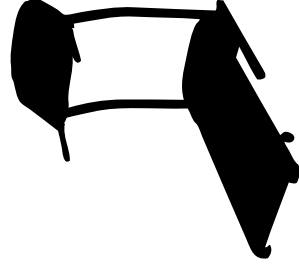
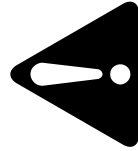


**715T**  
PLUS



**725T**  
PLUS

TREADMILL OWNER'S MANUAL  
MANUEL DU PROPRIÉTAIRE DU TAPIS ROULANT  
MANUAL DEL PROPIETARIO DE LA CAMINADORA



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.  
Lire le GUIDE DU TAPIS ROULANT avant de se servir du présent MANUEL DU PROPRIÉTAIRE.  
Lea la GUÍA DE LA CAMINADORA antes de usar este MANUAL DEL PROPIETARIO.

3	ENGLISH
30	FRANÇAIS
58	ESPAÑOL

# IMPORTANT PRECAUTIONS



## **SAVE THESE INSTRUCTIONS**

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back panel of the **OWNER'S MANUAL**.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



# **DANGER**

## **TO REDUCE THE RISK OF ELECTRICAL SHOCK:**

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

# **WARNING**

## **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the **OWNER'S MANUAL WARRANTY SECTION**. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See **MAINTENANCE**)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

# **WARNING**

## **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the treadmill to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.





## GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

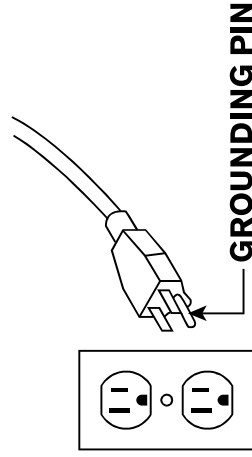
## DANGER

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

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit.

## WARNING



**3-POLE  
GROUNDED  
OUTLET**

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

# ASSEMBLY



## **WARNING**

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

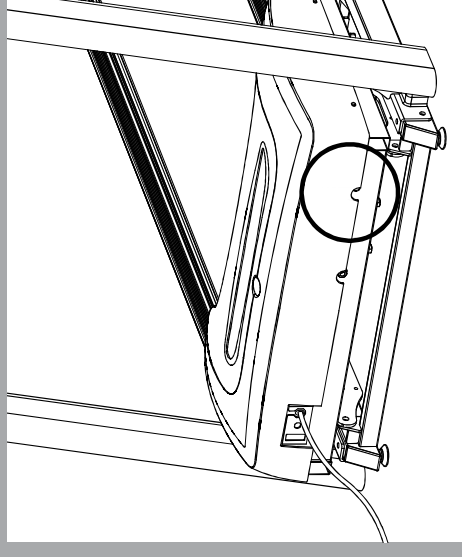
SERIAL NUMBER:

