

# IRONMAN®

## ENVISION

### Owner's Manual

### Ironman Envision Treadmill

#### Service

(800) 750-4766

#### Assembly

(888) 559-8810

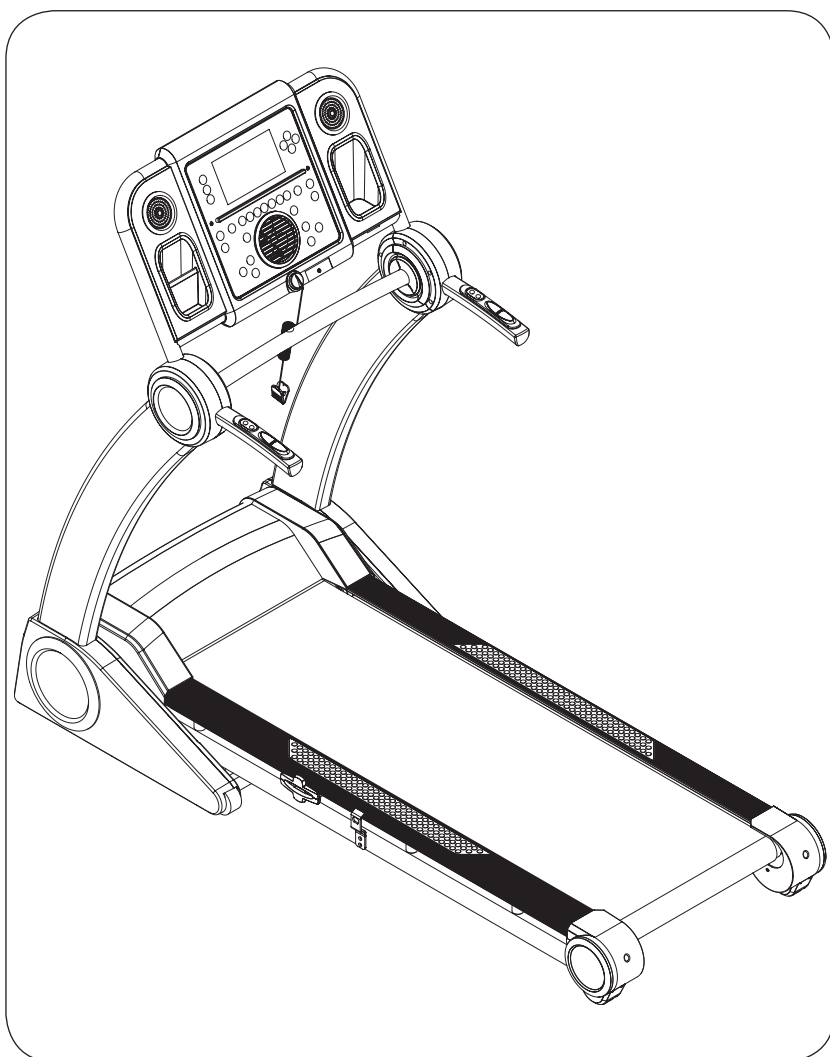
#### Ironman Fitness Products

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Suite 250

Garland, TX 75041

[www.ironmanfitness.com](http://www.ironmanfitness.com)



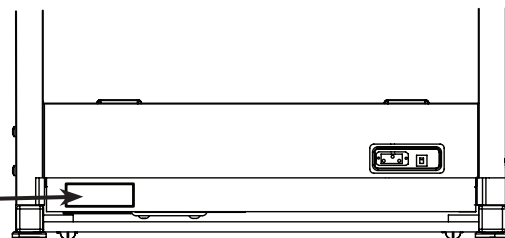
**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

**Model Name : Envision**

**Serial Number :**

*Write down for future reference*

*Serial Number Decal Location*



**415-00201  
01/08 Rev D**

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# Important Safety Information



**WARNING!** Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions **before** operation.

## SAVE THESE INSTRUCTIONS

### SAFETY PRECAUTIONS AND TIPS

1. Always secure Safety Key firmly to waistband.
2. It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
3. This treadmill has a user maximum capacity of **350** pounds.
4. The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
5. Follow safety information in regard to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
6. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
7. Always straddle the belt and allow it to start moving before stepping onto the belt.
8. Hold on to handrail when adjusting speed or other controls.
9. Always examine your treadmill before using to ensure all parts are in working order.
10. Allow the belt to fully stop before dismounting.
11. Pets should never be allowed near or on the treadmill.
12. Close supervision is necessary when this appliance is used by or near children, invalids or disabled persons.
13. Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
14. Never insert any object or body parts into any opening.
15. For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
16. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer
17. Failure to follow these instructions will void the treadmill warranty.
18. Never leave the treadmill unattended when plugged in. Unplug from outlet when not in use and before service or maintenance.
19. Always unplug this appliance immediately after using and before cleaning. To disconnect, turn all controls to the off position, then remove plug from outlet.

# Before You Start

Thank you for purchasing the **Ironman Envision Treadmill!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new treadmill.

**Remember to take the time to perform the stretching exercises provided to avoid injury.**

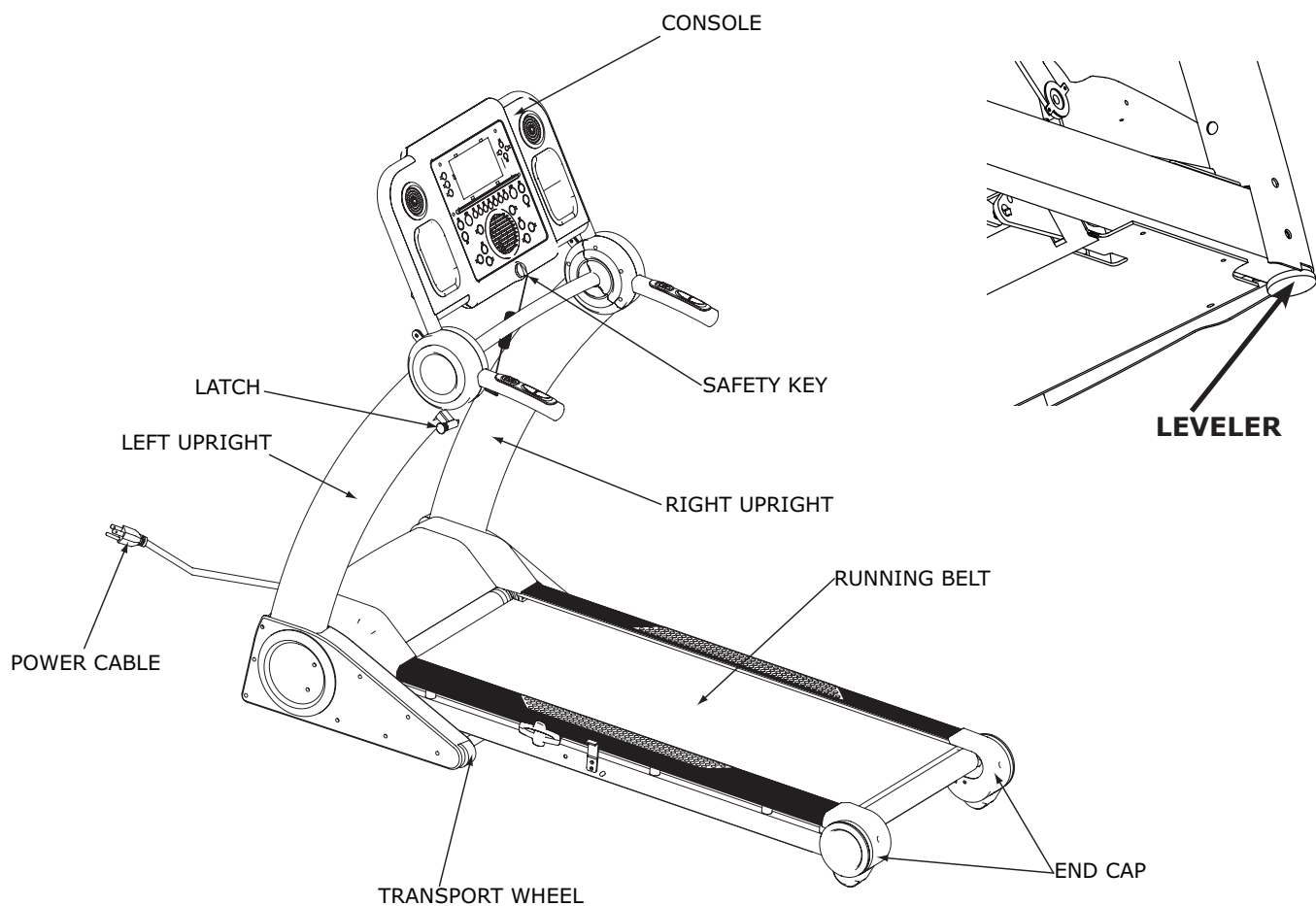
Do not stand on the walking belt while pressing the Power button or Start/Stop button. Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set treadmill programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the treadmill.

**Please review the following drawing below to familiarize yourself with the listed parts. This manual covers several treadmills, so the one pictured below may not be identical to your particular model.**



# Assembly: Parts Identifier

The **Ironman Envision Treadmill** will require assembly before operating. Place unopened box on a clean, level surface. After opening the box, remove any packing material from the treadmill.

**Do not throw away any packing materials until the unit is working properly.**

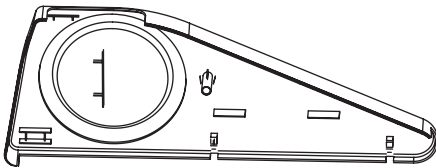
**Do not remove unit from box until it has been fully assembled.**

Make sure the electrical cord will easily reach an electrical outlet.

If at anytime you need assistance with assembly, call **888-559-8810**.

Identify the following parts required for assembly.

