

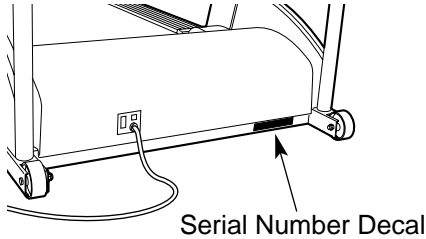
# IMAGE<sup>®</sup> 12.0Q

Patent Pending

Model No. IMTL07610

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## USER'S MANUAL

### QUESTIONS?

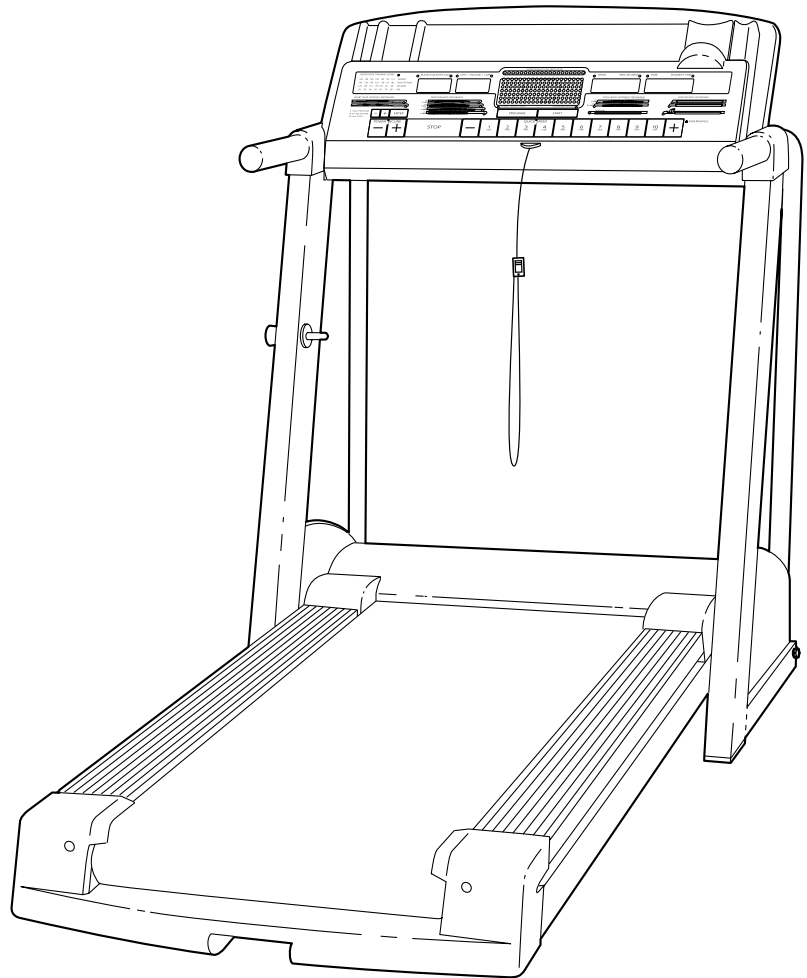
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST



### ⚠ CAUTION

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



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Note: An EXPLODED DRAWING is 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 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 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 not be used by persons weighing more than 300 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing 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 8), 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.
11. 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. To purchase a surge suppressor, see your local IMAGE dealer or call 1-800-999-3756 and order part number 146148.
12. Keep the power cord and the surge suppressor 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 **BEFORE YOU BEGIN** on page 5 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. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
17. When using iFIT.com CD's 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.
18. When using iFIT.com CD's 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.
19. Always remove iFIT.com CD's and videos from your CD player or VCR when you are not using them.

20. 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. (See the drawing on page 5 for the location of the on/off switch.)

21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

22. When folding or moving the treadmill, make sure that the storage latch is fully closed.

23. Inspect and tighten all parts of the treadmill every three months.

**⚠ 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

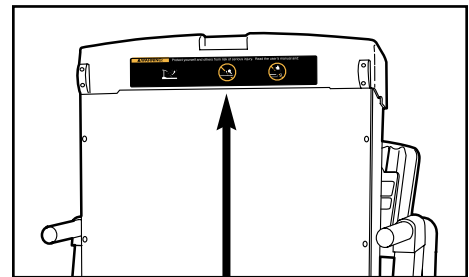
24. Never drop or insert any object into any opening.

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. 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.

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

The decal shown below has been placed on the treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on page 31). Apply the decal in the location shown.

Note: The decal is shown at 38% of actual size.



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

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on 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.



- 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.

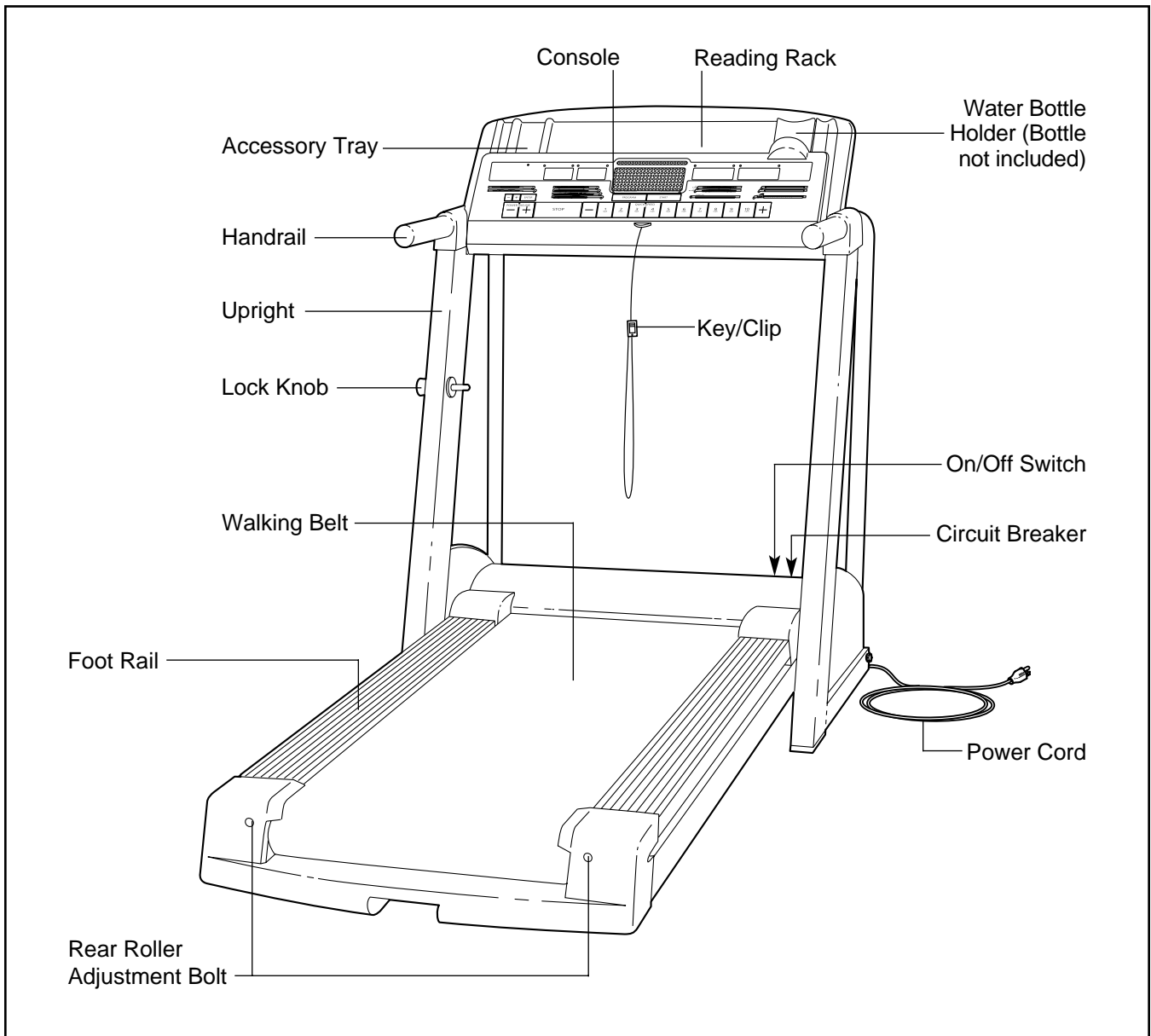
# BEFORE YOU BEGIN

Thank you for selecting the IMAGE® 12.0Q treadmill. The IMAGE 12.0Q treadmill combines advanced technology with innovative design to let you enjoy an effective form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique IMAGE 12.0Q can be folded up, requiring less than half the floor space of other treadmills.

