NordicTrack® S3000

Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.
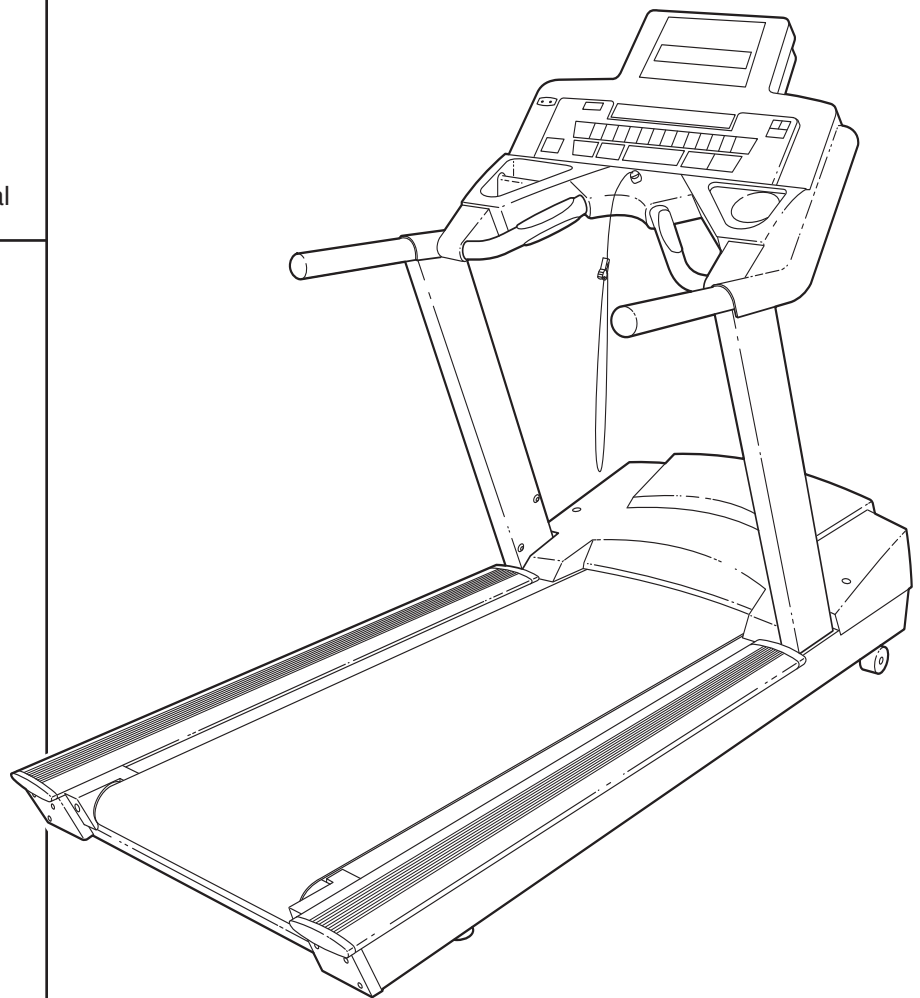
CALL TOLL-FREE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

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

Visit our website at

www.nordictrack.com
new products, prizes, fitness tips, and much more!

TABLE OF CONTENTS

NordicTrack is a trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described in this manual.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not place the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Do not operate the treadmill until it is properly assembled (see ASSEMBLY on page 6).

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

8. Keep children under the age of 12 and pets away from the treadmill at all times.

9. The treadmill should not be used by persons weighing more than 350 pounds (160 kg). Do not allow more than one person on the treadmill at a time.

10. When connecting the power cord (see page 9), plug the power cord into grounded circuit capable of carrying 20 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

11. Do not use an extension cord. Do not modify the power cord or use an adaptor to connect the power cord to an improper receptacle.

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

15. Read, understand, and test the emergency stop procedure before using the treadmill (see page 11).

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the on/off switch to the "off" position when the treadmill is not in use.

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

20. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

21. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.
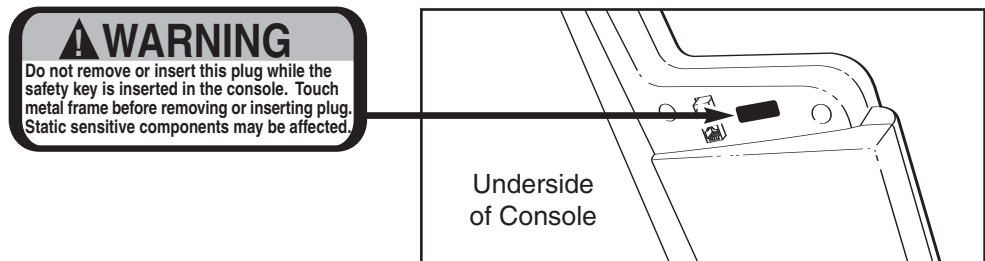
22. Always remove iFIT.com CDs and videos from your CD player or VCR when not in use.

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

24. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so will void the warranty and may result in damage to the treadmill.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. The treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown below is found on the treadmill in the indicated location. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ **WARNING**
Do not remove or insert this plug while the safety key is inserted in the console. Touch metal frame before removing or inserting plug. Static sensitive components may be affected.
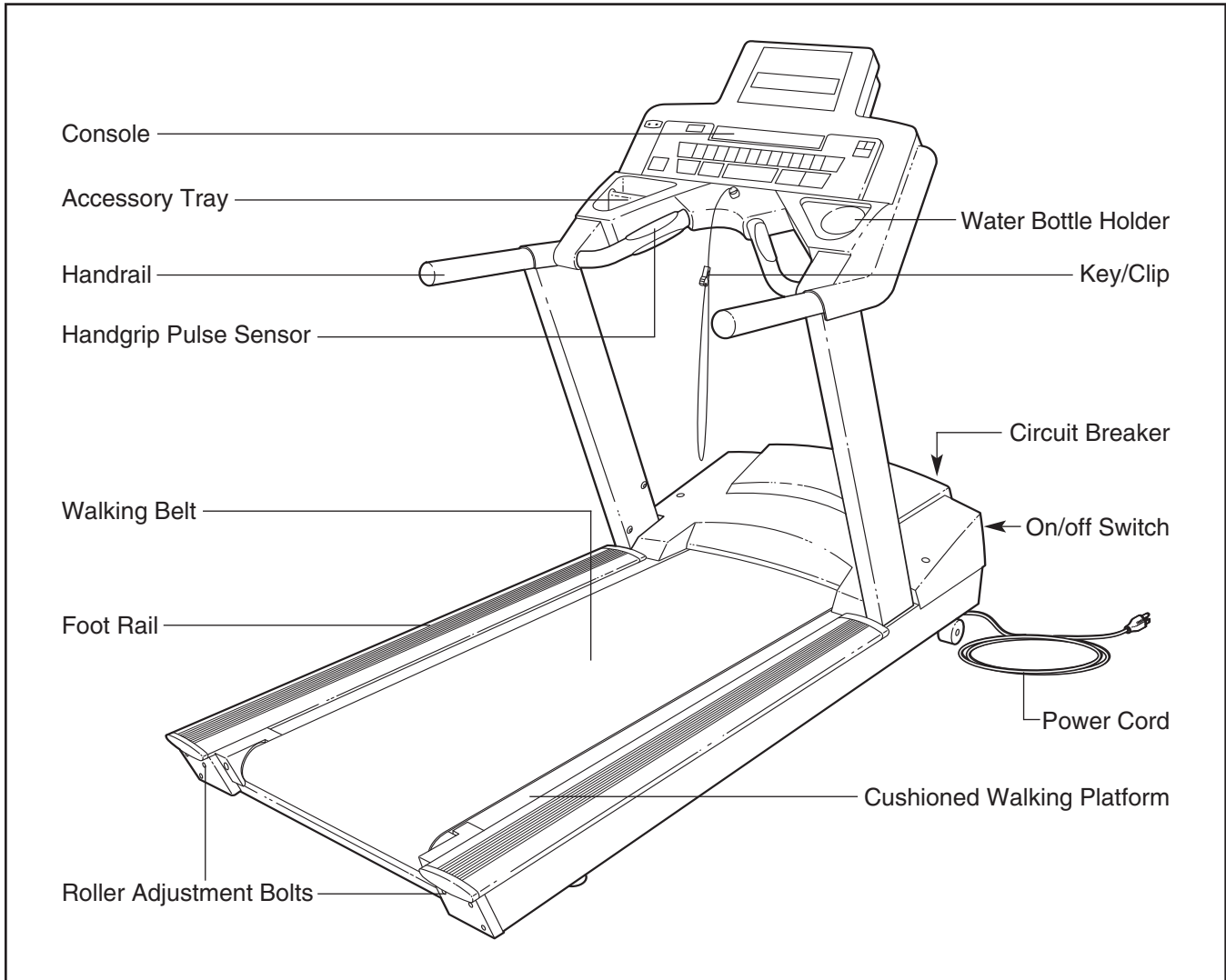
Underside of Console

4

BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NordicTrack® S3000 treadmill. The NordicTrack S3000 treadmill offers an impressive array of features designed to help you achieve your fitness goals in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of your treadmill is NTL29105.1. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location of the decal).

