



FREEMOTION®

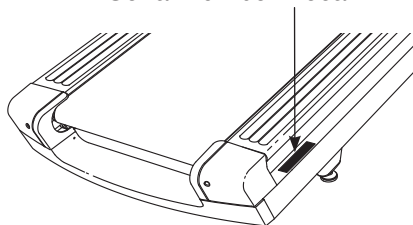
Reflex t 11.8

Model No. FMTL70810.0

Serial No. _____

Write the serial number in the space above for reference.

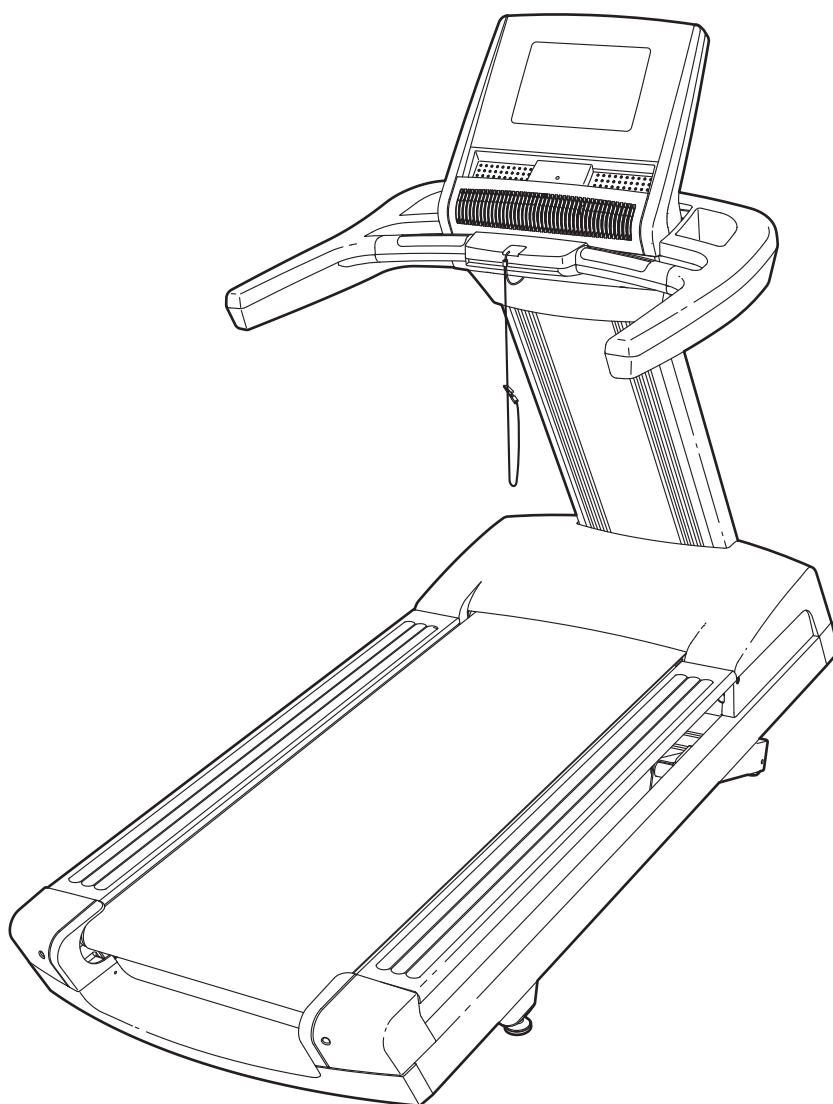
Serial Number Decal



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.

www.freemotionfitness.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	3
IMPORTANT PRECAUTIONS	4
BEFORE YOU BEGIN	6
PART IDENTIFICATION CHART	7
ASSEMBLY	8
HOW TO CONNECT THE TREADMILL	13
HOW TO UPGRADE THE CONSOLE	14
HOW TO USE THE CONSOLE	15
HOW TO MOVE THE TREADMILL	28
PREVENTIVE MAINTENANCE	29
SIX-MONTH PREVENTIVE MAINTENANCE RECORD	33
TROUBLESHOOTING	34
EXERCISE GUIDELINES	36
PART LIST	38
EXPLODED DRAWING	40
HOW TO CONTACT CUSTOMER CARE	Back Cover

WARNING DECAL PLACEMENT

⚠ WARNING:

- To reduce the risk of serious injury read warning label before use.

rear warning label

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 MARCHÉ.

⚠ WARNING

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

⚠ ATTENTION

- Tension Dangereuse
- Risque de Choc Electrique
- 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 serious injury, 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. Use the treadmill only as described.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. 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.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 400 lbs. (181 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. 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.*
11. When connecting the power cord, follow the instructions on page 13. No other appliance should be on the same circuit as the treadmill. Do not use an extension cord.
12. Keep the power cord away from heated surfaces.
13. 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.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. 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.

19. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8, and HOW TO MOVE THE TREADMILL on page 28.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

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

21. Inspect and properly tighten all parts of the treadmill regularly.

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

23. **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.

24. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

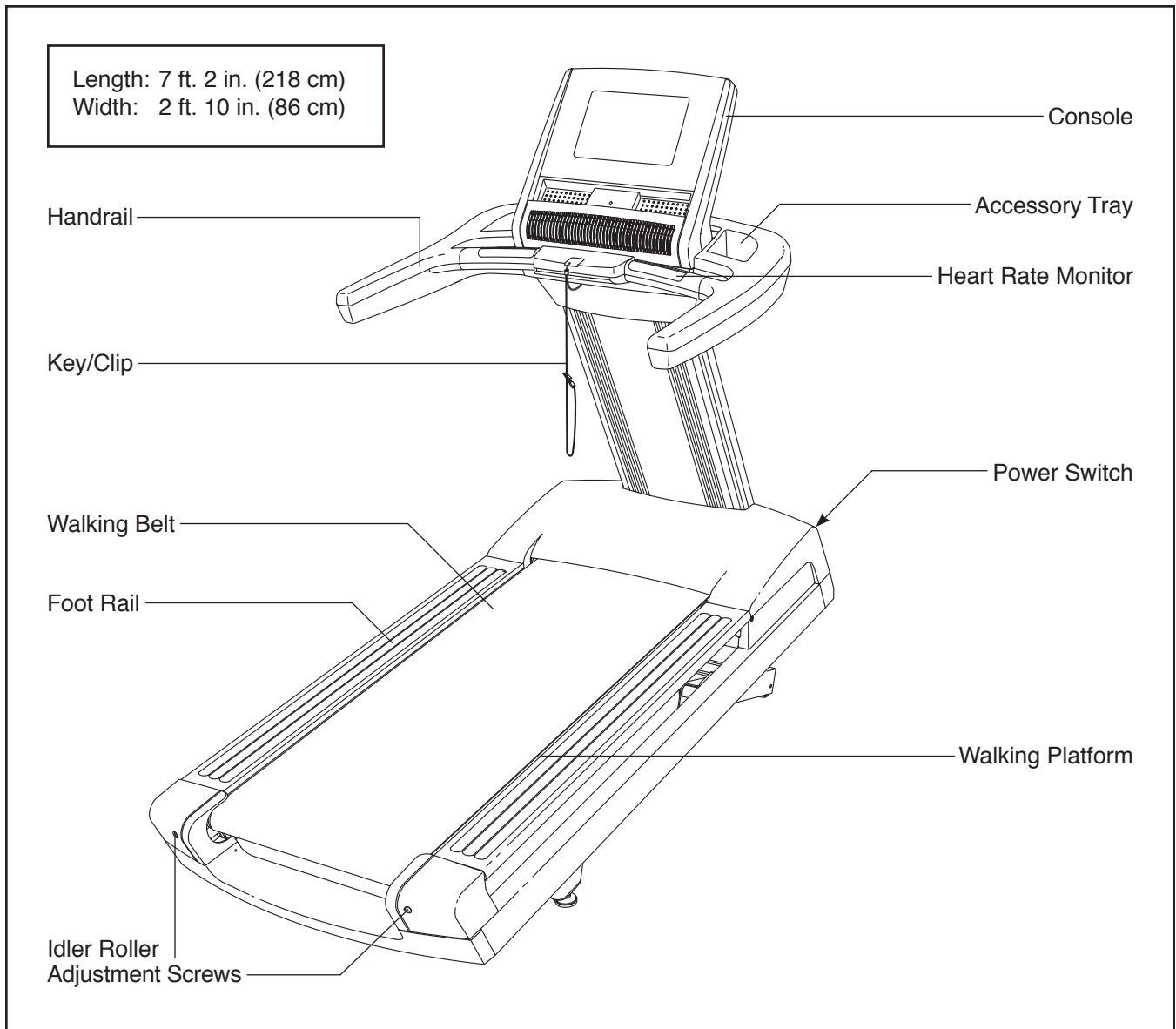
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® REFLEX T11.8 treadmill. The REFLEX T11.8 treadmill offers an impressive selection of features designed to make your workouts more enjoyable and effective.

For your benefit, read this manual carefully before using the treadmill. If you have questions after

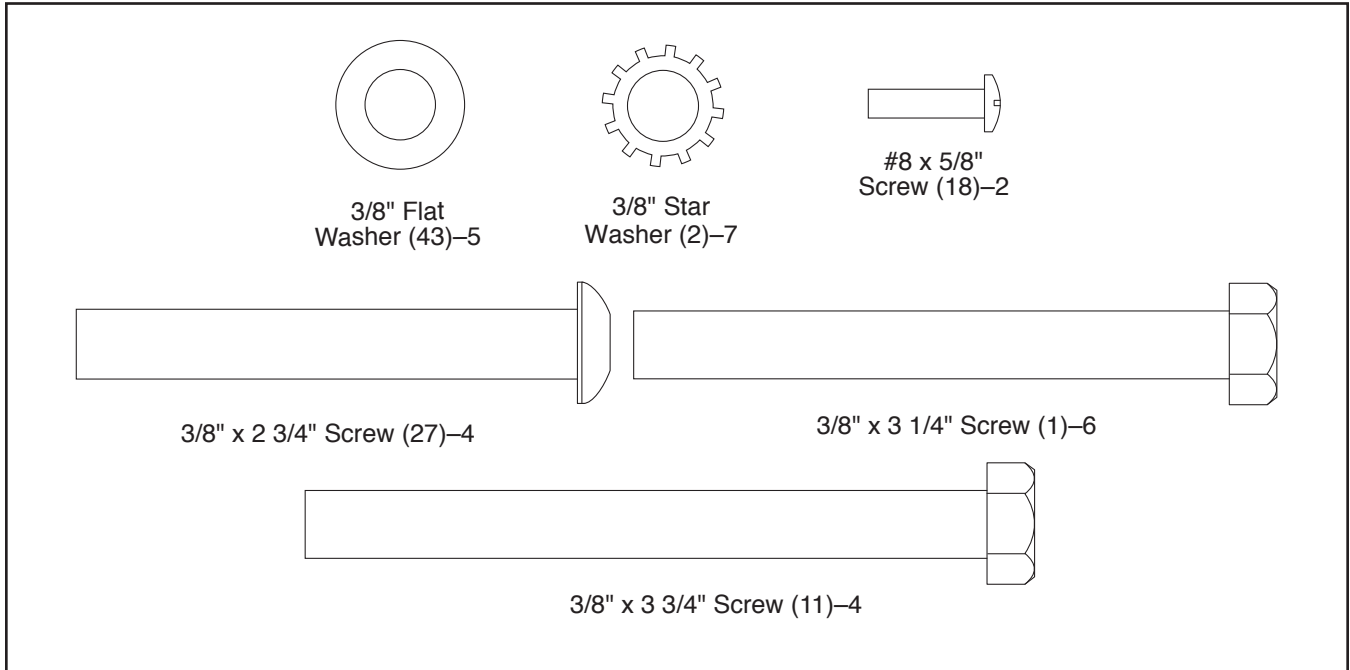
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



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 if it is pre-attached. Extra hardware may be included.**



