

IRONMAN®

LEGACY

Owner's Manual

Ironman LEGACY Treadmill

Service

(800) 750-4766

Assembly

(888) 559-8810

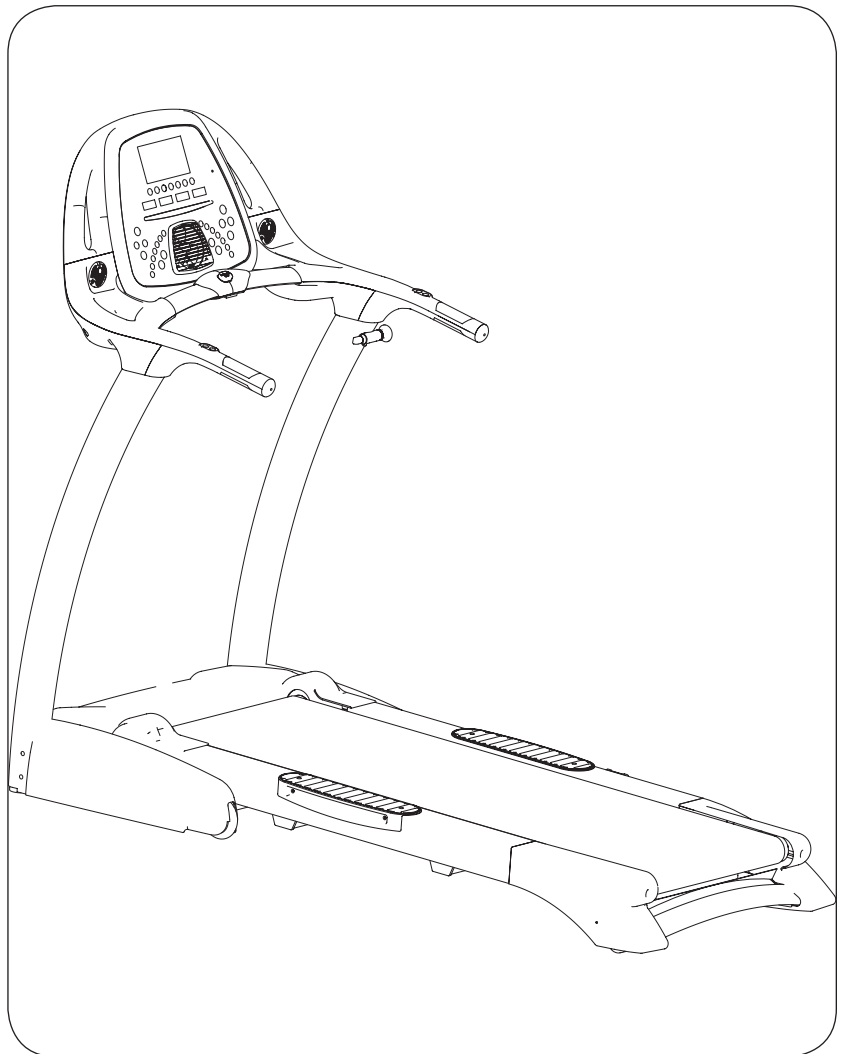
Ironman Fitness Products

4009 Distribution Drive

Suite 250

Garland, TX 75041

www.ironmanfitness.com



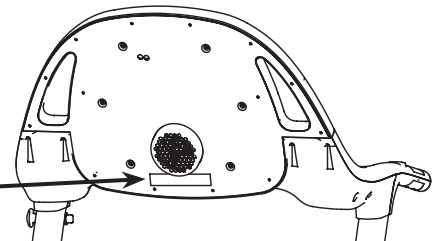
CAUTION! Read all precautions and instructions in this manual before using this equipment.

Model Name : LEGACY

Serial Number :

Write down for future reference

Serial Number Decal Location



**415-00051
10/06 Rev B**

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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 LEGACY 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.

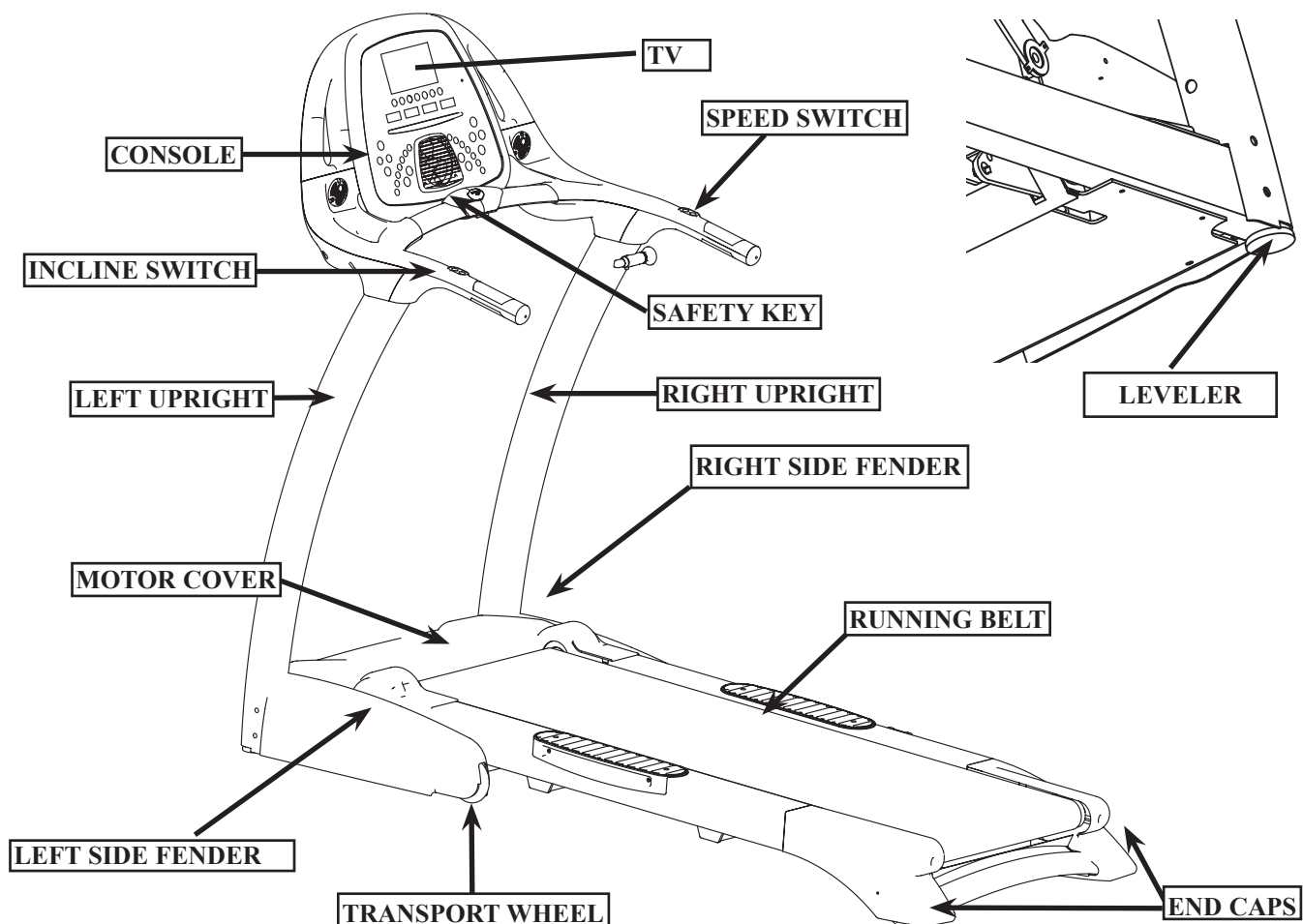
Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.

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



The **Ironman LEGACY Treadmill** will require assembly before operating. After opening the box, remove any packing material from the treadmill.

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

Place the base on a clean, level surface. Make sure the electrical cord will easily reach an electrical outlet.

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

Locate the hardware pack and identify the following parts required for assembly.

Tools:

1. Allen Wrench- 3/16"
2. Allen Wrench- 7/32"
3. Philip Screwdriver

Main Components:

1. Owner's Manual
2. Console Assembly
3. Left and Right Uprights
4. Left and Right Fender
5. Left and Right Bottom Handle Cover
6. Handle End Caps
7. Deck Assembly
8. Chest Strap

Hardware:

1. Washer 9*16*1.6 mm (Qty 10)
2. Spring Washer 8 mm (Qty 10)
3. Allen Bolt 5/16"-18 x 70 (Qty 2)
4. Allen Bolt 5/16"-18 x 15 (Qty 6)
5. Shoulder Allen Bolt 5/16"-18 x 45 (Qty 2)
6. Phillips Screw ST4.2*16 (Qty 6)
7. Phillips Flathead Screw ST4.2*16 (Qty 4)

Wire Connections:

1. Console Harness
2. EKG Harness
3. Incline Harness
4. Speed Harness

Assembly

Assembly requires the included Allen wrench and Phillips screwdriver.

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

1. Leave the unit on the original packing material to assemble all parts.

2. Connect the console harness together. One side of harness is located near the motor cover on the bottom left side. The other end is located inside the Left Upright assembly. See Figure 1 and 2. Pull the wiring harness from top of upright tube making sure harness connectors are pulled into large hole at bottom of upright.

3. Install the Left and Right Uprights to the treadmill base frame by inserting the upright connecting bracket into base frame as seen in Figure 1, using Allen Bolt 5/16"-18 x 70 (Qty. 2), Spring Washer 8 mm (Qty. 4), and Washer 9*16*1.6 mm (Qty. 4).

Next, install the Allen Bolt 5/16"-18 x 15 (Qty. 6), Spring Washer 8 mm (Qty. 6), and Washer 9*16*1.6 mm (Qty. 6). Refer to Figure 3.

Note: Do not tighten hardware in step 4 until step 7 is completed. Ensure that the Allen Bolt 5/16"-18 x 70 is placed in the upper hole on the upright and the Allen Bolt 5/16"-18 x 15 is placed on the lower whole of the upright.

Caution:

Make sure harness is installed inside the upright and pay attention not to pinch the wire harness.

