FREEMOTION®

t 8.9b TREADMILL

USER'S MANUAL

Model No. VMTL29818.0
Serial No. _____

Write the serial number in the space above for reference.
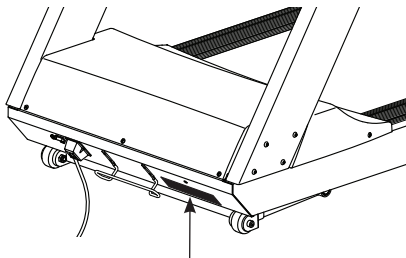
Serial Number Decal

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.
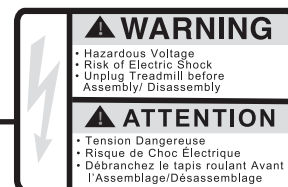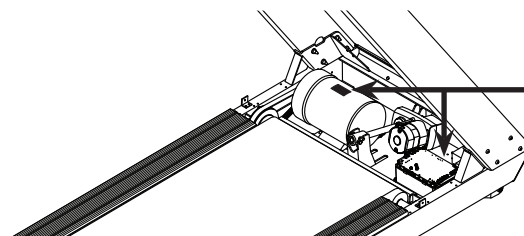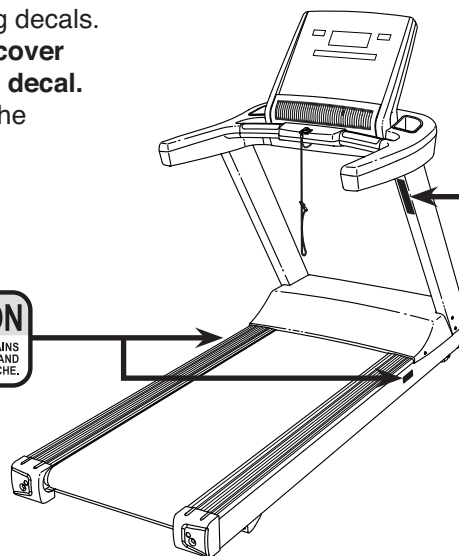
freemotionfitness.com

TABLE OF CONTENTS

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.

⚠WARNING

Reduce the risk of serious injury to yourself and others. Read the user's manual and:

• Stand only on the foot rails when starting or stopping.

• Never allow children on or around the treadmill.

• Keep clothing, fingers and hair away from moving parts.

• Change speed in small increments.

• Hold the handrails to reduce the risk of falling.

• Always wear the safety clip while operating the treadmill.

• Stop if you feel faint, dizzy or short of breath.

• Always remove the safety key when treadmill is not in use.

• Never try to adjust or fix the belt while it is moving.

• Always wear athletic shoes while operating the treadmill.

⚠ CAUTION

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

⚠ ATTENTION

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

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 13 and pets away from the treadmill at all times.

9. The treadmill should be used only by persons weighing 400 lbs. (182 kg) or less.

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

11. Wear appropriate exercise clothes when 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 30 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. 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.

21. 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 24). You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

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

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

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

25. **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.

26. 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.
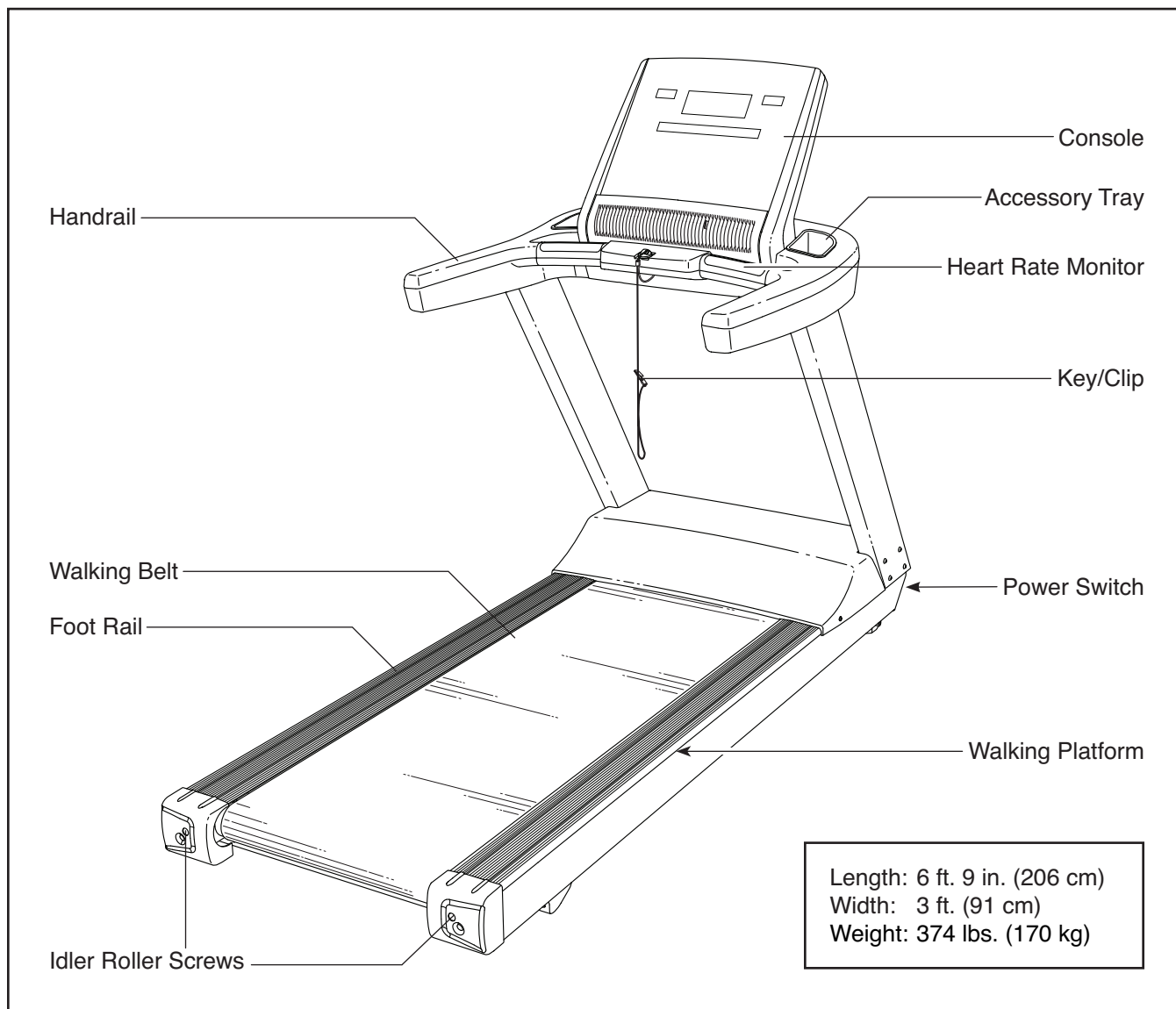
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® T8.9B treadmill. The T8.9B treadmill offers an impressive selection of features designed to make your workouts more effective and enjoyable.

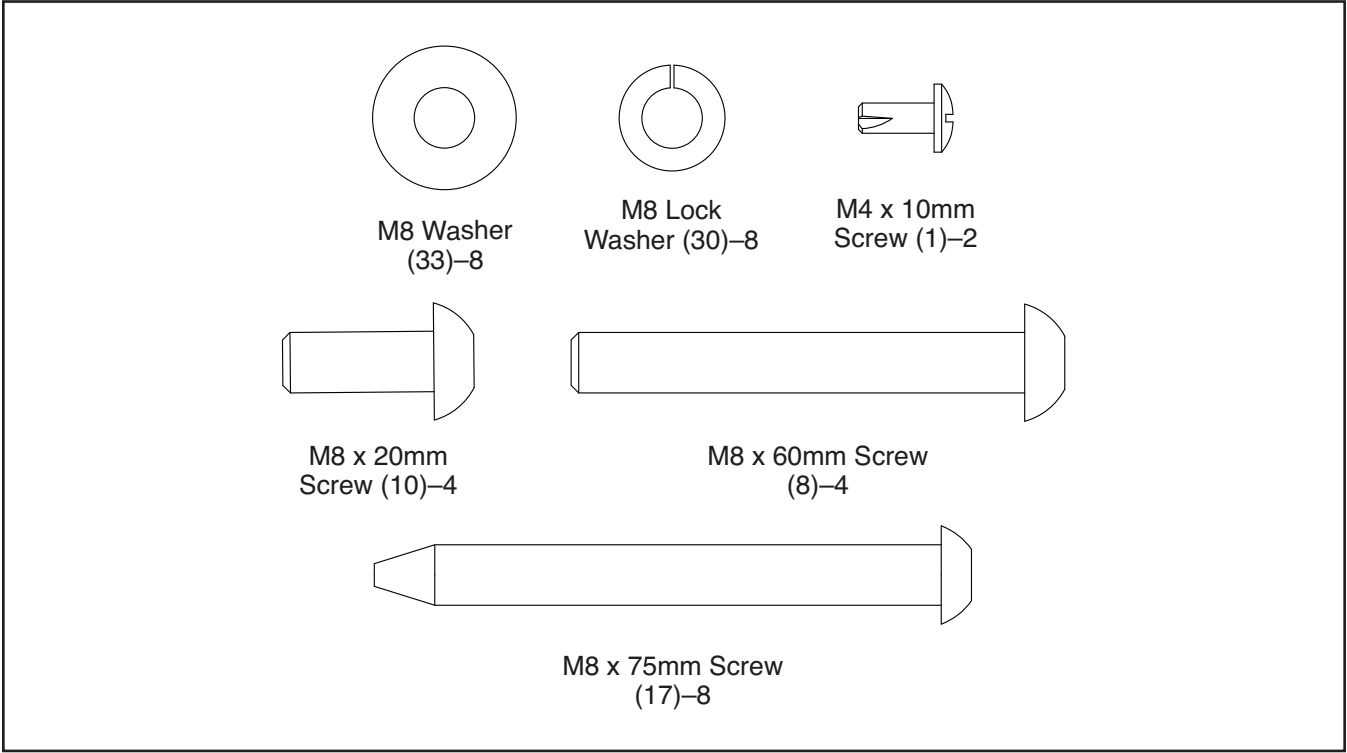**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the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

Console

Accessory Tray

Handrail

Heart Rate Monitor

Key/Clip

Walking Belt

Foot Rail

Power Switch

Walking Platform

Idler Roller Screws

Length: 6 ft. 9 in. (206 cm)
Width: 3 ft. (91 cm)
Weight: 374 lbs. (170 kg)

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.**

M8 Washer
(33)–8

M8 Lock
Washer (30)–8

M4 x 10mm
Screw (1)–2

M8 x 20mm
Screw (10)–4

M8 x 60mm Screw
(8)–4

M8 x 75mm Screw
(17)–8

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.

