) near the Upright (144). Insert the wires (67, 148, 149, 150) from the Upright through the opening (E) in the bottom of the handrail assembly in the location shown.

   Then, set the handrail assembly (D) on the Upright (144). **Make sure that no wires are pinched.**
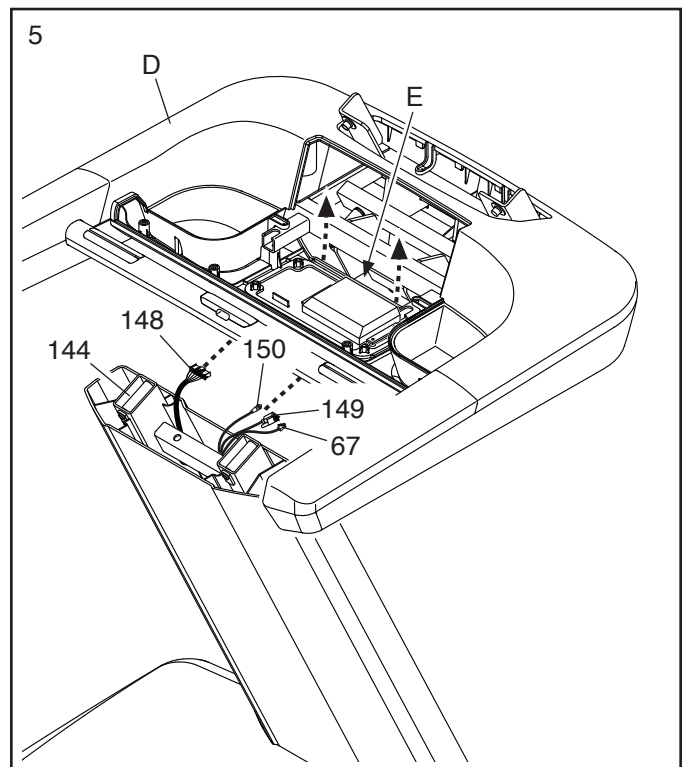
6. Attach the handrail assembly (D) with two 3/8" x 4" Screws (3) and two 3/8" Star Washers (7); **start both Screws, and then torque them to 20 pound-feet (27 Newton-meters).**

    Then, connect the HDMI Cable (149) and the Coaxial Cable (150) to the TV Tuner (151).
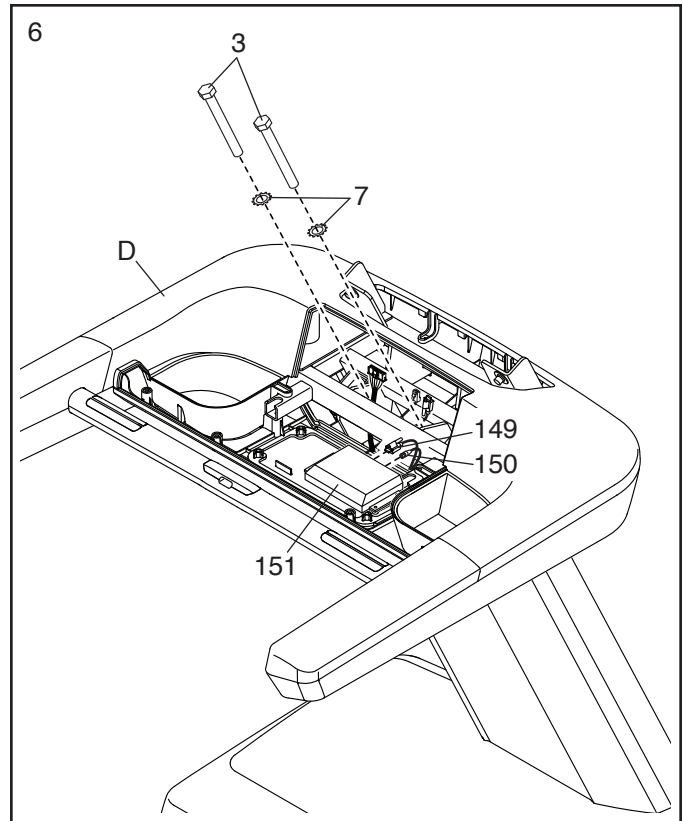
7. Tighten two 3/8" x 4" Screws (3) with two 3/8" Flat Washers (6) into the Upright (144); **start both Screws, and then torque them to 20 pound-feet (27 Newton-meters).**
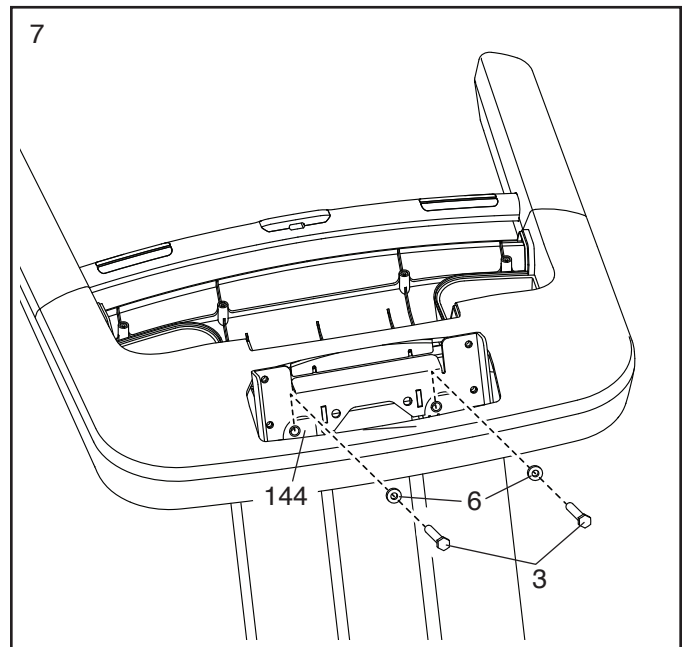
8. Position the Network Cable (67) and the HDMI cable (F) from the TV Tuner (151) forward as shown. Then, connect the pulse wire (G) to the Console Insert (126).

   Next, connect the Upright Wire (148) to the wire harness (H) from the Console Insert (126), and connect the tuner power wire (I) to the TV Tuner (151). Feed the end of the remaining wire harness (J) out of the front of the handrail assembly (D) as shown.Then, connect the three Ground Wires (155) to the Console Insert.