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:

the included hex key



one adjustable wrench

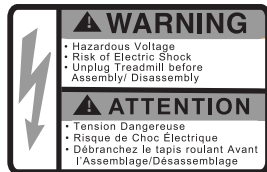


one Phillips screwdriver



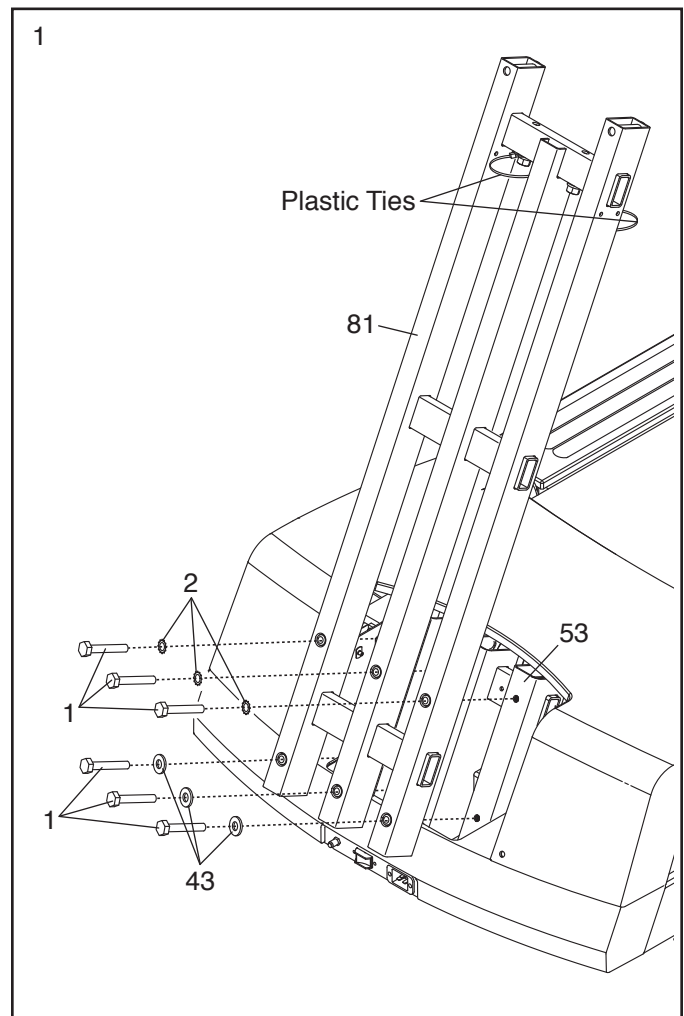
To avoid damaging parts, do not use power tools.

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



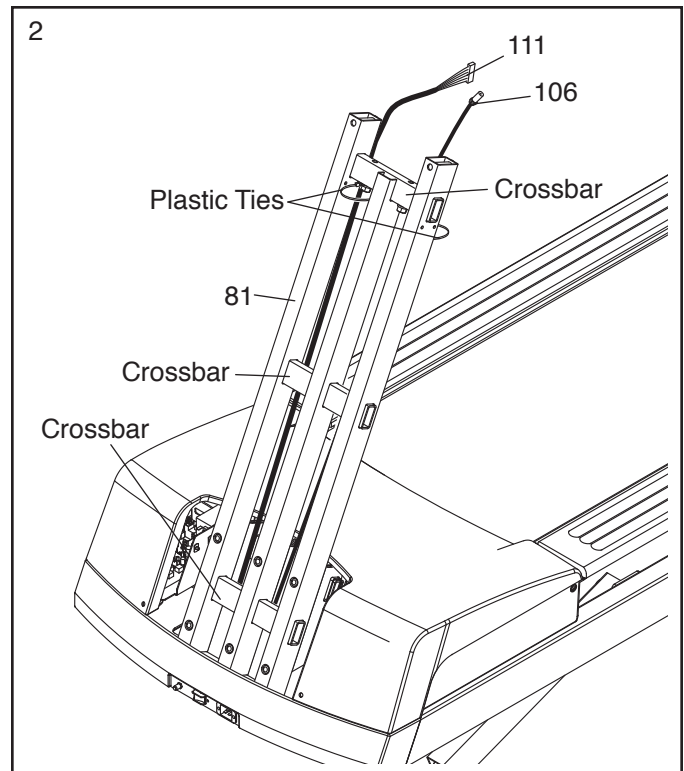
Slide the Upright Cover (not shown) off the Upright (81).

Orient the Upright (81) and the plastic ties as shown. Set the Upright on the tabs on the Frame (53). Attach the Upright to the Frame with six 3/8" x 3 1/4" Screws (1), three 3/8" Star Washers (2), and three 3/8" Flat Washers (43). **Start all six Screws before tightening them. Be careful not to pinch any wires.**



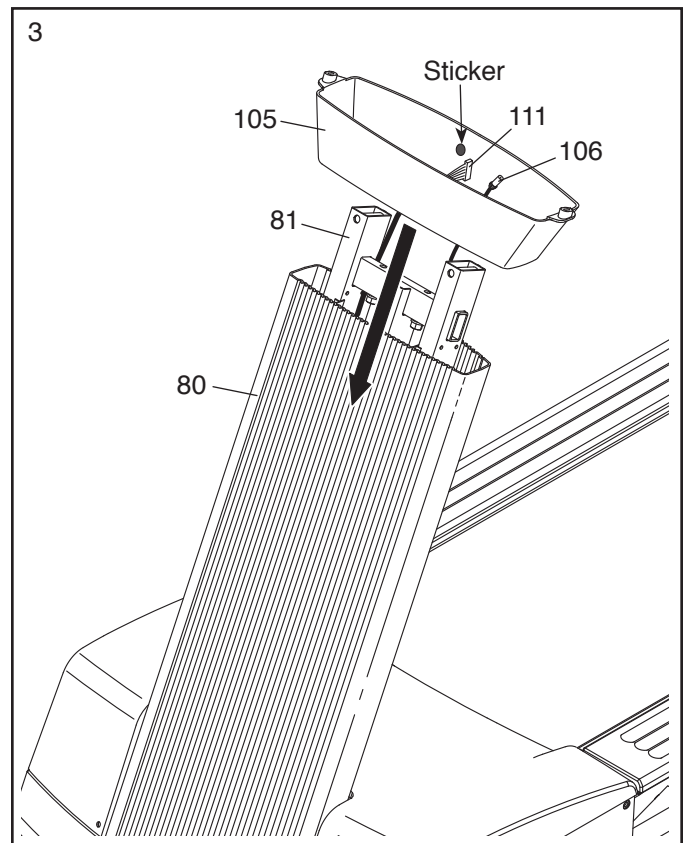
2. Insert the end of the Upright Wire (111) through the looped plastic tie at the top of the Upright (81). **Make sure that the Upright Wire is behind the crossbars on the Upright.** Then, gently pull upward on the Upright Wire as you tighten the plastic ties around the Upright Wire.

Repeat this step for the TV Cable (106).



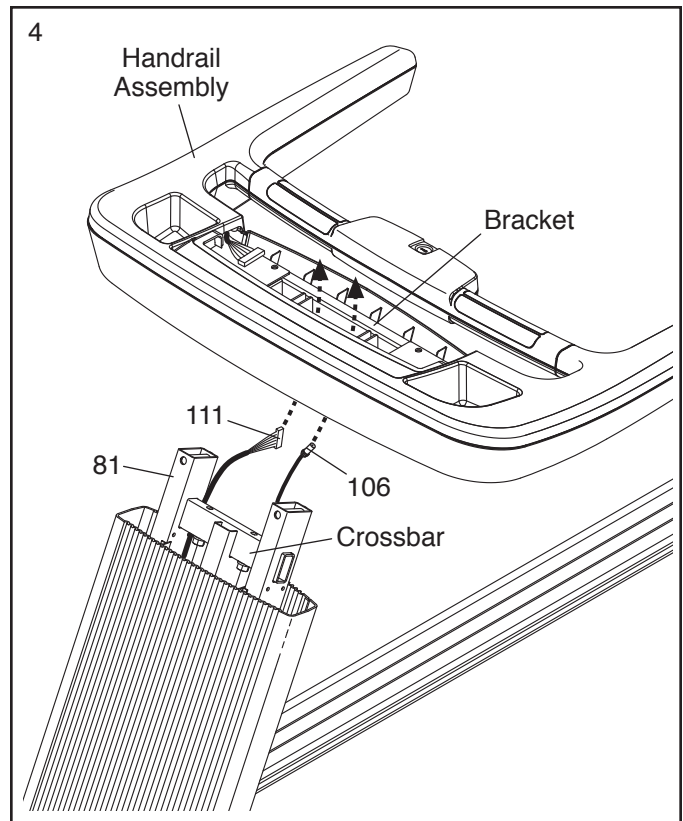
3. Slide the Upright Cover (80) downward onto the Upright (81). **Be careful not to pinch the Upright Wire (111) or the TV Cable (106).** Be careful not to hit the ceiling with the Upright Cover.

Make sure to orient the Upright Collar (105) so that the sticker is on the side indicated. Slide the Upright Collar onto the Upright Cover (80).

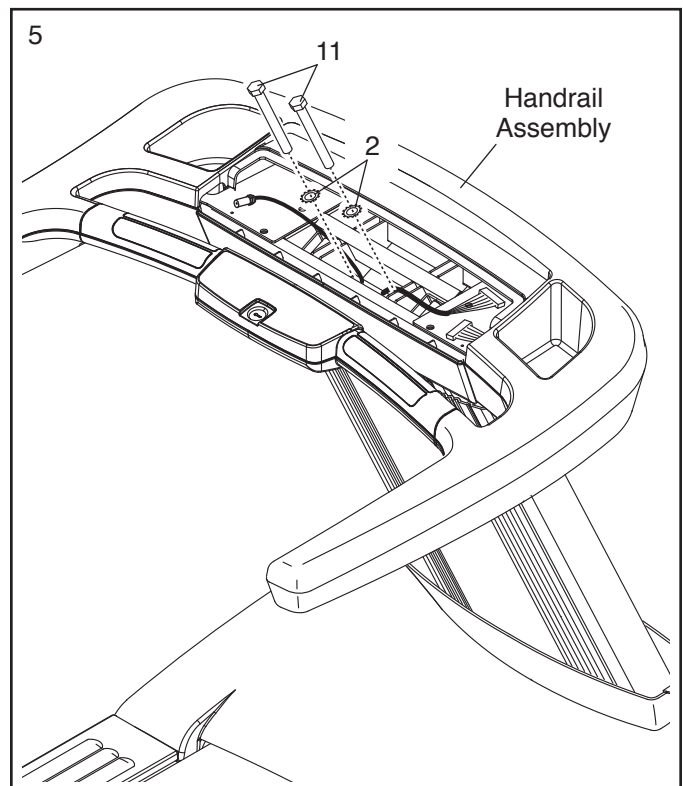


4. Have a second person hold the handrail assembly near the Upright (81). Insert the Upright Wire (111) and the TV Cable (106) upward through the center of the handrail assembly.