- 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.
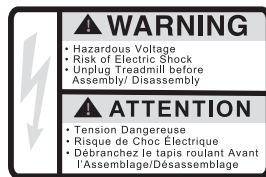
- Assembly requires the following tools:

 one set of English hex keys

  one Phillips screwdriver

  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

   Next, identify the Right Upright (99). Have a second person hold the Right Upright near the Frame (58).

   See the inset drawing. Tie the wire tie (A) in the Right Upright (99) securely around the end of the Upright Wire (97). Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie through the Right Upright.
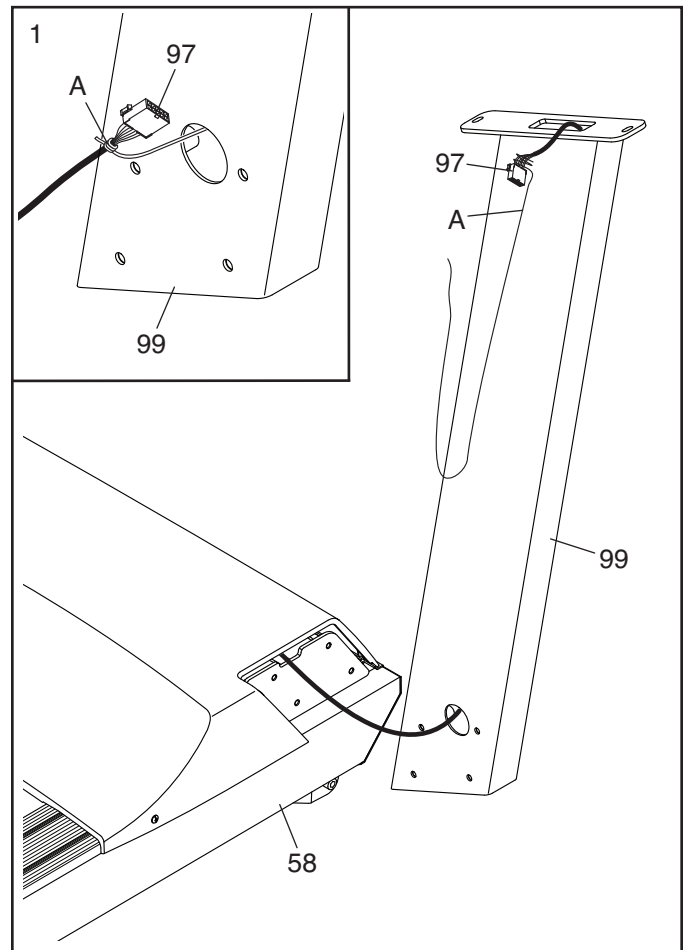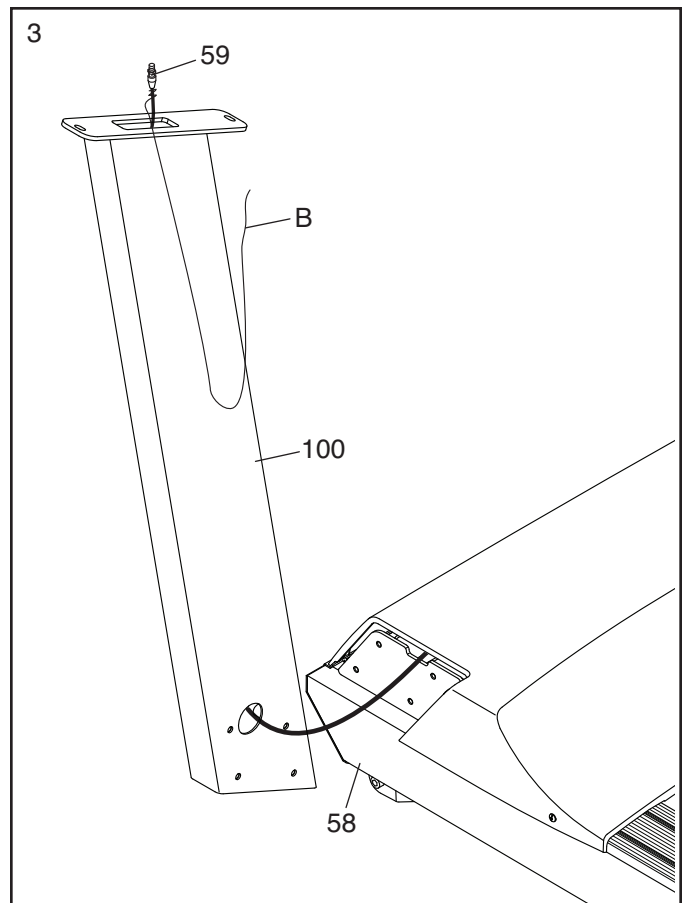
2. Hold the Right Upright (99) against the Frame (58). **Do not pinch the Upright Wire (97).**

   Attach the Right Upright (99) with four M8 x 75mm Screws (17); **do not tighten the Screws yet.**
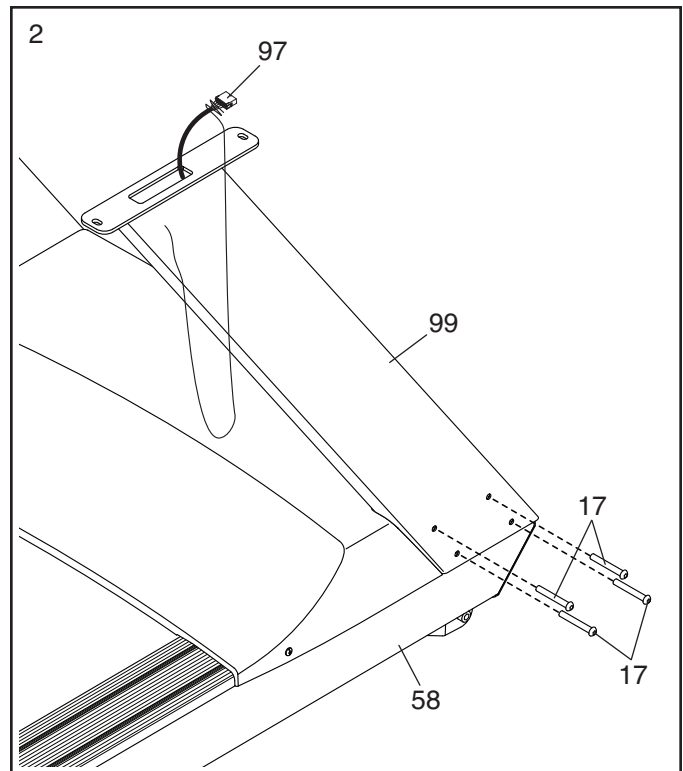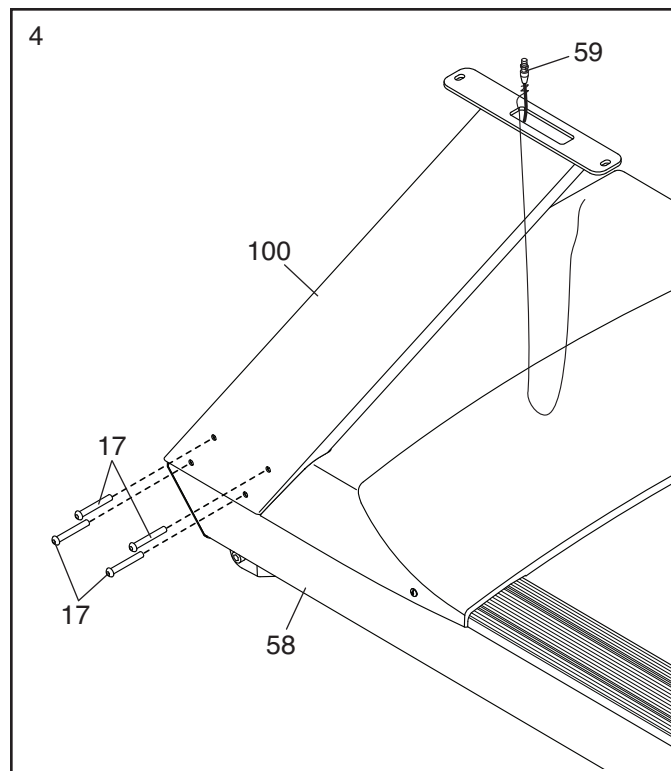
3. Have a second person hold the Left Upright (100) near the Frame (58).

   Tie the wire tie (B) in the Left Upright (100) securely around the end of the TV Cable (59). Then, insert the TV Cable into the lower end of the Left Upright as you pull the other end of the wire tie through the Left Upright.

