

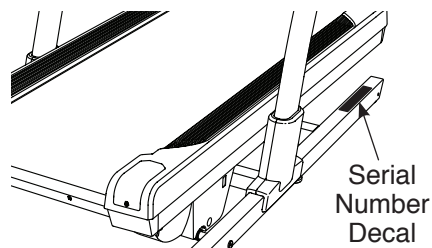
NordicTrack[®] **X7i** INCLINE TRAINER

www.nordictrack.com

Model No. 24927.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.nordictrackservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.nordictrackservice.com.

Or call 1-800-TO-BE-FIT
(1-800-862-3348)

Mon.–Fri. 6 a.m.–6 p.m. MT

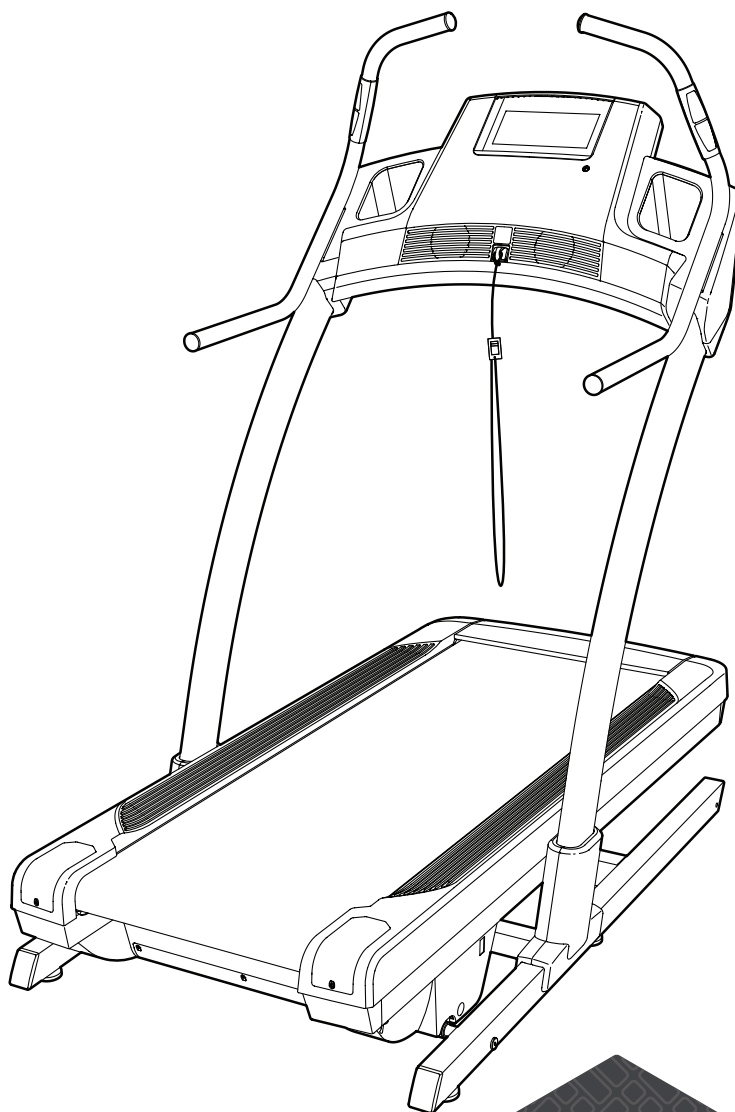
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

CAUTION

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

USER'S MANUAL



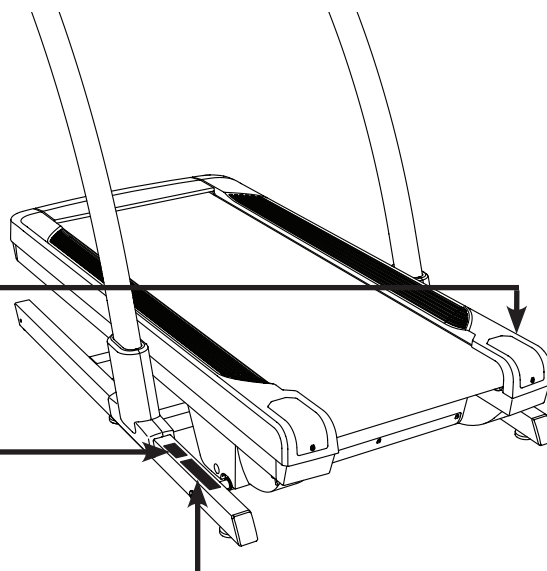
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REALITY
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WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



▲WARNING: Protect yourself and others from risk of serious injury. Read the user's manual or obtain proper instruction before use and:		
	<ul style="list-style-type: none">• Stand only on side rails when starting or stopping treadmill.• 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.	<ul style="list-style-type: none">• Never allow children on or around treadmill.• Remove key when not in use.• Keep clothing, fingers, and hair away from moving belt.• Never try to adjust or fix the belt while it is moving.• Always wear athletic shoes while operating treadmill.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your incline trainer. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this incline trainer are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the incline trainer only as described in this manual.
4. The incline trainer is intended for home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.
5. Keep the incline trainer indoors, away from moisture and dust. Do not put the incline trainer in a garage or covered patio, or near water.
6. Place the incline trainer 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 incline trainer on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
7. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
8. Keep children under age 12 and pets away from the incline trainer at all times.
9. The incline trainer should be used only by persons weighing 350 lbs. (159 kg) or less.
10. Never allow more than one person on the incline trainer at a time.
11. Wear appropriate exercise clothes while using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
12. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 14). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.
13. Use only a surge suppressor that meets all of the specifications described on page 14. To purchase a surge suppressor, see your local NORDICTRACK dealer, call the telephone number on the front cover of this manual, or see your local electronics store.
14. Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
15. Keep the power cord and the surge suppressor away from heated surfaces.
16. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged, or if the incline trainer is not working properly. (See TROUBLESHOOTING on page 27 if the incline trainer is not working properly.)
17. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 16).
18. Never start the incline trainer while you are standing on the walking belt. Always hold the handrails while using the incline trainer.

19. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
20. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
21. Never leave the incline trainer unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 7 for the location of the power switch), and unplug the power cord when the incline trainer is not in use.
22. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 9, and HOW TO MOVE THE INCLINE TRAINER on page 26.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the incline trainer.
23. Never insert any object into any opening on the incline trainer.
24. Inspect and properly tighten all parts of the incline trainer regularly.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the incline trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

MAKE YOUR FITNESS GOALS A **REALITY**



Congratulations on the purchase of your new iFit® compatible fitness equipment. You're just one click away from making your fitness goals a reality.

GO TO IFIT.COM TO GET STARTED

DO MORE THAN JUST WORK OUT

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.



LOSE WEIGHT

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



COMPETE WITH OTHERS

Push yourself to new limits with real-time virtual races.



PERSONALIZED EVENT TRAINING

5k, 10k, half or full marathon training will help you prepare for your event.



GO MOBILE

Track your workout anywhere you go with iFit® mobile apps.



MAP YOUR ROUTE

With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



SHARE YOUR PROGRESS

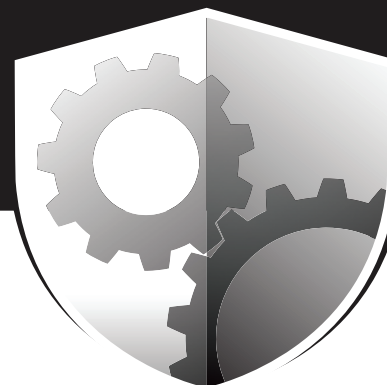
Inspire others, motivate yourself and share routes, workouts and more.

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PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



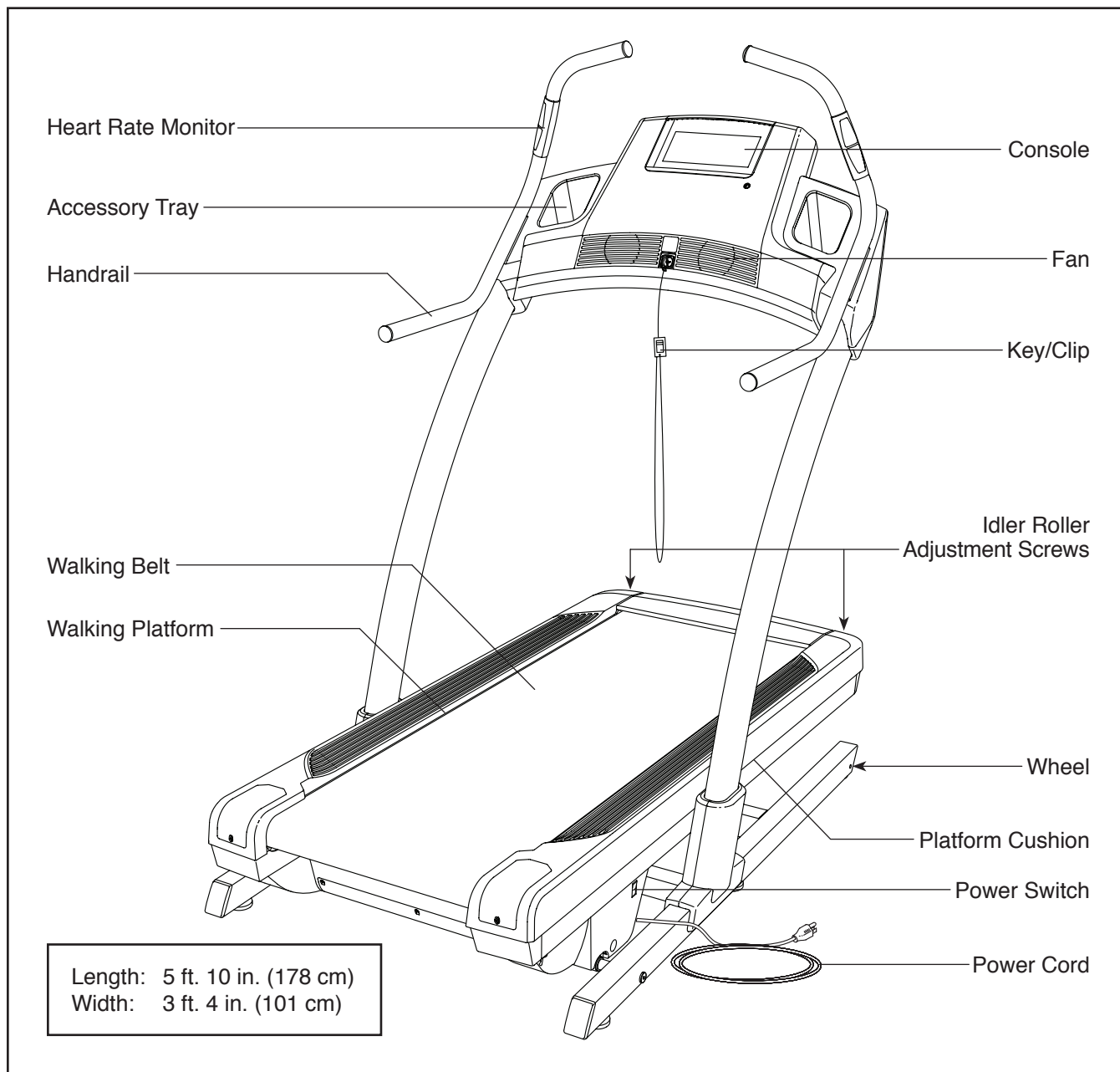
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® X7i INTERACTIVE INCLINE TRAINER. The X7i INTERACTIVE INCLINE TRAINER offers a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before using the incline trainer. If you have questions after reading this manual, please see the front cover of this