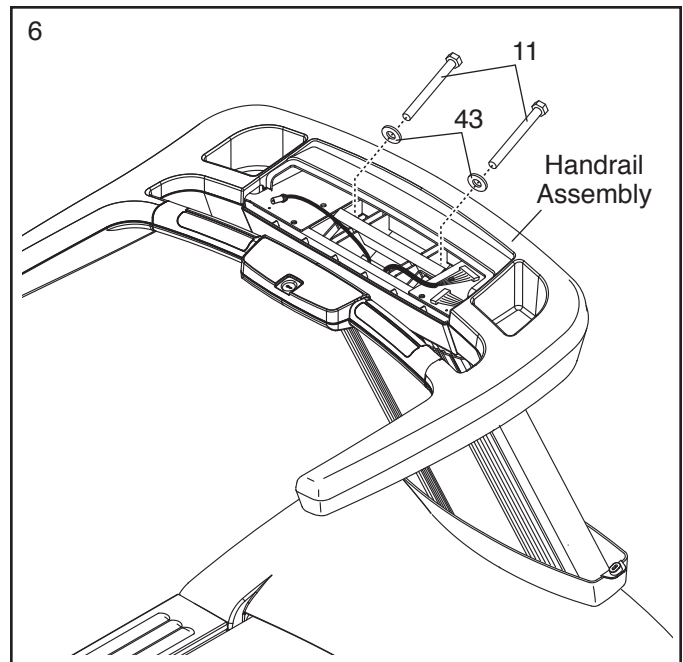
Slide the bracket on the handrail assembly over the crossbar on the Upright (81) and set the handrail assembly on the Upright. **Be careful not to pinch any wires.**



5. Attach the handrail assembly with two 3/8" x 3 3/4" Screws (11) and two 3/8" Star Washers (2). **Start both Screws, but do not tighten them yet. Be careful not to pinch any wires.**



6. Tighten two 3/8" x 3 3/4" Screws (11) with two 3/8" Flat Washers (43) into the handrail assembly. **Start both Screws, and then tighten them. See step 5. Tighten the two 3/8" x 3 3/4" Screws (11).**

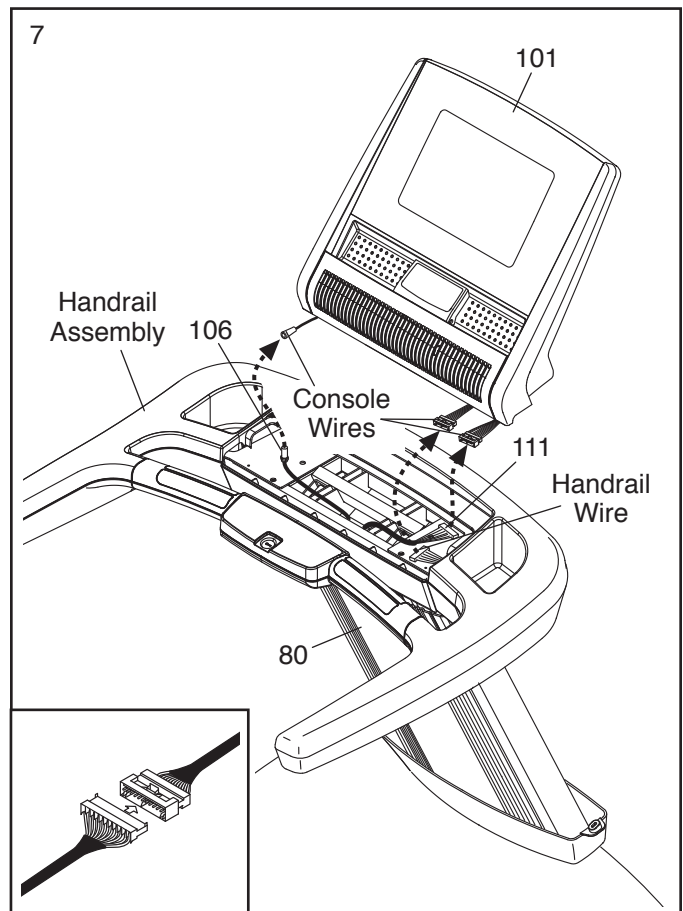


7. Have a second person hold the Console Assembly (101) near the handrail assembly.

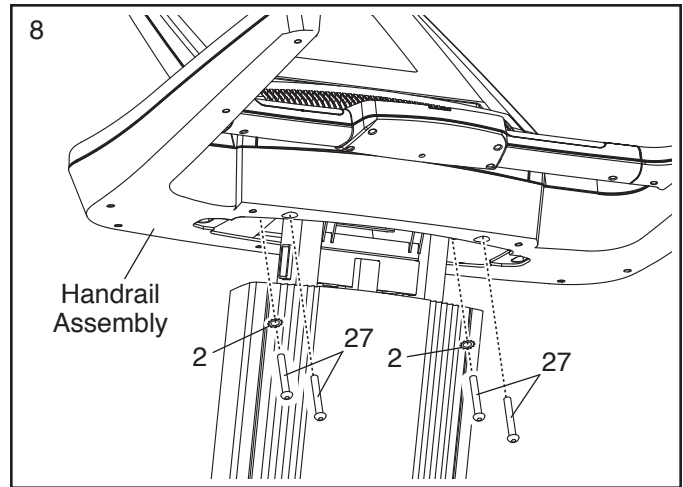
Connect the Upright Wire (111), the handrail wire, and the TV Cable (106) to the console wires. Make sure that the console wire and the handrail wire that you are connecting have connectors that are the same size. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the excess wires downward into the Upright Cover (80).

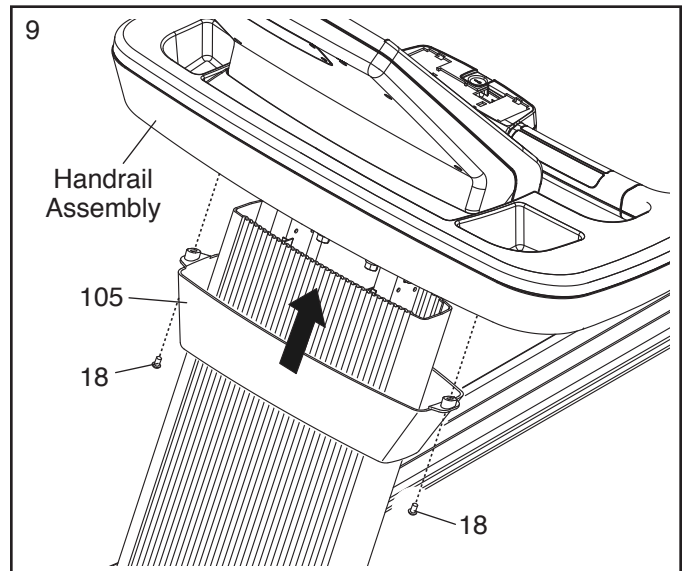
Set the Console Assembly (101) on the handrail assembly. **Be careful not to pinch any wires.**



8. Tighten four 3/8" x 2 3/4" Screws (27) with two 3/8" Star Washers (2) into the handrail assembly.

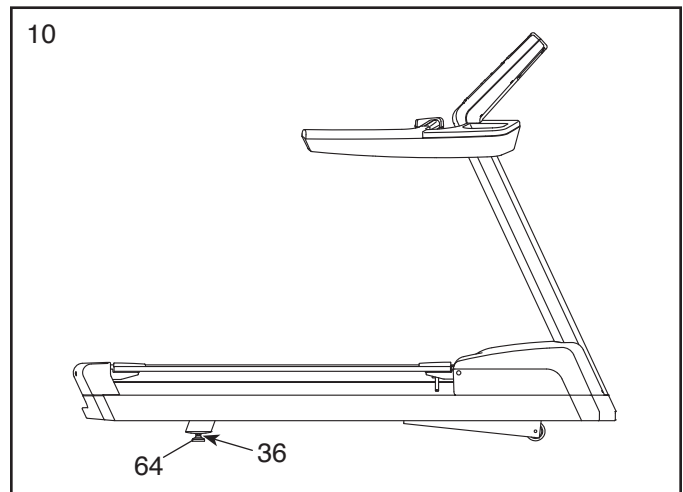


9. Attach the Upright Collar (105) to the handrail assembly with two #8 x 5/8" Screws (18).



10. If necessary, move the treadmill to the desired location (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 (64) rest firmly on the floor. If the treadmill rocks even slightly, loosen one of the 1/2" Nuts (36) on a Leveling Foot, turn the Leveling Foot clockwise or counterclockwise until the rocking motion is eliminated, and then retighten the Nut.



11. **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. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 34 and 35).

HOW TO CONNECT THE TREADMILL

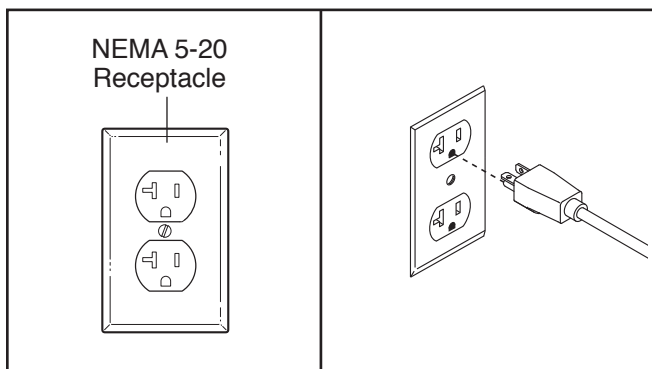
⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by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

HOW TO CONNECT THE POWER CORD

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

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

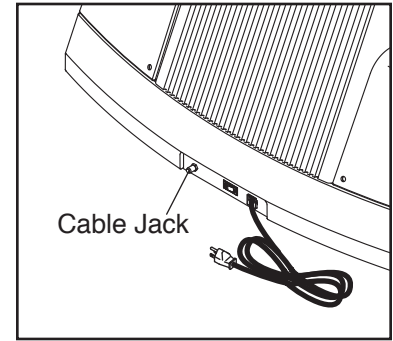
Plug the grounding plug into a standard NEMA 5-20 receptacle. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord. The receptacle must be grounded.



HOW TO CONNECT A CATV CABLE

If your treadmill has the 17" Digital TV, a CATV cable must be connected to the treadmill for cable TV stations to be viewed.

Locate the cable jack on the front of the treadmill. Connect the CATV cable to the cable jack. Route the cable so that it will not be pinched or crushed by the lift mechanism or the frame.



A satellite receiver, VCR, or DVD player can also be connected to the treadmill. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the treadmill.

Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly. RF modulators are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual for the equipment you wish to connect to determine if an RF modulator is needed, or contact your local audio/visual service provider.

WARRANTY INFORMATION

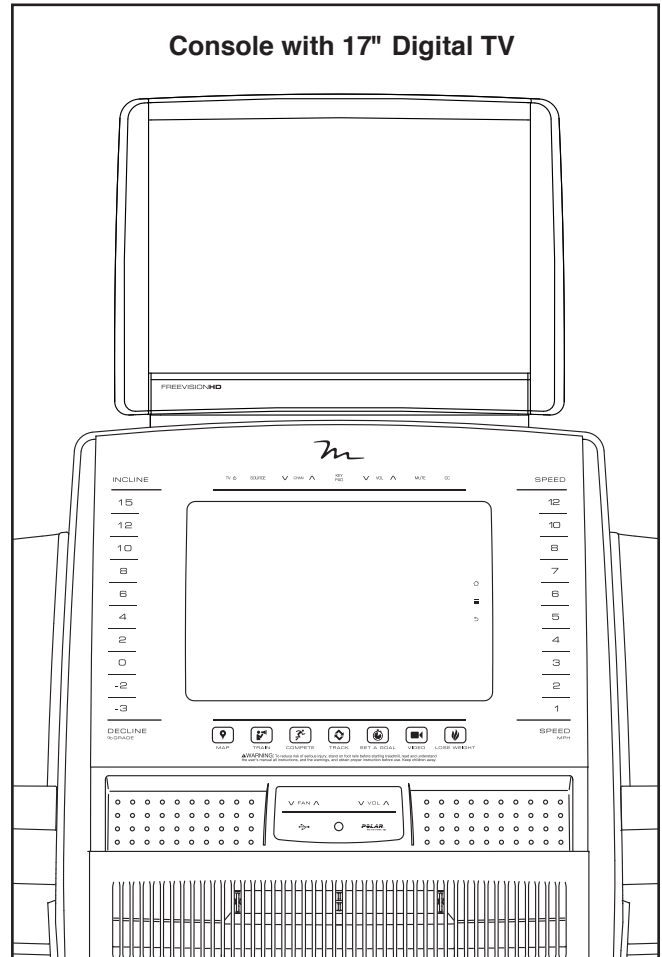
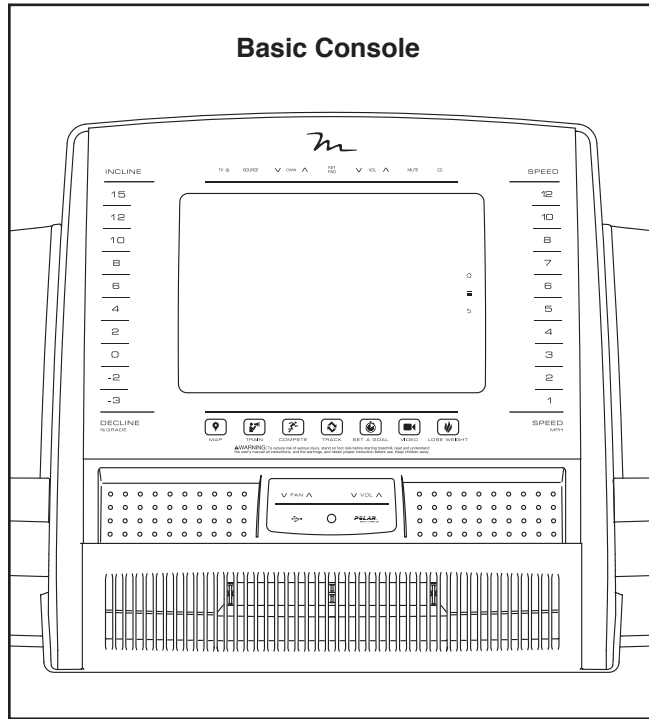
The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized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