   Be careful not to pinch any wires. Attach the Console Insert (126) with six #8 x 3/4" Machine Screws (4); **start all six Machine Screws, and then tighten them**. **Be careful not to over-tighten the Machine Screws.**
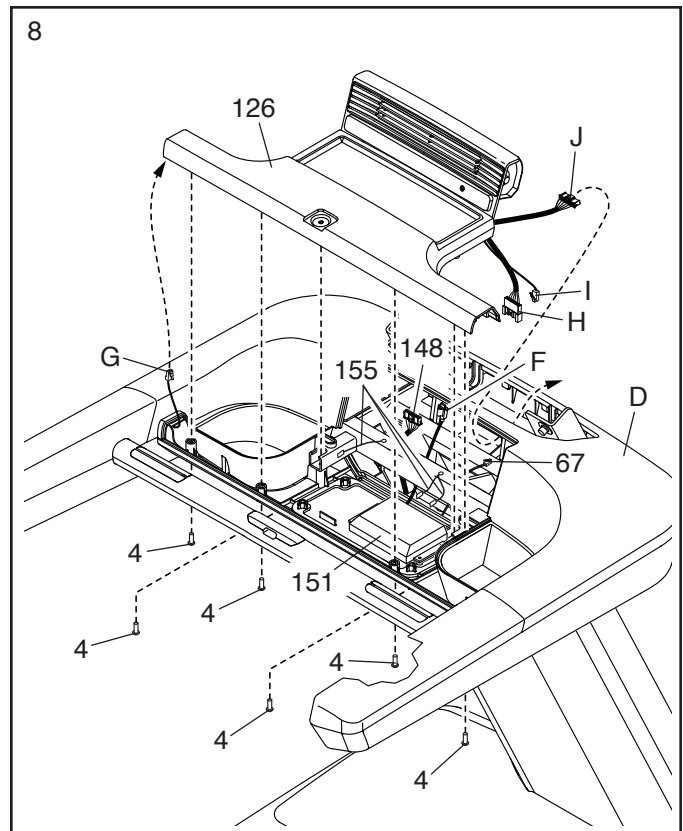
9. Tighten two #8 x 3/4" Machine Screws (4) into the Console Insert (126) as shown.
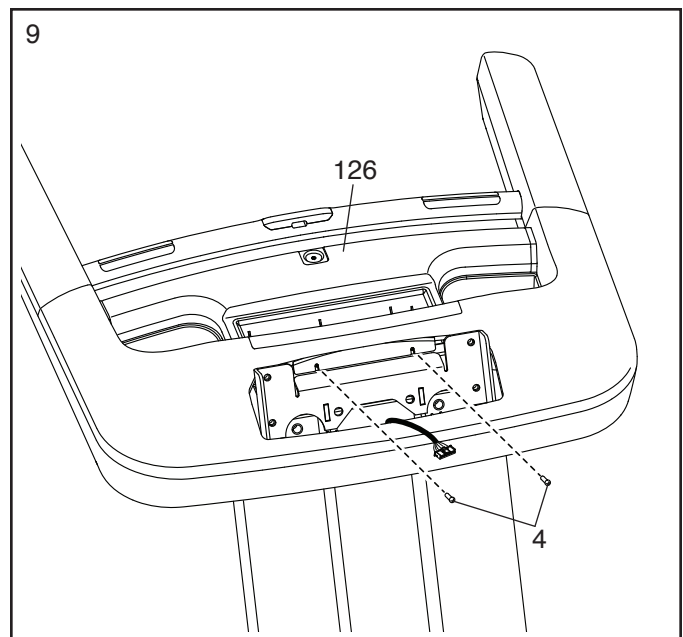
10. Attach the Small Console Cover (143) to the frame on the Console Assembly (G) with three #8 x 3/4" Machine Screws (4) as shown; **start all three Machine Screws, and then tighten them. Do not overtighten the Machine Screws.**
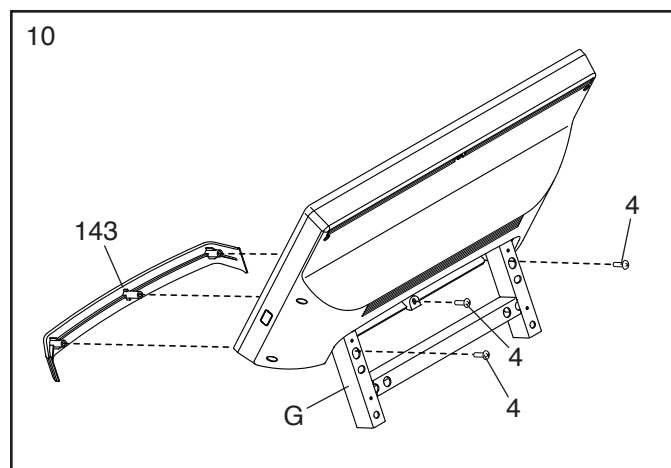
11. Hold the console assembly (I) near the handrail assembly (D). Connect the wires (67, F, J) in the handrail assembly to the corresponding wires in the console assembly.

    Make sure that no wires are pinched. Attach the console assembly (I) with four 3/8" x 2 1/4" Screws (1), two 3/8" Flat Washers (6), and two 3/8" Star Washers (7) as shown.
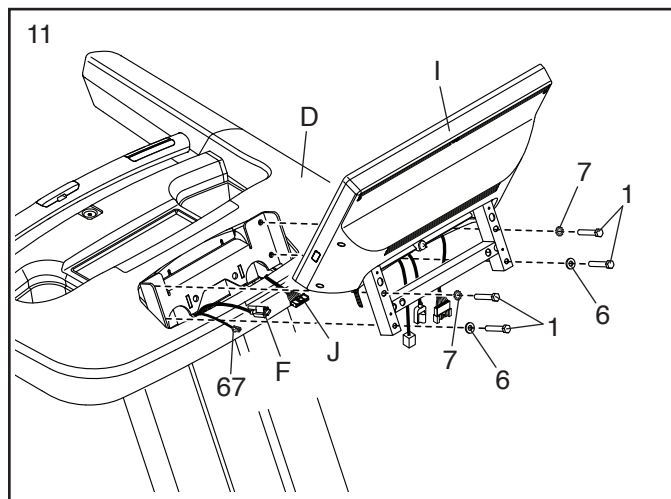
12. Attach the Console Cover (142) with four #10 x 3/8" Screws (5); **start all four Screws, and then tighten them. Do not overtighten the Screws.**

    If necessary, move the treadmill to the desired location. **IMPORTANT: Before moving the treadmill, see HOW TO MOVE THE TREADMILL on page 28.**

    After the treadmill is placed in the location where it will be used, make sure that the Leveling Feet (not shown) rest firmly on the floor (see page 28).
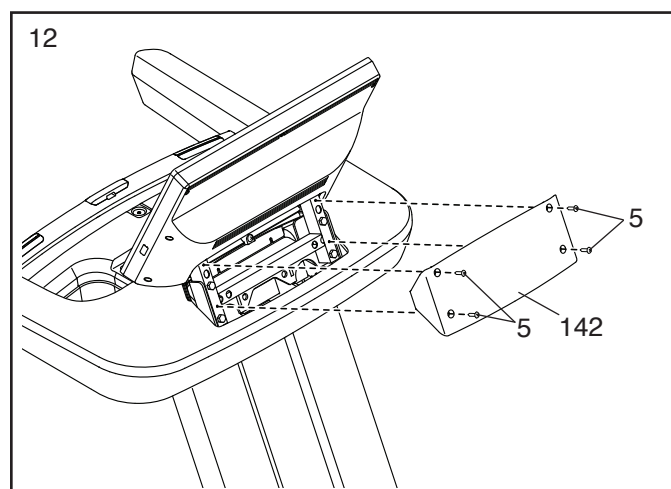
13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Note: Extra hardware may be included.