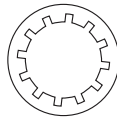
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

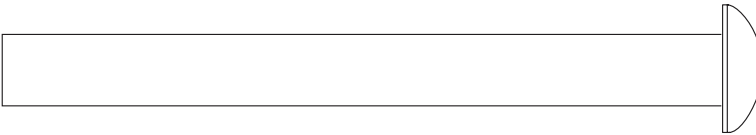


PART IDENTIFICATION CHART

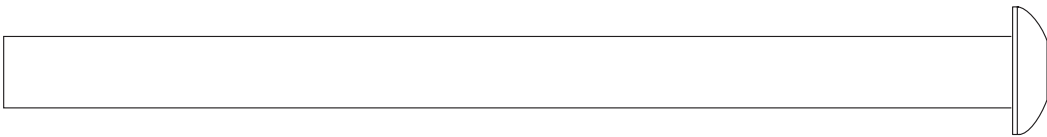
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware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



3/8" Star
Washer (3)–8



3/8" x 3 3/4" Screw (2)–2



3/8" x 5 1/4" Screw (1)–2

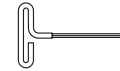
ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the incline trainer. This is normal. If there is an oily substance on the incline trainer, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- To identify small parts, see page 8.

- Assembly requires the following tools:

the included hex keys

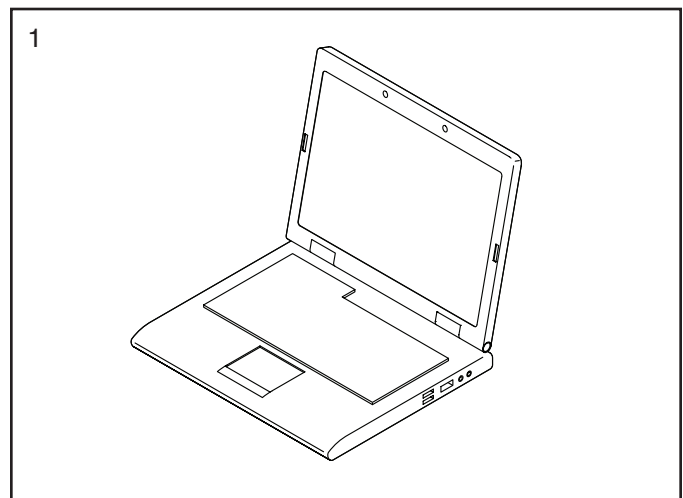


To avoid damaging parts, do not use power tools.

1. **Go to www.nordictrackservice.com/ registration on your computer and register your product.**

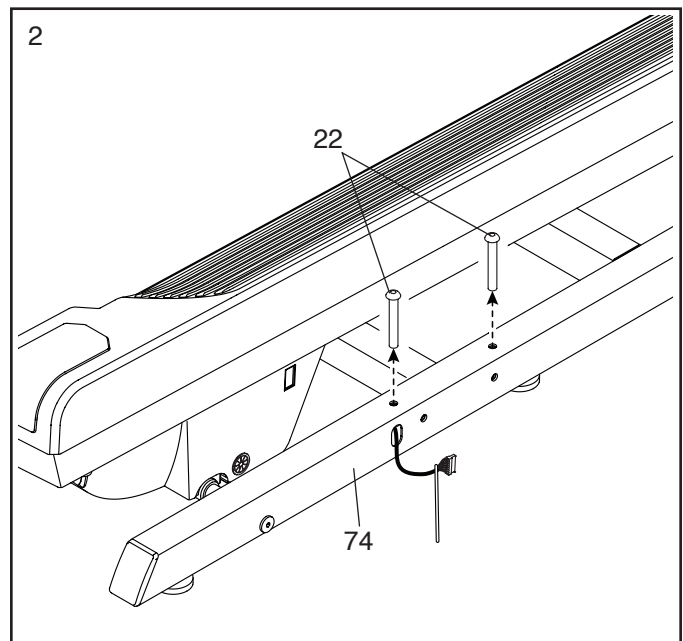
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

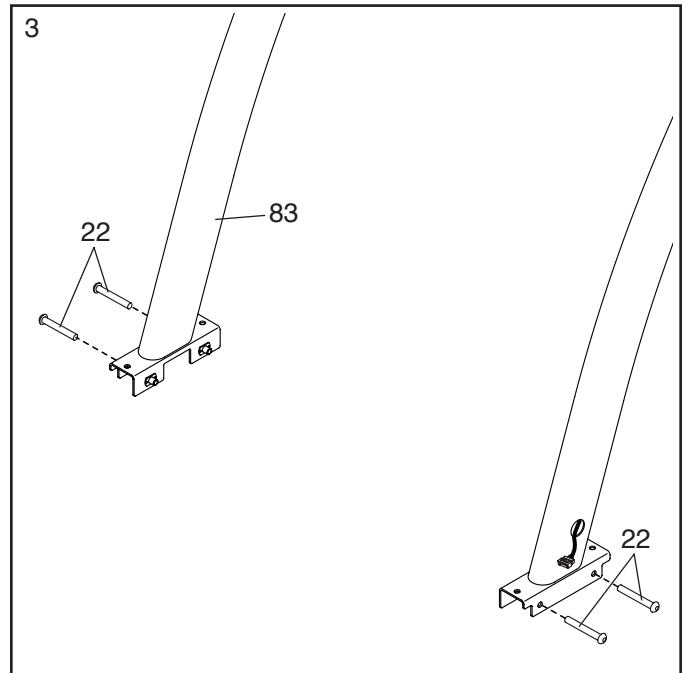


2. **Make sure that the power cord is unplugged.**

Remove the four 3/8" x 2 3/4" Screws (22) from the Base (74) (only one side is shown). Save the Screws.



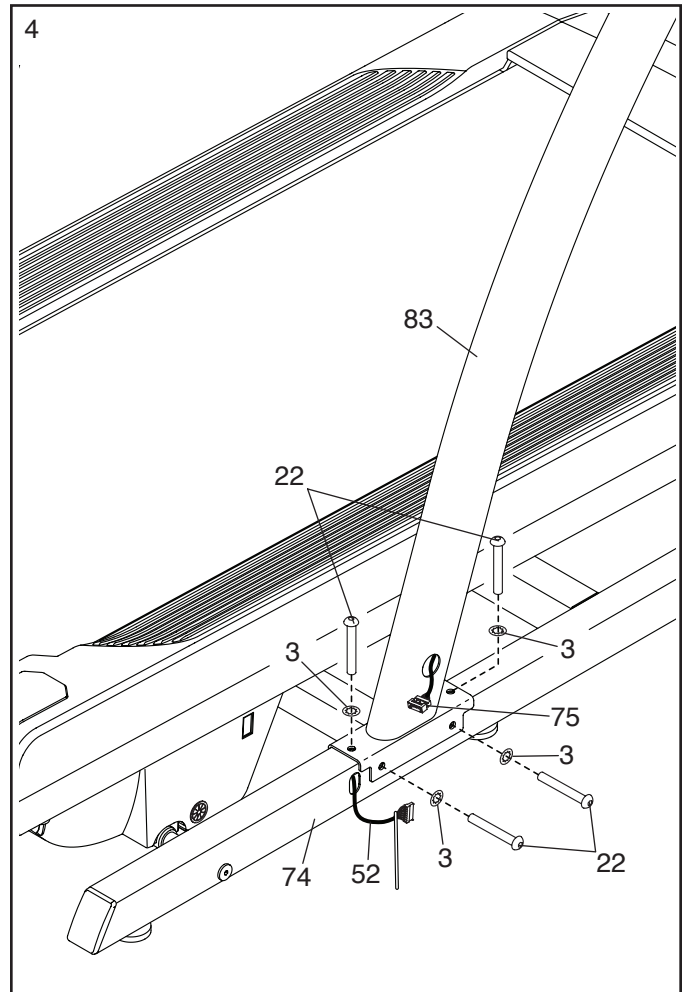
3. Remove the four 3/8" x 2 3/4" Screws (22) from the Uprights (83). Save the Screws.



4. Set the Uprights (83) on the Base (74). **Make sure that the hole with the Upright Wire (75) is on the right side.**

Attach the right Upright (83) to the Base (74) with four of the 3/8" x 2 3/4" Screws (22) that you just removed and four 3/8" Star Washers (3). **Make sure that the Base Wire (52) is not pinched. Do not fully tighten the Screws yet.**

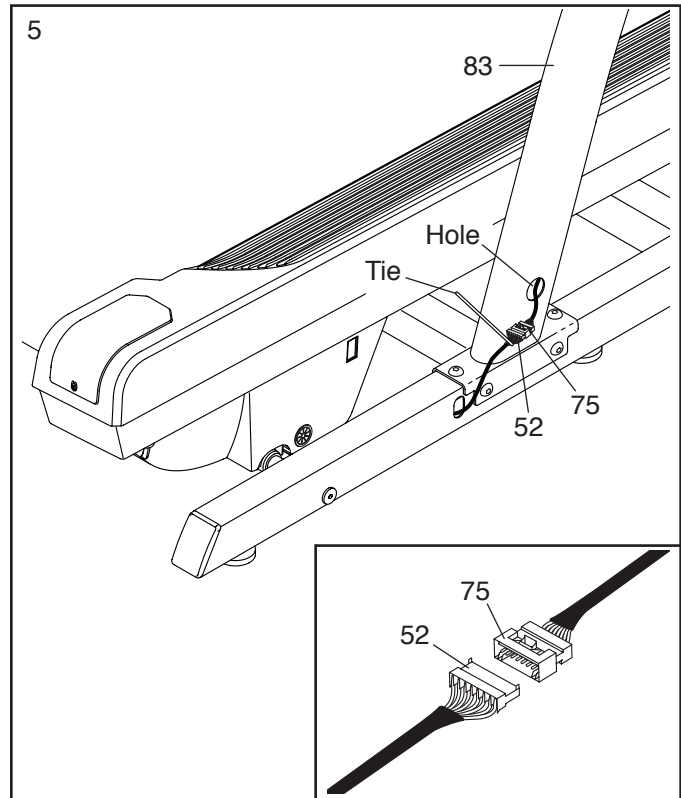
Attach the left Upright (not shown) as described above. Note: There is not a wire on the left side. **Fully tighten all eight of the 3/8" x 2 3/4" Screws (22).**



5. Connect the Base Wire (52) to the Upright Wire (75).

See the inset drawing. The connectors should slide together easily and snap into place. If they do not, turn one connector and try again. IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.

