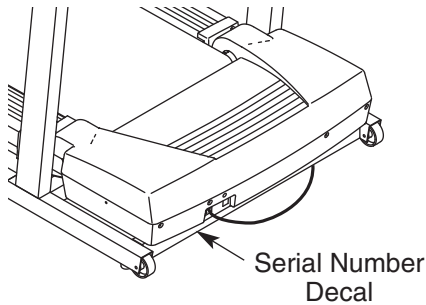


PRO-FORM® 525s

CrossWalk Advanced

Model No. 831.295040

Serial No. _____



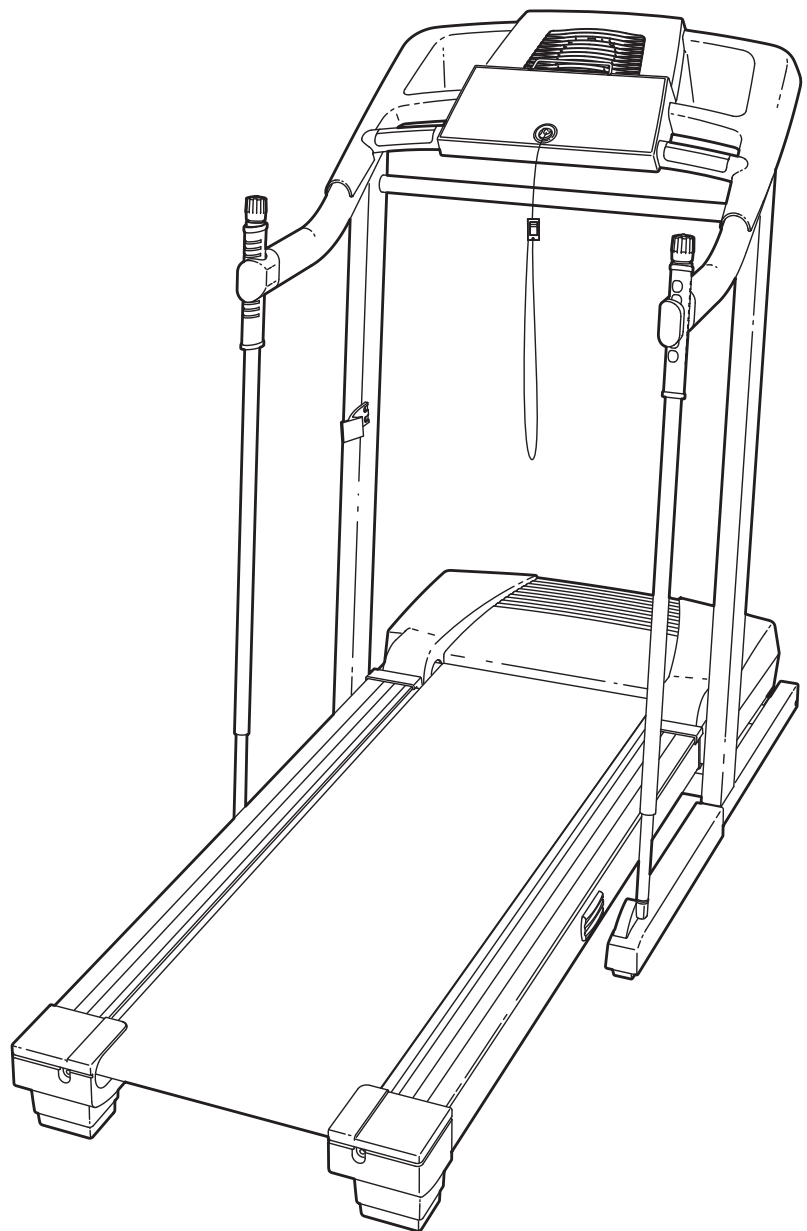
- Assembly
- Operation
- Maintenance
- Part List and Drawing

CAUTION

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

TREADMILL EXERCISER

User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

PRO-FORM[®] 525s

CrossWalk Advanced

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

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 this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. 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 put 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. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 300 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local Sears store or call 1-800-366-7278 and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the ski poles while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is 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 and unplug the power cord when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 22.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and properly tighten all parts of the treadmill regularly.

22. Never insert any object into any opening.

23. **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. Never remove the motor hood unless instructed to do so by an

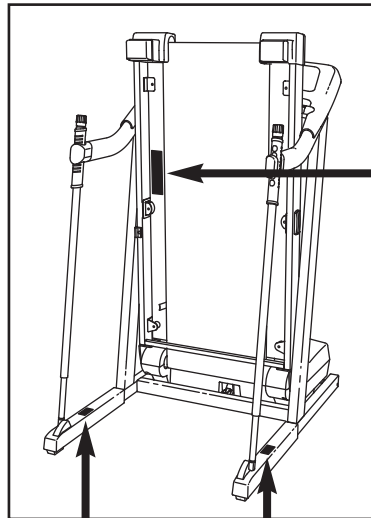
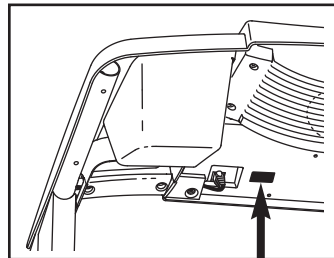
authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this 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. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS


The decals shown have been placed on your treadmill. If a decal is missing, or if it is not legible, please call toll-free 1-888-533-1333 and order a free replacement decal (see the front cover of this manual). Apply the decal in the location shown. Note: The decals are not shown at actual size.




⚠ WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

 • Never allow children on or around treadmill.

• Remove key when not in use.

 • Keep clothing, fingers, and hair away from moving belt.

• Never try to adjust or fix the belt while it is moving.

• Always wear athletic shoes while operating treadmill.

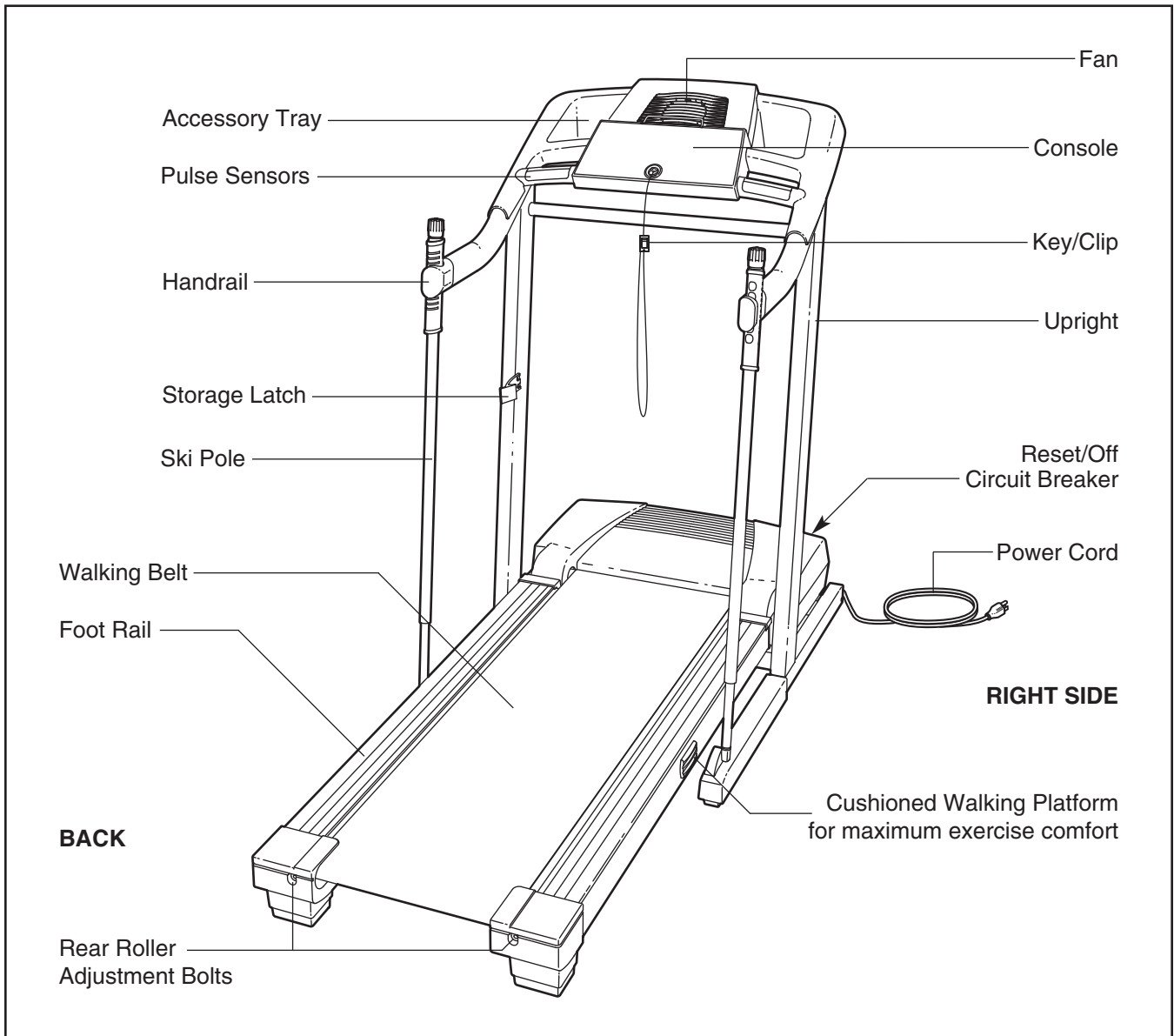
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CROSSWALK ADVANCED 525s treadmill. The CROSSWALK ADVANCED 525s treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the CROSSWALK ADVANCED 525s treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before

using the treadmill. If you have questions after reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.295040. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