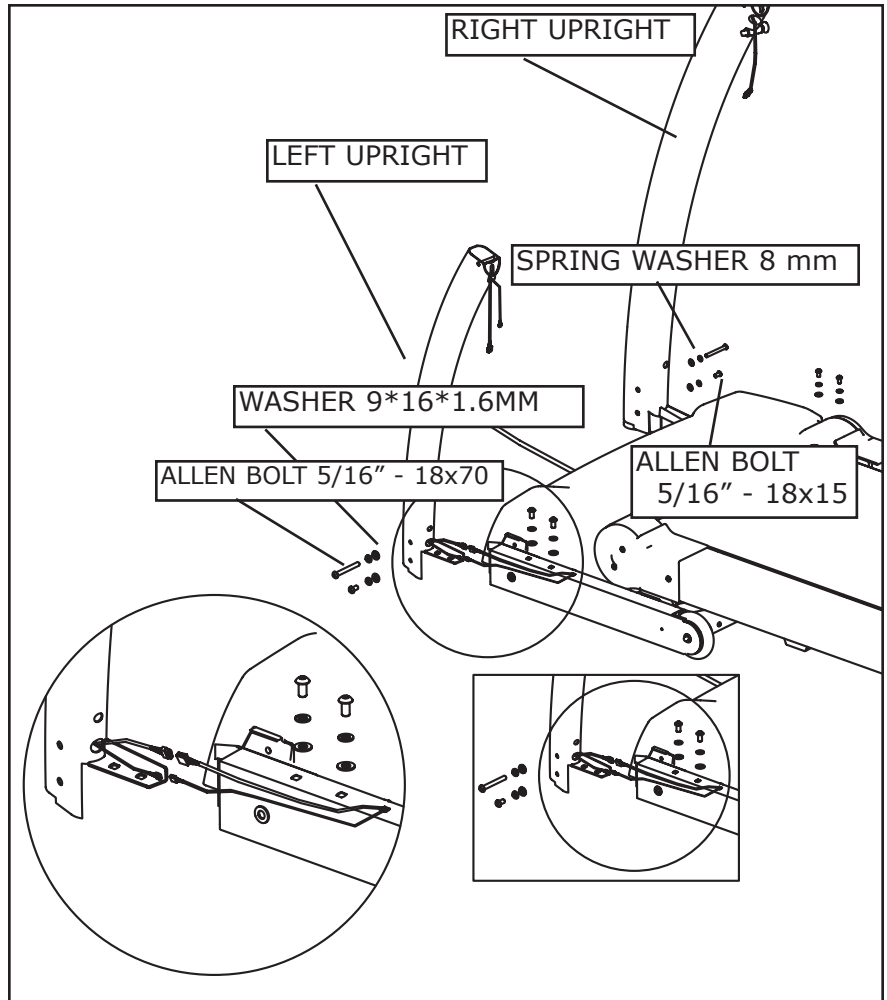


Figure 1: Console Harness Location

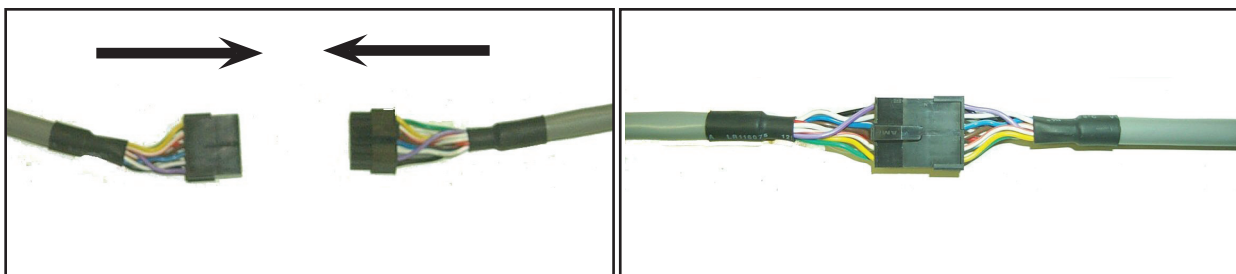


Figure 2: Console Harness Connection

Assembly

4. Connect the Console Harness together as shown in Figure 4a. **Note:** The upright console harness wire should be inserted through grommet in left upright before connecting to harness from console assembly.

5. Connect the Coax cable from the Right Upright to Coax cable from the Console as shown in Figure 4b. **Note:** Make sure to hand tighten coax connector only. Do Not overtighten.

6. Connect the Console to the Left and Right Uprights by sliding the Console connecting brackets into the end of the Left and Right Uprights as shown in Figure 4. Tighten into place using 5/16"-18x45 Shoulder Allen Bolt (Qty. 2), Spring Washer 8 mm (Qty. 2), and Washer 9*16*1.6 mm (Qty. 2).

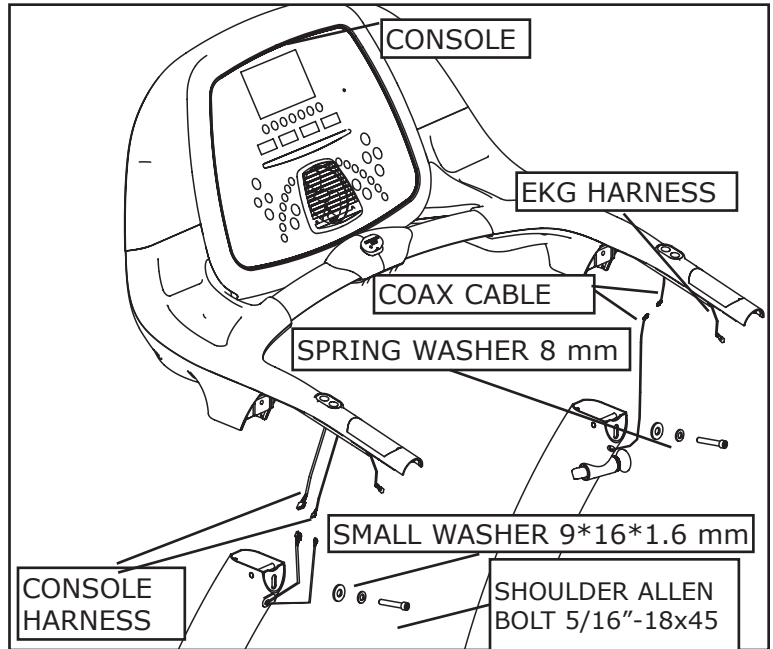


Figure 4: Console Installation

IMPORTANT, PLEASE NOTE:

While connecting the Console to the Left and Right Uprights pay attention not to pinch the wire harness.

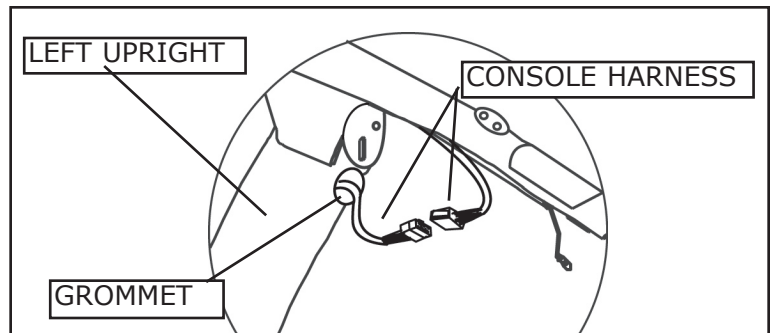


Figure 4a: Console Installation

IMPORTANT, PLEASE NOTE:

While connecting the Console to the Left and Right Uprights pay attention not to pinch the wire harness. Do not overtighten connector.

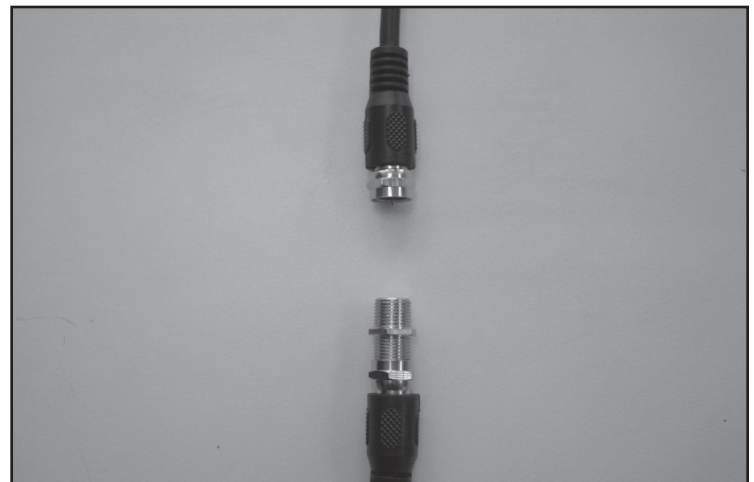


Figure 4b: Coax Connection

7. Position the Left and Right Bottom Handle Covers to underside of handle assembly, then connect the EKG Harness Wires to the Left and Right Bottom Handle Pulse Plates as shown in Figure 5. Tighten into place using Philip Screw ST4.2X16 (Qty. 2) and Philip Flathead Screw 4.2*16 (Qty 4). Next, install the End Caps to the handle assembly.

IMPORTANT, PLEASE NOTE:

Tighten all hardware installed in Step 1 through Step 7.

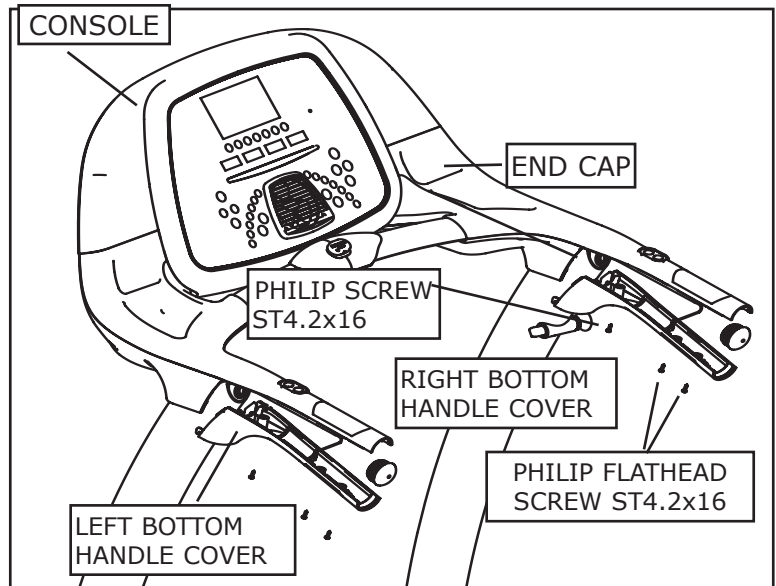


Figure 5: Left and Right Bottom Handle Cover Installation

8. Fold the treadmill into the storage position and lock into place as shown in Figure 6.

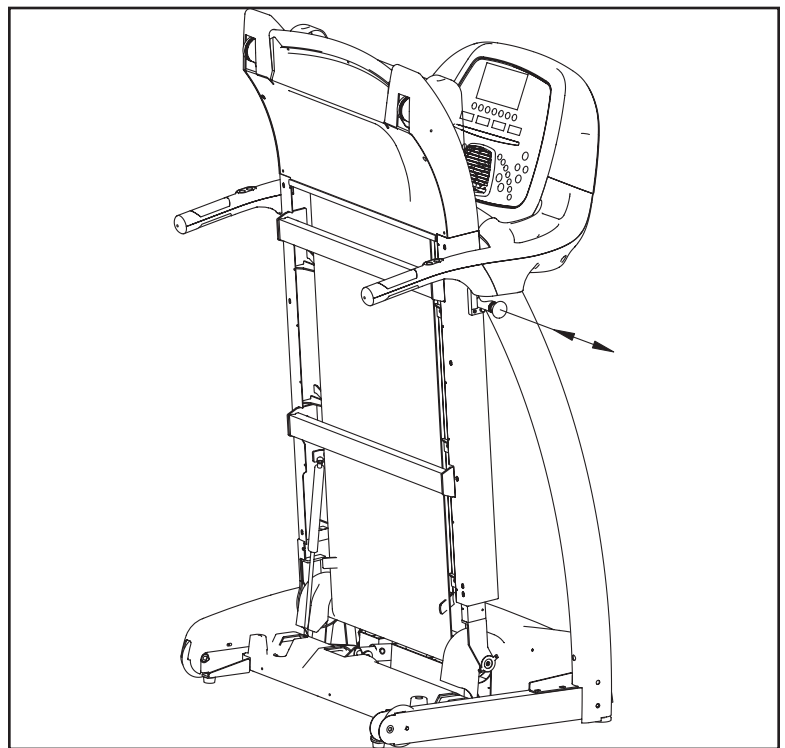


Figure 6: Storage Position Locking Method

Assembly

9. If Safety Latch Assembly will not secure correctly, turn the four Screws counter-clockwise a half turn.

NOTE: DO NOT REMOVE SCREWS FROM LATCH HOUSING.

Next, slide the Safety Latch Housing up or down to align the Safety Latch with center of hole located on the left handle-bar. Tighten the four Screws to secure the assembly in place.