4. Hold the Left Upright (100) against the Frame (58). **Do not pinch the TV Cable Wire (59).**

   Attach the Left Upright (100) with four M8 x 75mm Screws (17); **do not tighten the Screws yet.**

5. With the help of a second person, hold the handrail assembly (C) near the Right and Left Uprights (99, 100).

   Next, connect the Upright Wire (97) to the Handrail Wire (98), and connect the TV Cable (59) to the Handrail TV Cable (109). **See the inset drawing.** After connecting the TV Cables (59, 109), slide the cover (D) over the connection.

   Then, remove the two ties (A, B)**.**
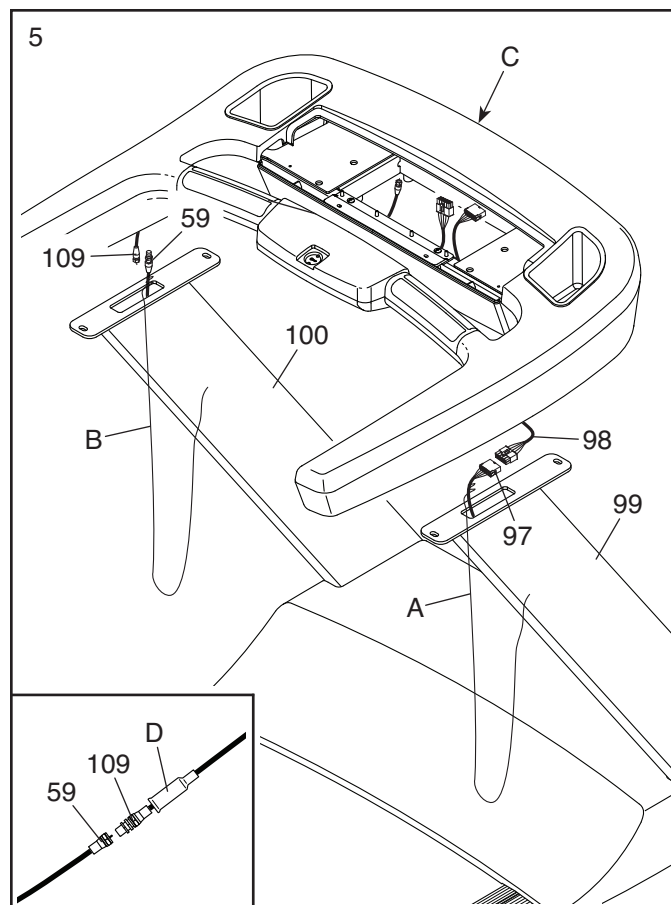
6. Insert the Wires (97, 98) and the Cables (59, 109) into the Uprights (99, 100) as you set the handrail assembly (C) on the Uprights. **Do not pinch any wires.**

   Attach the handrail assembly (C) with four M8 x 20mm Screws (10), four M8 Lock Washers (30), and four M8 Washers (33) as shown; **start all four Screws, and then tighten them.**

   See steps 2 and 4. Tighten all eight M8 x 75mm Screws (17).
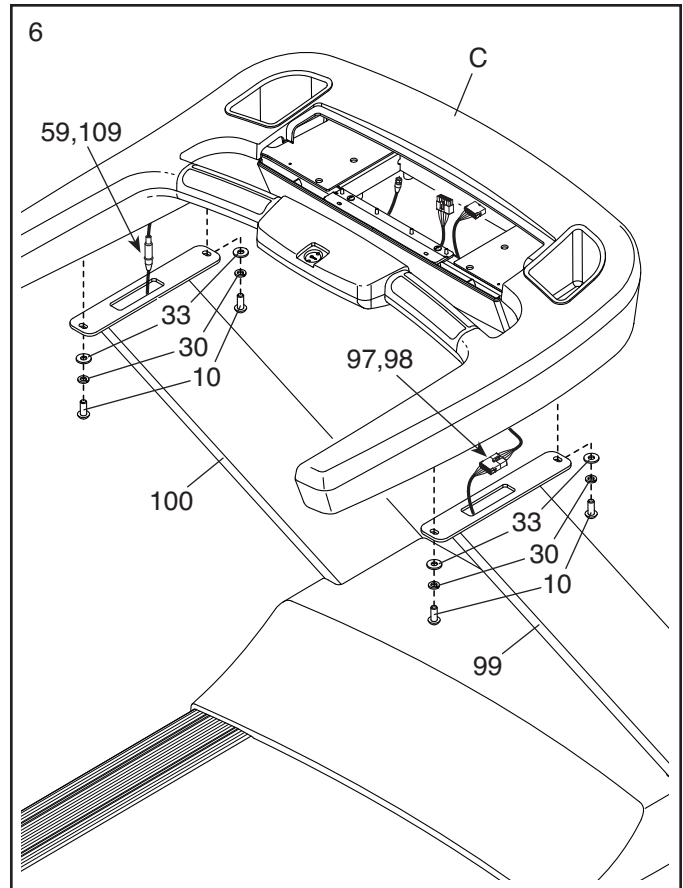
7. Have a second person hold the Console Assembly (102) near the handrail assembly (C).

   Connect the Handrail Wire (98), the pulse wire (E), and the Handrail TV Cable (109) to the wires from the console (F). **The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CON-NECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Next, insert the excess wires into the handrail assembly (C).

   Then, set the Console Assembly (102) on the handrail assembly (C). **Do not pinch any wires.**
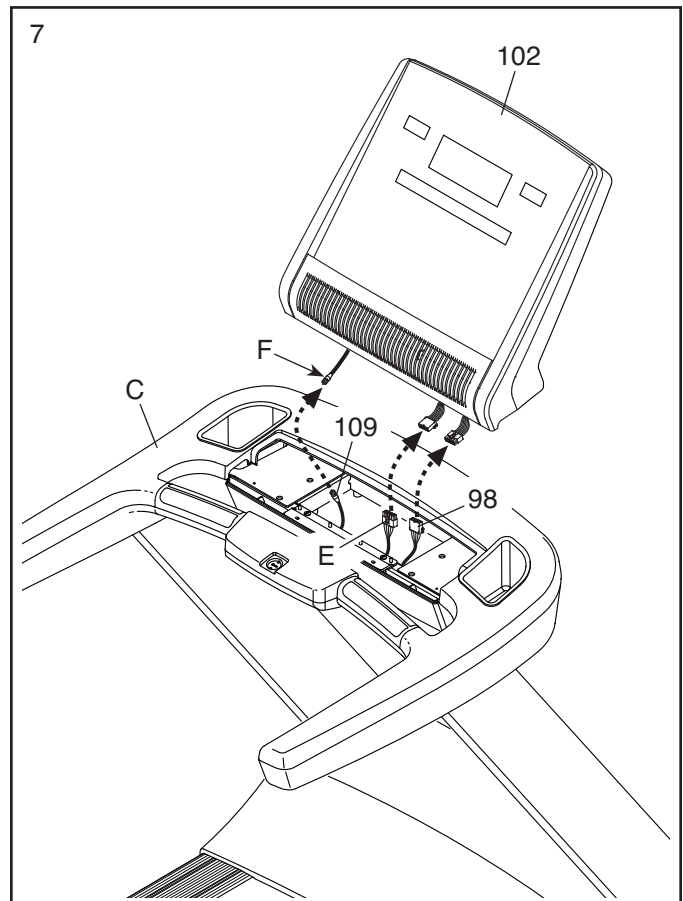
9. Tighten four M8 x 60mm Screws (8) with four M8 Lock Washers (30) and four M8 Washers (33) into the handrail assembly (C) and the Console Assembly (102) as shown.
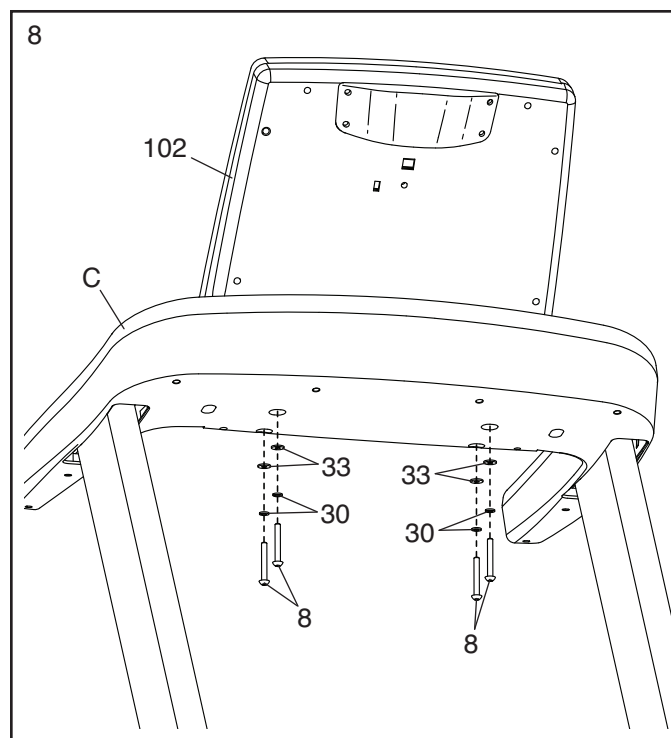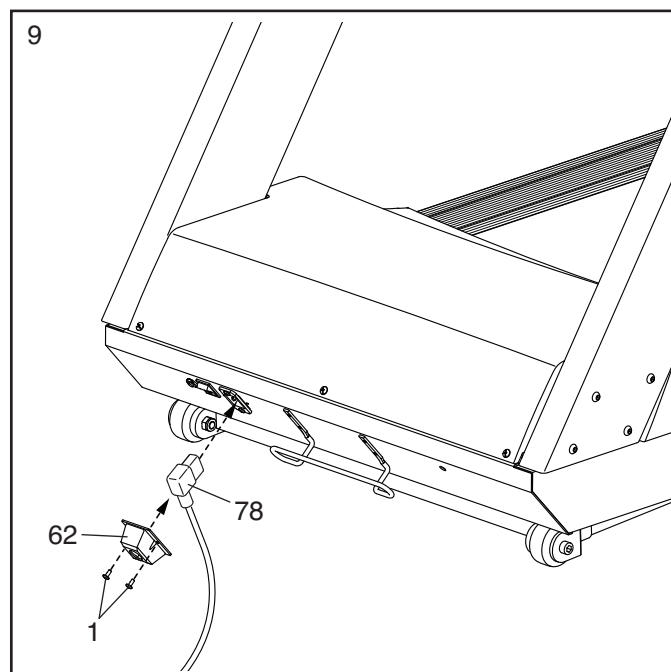

9. Plug the Power Cord (78) into the treadmill.

Next, slide the Power Cord Cover (62) onto the Power Cord (78), and attach the Power Cord Cover to the treadmill with two M4 x 10mm Screws (1).