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

Console

Accessory Tray

Handrail

Handgrip Pulse Sensor

Water Bottle Holder

Key/Clip

Circuit Breaker

Walking Belt

On/off Switch

Foot Rail

Power Cord

Cushioned Walking Platform

Roller Adjustment Bolts

5

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the included hex keys.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. Slide the Right and Left Uprights (95, 97) onto the brackets near the front of the Frame (76). **Make sure that the Uprights are on the correct sides; the indicated holes must be facing inward.**

   Raise the Right Upright (95) until the lower hole in the front of the Right Upright is aligned with the upper hole in the bracket on the Frame (76). Finger tighten an Upright Bolt (96) into the Right Upright and the bracket. **Do not tighten the Upright Bolt yet.**

   Repeat this step with the Left Upright (97).
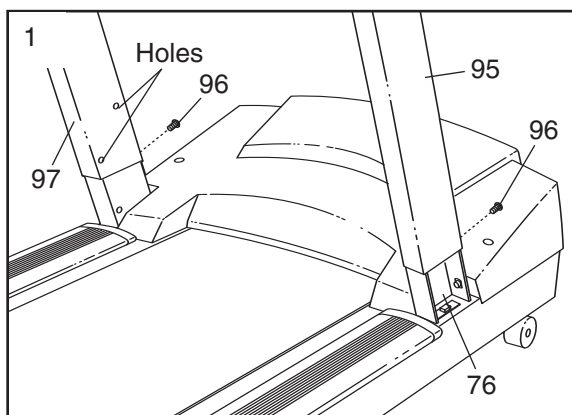
2. While a second person holds the Handrail (91) near the Uprights (95, 97), feed the Power Wire Harness (57) in the right Handrail down into the right Upright. Pull the end of the Power Wire Harness out of the lower end of the right Upright. If there is a wire tie on the end of the Power Wire Harness, remove it. Then, set the Handrail on the Uprights.

   Finger tighten eight Handrail Bolts (99) into the Uprights (95, 97) and the Handrail (91). **Do not tighten the Handrail Bolts yet. Be careful to avoid pinching the Power Wire Harness (57).**

   Note: The CD Holder (86) and the Cup Holder (85) are replaceable. If these parts become dislodged from the Console Base (89), simply press them back in.
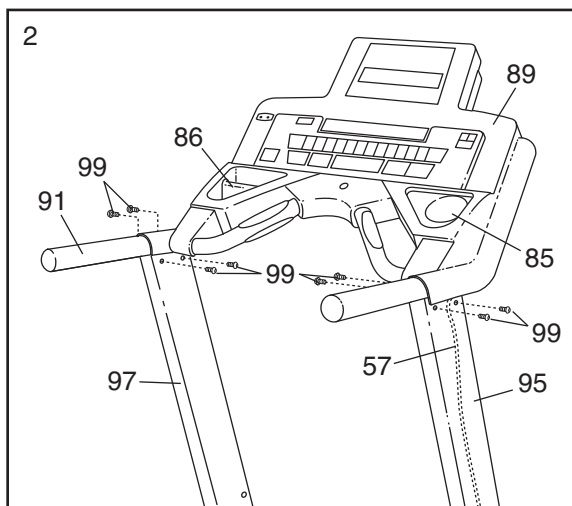
3. Connect the Power Wire Harness (57) in the indicated location. Push all of the excess wire up into the right Upright (95). **Make sure that the Wire Harness is fully connected.**


6
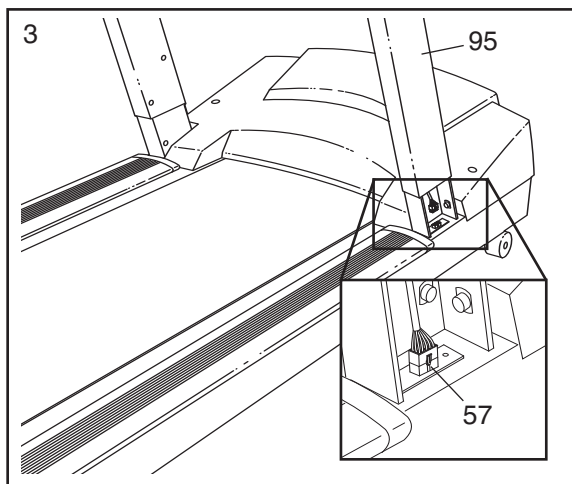
4. **Be careful to avoid pinching your hands or the Power Wire Harness (not shown) during this step.**

While a second person holds the Uprights (95, 97), remove the two Upright Bolts (96) used in step 1. Next, slide the Uprights fully onto the brackets on the Frame (not shown). Attach each Upright with four Upright Bolts (96) as shown. **Firmly tighten all eight Upright Bolts.**

Firmly tighten the eight Handrail Bolts (99).
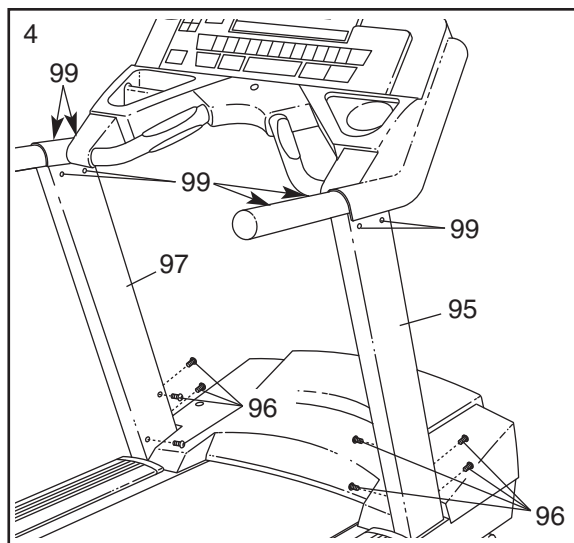
5. Plug the indicated end of the Power Cord (48) fully into the treadmill as shown.
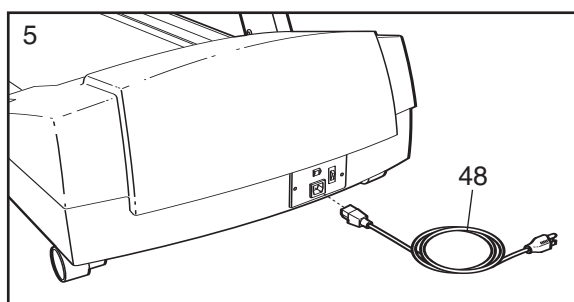
6. After the treadmill is moved to the location where it will be used (see HOW TO MOVE THE TREADMILL below), make sure that both Rear Feet (5) and both Wheels (not shown) rest firmly on your floor. If the treadmill rocks slightly on your floor, loosen the Rear Foot Locknut (113) above the right Rear Foot. Turn the right Rear Foot clockwise or counterclockwise until the rocking motion is eliminated. Then, retighten the Rear Foot Locknut.
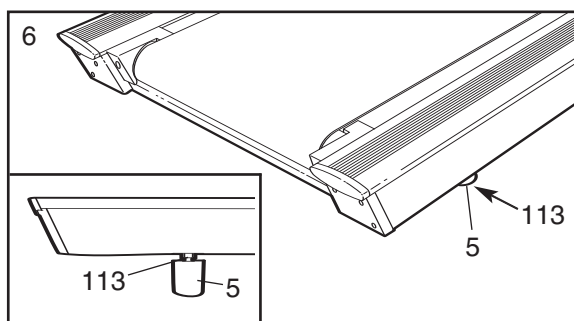
7. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys for adjustment purposes. To protect the floor or carpet from damage, place a mat under the treadmill.

HOW TO MOVE THE TREADMILL

Note: It may be helpful to leave the treadmill at an incline while moving the treadmill. **Before moving the treadmill, make sure that the power cord is unplugged from the wall outlet.**

Due to the size and weight of the treadmill, moving it requires two persons. While one person lifts the indicated end, firmly hold the handrails and tip the treadmill forward until it rolls on the front wheels. Carefully move the treadmill to the desired location and then lower it. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**

7
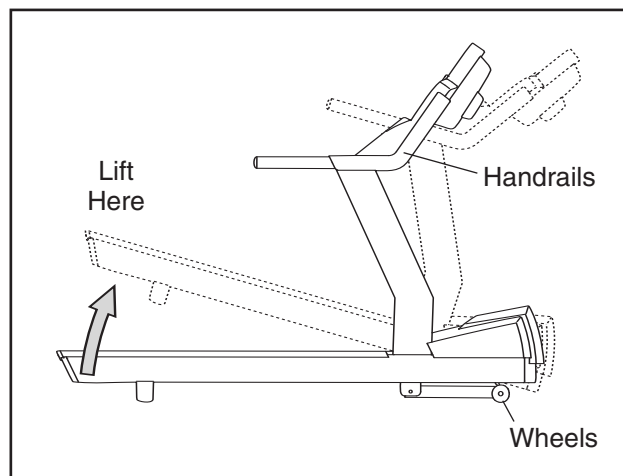
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components—the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.