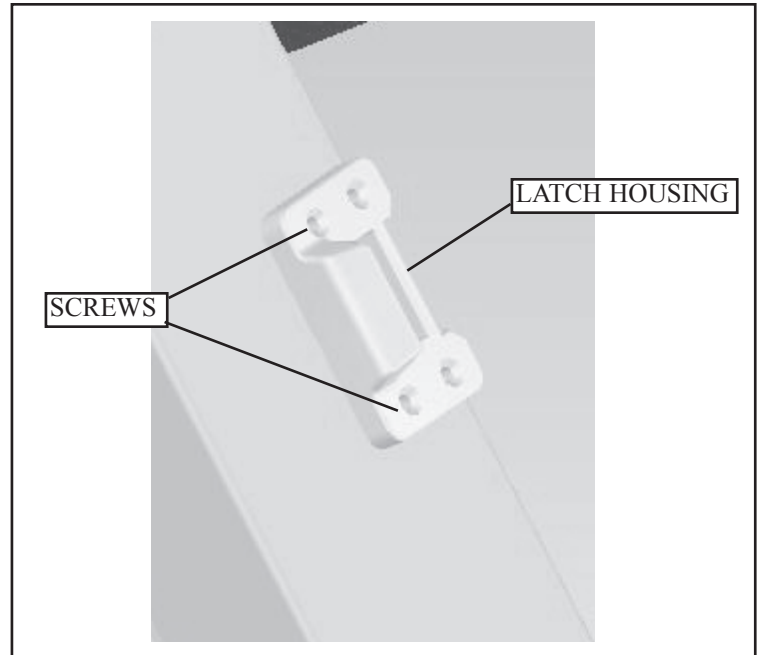


Figure 7: Safety Latch Adjustment

10. Install the Left and Right Fenders to Base using Philip Screw ST4.2X16 as shown in Figure 8.

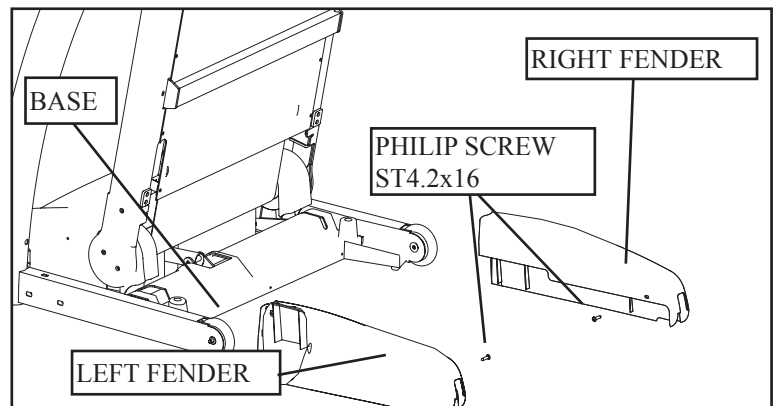


Figure 8: Left and Right Fender Installation

11. Assembly is complete. Move Treadmill to permanent location. See Moving Instructions. Before operating the treadmill, adjust Levelers so that Base of treadmill does not wobble. See Figure 9.

Note: Leveler is found underneath treadmill.

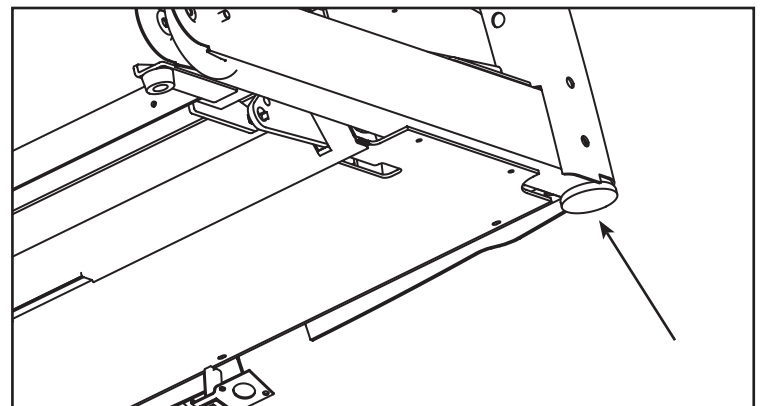


Figure 9: Adjust Levelers

Congratulations!

You have completed the assembly of your new Ironman LEGACY Treadmill!

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.

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

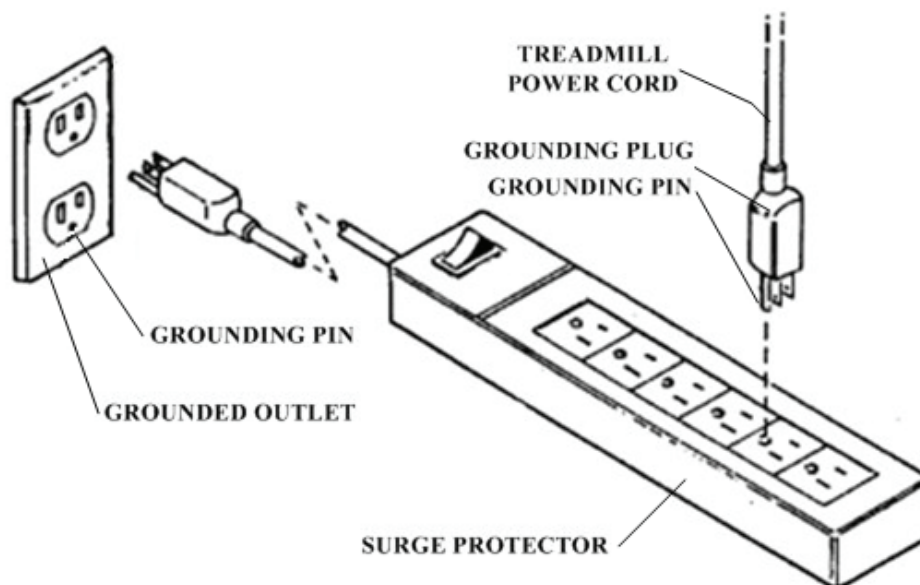
Improper connection of the equipment grounding connector can result in a risk of an electric shock. Check with a qualified electrician or service man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If plug will not fit the outlet,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



Console Panel Functions

There are four display windows on the control panel to provide feedback information.

TIME:

TIME: Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds)

CALORIES / DISTANCE WINDOW:

CALORIES: Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time.

DISTANCE: Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0

INCLINE / PULSE WINDOW:

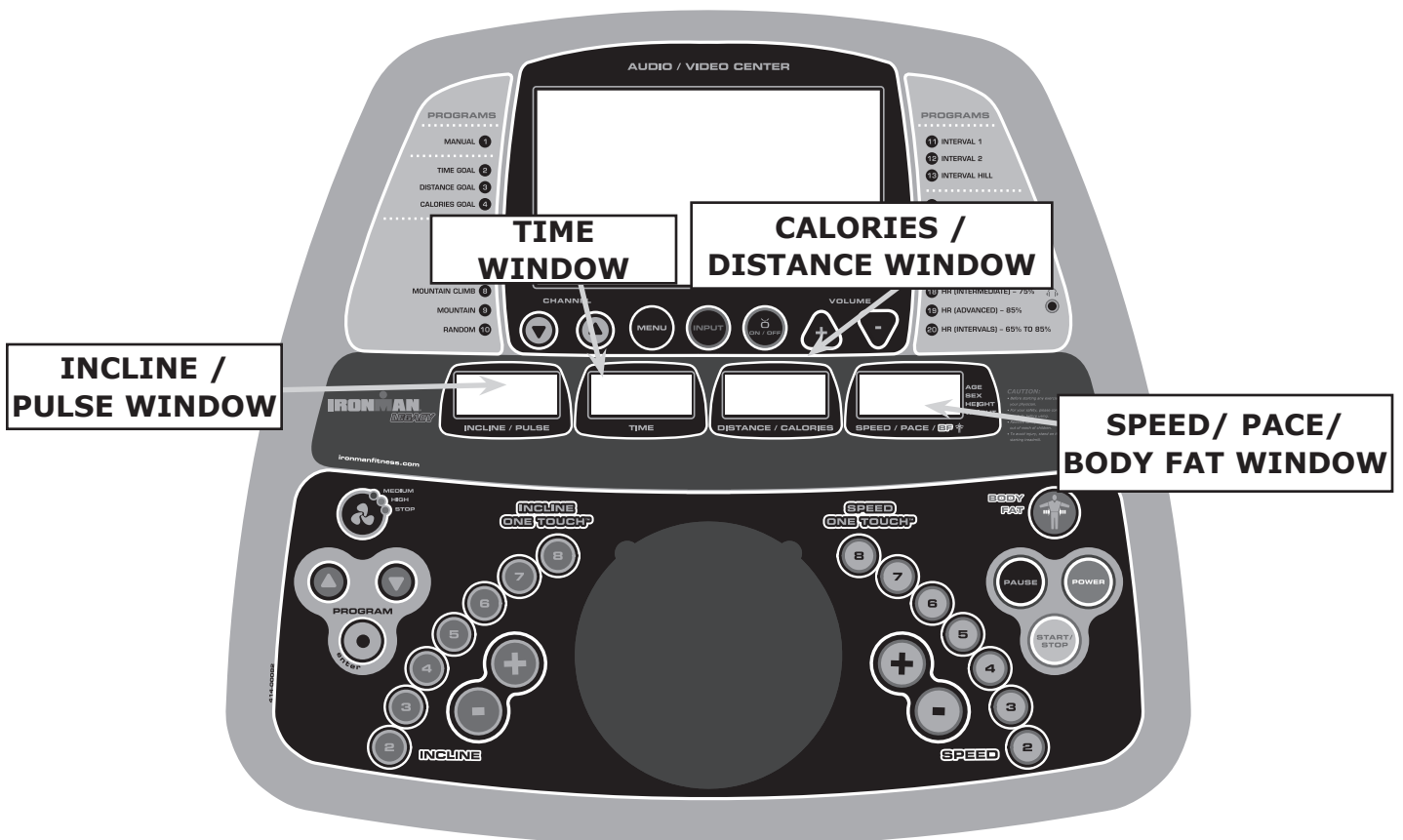
INCLINE: Indicates incline in percent of grade 0-10% in 0.5 increments.

SPEED/ PACE/ BODY FAT WINDOW:

SPEED: Indicates MPH (miles per hour) or KPH (kilometer per hour) in .1 increments.

PACE: Indicates estimated amount of time needed to complete 1 Mile based on current speed. Will be displayed in the TIME Window while the SPEED/PACE/BODY FAT Window displayed "PACE".

BODY FAT: Indicates Body Fat Calculation.



Program Operation

QUICK START / MANUAL MODE (P1)

1. Plug into a surge protector outlet. Attach the **Safety Key** to the treadmill console.
2. Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.
3. Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered.
4. Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or - (decrease) button.
5. To end your workout, press START/STOP button. Belt will gradually slow to zero.
6. To pause your workout, press PAUSE.
7. To re-start after pausing: Press the PAUSE button. **WARNING: THE TREADMILL BELT WILL RESUME AT THE SPEED THE TREADMILL WAS MOVING BEFORE PAUSING.**



Program Operation

PROGRAM MODE

Plug treadmill into a surge protector outlet. Attach the Safety Key on to the treadmill console.

1. Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.
2. Press POWER button. There will be an eight (8) second delay before data can be entered.
3. There are four (4) pre-set, eleven (11) semi-custom pre-set and five (5) heart rate program on this unit. Refer to next page for a program overview that includes Speed and Incline setting for each program. Press the PROGRAM UP or DOWN button to select which program you wish to use. Press ENTER PROGRAM.
4. Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.

COOL DOWN

At the end of the program, the unit will enter a Cool Down program with a fixed time of 2 minutes. At this time, the TIME window will continue to show the entered Time. The Speed and Incline will go to 1/2 of their current settings. For example, If you are running at 5 MPH with an Incline of 4%, when the unit goes into Cool Down, Speed will decrease to 2.5MPH and the Incline will decrease to 2%. After the 2 minute Cool Down, the unit will self power down.

NOTE: If any button is pressed during the 2 minute Cool Down period, the unit will change to Manual Mode (see P1). At this time, full manual control of treadmill settings such as Speed and Incline are available to the User.

TIME GOAL (P2):

Program allows user to set desired TIME of workout. Once the desired TIME is accomplished the treadmill will enter Cool Down.

1. Press PROGRAM UP button or PROGRAM DOWN button until P2 is selected. Press ENTER. The TIME window will blink. Use the SPEED + or - arrows or toggles to select your workout time. Press ENTER.
2. The SPEED window will then blink. Use the SPEED + or - arrows or toggle to select the speed for your workout. Press ENTER.
3. The INCLINE window will then blink. Use the INCLINE + or - arrows or incline toggles to set your workout incline. Press ENTER.
4. To start, press the START/STOP button.

DISTANCE GOAL (P3):

Program will allow user to set desired DISTANCE for workout. Distance will count up to desired Distance. Once the desired DISTANCE is accomplished the treadmill will enter Cool Down.

1. Press PROGRAM UP button or PROGRAM DOWN button until P3 is selected. Press ENTER. The DISTANCE/CALORIE window will blink. Use the SPEED + or - arrows or toggles to select your workout distance. Press ENTER.
2. The SPEED window will then blink. Use the SPEED + or - arrows or toggle to select the speed for your workout. Press ENTER.
3. The INCLINE window will then blink. Use the INCLINE + or - arrows or incline toggles to set your workout incline. Press ENTER.
4. To start, press the START/STOP button.

CALORIES GOAL (P4):

Program Operation

Program allows user to set desired CALORIES of workout. Once the desired CALORIES is accomplished the treadmill will enter Cool Down.