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

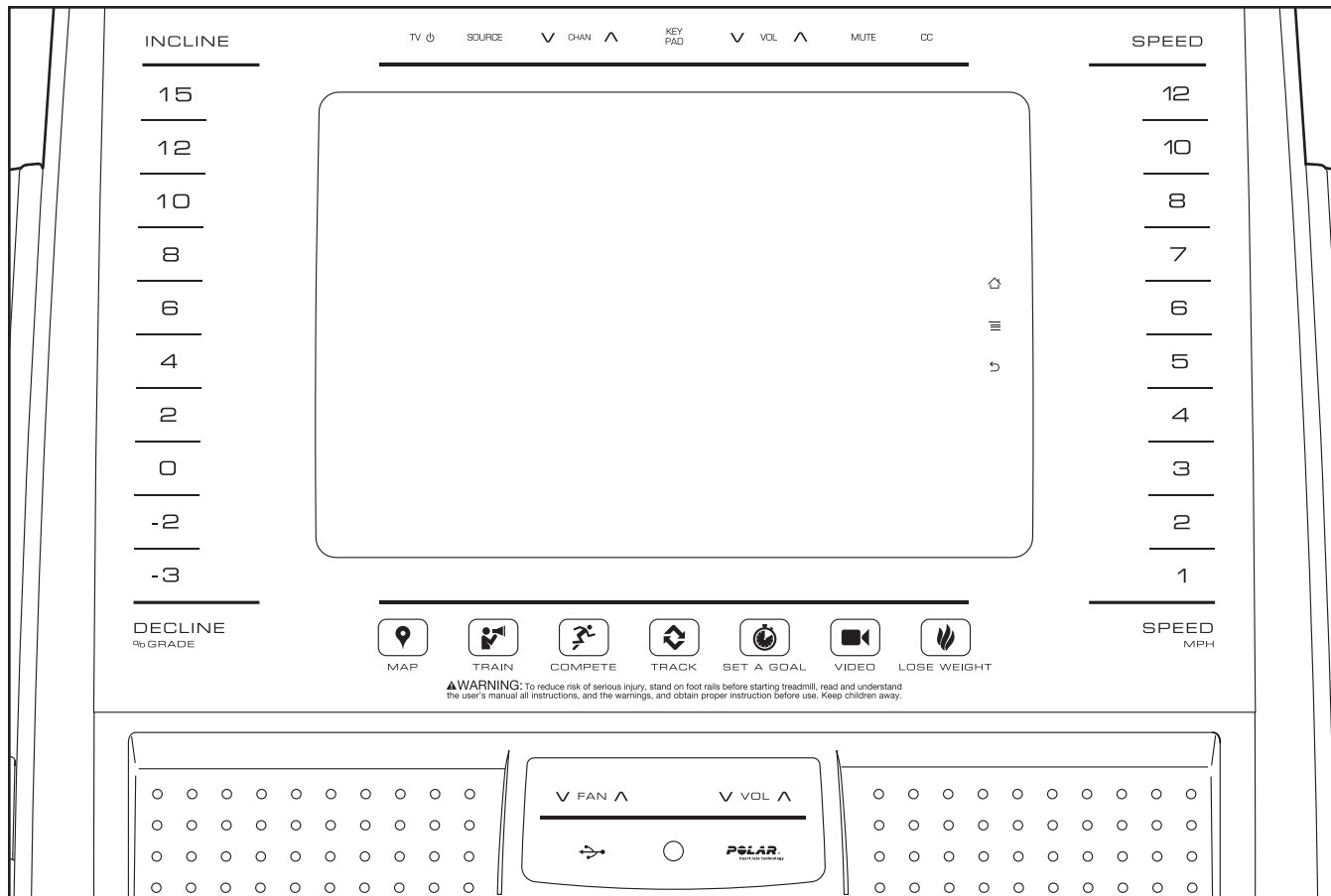
HOW TO UPGRADE THE CONSOLE

The treadmill's console has been preconfigured to operate with a 17" Digital TV (see the drawings below). To learn about the features of the console, see page 15. To learn about the features of the digital TV, see the user's manual included with the digital TV. **Note: The buttons at the top of the console function with the digital TV or a remote TV only.** The basic console has no television capabilities.

To upgrade your console whenever you choose, please see the back cover of this manual.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit Live technology that enables the treadmill to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

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 also measure your heart rate using the handgrip heart rate monitor or an optional Polar®-compatible chest heart rate monitor.

You can even browse the Internet or listen to your favorite workout music or audio books with the console's sound system while you exercise.

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 4 on page 23. For simplicity, all instructions in this section refer to miles.

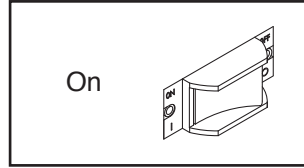
HOW TO TURN ON THE POWER

1. Plug in the power cord.

See HOW TO CONNECT THE POWER CORD on page 13.

2. Move the power switch to the on position.

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

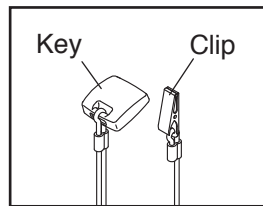


3. Insert the key into the console.

Note: The console can be set to be used without the key. See step 6 on page 23 for instructions. If the console has been set to be used without the key, this step does not apply.

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

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



HOW TO USE THE 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 Alt button. Touch the Alt 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 the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

1. Connect to your wireless network.

Note: In order to access the Internet, download iFit Live workouts, and use other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 26 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 23 and step 2 on page 25 and select the maintenance mode. Then, see step 3 on page 25 and check for firmware updates.

3. Calibrate the incline system.

See step 4 on page 25 and calibrate the incline system of the treadmill.

4. Create an iFit Live account.

Touch the globe button near the lower-left corner of the screen and touch the iFit Live button.

Note: For information about navigating in the browser, see page 27. The browser will open to the iFit.com home page. Touch the Register button in the upper-right corner of the screen.

The browser will open to the iFit.com registration page. Select either the basic or the limitless plan. Note: For more information, read the details under each plan. If you have an activation code, select the limitless plan. Then, follow the prompts on the screen to sign up for your iFit plan.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 18. **To use an onboard workout**, see page 20. **To use a set-a-goal workout**, see page 21. **To use an iFit Live workout**, see page 22.

To use the equipment settings mode, see page 23. **To use the entertainment mode**, see page 24. **To use the maintenance mode**, see page 25. **To use the wireless network mode**, see page 26. **To use the stereo sound system**, see page 27. **To change the audio input**, see page 27. **To use the Internet browser**, see page 27.

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 35).

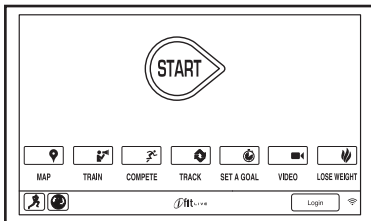
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16. **Note: It may take a minute 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. Touch the home button in the lower-left corner of the screen (not shown here) to return to the main menu at any time.



3. Start the walking belt and adjust the speed.

Touch the Start button on the screen or press the Start button on the console to start the walking belt. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph.

If you press one of the Speed buttons numbered 1 through 12, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

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

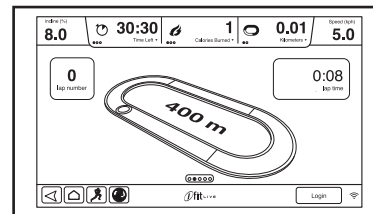
4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the Incline/Decline buttons numbered -3 through 15. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

Note: The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 25).

5. Monitor your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen. You can also view additional information by touching the red boxes on the screen.



As you walk or run on the treadmill, the screen can show the following workout information:

- The incline level of the treadmill
- The time elapsed
- The time left (Note: The manual mode does not have a time left countdown.)
- The approximate number of calories you have burned
- The approximate number of calories burned per hour
- The distance that you have walked or run
- The number of vertical feet you have climbed
- The speed of the walking belt
- A track representing 1/4 mile (400 m)
- Your pace in minutes per mile
- Your current lap number
- Your heart rate (see step 6)

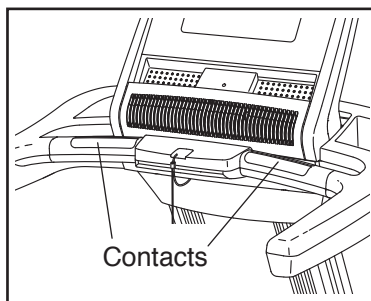
If desired, adjust the volume by pressing the Vol increase and decrease buttons on the console.

To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout session, touch the End Workout button.

6. Measure your heart rate if desired.

Note: If you use the handgrip heart rate monitor and the chest heart rate monitor at the same time, the console will not display your heart rate accurately. For information about the optional chest heart rate monitor, see the back cover of this manual.

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



To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms 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 multiple 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 button to increase the fan speed. Note: If you press the Fan increase button once while the fan is on its maximum speed setting, the auto fan mode will be selected. Press the Fan decrease button repeatedly to decrease the fan speed or to turn off the fan.

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

Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. 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 AN ONBOARD WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2. Select an onboard workout.

To select an onboard workout, touch the runner button in the lower left corner of the screen.

In the Workouts menu, touch the Calorie button, the Intensity button, the Speed button, or the Incline button. Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

3. Start the workout.

Touch the Start Workout button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

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

During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting for the current segment. The top profile represents the speed setting for the current segment.

At the end of the first segment of the workout, the treadmill will automatically adjust to the speed and/or 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 and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

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

To pause the workout, touch either the back button or the home button in the lower-left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Start button on the console. To end the workout, touch the End Workout button.

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. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

4. Monitor your progress.

See step 5 on page 18. The screen can also show a profile of the speed and incline settings of the workout.

5. Measure your heart rate if desired.

See step 6 on page 19.

6. Turn on the fan if desired.

See step 7 on page 19.

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

See step 8 on page 19.

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.

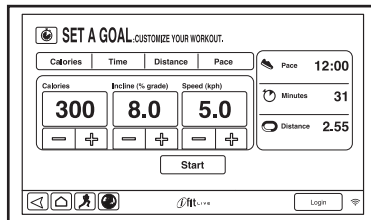
2. Select the main menu.

See step 2 on page 18.

3. Select a set-a-goal workout.

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a calorie, time, distance, or pace goal, touch the Calories, Time, Distance, or Pace button.



Then, touch the increase and decrease buttons on the screen to select a calorie, time, distance, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. Start the workout.

Touch the Start button to start the workout. A moment after you touch 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 18 and 19).

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

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.

5. Monitor 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.

HOW TO USE AN iFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 26). An iFit Live account is also required.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2. Select the main menu.

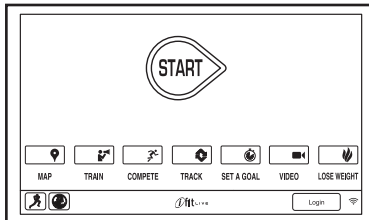
See step 2 on page 18.

3. Log in to your iFit Live account.

If you have not already done so, touch the Login button to log in to your iFit Live account. The screen will ask for your iFit.com username and password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

4. Select an iFit Live workout.

To download an iFit Live workout in your schedule, touch the Map, Train, Video, or Lose Weight button



to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit Live account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 21). Note: You can also press one of the iFit Live buttons on the console.