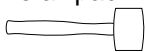
**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our Customer Service Department toll-free

at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is IMTL07610. 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 familiarize yourself with the parts that are labeled in the drawing below.

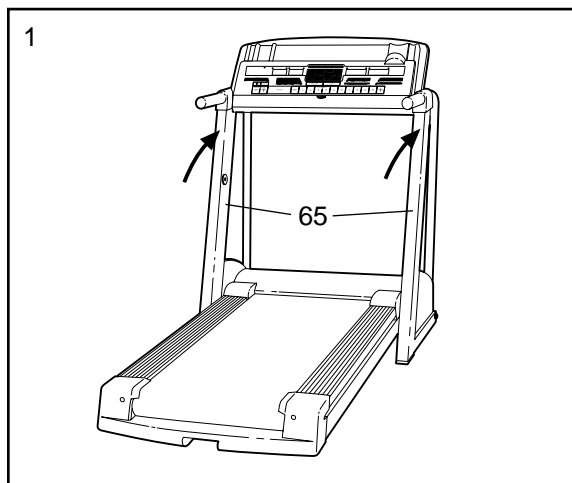


# ASSEMBLY

**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **A rubber mallet**  **may be needed for assembly.**

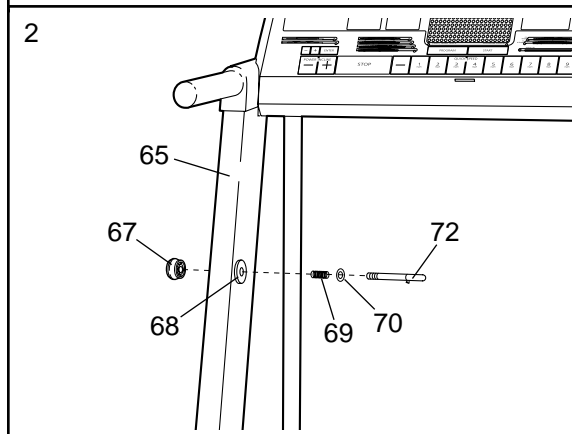
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant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

1. With the help of a second person, carefully raise the Uprights (65) until the treadmill is in the position shown.



2. Press the Lock Knob Sleeve (68) into the left Upright (65). If necessary, use a rubber mallet to tap the Lock Knob Sleeve into the Upright.

Remove the Lock Knob (67) from the Lock Pin (72). Make sure that the Lock Pin Collar (70) and the Spring (69) are on the Lock Pin. (Note: If there are two Lock Pin Collars, place one on each side of the Spring.) Insert the Lock Pin into the Lock Knob Sleeve (68) and the left Upright (65), and tighten the Lock Knob onto the Lock Pin.

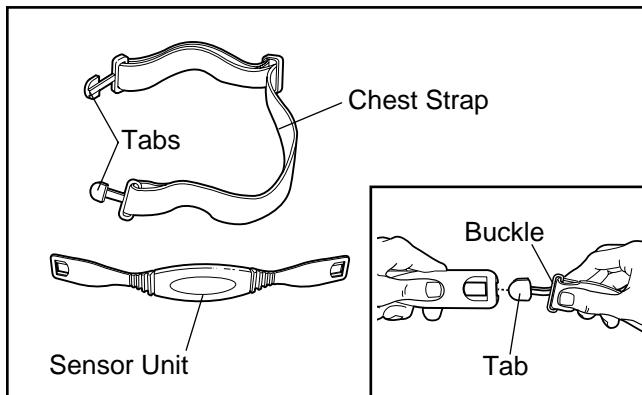


3. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see pages 25 and 26). To protect the floor or carpet from damage, place a mat under the treadmill.

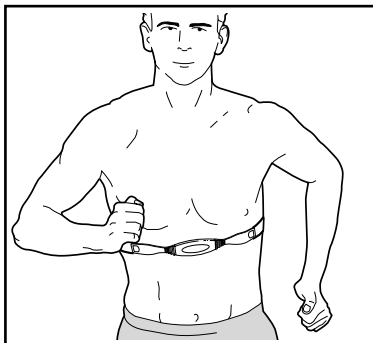
# HOW TO USE THE HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor 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 through the hole in one end of the sensor unit. Press the end of the sensor unit under the buckle on the chest strap. The tab should be almost flush with the front of the sensor unit.



Next, wrap the heart rate monitor 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 heart rate monitor should be under your clothing, 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 the areas 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.

## HEART RATE MONITOR CARE AND MAINTENANCE

- Thoroughly dry the heart rate monitor after each use. The heart rate monitor is activated when the electrode areas are wetted and the heart rate monitor is put on; the heart rate monitor shuts off when it is removed and the electrode areas are

dried. If the heart rate monitor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor 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 heart rate monitor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

## HEART RATE MONITOR TROUBLE-SHOOTING

The instructions on the following pages explain how the heart rate monitor is used with the console. If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor exactly as described at the left. Note: If the heart rate monitor does not function when positioned as described, try moving it slightly higher or lower 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 heart rate monitor 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 (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor 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 may need to be replaced (see page 27).

# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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

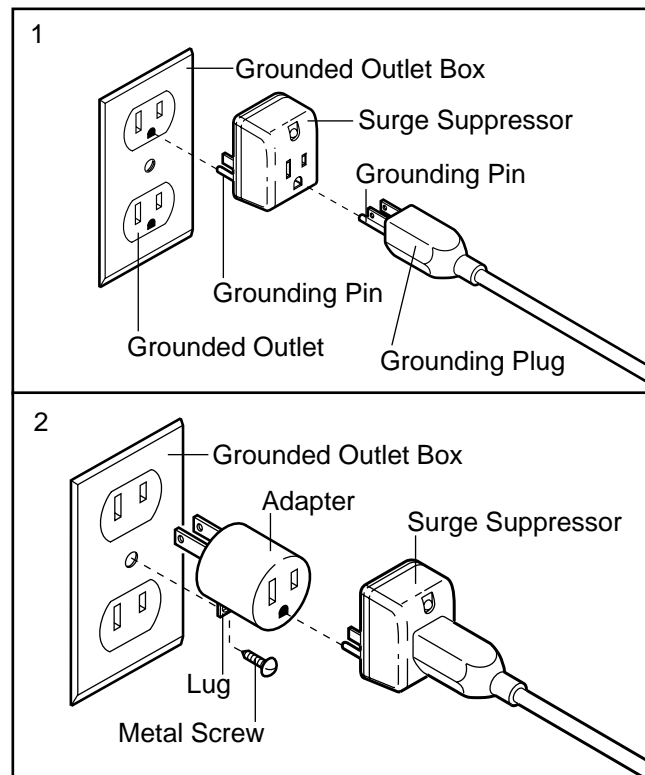
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not 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 IMAGE dealer or call 1-800-999-3756 and order part number 146148.** 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.