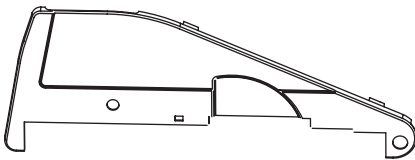
LEFT OUTSIDE FENDER



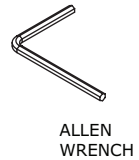
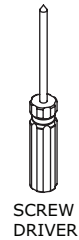
- ↑ ↑ ALLEN BOLT M8\*30
- ↑ ↑ ALLEN BOLT M8\*20
- ↑ ↑ ↑ ALLEN BOLT M8\*15

- ⊙ ⊙ ⊙ ⊙
  - ⊙ ⊙ ⊙ ⊙
- WASHER  $\Phi 9 * \Phi 22 * 2$

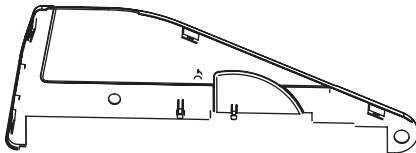
LEFT INSIDE FENDER



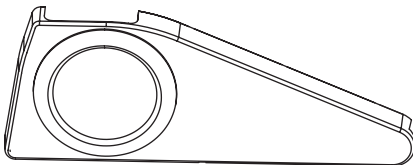
- ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
- PHILIP SCREW ST4.2\*16  
22 PCS



RIGHT INSIDE FENDER



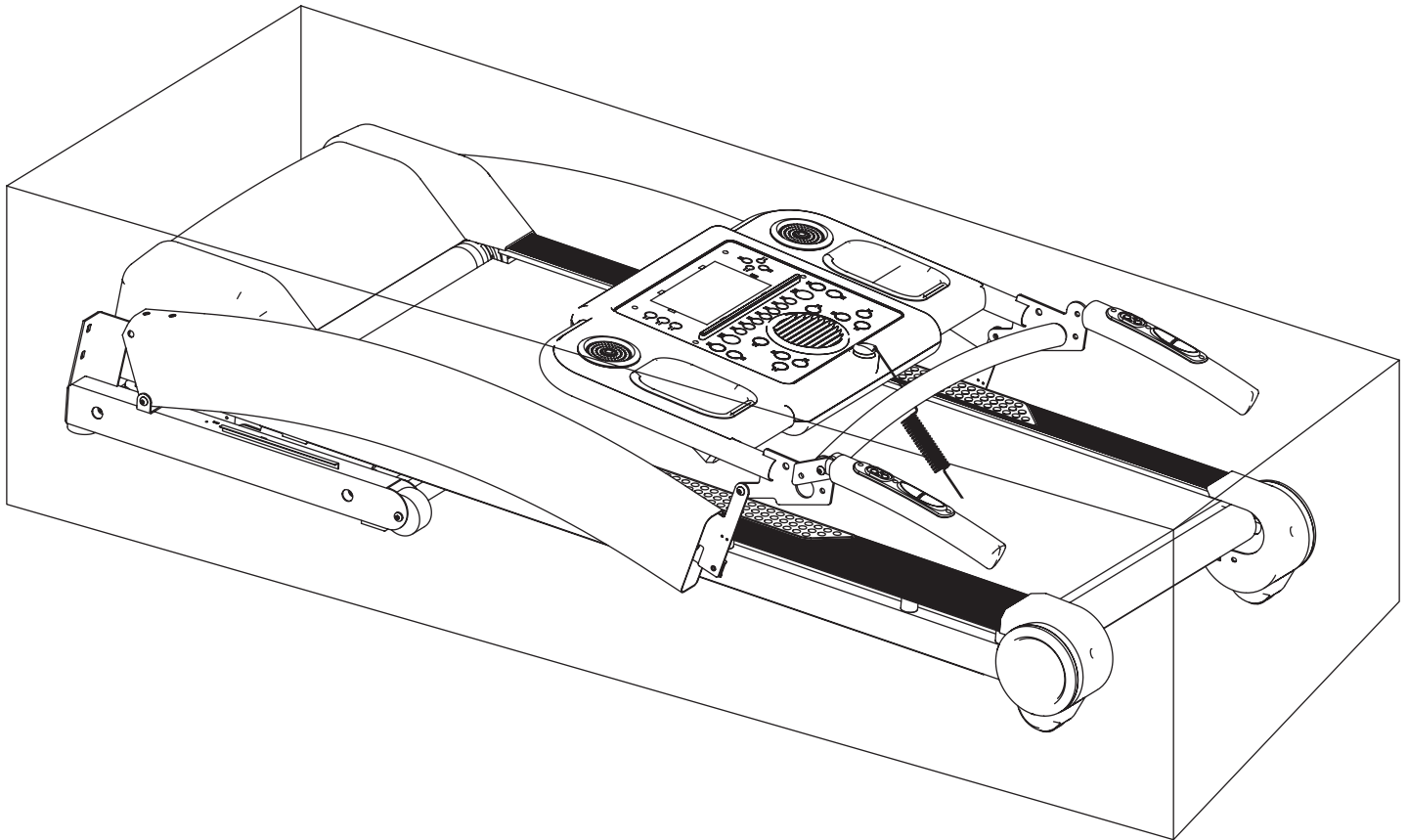
RIGHT OUTSIDE FENDER



# Assembly

Assembly requires the included Allen wrench and Phillips screwdriver. Leave the unit on the original packing material to assemble all parts.

**Do not plug in the power cord until all assembly steps are completed.**



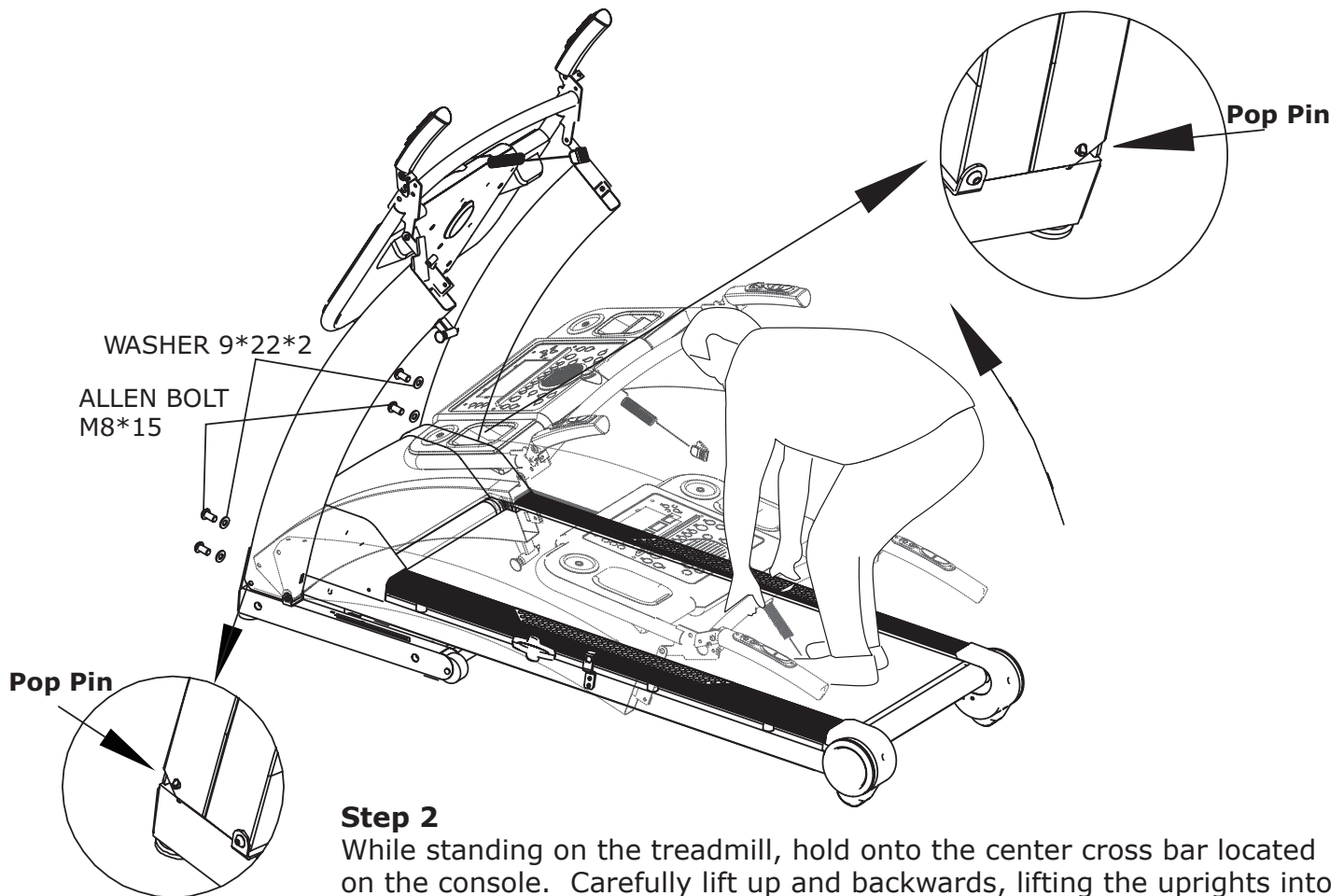
## Step 1

Remove top cover of box, and break the sides of the box to create a level assembly surface. After opening the box, remove any packing material from the treadmill. Carefully cut the strap surrounding the treadmill, only while the treadmill is laying flat.

**Do not remove unit from box until it has been fully assembled.**

## ⚠️ WARNING!

The uprights are only being held in place by two pop pins. To prevent personal injury or damage to the unit, do not lean on the uprights or use excessive force when assembling.