TM

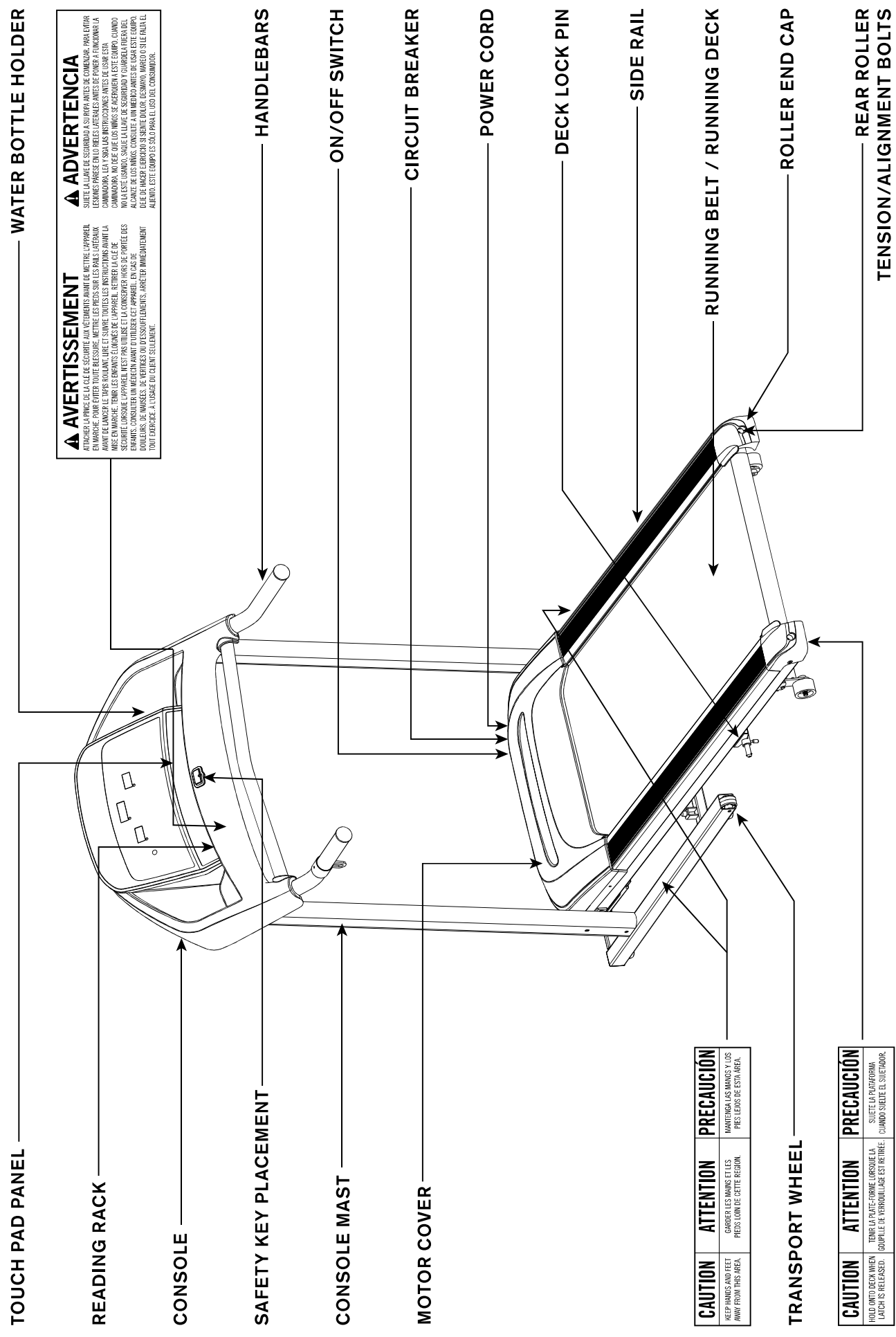
MODEL NAME: **MERIT**

**TREADMILL**

## SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



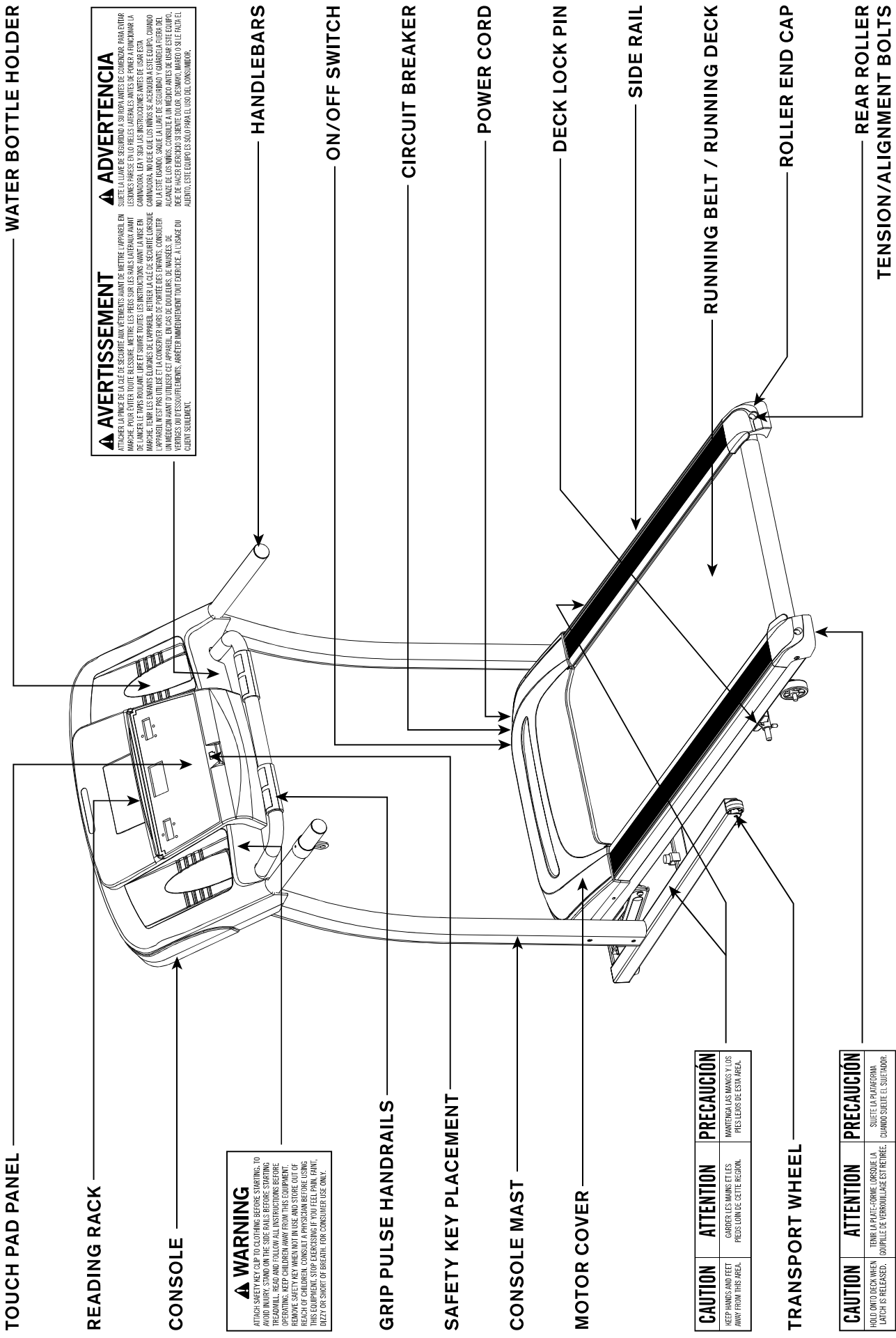
**AVERTISSEMENT**  
ATTACHER LA PINCE DE LA CLE DE SECURITE AUX VETEMENTS AVANT DE METTRE L'APPAREIL EN MARCHÉ. POUR POUVOIR TOUTE BLESSURE, METTRE LES PIEDS SUR LES PANS LATÉRAUX LORSQUE LE TAPIS ROULANT S'ARRÊTE. NE PAS SAUTER SUR LE TAPIS ROULANT. NE PAS SAUTER EN HAUT LA BANDE EN MARCHÉ. TENIR LES MAINS SÛRES DE L'APPAREIL. RETENIR LA CLE DE SECURITE LORSQUE L'APPAREIL N'EST PAS UTILISÉ ET LA CONSERVER HORS DE PORTÉE DES ENFANTS. CONSULTER UN MÉDECIN AVANT D'UTILISER CET APPAREIL EN CAS DE DOULEURS DE MUSCLES, DE VERTÈBRES OU D'ESSOUFFLEMENTS. ARRÊTER IMMÉDIATEMENT TOUT EXERCICE À L'USAGE DU CLIENT SEULEMENT.

**ADVERTENCIA**  
SUIETE LA LLAVE DE SEGURIDAD A SU ROPA ANTES DE COMENZAR. PARA EVITAR LESIONES POR CAUSA DE LA CLE, METTE LOS PIES EN LOS BARRAS LATERALES CUANDO EL TAPIS ROULANTE SE DETIENE. NO SALTES ENCIMA DEL TAPIS ROULANTE. NO SALTES HACIA ARRIBA DEL TAPIS ROULANTE CUANDO ESTE EN MARCHA. MANTENGA LAS MANOS SURES DEL EQUIPO CUANDO NO LA ESTE USANDO. SUJETA LA LLAVE DE SEGURIDAD Y GUARDELA FUERA DEL ALCANCE DE LOS NIÑOS. CONSULTE A UN MÉDICO ANTES DE USAR ESTE EQUIPO, DEBE DE HACER EJERCICIO SI SIENTE DOLOR, RESMAYO, MAREO O SI LE FALTA EL ALIENTO. ESTE EQUIPO ES SOLO PARA EL USO DEL CONSUMIDOR.

<b>CAUTION</b>	<b>ATTENTION</b>	<b>PRECAUTION</b>
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDER LES MAINS ET LES PIEDS LOIN DE CETTE REGION.	MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA AREA.

<b>CAUTION</b>	<b>ATTENTION</b>	<b>PRECAUTION</b>
HOLD ONTO DECK WHEN LATCH IS RELEASED.	TENE LA PATE-FORME ORSQUE LA DOUPLE DE VERROUILLAGE EST RETIREE.	SUIETE LA RAJAPRIMA CUANDO SUELTE EL SUECAJOR.





**⚠️ AVERTISSEMENT**  
 ATTACHEZ LA POINTE DE LA CLÉ DE SÉCURITÉ AUX VÉTEMENTS AVANT DE METTRE L'APPAREIL EN MARCHÉ. POUZ ÉVITER TOUTE BLESSURE, METTEZ LES PIEDS SUR LES RAILS LATÉRAUX AVANT DE LANCER LE TRAPÈS ROULANT. LIRE ET SUIVRE TOUTES LES INSTRUCTIONS AVANT LA MISE EN MARCHÉ. TENIR LES ENFANTS ÉLOIGNÉS DE L'APPAREIL. RETIRER LA CLÉ DE SÉCURITÉ LORSQUE L'APPAREIL N'EST PAS UTILISÉ ET LA CONSERVER HORS DE PORTÉE DES ENFANTS. CONSULTER L'IMMÉDIAT AVANT D'UTILISER CET APPAREIL EN CAS DE DOULEURS DE TÊTE, DE NŒUDS DE CÔTE, DE MAUX DE DOS, D'ÉTOURDISSEMENTS, MAREE ET IMMÉDIATEMENT TOUT EXERCICE. À L'ISSUE DE CHAQUE SÉANCE.