**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.

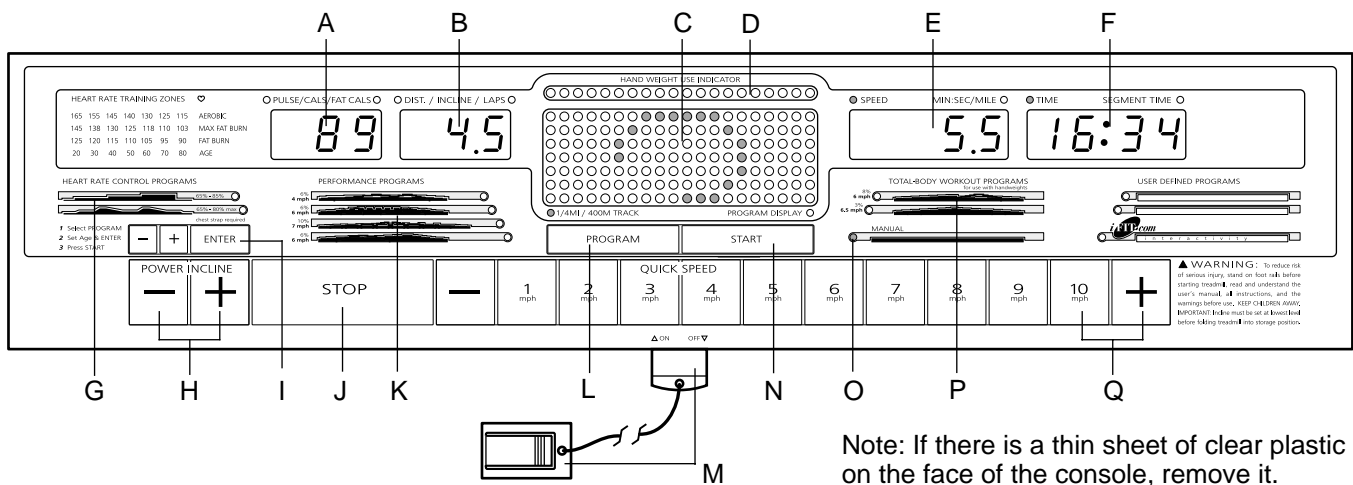


The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**



## DIAGRAM OF THE CONSOLE



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

## FEATURES OF THE CONSOLE

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

When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will display instant exercise feedback—you can watch your progress on the LED track while the four displays show your heart rate, the numbers of calories and fat calories you have burned, the distance you have walked, the incline level of the treadmill, the number of laps completed, your speed, your pace, and workout time.

The console also offers four performance programs and two total-body workout programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The total-body workout programs also prompt you to use hand weights (not included) for upper-body exercise. (To purchase hand weights, refer to page 23.) Two heart rate programs are also featured. Each program controls the speed and incline of the treadmill to keep your heart rate near a target level during your workouts.

The console even allows you to create user-defined programs and store them in memory for future use.

The console also includes built-in iFIT.com technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com

CD 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. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our new Web site at [www.iFIT.com](http://www.iFIT.com) and access basic programs, audio programs, and video programs directly from the internet. And by adding an optional upgrade module to the console, you can use virtually endless features from our Web site. See [www.iFIT.com](http://www.iFIT.com) for details.

**To purchase iFIT.com CD's, iFIT.com videocassettes, or an upgrade module, call toll-free 1-800-735-0768. To purchase hand weights, refer to page 23.**

**To use the manual mode of the console, follow the steps beginning on page 11. To use a performance program or a total-body workout program, refer to page 13. To use a heart rate program, see page 14. To create or use a user-defined program, see page 16 or 17.**

**To use iFIT.com CD or video programs, refer to page 21. To use iFIT.com programs directly from our Web site, see page 22.**

## DIAGRAM OF THE CONSOLE

Refer to the drawing on page 9. **Note: The console can display exercise feedback in either miles or kilometers. For simplicity, all instructions in this manual refer to miles.**

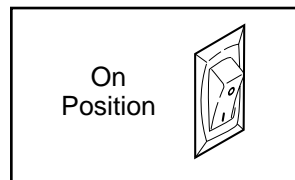
- A. Pulse/Cals/Fat Cals display—This display shows the numbers of calories and fat calories you have burned (see BURNING FAT on page 28). This display will also show your heart rate when you wear the heart rate monitor.
- B. Dist./Incline/Laps display—This display shows the distance you have walked, the number of 1/4-mile laps you have completed, and the incline level of the treadmill. Note: Each time an Incline button is pressed, the display will show the incline setting.
- C. Program display—When the manual mode or the iFIT.com mode is selected, this display will show your progress on an LED track. When a performance program, a total-body workout program, a heart rate program, or a user-defined program is selected, the display will show the program's speed or heart rate settings.
- D. Hand Weight display—During the two total-body workout programs, this display will prompt you to use hand weights (not included) for upper-body exercise as you walk on the treadmill.
- E. Speed/Pace display—This display shows the speed of the walking belt and your current pace (pace is measured in minutes and seconds per mile). Note: Each time a Speed button is pressed, the display will show the speed setting.
- F. Time/Segment Time display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a performance program, a total-body workout program, a heart rate program, or a user-defined program is selected, the display will show both the time remaining in the program and the time remaining in the current period of the program.
- G. Heart rate program profiles—These profiles show how the target heart rate will change during heart rate programs.
- H. Incline buttons—These buttons control the incline of the treadmill. The incline range is 0% to 10%.
- I. Small + and – buttons and Enter button—These buttons are used to enter your age and maximum heart rate settings for heart rate programs.
- J. Stop button—This button is used to stop the walking belt.
- K. Performance program profiles—These profiles show how the speed and incline of the treadmill will change during performance programs.
- L. Program button—This button is used to select the manual mode, performance programs, total-body workout programs, heart rate programs, user-defined programs, and the iFIT.com mode. Note: If the walking belt is moving when the Program button is pressed, the walking belt will slow to a stop and the displays will be reset.
- M. Key with clip—The key turns the console on and off. The clip is designed to be worn on the waistband of your clothes.
- N. Start button—This button is used to start the walking belt.
- O. Mode indicators—These indicators show whether the manual mode, a performance program, a total-body workout program, a heart rate program, a user-defined program, or the iFIT.com mode is selected.
- P. Total-body workout program profiles—These profiles show how the speed and incline of the treadmill will change during total-body workout programs.
- Q. Speed buttons—These buttons control the speed of the walking belt. The speed range is 0.5 mph to 10 mph. Note: When the Start button is pressed, the walking belt will begin to move at 1.0 mph.

**⚠ WARNING:** To reduce the risk of serious injury, read the following precautions before operating the console.

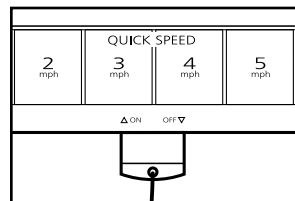
- Do not stand on the walking belt when turning on the power or starting the walking belt.
- Always wear the clip (see part “M” on page 9) securely on the waistband of your clothing while using the treadmill. If the key is pulled from the console, the walking belt will stop.
- The treadmill is capable of high speeds. Adjust the speed in small increments.
- The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is 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 heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.
- To reduce the risk of electric shock, keep liquids away from the console; use only a sealed water bottle.

## HOW TO TURN ON THE POWER

Make sure that the on/off switch, located on the front of the treadmill, is in the on position. Next, make sure that the power cord is properly plugged in (see page 8).



Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key fully into the console. After a moment, various displays and 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 as needed.** Then, re-insert the key fully into the console.