1. Press PROGRAM UP button or PROGRAM DOWN button until P4 is selected. Press ENTER. The DISTANCE/CALORIES window will blink. Use the SPEED + or – arrows or toggles to select your workout CALORIES. Press ENTER.
2. The SPEED window will then blink. Use the SPEED + or – arrows or toggle to select the speed for your workout. Press ENTER.
3. The INCLINE window will then blink. Use the INCLINE + or – arrows or incline toggles to set your workout incline. Press ENTER.
4. To start, press the START/STOP button.

5K RUN AND 10K RUN (P5 - P6)

Pre-set programs will allow user to workout for a preset DISTANCE of 5K (3.1 Miles) and 10K (6.2 Miles). Once the pre-set DISTANCE is reached the treadmill will enter Cool Down.

1. Press PROGRAM UP button or PROGRAM DOWN button until P5 or P6 is selected. Press ENTER. The SPEED window will blink. Use the SPEED + or – arrows or toggles to select your workout SPEED. Press ENTER.
2. The INCLINE window will then blink. Use the INCLINE + or – arrows or incline toggles to set your workout incline. Press ENTER.
3. To start, press the START/STOP button.

PROGRAMS (P7 - P13)

These are pre-set programs with predefined values.

1. Press PROGRAM UP or PROGRAM DOWN until desired program is selected.
2. The TIME window will blink. Use the SPEED + or - arrows or toggles to select your workout TIME. Press ENTER.
3. The SPEED window will then blink. Use the SPEED + or – arrows or toggle to select the speed for your workout. Press ENTER.
4. To start, press the START/STOP button.

Please refer to **pages 19-20** for Program Profiles.

CUSTOM PROGRAMS (P14, P15)

These are fully customizable programs that will record changes made to Speed and Incline as you run through the program. These changes made to Speed and Incline will be re-called in subsequent runnings of the program.

1. Press PROGRAM UP button or PROGRAM DOWN button until desired program is selected. Press ENTER. The TIME window will blink if the program is ready to be programmed, and be solid if the program has already been programmed. If the program has been programmed but you wish to re-program values, press the Pause key at this time and the Time window should begin flashing, indicating that the program is ready to be re-programmed.
2. When the Time window is flashing, use the SPEED + or – arrows or toggles to select your workout time. Press ENTER.
3. The SPEED window will then blink. Use the SPEED + or – arrows or toggle to select the initial speed for your workout. Press ENTER.
4. The INCLINE window will then blink. Use the INCLINE + or – arrows or incline toggles to set your initial workout incline. Press ENTER.

Program Operation



CUSTOM PROGRAMS (P14, P15) Continued

5. To start to program, press the START/STOP button.
6. As the program runs, changes made to Speed and Incline will be recorded every 15 seconds, and these changes will be recalled as they were made in the initial program in subsequent operation of the program.

NOTE: The use of Programs 16-20 requires the use of an OPTIONAL wireless chest strap transmitter. To order ask your retailer or call Ironman Fitness at (800)750-7466.

HEART RATE MODE P16

The Heart Rate Program P16 is designed to keep your heart at a desired amount of "beats per minute" by automatically adjusting the incline. For example, you have programmed in a desired heart rate of 125 BPM and your heart rate is only at 110 BPM. If you are wearing the Chest Strap Transmitter correctly, the incline will automatically increase to intensify the work load, causing your heart rate to slowly climb to 125 BPM. It is suggested that the Chest Strap Transmitter be positioned as close to your heart as possible, against the skin, 1-2 inches below the pectoral muscles. The heart shaped indicator in the Incline window will blink when the Chest Strap signal is reaching the console. The treadmill will attempt to maintain your target heart rate through adjustments to the incline for the remainder of your workout. In the same respect, if your heart rate is above your programmed amount of BPM's, the incline will automatically decrease to lower your heart rate. **NOTE: There is a window of 25 BPM's over or under your target heart rate. If your heart rate is within this window, the treadmill will not make any changes to the incline. Once your heart rate goes over the target by 25 BPM's or under the target by 25 BPM's the treadmill will continue to change the incline.** See section entitled "Monitoring Your Heart Rate" for additional information on TARGET HEART RATES.

1. Plug treadmill into a surge protector outlet. Attach the Red Safety Key on to the treadmill console.
2. Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.
3. Press POWER button. Place the Heart Rate Transmitter strap across your chest and connect ends. (Make sure your skin is moist and the strap is snug for accurate transmission). At this time, if the display is receiving a signal from the chest strap, the incline window will begin to settle on your current heart rate.
4. Press the PROGRAM UP button until the P16 is chosen. Press ENTER. The Time window will blink. Default will be set at 30 minutes. Use SPEED + or - arrows to select your workout time. Press ENTER. Minimum Time is 5 minutes, Maximum is 60 minutes.
5. The SPEED window will then blink. Use the SPEED + or - arrows to select the speed for your workout. Press ENTER.
6. The INCLINE/PULSE window will flash '125', which is the default program target heart rate. Use PROGRAM UP and PROGRAM DOWN buttons to select Target Heart Rate. The minimum is 60 and Maximum is 225 BPM. Press ENTER.
7. Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.
8. The incline window (if receiving your heart rate accurately) will show current BPM. (If the receiver is not receiving an accurate reading, the incline window will be flashing - - -, or will revert to showing current Incline level).

Program Instructions

9. The default setting for INCLINE is 3%.
10. To adjust the pre-set target heart rate press the UP or DOWN button.
DO NOT STOP TO START OVER. Continue exercising and your heart rate will naturally increase. The program will continually monitor your heart rate and periodically adjust the incline up or down to increase or decrease the resistance thereby keeping you at your target zone. At the conclusion of the programmed time the TIME window will flash selected time and the CALORIES/DISTANCE window will continue to accumulate values. The treadmill will continue operation until the START/STOP button or the PAUSE button is pressed. Press the POWER button to turn off the treadmill.
NOTE: If signal is interrupted, the unit will hold the last recorded BPM for 5 seconds. After those 5 seconds, --- will displayed in the INCLINE window for an additional 5 seconds. After a total of 10 seconds have elapsed with no signal, the INCLINE window will begin to show the incline only, while still continually searching for a signal.

Use the following instructions to operate Programs P17 - P20:

1. Press the PROGRAM UP button until the selected program is chosen. Press ENTER. The Time window will blink. Default will be set at 30 minutes. Use SPEED + or - arrows or toggles to select your workout time. Press ENTER. Minimum Time is 5 minutes, Maximum is 60 minutes.
2. The SPEED window will then blink. Use the SPEED + or - arrows or toggles to select the AGE. Press ENTER. The default for the AGE will be 35. The unit will remember the last Age entered. To reset to factory standard, press pause while TIME window is flashing will flash, indicating reprogramming is allowed.
3. The speed will default at 3 MPH and the Incline will default 3% These figures may be changed during operation.
4. DO NOT STOP TO START OVER. Continue exercising and your heart rate will naturally increase. The program will continually monitor your heart rate and periodically adjust the incline up or down to increase or decrease the resistance thereby keeping you at your target zone. At the conclusion of the programmed time the TIME window will flash selected time and the CALORIES/DISTANCE window will continue to accumulate values. The treadmill will continue operation until the START/STOP button or the PAUSE button is pressed. Press the POWER button to turn off the treadmill.

% Target Heart Rate (P17 - P19):

These programs allow the user to select the percentage of your Maximum Heart Rate (See section titled MONITORING YOUR HEART RATE for more information) that you would like to maintain during your exercise session. P17 is 65% of maximum. P18 is 75% of maximum. P19 is 85% of maximum. For example P17 maintains your Target Heart Rate at 65% of Max HR by automatically adjusting the incline levels. This will occur in Programs 18 and 19 at increasing percentage levels of maximum heart rate. These programs provide a high intensity, cardiovascular workout.

INTERVAL HR (P20):

This program alternates between 65% of maximum and 85% of maximum of your Max HR. This program provides an excellent fat burn and cardiovascular workout. The INCLINE Window will blink the appropriate percentage for 5 seconds when the percentage is changing. 65% of maximum will be held for 3 minutes and will increase to 85% of maximum, and will be held for 2 minutes.

BODY FAT

This program is designed to calculate body fat ratio. This program is only available when treadmill is in idle mode (powered up, but before belt movement is initiated).

1. Press BODY FAT on console. Treadmill must be in idle mode.
2. GENDER will scroll across center display. Enter GENDER using the PROGRAM UP and DOWN buttons. Press ENTER. The display is limited in the way it can display the Male and Female. See pictures below.
3. AGE will scroll across center display. Enter AGE using PROGRAM UP and DOWN buttons. Press ENTER.
4. HEIGHT will scroll across center display. Enter HEIGHT using PROGRAM UP and DOWN buttons. Press ENTER.
5. WEIGHT will scroll across center display. Enter WEIGHT using PROGRAM UP and DOWN buttons. Press ENTER.
6. WAIT will scroll across center display.
7. At this time, User should firmly grasp the Pulse Handgrips. The BODY FAT analysis will take approximately 10 seconds.

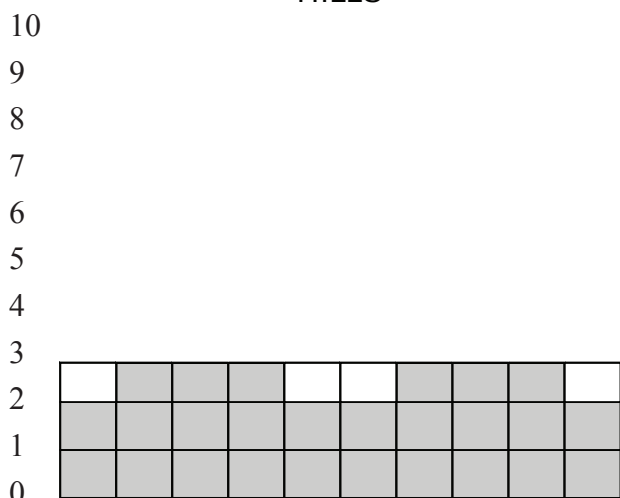
The calculated BODY FAT % will be displayed in the center display. If the body fat analysis fails "----" will be displayed in the center display.

Note: Ironman Body Fat readings should be used to monitor individual body composition. These readings should be used as a guide only. Ironman Fitness recommends that you consult your physician for additional Body Fat testing and information.

Never use the Body Fat function while using the following devices: Medical electronic implants such as a pacemaker, Electronic life support systems, or portable electronic medical devices such as an electrocardiograph.

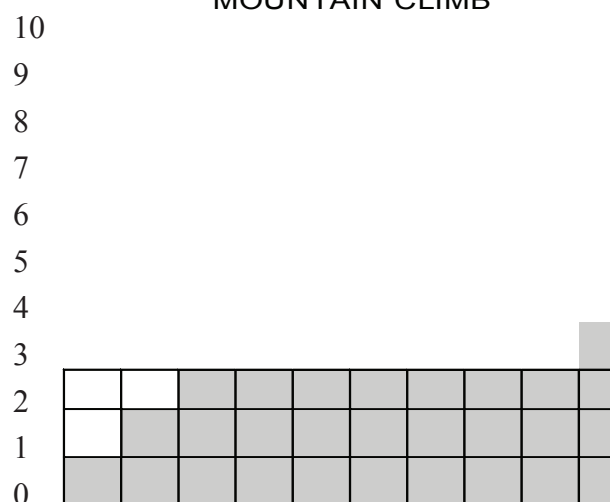
Program Profiles

HILLS



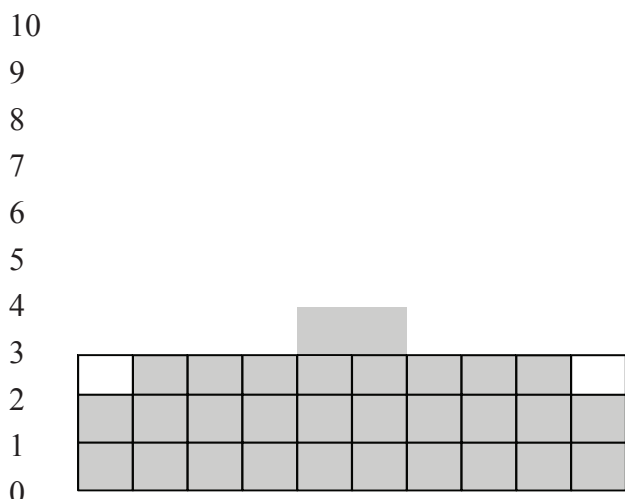
P7 - Each time segment will last 1 minute, and will either increase or decrease the incline. This program will repeat this cycle until programmed time is accomplished.