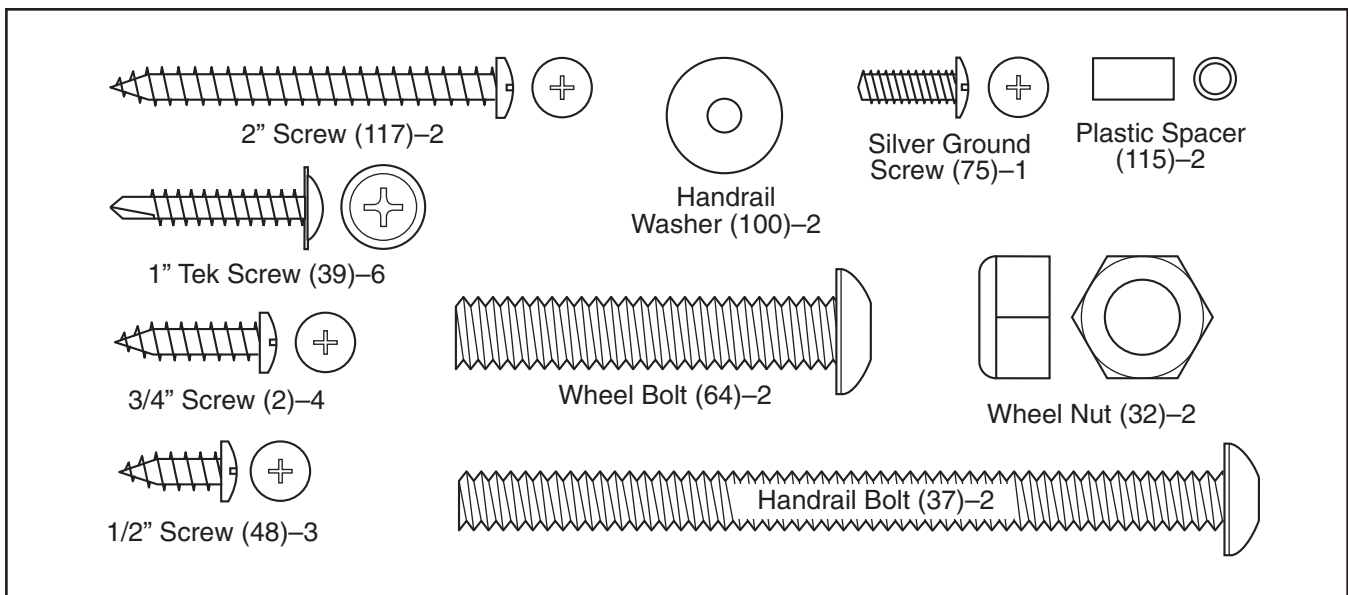
ASSEMBLY

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.

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.

Assembly requires the included allen wrenches  **and your own phillips screwdriver** , **rubber mallet** , **and adjustable wrench** .

For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, first check to see if it has been preassembled. **If a part is missing, call toll-free 1-888-533-1333.**



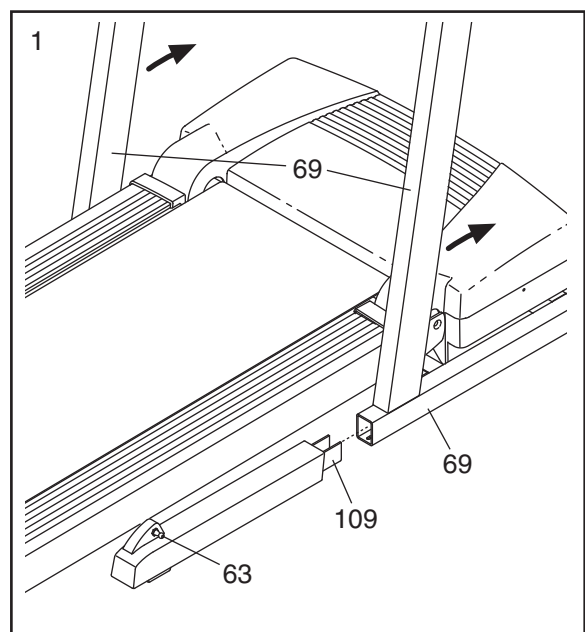
1. Make sure that the power cord is unplugged.



With the help of another person, carefully raise the Uprights (69) to the vertical position. Identify the Right Extension Leg (109), which has a Ball Joint (63) in the position shown.

Insert the Right Extension Leg (109) into the base of the Uprights (69) as shown. Note: It may be helpful to tip the Uprights as you insert the Extension Leg.

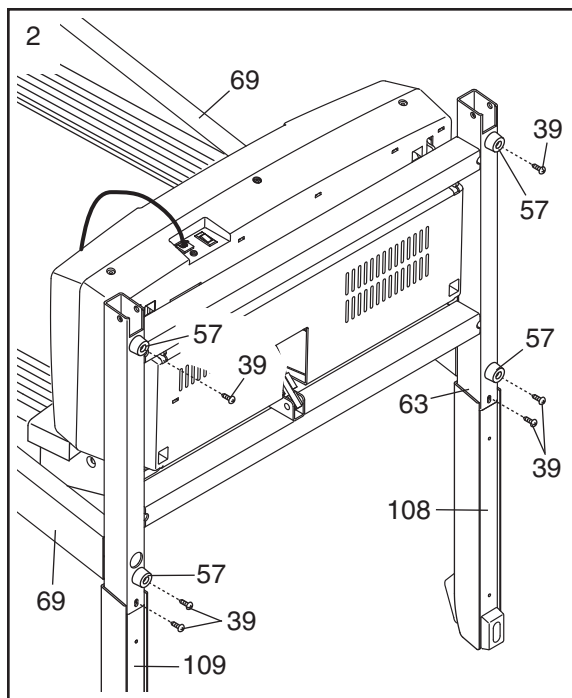
Insert the Left Extension Leg (not shown) in the same way.



- With the help of another person, carefully lower the Uprights (69) as shown. Note: It may be helpful to place one foot on one of the Extension Legs (109, 109) as you tip the Uprights. **Make sure that the Extension Legs remain in the Uprights.**

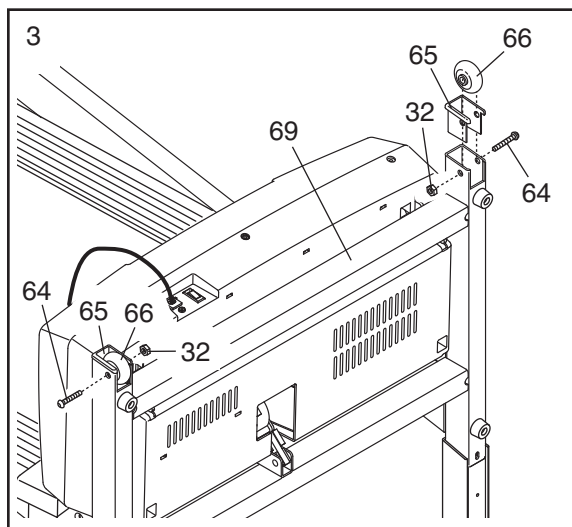
Attach the Left and Right Extension Legs (108, 109) with four 1" Tek Screws (39) and two Base Pads (57) as shown. **Attach the lower Tek Screw, without the Base Pad, first.**

Attach the other two Base Pads (57) to the base of the Uprights (69) with two 1" Tek Screws (39).



- Insert the two Wheel Endcaps (65) into the base of the Uprights (69) as shown. Attach the two Wheels (66) with two Wheel Bolts (64) and two Wheel Nuts (32) as shown. **Do not overtighten the Wheel Bolts;** the Wheels should be able to spin freely.

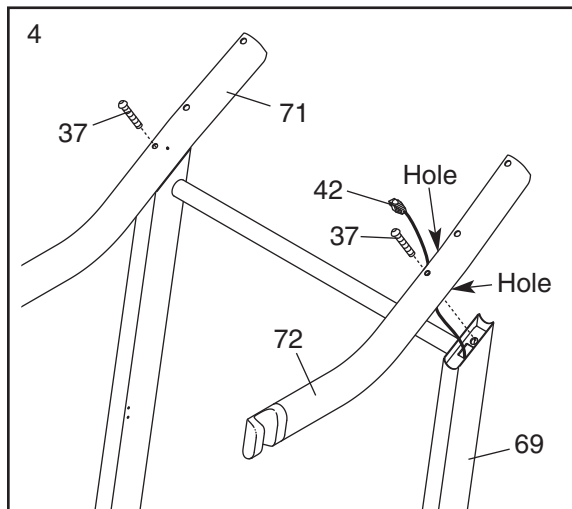
With the help of another person, carefully raise the Uprights (69) to the vertical position.