## HOW TO USE THE MANUAL MODE

### 1 Put on the heart rate monitor if desired.

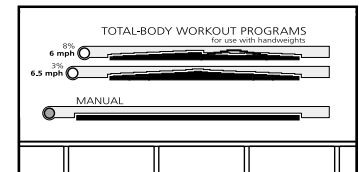
For the Pulse/Cals/Fat Cals display to show your heart rate, the heart rate monitor must be worn. To put on the heart rate monitor, refer to HOW TO USE THE HEART RATE MONITOR on page 7.

### 2 Insert the key fully into the console.

Refer to HOW TO TURN ON THE POWER at the left.

### 3 Select the manual mode.

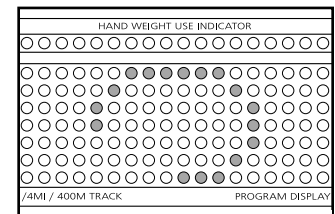
When the key is inserted, the manual mode will automatically be selected and the manual indicator will light. If a program has been selected, press the Program button repeatedly to select the manual mode again.



### 4 Press the Start button to start the walking belt.

When the Start button is pressed, the LED track in the center of the console will disappear in a counterclockwise direction. One flashing indicator will then appear and the walking belt will begin to move at 1.0 mph. Hold the handrails and begin walking.

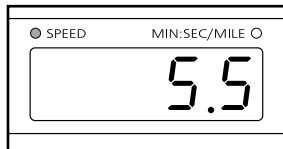
The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light in sequence until the entire track is lit. The track will then disappear in a counterclockwise direction and a new lap will begin.



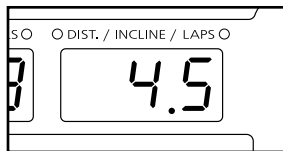
To stop the walking belt, press the Stop button. All displays will pause and the Time/Segment Time display will begin to flash. To restart the walking belt, press the Start button. To stop the walking belt and reset the displays, press the Stop button, remove the key, and then reinsert the key.

## 5 Adjust the speed and incline of the treadmill.

While the walking belt is moving, adjust the speed of the walking belt by pressing the Speed + and – buttons. Each time a button is pressed, the speed will change by 0.1 mph. If a button is held down, the speed will change in increments of 0.5 mph. To change the speed setting quickly, press one of the ten Quick Speed buttons. The speed range of the walking belt is 0.5 mph to 10 mph. Note: After a button is pressed, it may take a moment for the treadmill to reach the selected speed setting.

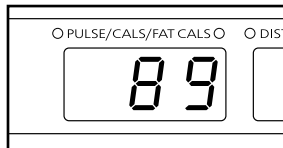


To further vary the intensity of your exercise, adjust the incline of the treadmill with the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. The incline range is 0% to 10%. Note: After a button is pressed, it may take a moment for the treadmill to reach the selected incline setting.

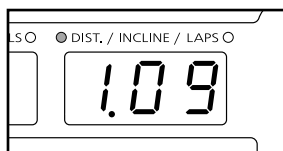


## 6 Follow your progress with the four displays.

**Pulse/Cals/Fat Cals display**—This display shows the numbers of calories and fat calories you have burned (see BURNING FAT on page 28). The fat cals indicator will light when the number of fat calories is shown. This display will also show your heart rate when the heart rate monitor is worn. The pulse indicator will flash each time a heartbeat is detected. Note: It may take several seconds before an accurate heart rate is shown. If your heart rate is not shown, refer to HEART RATE MONITOR TROUBLE-SHOOTING on page 7.



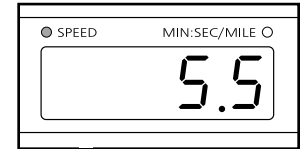
**Dist./Incline/Laps display**—This display shows the distance you have walked, the number of 1/4-mile laps you have completed, and the incline level of the treadmill. The dist. or laps indicator will light when the distance or the number of laps is shown. Note: Each time an Incline button is pressed, the display will show the incline setting.



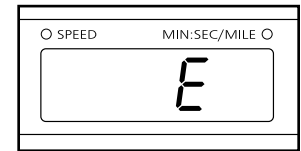
Note: If the speed is displayed in miles per hour, the distance will be displayed in miles; if the speed is displayed in kilometers per hour, the distance will be displayed in kilometers.

### Speed/Pace display—

This display shows the speed of the walking belt and your current pace (pace is measured in minutes and seconds per mile). The speed indicator will light when the speed is shown; the min:sec/mile indicator will light when your pace is shown. Note: Each time a Speed button is pressed, the display will show the speed setting.



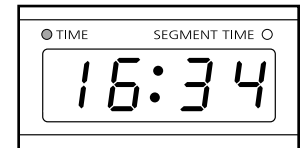
Note: The speed can be displayed in either miles per hour or kilometers per hour. To see which unit of measurement is selected, first hold down the Stop button while inserting the key into the console. The Speed/Pace display will show an "E" for English (miles) or an "M" for metric (kilometers). Press the Speed + button to change the unit of measurement. Then, remove and reinsert the key.



### Time/Segment Time display—

When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time.

When a performance program, a total-body workout program, a heart rate program, or a user-defined program is selected, this display will show both the time remaining in the program and the time remaining in the current period of the program, as shown by the time indicator and the segment time indicator.



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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest level.** Next, remove the key from the console and put it 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. Refer to page 23 and turn off the demo mode.**

Next, move the on/off switch near the power cord to the off position.

## HOW TO USE A PERFORMANCE PROGRAM OR A TOTAL-BODY WORKOUT PROGRAM

### 1 Put on the heart rate monitor if desired.

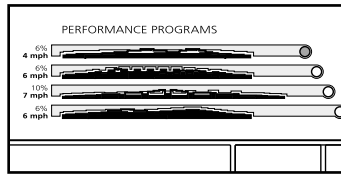
Refer to step 1 on page 11.

### 2 Insert the key fully into the console.

Refer to HOW TO TURN ON THE POWER on page 11.

### 3 Select one of the performance programs or total-body workout programs.

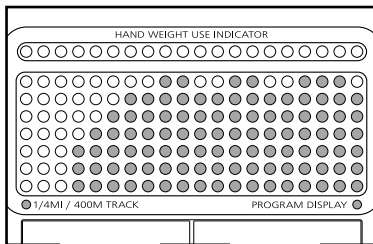
When the key is inserted, the manual mode will be selected and the manual indicator will light.



Press the Program button repeatedly until one of the four performance program indicators or one of the two total-body workout program indicators lights.

The profiles on the console show how the speed and incline of the treadmill will change during the programs. The numbers at the left ends of the profiles show the maximum speed and incline settings for the programs.

When a program is selected, the program display will show a simplified profile of the program.



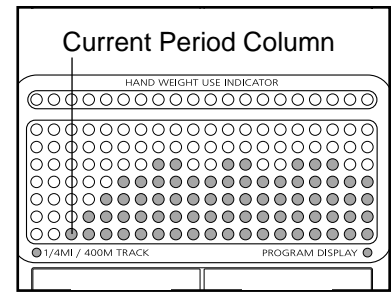
### 4 Press the Start button to start the program.

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 periods of different lengths. (The Time/Segment Time display shows both the time remaining in the program and the time remaining in the current period.)

One speed setting and one incline setting are programmed for each period.

The speed setting for the first period is shown in the



flashing Current Period column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next seventeen periods are shown in the seventeen columns to the right.

When only three seconds remain in the first period of the program, both the Current Period 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/Pace display and/or the Dist./Incline/Laps display will flash to alert you, and three 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 and incline settings for the second period.

Note: If a total-body workout program is selected, one or more indicators will be lit in the Hand Weight display (above the program display). At the end of each period, the indicators in the Hand Weight display will also move one column to the left. When a lit indicator in the Hand Weight display is above the flashing Current Period column of the program display, the indicator will begin to flash. While the indicator is flashing, use hand weights (not included) for upper-body exercise, if desired.