**⚠️ ADVERTENCIA**  
 SIETE LA LLAVE DE SEGURIDAD A SU ROPA ANTES DE COMENZAR. PARA EVITAR LESIONES, PASESE EN LOS RILS LATERALES ANTES DE LANZAR EL TRAPÉS ANTES DE USAR ESTE EQUIPAMIENTO. LEA Y SIGA LAS INSTRUCCIONES ANTES DE USAR ESTE EQUIPAMIENTO. NO DEJE QUE LOS NIÑOS SE ACERCEN A ESTE EQUIPO. CUANDO NO LA ESTE USANDO, SAQUE LA LLAVE DE SEGURIDAD Y GUARDELA FUERA DEL ALCANCE DE LOS NIÑOS. CONSULTE A UN MEDICO ANTES DE USAR ESTE EQUIPO, SI SUFREN DOLOR DE CABEZA, DOLOR DE CODO, DOLOR DE ESPALDA, DOLOR DE CINTURA O DOLOR EN LOS MIEMBROS. DEJE DE EJERCITARSE INMEDIATAMENTE SI SUFREN CUALQUIER DE ESTOS SÍNTOMAS.

**⚠️ WARNING**  
 ATTACH SAFETY KEY CAP TO CLOTHING BEFORE STARTING. TO AVOID INJURY, STEP ON THE SIDE RAILS BEFORE PROCEEDING. READ AND FOLLOW ALL INSTRUCTIONS BEFORE OPERATING. KEEP CHILDREN AWAY FROM THIS EQUIPMENT. REMOVE SAFETY KEY WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN. CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. STOP EXERCISING IF YOU FEEL PAIN, DIZZINESS OR SHORT OF BREATH. FOR CONSUMER USE ONLY.

CAUTION	ATTENTION	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDEZ LES MAINS ET LES PIEDS LOIN DE CETTE RÉGION.	MANTEGA LAS MANOS Y LOS PIES LEJOS DE ESTA ÁREA.

CAUTION	ATTENTION	PRECAUCIÓN
HOLD ONTO DECK WHEN LATCH IS RELEASED.	TENE LA PLATE-DOUNE LORSQUE LA BOUILLÉE DE VERRILLAGE EST RETIRÉE.	SIETE LA PARAFORMA CUANDO SIETE EL SUJETADOR.



## TOOLS INCLUDED:

- 4 mm Allen Wrench
- 5 mm L-Wrench/Screwdriver
- 6 mm T-Wrench

## PARTS INCLUDED:

- 1 Safety Key
- 1 Console Assembly
- 2 Console Masts
- 2 Handlebars (715T PLUS only)
- 2 End Caps
- 4 Hardware Bags
- 1 Bottle of Silicone Lubricant (for 2 applications)

# PRE ASSEMBLY

## UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take **CAUTION** when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

## WARNING

**DO NOT ATTEMPT TO LIFT THE TREADMILL!** Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

## WARNING

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!**

## NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

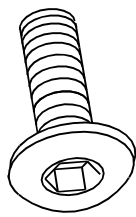
**NOTE:** During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

**NOTE:** A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

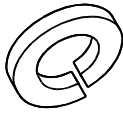
# ASSEMBLY STEP 1



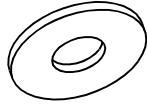
## HARDWARE BAG 1 CONTENTS :



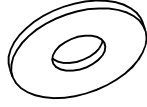
**BOLT (A)**  
20 mm  
Qty: 4



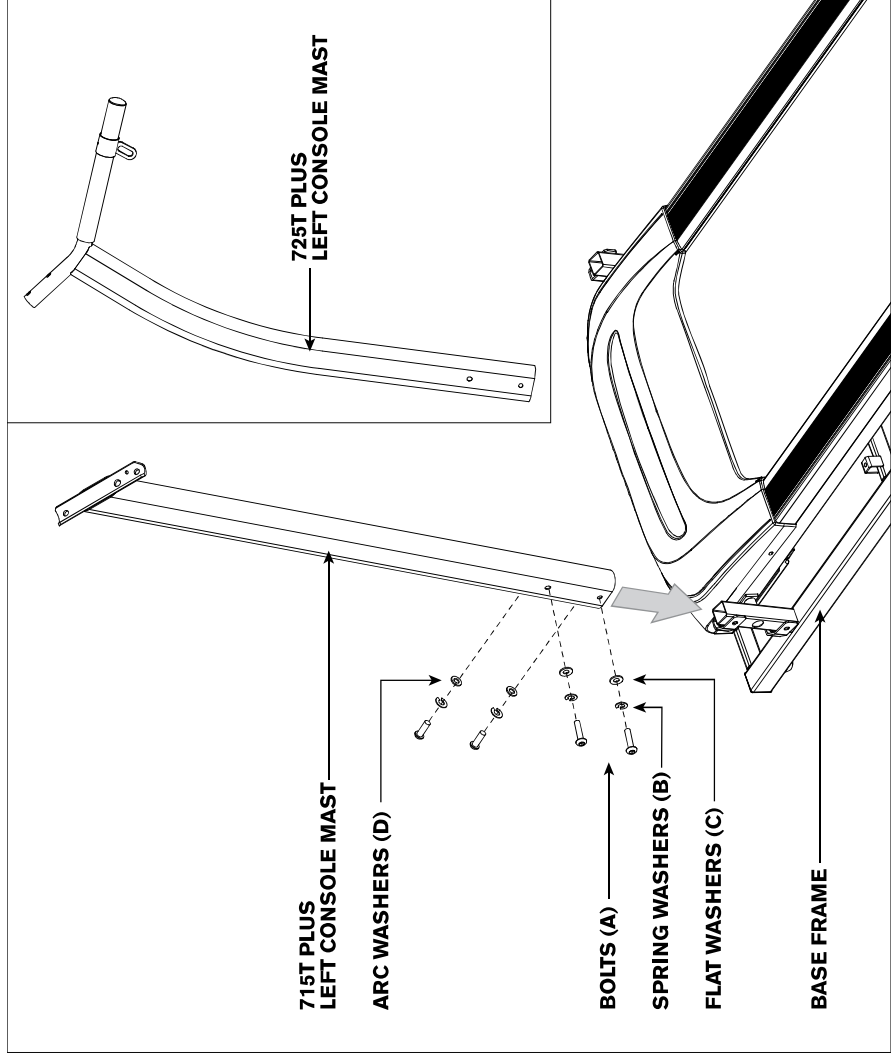
**SPRING WASHER (B)**  
8 mm  
Qty: 4



**FLAT WASHER (C)**  
8 mm  
Qty: 2



**ARC WASHER (D)**  
8 mm  
Qty: 2

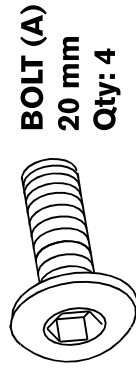


- A Cut the yellow banding straps and lift the **RUNNING DECK** upward and remove all contents from underneath the running deck.
- B Open **HARDWARE BAG 1**.
- C With the **RUNNING DECK** lowered, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)** from the side and 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)** from the rear.