10. **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.

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

11. Remove the four Access Door Screws (44), and then remove the Access Door (105).

    Next, unplug the cable labeled "In" (G) and the cable labeled "Out" (H) from the coupler (I). Discard the coupler. Next, plug the cable labeled "In" into the "In" port on the receiver (J), and plug the cable labeled "Out" into the "Out" port on the receiver.

    Next, peel the backing (K) off the receiver (J), and press the receiver onto the Access Door (105) in the location shown by the dashed line.

    Then, reattach the Access Door (105) with the four Access Door Screws (44).
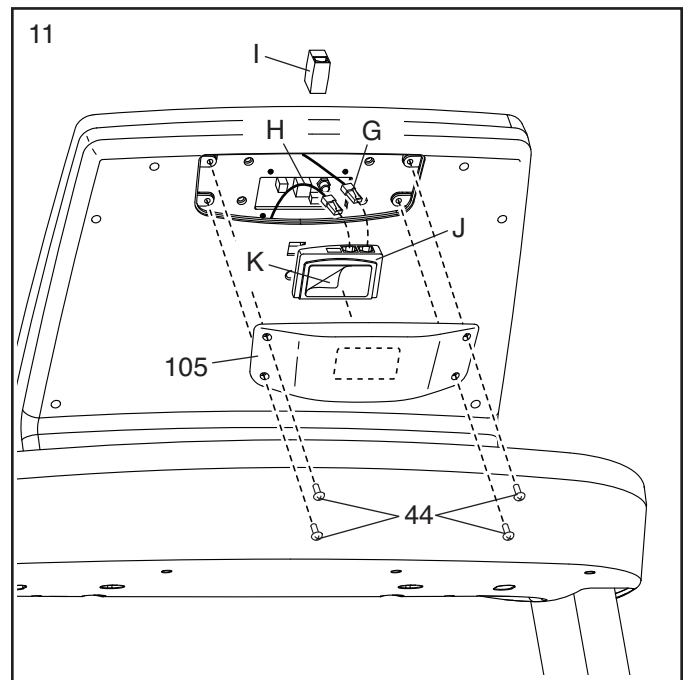
HOW TO USE THE TREADMILL

⚠ DANGER: Improper connec-
tion 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 prop-
erly grounded. Do not modify the plug—if
it will not fit the outlet, have a proper outlet
installed by a qualified electrician. Do not use
an adapter to connect the plug to an improper
receptacle.

HOW TO CONNECT THE POWER CORD

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

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

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

NEMA 5-20
Receptacle
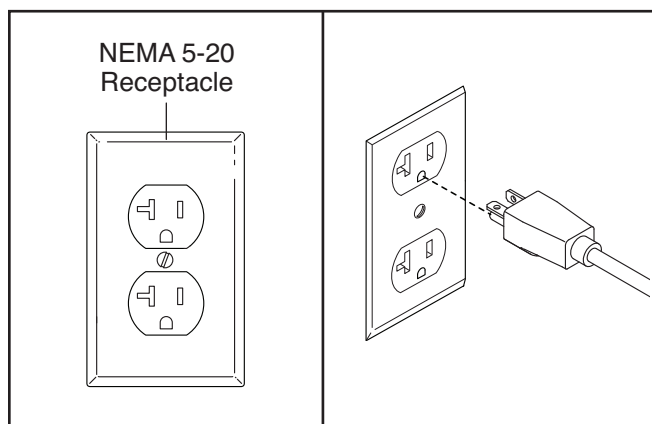
WARRANTY INFORMATION

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

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

HOW TO USE THE CONSOLE
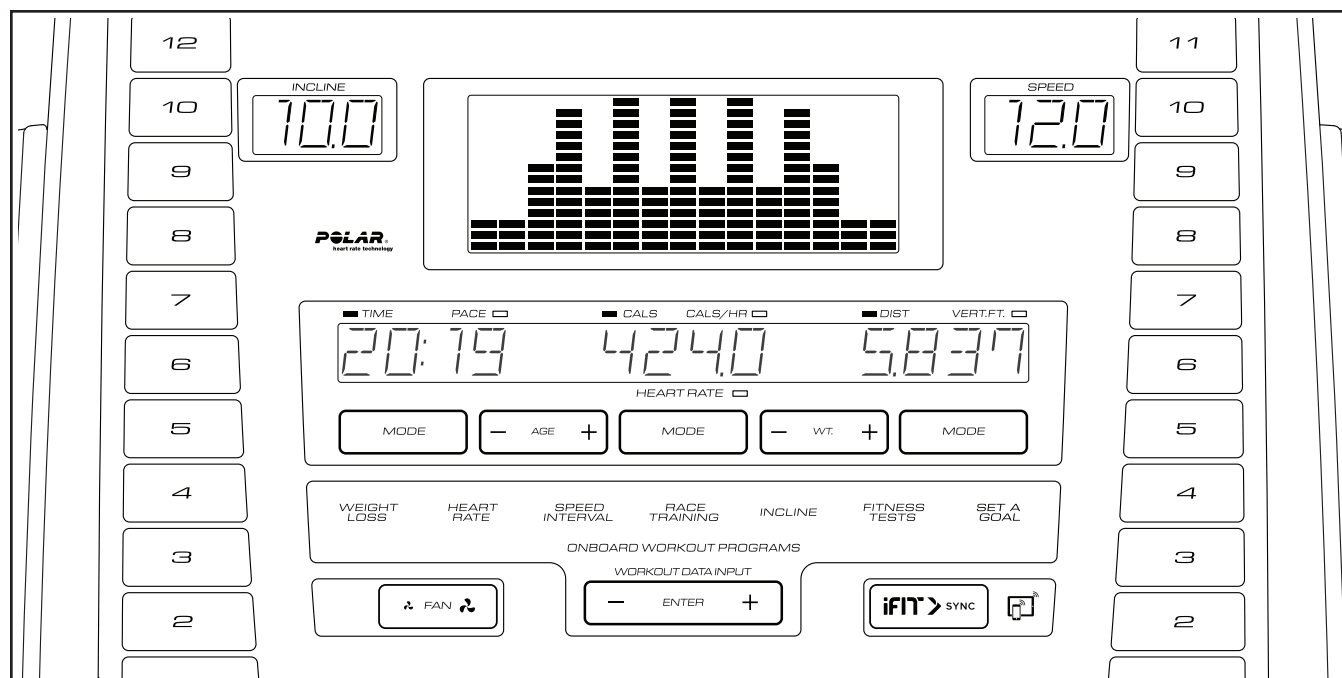
FEATURES OF THE CONSOLE

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, or calorie goal.

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

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

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 23 for information about purchasing an optional chest heart rate monitor.**

To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use an onboard workout,** see page 18. **To use a set-a-goal workout,** see page 19. **To use a heart rate workout,** see page 19. **To use a fitness test,** see page 20. **To connect your tablet to the console,** see page 21. **To connect your heart rate monitor to the console,** see page 22. **To use the maintenance mode,** see page 22.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE MAINTENANCE MODE on page 22. For simplicity, all instructions in this manual refer to miles.
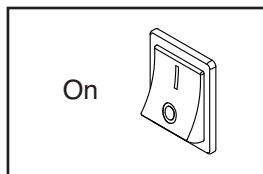
HOW TO TURN ON THE POWER

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 treadmill near the power cord. Press the power switch into the on position.

3. **Insert the key into the console.**

    Find the key (A) and the clip (B) 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.**
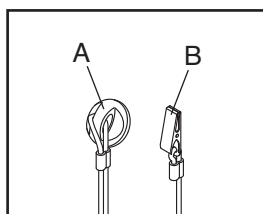
    IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 31).

HOW TO USE THE MANUAL MODE

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

    See HOW TO TURN ON THE POWER at the left.

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

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

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

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

4. **Start the walking belt.**

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

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

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

5. **Change the incline of the treadmill as desired.**

    To change the incline of the treadmill, press the Incline increase or decrease button or one of the numbered incline buttons. Each time you press one of the buttons, the treadmill will gradually adjust to the selected incline setting.

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

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

    The Incline display—This display will show the incline of the treadmill.

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

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

    The Pace display—This display will show your pace.

    The Cals display—This display will show the approximate number of calories you have burned.

    The Cals/Hr display—This display will show the approximate number of calories you are burning per hour.

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

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

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

    To reset the displays, press the Pause Stop button, remove the key, and then reinsert the key. Note: If the treadmill is not used for a few minutes, the displays will reset automatically.
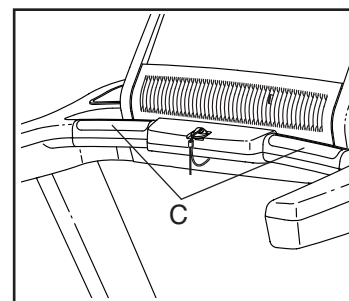
7. **Measure your heart rate if desired.**

    You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. **For information about purchasing an optional chest heart rate monitor, see page 23.**

    The console is compatible with all Bluetooth® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 22.