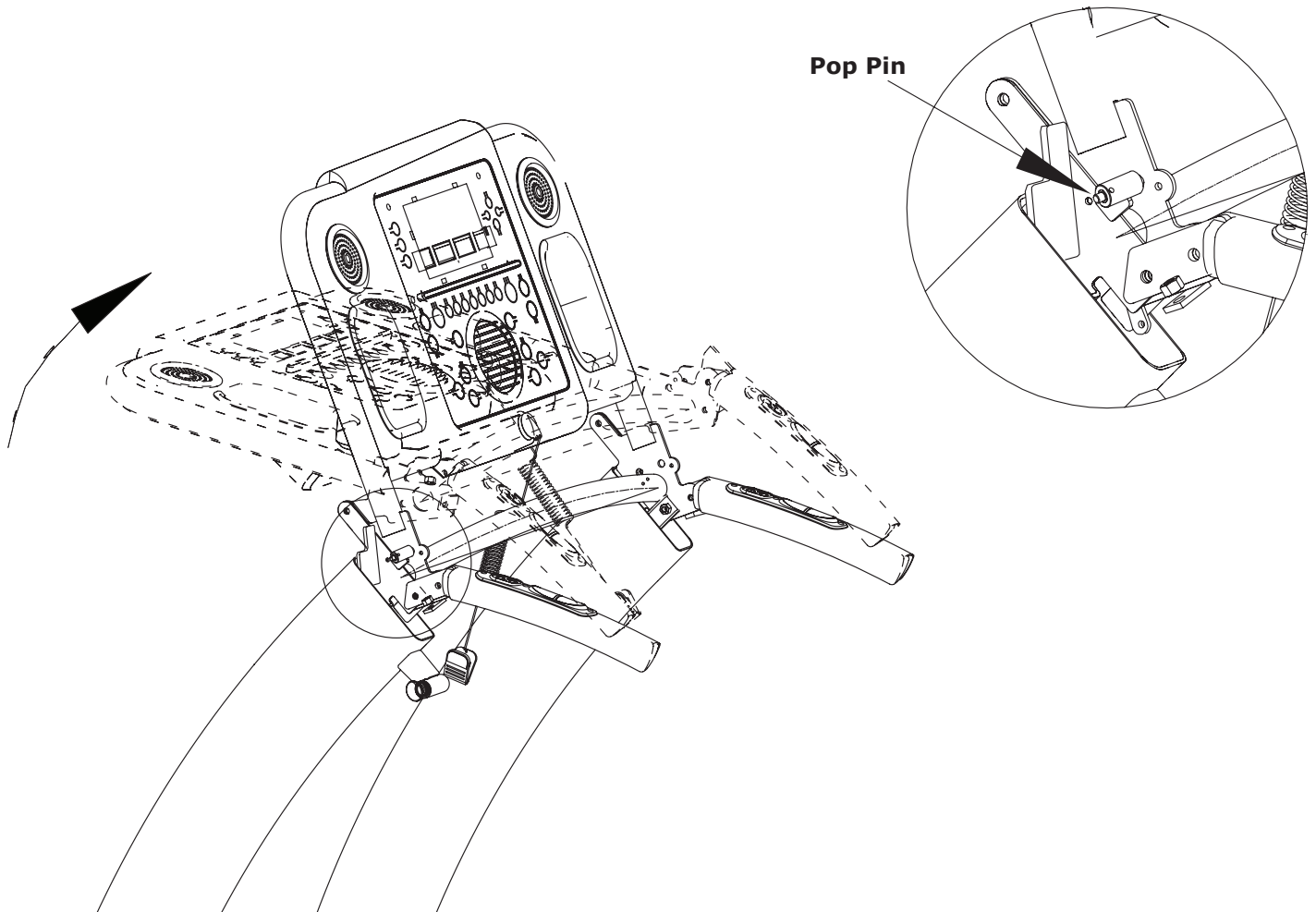


### Step 2

While standing on the treadmill, hold onto the center cross bar located on the console. Carefully lift up and backwards, lifting the uprights into place.

Do so until you hear the pop pin click. This clicking sound signifies that the left upright is locked into place. This is done to prevent any injury while proceeding to the following steps.

Align the holes on the treadmill to the holes on the uprights. Secure the uprights by using two washers 9\*22\*2 and two allen bolts M8\*15 on each side. **Note:** Make sure the left upright is all the way back before installing hardware. Do not overtighten bolts.



### Step 3

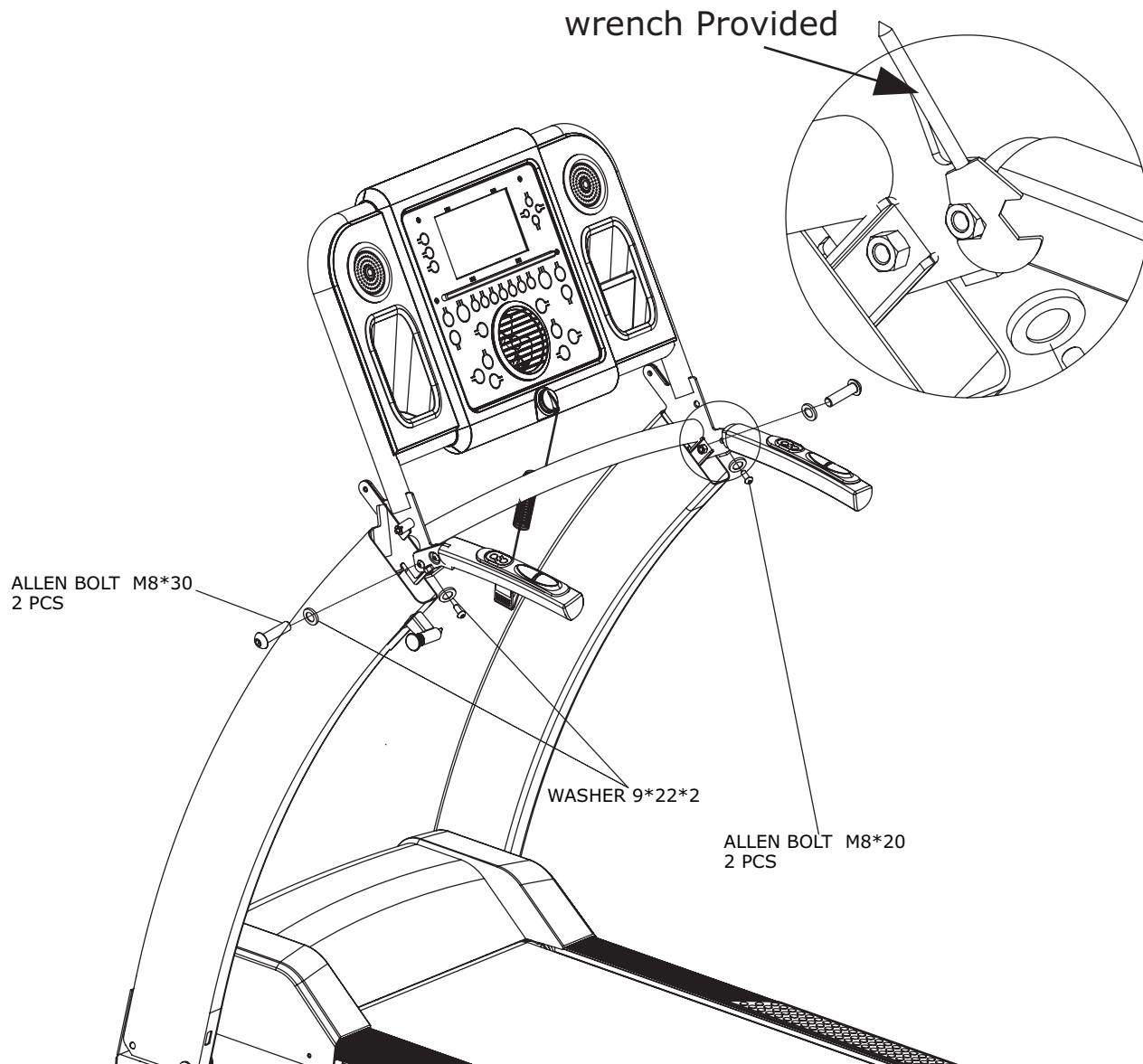
With the uprights already in place and while standing on the unit, move the console into place. To do so, carefully pull the console towards you.

Do so until you hear the pop pin click. This clicking sound signifies that the console is locked into place. This is done to prevent any injury while proceeding to the following steps.

### **⚠️WARNING!**

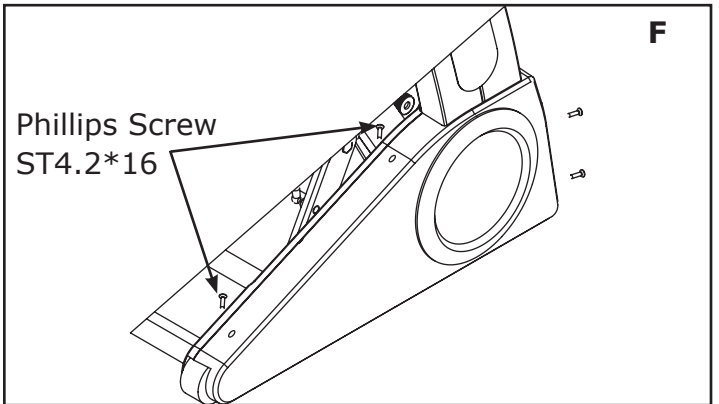
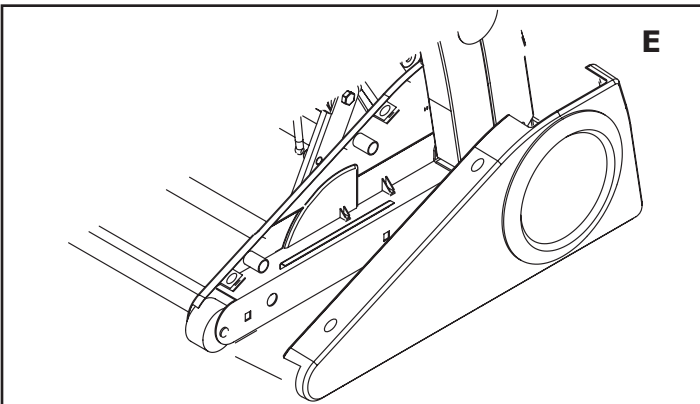
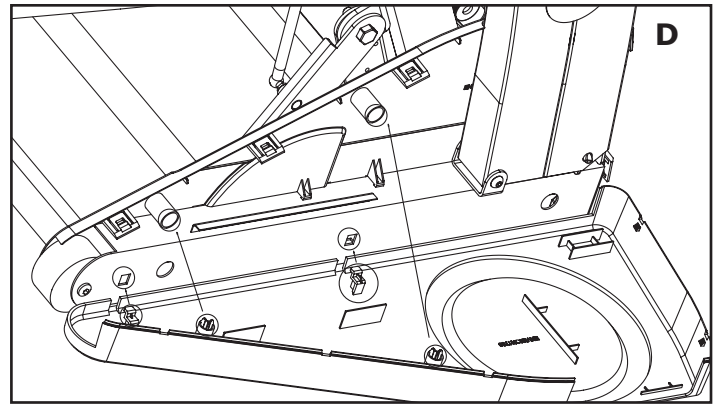
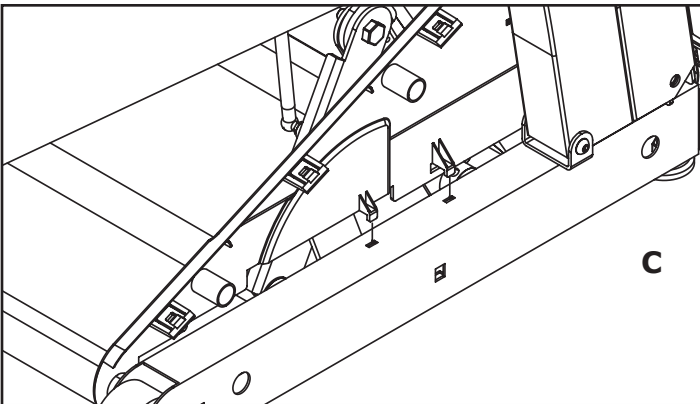
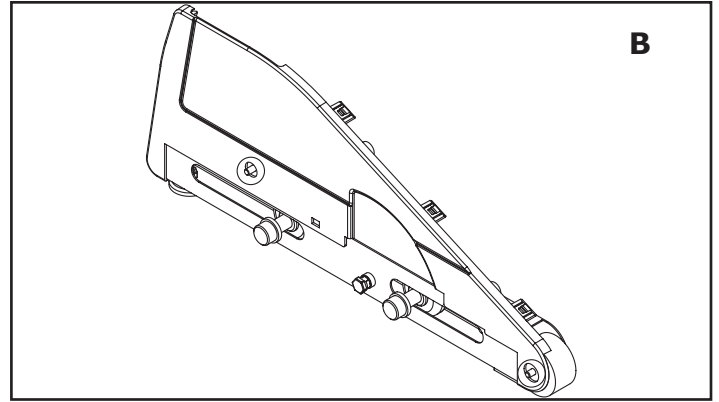
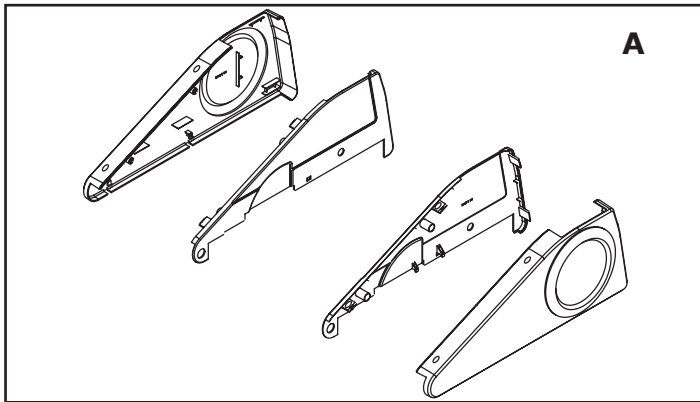
The uprights and the console are only being held in place by a pop pin. To prevent personal injury or damage to the unit, do not lean on the uprights or use excessive force when assembling.