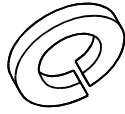
# ASSEMBLY STEP 2



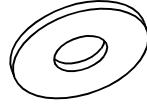
## HARDWARE BAG 2 CONTENTS :



**BOLT (A)**  
20 mm  
Qty: 4



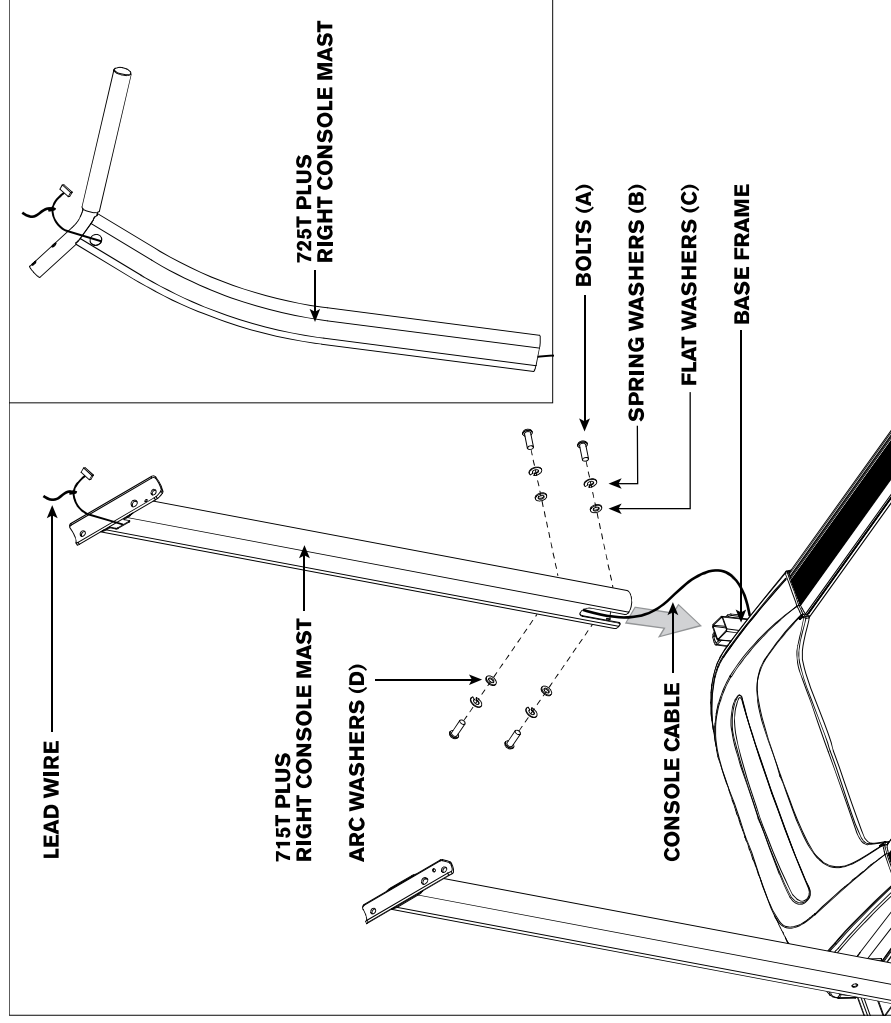
**SPRING WASHER (B)**  
8 mm  
Qty: 4



**FLAT WASHER (C)**  
8 mm  
Qty: 2



**ARC WASHER (D)**  
8 mm  
Qty: 2



A Open **HARDWARE BAG 2**.

B Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.

C With the **RUNNING DECK** lowered, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)** from the side and 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)** from the rear.

**NOTE:** Be careful not to pinch any wires while assembling the right console mast.

# 725T PLUS ASSEMBLY STEP 3

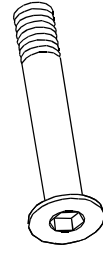
## HARDWARE BAG 3 CONTENTS :



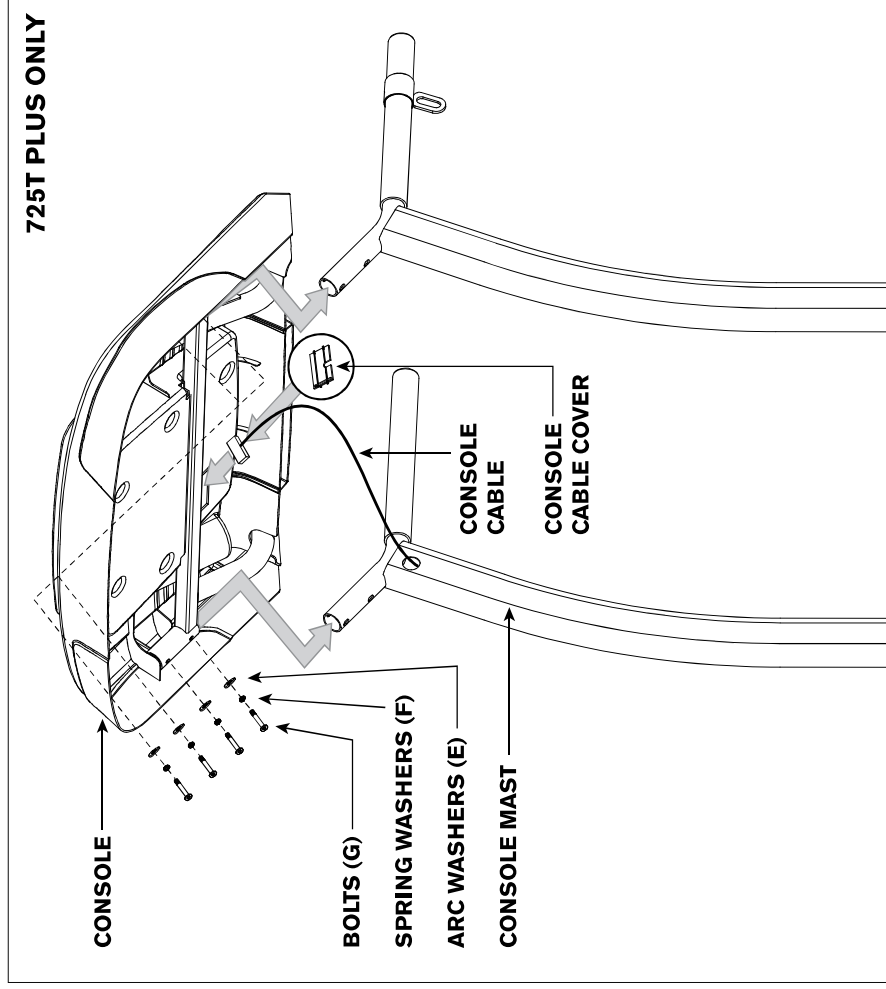
**ARC WASHER (E)**  
14 mm  
Qty: 4



**SPRING WASHER (F)**  
12 mm  
Qty: 4



**BOLT (G)**  
45 mm  
Qty: 4



\* This step is for 725T PLUS model only.