HOW TO CONNECT THE TREADMILL

HOW TO PLUG IN 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's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

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

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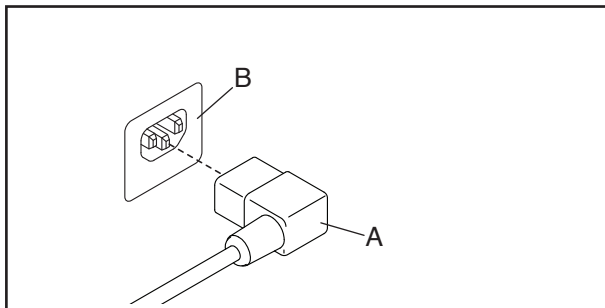
2. Plug the power cord into an appropriate outlet (C) that is properly installed and earthed in accordance with all local codes and ordinances.

UK	Australia
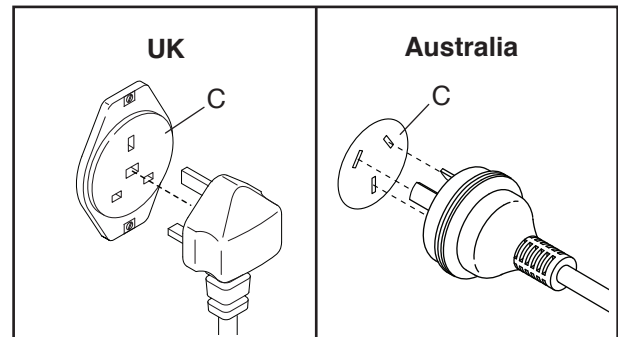
HOW TO CONNECT AN AUDIOVISUAL INPUT

If your treadmill console is TV-enabled, an audiovisual input must be connected to the treadmill for cable TV stations or other media to be viewed. Note: If your treadmill 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 25).

Locate the cable jack (D) and HDMI port (E) under the front of the treadmill. **Route any cables so that they will not be pinched or crushed by the lift mechanism or the frame.**
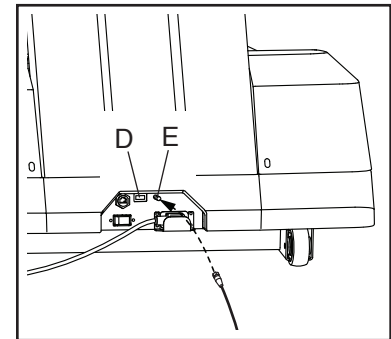
A satellite receiver, video player, or other audiovisual device can be connected to the treadmill. Connect a CATV or HDMI cable from the output on your equipment (usually labeled VIDEO OUT, TV OUT or RF OUT) to the appropriate receptacle on the front of the treadmill.

HOW TO USE THE CONSOLE
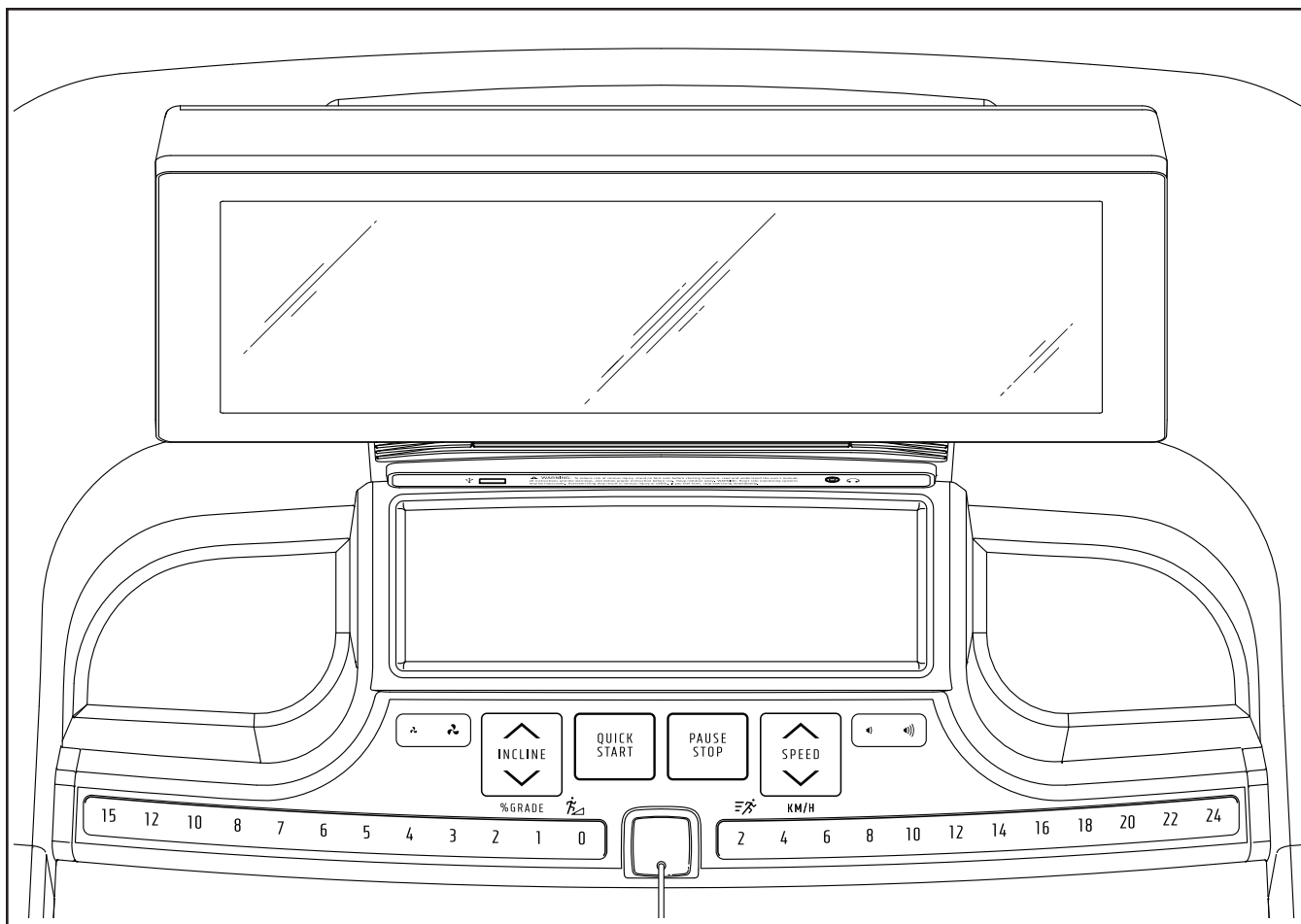
FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit technology that enables the treadmill 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 treadmill 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 treadmill with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor

To turn on the power, see page 16. **To learn how to use the touch screen,** see page 16. **To set up the console,** see page 17.

