



T8600 HRC TREADMILL

OWNER'S MANUAL SUPPLEMENT

Powerful 2.5 HP Continuous Duty/Commercial-Grade Motor

- U.S. made industrial grade motor, with full sealed bearing construction
- Easy access to motor brushes
- Open frame design for superior ventilation
- Internal Fan

DCI Commercial-Grade PWM Motor Controller

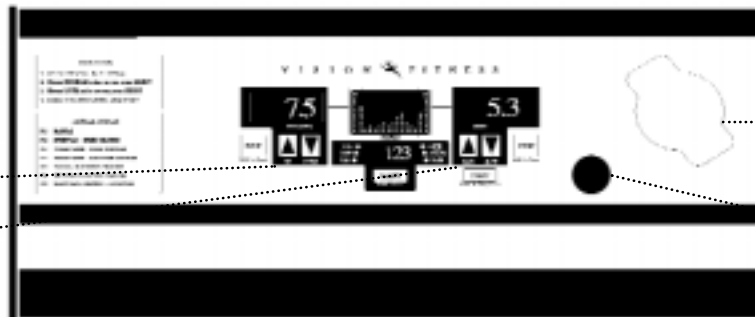
- Internal Fan

Elevation

- 12% incline.

Speed

- Starting speed of .5 mph and a maximum speed of 12 mph.



Spacious

- Spacious 20" x 60" running area

Pre-Waxed Slik-Deck™

- 1" Thick Commercial-Grade phenoliccoated deck, double sided.

Siegling U.S. Cool-Weave™ Belt Design

- Cool-Weave™ Design helps to disperse heat over a greater surface area.

Convenience

- Water bottle/walkman holder.

Emergency Stop

- Your treadmill is designed with a Red Emergency Stop Button that will cut power to the treadmill if pressed down.

Programming

The T8600HRC has built in heart rate control along with 6 programs from intervals to weight loss, each of the programs has nine different levels. Use either the UP or DOWN arrows to choose the Heart Rate Control program. Press SELECT. The function light "HR" will be flashing and "H 80" will show in the number screen. You can choose a target heart rate from 80 to 190 in 5 beat increments by pressing the UP or DOWN arrows. Once your selected target level is showing in the number screen, press SELECT. A set time of "34:00" will be flashing in the number screen. You may choose a time between 15 minutes and 99 minutes by pressing the UP or DOWN arrows. When the time you choose is showing in the number screen, press Select. When you are ready to begin press START. *

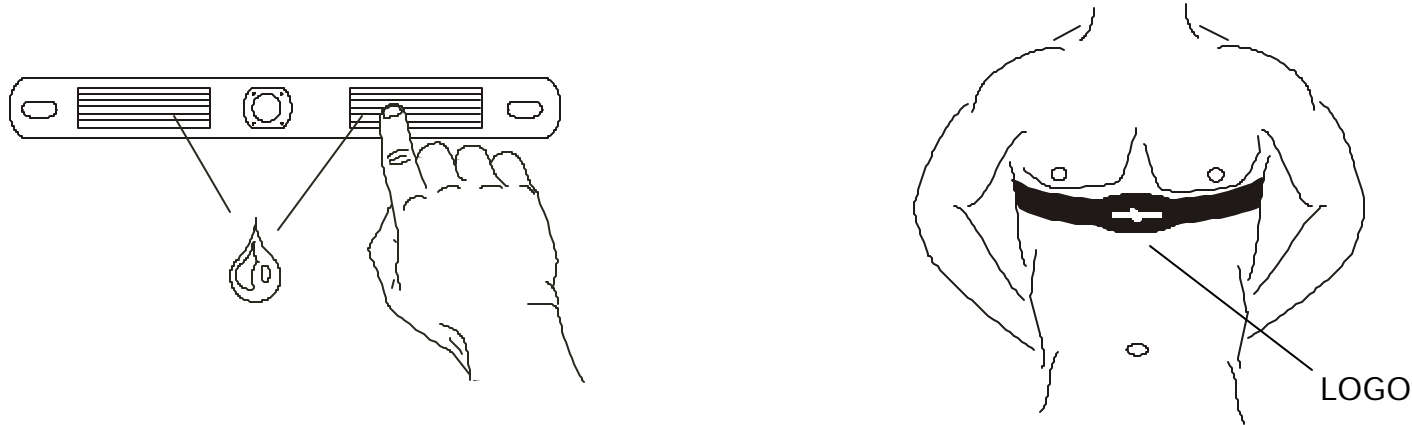
For instructions on calculating your target heart rate refer to page 34 of the Treadmill Owner's Manual. All other programming instructions can be found on page 14 of the Treadmill Owner's Manual.

* Please note there is a 5 minute warm-up period before program will make elevation Changes

CHEST STRAP INSTRUCTIONS

Moistening Transmitter Electrodes

On the back side of your transmitter are two rubber strips several inches long. These rubber strips are the electrodes that will pick up the signals of your heart beat. It is very important to moisten these strips with several drops of water prior to placing the strap against your chest. This moisture will allow the signals to be conducted to the transmitting hardware. If you ever use the treadmill and the display is not showing a heart rate value, remoisten the electrodes.



Placing Strap Around Chest

You will get the best results if you wear your transmitter directly against your skin. Once these electrodes are moistened, center the transmitter just below the breast or pectoral muscles with the Vision Fitness logo centered on the chest and facing out. Adjust the length of the elastic belt so that the transmitter presses securely against your skin, but not so tight as to be uncomfortable. The transmitter will begin sending a signal as soon as it is worn.

Heart Rate Feedback

You can monitor your heart rate during any of the six programs. A program must be operating for the heart rate readout to show on the number screen. Once a program has been started, press the SELECT button until the light next to HEART RATE is lit. The number that now shows in the number screen is your current average heart rate. If your readout is '0', you are not getting a signal. Shift the transmitter to slightly different positions on your chest until a readout begins to show. If you still do not get a signal, remoisten the electrodes with more water and try again.

Determining Target Heart Rate

Target heart rate is the number of beats per minute you determine to be ideal for achieving your personal fitness goals. If you have been sedentary, or have a history of heart disease always consult our physician to determine the target heart rate. Otherwise, please read pages 33 and 34 for further information to help you decide on the target rate best for you.

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