To switch users within the account, touch the user button near the lower right corner of the screen.

Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit Live workouts, please see www.iFit.com.

When you select an iFit Live workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. Start the workout.

See step 3 on page 20.

During some workouts, the voice of a personal trainer will guide you through your workout.

6. Monitor your progress.

See step 5 on page 18. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the runners and the distances they have run. The screen will also show the numbers of seconds that the other runners are ahead of you or behind you.

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.

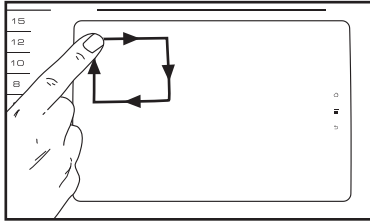
For more information about the iFit Live mode, go to www.iFit.com.

HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to select a language and the unit of measurement; to turn on and turn off the display demo mode; to enable or disable the key, the web browser, and/or the street view; and set a reset timeout.

1. Access the settings main menu.

Insert the key into the console (see HOW TO TURN ON THE POWER on page 16). Next, select the main menu



(see step 2 on page 18). Then, draw a square clockwise on the screen to access the settings main menu (see the drawing above).

2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

4. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

5. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the on position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

6. Enable or disable the key.

You can disable the key so that the treadmill does not require the use of the key. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox.

7. Enable or disable the web browser.

You can disable the console's web browser, which will help to restrict the bandwidth used on your wireless network.

Touch the Browser button. To disable the browser, touch the Disable checkbox. The console will automatically restart, and the web browser will be disabled. To enable the browser again, return to the Browser option, and then touch the Enable checkbox. The console will automatically restart, and the web browser will be enabled again.

8. Enable or disable the street view.

You can disable the street view for Map workouts, which will help to restrict the bandwidth used on your wireless network.

Touch the Street View button. To disable the street view, touch the Disable checkbox. To enable the street view again, touch the Enable checkbox.

9. Set a time for the reset timeout.

The console features an automatic reset feature; if no buttons are touched or pressed and the walking belt does not move for a set amount of time, the console will automatically reset.

To set the amount of time the console will wait before it automatically resets, touch the Reset Timeout button to view a list of times. Then, select the amount of time desired. Touch the back button on the screen.

10. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the screen.

HOW TO USE THE ENTERTAINMENT MODE

The console features an entertainment mode that allows you to connect the console to a remote TV. If you purchase the 17" Digital TV, please see the manual included with the digital TV to learn how to use the entertainment mode to set up your personal TV.

1. Access the settings main menu.

See step 1 on page 23.

2. Select the entertainment mode.

In the settings main menu, touch the Entertainment button to enter the entertainment mode.

3. Set up the wall of screens receiver.

Touch the Wall of Screens button to view options for setting up the console to operate with a wall of screens.

Touch the Default Settings button to select a default volume.

Touch the Custom Settings button to select customized channels. Select your transmitter type from the drop-down list. Then, select a channel. Touch the Add button to create multiple transmitter and/or channel settings.

4. Exit the entertainment mode.

To exit the entertainment mode, touch the back button on the screen.

HOW TO USE THE MAINTENANCE MODE

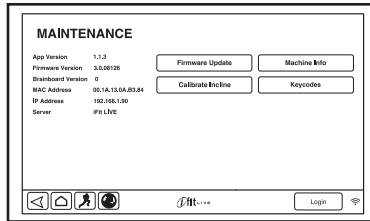
The console features a maintenance mode that allows you to update the console firmware, calibrate the incline of the treadmill, view machine information, and view a button's keycode.

1. Access the settings main menu.

See step 1 on page 23.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the treadmill.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the treadmill, do not turn off the power or remove the key 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 on position. Note: It may take a few minutes for the console to be ready for use.

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

4. Calibrate the incline system of the treadmill.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The treadmill 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. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep feet and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. View machine information.

Touch the Machine Info button to view information about your treadmill. After you view the information, touch the back button on the screen.

6. Find keycodes.

The Keycodes button is intended to be used by service technicians to identify whether a certain button is working correctly.

7. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

1. Access the settings main menu.

See step 1 on page 23.

2. Select the wireless network mode.

In the settings main menu, touch the Wireless Network button to enter the wireless network mode.

3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

Note: You must have your own wireless network and an 802.11b/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.

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, press the back button on the console to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

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

Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

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

5. Exit the wireless network mode.

To exit the wireless network mode, press the back button on the console.

HOW TO USE THE SOUND SYSTEM

To listen to music and the console audio on your personal headphones or ear buds, plug the audio wire on your headphones into the audio jack in the center of the lower section of the console. Note: This audio jack is for audio output only.

This treadmill has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards.

To play music or audio books through the console's sound system, you must connect your iPod to the console through the cable extending from the lower section of the console. The console will charge your iPod while you use it. **Make sure that the iPod is fully plugged in.**

Next, press the play button on your iPod. Adjust the volume by pressing the Vol increase and decrease buttons on the console.

Plug an MP3 player, smartphone, or other USB device into the USB port on the front of the console to charge your device.

HOW TO CHANGE THE AUDIO INPUT

To select a different audio source, touch the music notes icon at the bottom of the screen. Then, choose an audio source from the list.

1. Wall of TV's.

Select this audio source to listen to the audio output from a remote TV. Note: The treadmill must be connected to the TV (see HOW TO USE THE ENTERTAINMENT MODE on page 24).

2. Personal TV.

Select this audio source to listen to the audio from the console's 17" Digital TV. Note: The console must have a personal TV for this option to function.

3. iPod.

Select this audio source to listen to your iPod (see HOW TO USE THE SOUND SYSTEM at the left).

4. FM Radio.

The console has a built-in FM radio. Select this audio source to use the FM radio tuner.

HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website.

To return to the previous web page, touch the Browser Back button. To exit the browser, touch the Return button.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 16.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

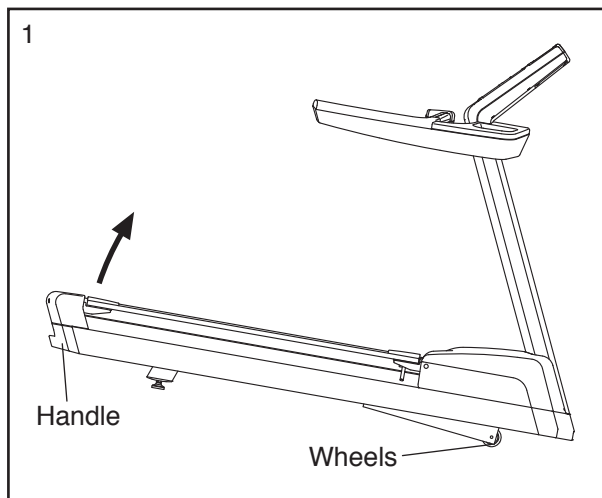
Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

HOW TO MOVE THE TREADMILL

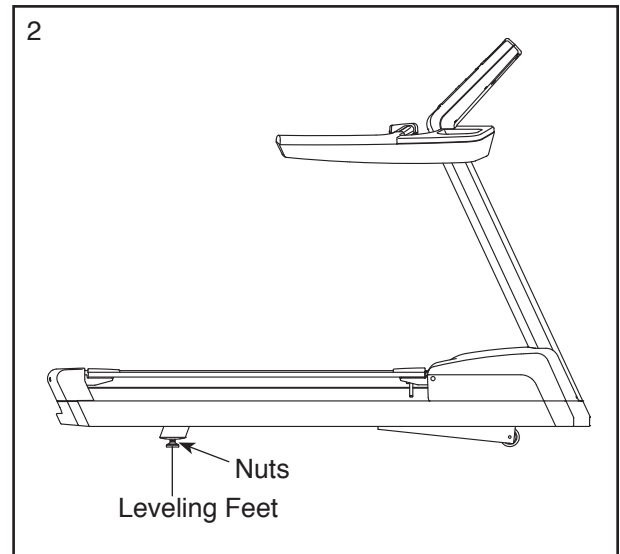
Due to the size and weight of the treadmill, moving it requires two or three persons.

Before moving the treadmill, plug in the power cord and insert the key into the console (see HOW TO TURN ON THE POWER on page 16). Raise the incline to the highest position. Then, remove the key and unplug the power cord.

1. Hold the handle firmly in the location shown below. **CAUTION: To decrease the possibility of damage to the treadmill or of injury, do not lift the treadmill by the handrail.** Raise the handle until the treadmill rolls freely on the wheels. Carefully roll the treadmill to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**



2. After the treadmill is placed in the location where it will be used, make sure that the leveling feet rest firmly on the floor. If the treadmill rocks even slightly, loosen one of the nuts, turn the leveling foot clockwise or counterclockwise until the rocking motion is eliminated, and retighten the nut.



PREVENTIVE MAINTENANCE

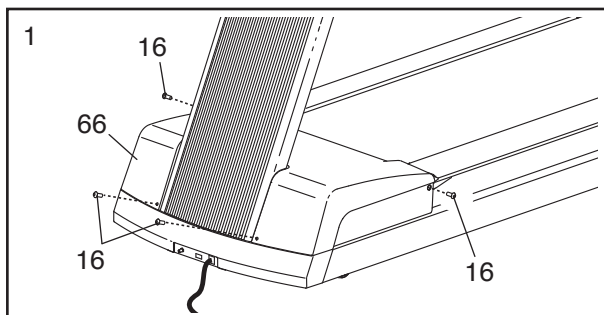
Regular maintenance is necessary for optimal performance and long life of the treadmill. Please read and follow all instructions below. **If the treadmill is not maintained as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided.** If you have questions about maintenance, see the back cover of this manual. **CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

WEEKLY MAINTENANCE

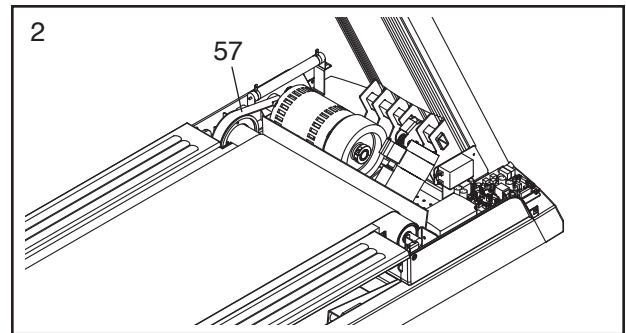
1. **Unplug the power cord.** Inspect and properly tighten all external parts of the treadmill.
2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, upright, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not wipe under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console and the screen(s). **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**
3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see page 35.

MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the four 5/16" x 1/2" Screws (16) attaching the Motor Hood (66), and lift off the Motor Hood.



2. Using a hand-held vacuum, clean the area under the Motor Hood (not shown). **Be careful to avoid touching any components.** Check the Motor Belt (57) for wear and cracks. If the Motor Belt needs to be replaced, see the back cover of this manual.



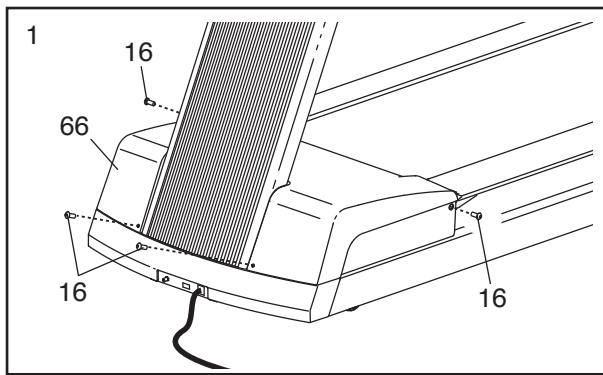
3. Plug in the power cord and insert the key into the console. Press the Start button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the treadmill for unusual noises 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 (66) with the 5/16" x 1/2" Screws (16).