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

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

    To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts (C)—**avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

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

    The fan features several speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.
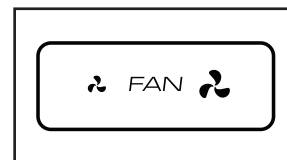
    Press the fan increase or decrease button to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

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

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

HOW TO USE AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 16.

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

See step 2 on page 16.

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

See step 3 on page 16.

4. **Select an onboard workout.**

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

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

5. **Start the walking belt.**

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

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

At the end of each segment, the speed and/or incline setting for the next segment will flash in the display to alert you. The treadmill will then automatically adjust to the speed and incline settings for the next segment.

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

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

To stop the workout at any time, press the Pause Stop button. To restart the workout, press the Quick Start button. The walking belt will begin to move at a low speed. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

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

See step 6 on page 17.

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

See step 7 on page 17.

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

See step 8 on page 17.

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

See step 9 at the left.

HOW TO USE A SET-A-GOAL WORKOUT

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

   See HOW TO TURN ON THE POWER on page 16.

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

   See step 2 on page 16.

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

   See step 3 on page 16.

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

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

5. **Start the workout.**

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

   The workout will function in the same way as the manual mode (see pages 16 and 17).

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

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

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

   See step 6 on page 17.

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

   See step 7 on page 17.

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

   See step 8 on page 17.

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

   See step 9 on page 18.

HOW TO USE A HEART RATE WORKOUT

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

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

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

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

2. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

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

   See step 2 on page 16.

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

See step 3 on page 16.

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

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

6. **Start the workout.**

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

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

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

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

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

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

See step 6 on page 17.

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

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

See step 8 on page 17.

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

See step 9 on page 18.

HOW TO USE A FITNESS TEST

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

See HOW TO TURN ON THE POWER on page 16.

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

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

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

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

See step 2 on page 16.

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

See step 3 on page 16.

5. **Select the fitness test.**

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

6. Begin exercising.

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

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

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

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

7. Follow your progress with the displays.

See step 6 on page 17.

8. Turn on the fan if desired.

See step 8 on page 17.

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

See step 9 on page 18.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

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

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

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

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

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

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 22.

3. Connect your tablet to the console.

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

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

4. Record and track your workout information.

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

5. Disconnect your tablet from the console if desired.

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

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

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

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

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

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

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

THE MAINTENANCE MODE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the back cover of this manual.**
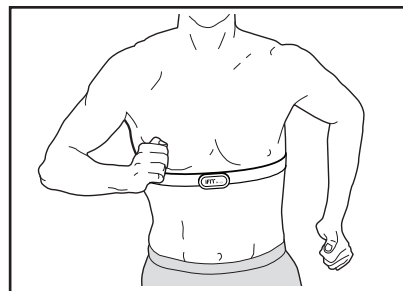
Note: The console is compatible with all Bluetooth Smart heart rate monitors.

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 pages 14 to 16). Then, **remove the key and unplug the power cord.**

CAUTION: To decrease the possibility of injury or of damage to the treadmill, do not lift the treadmill by the handrail. Raise the frame (A) until the treadmill will roll on the wheels (B). Then, carefully roll the treadmill to the desired location and lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**
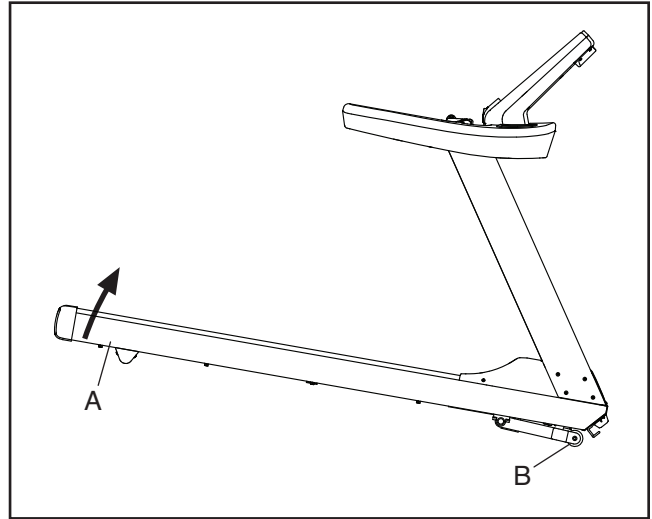
PREVENTIVE MAINTENANCE

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 27, 28, and 31.

MONTHLY MAINTENANCE

1. **Remove the key and unplug the power cord.** Remove the five M5 x 15mm Screws (24), and lift off the Motor Hood (79).
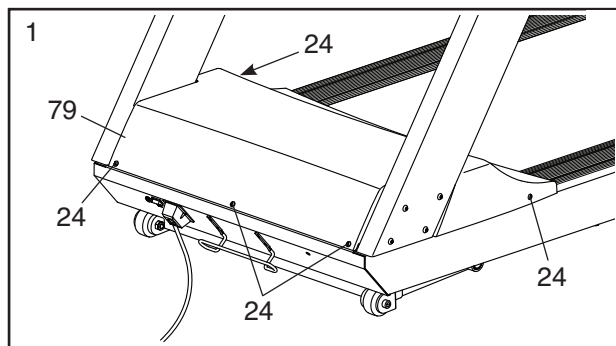
2. Using a handheld vacuum, clean the area that was under the motor hood. **Be careful to avoid touching any components.** Then, check the Motor Belt (56) for wear, cracks, dust buildup, and proper tension. If the Motor Belt needs to be replaced, see the back cover of this manual.
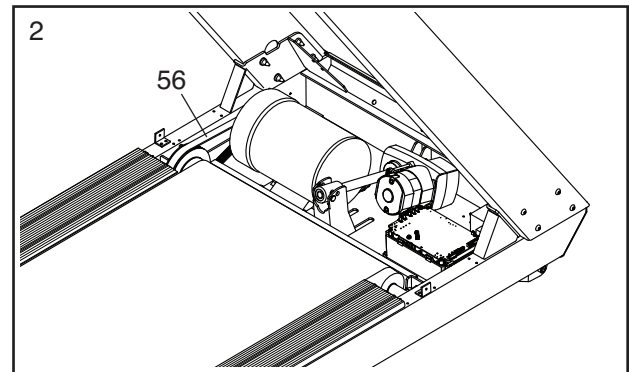
3. Lift the edge of the walking belt and slide your hand between the walking belt and the walking board. If the underside of the walking belt is dry, you may need to apply more lubricant (see the back cover of this manual).

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 any 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 (79) with the M5 x 15mm Screws (24).

## 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.**
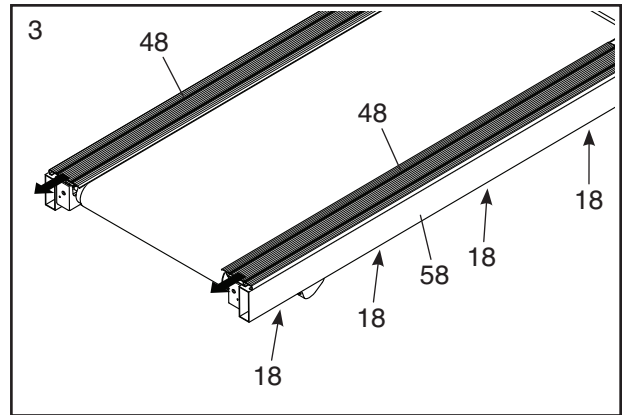
1. **Remove the key and unplug the power cord.** Remove the five M5 x 15mm Screws (24), and lift off the Motor Hood (79).
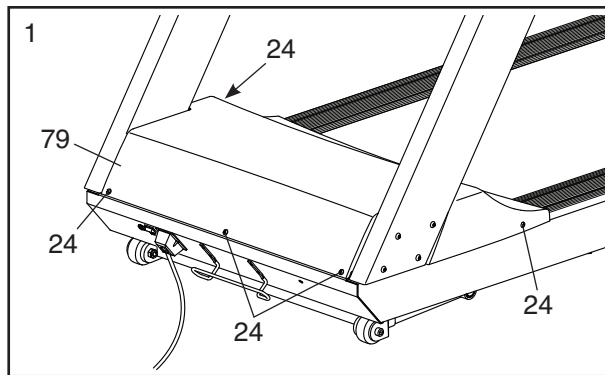

2. Remove the two M5 x 15mm Screws (24), Next, remove the two M10 x 80mm Screws (28) and M10 Lock Washers (36). Then, remove the Right and Left Frame Caps (74, 75).
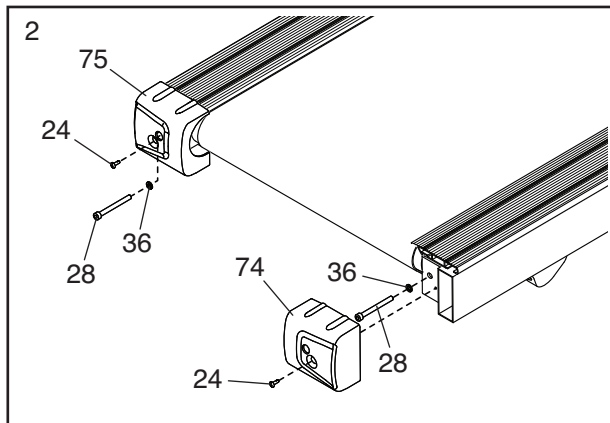
3. Loosen the eight M8 x 115mm Screws (18), on the underside of the Frame (58), enough to slide off the Foot Rails (48).