Tabs

Chest Strap

Sensor Unit

Tab

Sensor Unit

Buckle
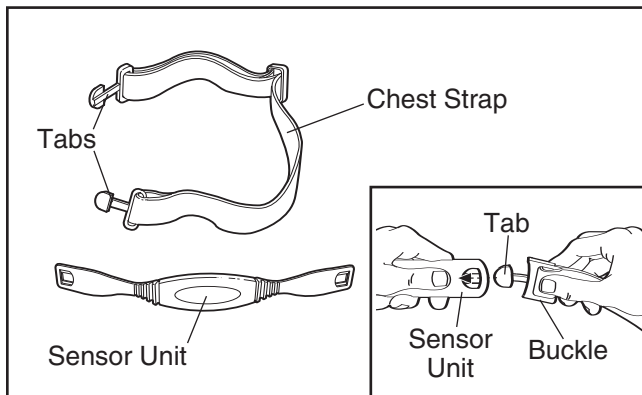
Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.
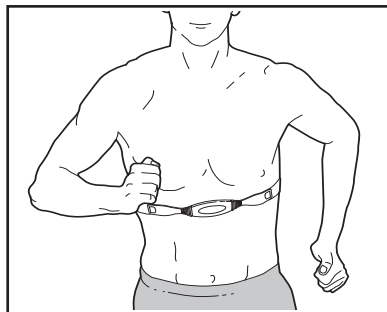
Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE AND MAINTENANCE

• Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

• Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.

• Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).

• Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

• Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

• Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.

• Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

• As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**

• The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

• The CR2032 battery in the chest pulse sensor may need to be replaced (see page 25).

TREADMILL OPERATION

HOW TO CONNECT THE POWER CORD

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

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

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

conductor and a grounding plug. Plug one end of the cord into the treadmill as shown in drawing 1. Attach the cord bracket over the cord with two bracket screws.
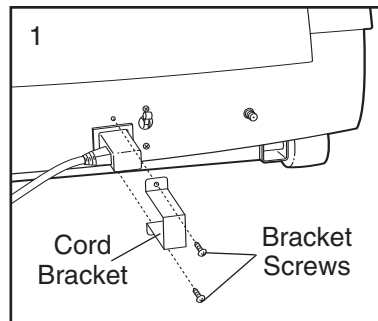
Plug the grounding plug into a standard NEMA 5-20 receptacle as shown in drawing 2. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord.

9

Matrix

GENERAL INSTRUCTIONS:
1 – Stand on side rails.
2 – Insert power key and attach safety clip to clothing at waistline.
3 – Select MODE (adjust flashing max speed and incline with corresponding + or – buttons if desired).
4 – Press START.

Note: If there is a sheet of clear plastic on the face of the console, remove it.

Main Display

RESET

INCLINE	PACE	TIME	DISTANCE	CALORIES	PULSE	SPEED
11.0		14:23	0.923	79.8	132	3.6

SEGMENT TIME   % MAX.

For accurate Calorie count, enter weight.
− +
ENTER AGE / WT.

QUICK SPEED (mph)

− | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | +

iFIT.com
CD FITNESS PROGRAMS

MODE   START   STOP   − INCLINE +

FEATURES OF THE CONSOLE

The console offers an impressive array of features to help you get the most from your exercise.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. The console will also show your heart rate when you use the hand-grip pulse sensor or the chest pulse sensor.

Six preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout.

In addition, the console offers three pulse-driven programs that adjust the speed and incline of the treadmill to keep your heart rate near target levels during your workouts, and a unique fitness test program that measures your relative fitness level.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. Additional options are soon to be available. **See www.iFIT.com for more information.**

To purchase additional iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.

⚠ CAUTION: **Before operating the console, read the following precautions.**

* **Do not stand on the walking belt when turning on the power.**

* **Always wear the clip (see the drawing at the right) while operating the treadmill.**

* **Adjust the speed in small increments to avoid sudden jumps in speed.**

* **The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.**

* **If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse-driven programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.**

* **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**
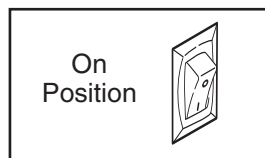
GETTING STARTED

1 Plug in the power cord.

See HOW TO PLUG IN THE POWER CORD on page 9.

2 Move the on/off switch to the on position.

Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the "on" position.

On Position

3 Insert the key into the console.

Find the key and the clip and attach the clip to the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Key   Clip

Key
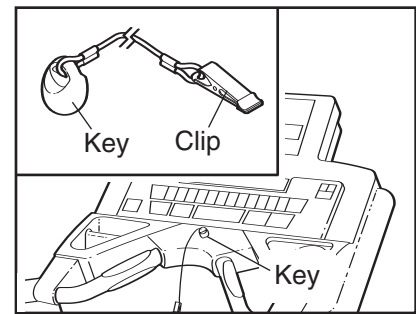
Insert the key into the console again. After a moment, various displays and indicators on the console will light.

4 Enter your weight.

Although you can use the console without entering your weight, the console will more accurately count the Calories that you burn if you enter your weight. To enter your weight, first press the ENTER AGE/WT button. The words ENTER WEIGHT and the current weight setting will appear in the main display.

PACE	TIME	DISTANCE	CALORIES	PULSE

ENTER WEIGHT 180

SEGMENT TIME   % MAX.

Press the + and – buttons above the ENTER AGE/WT button to enter your weight. To enter your weight quickly, hold the buttons down. Once you have entered your weight, it will be saved in the console's memory.

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 14. **To use a pulse-driven program,** see page 15. **To use the fitness test program,** see page 17. **To use an iFIT.com CD or video program**, see page 21. **To use an iFIT.com program directly from our Web site,** see page 22.

11

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See GETTING STARTED on page 11.

2 Select the manual mode.

When the key is inserted, the manual mode will automatically be selected. If a program or the iFIT.com mode has been selected, press the MODE button repeatedly until the main display appears as shown below.

PACE	TIME	DISTANCE	CALORIES	PULSE	SP
	0:00	0.000	0.0	0	
SEGMENT TIME				% MAX.	

3 Press the START button or the SPEED + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the SPEED + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed quickly, press the QUICK SPEED buttons. The speed range is 0.5 mph to 12 mph. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

> SPEED
> 3.6

To stop the walking belt, press the STOP button. The time will begin to flash in the main display. Note: If the walking belt is stopped and no console buttons are pressed for five minutes, the console will enter a time out mode and the words PUSH ANY BUTTON TO START A NEW PROGRAM will begin to scroll across the main display.

To restart the walking belt, press the START button or the SPEED + button and then adjust the speed as desired.

4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the INCLINE + and – buttons. Each time a button is pressed, the incline will change by 0.5%.

> INCLINE
> 5.5

The incline range is 0% to 15%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 Follow your progress with the matrix and the main display.

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in sequence to show your position on the track. Each time you complete a 1/4-mile lap, a new lap will begin.

The main display—The main display will show the following information:

Incline—The left end of the main display will show the incline level of the treadmill.

> INCLINE
> 5.5

Pace/Time—When the manual mode or the iFIT.com mode is selected, this section of the main display will show the elapsed time. When a preset program or a pulse-driven program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program. The display will change from one number to the other every seven seconds. During the fitness test program, the display will show the elapsed time and the time remaining in the current segment of the program. Note: Any time that the speed setting changes, the display will show your current pace (in *minutes per mile*) for seven seconds.

> PACE   TIME
> 14:23
> SEGMENT TIME

Distance—The center section of the main display will show the distance that you have walked or run.

```
DISTANCE
0.923
```

Calories—This section of the main display will show the approximate number of Calories you have burned.

```
CALORIES
79.8
```

Pulse/% Max—When you are using the handgrip pulse sensor or the chest pulse sensor, this section of the main display will show your heart rate (see step 6 on this page). When a pulse-driven program is selected, the display will show your heart rate and the *corresponding percentage* of your *estimated maximum heart rate*. (See step 5 on page 16 for an explanation of your estimated maximum heart rate.) The display will change from one number to the other every seven seconds.

```
PULSE          SPE
132
% MAX.
```
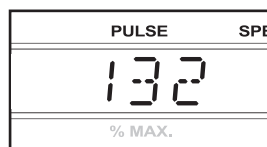
Speed—The right end of the main display will show the speed of the walking belt.

```
SPEED
3.6
```
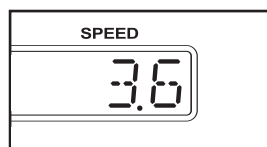
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the STOP button while inserting the key into the console. An E for English miles or an M for metric kilometers will appear on the right end of the main display. Press the SPEED + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**

```
SPEED
E
```
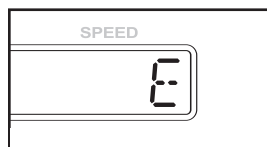
To reset the displayed time, distance, and Calories at any time, press the RESET button.