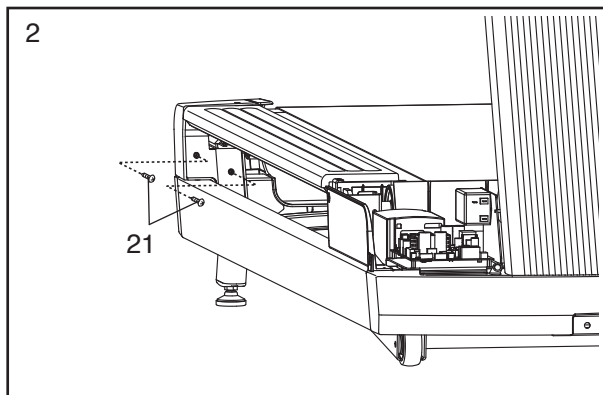
REPLACING THE WALKING PLATFORM AND THE WALKING BELT

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 replaced. When the walking belt becomes worn, it should be replaced. The walking platform and the walking belt should be replaced after every 10,000 to 15,000 miles (16,000 to 24,000 kilometers). Follow the instructions below to replace the walking platform and/or the walking belt. **Make sure to keep track of which holes the screws go in.**

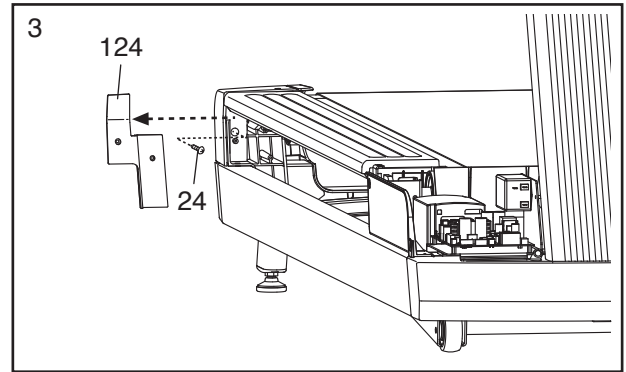
1. **Remove the key and unplug the power cord.**
Remove the four 5/16" x 1/2" Screws (16) and the Motor Hood (66).



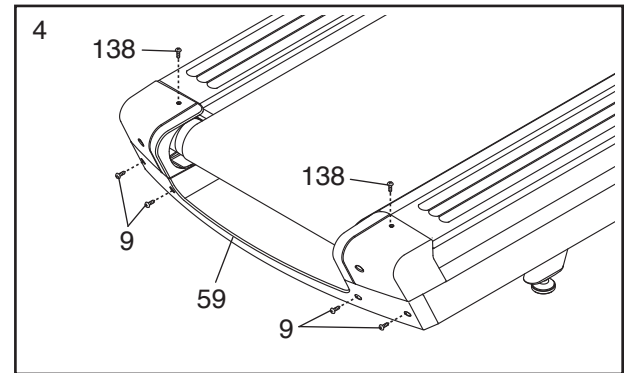
2. Remove the four #8 x 1/2" Machine Screws (21) (only one side is shown).



3. Remove the Right Cap Insert Bracket (139) and the Left Cap Insert Bracket (not shown). Then, remove the indicated #8 x 1/2" Screw (24) from each side of the treadmill (only one side is shown).



4. Remove the four indicated 1/4" x 3/4" Bolts (9) and the two M4 x 13mm Screws (138). Then, remove the Rear Cap (59).



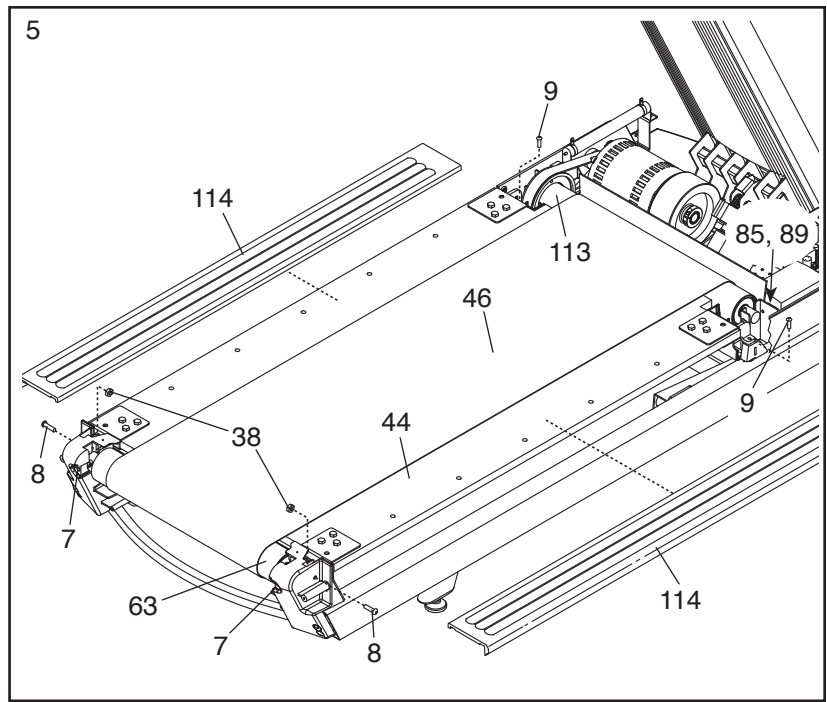
- Remove the two 1/4" x 3/4" Bolts (9), the two 5/16" x 1 1/2" Bolts (8), and the two 5/16" Locknuts (38).

Remove the two 3/8" x 2 1/2" Screws (7), the two 3/8" Lock Washers (not shown), and the two 3/8" Flat Washers (not shown).

Remove the 1/4" x 2 1/2" Screw (85) and the 1/4" Star Washer (89). Then, remove the Idler Roller (63) and the Drive Roller (113).

If you are replacing the Walking Platform (44), go to step 6.

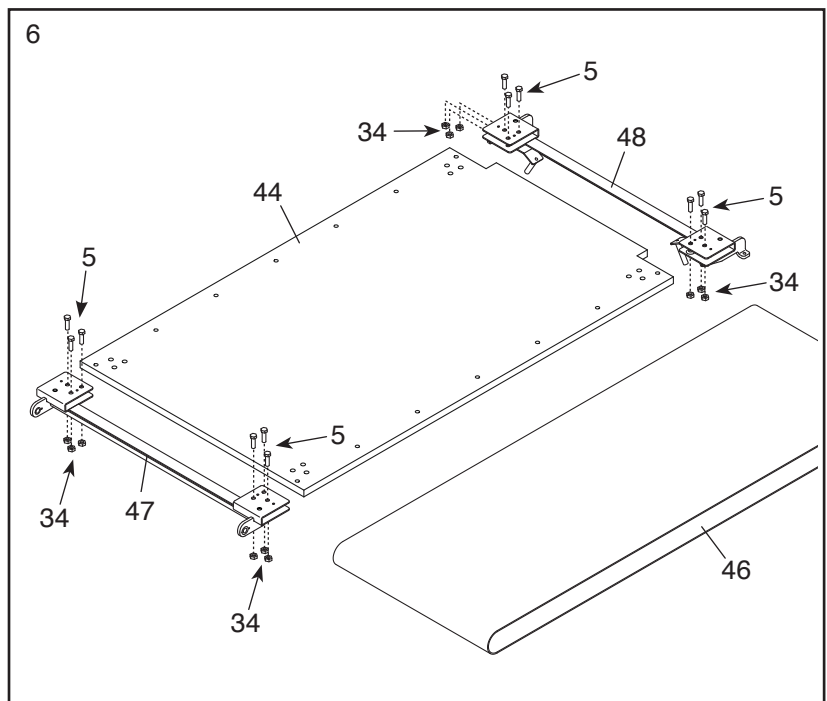
If you are replacing only the Walking Belt (46), remove the Walking Belt and slide the new Walking Belt onto the Walking Platform (44). Follow steps 1–5 in reverse order. Turn both 3/8" x 2 1/2" Screws (7) clockwise four times only. **Go to step 7.**



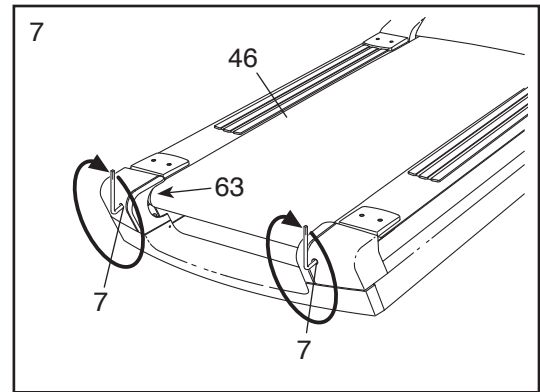
- Remove the Walking Belt (46) and the Walking Platform (44) from the treadmill. Then, remove the Walking Belt from the Walking Platform. Remove the twelve 3/8" x 1 1/2" Bolts (5) and the 3/8" Locknuts (34). Slide the Rear and Front Platform Brackets (47, 48) off the Walking Platform (44).

Slide the Rear and Front Platform Brackets (47, 48) onto the new Walking Platform (44).

Follow steps 1–6 in reverse order. If you are replacing the Walking Belt (46), use the new Walking Belt. Turn the 3/8" x 2 1/2" Screws (7) (see step 5) clockwise four times only. **Go to step 7.**



7. The tension of the Walking Belt (46) now needs to be adjusted. Center the Walking Belt 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 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 2 1/2" Screws (7) clockwise one time. Continue to test the tension of the Walking Belt until the Walking Belt no longer slips. Make sure to keep the Walking Belt centered. **If the Idler Roller (63) stops moving, do not further tighten the Screws; please see the back cover of this manual.**



LUBRICATING THE WALKING BELT

When the treadmill is used regularly, lubricate the walking belt approximately every 200 hours. To order lubricant, see the back cover of this manual. Follow the instructions included with the lubricant to apply the lubricant.

SIX-MONTH 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. **Make sure to perform each maintenance procedure as described on pages 29 to 32. If the procedures are not performed as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the treadmill.	Clean 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 cracks and other wear.	Check the motor for arcing; check for noises or odors.
Week 1	/ /	/ /	/ /			
Week 2	/ /	/ /	/ /			
Week 3	/ /	/ /	/ /			
Week 4	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /			
Week 6	/ /	/ /	/ /			
Week 7	/ /	/ /	/ /			
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Week 26	/ /	/ /	/ /	/ /	/ /	/ /

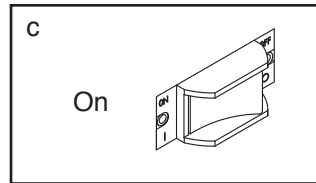
Walking Platform Replaced	/ /	/ /	Walking Belt Replaced	/ /
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TROUBLESHOOTING

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 front cover of this manual.

SYMPTOM: The power does not turn on

- Make sure that the power cord is plugged into a properly grounded outlet (see page 13).
- After the power cord has been plugged in, make sure that the key is inserted into the console.
- Check the power switch located on the treadmill near the power cord. Make sure that the power switch is pressed into the on position.



SYMPTOM: The power turns off during use

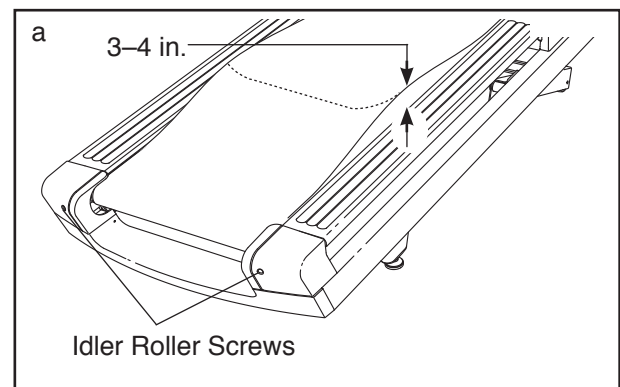
- Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch to the on position.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console, and then reinsert it.
- 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

- Calibrate the incline system (see step 4 on page 25).

SYMPTOM: The walking belt slows when walked on

- If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



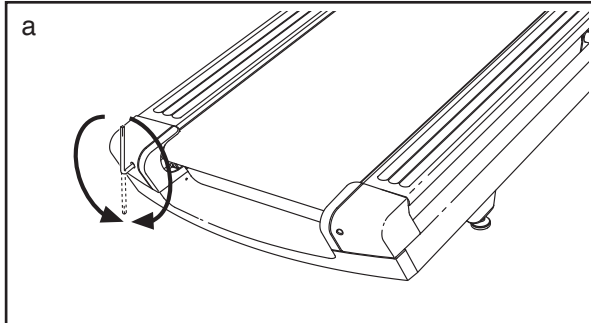
- If the walking belt still slows when walked on, see the back cover of this manual.