4. Remove the four M8 x 40mm Flat Head Screws (14) and the six M8 x 40mm Screws (13). Next, remove the M10 Roller Locknut (41), the M10 x 100mm Bolt (21), the M10 Star Washer (34), the M10 Washer (29), and the M10 Nut (40) from the Drive Roller (55).
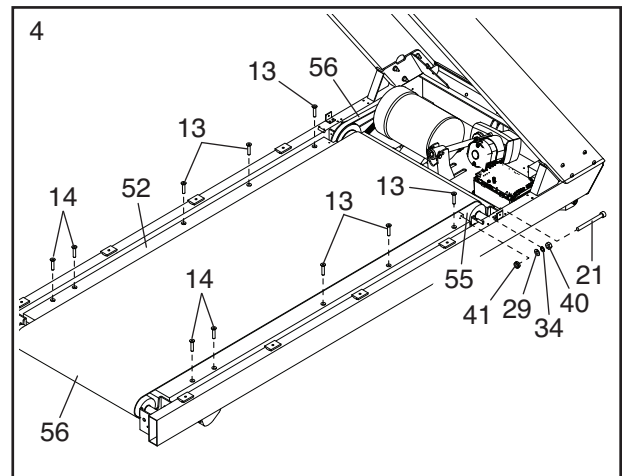
Next, remove the Drive Belt (56) from the Drive Roller (55). **If you are turning over or replacing the Walking Platform (52), go to step 5.**

If you are replacing only the Walking Belt (53), remove the old Walking Belt and discard it. Next, slide the new Walking Belt onto the Walking Platform (52). **Then, go to step 6.**

5. Remove the Idler Roller (76), the Drive Roller (55), the Walking Platform (52), and the Walking Belt (53).
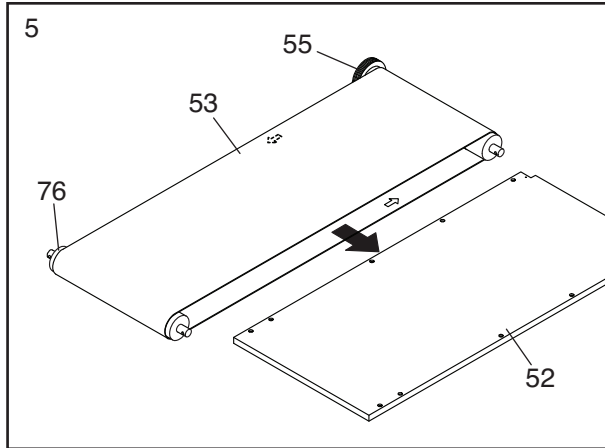
Check to see whether both sides of the Walking Platform (52) are worn. If the bottom side is not worn, you can turn over the Walking Platform and continue using it. If the Walking Platform has been turned over previously, discard the old Walking Platform. **Save all other parts.**

Using the new Walking Platform (52) or the old Walking Platform with the unworn side facing up, follow steps 1–5 in reverse order.

6. Lift the right or left edge of the Walking Belt (53) 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 treadmill, as shown.** If it is not, remove the Walking Belt, turn it around, and slide it back onto the Walking Platform (52). Note: Your walking belt may not have an arrow. If it does not have an arrow, it can be turned either way.
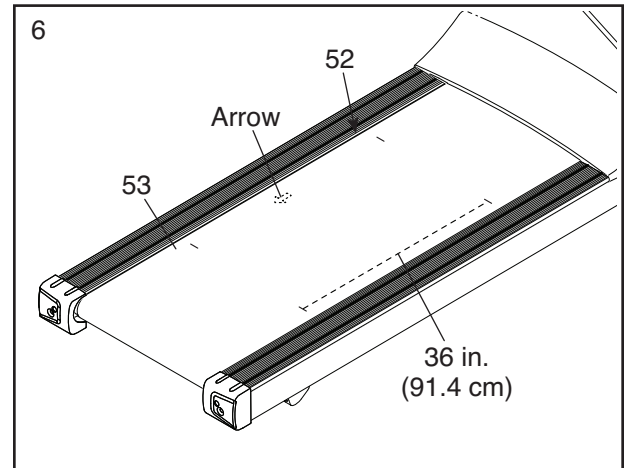
Next, move the Walking Belt (53), if necessary, until the seam (not shown) across the Walking Belt is beneath the Walking Platform (52). Next, carefully follow steps 1–4 in reverse order.

Then, locate the indicated marks on both sides of the Walking Belt (53). The marks should be exactly 36 in. (91.4 cm) apart. **See the drawing in step 7 on page 28.** If necessary, turn both M10 x 80mm Screws (28) counterclockwise until the marks are exactly 36 in. (91.4 cm) apart.

7. Center the Walking Belt (53), if necessary (see page 31). 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 M10 x 80mm Screws (28) 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 (76) stops turning, do not further tighten the Screws; please see the back cover of this manual.**
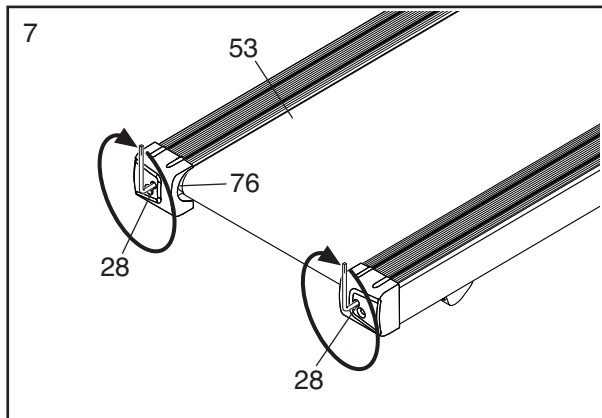
LUBRICATING THE WALKING BELT

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 25 to 28. 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	/ /	/ /	/ /			
Week 13	/ /	/ /	/ /	/ /	/ /	/ /
Week 14	/ /	/ /	/ /			
Week 15	/ /	/ /	/ /			
Week 16	/ /	/ /	/ /			
Week 17	/ /	/ /	/ /	/ /	/ /	/ /
Week 18	/ /	/ /	/ /			
Week 19	/ /	/ /	/ /			
Week 20	/ /	/ /	/ /			
Week 21	/ /	/ /	/ /	/ /	/ /	/ /
Week 22	/ /	/ /	/ /			
Week 23	/ /	/ /	/ /			
Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

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

TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the 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). If an extension cord is needed, use only a 3-conductor, 14-gauge (2 mm^2) cord that is no longer than 5 ft. (1.5 m).

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.
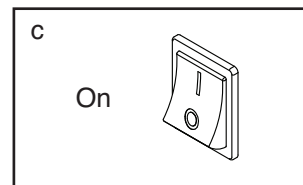
SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). 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 THE MAINTENANCE MODE on page 22).

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.
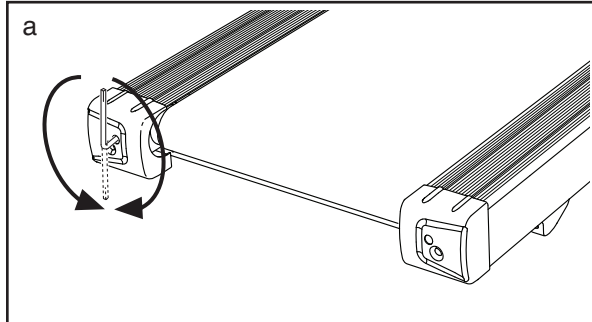
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** To properly tighten the walking belt, see step 7 on page 28.
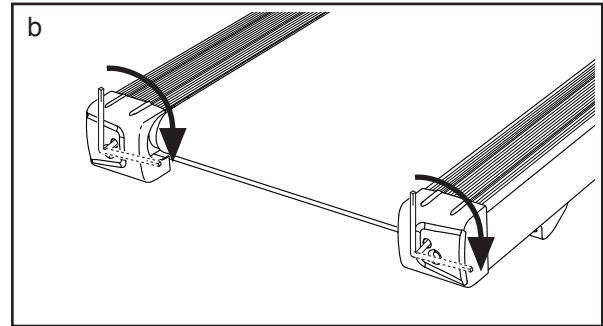
EXERCISE GUIDELINES