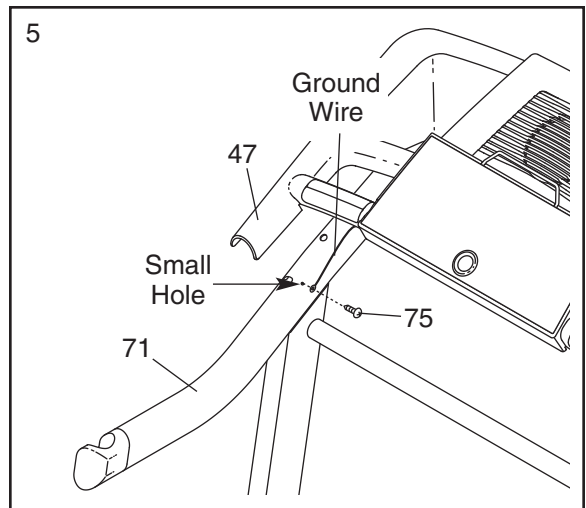
- Identify the Right Handrail (72), which has a large hole in the left side. Feed the Upright Wire (42) into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.

Attach the Right Handrail (72) to the right Upright (69) with a Handrail Bolt (37).

Attach the Left Handrail (71) as described above. Note: There is not a wire harness on the left side.



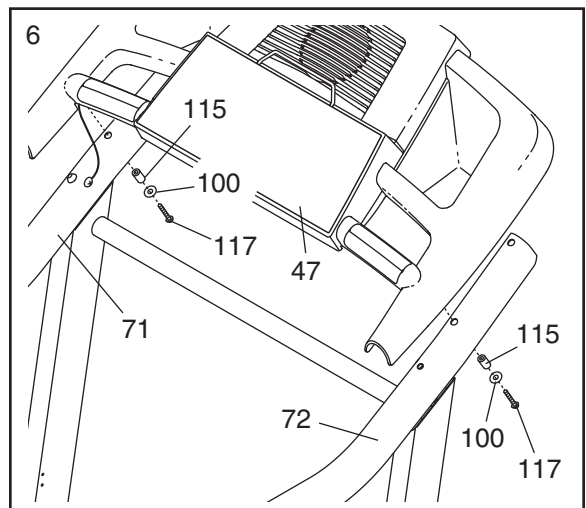
5. Hold the Console Base (47) near the Left Handrail (71). Attach the end of the ground wire on the Console Base to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).



6. Set the Console Base (47) on the Left and Right Handrails (71, 72).

Slide a Handrail Washer (100) and a Plastic Spacer (115) onto a 2" Screw (117), and insert the Plastic Spacer and the Screw into the hole in the bottom of the Right Handrail (72) as shown. **Start the Screw into the Console Base, but do not tighten it yet.**

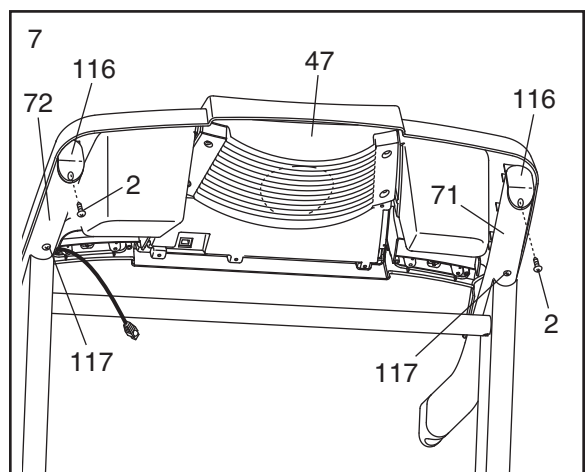
Repeat this step with the Left Handrail (71).



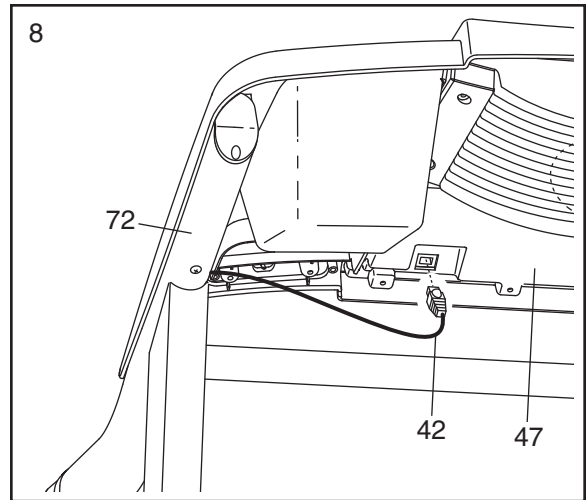
7. Press a Handrail Endcap (116) into the end of the Left Handrail (71). **Start a 3/4" Screw (2) into the Handrail Endcap and the Console Base, but do not tighten the Screw yet.**

Repeat this step with the other Handrail Endcap (116) and the Right Handrail (72).

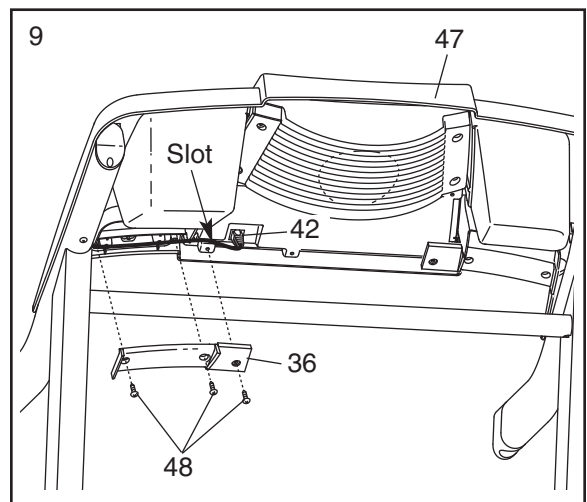
Tighten the two 3/4" Screws (2) and the two 2" Screws (117); being careful not to overtighten the Screws.



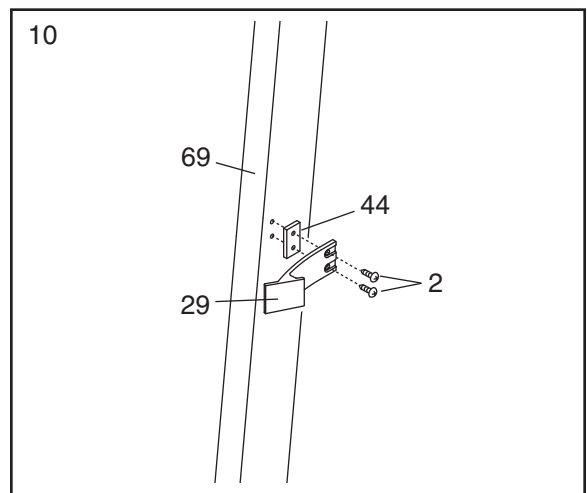
8. **Touch the Right Handrail (72) to discharge any static.** Insert the end of the Upright Wire (42) into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it.



9. Press the Upright Wire (42) into the slot in the underside of the Console Base (47) in the indicated area. Cover the Upright Wire with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten three 1/2" Screws (48) into the Right Grip Plate and the Console Base.

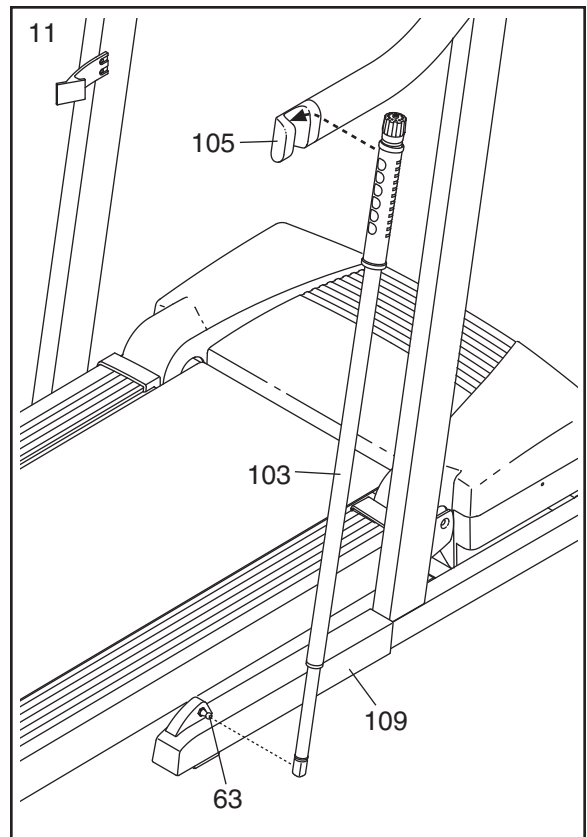


10. Attach the Storage Latch (29) and the Latch Spacer (44) to the left Upright (69) with two 3/4" Screws (2) as shown. **Do not overtighten the Screws.**



11. Press the lower end of one of the Ski Poles (103) onto the Ball Joint (63) on the Right Extension Leg (109). Press the upper end into the Right Ski Pole Rest (105). Note: It may be helpful to twist the handle of the Ski Pole as you insert it into the Ski Pole Rest.