Remove the tie from the Base Wire (52), and insert the connectors into the hole in the right Upright (83).

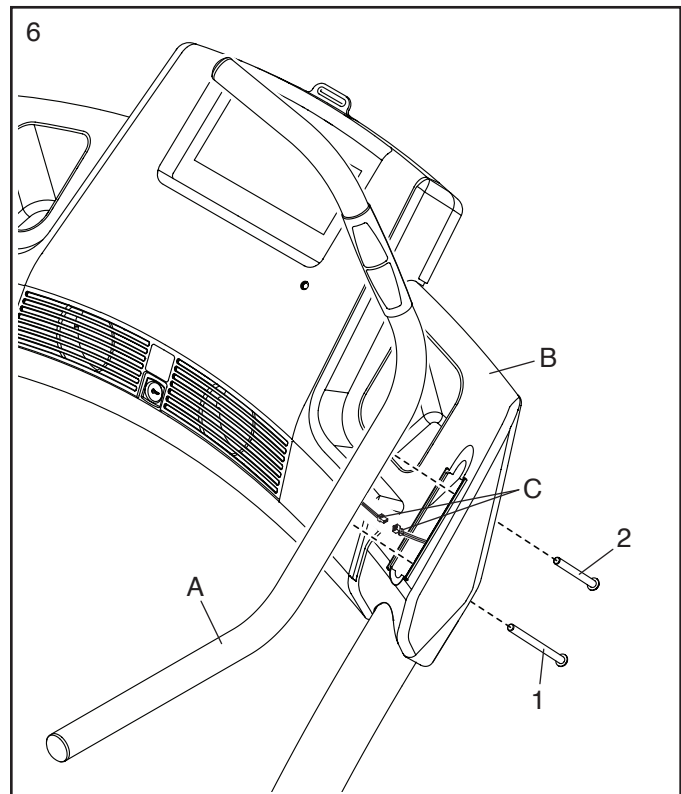


6. Identify the right handrail assembly (A). Hold the right handrail assembly near the console assembly (B) on the right side and connect the two pulse wires (C).

Set the right handrail assembly (A) onto the console assembly (B). **Make sure that no wires are pinched.**

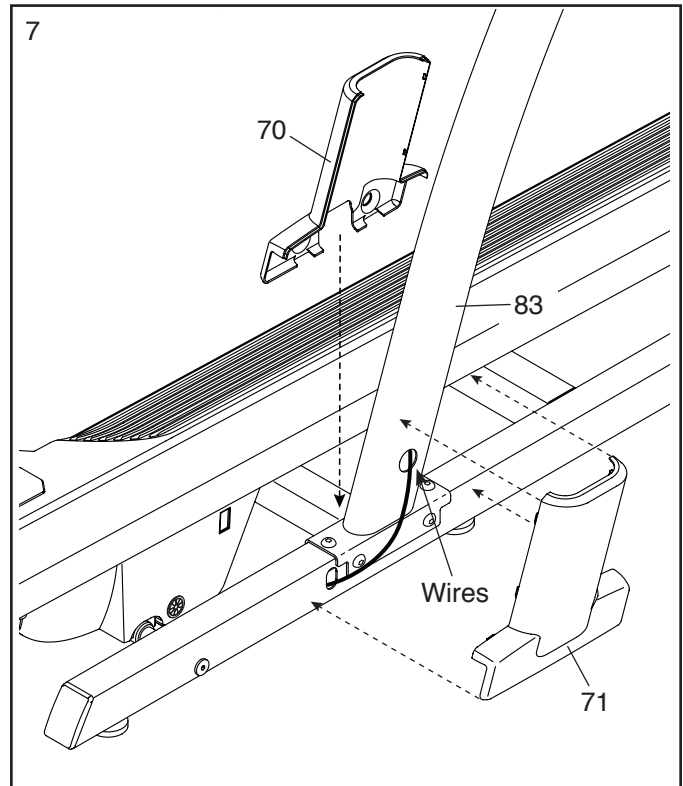
Attach the right handrail assembly (A) with a 3/8" x 5 1/4" Screw (1) and a 3/8" x 3 3/4" Screw (2). **Start both Screws, and then tighten them.**

Attach the left handrail assembly (not shown) as described above.



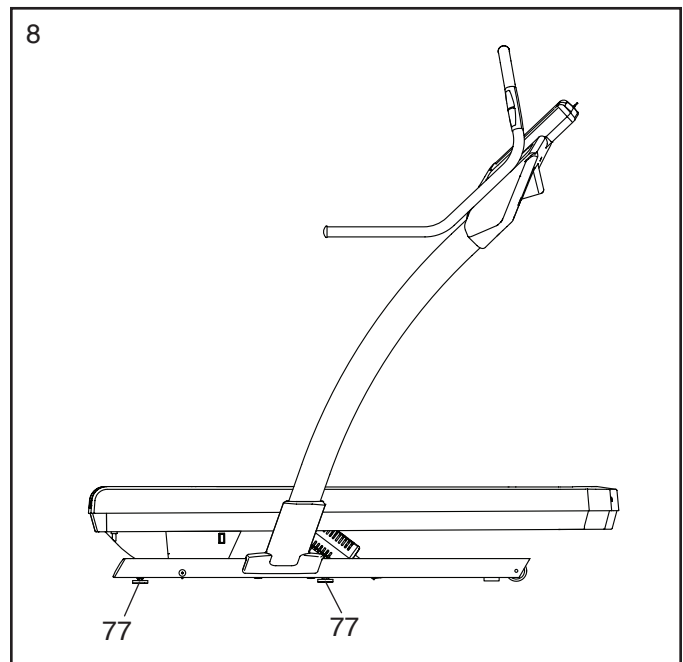
7. Slide the Right Inside Upright Cover (70) against the lower end of the right Upright (83). Press the Right Outside Upright Cover (71) against the Right Inside Upright Cover until it snaps into place. **Make sure that the wires are not pinched.**

Attach the Left Inside Upright Cover and the Left Outside Upright Cover (not shown) as described above. Note: There is not a wire on the left side.



8. If necessary, move the incline trainer to the desired location (see HOW TO MOVE THE INCLINE TRAINER on page 26).

After the incline trainer is placed in the location where it will be used, make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn the Leveling Feet (77) as needed until the rocking motion is eliminated.



9. **Make sure that all parts are properly tightened before you use the incline trainer.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see page 28). **To protect the floor or carpet from damage, place a mat under the incline trainer.**

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

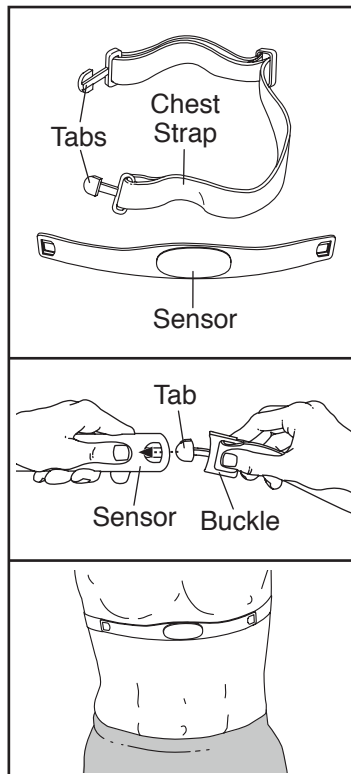
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.



- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

OPERATION AND ADJUSTMENT

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your incline trainer, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the incline trainer, always use a surge suppressor with the incline trainer. To purchase a surge suppressor, see precaution 13 on page 3.**

Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the incline trainer and serious injury to users.**

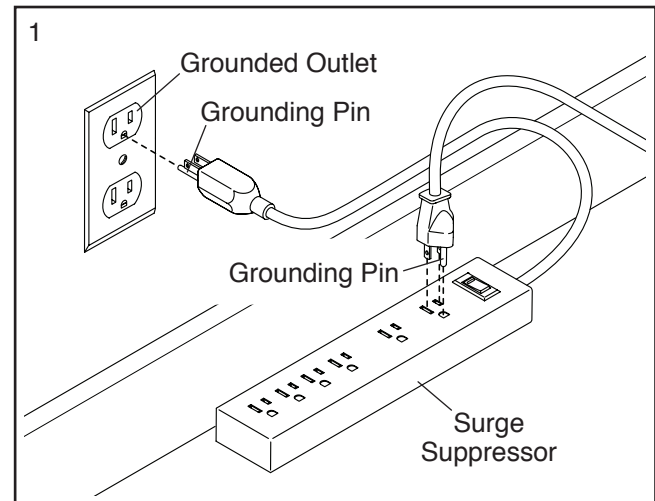
Plug in the Power Cord

The incline trainer 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. The incline trainer power cord has a plug with a grounding pin (see drawing 1 on this page).

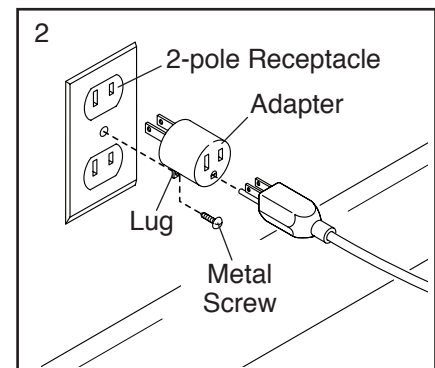
⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the incline trainer is properly grounded, contact a qualified electrician.