## Step 4

Align the holes on the console to the holes on the uprights. Secure the console onto the uprights using one allen bolt M8\*30 and one washer 9\*22\*2 going through the outside holes of each side, and one allen bolt M8\*20 and one washer 9\*22\*2 going through the holes in the front of the handlebar area. When tightening the bolts going through the outside, use the wrench provided to tighten the attached nut on the unit. **Note:** Do not overtighten bolts.



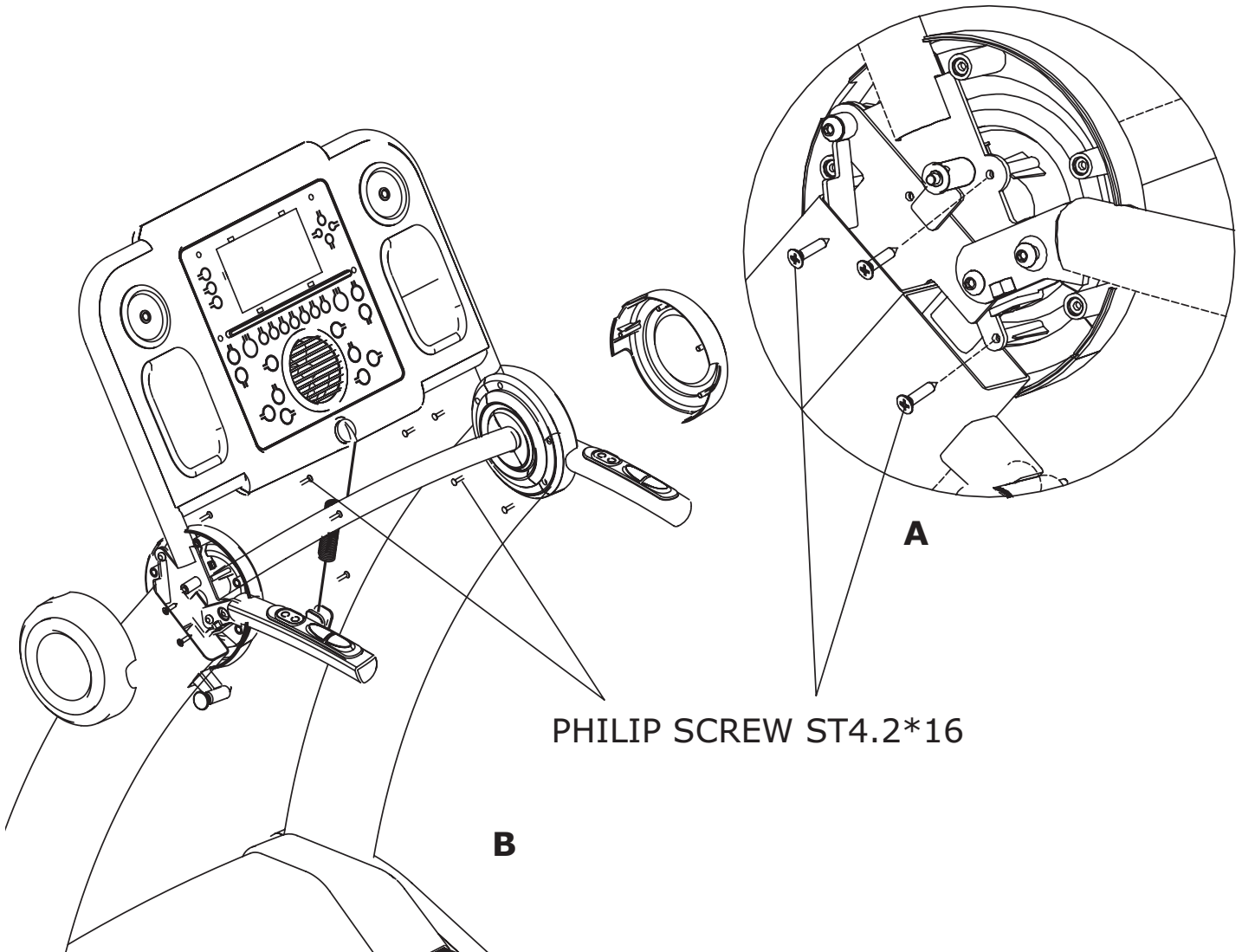
## Step 5

Locate the four fender pieces (A). To install the right fender onto the unit:

1. Slide the left interior fender piece onto the unit, making sure that all of the bolts from the treadmill are properly fed into the slots and holes of the fender piece (B).
2. Line up the two tabs on the bottom of the fender piece with the slots on the treadmill frame, and press down to secure (D and E).

Locate the left outer fender piece and line up all of the tabs with the slots and holes of the left interior fender piece and the treadmill frame. Using 4 screws ST4.2\*16 connect both pieces together.

Repeat for the left side.

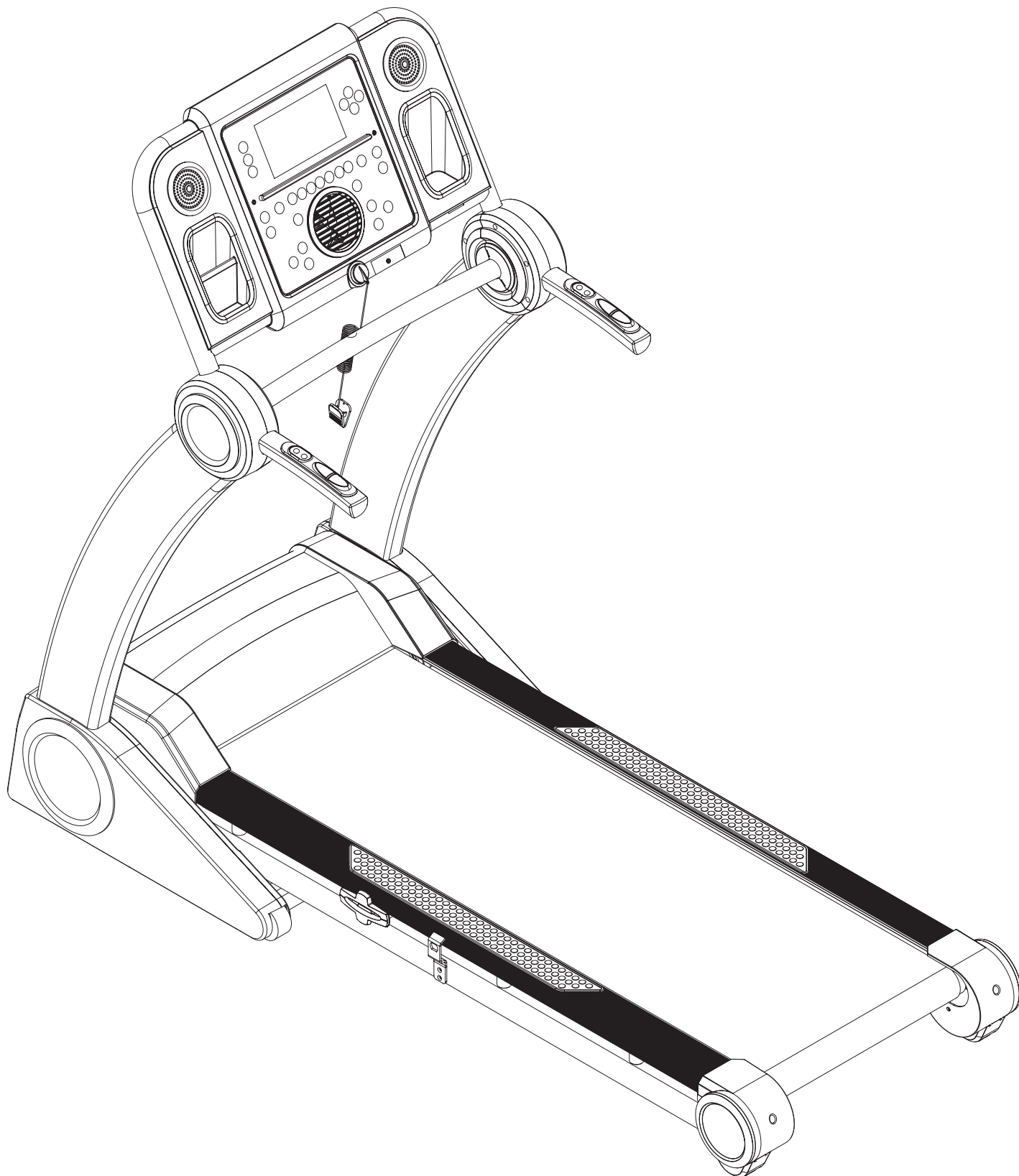


## Step 6

Locate the handle covers for the right and left sides.