Attach the other Ski Pole (not shown) to the left side of the treadmill as described above.



12. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 25). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ 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.

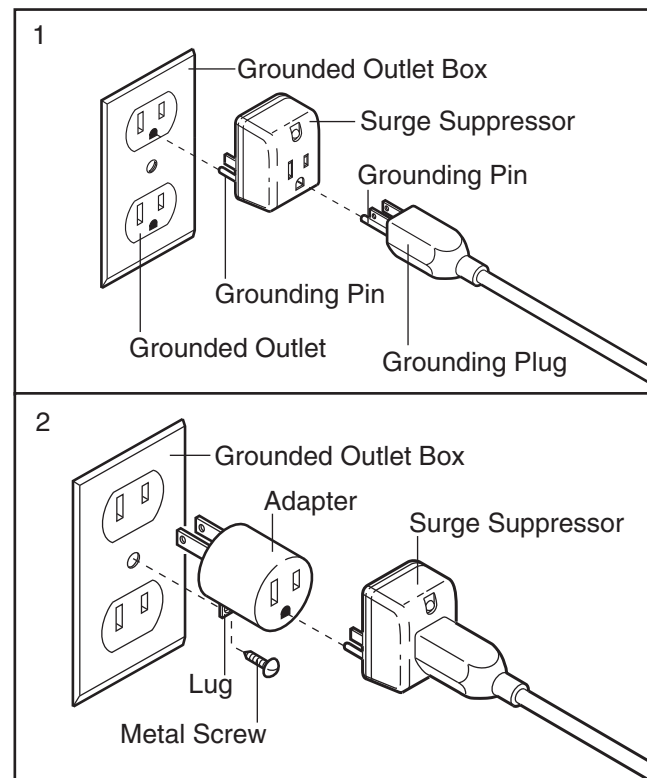
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local Sears store or call 1-800-366-7278 and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

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. This product is equipped with a cord having

an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

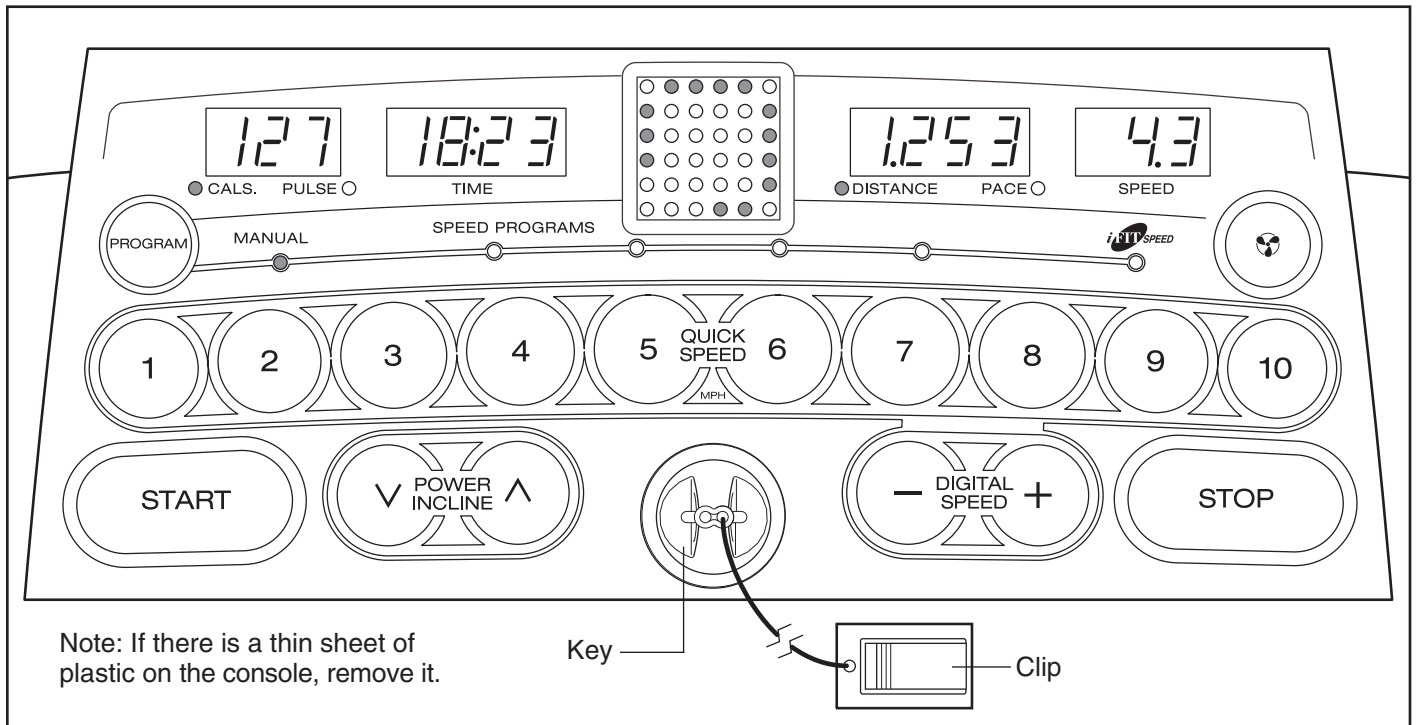
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



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

- Do not stand on the walking belt while turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- 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.

FEATURES OF THE CONSOLE

The console offers a selection of features designed 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 the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Four speed programs are also offered. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

The console also features new iFIT.com interactive technology. Having iFIT.com technology is like having a personal 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 of the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

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 use the manual mode of the console, follow the steps beginning on page 13. **To use a speed program**, see page 14. **To use an iFIT.com CD or video program**, see page 19. **To use an iFIT.com program directly from our Web site**, see page 20.

HOW TO TURN ON THE POWER

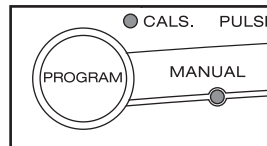
- 1** Plug in the power cord (see page 11).
- 2** Stand on the foot rails of the treadmill.
- 3** Find the clip attached to the key (see the drawing on page 12), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators will light. **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.**

HOW TO USE THE MANUAL MODE

- 1** Insert the key into the console.
See HOW TO TURN ON THE POWER above.

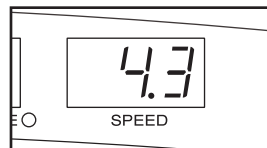
- 2** Select the manual mode.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. If a program has been selected, press the Program button repeatedly to reselect the manual mode.



- 3** Start the walking belt.

To start the walking belt, press the Start button, the Speed + button, or one of the ten Quick Speed buttons.



If the Start button or the Speed + button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the

walking belt as desired by pressing the Speed + 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.

If one of the Quick Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers (see SPEED DISPLAY on page 14). For simplicity, all instructions in this section refer to miles.**

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

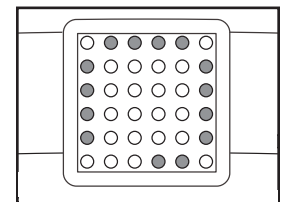
Note: The first time you use the treadmill, periodically inspect the alignment of the walking belt, and align it if necessary (see page 25).

- 4** Change the incline of the treadmill as desired.

To change the incline of the treadmill, press either of the Power Incline buttons until the desired incline level is reached.

- 5** Follow your progress with the LED track and the displays.

The LED Track—When the manual mode or the iFIT.com mode is selected, the LED display will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until you have completed 1/4 mile. A new lap will then begin.



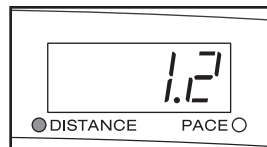
Calories/Pulse display—This display shows the approximate numbers of calories you have burned. The display will also show your heart rate when you use the pulse sensor (see step 6 on page 14).



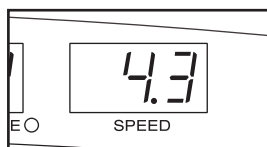
Time display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a speed program is selected, the display will show the time remaining in the program.



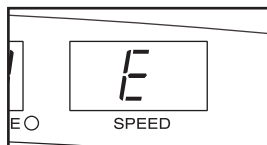
Distance/Pace display—This display shows the distance that you have walked or run and your pace (in minutes per mile)



Speed display—This display shows the speed of the walking belt.



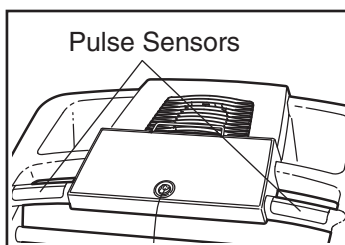
Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a few seconds. An “E” for English miles or an “M” for metric kilometers will appear in the 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.



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

6 Measure your heart rate, if desired.

To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the foot rails** and hold the handgrip pulse sensors, with your hands on the metal contacts. **Avoid moving your hands.** After a few seconds, the PULSE indicator below the Calories/Pulse display will light, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your hands off the pulse sensors for a few seconds. Then, place your hands on the pulse sensors as described above. Remember to stand still while measuring your heart rate.