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a**

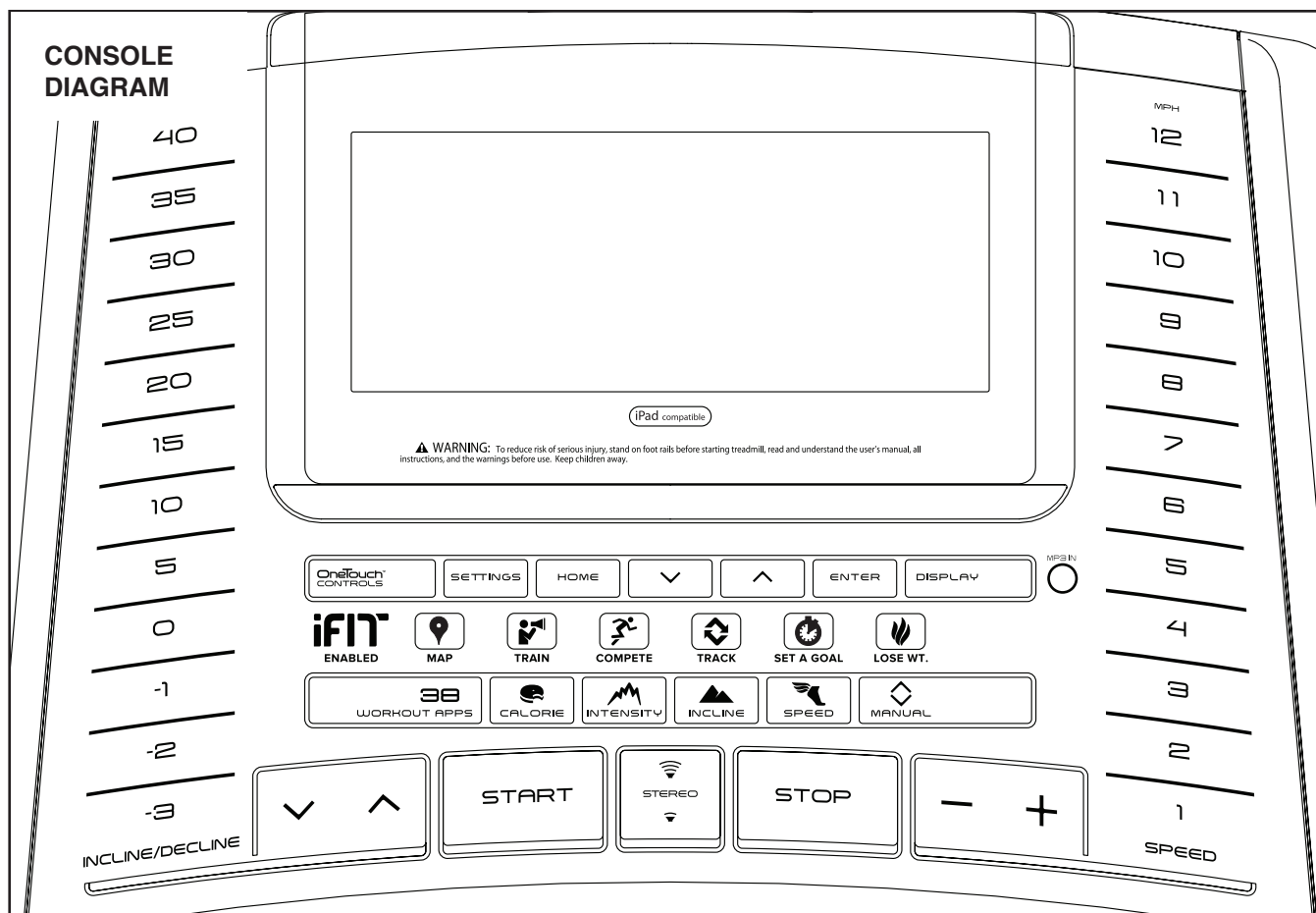
nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. **IMPORTANT: The incline trainer is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**



A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**



FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed and incline of the incline trainer with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the hand-grip heart rate monitor.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the speed and incline of the incline trainer as it guides you through an effective exercise session.

The console also features an iFit mode that enables the incline trainer to communicate with your wireless network. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features.

You can also use a tablet to control the speed and incline of the incline trainer, or to access workouts.

You can even 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 use the manual mode**, see page 16. **To use an onboard workout**, see page 18. **To use a set-a-goal workout**, see page 19. **To use a pulse workout**, see page 20. **To use an iFit workout**, see page 21. **To use the sound system**, see page 22. **To change console settings**, see page 22. **To use a tablet with the console**, see page 25.

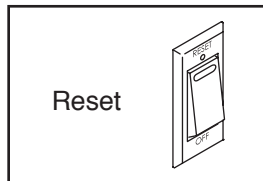
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 22. For simplicity, all instructions in this section refer to miles.

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 incline trainer. The first time you use the incline trainer, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

HOW TO TURN ON THE POWER

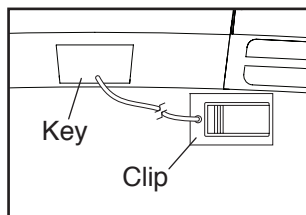
IMPORTANT: If the incline trainer has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 14). Next, locate the power switch on the incline trainer frame near the power cord. Press the power switch into the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see **HOW TO CHANGE CONSOLE SETTINGS** on page 22 to turn off the demo mode.

Next, stand on the foot rails of the incline trainer. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light.



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 MANUAL MODE

1. Insert the key into the console.

See **HOW TO TURN ON THE POWER** at the left.

2. Select the manual mode.

If the manual mode is not selected, press the Manual button on the console.

3. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the Speed buttons numbered 1 through 12.

If you press the Start button or the Speed increase button, 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 hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the button, it may take a moment for the walking belt to reach the selected speed setting.

If you press one of the numbered Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To 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. Note: This will not function if the console is set to metric units.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

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

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

5. Follow your progress with the displays.

As you walk or run on the incline trainer, the display can show the following workout information:

- The elapsed time
- The distance that you have walked or run
- The workout intensity bar
- The approximate number of calories you have burned
- The incline level of the incline trainer
- The number of vertical feet you have climbed
- The speed of the walking belt
- Your heart rate (see step 6)
- The matrix

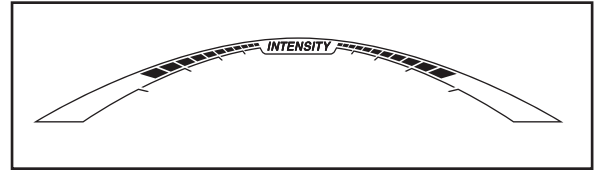
The matrix offers several display tabs. Press the Display button or the increase and decrease buttons next to the Enter button until the desired tab is shown.

The Incline tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute. The Speed tab will show a profile of the speed settings of the workout.

The My Trail tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

The Calorie tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment. When the Calorie tab is selected, the calorie display will show the approximate number of calories burned per hour.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 22 to set the default menu). If necessary, press the Home button again.

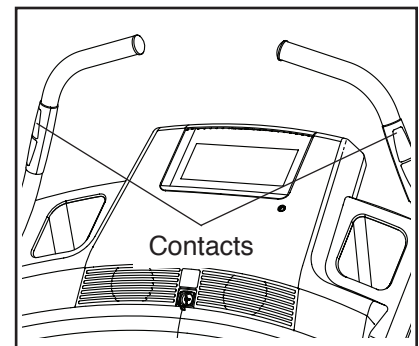
The wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. Measure your heart rate if desired.

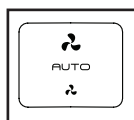
Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts; **avoid moving your hands**. When your pulse is detected, a heart symbol in the calorie display will flash each time your heart beats, one or two dashes will appear, and then 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 small fan button repeatedly to select a fan speed or to turn off the fan. Press the large fan button to select a fan speed or the auto mode.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the incline trainer to zero. The incline must be at zero or you may damage the incline trainer.** Next, remove the key from the console and put it in a secure place.

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

HOW TO USE 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, press the Calorie button, the Intensity button, the Incline button, or the Speed button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. In addition, a profile of the speed settings of the workout will appear in the matrix. If you select a calorie workout, the approximate number of calories you will burn will appear in the calorie display.

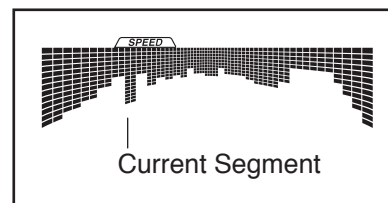
3. Start the workout.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the incline trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into 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 profiles on the speed and incline tabs will show your progress. The flashing segment of the profile represents the current segment of the workout.

The height of the flashing segment indicates the speed or incline setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you and the incline trainer will automatically adjust to the new speed and/or incline setting.



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

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

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

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the displays.

See step 5 on page 17. If you select an onboard workout, the display will show the time remaining instead of the elapsed time.

5. Measure your heart rate if desired.

See step 6 on page 17.

6. Turn on the fan if desired.

See step 7 on page 18.

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

See step 8 on page 18.

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. Set a calories, distance, or time goal.

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

3. Start the workout.

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

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

The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop.

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

4. Follow your progress with the displays.

See step 5 on page 17.

5. Measure your heart rate if desired.

See step 6 on page 17.

6. Turn on the fan if desired.

See step 7 on page 18.

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

See step 8 on page 18.

HOW TO USE A PULSE WORKOUT

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

1. Put on the included chest heart rate monitor.

For more information about the chest heart rate monitor, see page 13.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

3. Select a pulse workout.

To select a pulse workout, repeatedly press the Set A Goal button on the console until the desired workout appears in the display.

4. Enter your maximum heart rate.

Use the increase and decrease buttons next to the Enter button to enter your maximum heart rate. Then, press the Start button. Note: To determine your maximum heart rate, consult your physician or a physician-recommended source.

5. Enter a warm-up speed.

The workout will begin with a two-minute warm-up period. To enter a speed for the warm-up period, press the increase and decrease buttons next to the Enter button or press one of the numbered Speed buttons. Note: The speed of the workout will increase relative to the warm-up speed you have selected.

6. Start the workout.

The walking belt will begin to move at the warm-up speed that you entered. Hold the handrails and begin walking.

7. Follow your progress with the displays.

See step 5 on page 17.

8. Turn on the fan if desired.

See step 7 on page 18.

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

See step 8 on page 18.