⚠ **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.
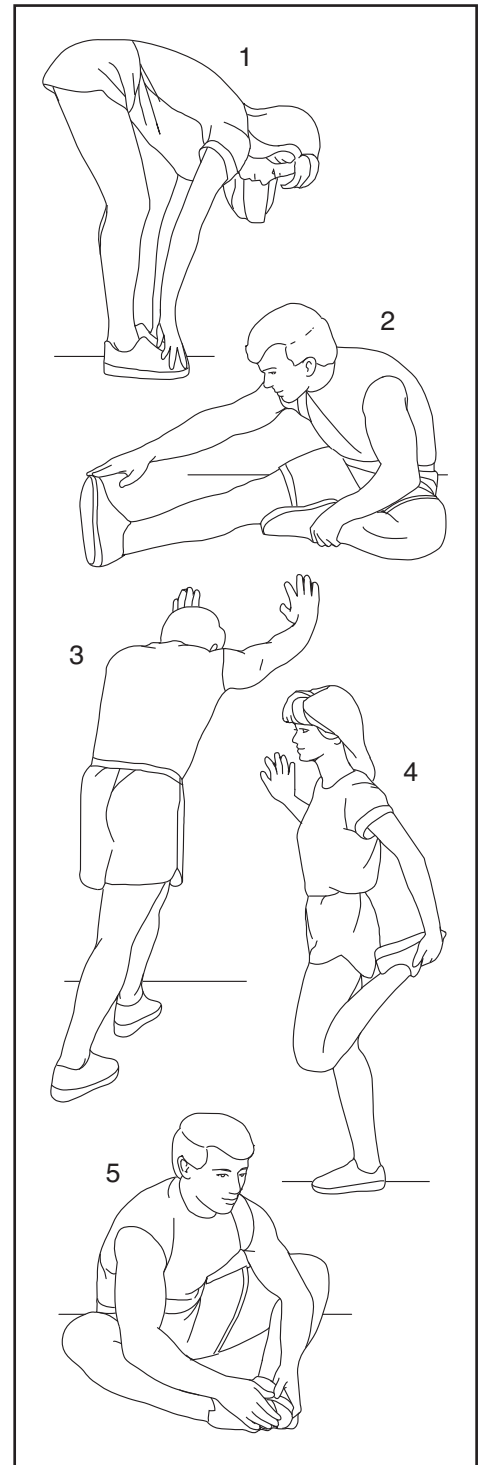
PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	M4 x 10mm Screw	51	8	Foot Rail Bracket
2	1	M8 x 80mm Screw	52	1	Walking Platform
3	1	M4 x 12mm Screw	53	1	Walking Belt
4	4	M5 x 12mm Screw	54	6	Platfor Cushion
5	10	M4 x 16mm Screw	55	1	Drive Rolley/Pulley
6	4	M5 x 12mm Pan Head Screw	56	1	Motor Belt
7	1	M4 x 10mm Screw	57	2	Caution Decal
8	4	M8 x 60mm Screw	58	1	Frame
9	6	M4 x 12mm Machine Screw	59	1	TV Cable
10	4	M8 x 20mm Screw	60	1	Power Cord Bracket
11	1	M10 Bolt	61	1	Receptacle
12	4	M5 x 10mm Screw	62	1	Power Cord Cover
13	6	M8 x 40mm Screw	63	1	Power Switch
14	4	M8 x 40mm Flat Head Screw	64	1	Circuit Breaker
15	1	M4 x 16mm Truss Head Screw	65	2	High Voltage Warning Decval
16	4	M6 x 10mm Screw	66	1	Filter
17	8	M8 x 75mm Screw	67	1	Choke
18	8	M8 x 115mm Screw	68	1	Controller
19	2	M4 x 60mm Screw	69	4	Top Motor Spacer
20	12	M4 x 20mm Screw	70	4	Bottom Motor Spacer
21	1	M10 x 100mm Bolt	71	1	Drive Motor
22	7	M5 x 10mm Machine Screw	72	1	Sleeve
23	4	M10 x 25mm Screw	73	1	M3 Washer
24	13	M5 x 15mm Screw	74	1	Right Frame Cap
25	4	M8 x 25mm Screw	75	1	Left Frame Cap
26	2	M10 x 60mm Screw	76	1	Idler Roller
27	2	M4 x 16mm Tek Screw	77	2	Hood Foam
28	2	M10 x 80mm Screw	78	1	Power Cord
29	1	M10 Washer	79	1	Motor Hood
30	20	M8 Lock Washer	80	2	Lift Frame Bumper
31	2	M6.5 Washer	81	2	Wheel
32	1	M5 Flat Washer	82	1	Lift Motor
33	8	M8 Washer	83	2	Hairpin Cotter Pin
34	1	M10 Star Washer	84	2	Pin
35	4	M10 Flat Washer	85	2	Lift Frame Bracket
36	6	M10 Lock Washer	86	1	Lift Frame
37	4	M5 Lock Washer	87	1	Pulse Bar Crossbar
38	1	M8 Nut	88	1	Pulse Assembly
39	10	M8 Lock Nut	89	1	Pulse Ground Wire
40	1	M10 Nut	90	1	Key/Clip
41	1	M10 Roller Locknut	91	1	Handrail Frame
42	3	M10 Lock Nut	92	1	Left Tray
43	4	M3 x 8mm Screw	93	1	Right Tray
44	4	Access Door Screw	94	1	Handrail Cover
45	6	Console Back Screw	95	1	Console Bracket
46	4	Fan Screw	96	1	Bottom Handrail Cover
47	1	Motor Guard Plate	97	1	Upright Wire
48	2	Foot Rail	98	1	Handrail Wire
49	2	Foot Rail Spacer	99	1	Right Upright
50	2	Rear Foot	100	1	Left Upright

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Warning Decal	106	1	Console Back
102	1	Console Assembly	107	1	Fan
103	1	Console Frame	108	1	Fan Grill
104	1	TV Board	109	1	Handrail TV Cable
105	1	Access Door	*	–	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.
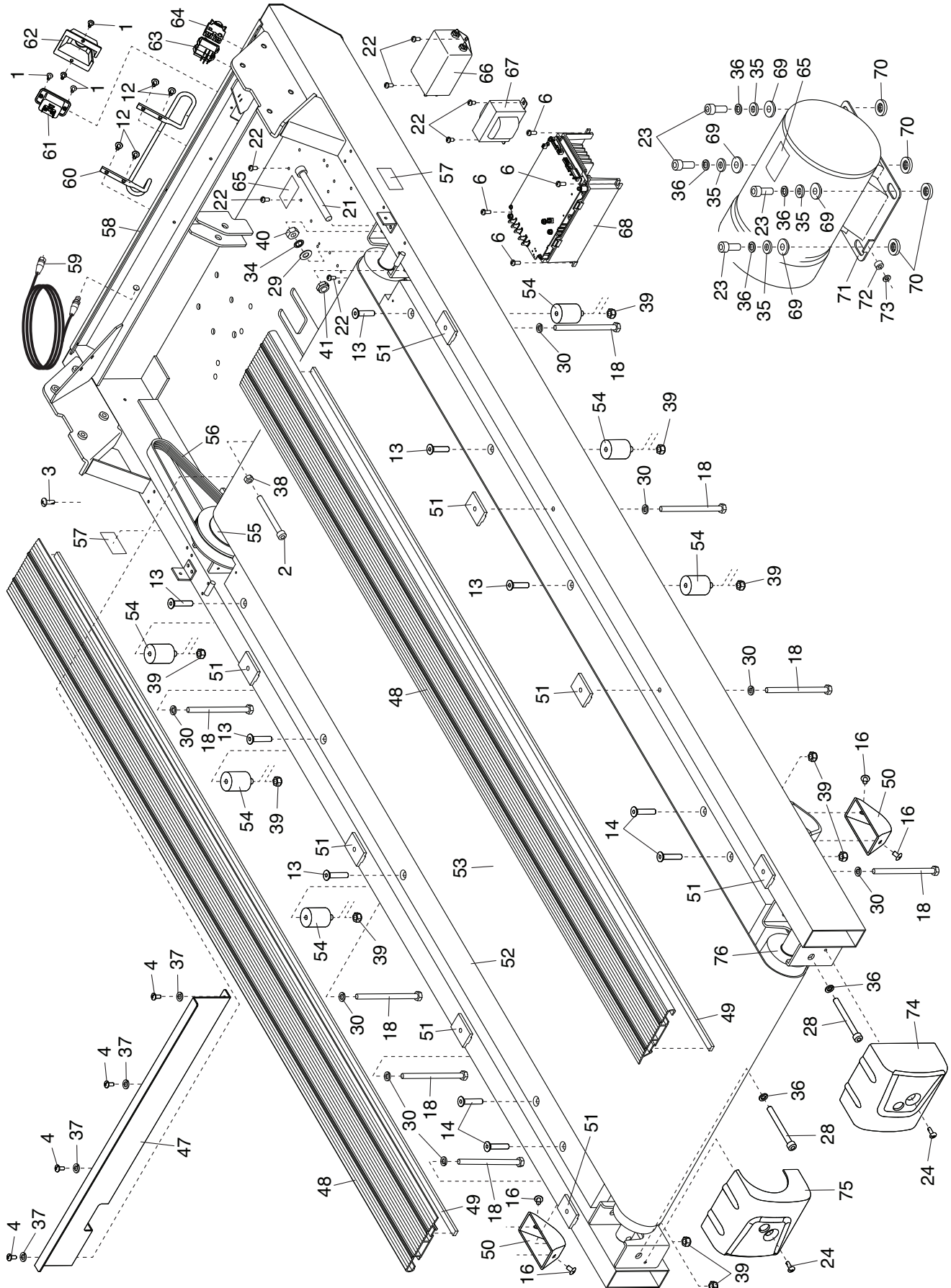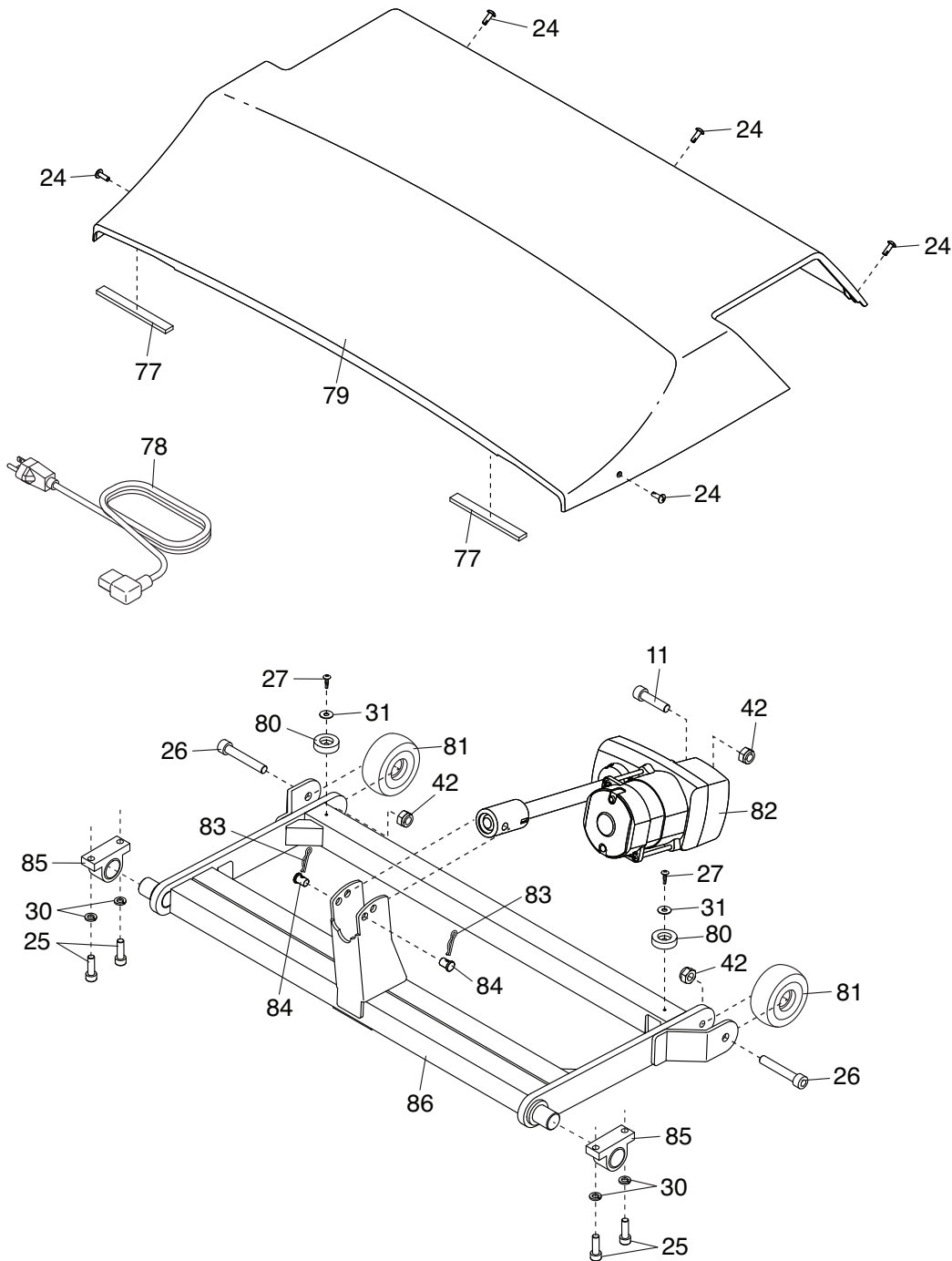
102