7 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: Any time that the walking belt is stopped for a few minutes, the fan will automatically turn off.



8 When you are finished exercising, remove the key.

Step onto the foot rails and press the Stop button. **Adjust the incline of the treadmill to the lowest setting.** Next, remove the key from the console and put it in a secure place.

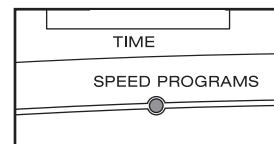
HOW TO USE A SPEED PROGRAM

1 Insert the key fully into the console.

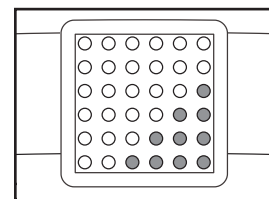
See HOW TO TURN ON THE POWER on page 13.

2 Select a speed program.

When the key is inserted, the manual mode will be selected. To select a speed program, press the Program button repeatedly until one of the four speed program indicators lights. When a speed program is selected, the Time display will show how long the program will last and the Speed display will flash the maximum speed setting for the program for a few seconds.



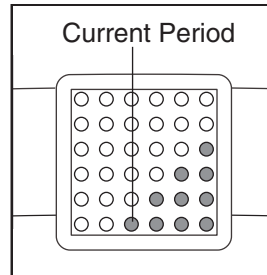
The first four speed settings for the program will be shown in the LED display.



3 Press the Start button or the Speed + button to start the program.

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

Each program is divided into several time periods of different lengths. One speed setting is programmed for each period. (The same speed setting may be programmed for two or more consecutive periods.) The speed setting for the first period will be shown in the flashing Current Period column of the LED display. The speed settings for the next three periods will be shown in the three columns to the right.



When only a few seconds remain in the first period of the program, the Speed display will flash, the Current Period column and the column to the right will flash, and a series of tones will sound. When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed setting for the second period. (When the same speed setting is programmed for consecutive periods, the Speed display will not flash and the column to the right of the Current Period column will not flash during the last three seconds of the current period.)

Note: If all of the indicators in the Current Period column are lit after the speed settings have moved to the left, *the speed settings will move downward so that only the highest indicators in the columns appear in the LED display*. If some indicators in the Current Period column are not lit after the speed settings have moved to the left again, the speed settings will move back up.

To change the incline of the treadmill during the program, press the Incline buttons until the desired incline level is reached.

The program will continue until the speed setting for the last period is shown in the Current Period column and no time remains in the Time display. The walking belt will then slow to a stop.

Note: If the speed setting for the current period is too high or too low, you can manually override the setting by pressing the Speed buttons. Every few times a button is pressed, an additional indicator will light or darken in the Current Period column. (If any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may light or darken in those columns as well.) **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed setting for the next period.**

To stop the program temporarily, press the Stop button. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 13.

5 Measure your heart rate, if desired.

See step 6 on page 14.

6 Turn on the fan if desired.

See step 7 on page 14.

7 When the program is completed, remove the key from the console.

When the program has ended, **adjust the incline of the treadmill to the lowest setting**. Next, remove the key from the console and put it in a safe place.

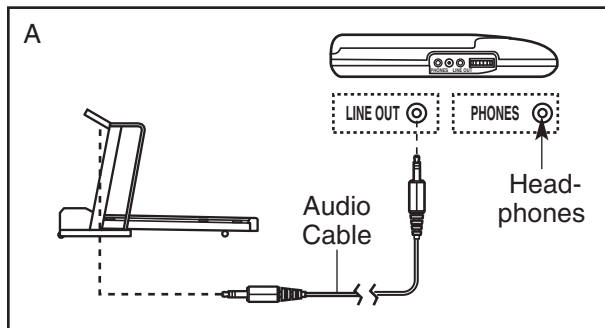
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

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 16 and 17 for connecting instructions. To use **iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 18 for connecting instructions. To use **iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 17 for connecting instructions.

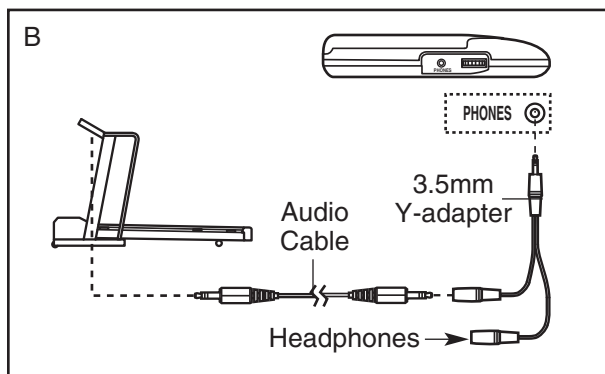
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



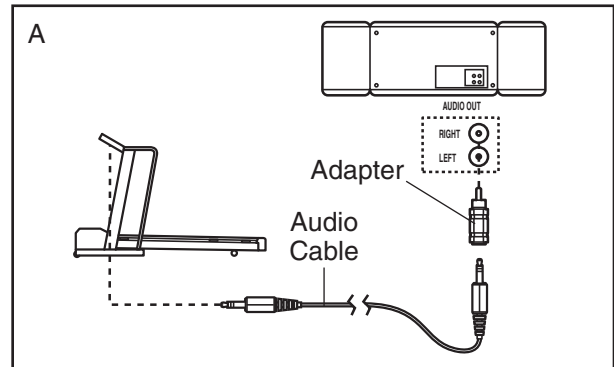
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



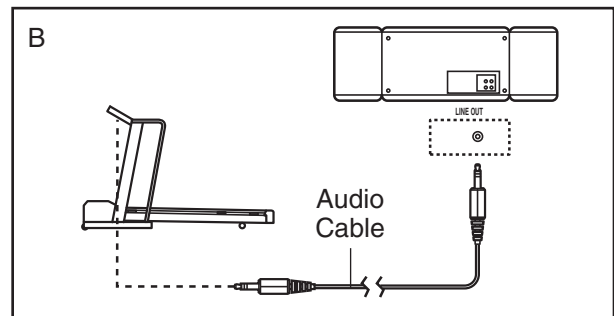
HOW TO CONNECT YOUR PORTABLE STEREO

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.

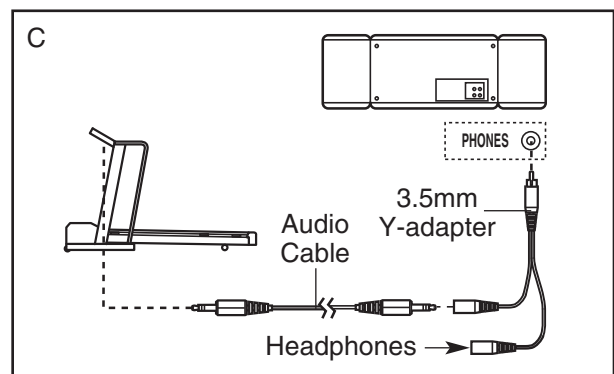
- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



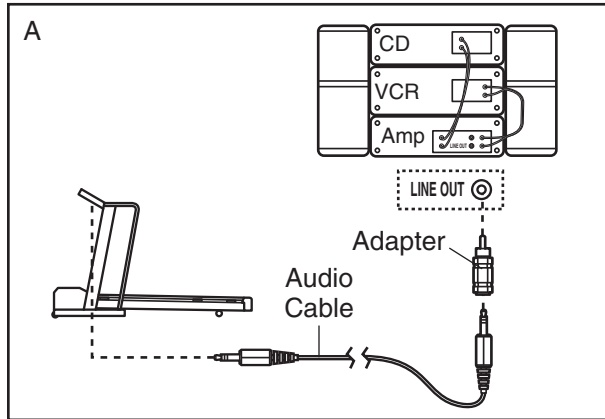
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



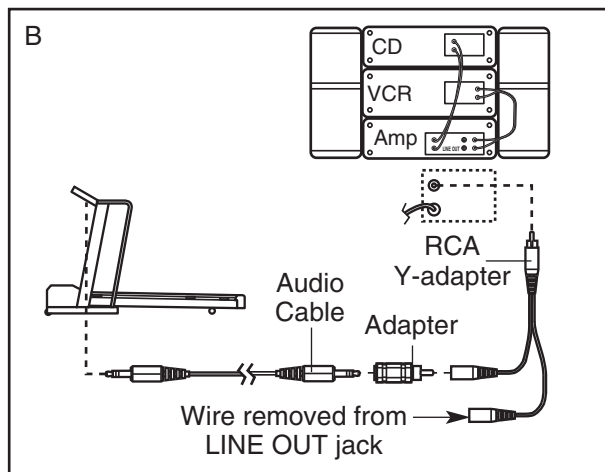
HOW TO CONNECT YOUR HOME STEREO

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 beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



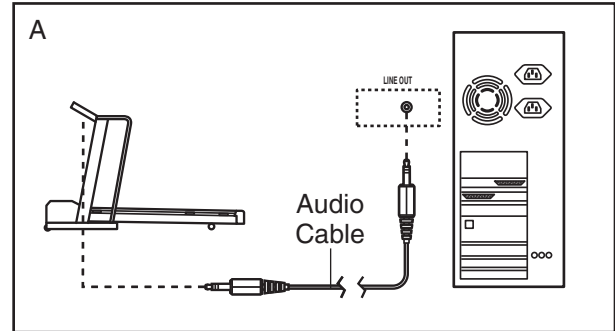
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and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



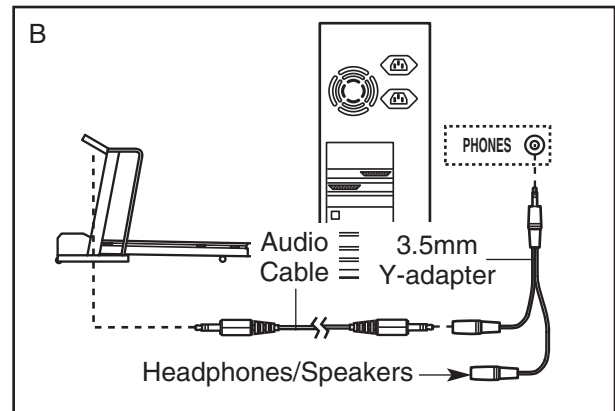
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your computer.