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 24.

HOW TO TURN ON THE POWER

1. **Plug in the power cord.**

   See HOW TO PLUG IN THE POWER CORD on page 14.

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

   Locate the power switch on the tread-mill near the power cord. Press the power switch into the on position (A).
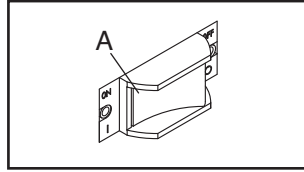
3. **Insert the key into the console.**

   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.**
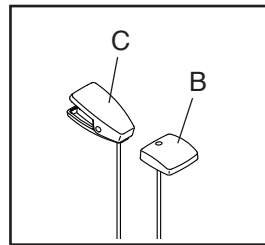
HOW TO USE THE TOUCH SCREEN

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 18). 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 treadmill 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 26 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 24.

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 25.
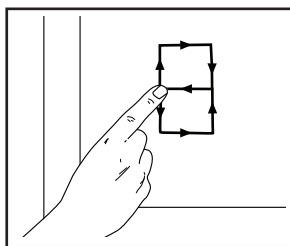
4. **Calibrate the incline system.**

    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 25.

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 18. **To use a featured workout,** see page 20. **To create a draw-your-own-map workout,** see page 22. **To use an iFit workout,** see page 23.

To change user settings, see page 24. **To change club owner settings,** see page 24. **To connect to a network,** see page 26. **To use the charging port,** see page 27. **To use the sound system,** see page 27.

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

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HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE POWER on page 16. **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 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 treadmill as desired.**

   To change the incline of the treadmill, 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.

   IMPORTANT: The first time you use the treadmill, you must calibrate the incline system (see step 7 on page 25).

5. **Monitor your progress with the display modes.**

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

   • The incline level of the treadmill

   • 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 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 chest 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.
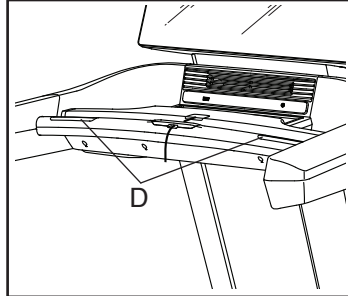
   To measure your heart rate, **stand on the foot rails** and hold the handgrip heart rate monitor with your palms on the contacts for approximately ten seconds; **avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue 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.
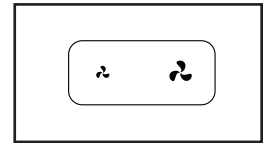
8. **When you are finished exercising, remove the key from the console.**

   Step onto the foot rails and press the 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 treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill'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 16. 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 26).

    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 22.

    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 18).

    During some workouts, an iFit coach may 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 23) 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 18.

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

   See step 6 on page 19.

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

   See step 7 on page 19.

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

   See step 8 on page 19.

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 16. 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 20).

7. **Follow your progress.**

   See step 5 on page 18.

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

   See step 6 on page 19.

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

   See step 7 on page 19.

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

    See step 8 on page 19.

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 20).

5. **Follow your progress.**

   See step 5 on page 18.

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

   See step 6 on page 19.

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

   See step 7 on page 19.

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

   See step 8 on page 19.

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 16). 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 16). 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.
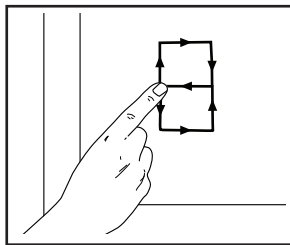
3. **Navigate the settings menus and change settings as desired.**

   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 treadmill, 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 treadmill 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 treadmill 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 treadmill near the power cord. **Route the cable so that it will not be pinched or crushed by the lift mechanism or the frame.**
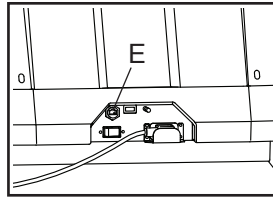
To use a wireless connection:

1. **Select the settings main menu.**

   First, turn on the power (see HOW TO TURN ON THE POWER on page 16). 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.
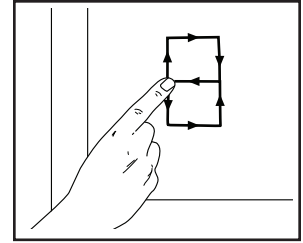
   Then, touch *Wi-Fi* to select the network menu.

3. **Set up and manage a network connection.**

   The console can be connected to a network with either a wired connection or a wireless connection.

   To make a wired connection, plug an ethernet cable into the ethernet receptacle located on the underside of the treadmill.

   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 16.)

   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 20) or an iFit workout (see page 23). 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.

HOW TO MOVE THE TREADMILL

IMPORTANT: Due to the size and weight of the treadmill, moving it requires two or three persons. To avoid damaging the leveling feet, do not move the treadmill by sliding it.

Before moving the treadmill, plug in the power cord, insert the key into the console, and raise the incline to the highest position (see page 18). Next, **remove the key and unplug the power cord.** Then, follow the steps below.