6 **Measure your heart rate if desired.**

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.
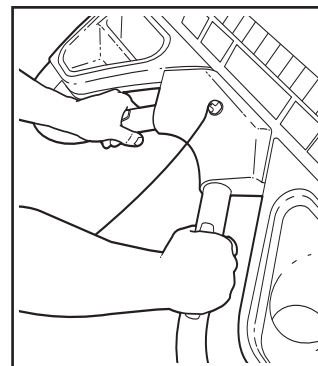
To measure your heart rate, **stand on the foot rails** and hold the handgrip pulse sensor with both hands. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts—**avoid moving your hands**. When your pulse is detected, the words ACQUIRING PULSE will appear in the main display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for at least 15 seconds.**

7 **When you are finished exercising, stop the walking belt and remove the key.**

Step onto the foot rails and press the STOP button. Next, remove the key from the console and put the key in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. See page 23 and turn off the demo mode.**

When the treadmill is not in use, switch the on/off switch near the power cord to the "off" position and unplug the power cord.

HOW TO USE PRESET PROGRAMS

1 **Insert the key into the console.**

See GETTING STARTED on page 11.

2 **Select one of the six preset programs.**

When the key is inserted, the manual mode will automatically be selected. To select one of the six preset programs, press the MODE button repeatedly until the words CARDIO WALK 1, CARDIO WALK 2, ENDURANCE 1, ENDURANCE 2, FINISH LINE 1, or FINISH LINE 2 appear in the main display. Note: CARDIO WALK 1 is a low-intensity walking program; CARDIO WALK 2 is a low-intensity running program; ENDURANCE 1 is a medium-intensity walking program; ENDURANCE 2 is a medium-intensity running program; FINISH LINE 1 is a high-intensity walking program; and FINISH LINE 2 is a high-intensity running program.

When a preset program is selected, the maximum incline setting for the program will flash at the left end of the main display and the maximum speed setting will flash at the right end of the main display. After three seconds, the name of the selected program and the total program time will scroll across the main display. If desired, you can change the maximum incline setting or the maximum speed setting by pressing the INCLINE or SPEED buttons. If you increase either setting, the difficulty level of the entire program will increase; if you decrease either setting, the difficulty level of the entire program will decrease.

When a preset program is selected, the matrix will show a graph representing the speed settings for the program.
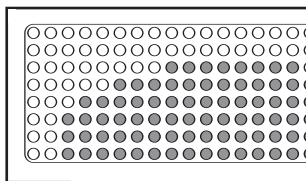
3 **Press the START button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The main display will show both the time remaining in the program and the time remaining in the current segment of the program. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment is shown in the flashing CURRENT SEGMENT column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for upcoming segments are shown in the columns to the right.
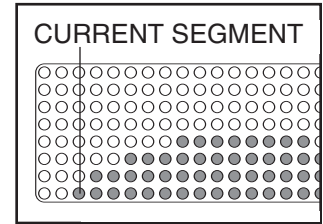
When only three seconds remain in the first segment of the program, both the CURRENT SEGMENT column and the column to the right will flash and a tone will sound. In addition, if the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash in the main display to alert you, and three tones will sound. When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing CURRENT SEGMENT column and the treadmill will automatically adjust to the speed and incline settings for the second segment. The program will continue until the speed setting for the final segment is shown in the CURRENT SEGMENT column and no time remains in the program. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move to the left, *if all of the indicators in the CURRENT SEGMENT column are lit, the speed settings may move downward so that only the highest indicators in the columns appear in the matrix.* When the speed settings move to the left again, if not all of the indicators in the CURRENT SEGMENT column are lit, the speed settings will move back up.

Note: You can manually override the speed or incline setting for the current segment by pressing the SPEED or INCLINE buttons. Every few times a SPEED button is pressed, an additional indicator will light or darken in the CURRENT SEGMENT column. (If any of the columns to the right of the CURRENT SEGMENT column have the same number of lit indicators as the CURRENT SEGMENT column, an additional indicator may light or

14

darken in those columns as well.) **Important: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the STOP button. The time will begin to flash in the main display. To restart the program, press the START button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 **Follow your progress with the main display.**

See step 5 on page 12.

5 **Measure your heart rate if desired.**

See step 6 on page 13.

6 **When the program is completed, remove the key.**

Step onto the foot rails. Remove the key from the console and put the key in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. See page 23 and turn off the demo mode.**

When the treadmill is not in use, switch the on/off switch near the power cord to the "off" position and unplug the power cord.

HOW TO USE PULSE-DRIVEN PROGRAMS

Pulse-driven programs automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. Follow the steps below to use a pulse-driven program.

1 **Put on the chest pulse sensor.**

You must wear the chest pulse sensor to use a pulse-driven program. See the instructions on page 8.

2 **Insert the key into the console.**

See GETTING STARTED on page 11.

3 **Select one of the three pulse-driven programs.**

When the key is inserted, the manual mode will be selected. To select one of the three pulse-driven programs, press the MODE button repeatedly until the words CARDIO WALK PULSE, ENDURANCE PULSE, or MANUAL PULSE appear in the main display. Note: The CARDIO WALK PULSE program will keep your heart rate near 65% of your *estimated maximum heart rate* (see step 5 on page 16 for an explanation of your estimated maximum heart rate). The ENDURANCE PULSE program will keep your heart rate near 80% of your estimated maximum heart rate. The MANUAL PULSE program will keep your heart rate near a percentage that you select.

When a pulse-driven program is selected, the name of the selected program and the total program time will scroll across the main display. The words ENTER AGE and the current age setting will then be shown (see step 4 on page 16).

During pulse-driven programs, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear in the graphic.

15
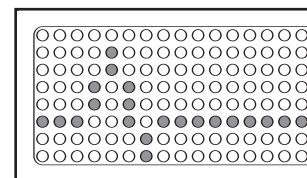
4 **Enter your age.**

You must enter your age to use a pulse-driven program. To enter your age, press the + and – buttons above the ENTER AGE/WT button. The buttons can be held down to enter your age quickly. The age range is 20 to 80 years. When your age is shown, press the ENTER AGE/WT button.

PACE	TIME		DISTANCE	CALORIES	PULSE
		ENTER AGE 35			
	SEGMENT TIME				% MAX.

If you have selected the CARDIO WALK PULSE program or the ENDURANCE PULSE program, go to step 6. If you have selected the MANUAL PULSE program, go to step 5.

5 **Enter a target heart rate setting.**

After you have entered your age, the words ENTER PERCENT and the current target heart rate setting for the program will be shown in the main display. The target heart rate setting represents a *percentage* of your *estimated maximum heart rate*. Your estimated maximum heart rate is 220 minus your age. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 – 30 = 190). If you are 30 years old, a target heart rate setting of 50 is equal to 95 beats per minute (50% of 190 is 95).

PACE	TIME		DISTANCE	CALORIES	PULSE
		ENTER PERCENT 50			
	SEGMENT TIME				% MAX.

If desired, you can change the target heart rate setting by pressing the + and – buttons above the ENTER AGE/WT button. The buttons can be held down to change the target heart rate setting quickly. The target heart rate setting can be from 50% to 85% of your estimated maximum heart rate.

6 **Press the START button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each pulse-driven program is divided into one-minute segments. The main display will show both the time remaining in the program and the time remaining in the current segment of the program. One target heart rate setting is programmed for each segment. (During the MANUAL PULSE program, the same target heart rate setting will be programmed for all segments.)

When only three seconds remain in the first segment of the program, a series of tones will sound and then the speed and/or incline of the treadmill will change, if needed, to bring your heart rate closer to the target heart rate setting for the next segment. The speed and/or incline setting will flash in the main display to alert you before the speed and/or incline changes. The program will continue until no time remains in the program. The walking belt will then slow to a stop.

If the speed and incline setting for the current segment is too high or too low, you can adjust the setting with the SPEED or INCLINE buttons. However, if you *decrease* the speed, the incline will automatically *increase*; if you *increase* the speed, the incline will *decrease*. If you *increase* the incline, the speed will *decrease*; if you *decrease* the incline, the speed will *increase*. *The treadmill will always attempt to keep your heart rate near the target heart rate setting for the current segment.* Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

If your pulse is not detected during the program, the letters PLS will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions on page 8.

To stop the program at any time, press the STOP button. Pulse-driven programs should not be stopped temporarily and then restarted. To use a pulse-driven program again, reselect the program and start it at the beginning.

7 **Follow your progress with the main display.**

See step 5 on page 12.

8 **When the program is completed, remove the key.**

See step 6 on page 15.