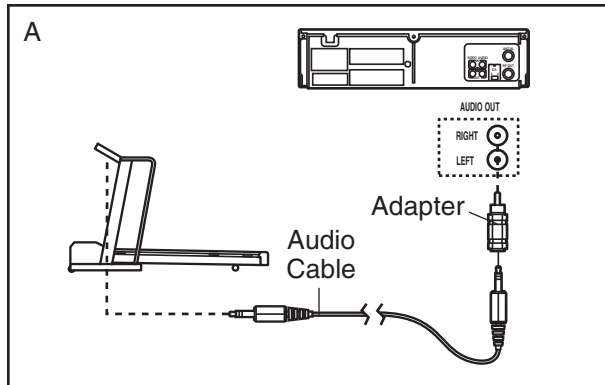
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



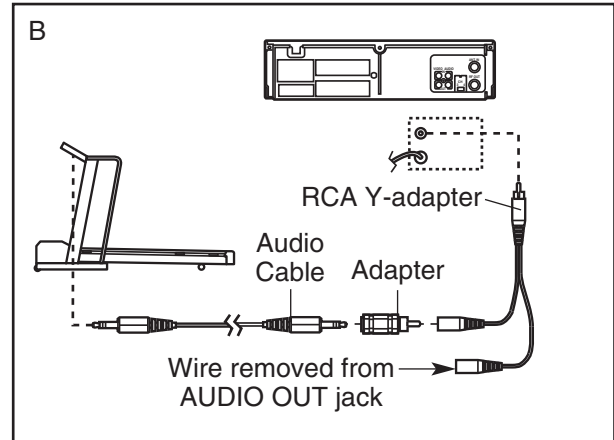
HOW TO CONNECT YOUR VCR

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 17.

- A. Plug one end of the audio cable into the jack beneath 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 beneath 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.



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 16. **Note: iFIT.com CD and video programs will control only the speed of your treadmill.**

To purchase iFIT.com CDs or videocassettes, call toll-free 1-888-533-1333.

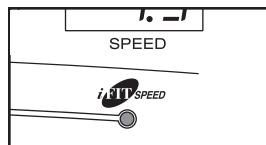
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use iFIT.com CDs or videocassettes, press the Program button repeatedly until the iFIT Speed indicator lights.



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 display is flashing, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program when the Time display is flashing.

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

If the speed setting is too high or too low, you can manually override the setting at any time by pressing the Speed buttons on the console. However, **when the next "chirp" is heard, the speed will change to the next setting of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move. **When the next "chirp" is heard, the speed will change to the next setting of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the Time display will begin to flash. 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 of the treadmill does not change when a "chirp" is heard:

- Make sure that the iFIT.com indicator is lit and that the Time display is not flashing. If the Time display is flashing, press the Start button or the Speed + 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 LED track and the displays.

See step 5 on page 13.

6 Measure your heart rate, if desired.

See step 6 on page 14.

7 Turn on the fan if desired.

See step 7 on page 14.

8 When the program is completed, remove the key.

See step 8 on page 14.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access programs directly from the internet. See www.iFIT.com for details. **Note: Programs will control only the speed of your treadmill.**

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. 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.

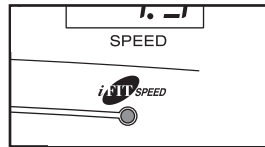
Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the Program button repeatedly until the iFIT Speed indicator lights.



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 of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed changes.**

If the speed setting is too high or too low, you can manually override the setting at any time by pressing the Speed buttons on the console. **However, when the next “chirp” is heard, the speed will change to the next setting for the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move. **When the next “chirp” is heard, the speed will change to the next setting for the program.**

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

Note: If the speed of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time display is not flashing. 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 LED track and the displays.

See step 5 on page 13.

9 Measure your heart rate, if desired.

See step 6 on page 14.

10 Turn on the fan if desired.

See step 7 on page 14.

11 When the program is completed, remove the key.

See step 8 on page 14.

THE INFORMATION MODE

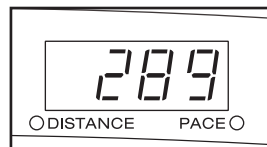
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour.

To select the information mode, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a few seconds. When the information mode is selected, the following information will be shown:

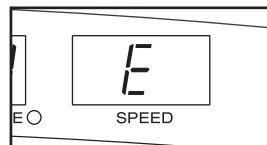
The Time display will show the total number of hours the treadmill has been used.



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



An "E" for english miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement.



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

HOW TO USE THE SKI POLES

As you walk on the treadmill, you can either hold the handrails or use the ski poles. **When you are not using the ski poles, always set them in the ski pole rests on the handrails (see the drawing at the right).**

To add upper-body exercise to your workouts, hold the ski poles and move them forward and back as you walk. Do not move the ski poles too far to the side. To vary the intensity of your upper-body exercise, adjust the resistance of the ski poles by turning the resistance knobs.

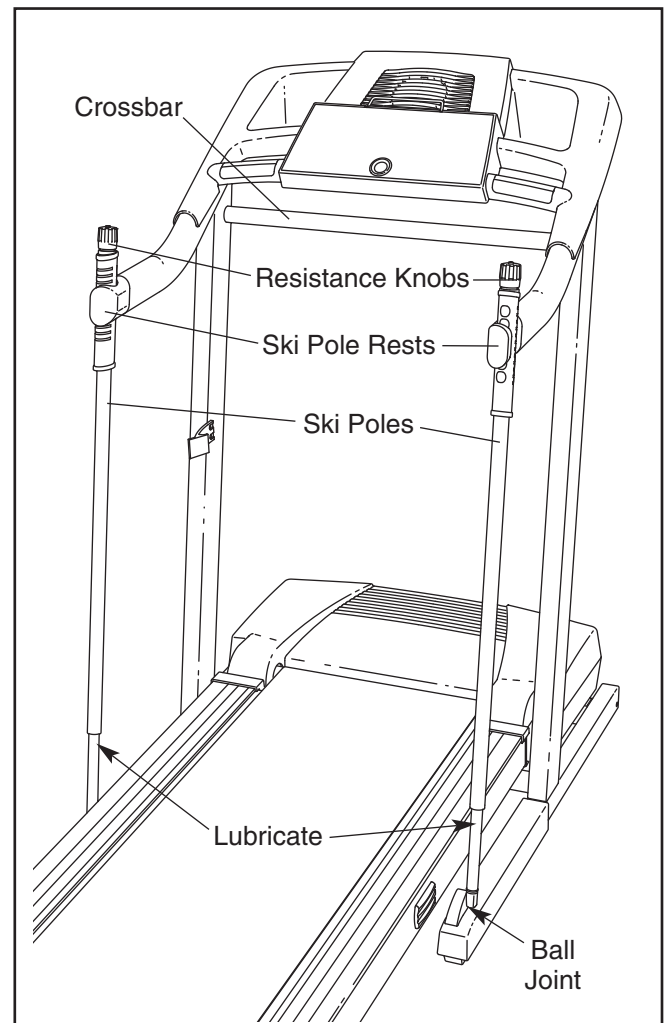
Allowing the ski poles to come in contact with the console may affect the operation of the treadmill. Never leave the ski poles on the crossbar or the console when the ski poles are not in use.

SKI POLE TROUBLESHOOTING

If the ski poles do not slide easily, or if they make a squeaking noise, apply the included lubricant to the arms in the locations shown below. Slide the ski poles up and down several times to spread the lubricant.

To prevent damage to the ski poles if they are moved too far sideways, the lower end of each ski pole features a breakaway connector. If one of the ski poles breaks away, simply press the lower end back onto the ball joint.

Note: When storing the ski poles in the ski pole rests, it may be helpful to twist the ski pole handles as you insert them into the ski pole rests.