1. Hold the handle (A) firmly. **CAUTION: To decrease the possibility of injury or of damage to the treadmill, do not lift the treadmill by the hand-rail.** Raise the handle until the treadmill will roll on the wheels (B). Then, carefully roll the treadmill to the desired location and lower it to the level posi-tion. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**
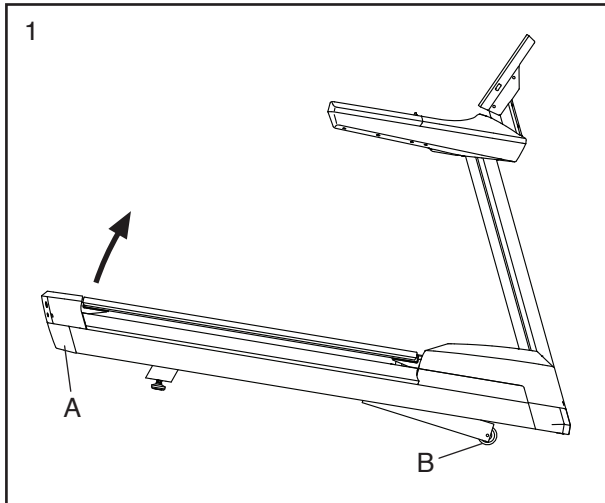
2. When the treadmill is in the location where it will be used, make sure that the leveling feet (C) rest firmly on the floor. If the treadmill rocks even slightly, loosen the nut on a leveling foot, turn the Leveling Foot clockwise or counterclockwise until the rocking motion is eliminated, and then tighten the nut.
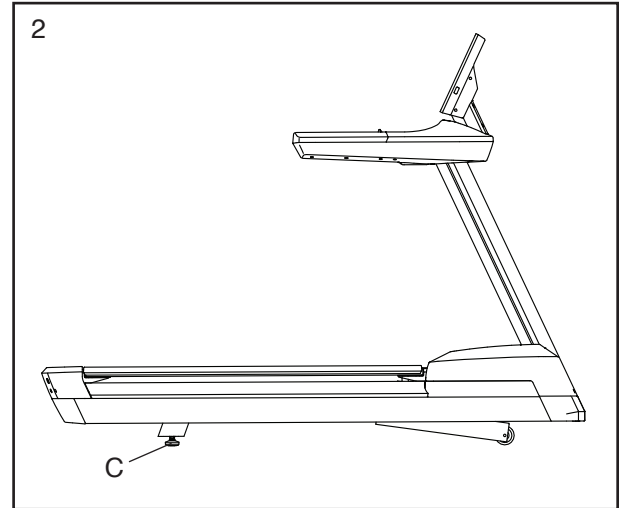
PREVENTIVE MAINTENANCE

Regular maintenance is necessary for optimal performance and long life of the treadmill. 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 treadmill may become damaged, a risk of injury or a risk of fire may result, and the warranty will be voided.**

WEEKLY MAINTENANCE

1. **Remove the key and unplug the power cord.** Inspect and properly tighten all external parts of the treadmill.

2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, upright, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt; **do not wipe under the walking belt.** Then, apply a small amount of the cleaner to a second cloth and wipe the console and screen(s). **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**

3. Vacuum the area around the treadmill.

4. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly when a person is running on the treadmill, do not make any adjustments. If the walking belt needs to be adjusted, see pages 32 and 35.

MONTHLY MAINTENANCE

1. **Remove the key and unplug the power cord.** Next, remove the two indicated 5/16" x 1/2" Screws (22), and lift off the Motor Hood (103).
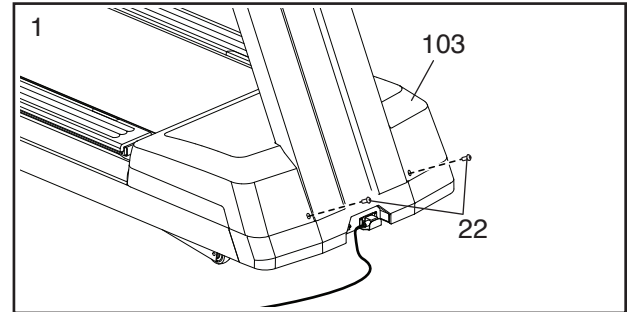
2. Using a handheld vacuum, clean the area that was under the motor hood. **Be careful to avoid touching any components.** Then, check the Motor Belt (83) for wear, cracks, dust buildup, and proper tension. If the Motor Belt needs to be replaced, see the back cover of this manual.
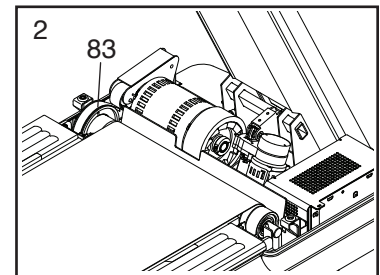
3. Lift the edge of the walking belt and slide your hand between the walking belt and the walking board. If the underside of the walking belt is dry, you may need to apply more lubricant (see the back cover of this manual).

4. Plug in the power cord and insert the key into the console. Then, 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 treadmill for unusual noises or odors. If either of these problems exists, see the back cover of this manual.

   Remove the key and unplug the power cord. See step 1. Reattach the Motor Hood (103) with the 5/16" x 1/2" Screws (22).

## 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. **Remove the key and unplug the power cord.**
   Next, remove the two indicated 5/16" x 1/2" Screws (22), and lift off the Motor Hood (103).
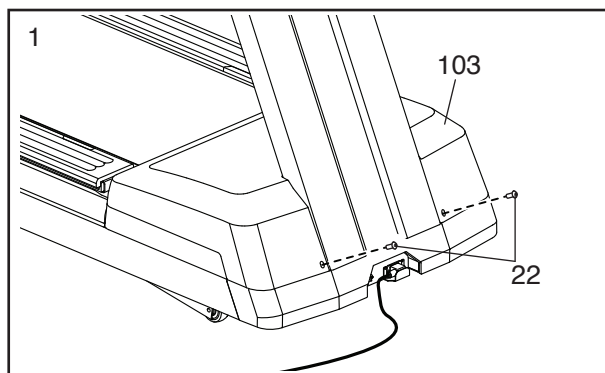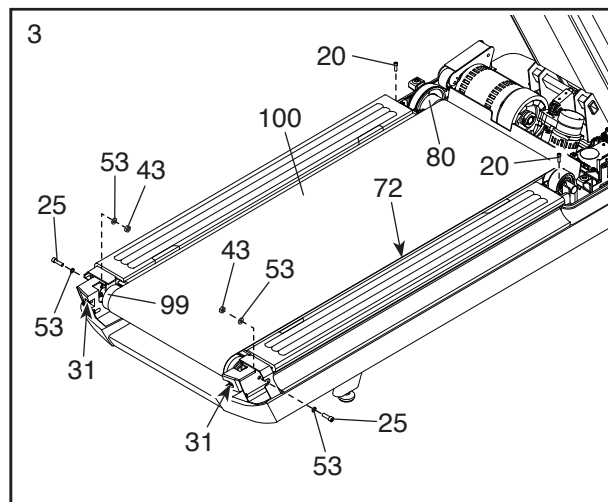

2. Remove the four indicated 1/4" x 3/4" Screws (20). Then, remove the Right and Left Endcaps (96, 97).
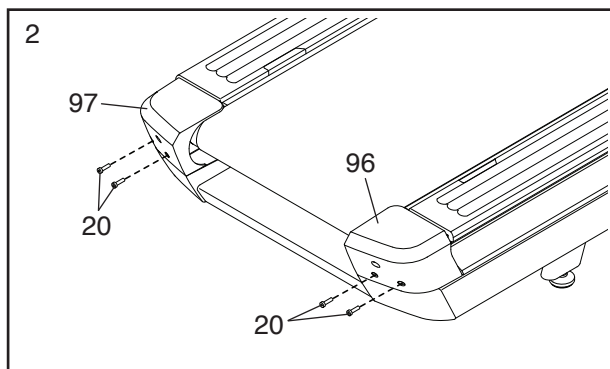
3. Remove the two 1/4" x 3/4" Screws (20), the two 5/16" Nuts (43), the two 5/16" x 1 1/2" Shoulder Bolts (25), and the four 5/16" Flat Washers (53).