16

HOW TO USE THE FITNESS TEST PROGRAM

The fitness test program measures your relative fitness level. For the best results, the program should be used at a time when your energy level is high; the program should not be used if you have already exercised during the day. Follow the steps below to use the program.
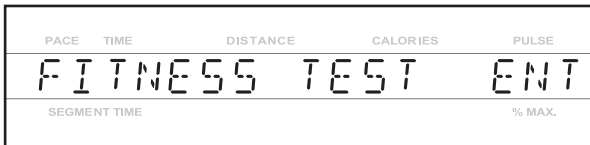
1 **Put on the chest pulse sensor.**

You must wear a chest pulse sensor to use a pulse-driven program. See the instructions on page 8.

2 **Insert the key into the console.**

See GETTING STARTED on page 11.

3 **Select the fitness test program.**

When the key is inserted, the manual mode will be selected. To select the fitness test program, press the MODE button repeatedly until the words FITNESS TEST appear in the main display.

```
     PACE     TIME          DISTANCE        CALORIES        PULSE

     FITNESS  TEST      ENT
     SEGMENT TIME                                    % MAX.
```

When the fitness test program is selected, the words FITNESS TEST will scroll across the main display. The words ENTER AGE and the current age setting will then be shown (see step 4 below).

During the fitness test program, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.
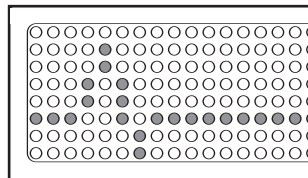
4 **Enter your age.**

Your must enter your age to use the fitness test program. To enter your age, see step 4 on page 16.

```
     PACE     TIME          DISTANCE        CALORIES        PULSE

     ENTER  AGE  35
     SEGMENT TIME                                    % MAX.
```

5 **Press the START button to start the program.**

When the button is pressed, the main display will show the words LEVEL 1, indicating that the first four-minute level of the fitness test program has begun. The incline of the treadmill will automatically adjust to 3% and the walking belt will begin to move at 1.5 mph. Hold the handrails and begin walking.

```
     PACE     TIME          DISTANCE        CALORIES        PULSE

     0.35  LEVEL   1       118
     SEGMENT TIME                                    % MAX.
```

The fitness test program is divided into seven, four-minute levels. One speed setting and one incline setting are programmed for each level. At the end of each minute of the program, a tone will sound; when the first four-minute level is completed, a tone will sound and the main display will show the words LEVEL 2, indicating that the second four-minute level has begun. The incline will then change to 4% and the speed of the walking belt will increase to 2.5 mph.

At the beginning of each four-minute level, the speed and/or incline of the treadmill will automatically increase. The fitness test program will continue in this way until your heart rate reaches 70% of your estimated maximum heart rate and the current four-minute level is completed. *The fitness test program will then end, regardless of how many levels remain.*

When the fitness test program is completed, the words COOL DOWN will be shown in the main display and a two-minute cool-down period will begin. The speed and incline will then decrease.

```
     PACE     TIME          DISTANCE        CALORIES        PULSE

     1.49  COOL DOWN 118
     SEGMENT TIME                                    % MAX.
```

When the cool-down period is completed, the walking belt will slow to a stop and your fitness level will be shown in the main display. There are ten fitness levels; fitness level 10 is the highest.

```
     PACE     TIME          DISTANCE        CALORIES        PULSE

     FIT  LEVEL  06
     SEGMENT TIME                                    % MAX.
```

17

Note: The SPEED and INCLINE buttons will not function while the fitness test program is selected. If your pulse is not detected during the program, the letters PLS will flash in the main display. If your pulse is not detected at the end of any four-minute level, the fitness test program will end and the main display will show a fitness level of 00.

The fitness test program cannot be stopped temporarily and then restarted. However, the program can be stopped at any time with the STOP button. The main display will then show an estimated fitness level.

6 **When the program is completed, remove the key.**

See step 6 on page 15.

HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 18 to 20 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 20 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 20 for connecting instructions.
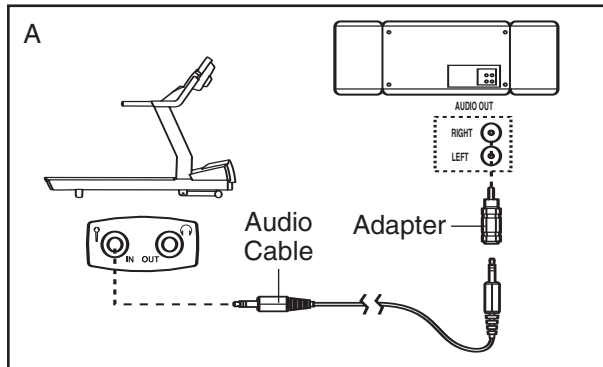
HOW TO CONNECT YOUR PORTABLE CD PLAYER

A. Plug one end of the audio cable into the indicated jack on the left side of the console. Plug the other end of the cable into the PHONES jack or LINE OUT jack on your CD player. Plug your headphones into the other jack on the console.
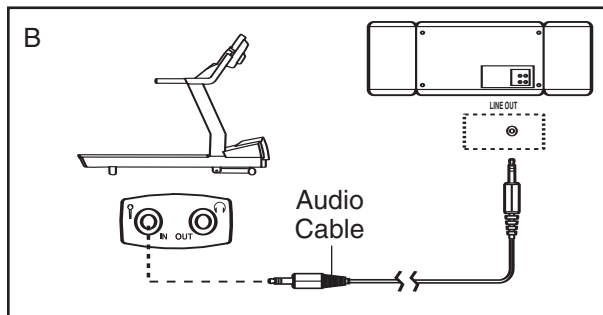

18
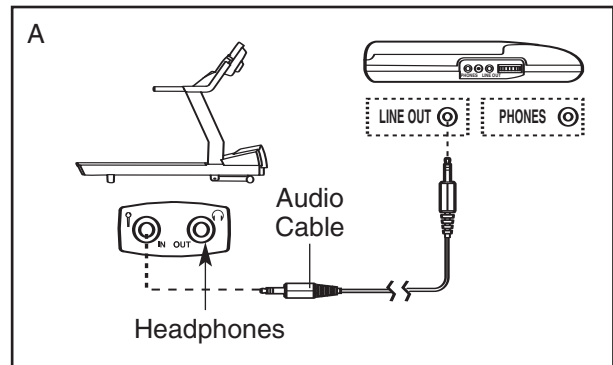
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.
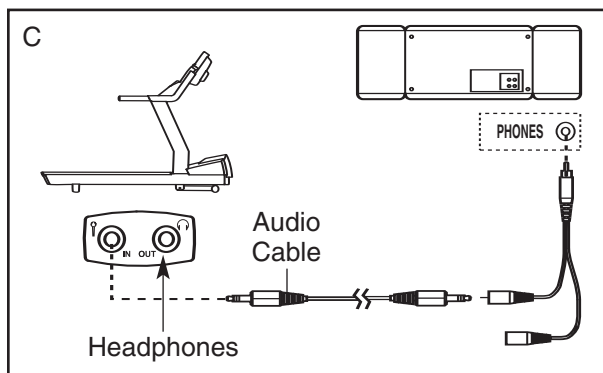
A. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
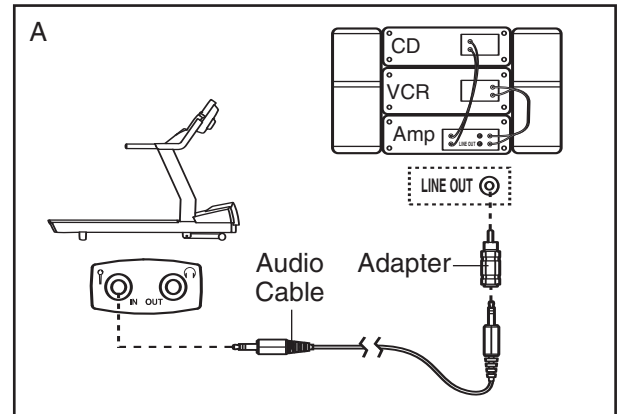

C. Plug one end of the audio cable into the indicated jack on the left side of the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the other jack on the console.
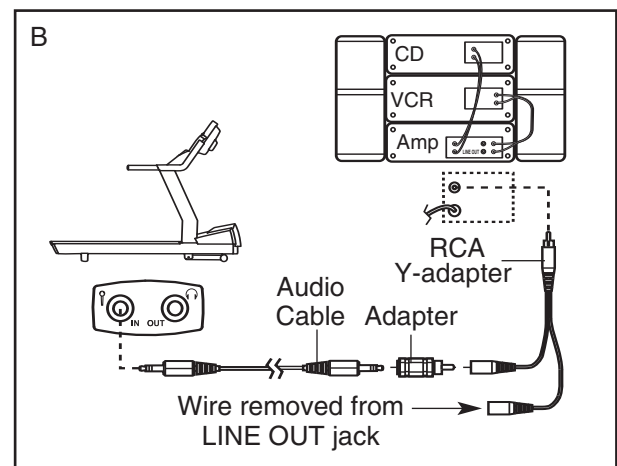

HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.
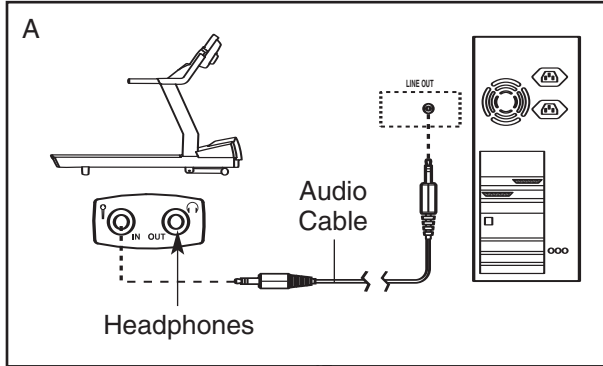

B. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.
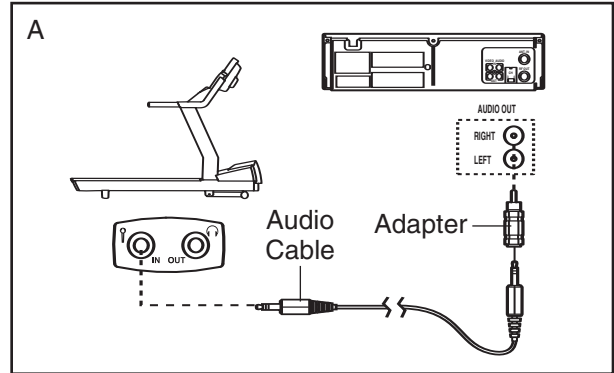

19

HOW TO CONNECT YOUR COMPUTER

A. Plug one end of the audio cable into the indicated jack on the left side of the console. Plug the other end of the cable into the PHONES jack or LINE OUT jack on your computer. Plug your headphones into the other jack on the console.
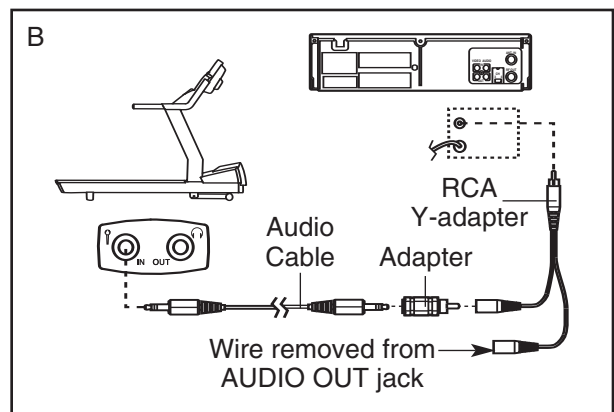

HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 19.

A. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

B. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

20

HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 18. **Note: To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To select the iFIT.com mode, press the IFIT.COM button. The indicator on the button will light.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the main display, press the START button on the console. The treadmill will not respond to a CD or video program while the time is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may** change before the personal trainer describes the change.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the SPEED or INCLINE buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the STOP button on the console. The time will begin to flash in the main display. To restart the program, press the START button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings for the program**.

When the program is completed, the walking belt will stop and the time will begin to flash in the main display. Note: To use another CD or video program, press the STOP button or remove the key and go to step 1.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. If the time is flashing, press the START button on the console.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

5 Follow your progress with the main display.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 When the program is completed, remove the key.

See step 6 on page 15.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Insert the key fully into the console.**

See GETTING STARTED on page 11.

2 **Select the iFIT.com mode.**

When the key is inserted, the manual mode will be selected. To select the iFIT.com mode, press the IFIT.COM button. The indicator on the button will light.

3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the SPEED or INCLINE buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the STOP button on the console. The time will begin to flash in the main display. To restart the program, press the START button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings for the program**.

When the program is completed, the walking belt will stop and the time will begin to flash in the time display. Note: To use another program, press the STOP button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 **Follow your progress with the main display.**

See step 5 on page 12.

9 **When the program is completed, remove the key.**

See step 6 on page 15.

22

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the STOP button while inserting the key into the console. When the information mode is selected, the main display will show the following information:

The left side of the main display will show the total number of hours that the treadmill has been used.

```
PACE      TIME

   38

SEGMENT TIME
```

The center of the main display will show the total distance that the walking belt has moved.

```
DISTANCE

   123
```
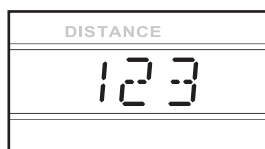
The right side of the main display will show an E for English miles or an M for metric kilometers. Press the SPEED + button to change the unit of measurement.

```
SPEED

   E
```
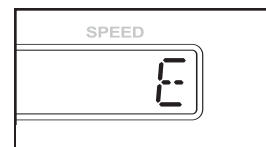
IMPORTANT: Make sure that there is not a letter D in the main display. If a D appears, the console is in the "demo" mode. This mode is intended to be used only

```
ALORIES        PULSE

   D

          % MAX.
```

when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a D appears in the display when the information mode is selected, press the SPEED – button so the display is blank.**

To exit the information mode, remove the key from the console.

TROUBLESHOOTING

Most treadmill problems can be solved by following the steps outlined in this section. Find any symptoms that apply, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is fully plugged into the treadmill. In addition, make sure that the power cord is plugged into a properly grounded outlet (see page 9).

b. Make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.
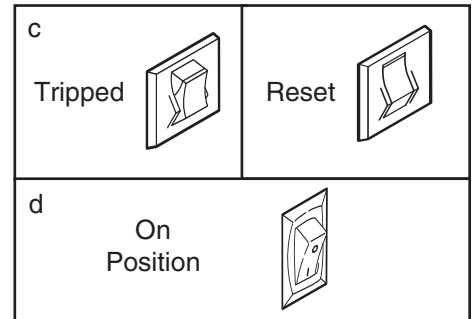

2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the "on" position.

e. If the treadmill still will not run, please see the front cover of this manual.

## 3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

a.. If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each edge of the walking belt 1 to 2 inches off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord**. Using the included hex key, turn both roller bolts counterclockwise 1/4 of a turn. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
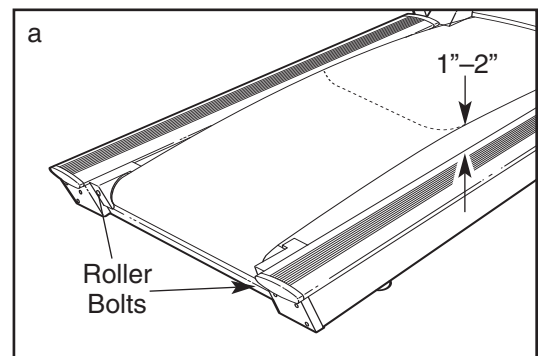
b. If the walking belt still slows when walked on, please see the front cover of this manual.

4. SYMPTOM: THE WALKING BELT IS OFF-CENTER

a. **If the walking belt has shifted to the left: Remove the key and unplug the power cord.** Using the included hex key, turn each roller adjustment bolt 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is centered.

b. **If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using the included hex key, turn each roller adjustment bolt 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is centered.

c. **If the walking belt slips when walked on: Remove the key and unplug the power cord.** Using the included hex key, turn both roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 1 to 2 inches off the walking platform. The center of the walking belt should just touch the walking platform. Make sure to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
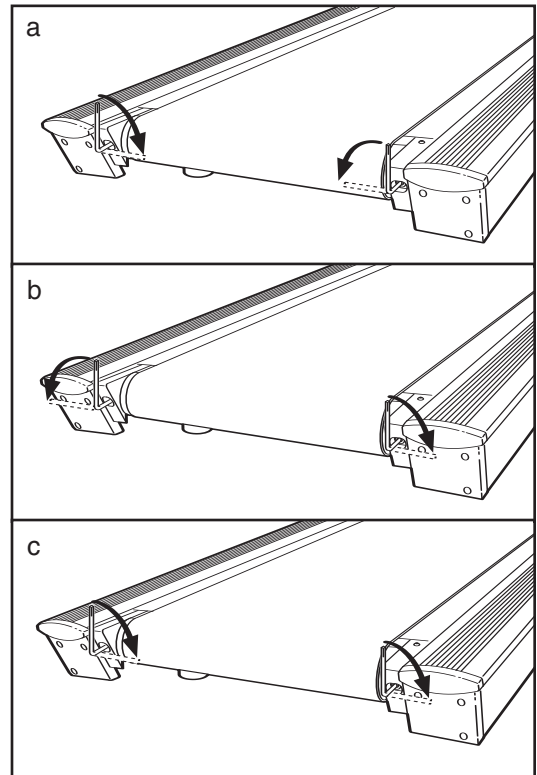
5. SYMPTOM: THE CHEST PULSE SENSOR DOES NOT FUNCTION PROPERLY

a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 8.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counter-clockwise to the "open" position. Remove the cover.