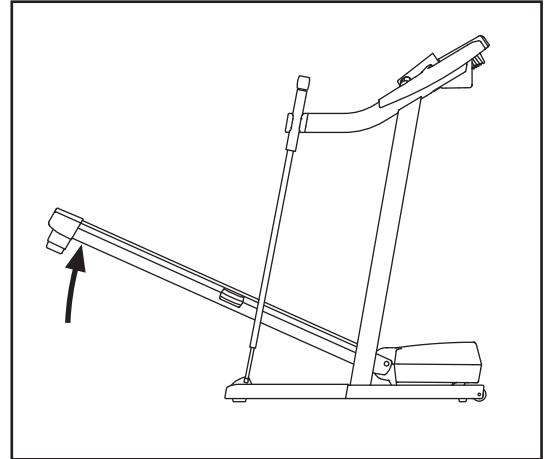


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

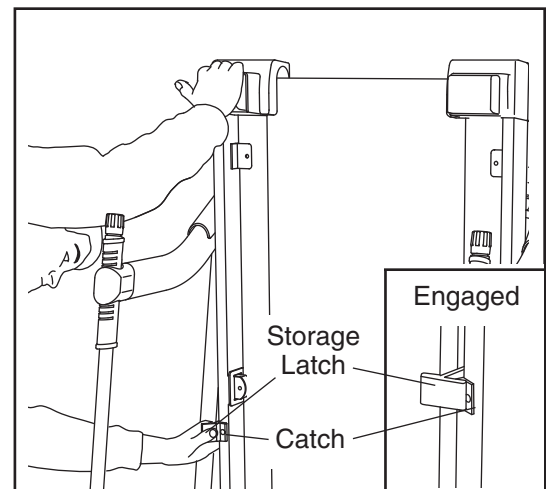
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

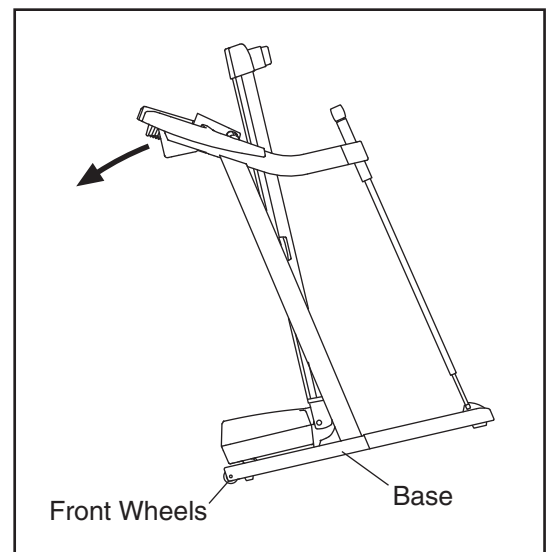
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

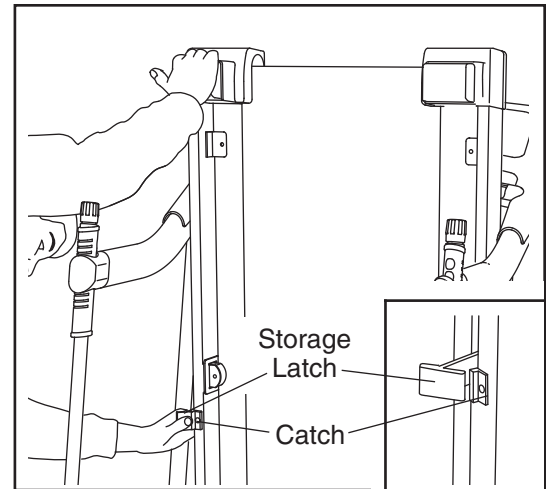
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the storage latch.**

1. Hold the upper ends of the handrails. Place one foot on a front wheel.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot on a wheel, and carefully lower the treadmill until it is resting in the storage position.

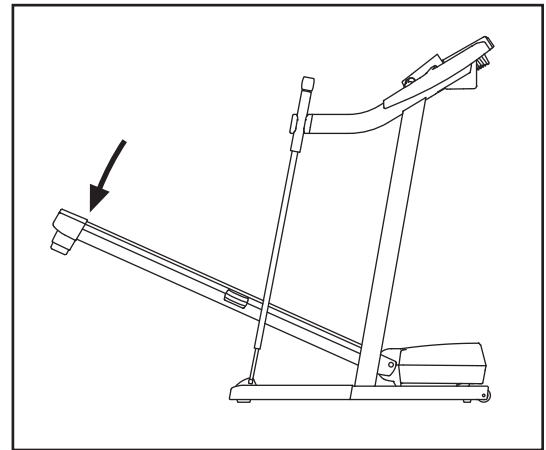


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Press the storage latch to the left. Pivot the treadmill down until the frame and foot rail are past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

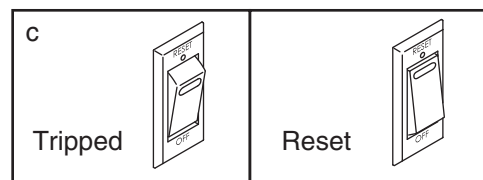
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame 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.



PROBLEM: The power turns off during use

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

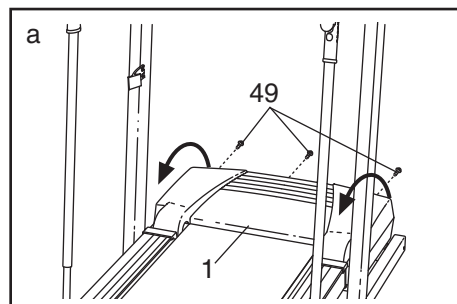
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

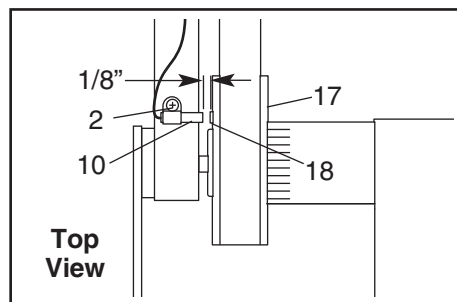
d. If the treadmill still will not run, please call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the Screws (49) from the Hood (1), and carefully pivot the Hood off.



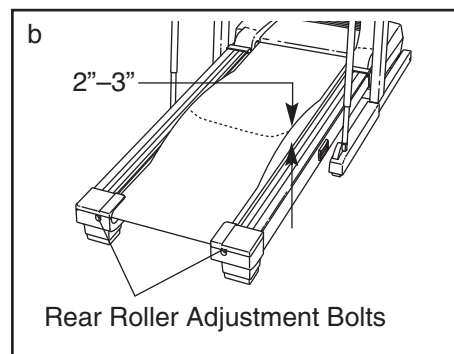
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (2), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

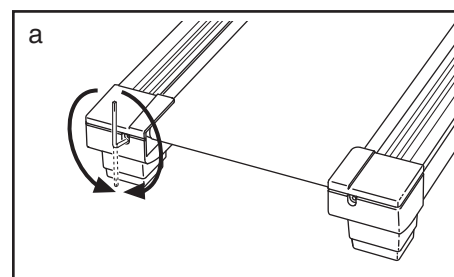
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



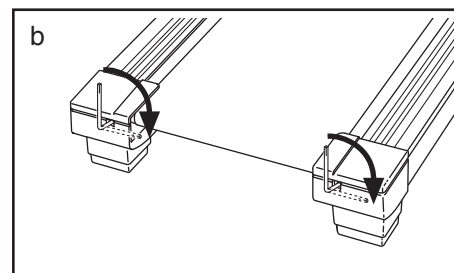
c. If the walking belt still slows when walked on, please call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING 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 sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is 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.

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.

To measure your heart rate during exercise, use the pulse sensor.

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 en-

ergy. 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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

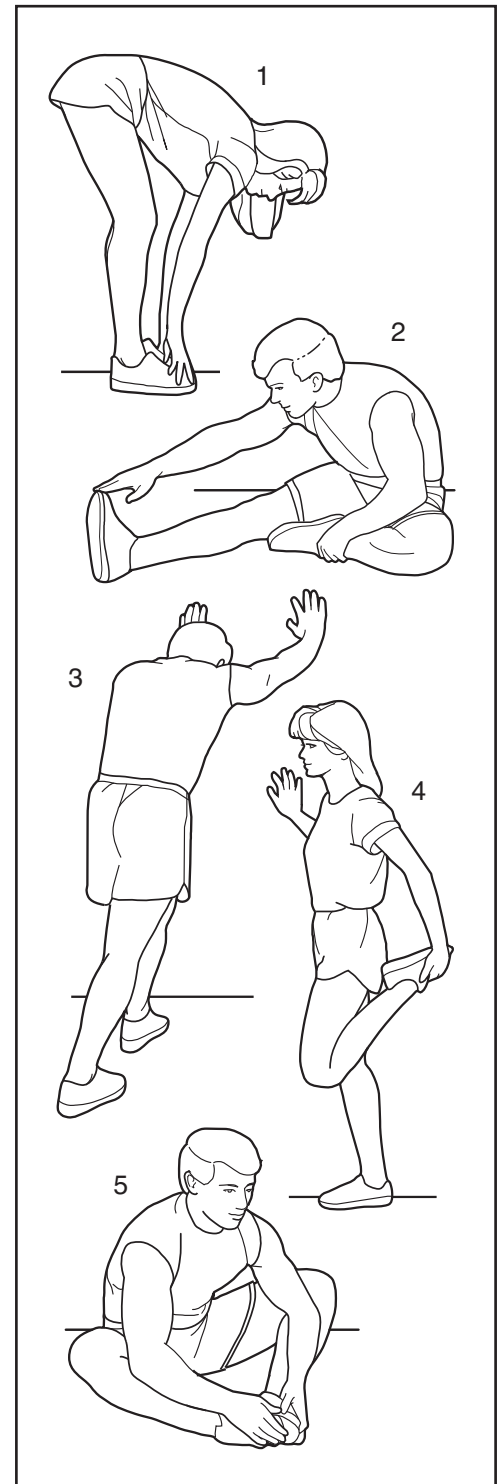
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST—Model No. 831.295040