HOW TO USE AN iFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see page 22). An iFit account is also required. **Go to www.iFit.com to register for an iFit account.**

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2. Select the iFit mode.

Press the Home button repeatedly to select the iFit mode. The iFit welcome message will appear in the display.

3. Select a user.

Press the home button to view the user selection screen. Use the increase and decrease buttons next to the Enter button to select a user.

4. Select an iFit workout.

To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

To download an iFit workout in your schedule, press the iFit button to download the next workout in your schedule. Press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

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

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

When you select an iFit workout, the display will show the duration of the workout, the distance you will walk or run, and the approximate number of calories you will burn. The display may also show the name of the workout.

5. Start the workout.

See step 3 on page 18.

During some workouts, an audio coach may guide you through your workout.

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at the speed setting for the first segment of the workout. When the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.

6. Follow your progress with the displays.

See step 5 on page 17.

During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. Measure your heart rate if desired.

See step 6 on page 17.

8. Turn on the fan if desired.

See step 7 on page 18.

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

See step 8 on page 18.

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

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

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

1. Select the settings mode.

To select the settings mode, press the Settings button. The settings mode will then appear in the display.

The time display will show the total number of hours that the incline trainer has been used.

The distance display will show the total number of miles (or kilometers) that the walking belt has moved.

2. Navigate the settings mode menu.

While the settings mode is selected, the matrix will display several optional screens. Press the decrease button next to the Enter button to select each of the optional screens.

The lower section of the display will show instructions for the selected optional screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. Change settings as desired.

Demo—The console features a display demo mode, designed to be used if the incline trainer 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 reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

Units—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Default Menu—The default menu will appear when you insert the key into the console or when you press the Home button. Press the Enter button repeatedly to select the manual main screen or the iFit screen as the default menu.

Firmware Update—For the best results, regularly check for firmware updates.

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

IMPORTANT: To avoid damaging the incline trainer, do not turn off the power while the firmware is being updated. The update may take several minutes.

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

Default Settings—To restore the console to its factory default settings, press the Enter button. Note: The console will erase any information that you have saved in its memory.

The **IP Address** option will display the console's IP address.

The **WiFi–Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

The **WiFi–WPS** option will allow you to set up a wireless network connection using your WPS router. See step 5 for instructions.

The **WiFi–Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 for instructions.

Connect to iFit Account—To set up a different iFit account, but maintain the existing wireless connection, follow the instructions in the matrix. **Note: This option will rarely be used.**

Clear WiFi Setting—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

Contrast—To adjust the contrast level of the display, press the Incline increase and decrease buttons.

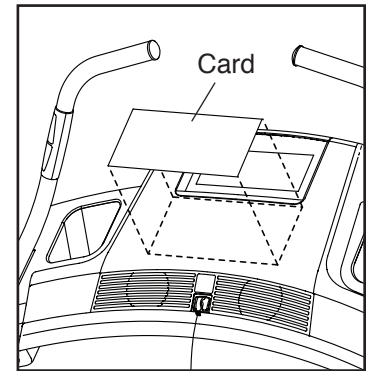
4. Use WiFi–Normal to set up a wireless connection.

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

Next, set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.



A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

A numerical code and a web address will appear in the matrix. Go to the web address on your internet-compatible device.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field. Follow any other instructions on the web page.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

5. Use Wi-Fi–WPS to set up a wireless connection.

This option will allow you to set up a wireless network connection using your WPS router.

To set up a wireless network connection using your WPS router, first press the Enter button and follow the instructions in the matrix.

A numerical code and a web address will appear in the matrix. Go to the web address on your internet-compatible device.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field. Follow any other instructions on the web page.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

6. Use Wi-Fi–Advanced to set up a wireless connection.

This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see Clear WiFi Setting on page 23 and clear any previous wireless network settings on the console.

Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network.

The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: <http://192.168.0.1:8080>.

Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the incline trainer to your wireless network.

Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

7. Exit the settings mode.

To exit the settings mode, press the Settings button.

HOW TO USE A TABLET WITH THE CONSOLE

Note: To connect your tablet to the console, you must have access to a wireless network (see page 22). An iFit account and an iFit app are also required. **Go to www.iFit.com to sign up for an account and to download the app.**

1. Set up a wireless connection on the console.

See pages 22–24. Note: The console and your tablet must be connected to the same wireless network.

2. Access the iFit app on the tablet and sign into your iFit account.

3. Enter an IP address.

Select the Settings mode (see step 1 on page 22). Next, touch the orange bar on your tablet and enter the console's IP address. Touch Connect on the tablet. Then, press the Stop button on the console to confirm that you will be using your tablet to control the incline trainer.

4. Control the incline trainer using the tablet.

Once you have established a wireless connection between your tablet and the console, you can control the incline trainer using the options on the tablet. From your tablet, you can access workouts and adjust the speed and incline. **Note: A pop-up window will cover the console's touch screen, but the buttons on the console will continue to function in addition to the tablet controls.**

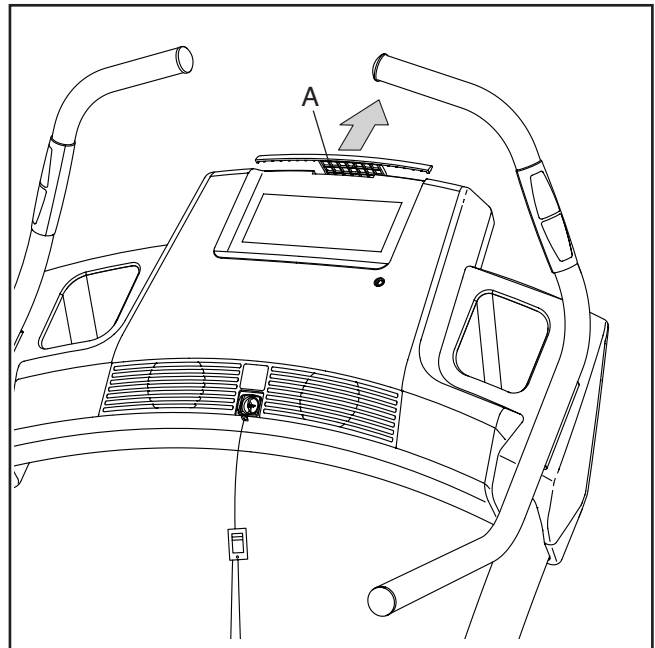
5. Log out and exit.

When you are finished using your tablet, touch the link in the upper right corner of your tablet to log out.

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

HOW TO USE THE TABLET HOLDER

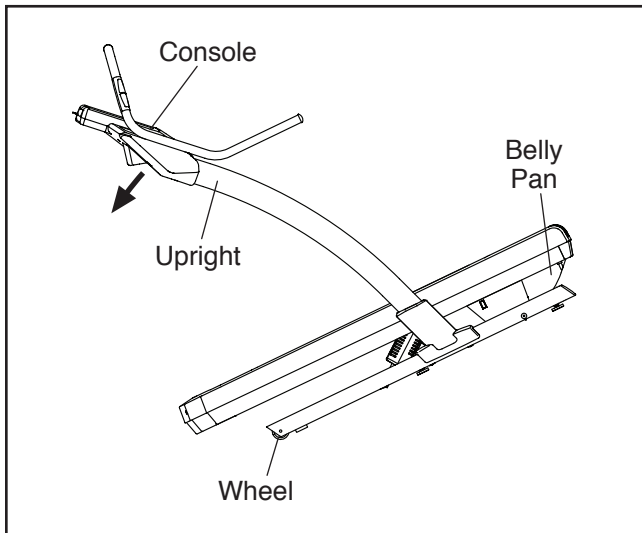
Secure your tablet to the console while you use the incline trainer. Pull the tablet holder (A) forward and place your tablet on the console. The tablet holder will then hold your tablet in place.



HOW TO MOVE THE INCLINE TRAINER

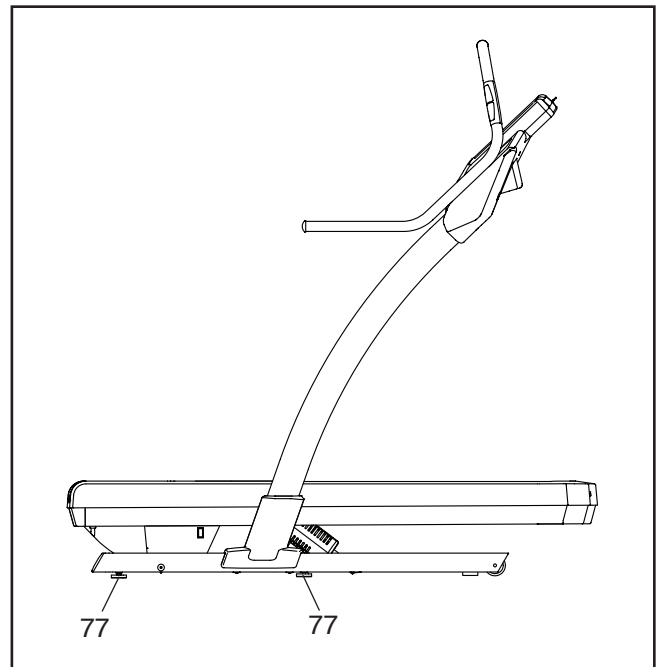
Before moving the incline trainer, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the uprights firmly near the console. Tip the incline trainer back until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the incline trainer, do not lift the incline trainer by the plastic belly pan. Do not pull on the console.**



Carefully roll the incline trainer on the wheels 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 incline trainer. Do not attempt to move the incline trainer over uneven surfaces.**

Make sure that the incline trainer rests firmly on the floor. If the incline trainer rocks even slightly, turn the Leveling Feet (77) as needed until the rocking motion is eliminated.

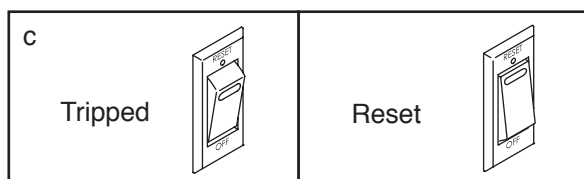


TROUBLESHOOTING

Most incline trainer 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 surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 14). Use only a surge suppressor that meets all of the specifications described on page 14.
IMPORTANT: The incline trainer is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.
- 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 incline trainer frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



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 back in.
- 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 incline trainer still will not run, please see the front cover of this manual.