   Next, remove the two 3/8" x 3" Screws (31), the two 3/8" Lock Washers (not shown), and the two 3/8" Washers (not shown).

   Then, remove the Drive Roller (80) and the Idler Roller (99).

If you are turning over or replacing the Walking Platform (72), go to step 4.

**If you are replacing only the Walking Belt (100),** remove the old Walking Belt and discard it. Next, slide the new Walking Belt onto the Walking Platform (72). Then, carefully follow steps 1–3 in reverse order. Turn both 3/8" x 3" Screws (31) clockwise **only four turns. Then, go to step 6.**

4. Carefully lift the back end of each Foot Rail (76, 77) until it detaches from the Walking Platform (72). Then, slide the Foot Rails off the end of treadmill.
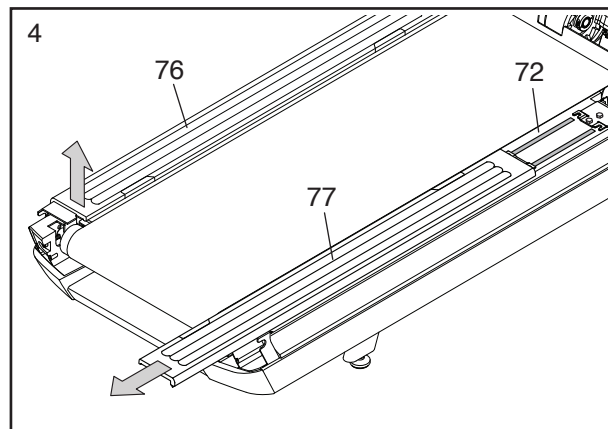
5. Remove the Walking Belt (100) and the Walking Platform (72) from the treadmill. Next, remove the Walking Belt from the Walking Platform. Then, remove the eight 3/8" Jam Nuts (46) and the eight 3/8" x 1 3/4" Bolts (34), and slide the Rear and Front Platform Brackets (65, 66) off the Walking Platform.

Next, remove the twelve #10 x 1 1/2" Bolts (35), #10 Washers (57), and #10 Nuts (47) and the six Foot Rail Brackets (74). Then, peel off and save the four Foot Rail Pads (78).
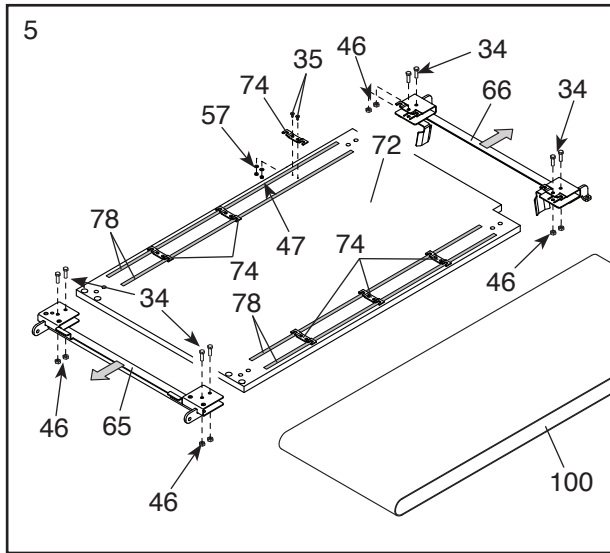
Check to see whether both sides of the Walking Platform (72) are worn. If the underside has not previously been used, turn over the Walking Platform and continue to use it. If the Walking Platform has previously been turned over, discard the old Walking Platform. **Save all other parts.**

Using the new Walking Platform (72) 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 (100), use the new Walking Belt. Turn the 3/8" x 3" Screws (31) (see step 3) clockwise **only four turns. Then, go to step 6.**

6. Lift the right or left edge of the Walking Belt (100) and look for a small arrow (A) 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 treadmill, as shown.** If it is not, remove the Walking Belt, turn it around, and slide it back onto the Walking Platform (72). Note: Your walking belt may not have an arrow. If it does not have an arrow, it can be turned either way.
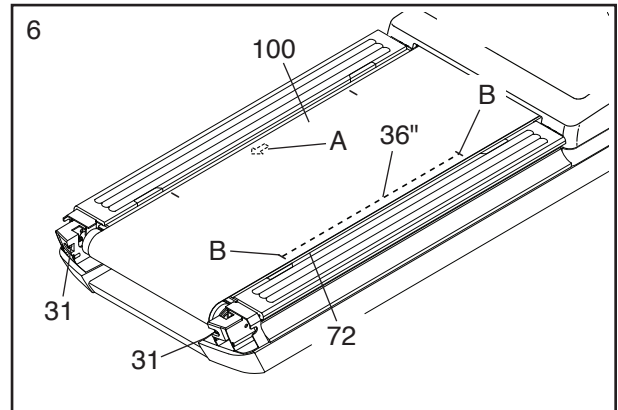
Next, move the Walking Belt (100), if necessary, until the seam (not shown) across the Walking Belt is beneath the Walking Platform (72).

Then, locate the indicated marks (B) on the left and right sides of the Walking Belt (100). The inside edges of both marks should be exactly 36" (91.5 cm) apart. If necessary, turn both 3/8" x 3" Screws (31) clockwise or counterclockwise until the marks are exactly 36" (91.5 cm) apart.