MOUNTAIN CLIMB



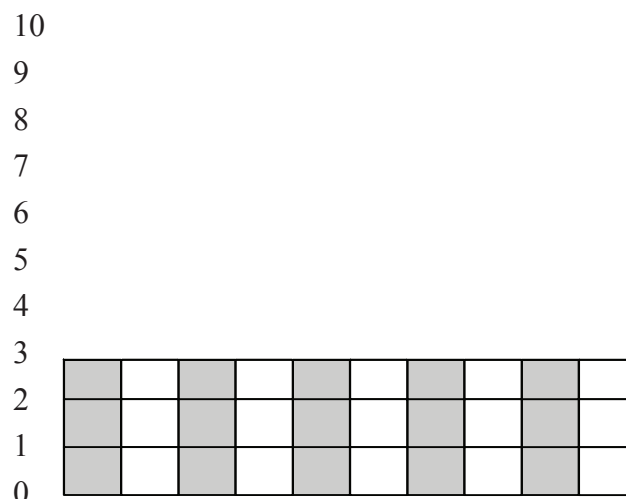
P8 - Each time segment will last 1 minute, and will increase incline. This program will repeat this cycle until programmed time is accomplished.

MOUNTAIN



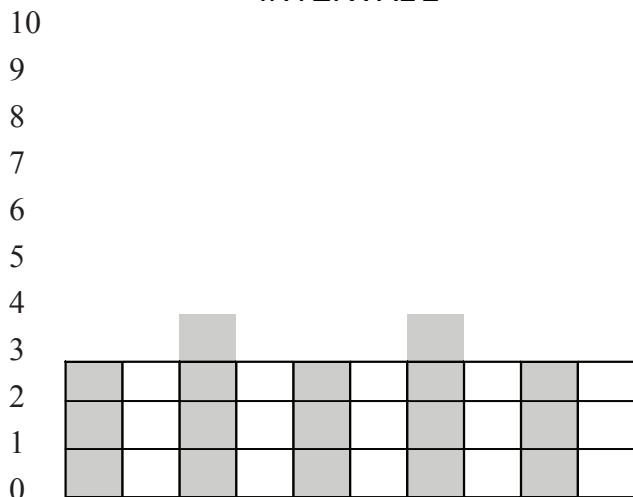
P9 - Each time segment will last 1 minute, and will increase or decrease incline. This program will repeat this cycle until programmed time is accomplished.

INTERVAL 1



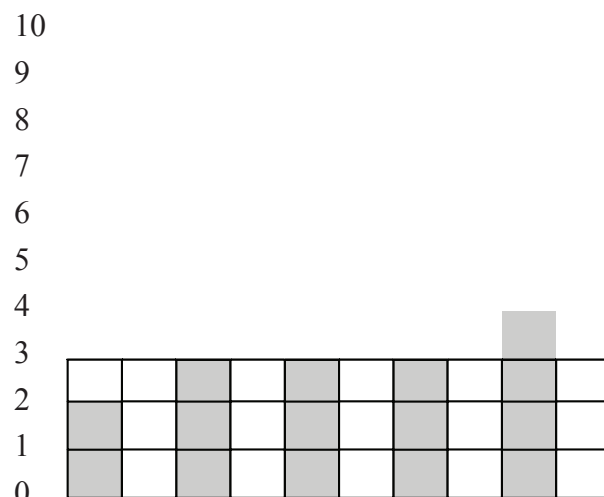
P11 - Each time segment will last 1 minute, and will increase or decrease incline. This will alternate between 5% and 0% Incline. This program will repeat this cycle until programmed time is accomplished.

INTERVAL 2



P12 - Each time segment will last 1 minute, and will increase or decrease incline. This program will alternate between 8%, 0%, and 10%. This program will repeat this cycle until programmed time is accomplished.

ESCALATING INTERVAL



P13 - Each time segment will last 1 minute, and will increase or decrease incline. This program will alternate between 2%, 0%, 4%, 6%, 8%, and 10%. This program will repeat this cycle until programmed time is accomplished.

TV Operation: Warnings



The Legacy comes with a built in 7 in LCD Color TV. Please review the following before continuing to use the TV:

- 1. WARNING:** Before plugging in your headphones, make sure to lower the VOLUME setting to 0. Once plugged in, increase your headphone VOLUME slowly with the VOLUME buttons on the console until the desired VOLUME is achieved. Headphone VOLUME will vary depending on brand and/or style.
- 2.** Channel lineup and reception is based on Cable/Satellite provider. Not all channels available without receiver.
- 3.** Full color animation may playback at lower resolution rates, causing improper playback to occur.
- 4.** Static conditions may occur when using the TV at high speed.

TV Operation

The 7" LCD TV offers several functions and features that may be used with a DVD, cable receiver, satellite receiver, or UHF/VHF Antenna.

BUTTON FUNCTIONS:

POWER:

Turns the TV on and off. **Note:** Treadmill does not have to be active in order for TV to operate.

INPUT:

Changes between TV and Video.

MENU:

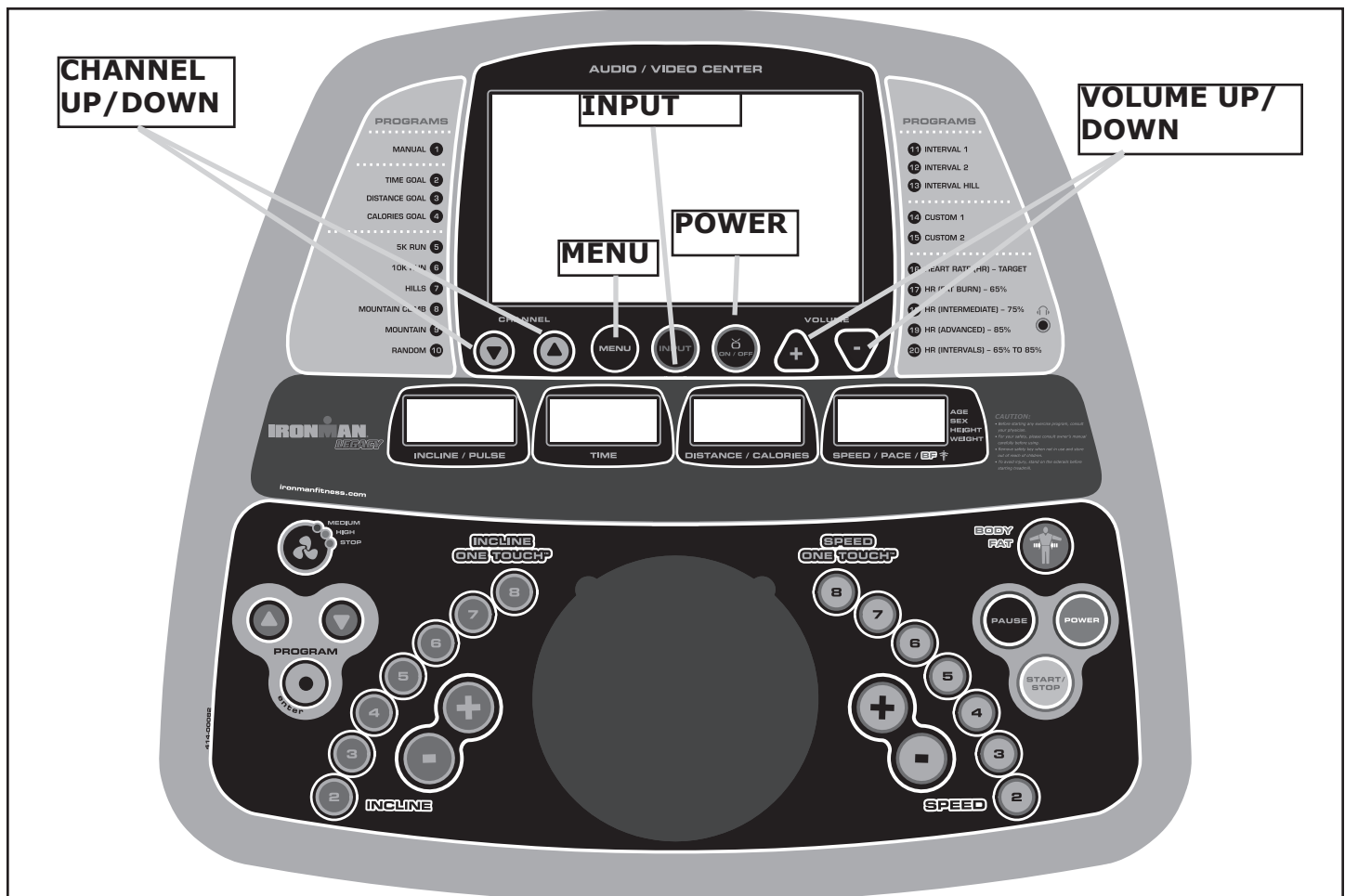
Press to enter or exit TV menu.

VOLUME +/-:

Increases and decreases VOLUME, in main menu, used to select options.

CHANNEL +/-:

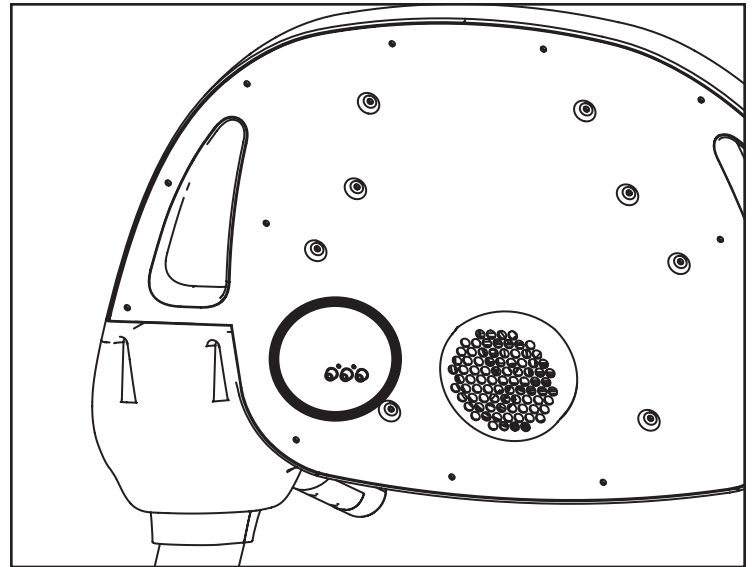
Increase and decrease Channel, when in menu, used to select options.



TV Operation: Connections

Connecting a DVD Player:

Locate RCA jacks on the back of the console of the Legacy. Connect composite cable from console to dvd player. Connect yellow to yellow, red to red, and white to white. Turn TV on and press the input button. Turn the DVD player on. You are now ready to watch a dvd.



Connecting a Cable/Satellite Signal With Receiver:

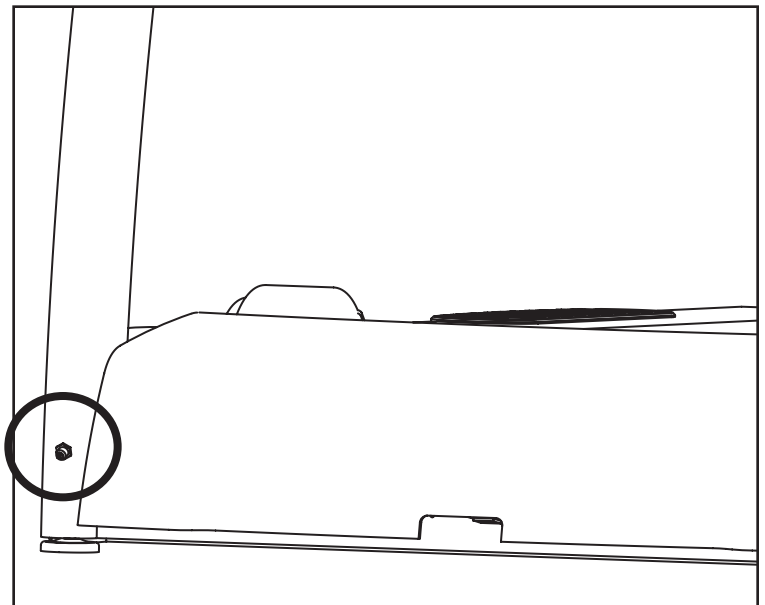
Locate coax input on the bottom of the right upright of treadmill. Connect coax cable to receiver output. Turn TV on and change channel to 3 or 4, depending on model of receiver. Use receiver to change to desired Channel.