- A Open **HARDWARE BAG 3**.
- B Slide **CONSOLE** onto **CONSOLE MASTS** and attach using 4 **ARC WASHERS (E)**, 4 **SPRING WASHERS (F)** and 4 **BOLTS (G)**.
- C Connect the **CONSOLE CABLE** and carefully tuck wires in **CONSOLE MAST** to avoid damage.
- D Attach **CONSOLE CABLE COVER** to secure **CONSOLE CABLE**.

**NOTE:** Be careful not to pinch any wires while assembling the console.





# 715T PLUS ASSEMBLY STEP 3

## HARDWARE BAG 3 CONTENTS :



**BOLT (E)**  
15 mm  
Qty: 4



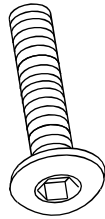
**SPRING WASHER (F)**  
6 mm  
Qty: 2



**ARC WASHER (G)**  
6 mm  
Qty: 2



**ARC WASHER (D)**  
8 mm  
Qty: 4



**BOLT (H)**  
55 mm  
Qty: 4

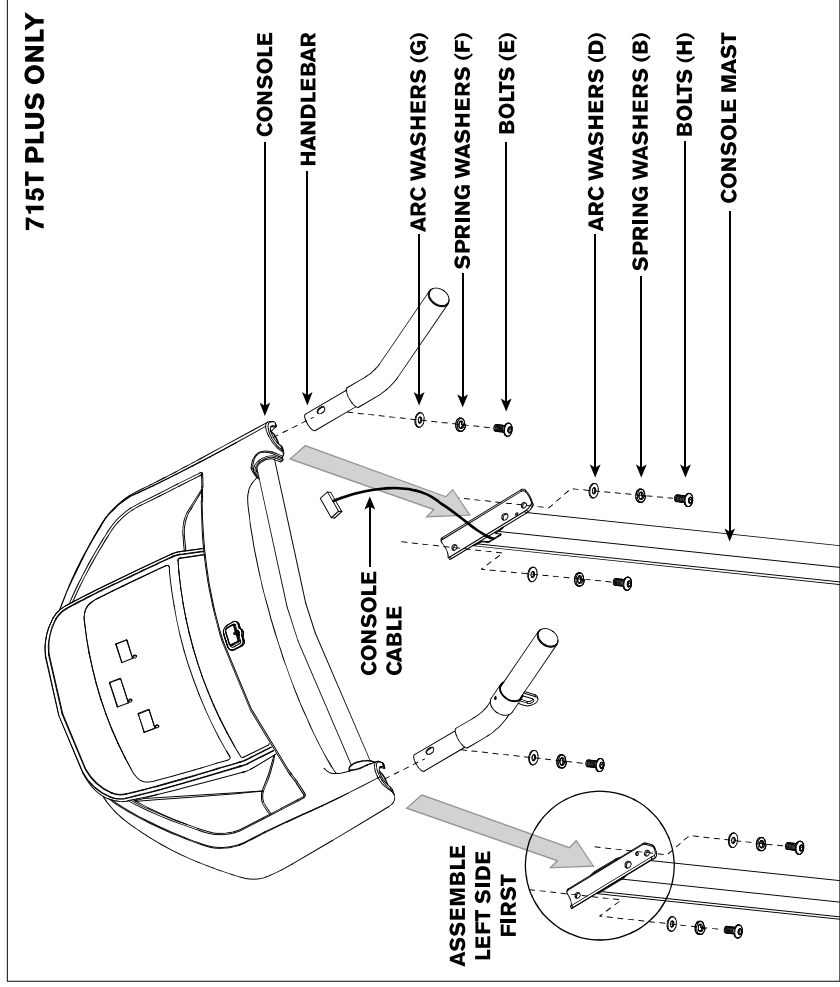


**SPRING WASHER (B)**  
8 mm  
Qty: 4

\* This step is for 715T PLUS model only.

- A Open **HARDWARE BAG 3**.
- B Slide each **HANDLEBAR** into the **CONSOLE** and attach using 2 **BOLTS (E)**, 2 **SPRING WASHERS (F)** and 2 **ARC WASHERS (G)**. Do not completely tighten bolts until step D.
- C Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 2 **BOLTS (H)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)**.
- D Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (H)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (D)**. Completely tighten all bolts from steps B–D.

**NOTE:** be careful not to pinch any wires while attaching the console.

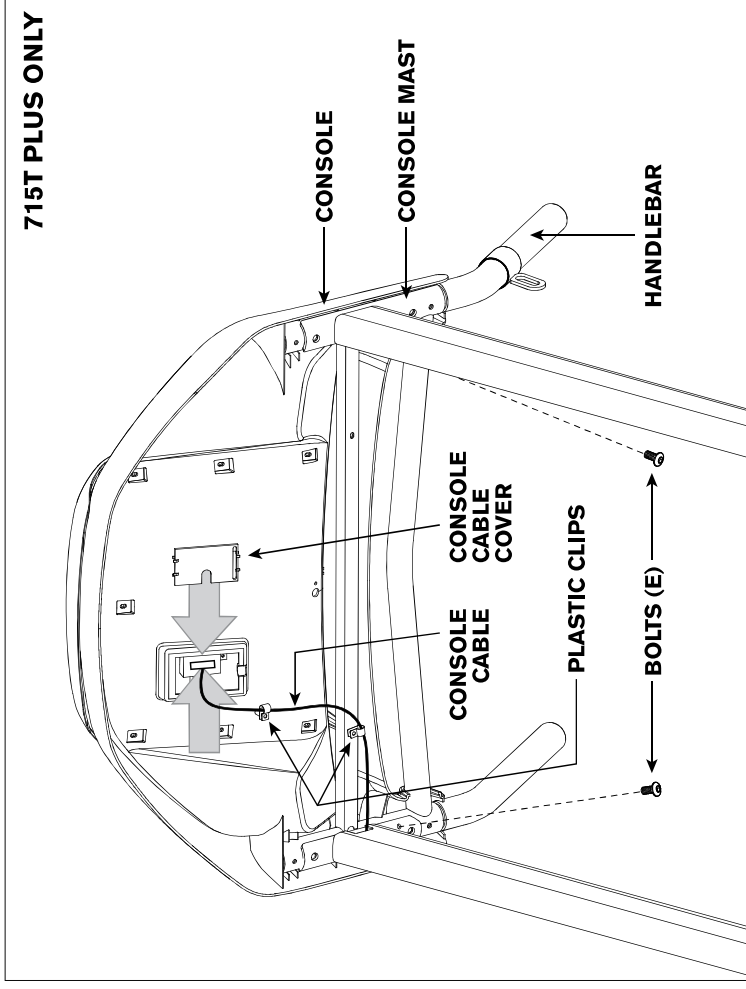


# 715T PLUS ASSEMBLY STEP 3 CONTINUED



715T  
PLUS

- E Remove the console cable cover.
- F Connect the **CONSOLE CABLE** and secure the cable in the 2 **PLASTIC CLIPS**. Carefully tuck excess cable in the **CONSOLE MAST** to avoid damage.
- G Attach the **CONSOLE CABLE COVER** to secure the **CONSOLE CABLE**.
- H Secure the **HANDLEBARS** to the **CONSOLE MASTS** by inserting 2 **BOLTS (E)** from below the **CONSOLE**.