**⚠ WARNING:** Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Hand weights should be used only by experienced users.

The program will continue until the speed setting for the final period is shown in the Current Period column and the Time/Segment Time display counts down to zero. The walking belt will then slow to a stop.

Note: Each time a period ends and the speed settings move one column to the left, if all of the indicators in the Current Period column are lit, all speed settings will move downward so that only the highest indicators in the columns will appear in the program display. When the speed settings move to the left again and not all of the indicators in the Current Period column are lit, the speed settings will move back up.

If the speed or incline setting for the current period is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons on the console. Every few times a Speed 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 will light or darken in those columns as well.

To stop the program temporarily, press the Stop button. All displays will pause and the Time/Segment Time display will begin to flash. To restart the program, press the Start button. To end the program, press the Stop button, remove the key, and then reinsert the key.

## 5 Follow your progress with the four displays.

Refer to step 6 on page 12.

## 6 When the program is completed, remove the key from the console.

When the program is completed, **make sure that the incline of the treadmill is at the lowest level.** Next, remove the key from the console and put it 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. Refer to page 23 and turn off the demo mode.**

Next, move the on/off switch near the power cord to the off position.

## HOW TO USE A HEART RATE PROGRAM

### 1 Put on the heart rate monitor.

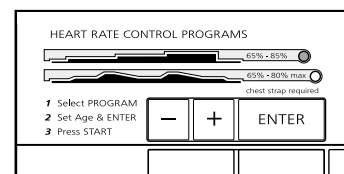
The heart rate monitor must be worn when a heart rate program is used. Refer to HOW TO USE THE HEART RATE MONITOR on page 7. Note: A heart rate program can be started without a heart rate reading; however, the speed and/or incline of the treadmill may automatically decrease if your heart rate is not detected during the program.

### 2 Insert the key fully into the console.

Refer to HOW TO TURN ON THE POWER on page 11.

### 3 Select one of the heart rate programs.

When the key is inserted, the manual mode will be selected. To select the 65%–85% program or the 65%–80% pro-

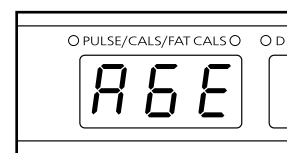


gram, press the Program button repeatedly until one of the two heart rate program indicators lights.

The profiles on the console show how the target heart rate will change during the heart rate programs. The program display shows a simplified profile of the program.

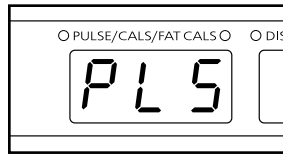
### 4 Enter your age.

When a heart rate program is selected, the letters “AGE” will begin to flash in the Pulse/Cals/Fat Cals display. If you have already entered your age, press the Enter button and go to step 5. If you have not entered your age, press the + button beside the Enter button. The current age setting will then be shown. Press the + or – button repeatedly to enter your age. When your age is shown, press the Enter button. **Once you have entered your age, your age will be saved in memory.**



## 5 Enter a maximum heart rate setting.

After you have entered your age, the letters "PLS" will appear in the Pulse/Cals/Fat Cals display. Press the + button beside the Enter button. The maximum heart rate setting for the program (in beats per minute) will then be shown.



Note: If the 65%–85% program is selected, the maximum heart rate setting can be from 65% to 85% of your estimated maximum heart rate (your estimated maximum heart rate is 220 minus your age); if the 65%–80% program is selected, the maximum heart rate setting can be from 65% to 80% of your estimated maximum heart rate. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 minus 30 equals 190). If the 65%–85% program is selected, the maximum heart rate setting can be from 123 to 161 beats per minute (65% of 190 is 123; 85% of 190 is 161).

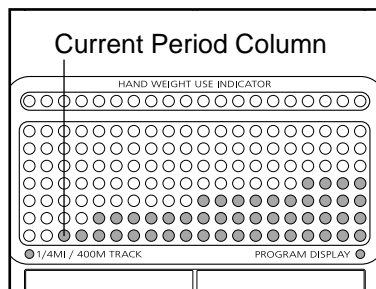
If desired, press the + or – button next to the Enter button repeatedly to adjust the maximum heart rate setting. When the desired setting is shown, press the Enter button. Note: If the setting does not change when the + or – button is pressed, the setting has reached its high or low limit.

## 6 Press the Start button.

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

Each heart rate program is divided into twenty-three, one-minute periods. One heart rate setting is programmed for each period.

The heart rate setting for the first period is shown in the flashing Current Period column of the program display. The heart rate settings for the next seventeen periods are shown in the seventeen columns to the right.



When only three seconds remain in the first period of the program, both the Current Period 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/Pace display and/or the Dist./Incline/Laps display will flash to alert you, and three tones will sound. When the first period is completed, all heart rate settings will move one column to the left. The heart rate setting for the second period will then be shown in the flashing Current Period column and the speed and/or incline of the treadmill will automatically change, if necessary, to bring your heart rate closer to the heart rate setting for the second period.

Note: If your heart rate is not detected during the program, the letters "PLS" will flash in the Pulse/Cals/Fat Cals display. (Refer to HEART RATE MONITOR TROUBLE-SHOOTING on page 7.) The speed and/or incline of the treadmill may also decrease until your heart rate is detected.

The program will continue until the heart rate setting for the final period is shown in the Current Period column and the Time/Segment Time display counts down to zero. The walking belt will then slow to a stop.

While the program is in progress, adjustments can be made to the speed or incline of the treadmill with the Speed or Incline buttons. However, if you increase the speed, the incline will automatically decrease; if you decrease the speed, the incline will increase. If you increase the incline, the speed will decrease; if you decrease the incline, the speed will increase. The console will always attempt to keep your heart rate near the heart rate setting for the current period. 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.

Heart rate programs should not be stopped temporarily and then restarted. To stop the program before it is completed, press the Stop button, remove the key, and then reinsert the key.

## 7 Follow your progress with the four displays.

Refer to step 6 on page 12.

## 8 When the program is completed, remove the key from the console.

Refer to step 6 on page 14.

## HOW TO CREATE A USER-DEFINED PROGRAM

### 1 Put on the heart rate monitor if desired.

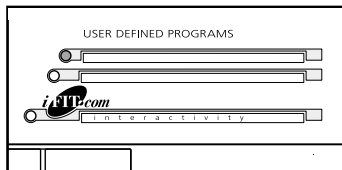
Refer to step 1 on page 11.

### 2 Insert the key fully into the console.

Refer to HOW TO TURN ON THE POWER on page 11.

### 3 Select one of the user-defined programs.

When the key is inserted, the manual mode will be selected. To select one of the user-defined programs, press the Program button repeatedly until one of the two user-defined program indicators lights.

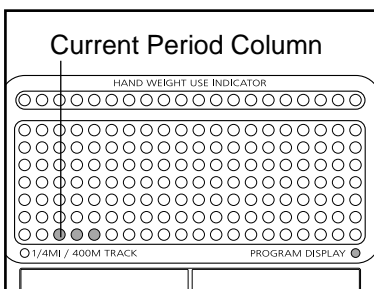


**If the user-defined program has not yet been defined, three columns of indicators will be lit in the program display. If more than three columns of indicators are lit, refer to HOW TO USE A USER-DEFINED PROGRAM on page 17.**

### 4 Press the Start button and program the desired speed and incline settings.

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

Each user-defined program is divided into one-minute periods. One speed setting and one incline setting can be programmed for each period. The speed setting for the first period is shown in the flashing Current Period column of the program display. (Incline settings are not



shown in the program display.) To program a speed setting and an incline setting for the first period, simply adjust the speed and incline of the treadmill to the desired levels by pressing the Speed and Incline buttons. As the Speed buttons are pressed, additional indicators will light or darken in the Current Period column.