Cable Without Receiver:

Locate coax input on the bottom of the right upright of treadmill. Connect coax cable to outlet. Turn TV on. Press Menu and use channel button to go to tuning. Press VOLUME - until TUNE is highlighted. Press Channel- to select. Press VOLUME - to highlight AUTO, press Channel - to select. The TV will now locate all available channels.

UHF/VHF Antenna:

Locate coax input on the bottom of the right upright of treadmill. Connect UHF/VHF antenna. Turn TV on. Press Menu and use channel button to go to tuning. Press VOLUME - until TUNE is highlighted. Press Channel- to select. Press VOLUME - to highlight AUTO, press Channel - to select. The TV will now locate all available channels.



TV Operation: Menus

There are several menus that may be utilized to maximize the experience of your Legacy Treadmill.

- 1** Please press the "MENU" on the panel to enter main menu then the correspondent and press "CH+" or "CH-" to select function, then press "VOL-" to select option to be adjusted, finally press "VOL+" or "VOL-" to set parameter. To exit press "MENU". The Menu will exit automatically when no button has been pushed in one minute.
- 2.** Picture one is Picture menu in which Video system, Contrast, Brightness, Color, Sharpness can be adjusted accordingly.
- 3** Picture two is Function menu, in which system functions can be set. SOURCE has the options of TV input, AV input. LANGUAGE has the options of English and Chinese. SCALER has the options of 16:9 and 4:3.
- 4.** Picture three is TUNING menu, in which there are functions of CH. Skip, CH. SWAP, Sound-system, Area & Tune.

Search programs: Entering the menu, then press "CH+" or "CH-" to select "Auto" option, afterwards press "VOL+" this unit will begin to search automatically from the first channels and store the available program channels, which will take several minutes. After searching, the first program channel will be displayed automatically. Meanwhile, 0 channel could be stored any program by "Manual".

*The "CH.SWAP" could change two program channels CH.SKIP.

*If any program signal is too weak to display, could be selected, then use "VOL+" or "VOL-" to set it as skip. Next time when pressing "CH+" or "CH-" to select programs, the TV will be in the skip mode.

*If there is no color or sound due to weak signal, the "FINE" could be selected to adjust the channel.



MENU 1

To Access:
Turn TV on, Press Menu Button

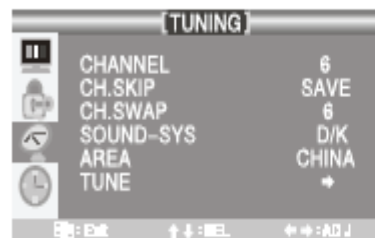


MENU 2



MENU 2 ACCESSORY

To Access:
Menu 2: Press Menu, Channel Down to Lock w/key.
Menu 2 Sub Menu: From Lock w/key, press Volume Button Up, Select Accessory by using Channel Button Down. Press Volume Down to select.



MENU 3



MENU 3 TUNING

To Access:
Menu 3: Press Menu, Channel Down to Satellite.
Menu 3 Sub Menu: From Satellite, press Volume Up, press Channel Button Down to Tune, then Volume Up.

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

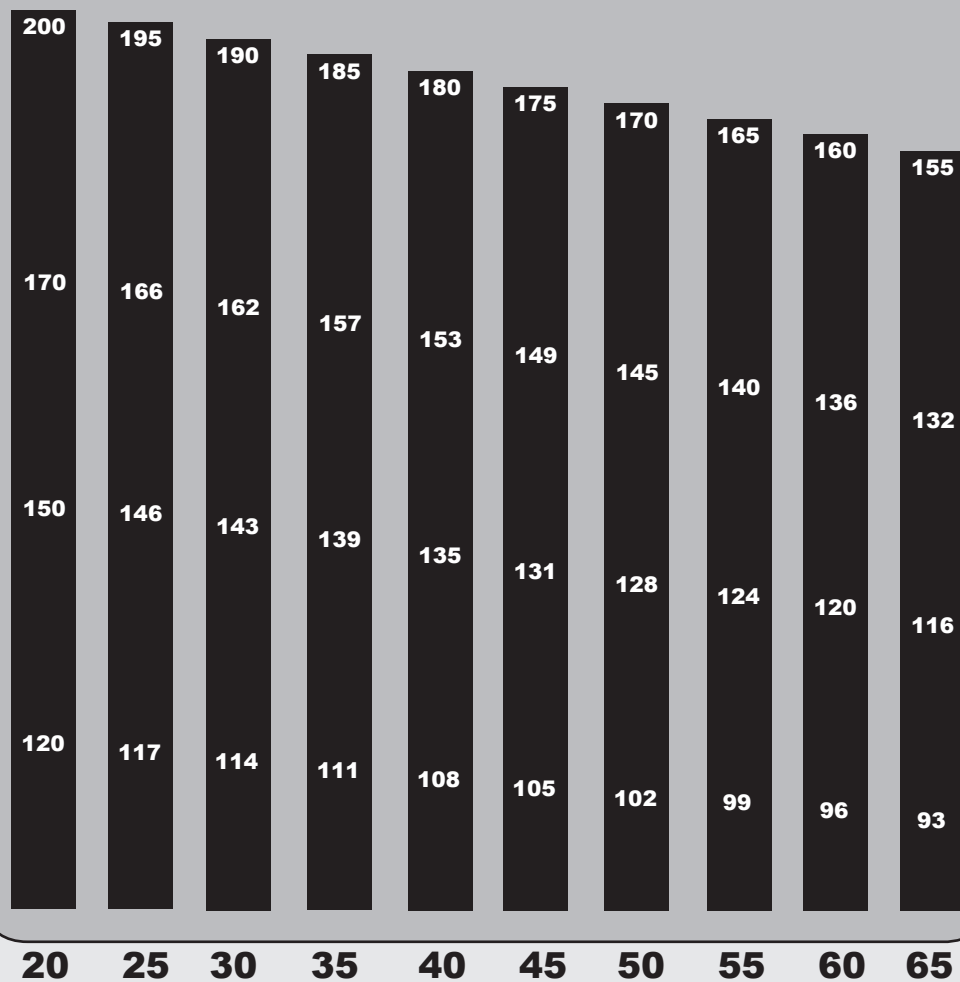
85%

Cardiovascular conditioning range

75%

Fat burning range

60%



AGE

Workout Information

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 you speeded and/or elevated 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

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 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.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

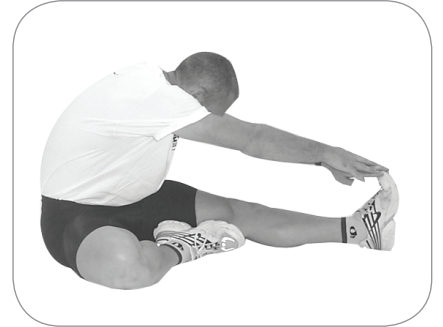
TOE TOUCH STRETCH

Stand, bending your knees 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. This will stretch your hamstrings, back of knees, and back.



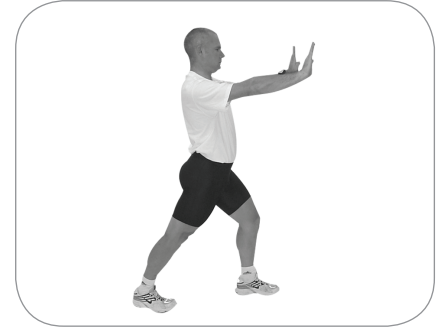
HAMSTRING STRETCH

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. This will stretch your hamstrings, lower back, and groin.



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. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



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. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (Image not Shown)

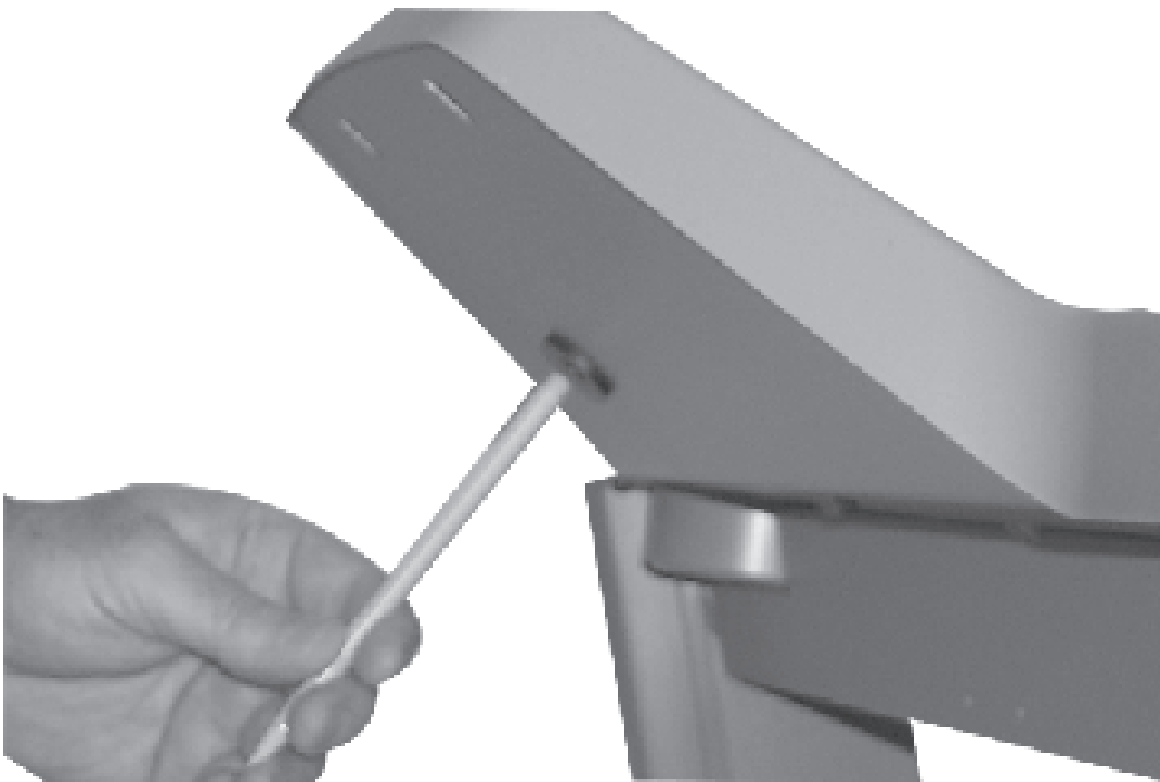
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Change to MPH or KPH

Your treadmill will operate in British Units (miles per hour) or International Units (kilometers per hour). All treadmills are calibrated at the factory for British Units (miles per hour). To change the display to read in kilometers, follow the steps described here:

- 1) Turn power OFF on the console. (Do not unplug treadmill.) Attach the magnet safety key to the console.
- 2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the console (see diagram below).
- 3) Depress the calibration mode switch ONCE. CL11 should appear in the TIME window.
- 4) Pressing the SPEED +/- button will activate your choice.
- 5) To accept the setting, press the POWER button.

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



Calibration Sequence

Do not attempt to calibrate the treadmill unless an Error Code is present. See Error Messages (page 35).

Our treadmill is equipped with a software package that will perform a calibration sequence unique to your specific model number.

Please perform the following steps to calibrate the **Ironman LEGACY Treadmill**.