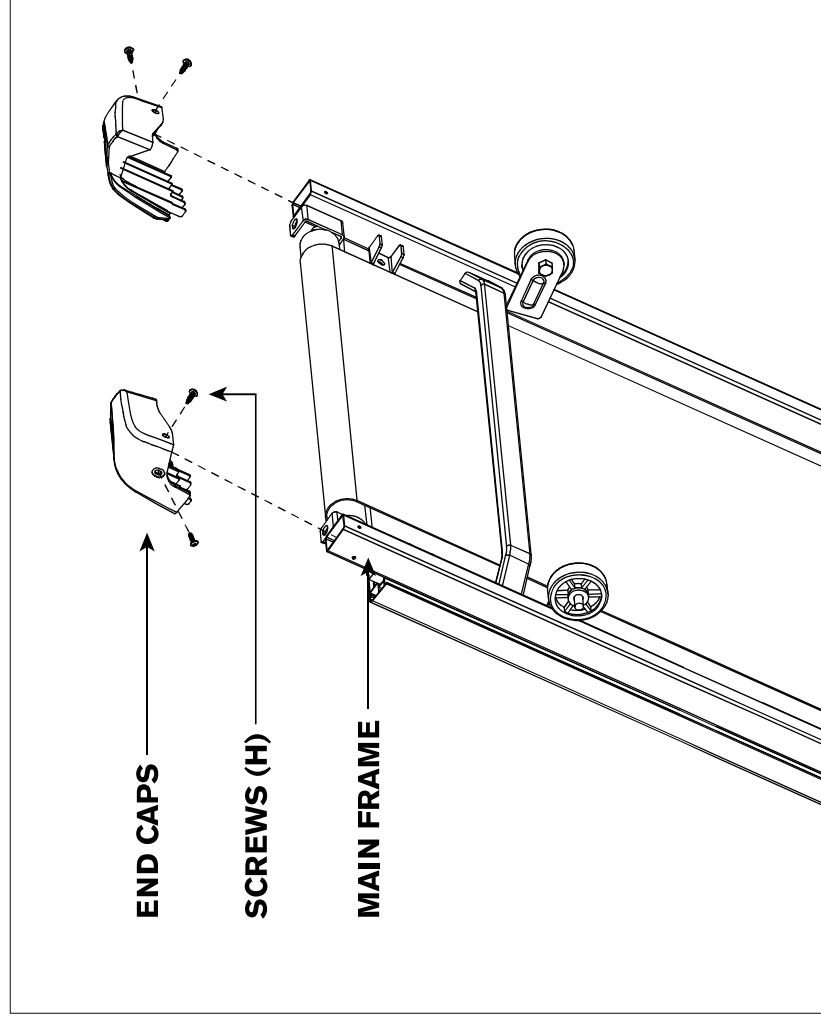
# ASSEMBLY STEP 4



## HARDWARE BAG 4 CONTENTS :



**SCREW (H)**  
12 mm  
Qty: 4



- A Open **HARDWARE BAG 4**.

**NOTE:** lock latch must be securely engaged before proceeding with assembly. (See folding instructions in **TREADMILL GUIDE**.)

- B Attach the right **END CAP** using 2 **SCREWS (H)**. Repeat on the other side.
- C Connect power cord to a power outlet. The **ON/OFF** switch is located next to the power cord. Flip this switch to the 'ON' position. You will hear a beep and the console will turn on.
- D Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

**YOU ARE FINISHED!**

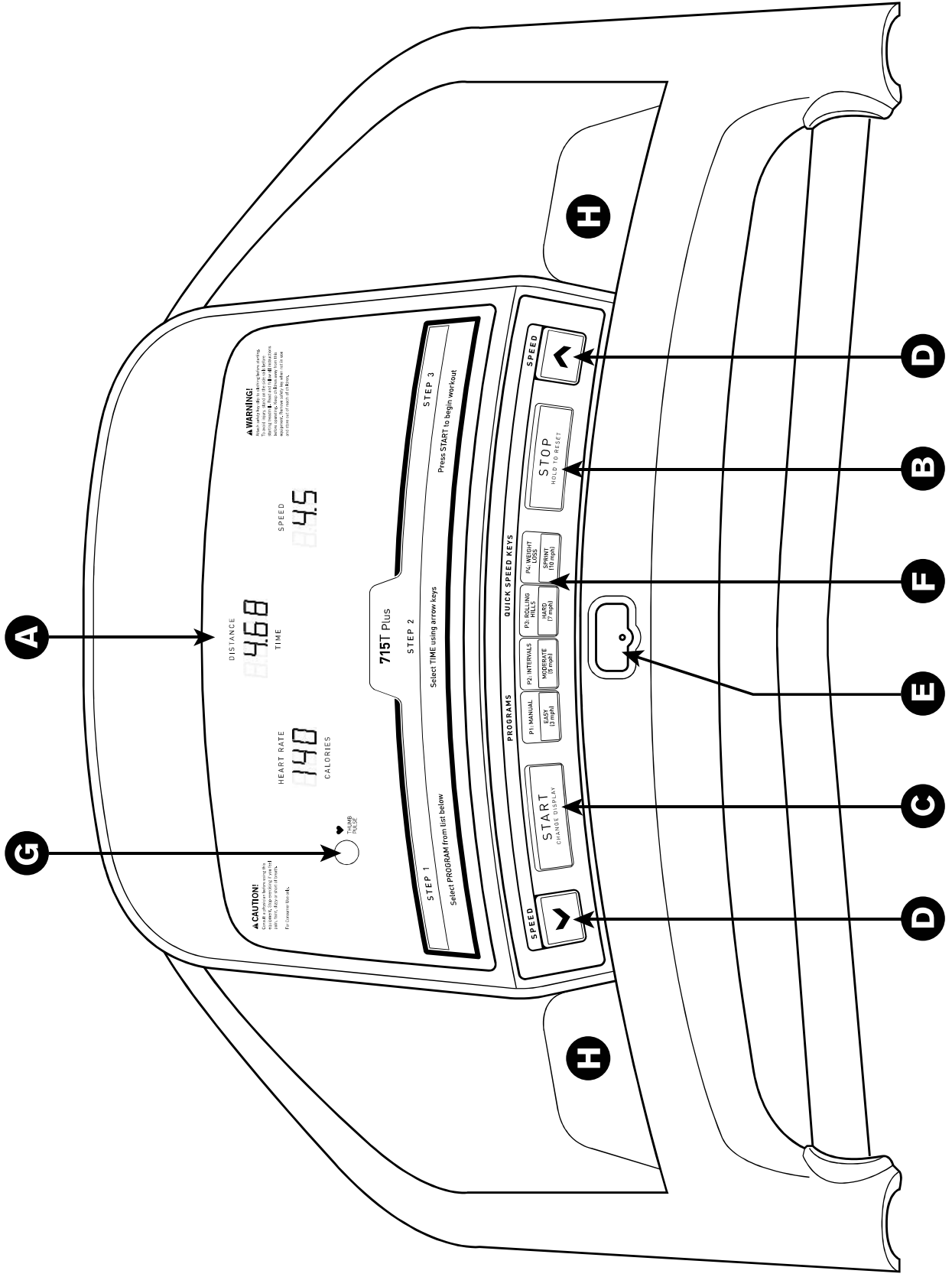


# TREADMILL OPERATION



This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**
- **USING THE SAFETY KEY**
- **FOLDING THE TREADMILL**
- **MOVING THE TREADMILL**
- **LEVELING THE TREADMILL**
- **TENSIONING THE RUNNING BELT**
- **CENTERING THE RUNNING BELT**
- **USING THE HEART RATE FUNCTION**