SYMPTOM: The console screen remains lit when you remove the key from the console

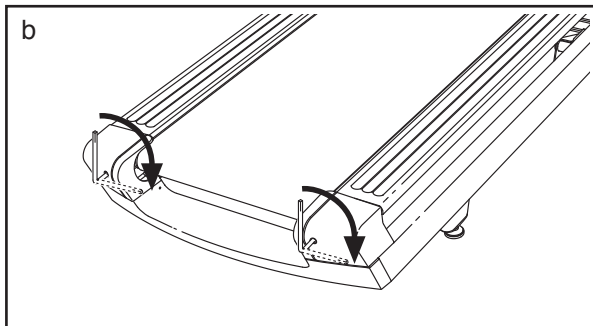
- The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen shows a demo presentation when you remove the key, the demo mode is turned on. To turn off the demo mode, see step 5 on page 23.

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 the 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 run 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 the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The iFit Live mode does not function correctly

- a. If the iFit Live mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 3 on page 25).

SYMPTOM: The treadmill will not connect to the wireless network

- a. Make sure that the wireless settings on your console are correct (see step 4 on page 26).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, see the back cover of this manual.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

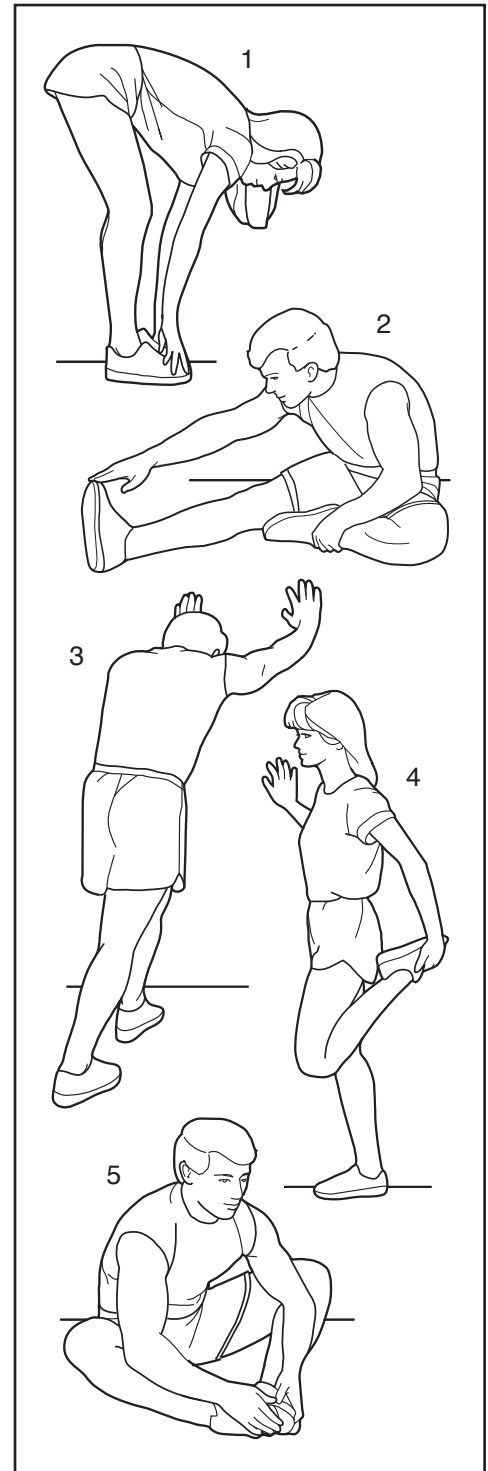
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. FMTL70810.0 R0312A

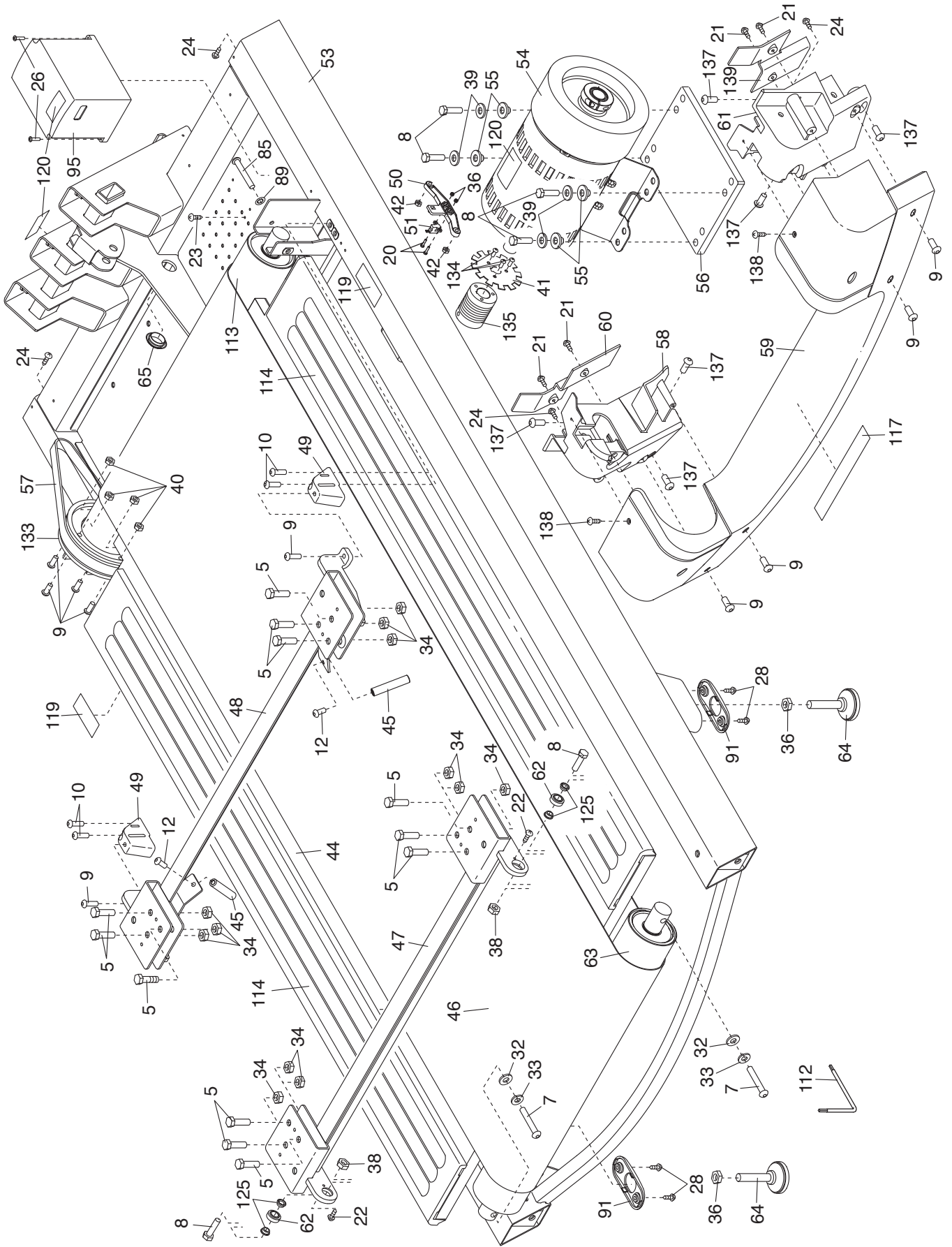
Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	3/8" x 3 1/4" Screw	51	1	Reed Switch
2	7	3/8" Star Washer	52	1	Controller
3	2	#8 x 5/8" Machine Screw	53	1	Frame
4	1	#8 x 3/4" Ground Screw	54	1	Drive Motor
5	12	3/8" x 1 1/2" Bolt	55	4	Motor Bushing
6	2	3/8" x 2 1/2" Bolt	56	1	Motor Mounting Plate
7	2	3/8" x 2 1/2" Screw	57	1	Motor Belt
8	6	5/16" x 1 1/2" Bolt	58	1	Left Rear Cap Insert
9	10	1/4" x 3/4" Bolt	59	1	Rear Cap
10	4	1/4" x 1" Screw	60	1	Left Cap Insert Bracket
11	4	3/8" x 3 3/4" Screw	61	1	Right Rear Cap Insert
12	2	1/4" x 1/2" Screw	62	2	Rear Platform Bracket Bearing
13	2	1/2" x 3 1/2" Screw	63	1	Idler Roller
14	1	1/2" x 1 5/8" Bolt	64	2	Leveling Foot
15	1	1/2" x 2 1/2" Bolt	65	1	Grommet
16	4	5/16" x 1/2" Screw	66	1	Motor Hood
17	5	#8 x 1/2" Tek Screw	67	1	Front Cap
18	10	#8 x 5/8" Screw	68	1	Electronics Bracket
19	6	#8 x 2" Screw	69	1	Power Switch
20	2	#6 x 3/8" Machine Screw	70	1	Power Cord
21	18	#8 x 1/2" Machine Screw	71	1	Receptical
22	2	#10 x 5/16" Machine Screw	72	1	Left Side Cover
23	5	#8 x 1/2" Washer Head Screw	73	1	Right Side Cover
24	18	#8 x 1/2" Screw	74	2	Hood Bracket
25	4	5/16" Stand-off	75	1	Roller Cover
26	4	#8 x 5/8" Machine Screw	76	1	Incline Motor
27	4	3/8" x 2 3/4" Screw	77	2	Front Wheel
28	4	#8 x 3/4" Tek Screw	78	1	Lift Frame
29	4	#10 x 3/4" Screw	79	2	Lift Frame Spacer
30	4	#8 Star Washer	80	1	Upright Cover
31	20	#4 x 1/4" Screw	81	1	Upright
32	2	3/8" Idler Washer	82	1	Bottom Handrail Cover
33	2	3/8" Lock Washer	83	1	Handrail Frame
34	14	3/8" Locknut	84	4	#10 Star Washer
35	2	1/2" Jam Nut	85	1	1/4" x 2 1/2" Screw
36	2	1/2" Nut	86	1	Handrail Cover
37	2	Cap Clip	87	1	Pulse Assembly
38	2	5/16" Locknut	88	1	Pulse Bar Crossbar
39	4	5/16" Flat Washer	89	1	1/4" Star Washer
40	4	1/4" Nut	90	2	1/4" Jam Nut
41	1	Speed Disk	91	2	Rear Foot Cover
42	2	#8 Nut	92	1	Electronics Bracket
43	5	3/8" Flat Washer	93	1	Filter
44	1	Walking Platform	94	2	#6 x 1/4" Screw
45	2	Belt Guide	95	1	Converter Board
46	1	Walking Belt	96	12	Cable Tie
47	1	Rear Platform Bracket	97	1	Console Frame
48	1	Front Platform Bracket	98	1	Console Back
49	2	Platform Cushion	99	1	Access Door
50	1	Reed Switch Bracket	100	8	#4 x 3/8" Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console Assembly	122	2	1/4" x 1/2" Bolt
102	1	Rear Resistor Bracket	123	2	#8 x 1/2" Small Machine Screw
103	1	Resistor	124	4	#8 x 3/4" Screw
104	1	Front Resistor Bracket	125	4	Platform Bracket Bushing
105	1	Upright Collar	126	6	1/2" Stand-off
106	1	TV Cable	127	1	TV Bridge
107	1	Key/Clip	128	1	Touch Screen
108	4	Wheel Bushing	129	1	Entertainment Pod
109	4	Flat Wheel Bushing	130	1	Fan Grill
110	2	Lift Motor Washer	131	4	#6 x 1/4" Machine Screw
111	1	Upright Wire	132	1	Fan
112	1	Hex Key	133	1	Drive Roller Pulley
113	1	Drive Roller	134	3	#10 x 1/4" Screw
114	2	Footrail	135	1	Drive Motor Pulley
115	2	1/2" Washer	136	4	#6 Nut
116	1	8" Wire Tie	137	6	5/16" x 7/8" Screw
117	1	Large Warning Decal	138	2	M4 x 13mm Screw
118	2	Wheel Axle	139	1	Right Cap Insert Bracket
119	2	Caution Decal	140	2	Receptical Bolt
120	3	Voltage Warning Decal	141	10	#8 x 3/4" Tek Screw
121	2	English Warning Decal	*	–	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.