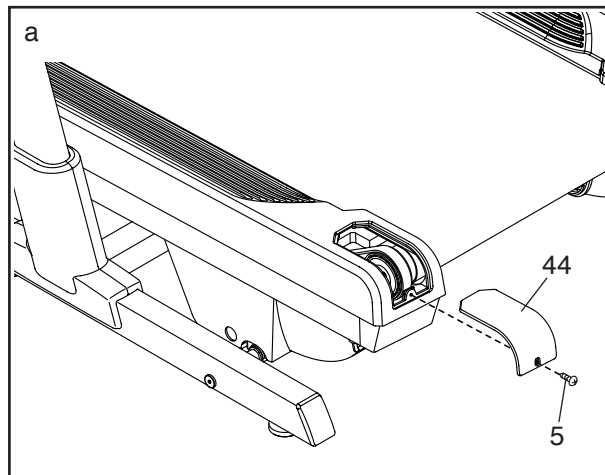
SYMPTOM: The console displays remain lit when you remove the key from the console

- The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. If the screen remains lit when

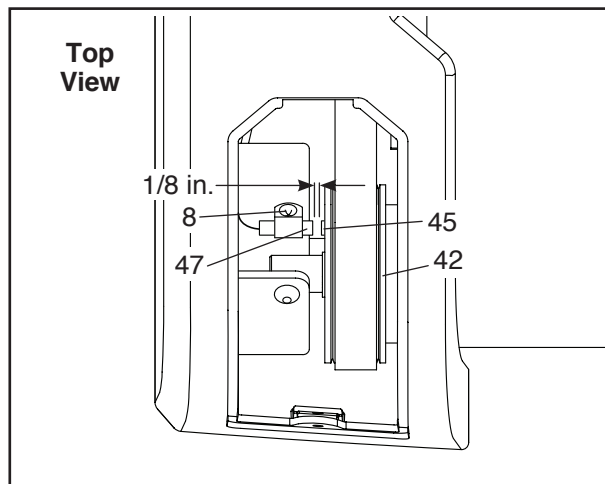
you remove the key, the demo mode is turned on. To turn off the demo mode, see step 3 on page 22.

SYMPTOM: The console does not display speed and distance correctly

- Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the indicated #8 x 3/4" Screw (5). Lift off the Left Foot Rail Cover (44).

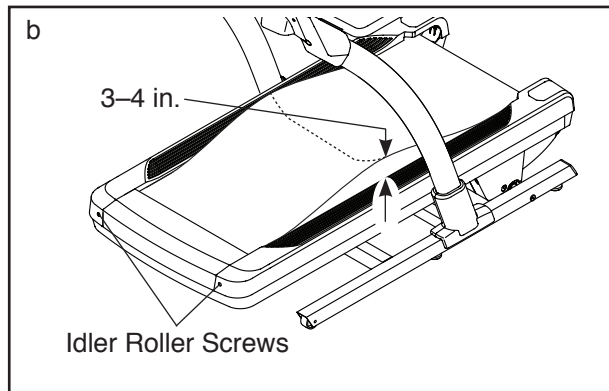


Locate the Reed Switch (67) and the Magnet (45) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (8), move the Reed Switch slightly, and then retighten the Screw. Reattach the Left Foot Rail Cover with the #8 x 3/4" Screw (see step a) and run the incline trainer for a few minutes to check for a correct speed reading.



SYMPTOM: The walking belt slows when walked on

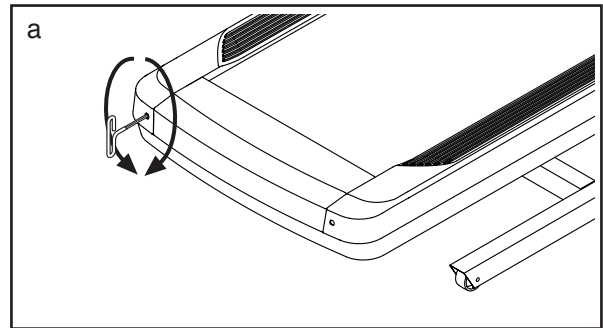
- a. Use only a surge suppressor that meets all of the specifications described on page 14.
- b. If the walking belt is overtightened, incline trainer performance may decrease and the walking belt may become damaged. First, adjust the incline to 40 percent. Then, remove the key and **UNPLUG THE POWER 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 incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



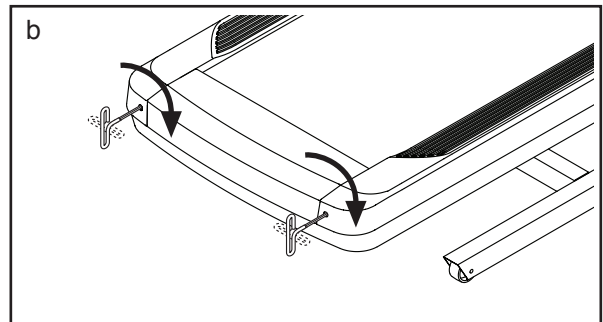
- c. Your incline trainer features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.
- d. If the walking belt still slows when walked on, see the front cover of this manual.

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

- a. **If the walking belt is off-center**, first adjust the incline to 40 percent. 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 incline trainer for a few minutes. Repeat until the walking belt is centered.



- b. **If the walking belt slips when walked on**, first adjust the incline to 40 percent. 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 incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The iFit mode does not function correctly

- a. If the iFit mode is not functioning correctly, make sure that the incline trainer has the most current firmware available (see page 23).

SYMPTOM: The incline of the incline trainer does not change correctly

- a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Next, press the Stop button and then press the Incline increase or decrease button. The incline trainer will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline system does not begin calibrating, press the Stop button again, and then press the Incline increase or decrease button again. When the incline system is calibrated, remove the key from the console.

SYMPTOM: The incline trainer will not connect to the wireless network

- a. Make sure that the wireless settings on your console are correct (see step 3 on page 22).
- b. Make sure that the settings for your wireless network are correct.
- c. If you still have questions, see the front cover of this manual.

SYMPTOM: The incline trainer will not connect to a tablet

- a. Make sure that the wireless settings on your console are correct (see step 3 on page 22).
- b. Make sure that the settings for your wireless network are correct.
- c. Make sure that your console and tablet are connected to the same network.
- d. If you still have questions, see the front cover of this manual.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

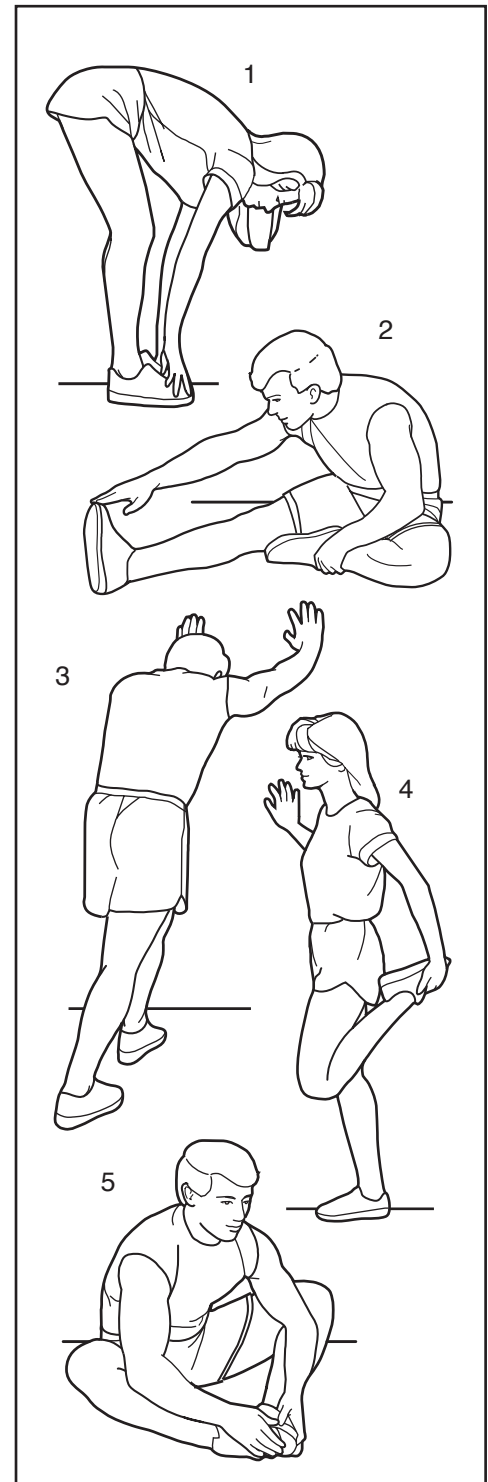
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