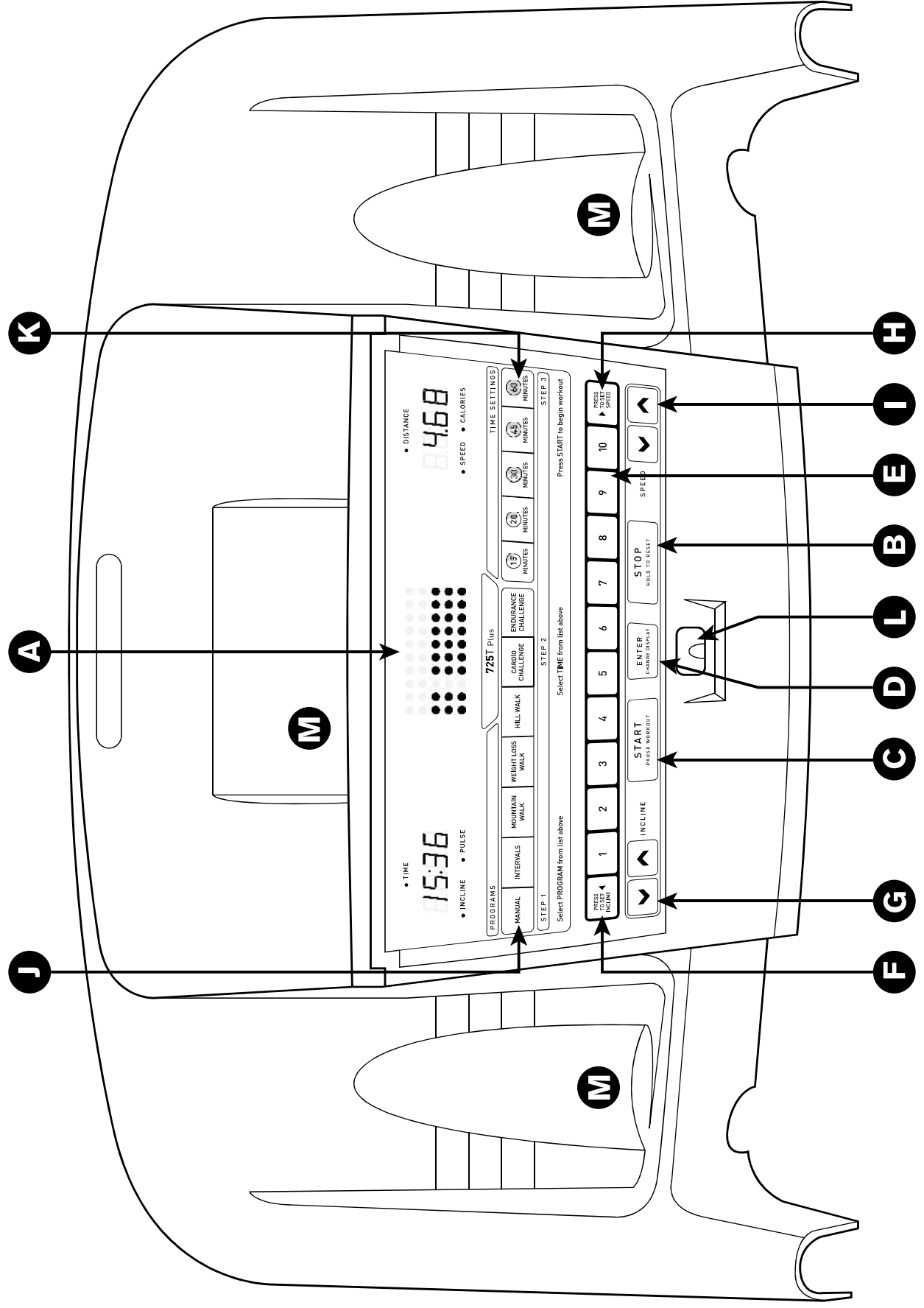
## 715T PLUS CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) MONITOR DISPLAY:** Speed, Time, Heart Rate, Distance, and Calories.
- B) STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the treadmill.
- C) START:** Simply press to begin exercising, starts your program and also changes the display.
- D) SPEED ARROW KEYS:** Used to adjust speed in small increments (0.5 mph increments).
- E) SAFETY KEY POSITION:** Enables treadmill when safety key is engaged.
- F) QUICK PROGRAM & SPEED KEYS:** Press key to select program. Once in a program, press key to select speed.
- G) THUMB SENSOR:** Monitors heart rate.
- H) WATER BOTTLE / CD / MP3 HOLDERS:** Holds personal workout equipment.

Note: Thumb pulse may be inaccurate when used in low-light environments.





## 725T PLUS CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) MONITOR DISPLAY:** Speed, Time, Heart Rate, Distance, Incline, and Calories.
- B) STOP:** Press to end your workout. Hold for 3 seconds to reset the treadmill.
- C) START:** Simply press to begin exercising or starts/pauses your program.
- D) ENTER / CHANGE DISPLAY:** Used to confirm selection and scroll between workout information.
- E) QUICK ADJUST INCLINE / SPEED KEYS:** Used to reach desired incline and/or speed more quickly. Select after pressing **PRESS TO SET INCLINE** or **PRESS TO SET SPEED KEY**.
- F) PRESS TO SET INCLINE KEY:** Used to confirm chosen incline. Press before selecting **INCLINE**.
- G) INCLINE ARROW KEYS:** Used to adjust incline in small increments (0.5% increments).
- H) PRESS TO SET SPEED KEY:** Used to confirm speed change. Press before selecting **SPEED**.
- I) SPEED ARROW KEYS:** Used to adjust speed in small increments (0.1 mph increments).
- J) QUICK PROGRAM KEYS:** Press key to select program.
- K) QUICK TIME KEYS:** Press key to select time.
- L) SAFETY KEY POSITION:** Enables treadmill when safety key is engaged.
- M) WATER BOTTLE / CD / MP3 HOLDERS:** Holds personal workout equipment.