A: Connect the inside handle cover to the console frame using 3 screws ST4.2\*16.

B: Connect the outside handle cover to the inside cover using 3 screws ST4.2\*16.



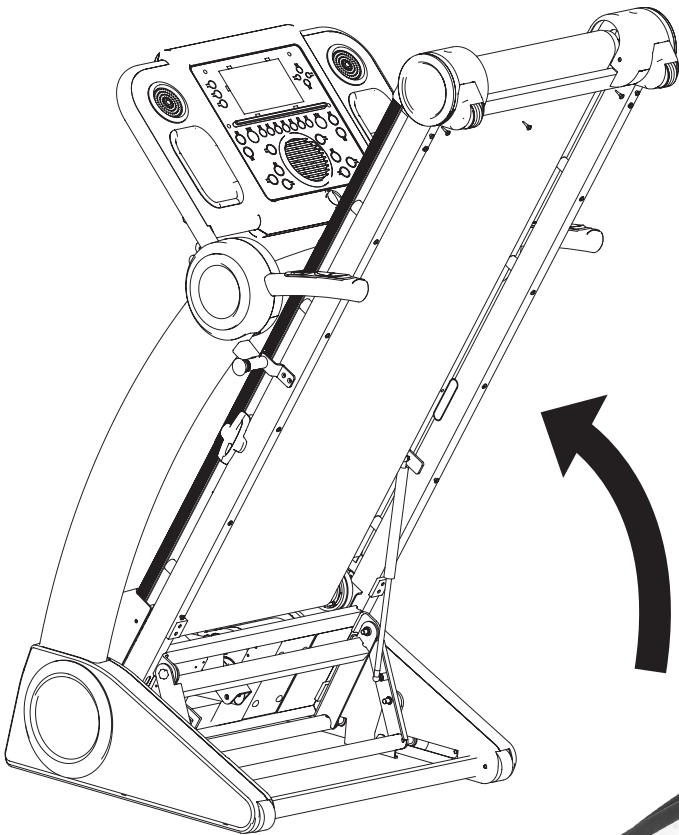
**Congratulations!**  
**You have completed the assembly of your new Ironman Envision Treadmill!**  
**Please remove the treadmill out of the box.**

# Moving Instructions

**Caution! To Avoid The Risk Of Injury, Never Attempt To Move The Treadmill While It Is In The Unfolded Operating Position. To Reduce The Possibility Of Injury While Lifting, Bend Your Legs And Keep Your Back Straight. As You Raise The Treadmill, Lift Using Your Legs, Not Your Back. In Order To Raise Or Lower The Treadmill Safely, You Must Be Able To Lift 45 Pounds (20kg). It Is Suggested You Always Use The Aid Of A Second Person When Moving The Treadmill.**

## **Step 1: To fold your Envision treadmill**

In the unfolded position lift the treadmill base toward the console area till you hear the pop pins click that the treadmill base is fixed into a locked position.



## **Step 2: To move your Envision treadmill**

With the treadmill in the folded locked position (safety latch is engaged), grasp the handrail and place one foot on the center of the base crossbar as shown in the photo below. Next, with a firm grasp on the handrail, carefully tilt the treadmill back until it rolls freely on the wheels. Using extreme caution, move the treadmill to the desired location. To set the treadmill down, place one foot on the center of the base crossbar and carefully lower treadmill onto base in resting position. Do not attempt to move the treadmill over an uneven or rough surface.

**Note: The treadmill pictured below may not be identical to your particular model.**



# Power Requirements

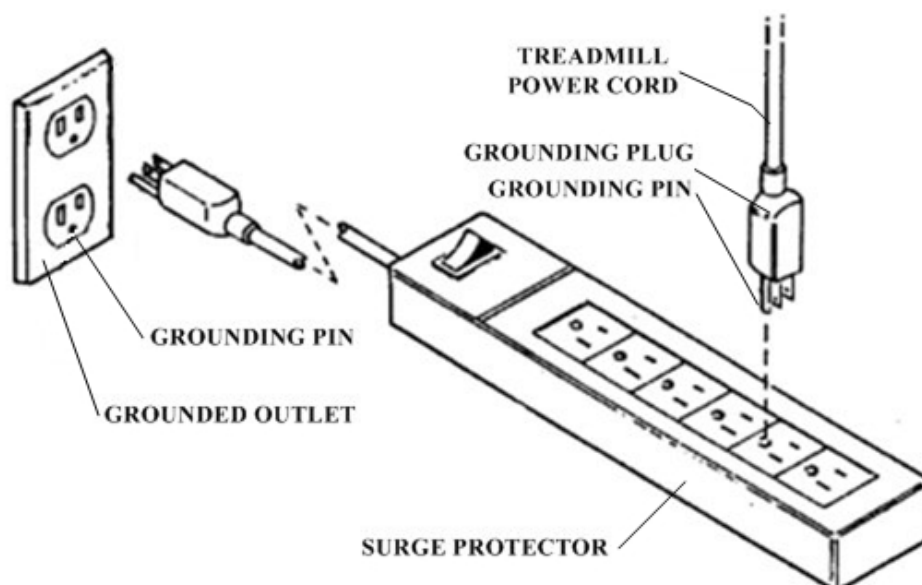
Improper connection of the equipment grounding connector can result in a risk of an electric shock. Check with a qualified electrician or service man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If plug will not fit into the outlet,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

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a dedicated **surge protector** (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with UL suppressed voltage rating of 400V or less and an electrical rating of 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. This treadmill comes with an electrical cord with an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Do not connect other equipment to the surge protector or this could cause permanent damage to your treadmill.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the drawing below.



# Monitoring Your Heart Rate

## **Monitoring Your Heart Rate**

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate  
(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR)  
MHR x .60 = 60% of your maximum heart rate.  
MHR x .75 = 75% of your maximum heart rate.  
For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190  
190 x .60 = 114 (low end or 60% of MHR)  
190 x .75 = 142 (high end or 75% of MHR)  
30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on next page) for additional calculations.

## TARGET HEART RATE ZONE

**100%**

Serious athletic training range

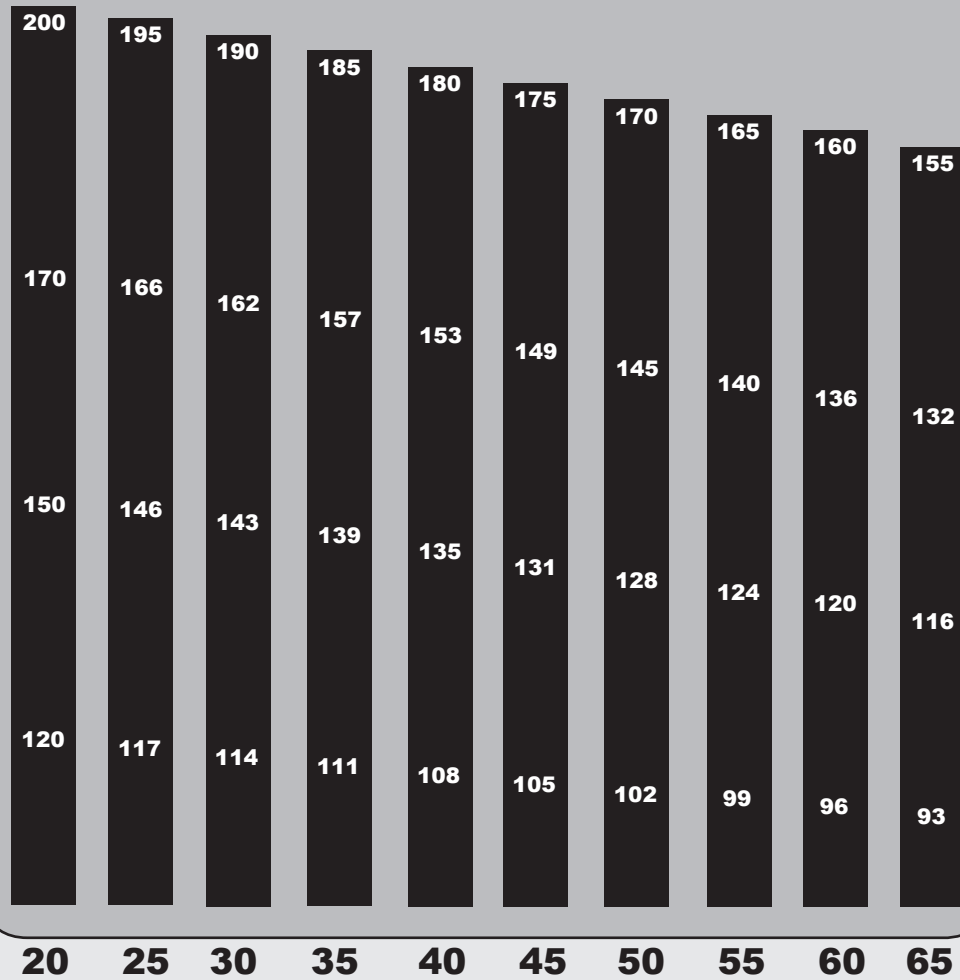
**85%**

Cardiovascular conditioning range

**75%**

Fat burning range

**60%**



**AGE**



# Workout Information

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## **Frequency, Intensity, Time, Target Heart Rate Zone**

The exercise practices include four major variables: frequency, intensity, time, target heart rate zone. A continuous workout will help to improve your cardiovascular functions and increase the ability of your muscles to obtain the oxygen and nutrition. A good workout provides a greater advantage to extend the endurance of muscle and body flexibility.