Next, remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.
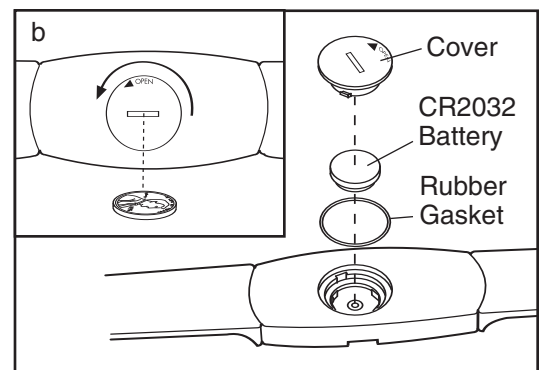
6. SYMPTOM: THE INCLINE OF THE TREADMILL DOES NOT CHANGE CORRECTLY OR DOES NOT CHANGE WHEN IFIT.COM CDS AND VIDEOS ARE PLAYED

a. With the key in the console, press one of the INCLINE buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

## 7. SYMPTOM: THE SURFACE OF THE WALKING PLATFORM IS DAMAGED

a. Both sides of the walking platform are designed to be used as walking surfaces. If the surface becomes damaged, or if there is any wood showing through the coating, the walking platform can be turned over. The walking platform typically needs to be turned over after approximately 6,000 to 7,500 miles. Follow the instructions below to turn over the walking platform.

Remove the key and unplug the power cord. Remove the two Hood Screws (2) and lift off the Motor Hood (1). Next, remove the two Rear Roller Bolts (82), the two Roller Guard Screws (80), and the Right and Left Roller Guards (81, 83).

Remove the six Platform Screws (6). Lift the Rear Roller (79) and slide it out of the Walking Belt (71). Lift the Walking Platform (70) a few inches, slide it out of the Walking Belt, turn it over, and then slide it back into the Walking Belt. Slide the Rear Roller back into the Walking Belt. Reattach the six Platform Screws (6). Reattach the Right and Left Roller Guards (81, 83) with the two Roller Guard Screws (80). Insert the Rear Roller Bolts (82) into the Roller Guards and thread them into the Rear Roller (79). Reattach the Motor Hood (1) with the two Hood Screws (2).

Next, the Walking Belt (71) will need to be adjusted to the proper tension. Using chalk, make two marks exactly 50" apart on the Walking Belt as shown in the drawing. Then, tighten both Rear Roller Bolts (82) until the two chalk marks move apart an additional 3/16" to 1/4". Make sure to keep the Walking Belt centered.

26
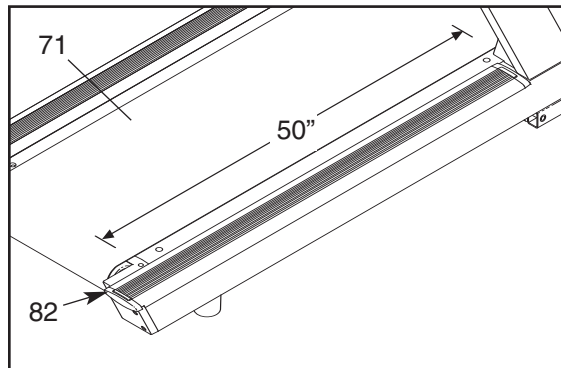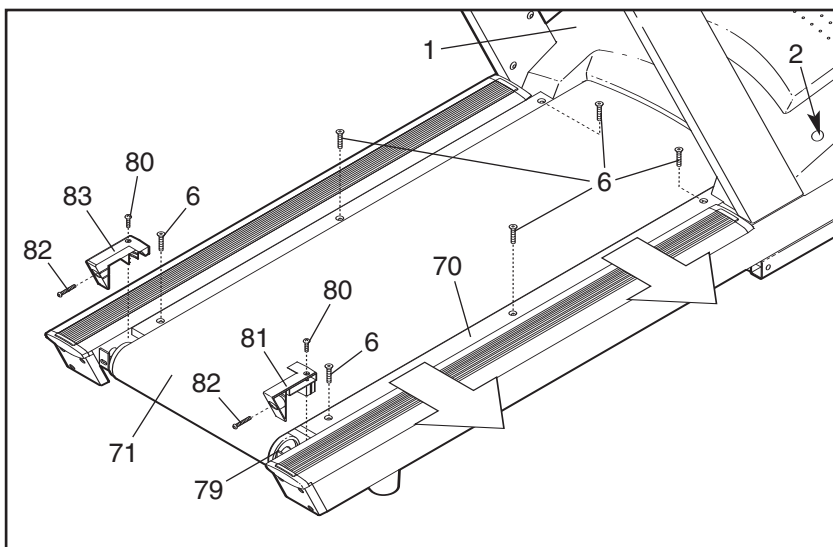
EXERCISE GUIDELINES

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

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

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

PART LIST—Model No. NTL29105.1

To locate the parts listed below, see the EXPLODED DRAWING on pages 30 and 31.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	53	4	Motor Mount Washer
2	2	Hood Screw	54	1	High Voltage Decal
3	2	Sensor Bracket Screw	55	4	Motor Bolt
4	4	Hood Mounting Clip	56	1	Power Supply Box
5	2	Rear Foot	57	1	Power Wire Harness
6	6	Platform Screw	58	1	Wiring Plate, Right
7	6	Isolator	59	1	#10 Screw Hex Key
8	2	Breaker Screw	60	1	CD Holder Foam, Long
9	6	Isolator Nut	61	1	Incline Motor
10	1	Foot Rail, Left	62	1	Incline Motor Bolt, Lower
11	2	Foot Rail Inset	63	1	Cup Holder Foam
12	4	Pulse Sensor Base	64	2	Wheel Bolt
13	1	Front Endcap, Left	65	2	Wheel
14	1	Belt Tension Bolt	66	2	Incline Leg Bolt
15	4	Pulley Screw	67	2	Incline Leg Nut
16	2	Outlet Bolt	68	4	Mounting Clips
17	4	Power Box Screw	69	1	Incline Leg
18	1	Power Cord Bracket	70	1	Walking Platform
19	2	Bracket Screw	71	1	Walking Belt
20	1	Motor Belt	72	1	Front Endcap, Right
21	1	Idler Bolt	73	1	Front Roller/Pulley
22	2	Outlet Nut	74	18	Foot Rail Screw/Power Box Screw
23	1	Belt Tension Nut	75	1	Foot Rail, Right
24	2	Frame Inserts	76	1	Frame
25	1	Belt Tension Wheel	77	14	Small Insert
26	1	Front Roller Bolt	78	10	Endcap Screw
27	2	Lock Washer	79	1	Rear Roller
28	2	Ground Nut	80	2	Roller Guard Screw
29	1	Static Decal	81	1	Roller Guard, Right
30	1	Belt Tension Spring	82	2	Rear Roller Adj. Bolt
31	4	Motor Nut	83	1	Roller Guard, Left
32	1	Belt Tension Bracket	84	1	Rear Endcap, Left
33	1	Speed Disk	85	1	Cup Holder Insert
34	3	Speed Disk Screw	86	1	CD Holder Insert
35	2	Sensor Screw	87	1	Key/Clip
36	1	Speed Sensor	88	1	Console
37	1	CD Holder Foam	89	1	Console Base
38	1	Sensor Bracket	90	2	Handrail Endcap
39	2	Sensor Bracket Nut	91	1	Handrail
40	1	Motor	92	13	Console Back Screw
41	1	Motor Isolator	93	4	Console Back Screw
42	2	Incline Motor Nut, Top/Idler Nut	94	1	Console Back
43	1	Incline Motor Bolt, Top	95	1	Upright, Right
44	4	Pulse Sensor Screw	96	8	Upright Bolt
45	1	7" Filter Wire	97	1	Upright, Left
46	2	Hood Bracket, Front	98	4	Pulse Sensor
47	1	On/Off Circuit Breaker	99	8	Handrail Bolt
48	1	Power Cord	100	1	Upright Wire Harness
49	1	Power Cord Outlet	101	1	Controller Wire
50	2	Wheel Spacer	102	1	Hex Key, 7/32"
51	1	Warning Decal	103	1	Hex Key, 5/16"
52	4	Motor Bushing	104	1	Tie Block

| Key No.	Qty.	Description	Key No.	Qty.	Description
105	2	Belt Guide Bolt	126	2	Controller Nut
106	1	Voltage Decal, Small	#	1	28" Wire Harness, 3 Wire
107	5	Cable Tie	#	1	25" Wire Harness, 5 Wire
108	2	Belt Guide	#	1	22" Wire Harness
109	1	Motor Controller Box	#	1	12" Green Wire, 2 Ring
110	1	Rear Endcap, Right	#	1	12" Green Wire, F/M Ring
111	1	Motor Flywheel	#	1	4" Green Wire F/Ring,14Ga
112	1	Motor Pulley	#	1	4" Black Wire, 2F
113	2	Rear Foot Locknut	#	1	4" White Wire, M/F
114	1	Foam Grip, Left	#	1	15" White Wire Harness
115	2	Rear Roller Adj. Washer	#	1	15" Blue Wire Harness
116	2	Wheel Washer	#	1	4" White Wire Harness
117	1	Right Foam Grip	#	1	4" Black Wire Harness
118	2	Nylon Incline Washer	#	1	4" Red Wire Harness
119	2	Ground Screw	#	1	Controller Wire Harness
120	2	Hood Bracket, Back	#	1	15" Green/Yellow Jumper Wire
121	1	Incline Motor Spacer	#	1	Wire w/Resistor
122	1	iFIT Cable	#	1	User's Manual
123	1	Ferrite Clamp			
124	1	Controller Plate			
125	2	Controller Bolt			# These parts are not illustrated