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PART LIST

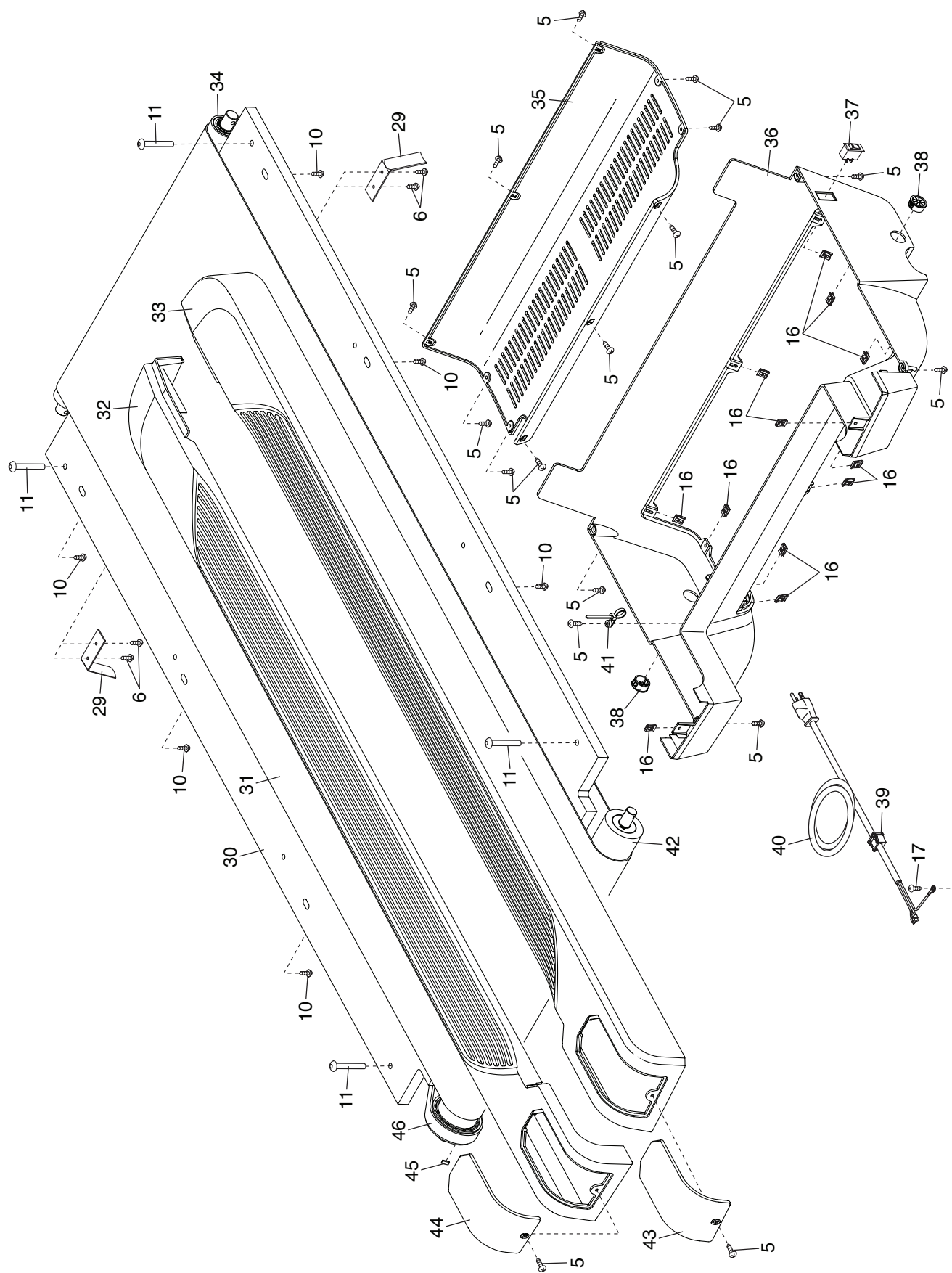
Model No. 24927.0 R1213A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	3/8" x 5 1/4" Screw	51	4	Cushion
2	2	3/8" x 3 3/4" Screw	52	1	Base Wire
3	8	3/8" Star Washer	53	4	Rubber Cushion
4	2	#8 x 3/4" Tek Screw	54	1	Chest Strap
5	76	#8 x 3/4" Screw	55	1	Electronics Cover
6	4	3/8" Belt Guide Screw	56	1	Incline Motor Top Cover
7	3	#8 x 1/2" Screw	57	1	Incline Stop Bracket
8	1	#8 x 3/4" Truss Head Screw	58	1	Incline Motor Bottom Bracket
9	4	#8 x 3/4" Washer Head Screw	59	4	Incline Motor Bushing
10	6	#8 x 5/8" Screw	60	1	Incline Motor
11	4	5/16" x 1 1/2" Screw	61	1	Electronics Bracket
12	2	1/4" x 1/2" Screw	62	1	Controller
13	2	1/4" x 2 1/2" Screw	63	1	Resistor
14	1	3/8" x 1 1/2" Bolt	64	1	Drive Motor
15	1	3/8" x 2" Bolt	65	1	Reed Switch Clamp
16	12	Hood Clip	66	1	Frame
17	8	#8 x 1/2" Machine Screw	67	1	Reed Switch
18	1	1/4" x 1 1/2" Screw	68	1	Left Outside Upright Cover
19	1	1/4" x 2" Screw	69	1	Left Inside Upright Cover
20	2	5/16" Motor Bolt	70	1	Right Inside Upright Cover
21	2	3/8" x 2 3/8" Screw	71	1	Right Outside Upright Cover
22	8	3/8" x 2 3/4" Screw	72	2	Wheel
23	2	#8 Star Washer	73	2	Base Pad
24	2	1/4" Star Washer	74	1	Base
25	4	5/16" Flat Washer	75	1	Upright Wire
26	4	3/8" Nut	76	2	Round Grommet
27	4	5/16" Nut	77	4	Leveling Foot
28	1	1/4" Nut	78	2	Axle
29	2	Belt Guide	79	2	Base Cap
30	1	Walking Platform	80	1	Warning Decal
31	1	Walking Belt	81	2	Caution Decal
32	1	Left Foot Rail	82	2	Console Clamp
33	1	Right Foot Rail	83	1	Upright
34	1	Idler Roller	84	1	Console Ground Wire
35	1	Belly Pan Cover	85	2	Short Handrail Grip
36	1	Belly Pan	86	4	Handrail Cap
37	1	Power Switch	87	2	Pulse Assembly
38	2	Belly Pan Grommet	88	2	Long Handrail Grip
39	1	Grommet	89	1	Right Handrail
40	1	Power Cord	90	1	Left Handrail
41	7	Tie	91	1	Left Tray
42	1	Drive Roller	92	1	Console Base
43	1	Right Foot Rail Cover	93	1	Console
44	1	Left Foot Rail Cover	94	1	Right Tray
45	1	Magnet	95	1	Key
46	1	Belt	96	1	Console Back
47	1	Front Hood Cover	97	1	Chest Pulse Sensor
48	1	Front Hood	98	2	Frame Pivot Bushing
49	8	Cushion Cap	*	—	User's Manual
50	4	Spring			

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.