### **Frequency: How Often Should You Exercise**

Three to five times a week is highly suggested to improve your cardiovascular and muscle fitness.

### **Intensity: How Hard Should You Exercise**

The intensity of an exercise is reflected in your heart rate. Exercise must be sufficient to strengthen your heart muscle and condition your cardiovascular system. Only your doctor or an authorized coach can prescribe the target training heart range appropriate for your particular needs and physical condition.

Start with exercise that stimulates you to breathe more deeply. Alternate periods of moderate and easy exercise to help your body adapt to new levels of exertion without unnecessary strain. The inability to maintain a smooth, rhythmic motion is a sign that your speed or elevation is too high. If you feel out of breath before you have exercised 12 minutes, you are probably overdoing it.

As your fitness level improves, you will need to increase your workload to reach your target heart rate. The first increase may be necessary after two to four weeks of regular exercise. Never exceed your target heart rate zone.

## **Weight Management**

Consistent aerobic exercise will help you change your body composition by lowering your percentage of body fat. For weight control, how long and how often you exercise is more important than how hard you exercise.

- ◆ Exercise at least four to five times a week.
- ◆ Reach and maintain 60-75% of your maximum heart rate with moderate exercise.
- ◆ Exercise for 30-45 minutes at 60-65% of your target heart rate.

Here are some tips to achieve your weight management goal.

- ◆ Consume most of your dietary calories at breakfast and lunch, and eat a light dinner.
- ◆ Do not eat anything near the bedtime.
- ◆ Moderate exercise will help suppress your appetite.
- ◆ Take regular breaks and rests to help increase metabolism.

## **Warning!**

If you have any questions or concerns about your target heart rate consult your physician. Medications may affect your heart rate. Stop exercise if: you feel faint or dizzy, acute illness (cold or fever), any pain or tightness in your chest, an irregular heartbeat, or if you exceed your maximum heart rate set by your physician.

# Workout Information

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## Exercise Practice Procedures

Warm-Up → Workout → Cool Down

A good warm-up will help you perform better and will decrease the aches and pains. The warm-up prepares your muscles for exercise and allows your oxygen supply to ready itself for what is to come. Experience tells us that muscles perform best when they are warmer than normal body temperature. This normally takes about 5-10 minutes when you begin to perspire on your brow and breathe more deeply.

**Note:** The older you are, the longer your warm-up period should be.

## Workout: Brisk and Rhythmic Exercise

A workout trains your heart, lungs, and muscles to be more efficient. Increase exercise in response to your heart rate to train and strengthen your cardiovascular system. Concentrate on moving your arms and legs smoothly. Walking naturally and avoid jerking motions like pulled muscles, sprained joints, and loss of balance.

If you cannot sustain 12 continuous minutes in your target heart rate zone, then, exercise several times a day to get into habit. Try to reach and maintain 60-65% of your maximum heart rate. Alternate exercise with periods of rest until you can sustain 12 continuous minutes of exercise at 60-65% of your maximum heart rate. Best start with a target of 3-4 minutes, then, increase it gradually.

If you can sustain 12 but not 20 continuous minutes of exercise in your target heart rate zone:

- Exercise 3-5 days a week. Rest at least two days per week.
- Try to reach and maintain 65-70% of your maximum heart rate with moderate rhythmic exercises.
- Begin with 12 continuous minutes. Increase your time by one to two minutes per week until you can sustain 20 continuous minutes.

If you can sustain 20 minutes continuously in your target heart rate zone, begin to increase the length and intensity of your workout.

- Exercise 4-6 days a week or on alternate days.
- Try to reach and maintain 70~85% of your maximum heart rate with moderate to somewhat hard exercise.
- Exercise 20-30 minutes.

**WARNING:** These strategies are intended for average healthy adults. If you have pain or tightness in your chest, an irregular heartbeat, shortness of breath or you feel faint or have any discomfort when you exercise STOP. Consult your physician before continuing. Remember every workout should begin with warm-up and finished with cool-down.

## Cool down: Slow and Relaxed Exercise

The cool-down allows your body's cardiovascular system to gradually return to normal and should be roughly 5-10 minutes. Lower your exercise intensity gradually, and when your heart rate has returned below 110 beats per minutes, you can end your workout.

# Warm Up Exercises

## EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



### Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



### Supline Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



### Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



### Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



### Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.



### Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

# Warm Up Exercises

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



### Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



### Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



### Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



### One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



### Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



### Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

# Warm Up Exercises

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



### Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



### Standing Quadriceps Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



### Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

# Belt Adjustment

**WARNING! Do not over-tighten rollers! This will cause premature roller bearing failure!**

Belt adjustment and tension performs two functions: adjustment for tension and centering. Your new treadmill comes pre-adjusted from the factory for tension and centering. Please follow the procedures below if the belt shifts to the left or right while walking:

## WALKING BELT IS SHIFTING TO THE LEFT

(Diagram 1)

First, turn treadmill on to run at 1 mph. Using the hex key provided, turn the left rear roller adjustment bolt  $\frac{1}{4}$  turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself by moving back toward the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.

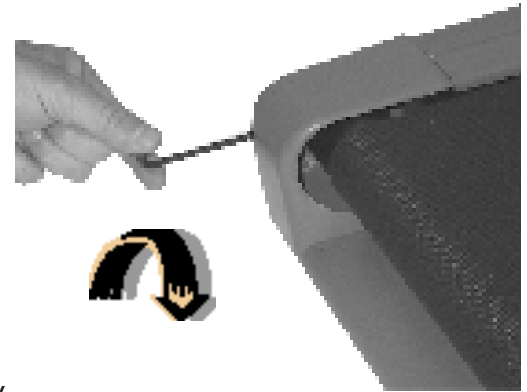


Diagram 1

## WALKING BELT IS SHIFTING TO THE RIGHT

(Diagram 2)

First, turn the treadmill on to run at 1 mph. Using the hex key provided, turn the right rear roller adjustment bolt  $\frac{1}{4}$  turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back toward the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.

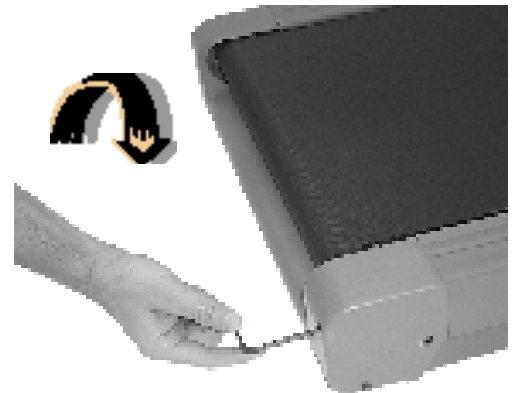


Diagram 2

## WALKING BELT IS SLIPPING DURING USE (Diagram 3)

First, unplug the power cord from the surge protector. Using the hex key provided, turn both left and right rear roller adjustment bolts the same distance, usually a  $\frac{1}{4}$  turn, in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

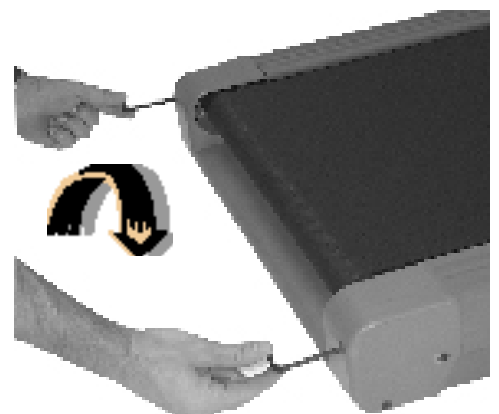


Diagram 3

**Note:** Turning the hex key clockwise brings the rear rollers and belt towards you.

Turning the hex key counter clockwise pushes the rear roller and belt away from you.

# Maintenance Instructions

**WARNING!** Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

**CLEANING:** Routine cleaning of your unit will extend the life of your unit.

**WARNING!** To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

**AFTER EACH WORKOUT:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. USE NO CHEMICALS.

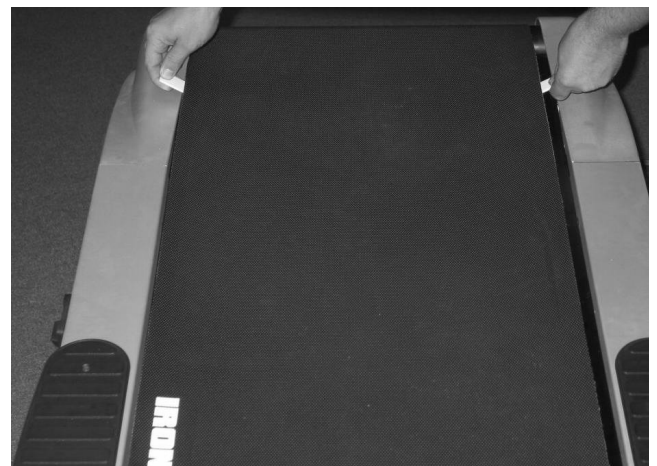
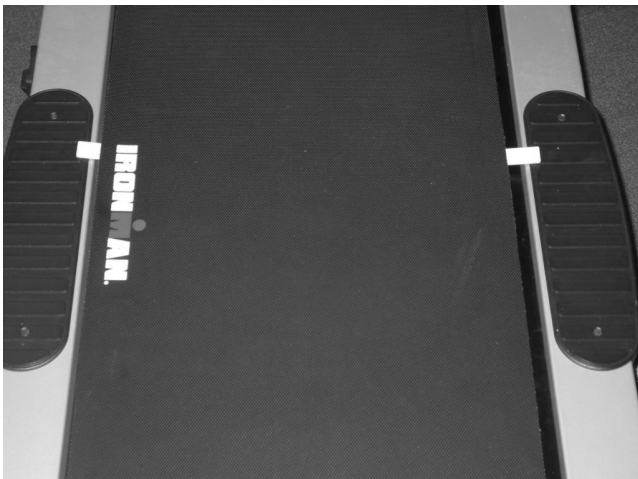
**WEEKLY:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

**DECK LUBRICATION:** The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 30 days or 30 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ironman Fitness recommends "Lube N Walk" for cleaning and lubricating the treadmill belt and deck. Ask your retailer or call Ironman Fitness at (800)750-4766.