When the first period of the program is completed, the current speed setting and the current incline setting will be stored in memory. The three columns of indicators will then move one column to the left, and the speed setting for the second period will be shown in the flashing Current Period column. Program speed and incline settings for the second period as described above. Note: After the third period is completed, the columns of indicators in the program display will no longer move to the left. Instead, each time a period is completed, the flashing Current Period column will move one column to the right. If the Current Period column reaches the right side of the program display, when the current period is completed, all columns of indicators in the program display will move three columns to the left.

Continue programming speed and incline settings for as many periods as desired; user-defined programs can have up to forty periods. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you programmed and the number of periods will then be saved in memory.

### 5 Follow your progress with the four displays.

Refer to step 6 on page 12.

### 6 When the program is completed, remove the key from the console.

Refer to step 6 on page 14.



## HOW TO USE A USER-DEFINED PROGRAM

### 1 Put on the heart rate monitor if desired.

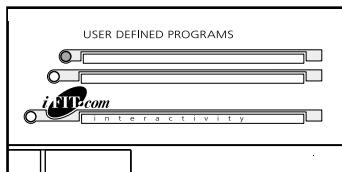
Refer to step 1 on page 11.

### 2 Insert the key fully into the console.

Refer to HOW TO TURN ON THE POWER on page 11.

### 3 Select one of the user-defined programs.

When the key is inserted, the manual mode will be selected. To select one of the user-defined programs, press the Program button repeatedly until one of the two user-defined program indicators lights.



When a user-defined program is selected, the program display will show a simplified profile of the program. **If only three columns of indicators are lit in the program display, refer to HOW TO CREATE A USER-DEFINED PROGRAM on page 16.**

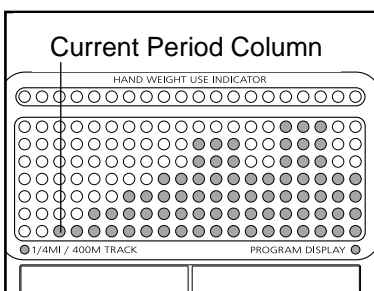
### 4 Press the Start button.

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

Each user-defined program is divided into one-minute periods. One speed setting and one incline setting are programmed for each period.

The speed setting for the first period is shown in the flashing Current Period column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next several periods are shown in the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period 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/Pace display and/or the Dist./Incline/Laps display will flash to alert you, and three 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 and incline settings for the second period.

The program will continue until the speed setting for the final period is shown in the Current Period column and the Time/Segment Time display counts down to zero. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using the program. **To change the speed or incline setting during the current period,** simply press the Speed or Incline buttons. When the current period is completed, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional periods as desired.

Note: While you are adding periods to the program, the speed settings in the program display will not move to the left. Instead, each time a period is completed, the flashing Current Period column will move one column to the right. If the Current Period column reaches the right side of the program display, when the current period is completed, all columns of indicators in the program display will move three columns to the left. When you have added as many periods as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program temporarily, press the Stop button. All displays will pause and the Time/Segment Time display will begin to flash. To restart the program, press the Start button. To end the program before it is completed, press the Stop button, remove the key, and then reinsert the key.

### 5 Follow your progress with the four displays.

Refer to step 6 on page 12.

### 6 When the program is completed, remove the key from the console.

Refer to step 6 on page 14.

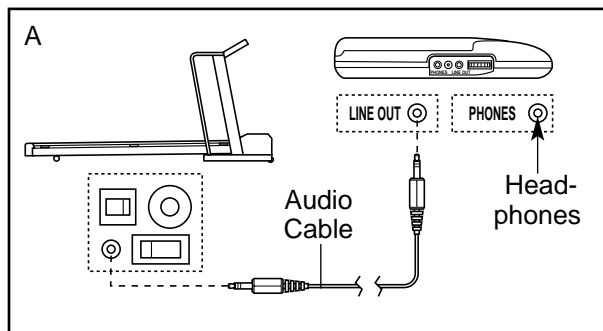
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, 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 19 for connecting instructions.

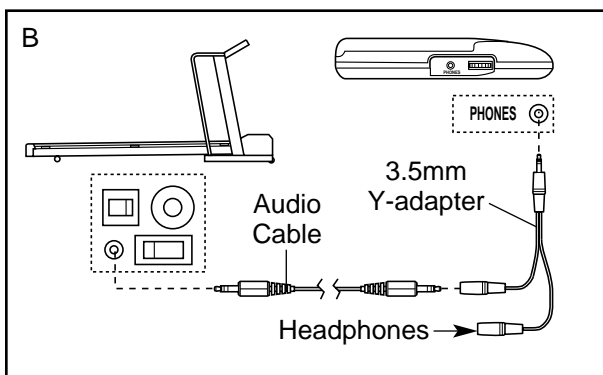
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**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 on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



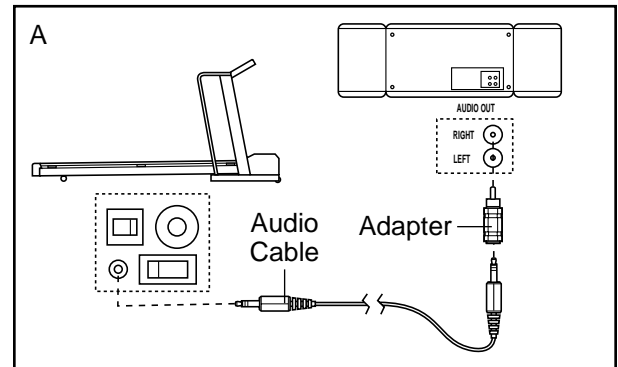
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the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



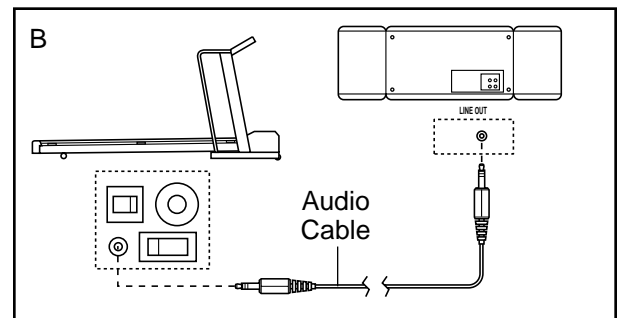
## HOW TO CONNECT YOUR PORTABLE STEREO

**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.

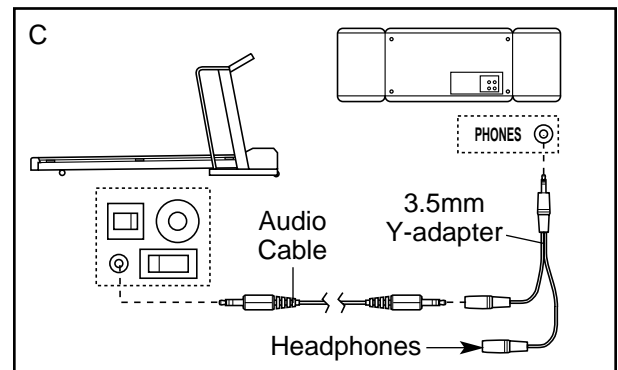
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



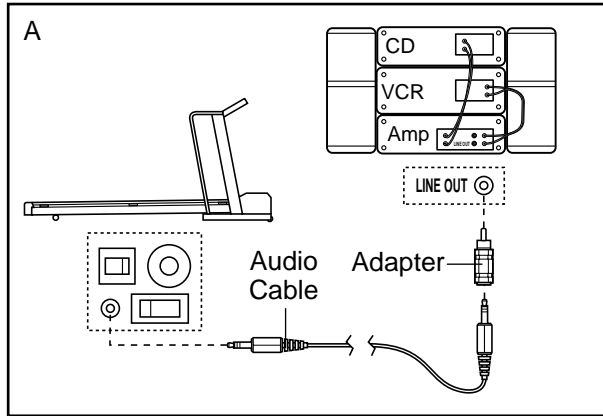
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