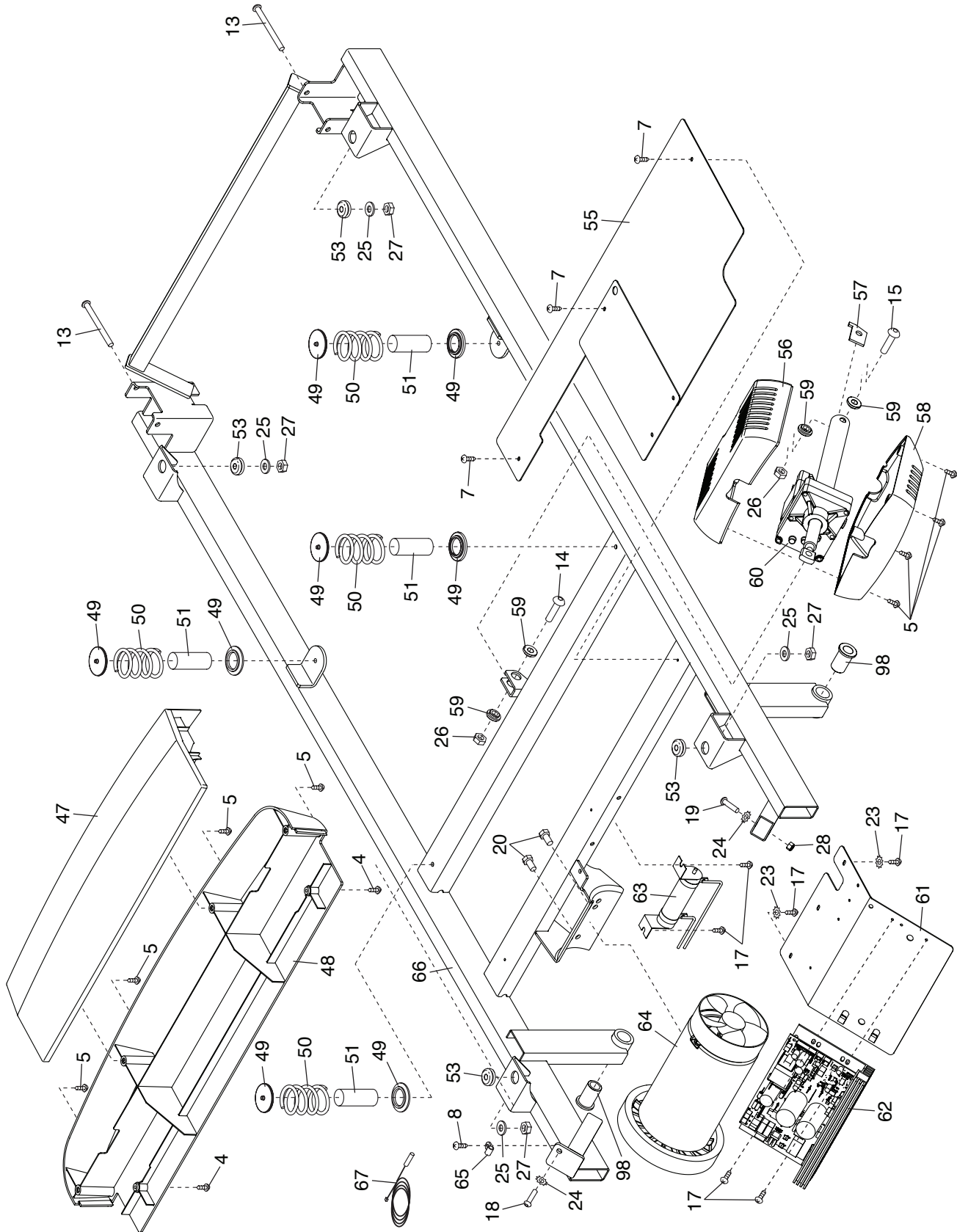
EXPLODED DRAWING A

Model No. 24927.0 R1213A



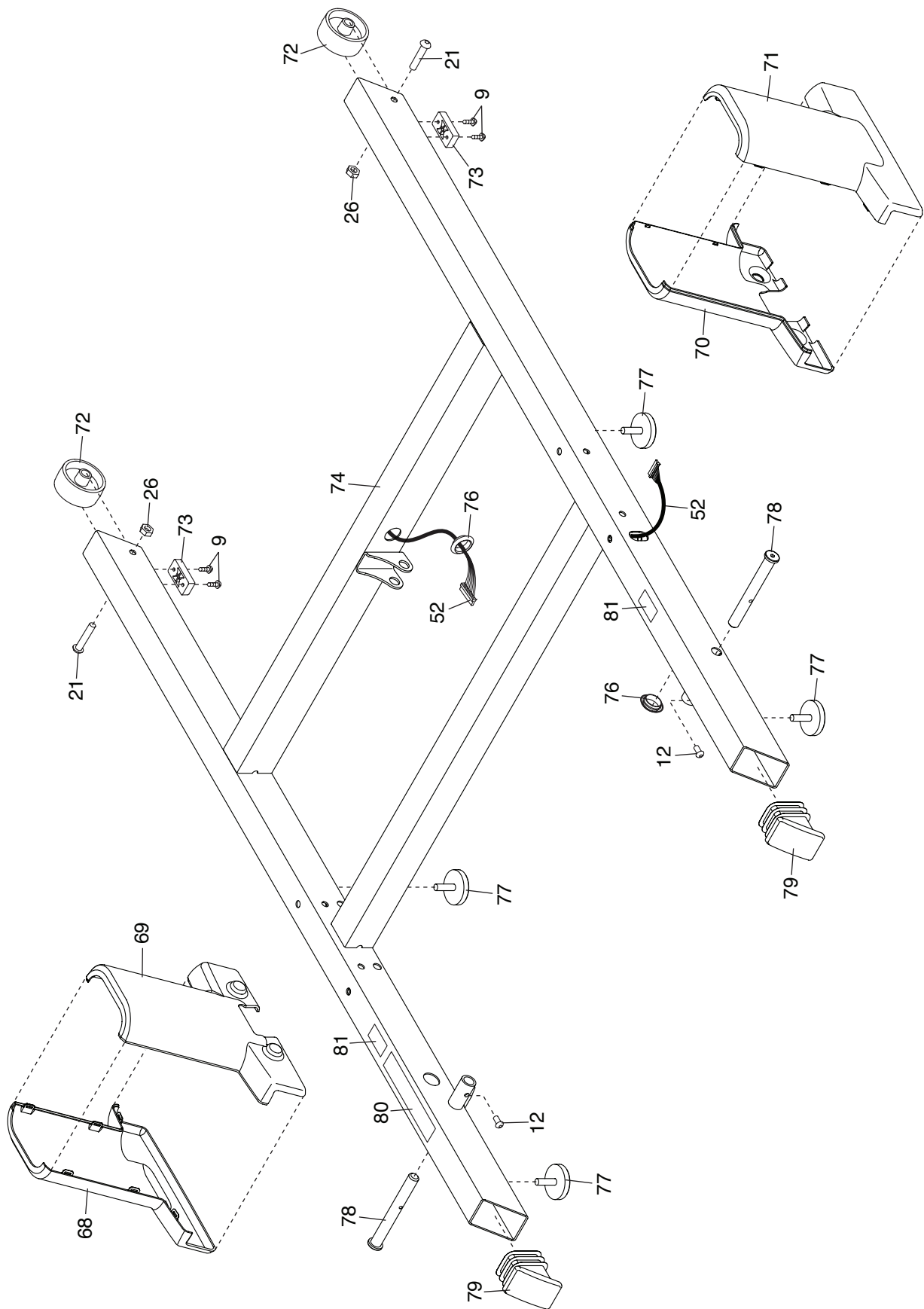
EXPLODED DRAWING B

Model No. 24927.0 R1213A



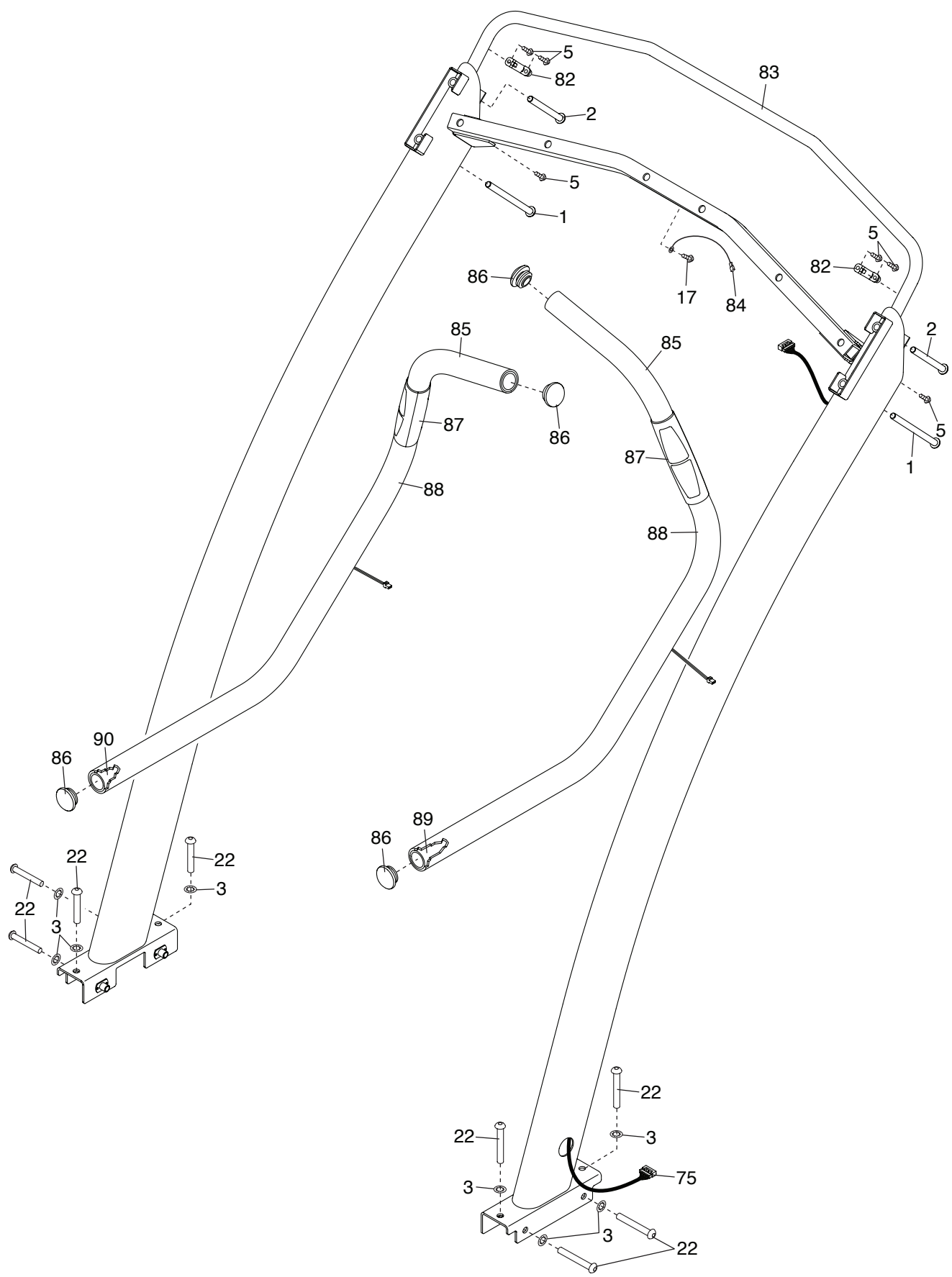
EXPLODED DRAWING C

Model No. 24927.0 R1213A



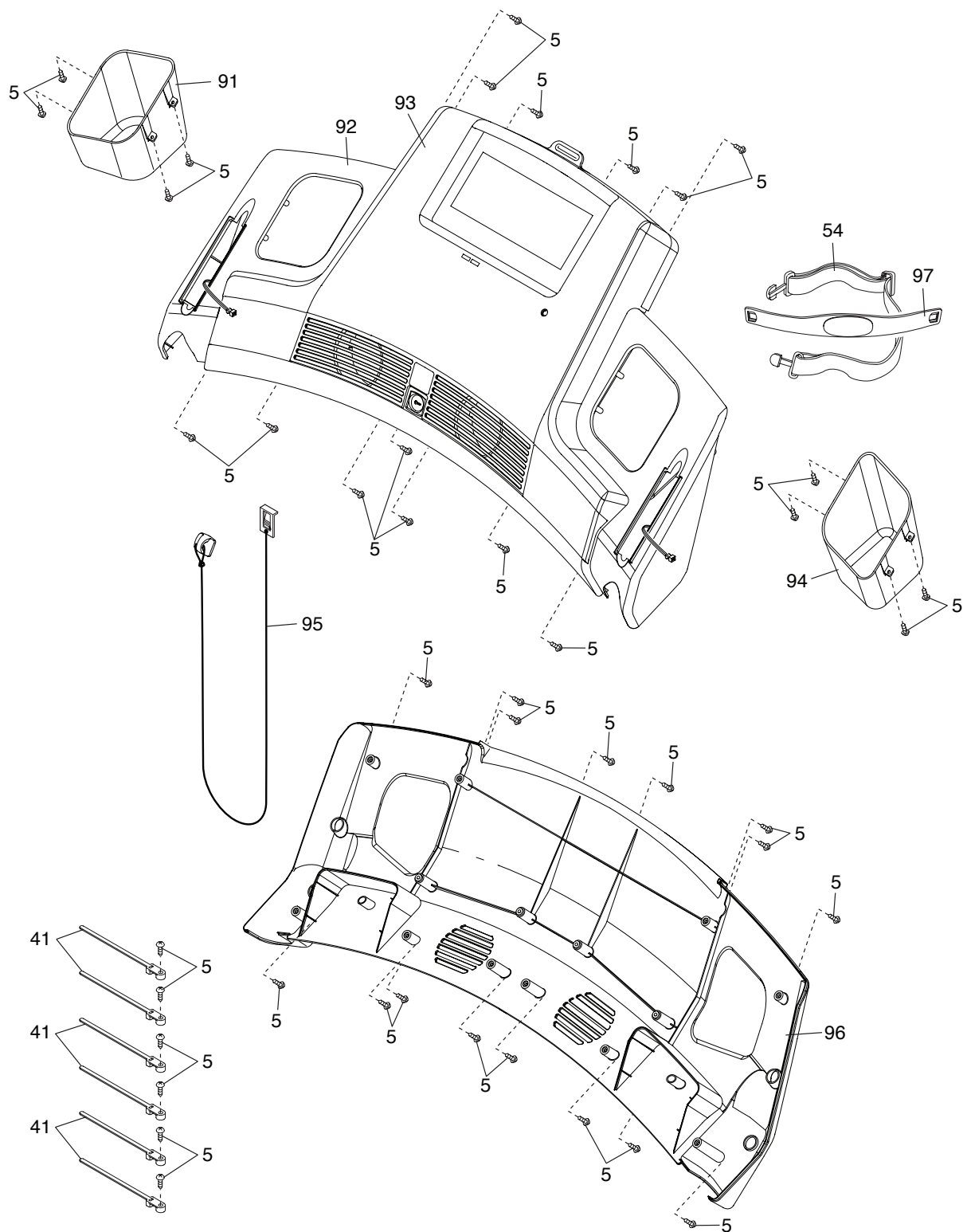
EXPLODED DRAWING D

Model No. 24927.0 R1213A



EXPLODED DRAWING E

Model No. 24927.0 R1213A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 6.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame, drive motor, and deck are warranted for a lifetime. Parts and electronics are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813