## TO APPLY LUBRICANT TO THE WALKING BOARD

- 1.) Take foam wand applicator, without lube, and insert it in between the walking belt and deck, exposing the two plastic tabs at either end of the walking belt. Take both tabs and run the wand back and forth along the entire length of your deck. Remove the applicator and prepare for lubrication.
- 2) Apply about a dime's worth of lubrication onto the side of the applicator wand that was not used for removing dirt and debris (step 1). You can add more or less lubricant, depending on your lubrication schedule.
- 3) Insert the wand between the walking belt and deck, exposing the two white plastic tabs at either end of the walking belt.
- 4) Take both of the tabs and run the wand back and forth along the entire length of your deck. You are done until your next scheduled lubrication date.
- 5) Allow the silicone to 'set' for one minute before using the treadmill.

**WARNING: Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.**



## **Treadmill will not start.**

1. Is the **Safety Key** inserted into the treadmill Console?
2. Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet, and the surge protector is turned on. (Refer to "Power Requirements" on **page 14.**)
3. Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
4. Check the house electrical breaker box and the circuit breaker for the room where the treadmill is located. If it has tripped, reset or have an electrician replace the breaker in home.
5. Have an electrician check to insure there is adequate voltage at the outlet.

## **Treadmill loses power during use.**

1. Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.
2. Check the house electrical breaker box and the circuit breaker for the room where the treadmill is located. If it has tripped, reset or have an electrician replace the breaker in home.
3. If the treadmill will not operate, please call Ironman Fitness Customer Service at (800) 750-4766.

## **Treadmill walking belt slows during use.**

1. Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet.
2. If treadmill will not operate, please call Ironman Fitness Customer Service at (800) 750-4766.

## **Treadmill walking belt slips or is not centered on rear roller.**

1. Refer to "Belt Adjustment" section on **page 22.**
2. Need help? Call Ironman Fitness Customer Service at (800) 750-4766.

## **Treadmill Error Messages.**

Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem.

**To avoid possible damage to the treadmill and the possibility of injury, do not operate the treadmill until the problem is corrected. Call Ironman Fitness Customer Service at (800) 750-4766.**