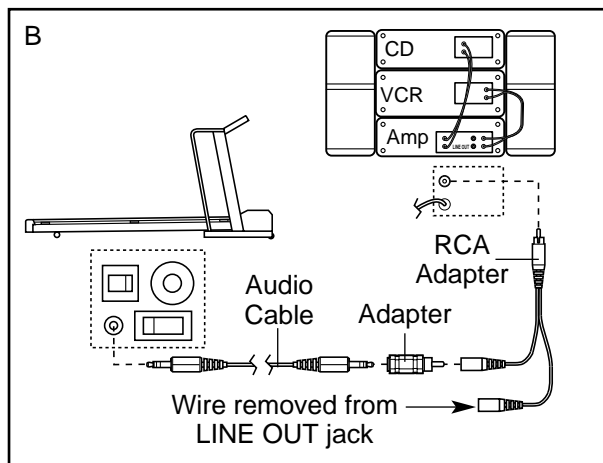
## HOW TO CONNECT YOUR HOME STEREO

**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 on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



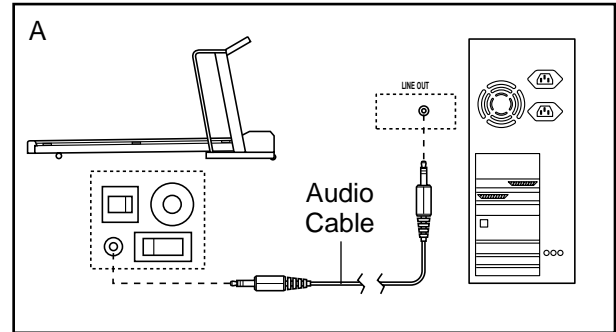
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE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



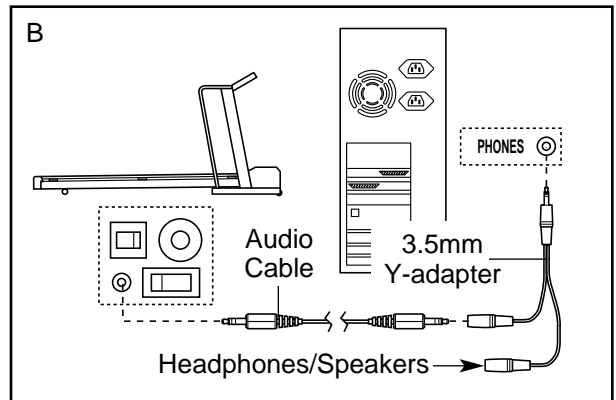
## HOW TO CONNECT YOUR COMPUTER

**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 on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



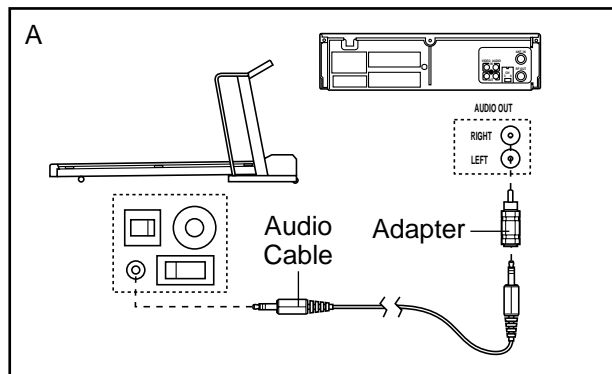
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the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



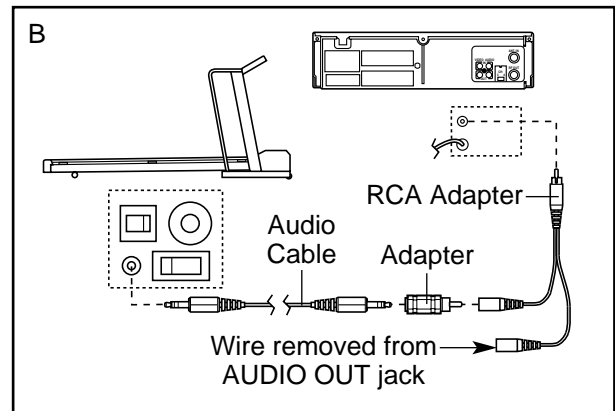
## HOW TO CONNECT YOUR VCR

**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 19.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. 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 front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA 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 RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's 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 CD's or iFIT.com videocassettes, call toll-free 1-800-735-0768.**

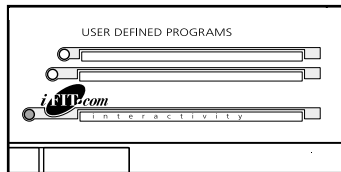
Follow the steps below to use an iFIT.com CD or video program.

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

See HOW TO TURN ON THE POWER on page 11.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use iFIT.com CD's or videocassettes, press the Program button repeatedly until the iFIT.com 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. **Note:** If the Time/Segment Time display is flashing, press the Start button on the console. The treadmill will not respond to a CD or video program when the display is flashing.

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. 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 of the CD or video program.**

To stop the program at any time, press the Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program.** The program can also be stopped by pressing the Stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the Time/Segment 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 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/Segment Time display is not flashing. If the Time/Segment Time display 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.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

### 5 Follow your progress with the LED track and the four displays.

Refer to step 6 on page 12.

### 6 When the iFIT.com CD or video program is finished, remove the key.

Refer to step 6 on page 14.

**CAUTION: Always remove iFIT.com CD's and videocassettes from your CD player or VCR when you are finished.**

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our new Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access a large selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features on our Web site. Explore [www.iFIT.com](http://www.iFIT.com) for details. **To purchase an upgrade module, call toll-free 1-800-735-0768.**

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have at least a 56K modem and an account with an internet service provider. A list of additional system and software requirements will be found on our Web site.

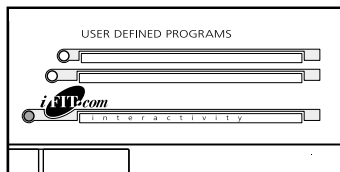
Follow the steps below to use a program from our Web site.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the manual indicator will light. To use a program from our Web site, press the Program button repeatedly until the iFIT.com 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](http://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 clothing.

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 of the program.**

To stop the program at any time, press the Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. 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/Segment 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 four displays.

Refer to step 6 on page 12.

### 9 When the program is finished, remove the key.

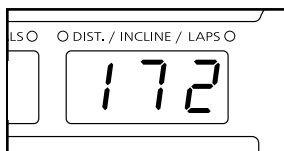
Refer to step 6 on page 14.

## THE INFORMATION MODE/DEMO MODE

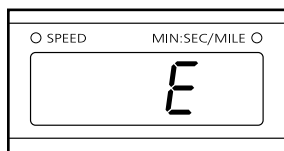
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition,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

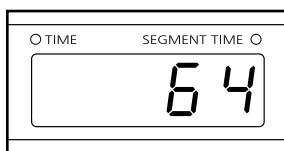
The Dist./Incline/Laps display will show the total number of miles that the walking belt has moved.



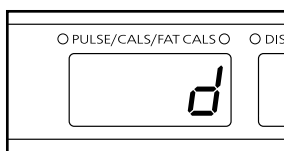
An "E" for English (miles), or an "M" for metric (kilometers), will appear in the Speed/Pace display. Press the Speed + button to change the unit of measurement.