7. Center the Walking Belt (100), if necessary (see page 35). Then, plug in the power cord, step onto the foot rails, insert the key into the console, and press the Quick 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 the two 3/8" x 3" Screws (31) 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. **If the Idler Roller (99) stops turning, do not further tighten the Screws; please see the back cover of this manual.**

LUBRICATING THE WALKING BELT

Your treadmill 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.**
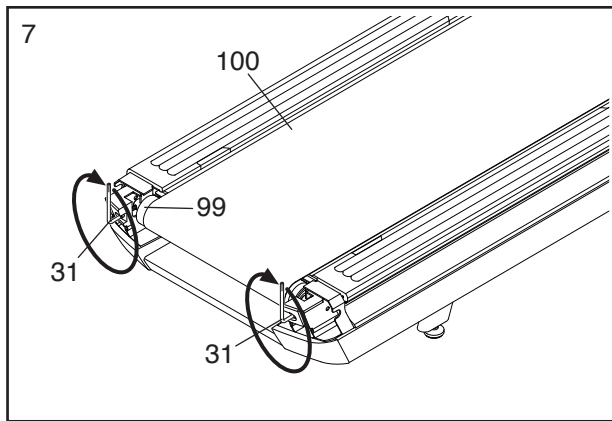
PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the treadmill. 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 29 to 32. If all procedures are not performed as described, components may wear excessively, the treadmill 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 treadmill.	Clean the treadmill, and vacuum the area around the treadmill.	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	/ /	/ /	/ /			
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Week 14	/ /	/ /	/ /			
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Week 18	/ /	/ /	/ /			
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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 treadmill is used. Replace any worn parts immediately.

Regularly clean the treadmill 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 treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

TROUBLESHOOTING

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

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a properly earthed outlet (see page 14).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill near the power cord. Make sure that the power switch is pressed into the on position (A).
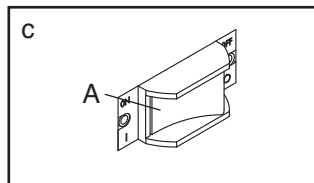
SYMPTOM: The power turns off during use

a. Check the power switch (see drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch to the on position.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

d. If the treadmill still will not run, please see the back cover of this manual.

**SYMPTOM: The incline of the treadmill does not change correctly**

a. Calibrate the incline system (see step 7 on page 25).

**SYMPTOM: iFit content streams slowly or pauses frequently**

a. 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.

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

a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use a hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is centered.
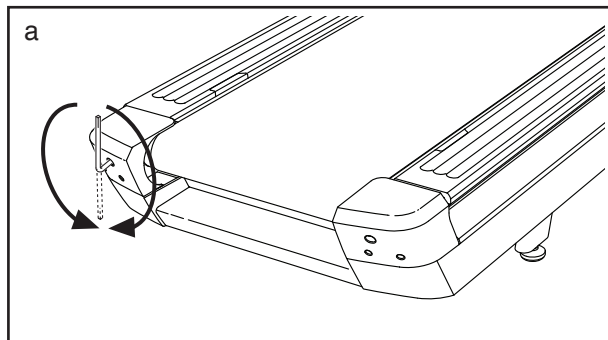

b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using a hex key, turn both idler roller screws clockwise, 1/4 of a turn. To properly tighten the walking belt, see step 7 on page 32. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the tread-mill for a few minutes. Repeat until the walking belt is properly tightened.
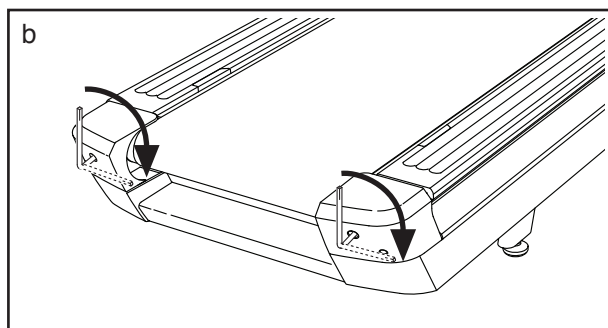
SYMPTOM: The displays of the console do not function properly

a. If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT: Doing this will erase all the custom settings you have made to the console.** Resetting the console requires two people. First, press the power switch into the off position. Next, remove the USB cover (B) from the side of the console and locate the small reset opening (C). Using a bent paper clip (D), press and hold the reset button inside the opening, and have a second person press the power switch into the on position. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, use the power switch to turn the treadmill off and then on again. Once the console turns on, check for firmware updates (see step 6 on page 25). Note: It may take a few minutes for the console to be ready for use.
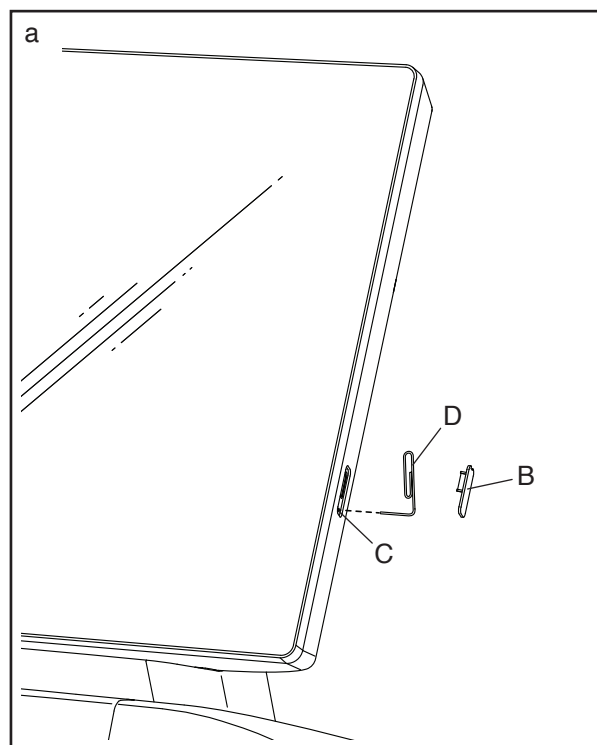
EXERCISE GUIDELINES

⚠ **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.
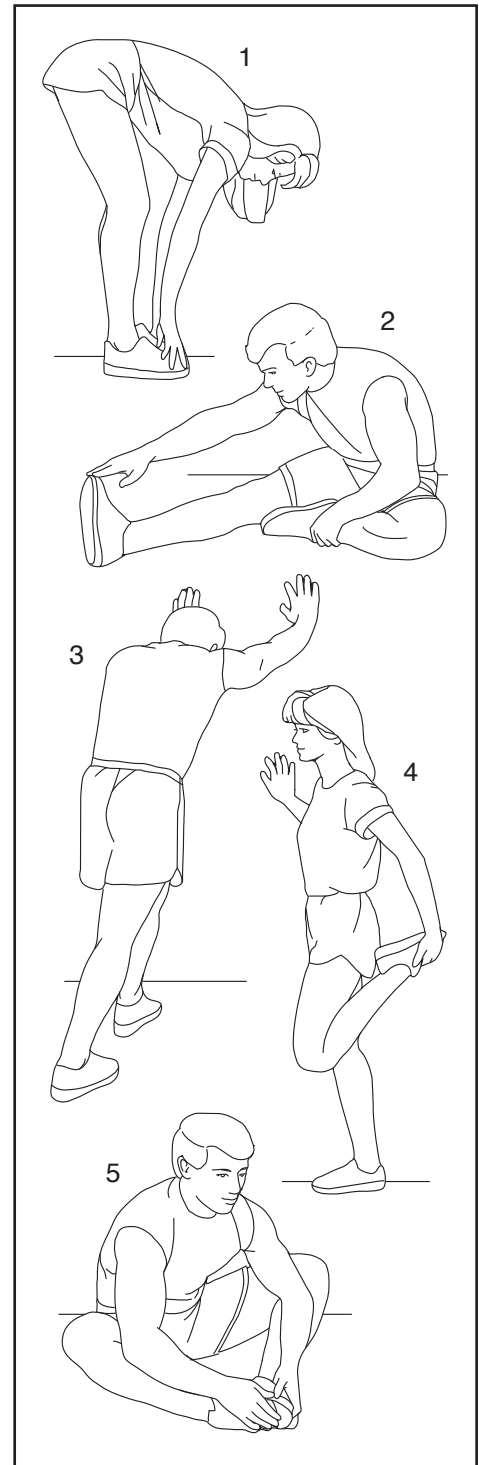
PART LIST