1. Unplug power cord from outlet strip.
2. Attach Safety Key to console.
3. Plug power cord into outlet strip.
4. Initiate calibration sequence. Locate the hole on the back of the console and insert the eraser end of a pencil through the hole and press the calibration switch **twice**. As show on **page 31**.
5. **CL21** should appear in the Time window, if not, continue to press the calibration switch until CL21 appears.
Note: During the calibration sequence, the Time window will display which step you are at in the process (C21, C22, C23 and so on). The CAL/DIST window will display which key should be pressed next. For example, "E" for Enter, "P" for Power, or "SS" for Start / Stop.
6. **CL21:** MPH or KPH will be flashing in the Speed window, pressing the Speed +/- button will toggle options. Choose **MPH** (KPH), press Enter.
7. **CL22:** 8, 10, or 12 (13, 16, or 20 in KPH mode) will be displayed in the Speed window, pressing the Speed +/- button will toggle options. Choose **10** (or 16 for KPH mode), press Enter.
8. **CL23:** FFF, UUU, or HHH will be displayed in the Speed window, pressing the Speed +/- button will toggle options. Choose **UUU**, press Enter.
9. **CL24:** 111 or 222 will be displayed in the Speed window, pressing the Speed +/- button will toggle options. Choose **222**, press Enter.
10. **CL25:** "----" will be displayed in the Speed window, press Enter.
11. **CL26:** OPA or OPI will be displayed in the Speed window, pressing the Speed +/- button will toggle options. Choose **OPA**, press Enter.
12. **CL27:** Blank (nothing), "a", "b", "c", "d" or "e" will be displayed in the Incline window, pressing the Speed +/- button will toggle options. Choose **"E"**, press Enter.
13. CAL/DIST window will display **"55"**. Press Start / Stop. **"E"** will display in CAL/DIST window.
14. At this time, make sure you are not standing on the walking belt, as the machine will automatically initiate belt movement and run through a complete calibration and diagnostic routine. Press **Enter**. Belt will begin to move. Unit will begin self-calibration.
15. When Speed and Incline calibration has finished, press Power button **twice**, display should be blank, and treadmill should be ready for use.

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 if problem persists.

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.

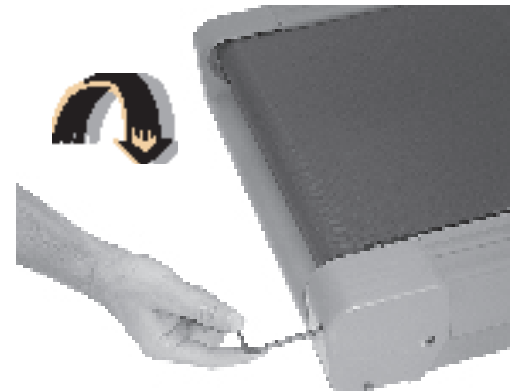


Diagram 2

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. Keys 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.



Error Messages

Treadmill Error Messages.

Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem. The following error codes will be displayed in the console display windows.

Safety Interlock Error Messages

SI 1 - Safety key missing, replace and try again.

SI 2 - Over voltage protection trip. Notify Ironman Fitness Customer Service.

Other Error Messages

E11 - Lack of speed feedback data from belt motor. Attempt calibration. See Calibration Sequence section on **page 32** of this Owners Manual for detailed information.

E22 - Under Speed condition detected from the belt motor. Attempt calibration. See Calibration Sequence section for detailed information.

E33 - Over Speed condition detected from the belt motor. Attempt calibration. See Calibration Sequence section for detailed information.

E44 - Stuck key detected at power up, Notify Ironman Fitness Customer Service.

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.

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 11**.)
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 33**.
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, or see "Error Messages" on page 35 of this Owner's Manual.

Parts List



Legacy Treadmill Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	423-00055	CROSS BAR, LEGACY	1	48	406-00047	FAN (CONSOLE)	1
2	406-00055	BASE BUMPER, 38*33*15	2	49	406-00042	LEFT SIDEBOARD COVER	1
3	406-00056	LONG BUMPER, 43*35*45	2	50	406-00043	RIGHT SIDEBOARD COVER	1
4	423-00009	LEFT UPRIGHT	1	51	410-00042	LATCH GUIDE, 150T.1/220/320/INSPIRE	1
5	423-00010	RIGHT UPRIGHT	1	52	406-00044	REAR WHEEL	4
6	423-00011	DECK FRAME	1	53	402-00050	POWER METAL BUSHING	9
7	423-00012	BASE, BLACK	1	54	402-00046	CLIP NUT	8
8	419-00007	ELEVATION FRAME	1	55	406-00034	TRANSPORT WHEEL	2
9	419-00008	MOTOR FRAME	1	56	404-00004	POLY V-BELT, 190J8	1
10	405-00020	SIDE BOARD, LATCH SIDE LEGACY	1	57	404-00013	WALKBELT, 20X60 NW RHOMBUS BELT, INSPIRE	1
11	405-00021	SIDE BOARD, RIGHT LEGACY	1	58	403-00005	WALK BOARD, TRIAD	1
12	419-00010	LINKAGE BRACKET	2	59	406-00035	DECK BUMPER, 24*20	8
13	419-00009	REED SWITCH PLATE	1	60	406-00098	GROMMET IRONMAN UPRIGHT	4
14	419-00011	SIDE MOTOR COVER BRACKET	2	61	406-00045	ADJUST SUPPORT	2
15	402-00142	THREADED CAP, LATCH, 150T/220/320.1, INS	1	62	409-00003	FRONT ROLLER, 150T,220T,320T	1
16	402-00143	LATCH PIN, 150T.1/220T.1/320T.1	1	63	409-00004	REAR ROLLER, 150T,220T,320T	1
17	419-00024	LATCH GUIDE PLATE, 150T.1/220T.1/320T.1	1	64	410-00046	GAS SPRING, 400N	1
18	402-00141	SPRING FOR LATCH, 150T.1/220T.1/320T.1	1	65	419-00012	REAR WHEEL SHAFT	4
19	406-00036	MOTOR COVER	1	66	402-00051	SHOULDER ALLEN BOLT 1/4"-20*63.5	2
20	406-00120	LEFT FENDER, 150T.1 (3" LONGER)	1	67	402-00052	SHOULDER ALLEN BOLT 1/4"-20*28.5	2
21	406-00121	RIGHT FENDER, 150T.1 (3"LONGER)	1	68	402-00053	SHOULDER ALLEN BOLT 5/16"-18*45	2
22	406-00039	LEFT END CAP, SILVER (old #06-0213)	1	69	402-00054	Allen Bolt 5/16"-18*15	6
23	406-00040	RIGHT END CAP, SILVER	1	70	402-00055	Allen Bolt 5/16"-18*70	2
24	406-00048	MOLDED REAR PAN	1	71	402-00056	Carriage Bolt 5/16"-18*25.4	9
25	406-00049	FRONT BOTTOM PAN	1	72	402-00057	Carriage Bolt 5/16"-18*19	4
26	406-00050	REAR BOTTOM PAN	1	73	402-00058	Nylon Lock Nut 5/16"-18*8.9	9
27	406-00124	BOTTOM SHEET, INSPIRE	1	74	402-00059	Hex Bolt 3/8"-16*45	1
28	406-00021	MAIN CONSOLE BOX (B)	1	75	402-00060	Hex Bolt 3/8"-16*63.5	1
29	406-00163	LEFT TOP HANDLE COVER, LEGACY	1	76	402-00096	ALLEN BOLT 3/8" -16X35	2
30	406-00164	RIGHT TOP HANDLE COVER, LEGACY	1	77	402-00062	Nylon Lock Nut 3/8"-16*11.5	2
31	406-00024	LEFT POCKET BOTTOM	1	78	402-00063	Nylon Lock Nut 5/16"-18*8.9	1
32	406-00025	RIGHT POCKET BOTTOM	1	79	402-00047	JAM NUT 5/16"*18	4
33	406-00026	LEFT BOTTOM HANDLE COVER	1	80	402-00064	Screw ST4.2*32	2
34	406-00027	RIGHT BOTTOM HANDLE COVER	1	81	402-00065	Screw ST4.8*16	2
35	406-00028	REED SWITCH TOP HOLDER	1	82	406-00059	SQUARE BUMPER, 40*28*6	2
36	406-00029	REED SWITCH BOTTOM HOLDER	1	83	402-00097	PHILIP SCREW ST4*16	39
37	406-00165	CONSOLE B INSERT, 4 WIND LCD, LEGACY	1	84	402-00068	Philip Screw ST4.2x16	44
38	402-00090	KILL SWITCH MAGNET	1	85	402-00069	Philip Screw ST2.9x9.5	15
39	406-00166	FOOT PLATFORM, PLASTIC SUPPORT, LEGACY	2	86	402-00140	SPRING WASHER 6	8
40	406-00030	FAN GRILL	1	87	402-00018	PHILIP SCREW M6*12	8
41	406-00032	FAN MOTOR MOUNT	1	88	402-00139	ALLEN SCREW M8X16	1
42	402-00091	PLASTIC WASHER	2	89	402-00073	Washer 6.6x12x1.6mm	14
43	402-00049	CLIP NUT	3	90	402-00074	Washer 9x16x1.6mm ***USE #402-00026***	10
44	405-00004	T EXTRUSION	1	91	402-00075	Spring Washer 8mm	12
45	405-00005	S EXTRUSION	2	92	410-00020	PULSE RECEPTACLE PLATE - TOP	2
46	406-00041	PLUG CALIBRATION HOLE	1	93	410-00021	PULSE RECEPTACLE PLATE - BOTTOM	2
47	406-00033	DOMED END CAP	2	94	402-00076	Philip Screw ST4.2x9.6	4

