

*vision
fitness*

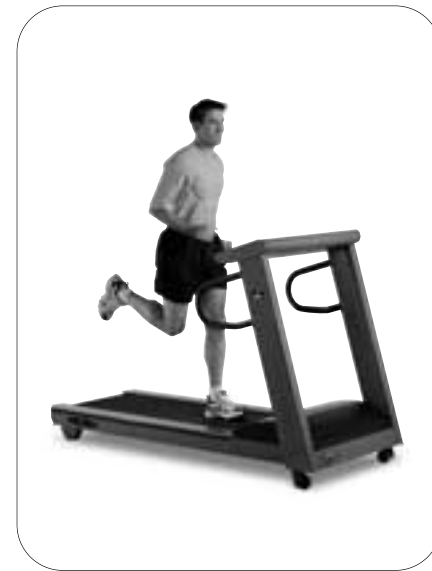
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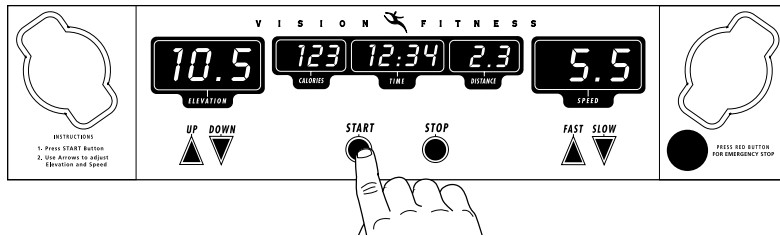
Owner's Guide

**ADDITIONAL INSTRUCTIONS FOR
MODELS T8900S & T8900HRC**



Additional Instructions for **T8900S**

Read Pages 25 - 31 of your main Owner's Guide for general instructions on using your Treadmill: Safety, Moving, Getting Started, etc.. Then follow these simple instructions for using your T8900S Console.



T8900S ONE-BUTTON START™

Simply press the START button to begin exercising.

T8900S FEEDBACK DISPLAY

ELEVATION

Shown as percentage of incline, Elevation is visible in the far left-hand LED window. Indicates how steeply inclined the running surface is, to simulate running on a hill.

CALORIES

Shown as total accumulated Calories burned during workout. Visible in the left-hand portion of the central LED window.

TIME

Shown as Minutes:Seconds. Visible in the center portion of the central LED window. View the Time elapsed in your workout.

DISTANCE

Shown as accumulated Miles. Visible in the right-hand portion of the central LED window. View Distance traveled during workout.

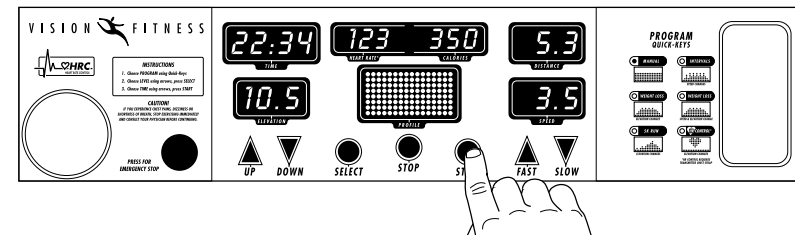
SPEED

Shown as Miles/Hour, Speed is visible in the far right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor running.

T8900S treadmill

Additional Instructions for **T8900HRC**

Read Pages 25 - 31 of your main Owner's Guide for general instructions on using your Treadmill: Safety, Moving, Getting Started, etc.. Then follow these simple instructions for using your T8900HRC Console.



T8900HRC ONE-BUTTON START™

Simply press the START button to begin exercising in the Manual Program.

T8900HRC FEEDBACK DISPLAY

DISTANCE

Shown as Miles. Visible in the upper right-hand LED window. View Distance traveled during workout.

CALORIES

Shown as total accumulated Calories burned during workout. Visible in the center right-hand LED window above the Profile window.

TIME

Shown as Minutes:Seconds. Visible in the upper left-hand LED window. View the Time remaining or the Time elapsed in your workout.

HEART RATE

Shown as Beats per Minute. You can monitor your Heart Rate at any time during a workout. Visible in the center left-hand LED window above the Profile window.