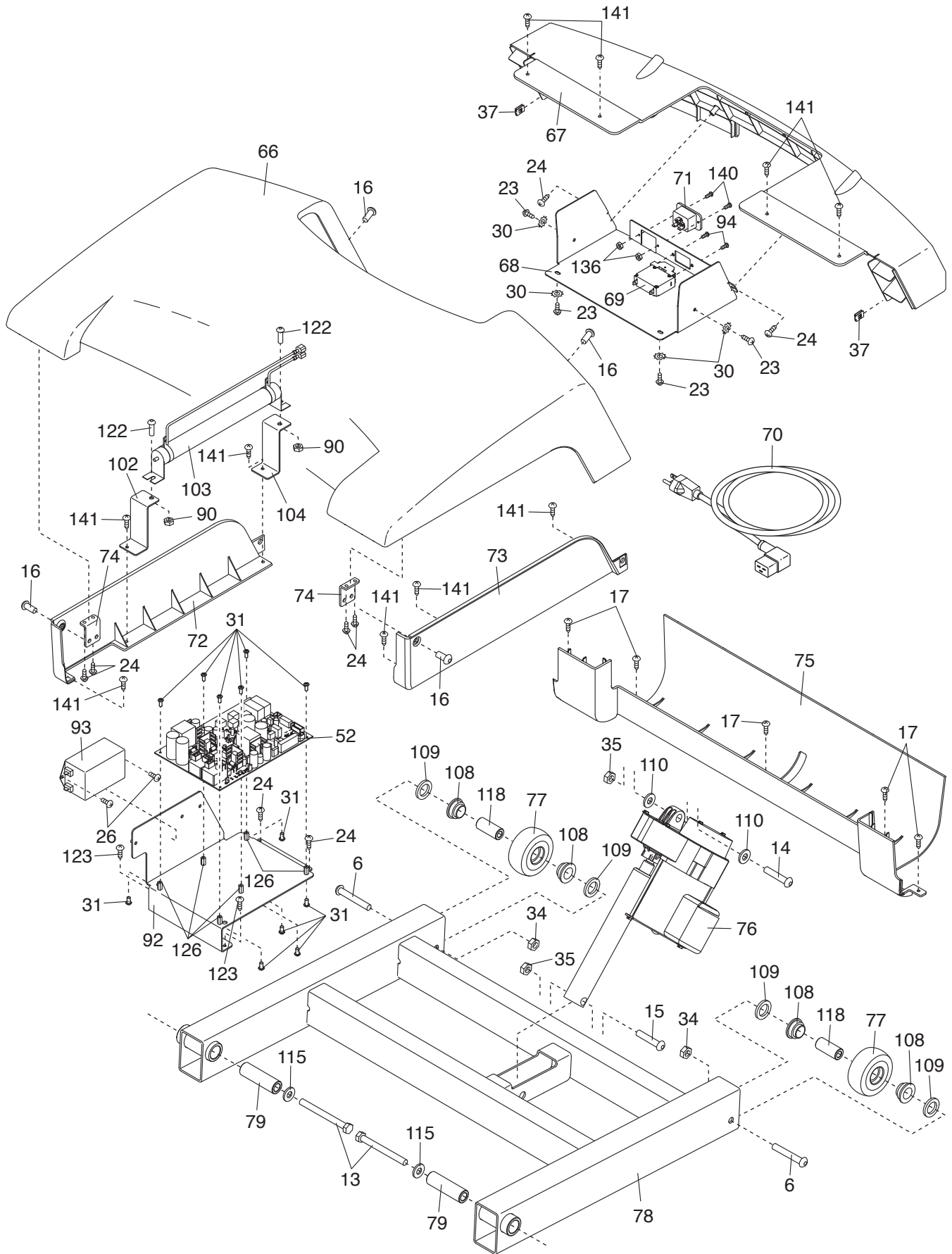
EXPLODED DRAWING A

Model No. FMTL70810.0 R0312A



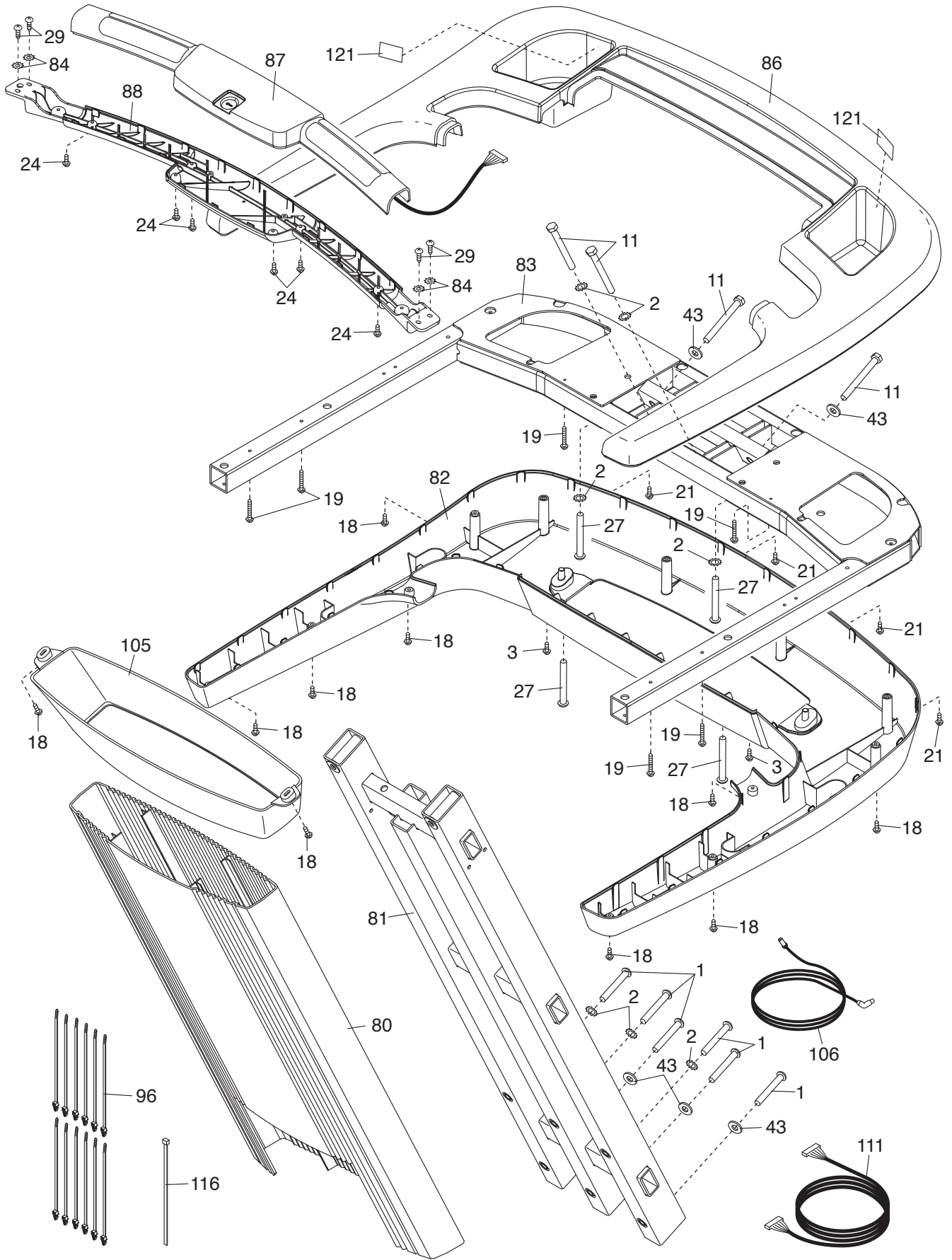
EXPLODED DRAWING B

Model No. FMTL70810.0 R0312A



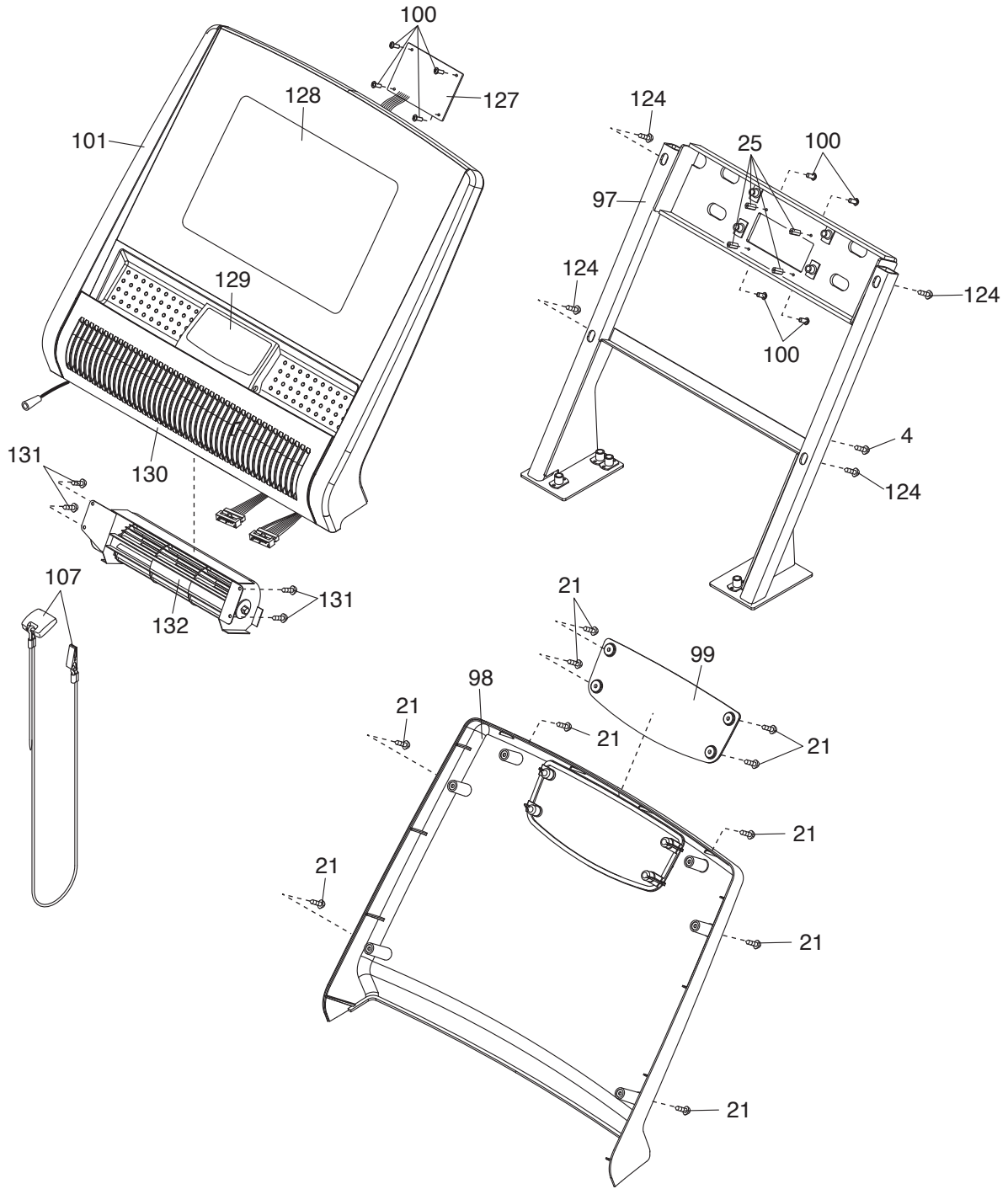
EXPLODED DRAWING C

Model No. FMTL70810.0 R0312A



EXPLODED DRAWING D

Model No. FMTL70810.0 R0312A



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 and Canada

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

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

Outside the United States and Canada

Call: 001-435-786-3521

Email: intlcustomercare@freemotionfitness.com