Model No. FMTL70920K2.0 R1220B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3/8" x 2 1/4" Screw	51	4	5/16" Flat Motor Washer
2	4	3/8" x 3 1/4" Screw	52	4	5/16" Flat Roller Washer
3	4	3/8" x 4" Screw	53	4	5/16" Flat Washer
4	11	#8 x 3/4" Machine Screw	54	3	3/8" Washer
5	4	#10 x 3/4" Screw	55	2	3/8" Star Washer
6	6	3/8" Flat Washer	56	2	1/2" Flat Washer
7	6	3/8" Star Washer	57	12	#10 Washer
8	2	M3 x 10mm Screw	58	1	3/8" Idler Arm Washer
9	7	M4 x 15mm Screw	59	2	3/4" Retainer Ring
10	4	#4 x 1/4" Screw	60	6	#8 x 3/8" Console Screw
11	2	#5 x 1" Screw	61	4	Fan Screw
12	2	#6 x 1/4" Screw	62	4	Cover Screw
13	1	Resistor	63	1	Frame
14	40	#8 x 1/2" Screw	64	1	Idler Arm Pin
15	4	#8 x 1/2" Machine Screw	65	1	Rear Platform Bracket
16	23	#8 x 3/4" Screw	66	1	Front Platform Bracket
17	14	#8 x 3/4" Pan Head Screw	67	1	Network Cable
18	4	#10 x 3/4" Pan Head Screw	68	2	3/8" Plastic Bushing
19	4	1/4" x 1/2" Screw	69	2	Platform Bracket Bushing
20	6	1/4" x 3/4" Screw	70	1	Left Platform Cushion
21	4	1/4" x 1 1/4" Screw	71	1	Right Platform Cushion
22	2	5/16" x 1/2" Screw	72	1	Walking Platform
23	1	RJ45 Adapter	73	16	Foot Rail Bracket Spacer
24	6	5/16" x 1" Screw	74	6	Foot Rail Bracket
25	2	5/16" x 1 1/2" Shoulder Bolt	75	2	Front Platform Cushion
26	4	5/16" x 1 1/2" Screw	76	1	Left Foot Rail
27	1	Idler Pulley	77	1	Right Foot Rail
28	1	3/8" x 3" Screw	78	4	Foot Rail Pad
29	1	3/8" x 2 3/8" Screw	79	2	Caution Decal
30	2	3/8" x 2 1/2" Screw	80	1	Drive Roller
31	2	3/8" x 3" Screw	81	2	Hood Base Cushion
32	1	3/8" x 4 1/2" Screw	82	1	Drive Roller Pulley
33	2	1/2" x 1/2" Screw	83	1	Motor Belt
34	8	3/8" x 1 3/4" Bolt	84	1	104ºC Thermal Switch
35	12	#10 x 1 1/2" Bolt	85	1	98ºC Thermal Switch
36	2	#6 x 1/2" Screw	86	1	Thermal Switch Bracket
37	2	M3 x 10mm Flat Head Screw	87	1	Drive Motor Pulley
38	1	1 3/4" Pin	88	1	Drive Motor
39	1	2 1/4" Pin	89	4	Motor Bushing
40	2	#5 Nut	90	2	Voltage Warning Decal
41	2	3/8" Nut	91	1	Motor Mounting Plate
42	2	#8 Clip	92	1	Right Rear Cap Insert
43	3	5/16" Nut	93	1	Left Rear Cap Inset
44	2	3/8" Idler Nut	94	1	Rear Cap
45	2	1/2" Nut	95	1	Warning Decal
46	8	3/8" Jam Nut	96	1	Right Endcap
47	12	#10 Nut	97	1	Left Endcap
48	2	M3 Nut	98	2	Leveling Foot
49	4	#8 Star Washer	99	1	Idler Roller
50	4	#10 Star Washer	100	1	Walking Belt

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Left Side Cover	129	1	Top Handrail Cover
102	1	Right Side Cover	130	1	Left Tray
103	1	Motor Hood	131	1	Right Tray
104	2	Hood Base	132	1	Left Handrail Cover
105	1	Power Cord Cover	133	1	Right Handrail Cover
106	1	Front Cap	134	1	Crossbar
107	1	Receptacle	135	1	Crossbar Cover
108	1	Power Bracket	136	1	Handrail Frame
109	2	HDMI Spacer	137	1	Bottom Handrail Cover
110	1	Power Switch	138	1	Access Cover
111	1	Power Cord	139	1	Console
112	1	Roller Cover	140	1	Console Frame
113	1	Controller	141	1	Console Back
114	1	Electronics Bracket	142	1	Console Cover
115	4	Flat Wheel Bushing	143	1	Small Console Cover
116	4	Wheel Bushing	144	1	Upright
117	2	Wheel Axle	145	1	Upright Cover
118	2	Wheel	146	6	Cable Tie
119	1	Incline Stop Bracket	147	2	15 1/2" Wire Tie
120	4	1/2" Bushing	148	1	Upright Wire
121	2	1/2" Hair Pin Cotter Pin	149	1	HDMI Cable
122	1	Incline Motor	150	1	Coaxial Cable
123	1	Lift Frame	151	1	TV Tuner
124	4	Lift Frame Spacer	152	1	Controller Cover
125	1	Key/Clip	153	1	USB Cover
126	1	Console Insert	154	1	Idler Arm
127	1	Fan Bracket	155	3	Ground Wire
128	1	Fan	*	–	User's Manual

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

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. The frame and drive motor are warranted for seven (7) years. The console and other parts are warranted for two (2) years. Wear items are warranted for six (6) months. 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 400 lbs. (181 kg).
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:
1. Cosmetic items including grips, seats, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

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

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

TO CONTACT FREEMOTION FITNESS
See HOW TO CONTACT CUSTOMER CARE above.