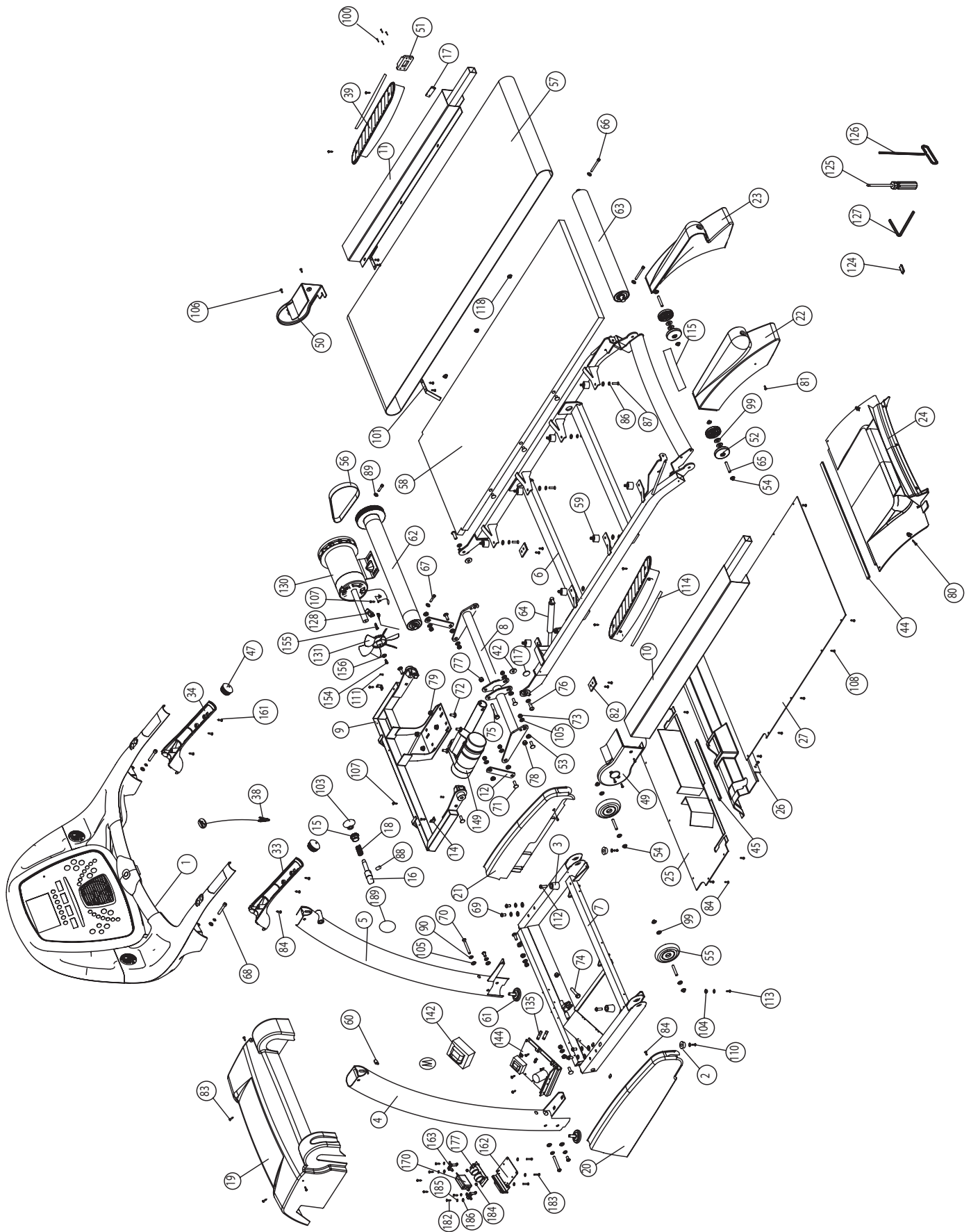
Parts List



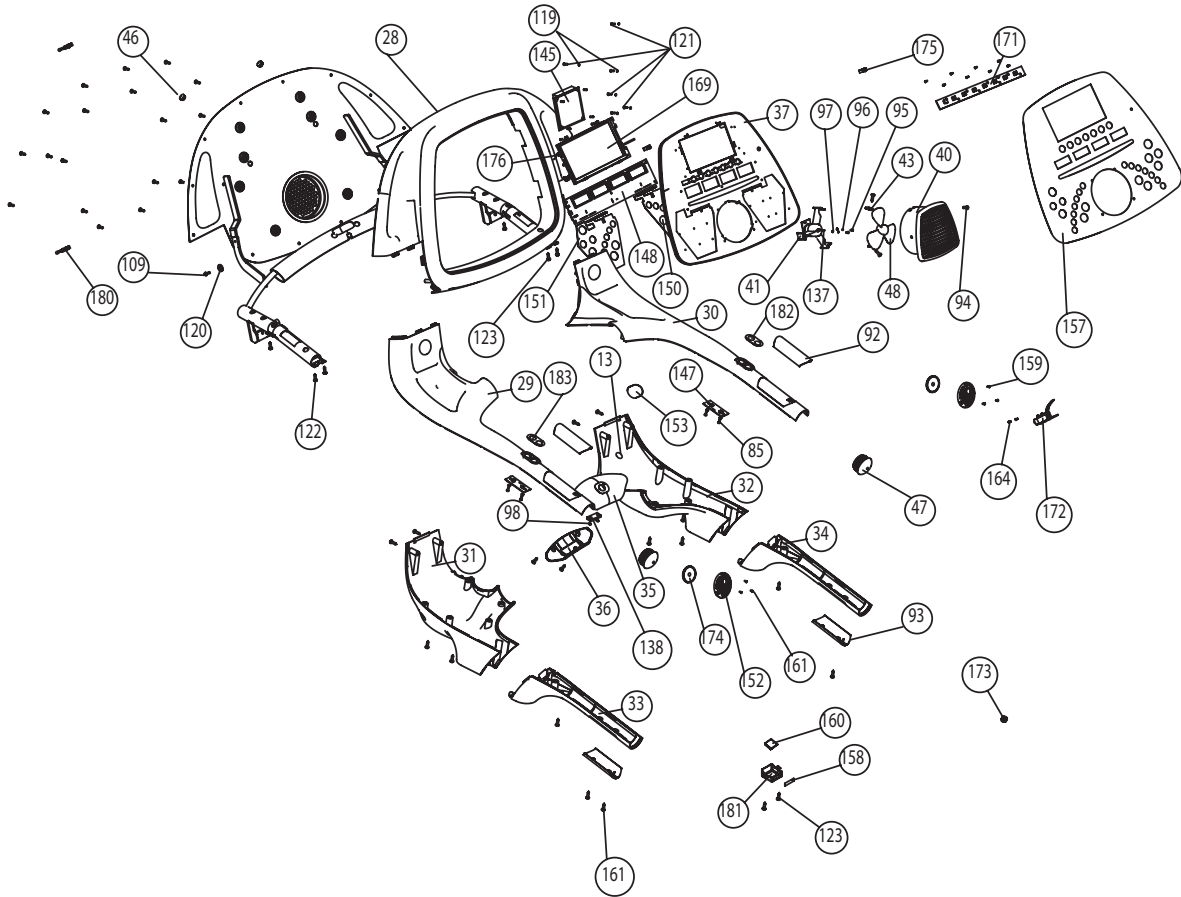
Legacy Treadmill Parts List Rev A (cont.)

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
95	402-00077	Philip Screw M2.5x6	2	143	413-00018	FAN HARNESS, 13-0081	1
96	402-00078	Washer 2.5x5x0.5mm	2	144	407-00007	MOTOR CONTROLLER, 08-0158	1
97	402-00079	SPRING WASHER 2.5MM	2	145	407-00008	EKG MODULE, 07-0080	1
98	402-00080	GEAR WASHER D2.5	2	146	413-00019	TEL-LINE	1
99	402-00048	PAN SPRING WASHER 10*19*0.25	6	147	407-00006	SPEED INCLINE PCB, 07-0079	2
100	402-00138	PHILLIP SCREW M4X16	4	148	407-00103	CONSOLE PCB, 4 WIN 07-0095 LEGACY	1
101	410-00016	BELT GUIDE BRACKET	2	149	412-00005	ACTUATOR, 12-0045	1
102	406-00057	POWER CORD SPACER	1	150	408-00043	MEMBRANE, SPEED LEGACY	1
103	406-00119	HANDLE CAP, 150T.1/220T.1/320T.1	1	151	408-00044	MAMBRANE, INCLINE LEGACY	1
104	406-00079	BASE BUMPER, 28*25*13	2	152	406-00157	SPEAKER GRILL 60.X10.6, LEGACY	2
105	402-00082	WASHER 9*22*2	4	153	414-00002	SAFETY KEY DECAL, IN-008	1
106	402-00083	Spring Washer 10	4	154	402-00086	PHILIP SCREW, 10-24 X 42.5	1
107	402-00031	PHILIP SCREW ST4.2*13	3	155	402-00087	SCREW 8/32*16	1
108	402-00031	PHILIP SCREW ST4.2*13	47	156	402-00088	WASHER	1
109	402-00085	Philip Screw 10-24**12mm	1	157	414-00082	OVERLAY, LEGACY	1
110	402-00100	PHILIP SCREW 4.2*25	2	158	414-00112	DECAL, HR RECEIVER BLACK LEGACY	1
111	402-00099	ALLEN BOLT M5*8	2	159	402-00033	SCREW ST2.9*13	6
112	402-00012	ALLEN BOLT M8*40	2	160	407-00020	HRC RECEIVER DIRECTION TECH, 07-0090	1
113	402-00124	PHILIP SCREW, M6 X 10	2	161	402-00146	FLATHEAD SCREW, ST4.2X16	12
114	414-00071	DECAL LEFT SIDE PLATFORM, LEGACY	1	162	406-00159	CONTROLLER SUPPORT BRACKET, LEGACY	1
115	414-00070	DECAL FOLD-UP, LEGACY	1	163	406-00160	SUPPORT BRACKET, LEGACY	2
116	415-00051	OWNERS MANUAL LEGACY	1	164	402-00033	SCREW ST2.9*13	8
117	406-00061	DECK BUMPER 41*3	2	165	413-00041	POWER CORD, TFT FIRST LEGACY	1
118	402-00088	WASHER	6	166	413-00042	POWER CORD, TFT SECOND LEGACY	1
119	402-00081	Plastic Washer	6	167	413-00043	HARNESS, POWER LEGACY	1
120	402-00093	GEAR WASHER	1	168	413-00044	CORD, LEGACY	3
121	402-00098	PHILIP SCREW ST2.9*6.5	13	169	407-00032	TV , TFT LEGACY	1
122	402-00031	PHILIP SCREW ST4.2*13	8	170	413-00045	ADAPTER, LEGACY	1
123	402-00123	PHILIP SCREW, ST4 X 25	2	171	406-00167	KEY FOR TFT, LEGACY	1
124	410-00014	ALLEN WRENCH HANGER	1	172	413-00046	AV SET, LEGACY	1
125	410-00045	ALLEN WRENCH, 75*5	1	173	406-00168	TWIST TIE, LEGACY	1
126	410-00023	ALLEN WRENCH 3/16"	1	174	407-00033	SPEAKER, LEGACY	2
127	410-00024	ALLEN WRENCH 7/32"	1	175	413-00047	EARPHONE SET, LEGACY	1
128	408-00013	SPEED SENSOR	1	176	402-00174	SCREW, ST2.5X7.5	4
129	413-00021	SPD AND INCL HARNESS A	1	177	413-00048	FILTER, LEGACY	1
130	412-00008	MOTOR,12-0057	1	178	413-00049	HARNESS, EKG TO HRC, LEGACY	1
131	406-00046	FAN (MOTOR)	1	179	408-00038	FUSE, LEGACY	1
132	413-00013	CONSOLE HARNESS, 3PC	1	180	406-00168	TWIST TIE, LEGACY	2
133	413-00014	SPEED AND INCLINE HARNESS	2	181	406-00170	HRC RECEIVER HOUSING, LEGACY	1
134	413-00015	EKG HARNESS	2	182	402-00022	SCREW M3*10	4
135	408-00014	FUSE	1	183	402-00181	SCREW, M3X20	4
136	408-00015	CIRCUIT BREAKER IN-011	1	184	402-00182	NUT, NYLON LOCK M3	4
137	407-00005	CONSOLE FAN MOTOR	1	185	402-00183	WASHER, SPRING M3	4
138	413-00016	REED SWITCH	1	186	402-00184	WASHER, 3.2X7X0.5	8
139	413-00017	JUMPER WIRE	1	187	414-00030	DECAL SPEED, IN-044, 150T, 220T, 320T,IN	1
140	408-00017	MAGNET CORE	1	188	414-00024	DECAL ELEVATION, IN-045, 150T, 220T, 320	1
141	413-00004	POWER CORD	1	189	414-00025	DECAL IRONMAN UPRIGHTS, IN-049	2
142	408-00016	TRANSFORMER	1	190	414-00072	DECAL RIGHT SIDE PLATFORM, LEGACY	1

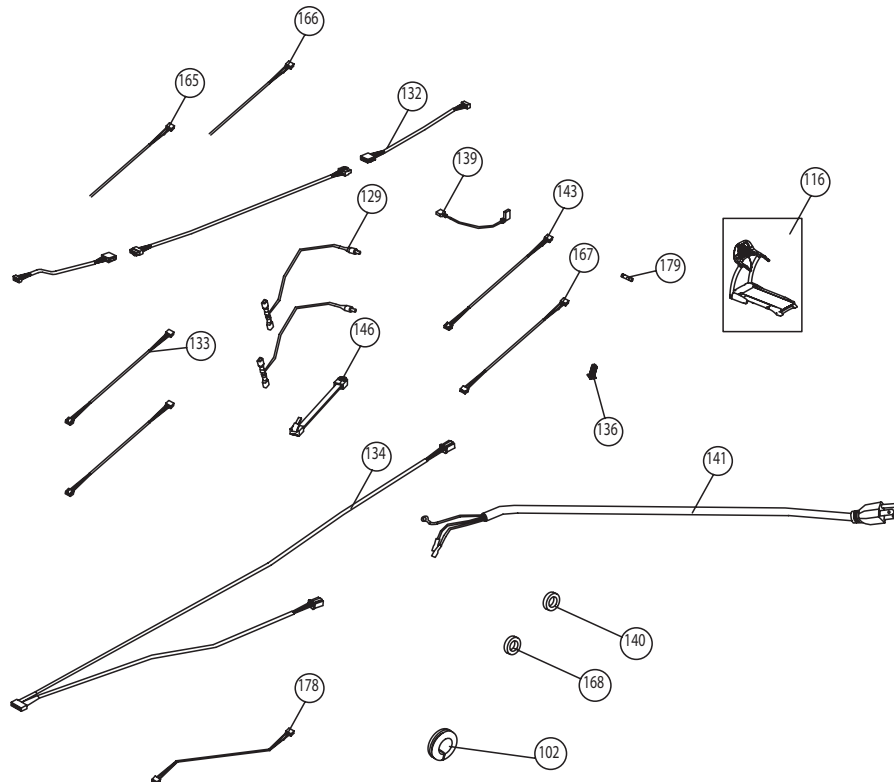
Exploded View



CONSOLE



WIRE HARNESS



Warranty Information



IRONMAN FITNESS LEGACY LIMITED WARRANTY

Residential Warranty

Frame: Lifetime

Motor: Lifetime

Parts (Includes Walking Belt and Deck) : 2 Years

TV and Speakers: 1 Year

Labor: 1 Year

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness ("Ironman") under the Ironman brand name. The warranty period to the original purchaser is listed above in the table.

Ironman warrants that the Product you have purchased for use from Ironman or from an authorized Ironman reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include pedal straps, seats, grips, chains, bottom bracket assemblies, pads, etc. Please contact an Ironman customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

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