ELEVATION

Shown as percentage of incline, Elevation is visible in the lower left-hand LED window. Indicates how steeply inclined the running surface is, to simulate running on a hill.

SPEED

Shown as Miles/Hour, Speed is visible in the lower right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor running.

PROFILE

Shown as a graphical representation of the Program you have chosen (Intervals, Weight Loss, etc.).

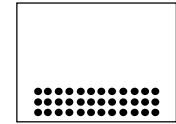
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T8900HRC *treadmill*

PROGRAM DETAILS

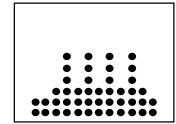
MANUAL

Customized workouts; with no default Time.



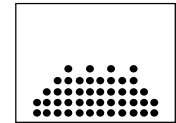
INTERVALS

Improves your strength, speed, and endurance by raising and lowering the resistance Level throughout your workout to involve both your heart and muscles; Time defaults to 24 minutes.



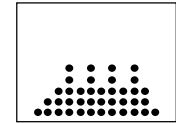
WEIGHT LOSS • SPEED CHANGES

Promotes weight loss by raising and lowering your speed level while still keeping you within your fat-burning zone; Time defaults to 32 minutes.



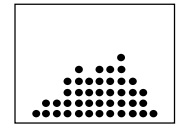
WEIGHT LOSS • SPEED & ELEVATION CHANGE

Promotes weight loss by raising and lowering both your Speed & Elevation levels, while still keeping you within your fat-burning zone; Time defaults to 32 minutes.



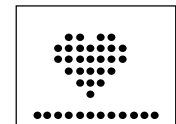
5K RUN • ELEVATION CHANGES

Improves your cardiovascular training by simulating a 5K run with hills; no preset time.



HEART RATE CONTROL

Saves time by making the most of your limited workout time; motivates and encourages you to achieve your fitness goals. Benefits weight loss by maintaining an optimum exercise level to burn fat; Time defaults to 34 minutes.



NOTE: All the programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

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treadmill **T8900HRC**

To program your Console, follow these steps or the scrolling instructions which appear in the upper LED Window.

CHOOSING A PROGRAM

Simply press one of the Program Quick-Keys on the far right-hand side of the Console.

CHOOSING A LEVEL

Use the Arrow buttons to choose one of the 9 Levels; L1 provides the easiest workout, L9 the most difficult. This number appears in the Distance window. The Speed and/or Elevation windows will display the maximum Speed and/or Elevation for the selected program. Press SELECT.

CHOOSING A TIME

After you have chosen a Level, the Time will default, depending on which Program you have chosen, and then flash. You may use this default Time or choose another by using either set of Arrow buttons.

When you are ready to begin exercising press START. After a 3-2-1 countdown, the treadmill will start.

FINISHING

When your Program is complete the Speed window will beep and flash 3 times, letting you know your workout is finished. The Profile window will display "END", and you can check your Time, Distance, Speed, Elevation, Heart Rate, and Calories. After 2 seconds the display will reset to the starting position.

USING YOUR TREADMILL'S HRC PROGRAM

Use the chart on Page 41 to determine your Target Heart Rate, then follow the instructions on Page 40 to place the wireless transmitter on your chest.

To program your Console, follow these steps or the scrolling instructions which appear in the upper LED Window.

CHOOSING THE HEART RATE CONTROL PROGRAM

Press the Heart Rate Control Program Quick-Key and press SELECT.

ENTERING TARGET HEART RATE

Using the Arrow buttons, enter your Target Heart Rate and press SELECT.

CHOOSING A WORKOUT TIME

The Time will default to 34 minutes, or you may use either set of Arrow buttons to choose another Time (how long you wish to workout). Press SELECT.

When you are ready to begin exercising press START.

NOTE: You must choose a workout Time of at least 15 Minutes. The Treadmill will take you through a 5-minute warm-up period and then it will begin to raise the elevation of the Treadmill until your Heart Rate is within +/- 5 Beats per Minute of the Target Heart Rate you entered. Finally, when you have 5 minutes left in your program, the Treadmill will begin your cool-down period and lower the elevation. No matter how long your workout, there is always a 5-minute warm-up and 5-minute cool-down.

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