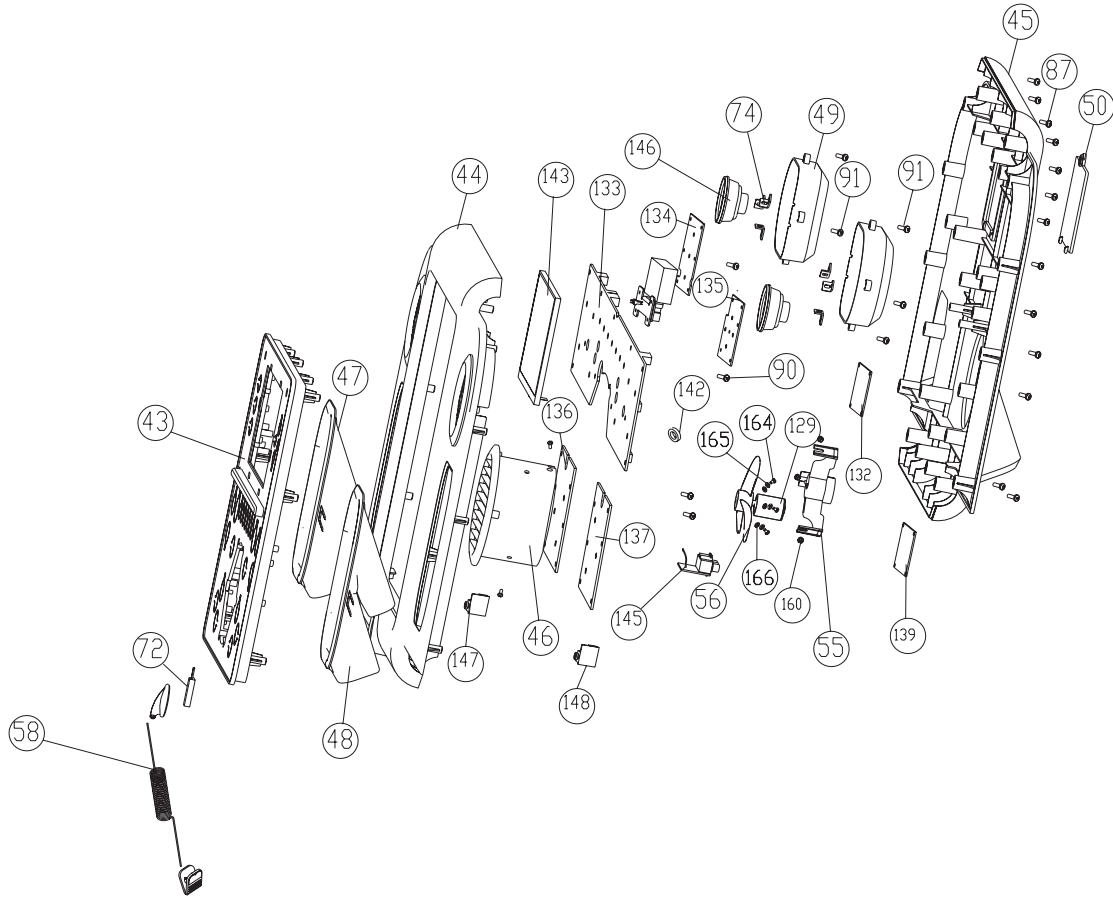


## ENVISION PARTS LIST REV. B

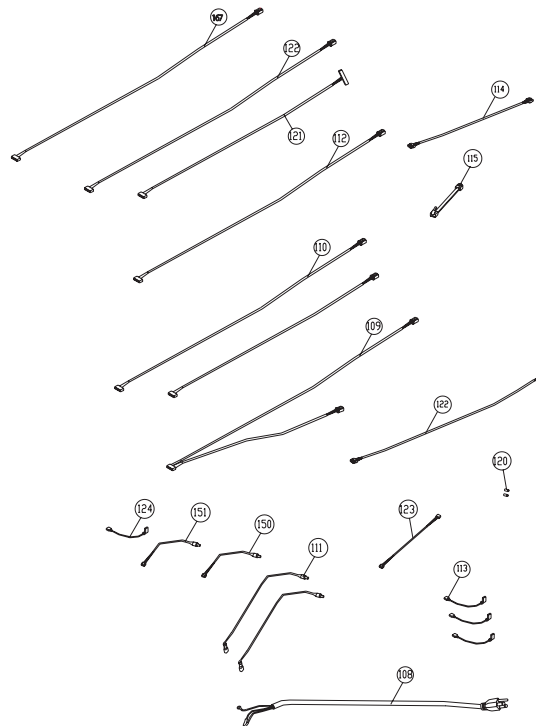
REF	PART #	DESCRIPTION	QTY	REF	PART #	DESCRIPTION	QTY
1	423-00073	CROSS BAR, ENVISION	1	85	402-00194	PHILLIP SCREW, 5*5, ENVISION	9
2	423-00075	LEFT UPRIGHT, ENVISION	1	86	402-00189	PHILLIPS SCREW, 3*10, ENVISION	4
3	423-00074	RIGHT UPRIGHT, ENVISION	1	87	402-00067	PHILLIP SCREW ST4.2*16	42
4	423-00072	DECK FRAME, ENVISION	1	88	402-00192	PHILLIP SCREW, ST4.2*12, ENVISION	47
5	423-00071	BASE FRAME, ENVISION	1	89	402-00163	SCREW, THREAD FORMING PAN M4X12	4
6	423-00070	ELEVATION FRAME, ENVISION	1	90	402-00035	SCREW ST2.9*6.5	10
7	423-00069	ELEVATION SUPPORT, ENVISION	1	91	402-00191	PHILLIPS SCREW, ST2.9*13, ENVISION	47
8	423-00068	LINKAGE PLATE, ENVISION	2	92	402-00107	CHAMFER BOLT ST4.8*25	2
9	419-00027	LEFT HANDLE BAR, ENVISION	1	93	402-00023	NYLON LOCK NUT M10	6
10	419-00030	RIGHT HANDLE BAR, ENVISION	1	94	402-00021	NYLON LOCK NUT M8	8
11	404-00004	POLY V-BELT, 190J8	1	95	402-00190	NYLON LOCK NUT, M5, ENVISION	4
12	403-00010	WALKING BOARD 20*60, ENVISION	1	96	402-00108	JAM NUT M8	4
13	404-00015	WALKBELT, 20 x 56 NEW RHOMBUS DARK GREY	1	97	402-00026	WASHER 9*16*1.6 (mm)	11
14	406-00072	FRONT WHEEL	2	98	402-00193	WASHER, 9*22*2, ENVISION	6
15	406-00044	REAR WHEEL	4	99	402-00188	WASHER, 11*23*2, ENVISION	4
16	406-00073	ELEVATION WHEEL	4	100	402-00008	HEX BOLT M10*60	1
17	409-00016	FRONT ROLLER, ENVISION	1	101	402-00067	PHILLIP SCREW, ST4.2*16	6
18	409-00015	REAR ROLLER, ENVISION	1	102	402-00104	SHOULDER ALLEN BOLT M8*80	2
19	406-00162	ISOLATOR, RH70 WHITE, 27*23(70)	2	103	402-00221	ALLEN WRENCH, 75*5	1
20	406-00079	BASE BUMPER, 28*25*13	6	104	402-00046	CLIP NUT	4
21	406-00045	ADJUST SUPPORT	2	105	402-00048	PAN SPRING WASHER 10*19*0.25	4
22	406-00080	CORD SPACER	4	106	402-00114	SHOULDER ALLEN BOLT M8*60	11
23	413-00078	POWER CORD GOMETER, ENVISION	1	107	402-00034	ALLEN WRENCH 110*75*6	1
24	406-00204	BUMPER, 127*69.6*40.2, ENVISION	2	108	406-00200	POWER CORD, ENVISION	1
25	406-00202	MOTOR COVER, 698*365*162, ENVISION	1	109	413-00068	ENCODER HARNESS, ENVISION	1
26	406-00184	FENDER LEFT OUTSIDE, 670*270*13 ENVISION	1	110	413-00069	REMOTE HARNESS	2
27	406-00182	FENDER LEFT INSIDE, 670*270*52 ENVISION	1	111	413-00070	HANDLE PULSE HARNESS, ENVISION	2
28	406-00188	FENDER RIGHT OUTSIDE, 670*270*13 ENVISI	1	112	413-00071	MAIN HARNESS, ENVISION	1
29	406-00183	FENDER RIGHT INSIDE, 670*270*52 ENVISION	1	113	413-00077	JUMP HARNESS, ENVISION	3
30	406-00185	HANDLE COVER, L TOP INSIDE, 209*107*52.5	1	114	413-00073	HARNESS FOR FAN, ENVISION	1
31	406-00186	HANDLE COVER, R TOP INSIDE, 209*107*52.5	1	115	413-00066	PULSE HARNESS, ENVISION	1
32	406-00187	HANDLE COVER, L OUTSIDE, 210*210*62 ENVI	1	116	402-00199	GEAR WASHER, ENVISION	1
33	406-00189	HANDLE COVER, RIGHT OUTSIDE, 210*210*62	1	117	407-00122	ENCODER, ENVISION	1
34	406-00190	HANDLE COVER, LEFT INSIDE, 210*105*52, E	1	118	412-00008	MOTOR, 12-0057 W/FLYWHEEL ONLY	1
35	406-00191	HANDLE COVER, RIGHT INSIDE, 210*105*52,	1	119	408-00048	FUSE, ENVISION	1
36	406-00181	END CAP LEFT OUTSIDE, 153*13, ENVISION	1	120	408-00047	FUSE, ENVISION	1
37	406-00193	END CAP LEFT TOP, 154*153*108, ENVISION	1	121	413-00067	REED SWITCH, ENVISION	1
38	406-00205	END CAP LEFT FRONT, 102*67*32, ENVISION	1	122	413-00079	TV HARNESS, ENVISION	1
39	406-00192	END CAP LEFT REAR, 96*55*55, ENVISION	2	123	413-00072	MP3 HARNESS, ENVISION	1
40	406-00196	END CAP RIGHT OUTSIDE, 153*13, ENVISION	1	124	407-00126	TV POWER, ENVISION	1
41	406-00208	END CAP RIGHT TOP, 154*153*108, ENVISION	1	125	413-00074	FILTER, ENVISION	1
42	406-00201	END CAP RIGHT FRONT, 102*67*32, ENVISION	1	126	408-00046	CIRCUIT BREAKER, ENVISION	1
43	406-00199	INSERT, 351*341.2*43.5, ENVISION	1	127	402-00204	SCREW, ENVISION	1
44	406-00209	CONSOLE BOX TOP, 746*457.5*41.5, ENVISIO	1	128	402-00203	SCREW, ENVISION	1
45	406-00198	CONSOLE BOX BOTTOM, 746*457.5*43.5	1	129	406-00197	MOTOR FOR FAN, ENVISION	1
46	406-00203	FAN GRILL, 130*130*66, ENVISION	1	130	408-00049	FERRITE, ENVISION	6
47	406-00206	BOTTLE HOLDER LEFT, 128.7*140*165, ENVIS	1	131	407-00107	MOTOR CONTROLLER, 08-0158H HAI ZHEN	1
48	406-00207	BOTTLE HOLDER RIGHT, 128.7*140*165, ENVI	1	132	407-00111	EKG MODULE, 07-0092H HAI ZHEN	1
49	406-00211	SPEAKER COVER, ENVISION	2	133	407-00127	PCB BOARD, ENVISION	1
50	413-00084	TRANSMITTER JACK COVER, ENVISION	1	134	408-00050	TV FUNCTION BUTTON, ENVISION	1
51	410-00058	PULSE RECEPTACLE PLATE, 190*36*15, ENVIS	2	135	408-00051	TV ADJUST BUTTON, ENVISION	1
52	414-00125	ANTI SKID PADS, ENVISION	2	136	408-00052	PROGRAM BUTTON, ENVISION	1
53	405-00023	SIDE BOARD, 84*33*1375, ENVISION	2	137	408-00053	POWER BUTTON, ENVISION	1
54	419-00048	ADAPTOR BRACKET, ENVISION	2	138	407-00123	REMOTE PCB, ENVISION	2
55	406-00194	FAN MOTOR MOUNT, 98.7*85.7*31.8, ENVISIO	1	139	407-00128	CHEST PULSE CONNECTION PCS, ENVISION	1
56	407-00125	CONSOLE FAN, 100*21.5, ENVISION	1	140	412-00030	ACTUATOR, R20	1
57	410-00059	PULSE RECEPTACLE PLATE, 122.5*59*0.4, EN	4	141	412-00029	ACTUATOR FAN, ENVISION	1
58	414-00138	SAFTEY KEY, ENVISION	1	142	408-00045	FERRITE, ENVISION	4
59	419-00037	MOTOR CONTROLLER PLATE, 191*155*1.5	1	143	407-00185	TV, ENVISION, CCFL	1
60	402-00219	LATCH PIN, 12.5*43	2	144	413-00122	ADAPTOR, ENVISION (MODIFIED)	1
61	402-00220	SPRING FOR LATCH12.5*24	2	145	413-00085	AV JACK, ENVISION	1
62	406-00210	BRACKET CONTROLLER, ENVISION	2	146	407-00186	SPEAKER, ENVISION	2
63	419-00012	REAR WHEEL SHAFT	2	147	413-00082	HEADPHONE JACK, ENVISION	1
64	419-00026	STOPPER BRACKET 64*30*4, ENVISION	1	148	413-00083	MP3 JACK, ENVISION	1
65	402-00103	METAL BUSHING	2	149	402-00202	PHILLIP SCREW, ENVISION	6
66	419-00015	BOLT SHAFT A	2	150	413-00075	HEADPHONE HARNESS, ENVISION	1
67	419-00016	BOLT SHAFT B	2	151	413-00076	COMMUNICATION HARNESS, ENVISION	1
68	419-00019	BELT GUIDE BRACKET, HT95T/4500T/5500T	2	152	402-00064	PHILLIP SCREW, ST4.2*32	4
69	410-00061	SOFT DROP SHOCK, ENVISION	1	153	402-00217	WASHER, 6.6*23*2.0	2
70	419-00028	LINKAGE PLATE 50*16*10*1.5, ENVISION	2	154	402-00184	WASHER, 3.2*7*0.5	4
71	410-00060	LATCH SET	1	155	402-00222	SPRING WASHER, 3	4
72	419-00009	REED SWITCH PLATE	1	156	402-00154	PHILLIP SCREW, M4*10	2
73	402-00198	SPRING WASHER, 20*12*3, ENVISION	14	157	402-00218	NUT, M4	2
74	419-00029	LINKAGE PLATE, ENVISION	6	158	402-00223	ISOLATOR, RH60 WHITE, 27*32*23(60)	6
75	402-00009	HEX BOLT M10*45	1	159	402-00216	SCREW DRIVER, 16*117	1
76	402-00201	ALLEN BOLT, M8*70, ENVISION	2	160	402-00224	CLIP NUT, 20*13.2*4.2	3
77	402-00200	ALLEN BOLT, M8*55, ENVISION	2	161	406-00238	ISOLATOR SLEEVE RH60 RED, 27*32*23	8
78	402-00011	ALLEN BOLT M8*15	4	162	402-00077	ALLEN BOLT, M2.5*6	2
79	402-00197	ALLEN BOLT, M8*20, ENVISION	2	163	402-00163	PHILLIP SCREW, ST4.2*13	10
80	402-00196	ALLEN BOLT M8*25, ENVISION	2	164	402-00077	ALLEN BOLT, M2.5*6	2
81	402-00195	ALLEN BOLT, M8*30, ENVISION	2	165	402-00078	WASHER, 2.5	2
82	402-00105	ALLEN BOLT M10*15	4	166	402-00079	SPRING WASHER, 2.5	2
83	402-00106	CHAMFER BOLT M6*25	8	167	413-00123	CABLE HARNESS, DC POWER, TV	1
84	402-00018	PHILLIP SCREW M6*12	7	168	402-00136	PHILLIPS SCREW, M4*12	2



## CONSOLE



## WIRE HARNESS



# Warranty Information



## **Residential and Personal Use Limited Warranty**

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

**Frame: Lifetime   Drive Motor: Lifetime   Parts: 2 yrs   TV and Speakers: 1 yr   Labor: 1 Yr   Missing/Cosmetic Parts: 30 Days**

### **Limited Warranty**

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Keys Fitness Products, L.P. under the Ironman Fitness ("Ironman") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Ironman. Ironman warrants that the Product purchased from Ironman or from an authorized Ironman Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Ironman in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Ironman.

This warranty excludes *expendable parts* if the primary cause for a warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and may include (but not be limited to) hand grips, skid pads, walking belts, walking decks, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Ironman.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Ironman any time a warranty parts or service claim is made or if no warranty record exists for the product.

### **Exclusive Remedies**

During the warranty period listed above, Ironman will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Ironman may replace the parts (with new parts or at the option of Ironman, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the *\*\*lifetime* (as defined) of the Product. In conforming to this warranty, Ironman (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Ironman may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Ironman can furnish contact information for local (to your area) Ironman authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Ironman is not responsible for any service repair costs accrued through the use of authorized Ironman service providers dispatched at your request or out of the limited warranty period (without written consent from Ironman), and beyond the limitations outlined on this warranty.

### **Replacements and Returns**

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Ironman technical service and support staff), Ironman, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit.

Ironman, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Ironman. Note that a non-defective Product may not be eligible for return or replacement after 30 days from date of purchase. If opting to return a non-defective product to Ironman, as the manufacturer, within 30 days from date of purchase (in its original packaging and with its original proof of purchase), the "customer" shall be subject to a 15% restocking fee and pre-paid freight charges accrued as a result of the return, unless otherwise determined by Ironman.

### **Conditions and Restrictions**

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Ironman or from an authorized Ironman reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Ironman in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities with total Product use time not exceeding 5 hours daily, to include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Ironman in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Ironman listed, maximum weight limit); (b) use of parts not manufactured or sold by Ironman; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) *\*\*\*failure to perform* (or performing improper) maintenance; (g) service by anyone other than Ironman, or an authorized Ironman warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

**\*Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

**\*\*Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

**\*\*\*** Includes proper lubrication of the running deck and walk belt area, as indicated in the owner's manual.

### **Disclaimer and Release**

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