103

104

5

43

5

5

5

46

108

46

107

44

105

106

44

45

45

45

45

45

45
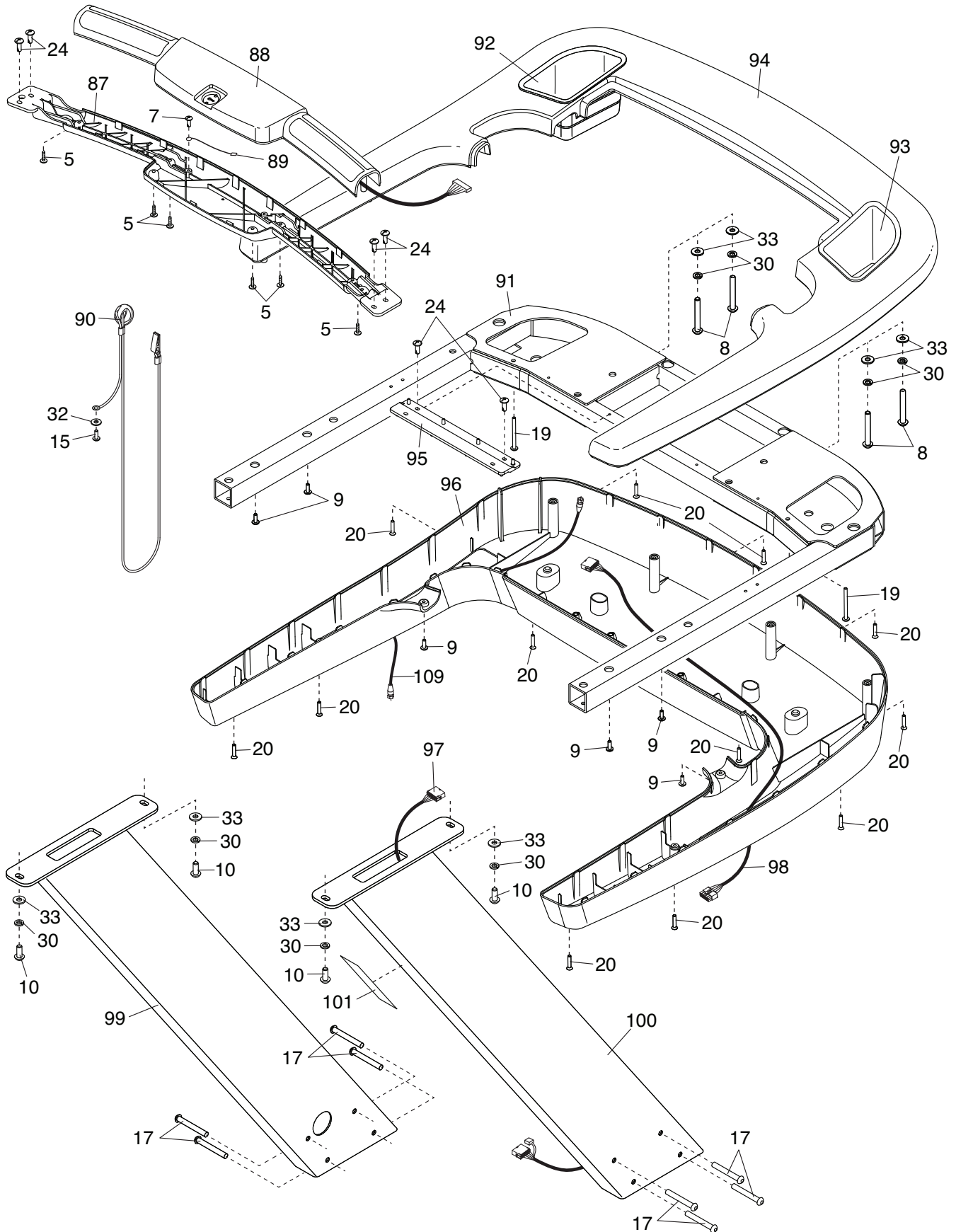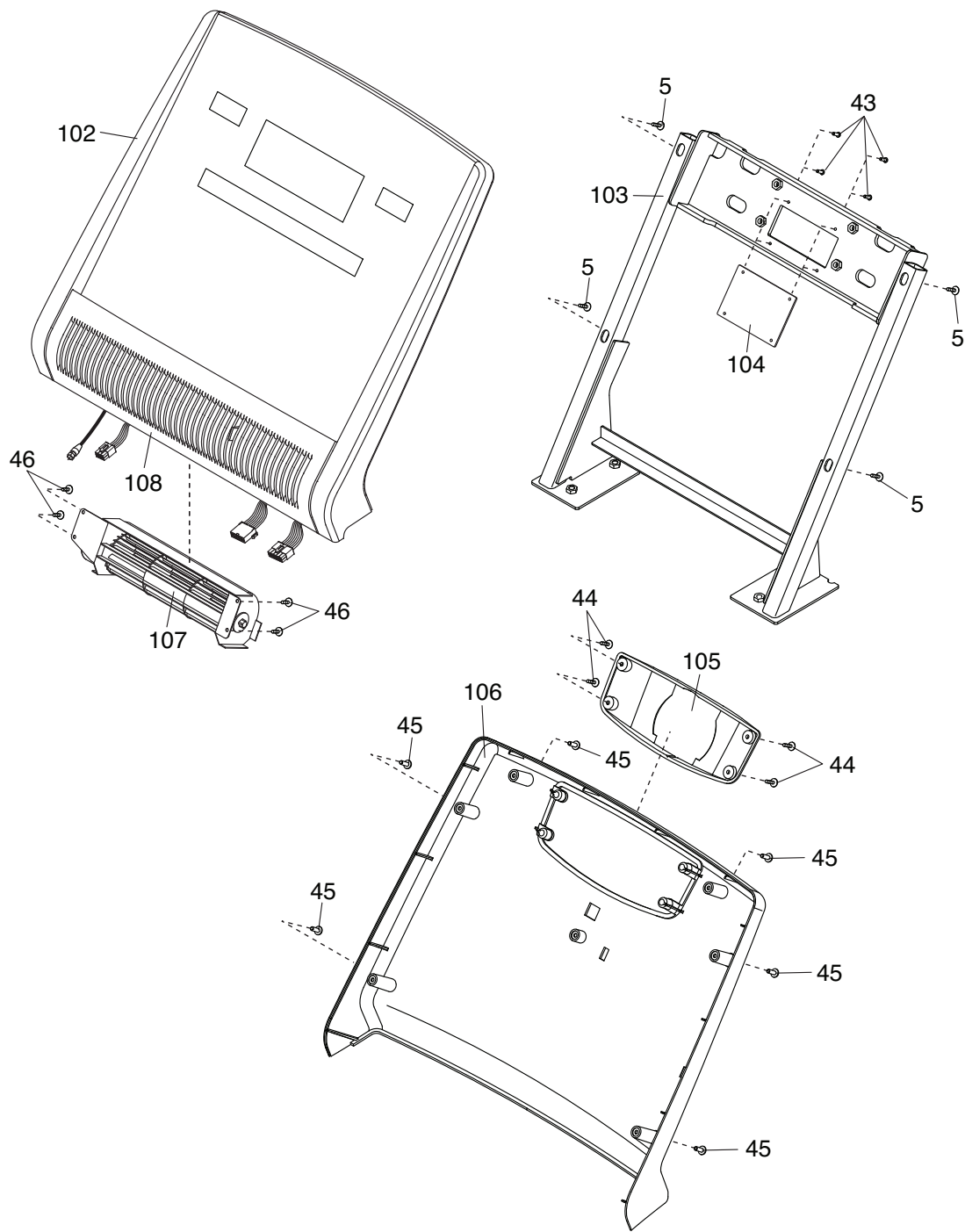
HOW TO CONTACT CUSTOMER CARE

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. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

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

CONDITIONS AND LIMITATIONS
The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized Freemotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than 400 lbs. (181 kg).
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:
1. Cosmetic items including grips, seats, decals, and labels.

2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

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

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

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