## MONITOR DISPLAY

- **SPEED:** Shown as MPH. Indicates how fast your walking or running surface is moving.
- **TIME:** Shown as minutes:seconds. View the time remaining or the time elapsed in your workout.
- **PULSE:** Shown as beats per minute. Used to monitor your heart rate (displayed when contact is made with the pulse grips or thumb pulse sensor).
- **DISTANCE:** Shown as miles. Indicates distance traveled during your workout.
- **INCLINE (725T PLUS ONLY):** Shown as percent. Indicates the incline of your walking or running surface.
- **CALORIES:** Total calories burned during your workout.

## QUICK KEY OPERATION

Once you have started your program you can quickly change your speed or incline level.

**715T PLUS:** To change your speed, press one of the four quick speed keys: **EASY** (3 mph), **MODERATE** (5 mph), **HARD** (7 mph) or **SPRINT** (10 mph). The treadmill will adjust accordingly.

**725T PLUS:** Press the **PRESS TO SET SPEED** or **PRESS TO SET INCLINE** key and then press a number (1-10). This confirms that this is the speed or incline you want and the treadmill will adjust accordingly.

## CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the **STOP** button for 5 seconds.

## CHANGE VIEWING SCREENS

**715T PLUS:** Press the **START** button during your workout to change the display between time/distance and heart rate/calories.

**725T PLUS:** To have the display rotate continuously (time, incline and pulse; distance, speed and calories), hold the **ENTER/CHANGE DISPLAYS** button for 5 seconds.

## TO RESET CONSOLE

Hold **STOP** key for 3 seconds.

## FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

## 715T PLUS GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

### A) QUICK START UP

Simply press the START key to begin working out. Or...

### B) SELECT A PROGRAM

1. Press a PROGRAM key to select a program.
2. Use the ARROW KEYS to select time.
3. Press START to begin.

## 715T PLUS PROGRAMS

**P1 MANUAL:** Adjust your speed manually during your workout. Time-based goal.

**P2 INTERVALS:** Walk or run a series of alternating paced speed levels. Time-based goal.

	WARM-UP		WORKOUT SEGMENTS – REPEAT										COOL-DOWN							
TIME	4 minutes		Each segment is 60 seconds										4 minutes							
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	2	5	2	5	3	5	3	5	2	4	2	4	2	2	2	2

**P3 ROLLING HILLS:** Creates the feel of walking or running over hills. Time-based goal.

	WARM-UP		WORKOUT SEGMENTS – REPEAT										COOL-DOWN							
TIME	4 minutes		Each segment is 60 seconds										4 minutes							
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	2	2	3	4	5	4	3	2	3	4	5	4	3	3	2	2	2



## 715T PLUS PROGRAMS CONTINUED

**P4 WEIGHT LOSS:** Keeps user in their optimal fat burning zone.

	WARM-UP		WORKOUT SEGMENTS - REPEAT										COOL-DOWN							
TIME	4 minutes		Each segment is 60 seconds										4 minutes							
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	2	3	3	4	4	3	3	4	4	3	3	4	3	3	2	2

**NOTE:** While program is running the program keys become QUICK SPEED KEYS: easy (3 mph), moderate (5 mph), hard (7 mph), and sprint (10 mph).

## 725T PLUS GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

### A) QUICK START UP

Simply press the START key to begin working out. Or...

### B) SELECT A PROGRAM

1. Press a PROGRAM key to select a program.
2. Press a TIME SETTINGS key to select time (use ARROW KEYS to adjust time setting up and down).
3. Press START to begin.





## 725T PLUS PROGRAMS



725T  
PLUS

**P1 MANUAL:** Adjust your speed and incline manually during your workout. Time-based goal.

**P2 INTERVALS:** Walk or run at a series of alternating paced speed levels. Time-based goal.

	WARM-UP				WORKOUT SEGMENTS – REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment is 60 seconds												4 minutes			
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	2	5	2	5	3	5	3	5	2	4	2	4	2	2	2	2

**P3 MOUNTAIN WALK:** Creates the feel of walking over a mountain. Time-based goal.

	WARM-UP				WORKOUT SEGMENTS – REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment is 60 seconds												4 minutes			
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
INCLINE	0	0	0	1	1	2	3	4	5	6	5	4	3	2	1	2	1	1	0	0

**P4 WEIGHT LOSS WALK:** Keeps user in their optimal fat burning zone. Time-based goal.

	WARM-UP				WORKOUT SEGMENTS – REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment is 60 seconds												4 minutes			
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	2	3	3	4	4	3	3	4	4	3	3	4	3	3	2	2



## 725T PLUS PROGRAMS CONTINUED

**P5 HILL WALK:** Simulates walking over hills and helps burn fat at an increased rate. Time-based goal.

		WARM-UP				WORKOUT SEGMENTS – REPEAT										COOL-DOWN				
TIME		4 minutes				Each segment is 60 seconds										4 minutes				
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
INCLINE	1	2	2	3	3	3	4	4	5	5	5	4	4	4	3	3	2	1	0	0

**P6 CARDIO CHALLENGE:** Tones muscle and provides a strong cardio workout. Time-based goal.

		WARM-UP				WORKOUT SEGMENTS – REPEAT										COOL-DOWN				
TIME		4 minutes				Each segment is 60 seconds										4 minutes				
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
SPEED	2	2	2	3	4	3	4	4	3	3	4	4	4	3	4	3	3	3	2	2

**P7 ENDURANCE CHALLENGE:** Tones muscle and challenges cardiovascular system. Time-based goal.

		WARM-UP				WORKOUT SEGMENTS – REPEAT										COOL-DOWN				
TIME		4 minutes				Each segment is 60 seconds										4 minutes				
SEGMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
INCLINE	1	1	2	3	2	3	4	5	6	6	4	4	4	3	4	5	3	2	0	0

# LIMITED HOME-USE WARRANTY





## **WEIGHT CAPACITY = 250 lbs (113 kilograms)**

### **FRAME • LIFETIME**

Merit Fitness warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

### **DRIVE MOTOR/ELEVATION**

#### **715T PLUS • 1 YEAR 725T PLUS • 5 YEARS**

Merit Fitness warrants the drive/elevation motors against defects in workmanship and materials for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty.

### **ELECTRONICS & PARTS • 90 DAYS**

Merit Fitness warrants the electronic components, finish and all original parts for a period of 90 days from the date of original purchase, so long as the device remains in the possession of the original owner.

### **LABOR • 90 DAYS**

Merit Fitness shall cover the labor cost for the repair of the device for a period of 90 days from the date of the original purchase, so long as the device remains in the possession of the original owner.

## **EXCLUSIONS AND LIMITATIONS**

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by Merit Fitness.
- Incidental or consequential damages. Merit Fitness is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. Merit Fitness does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not

limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Merit Fitness for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Merit Fitness is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken **AT YOUR OWN RISK** and Merit Fitness shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

## SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized by Merit Fitness.
- Merit Fitness' obligation under this warranty is limited to replacing or repairing, at Merit Fitness' option, the same or comparable model.
- Merit Fitness may request defective components be returned to Merit Fitness upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by Merit Fitness or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.