R0904A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	45	2	Isolator	91	1	Sensor Clip
2	17	3/4" Screw	46	1	Book Holder	92	2	Rear Roller
3	1	Motor Belt	47	1	Console Base			Adjustable Bolt
4	1	Motor Tension Bolt	48	6	1/2" Screw	93	1	Right Rear Endcap
5	5	3/8" Washer	49	9	Hood Screw/ Endcap Screw	94	1	Allen Wrench
6	1	Motor Star Washer	50	1	Key/Clip	95	1	Left Rear Endcap
7	1	Flywheel	51	1	Incline Motor	96	1	Walking Belt
8	1	Drive Motor	52	1	Incline Bracket	97	1	Walking Platform
9*	1	Motor Assembly	53	1	Incline Motor Bolt (lower)	98	1	Left Foot Rail
10	1	Reed Switch	54	3	Incline Pivot Bolt	99	2	U-Nut
11	1	Latch Warning Decal	55	1	Motor Mount Bracket	100	2	Handrail Washer
12	2	Frame Spacer	56	1	Motor Controller Wire	101	2	Isolator Cushion
13	7	Frame Pivot Nut/Motor Nut	57	4	Base Pad	102	2	Isolator Screw
14	2	Frame Pivot Bolt	58	9	3/4" Tek Screw	103	2	Ski Pole
15	6	Walking Platform Screw	59	1	Controller	104	1	Ski Pole Rest (Left)
16	1	Right Foot Rail	60	1	Lift Frame	105	1	Ski Pole Rest (Right)
17	1	Front Roller/Pulley	61	2	Base Pad	106	1	Extension Leg Cover (Left)
18	1	Magnet	62	2	Warning Decal	107	1	Extension Leg Cover (Right)
19	1	Motor Pivot Bolt	63	2	Ball Joint	108	1	Extension Leg (Left)
20	2	Motor Bracket Bolt	64	2	Wheel Bolt	109	1	Extension Leg (Right)
21	1	Right Foot Rail Endcap	65	2	Wheel Endcap	110	2	Ball Joint
22	2	Belly Pan Clip	66	2	Wheel	112	1	Jack
23	1	Front Roller Adjustment Bolt	67	5	Fan Cover Screw	113	1	Audio Wire
24	1	Isolator SCrew	68	4	8" Cable Tie	114	1	Audio Wire Nut
25	1	Fan Grill (Front)	69	1	Upright	115	2	Plastic Spacer
26	2	Platform Nut	70	1	Grommet	116	2	Handrail Endcap
27	1	Fan Grill (Back)	71	1	Left Handrail	117	2	2" Screw
28	1	Motor Tension Nut	72	1	Right Handrail	118	2	Round Plug
29	1	Storage Latch	73	1	Choke	119	2	Ski Pole Rest Screw
30	1	Latch Catch	74	1	Left Foot Rail Endcap	120	7	Electronics Scew
31	2	Rear Endcap Pad	75	1	Silver Ground Screw	#	1	8" Black Wire, 2 Ring
32	2	Wheel Nut	76	1	Isolator Insert	#	1	6" Black Wire, 2 Ring
33	2	Static Decal	77	2	Wire Tie Screw	#	1	4" Black Wire, 2F
34	1	Left Grip Plate	78	1	Reset/Off Switch	#	1	4" Black Wire, M/F
35	1	Electronic Bracket	79	1	Power Cord	#	1	6" Green Wire, F/R
36	1	Right Grip Plate	80	1	Power Cord Grommet	#	1	4" White Wire, M/F
37	2	Pulse Plate	81	1	Belly Pan	#	1	4" Blue Wire, 2F
38	2	Washer	82	2	Belt Guide	#	1	4" Red Wire, M/F
39	6	1" Tek Screw	83	4	Belt Guide Screw	#	1	User's Manual
40	2	Fan Screw	84	1	Fan			
41	1	5/32" Allen Wrench	85	1	Rear Roller			
42	1	Upright Wire	86	1	Frame			
43	1	Console	87	4	Releasable Tie			
44	1	Latch Spacer	88	1	Warning Decal			
			89	2	Cable Tie Clamp			
			90	1	Outlet Plate			

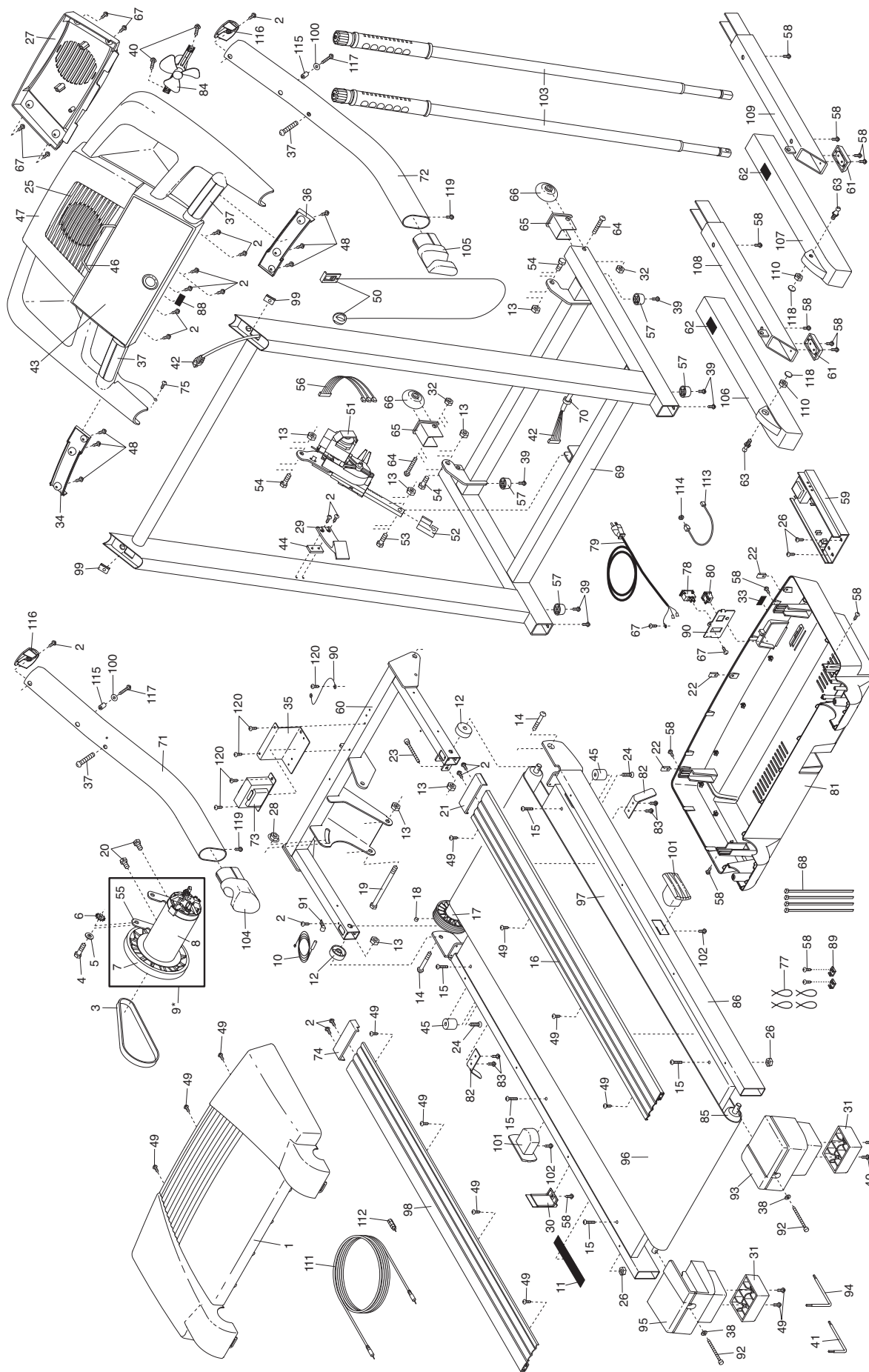
*Includes all parts shown in the box

#These parts are not illustrated

**If a part is missing, call toll-free
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EXPLODED DRAWING—Model No. 831.295040

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