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. When ordering parts, be prepared to provide the following information:

• the MODEL NUMBER OF THE PRODUCT (NTL29105.1)

• the NAME OF THE PRODUCT (NordicTrack S3000 treadmill)

• the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)

• the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 28 and 29 and the EXPLODED DRAWING on pages 30 and 31)

31
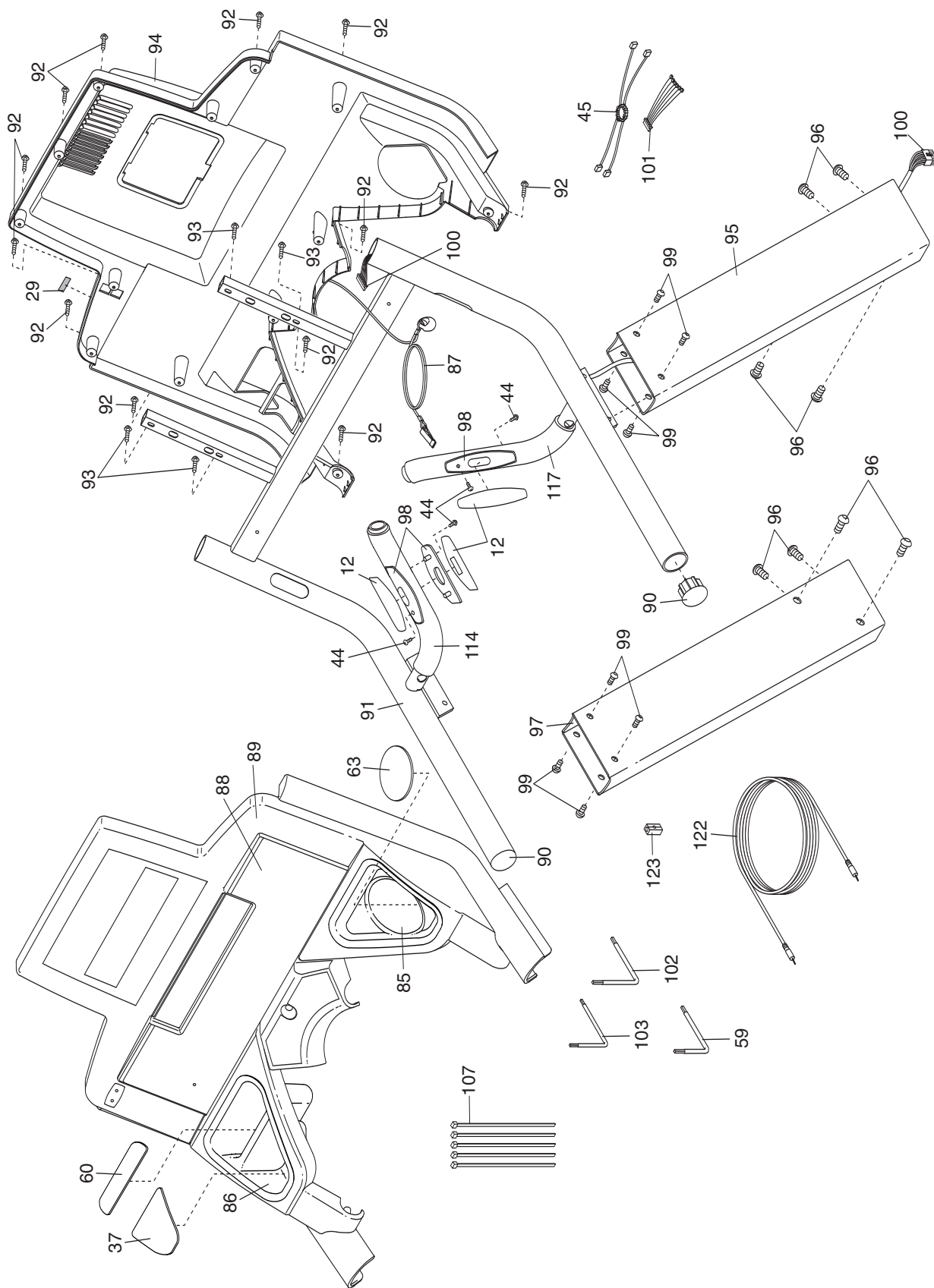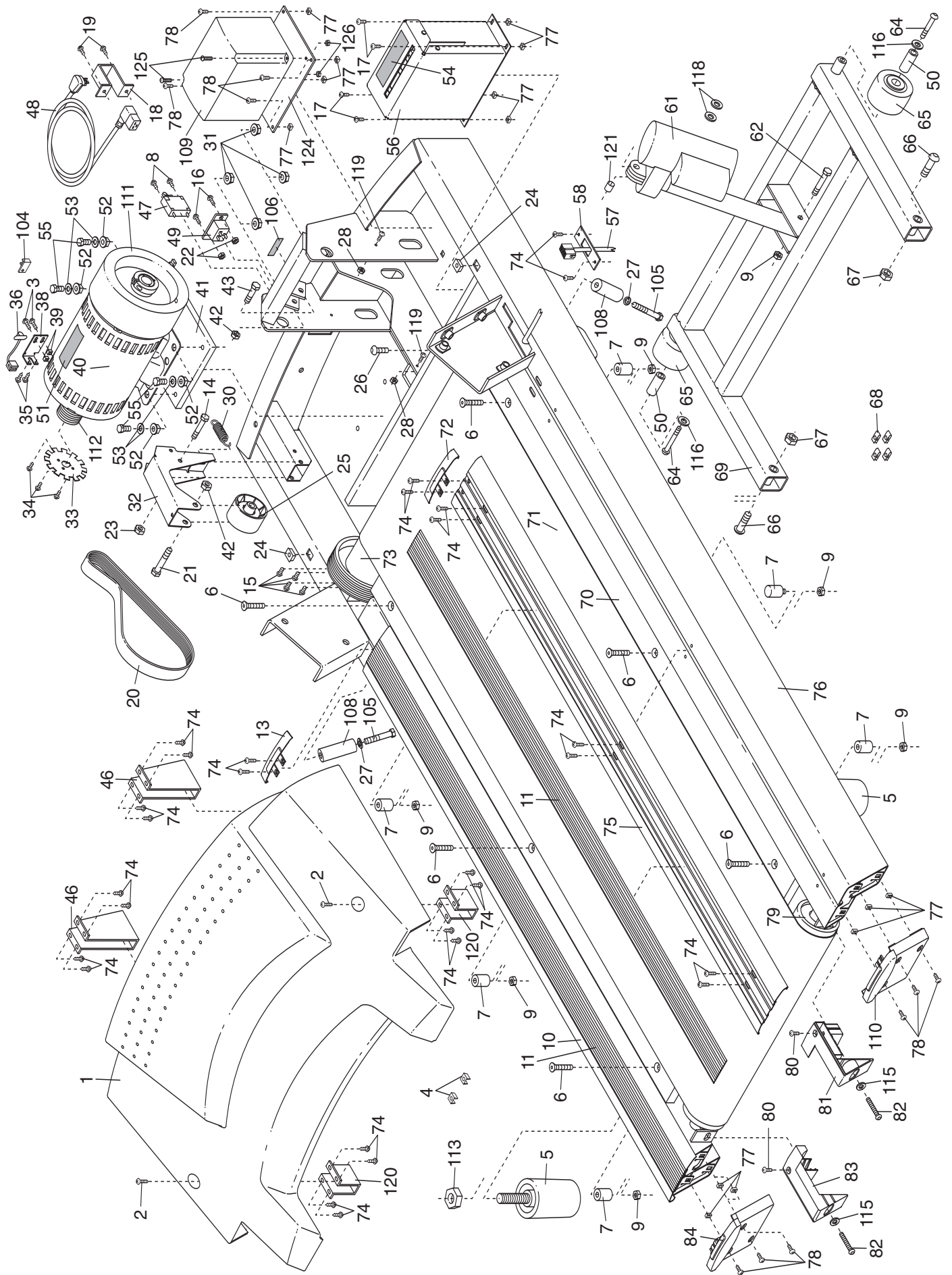
LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack S3000 treadmill ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the drive motor for a lifetime. The rollers are covered for four years after the date of purchase. The parts are covered for two years. The belt, the deck, and labor are covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual"). This warranty does not extend to products used for commercial or rental purposes.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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

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

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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