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



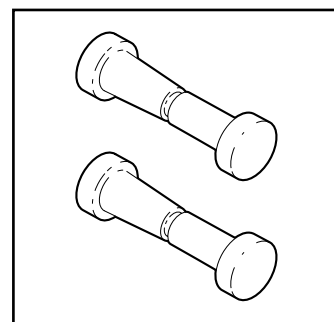
**IMPORTANT: The Pulse/Cals/Fat Cals display should be blank.** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed 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 Pulse/Cals/Fat Cals display when the information mode is selected, press the Speed - button so the Pulse/Cals/Fat Cals display is blank.**



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

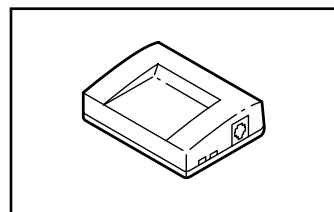
## OPTIONAL HAND WEIGHTS

Optional hand weights let you include upper-body exercise in your workouts. The hand weights fit into convenience holders in the console. **To purchase hand weights, call toll-free 1-800-999-3756.**



## THE OPTIONAL IFIT.COM MODULE

By adding an optional iFIT.com module to the treadmill, you can use virtually endless features from our Web site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your workouts. **For information about purchasing the optional iFIT.com module, call toll-free 1-800-735-0768.**



# HOW TO FOLD AND MOVE THE TREADMILL

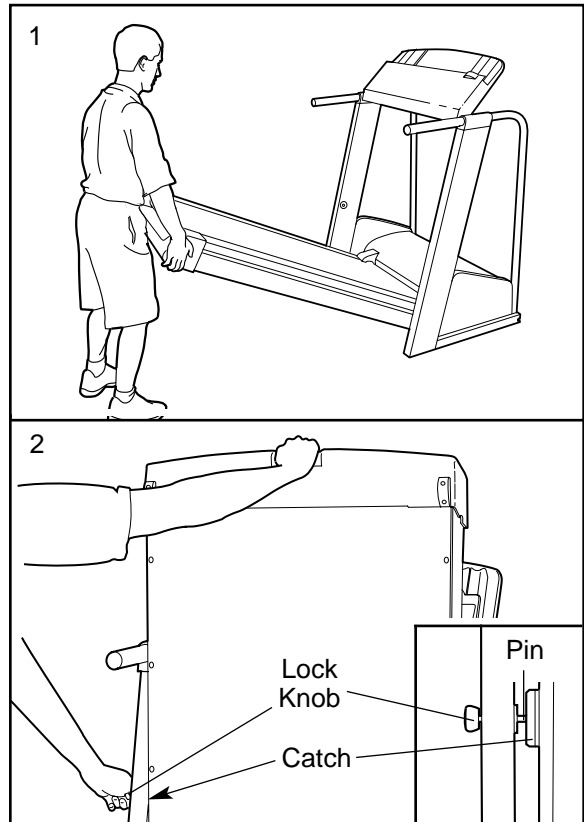
## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

**CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown 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. Hold the lock knob with your left hand and pull it to the side. Raise the treadmill until the lock knob is aligned with the catch. Slowly release the lock knob. **Make sure that the pin on the lock knob is inside of 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 pin on the lock knob is inside of the catch.**

1. Hold the handrails and place one foot on a front wheel as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. 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 the base and carefully lower the treadmill until it is resting on the base.



## HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Hold the lock knob with your left hand and pull it to the side. Pivot the treadmill down a few inches.
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLE-SHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

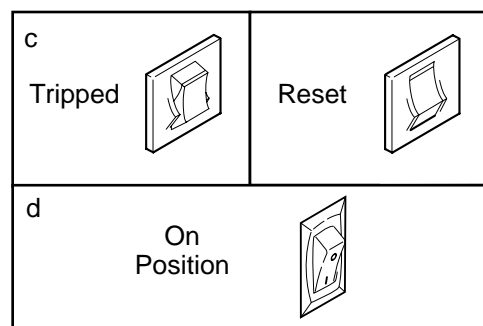
## PROBLEM: The power does not turn on

**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 9). 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. 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 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.



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill 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.

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

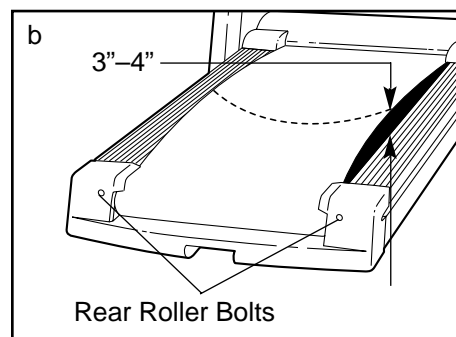
d. Make sure that the on/off switch is in the on position (see d. above).

e. If the treadmill still will not run, please call our Customer Service Department toll-free.

## PROBLEM: The walking belt slows when walked on

**SOLUTION:** a. Use only an appropriate surge suppressor (see a. near the top of this page).

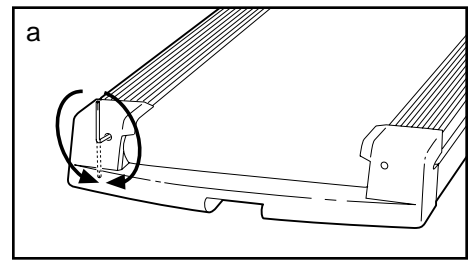
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 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.



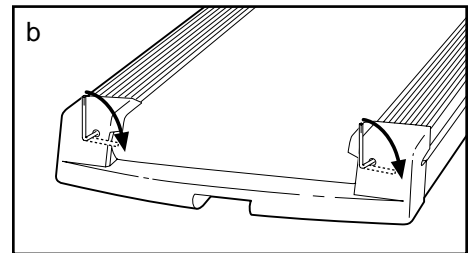
c. If the walking belt still slows when walked on, call our Customer Service Department, toll-free.

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

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

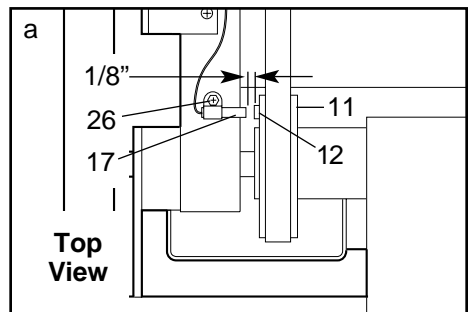


b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking 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



**PROBLEM: The Speed/Pace display on the console does not function properly**

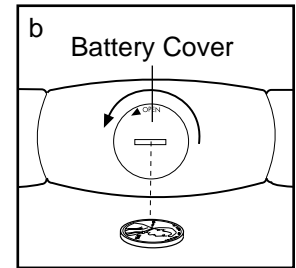
**SOLUTION:** a. Remove the key from the console and **unplug the power cord**. Remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (17) and the Magnet (12) on the left side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Reed Switch Screw (26) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



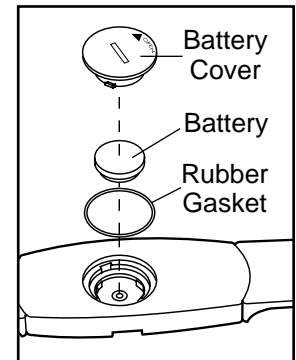
**PROBLEM: The heart rate monitor does not function properly**

**SOLUTION:** a. If the heart rate monitor does not function properly, see HEART RATE MONITOR TROUBLE-SHOOTING on page 7.

b. If the heart rate monitor 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 counterclockwise to the “open” position. Remove the cover.



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.



# CONDITIONING GUIDELINES

**⚠ WARNING:** Before beginning 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 heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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 information about exercise, obtain a 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. For effective exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

Age	Training Zone (Beats/Min.)	
	Unconditioned	Conditioned
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140

## Burning Fat

To burn fat, you must exercise at a 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 of exercise 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 low end of your training zone as you exercise.

## 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 middle of your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three important parts:

**A Warm-up**—Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate 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 to 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

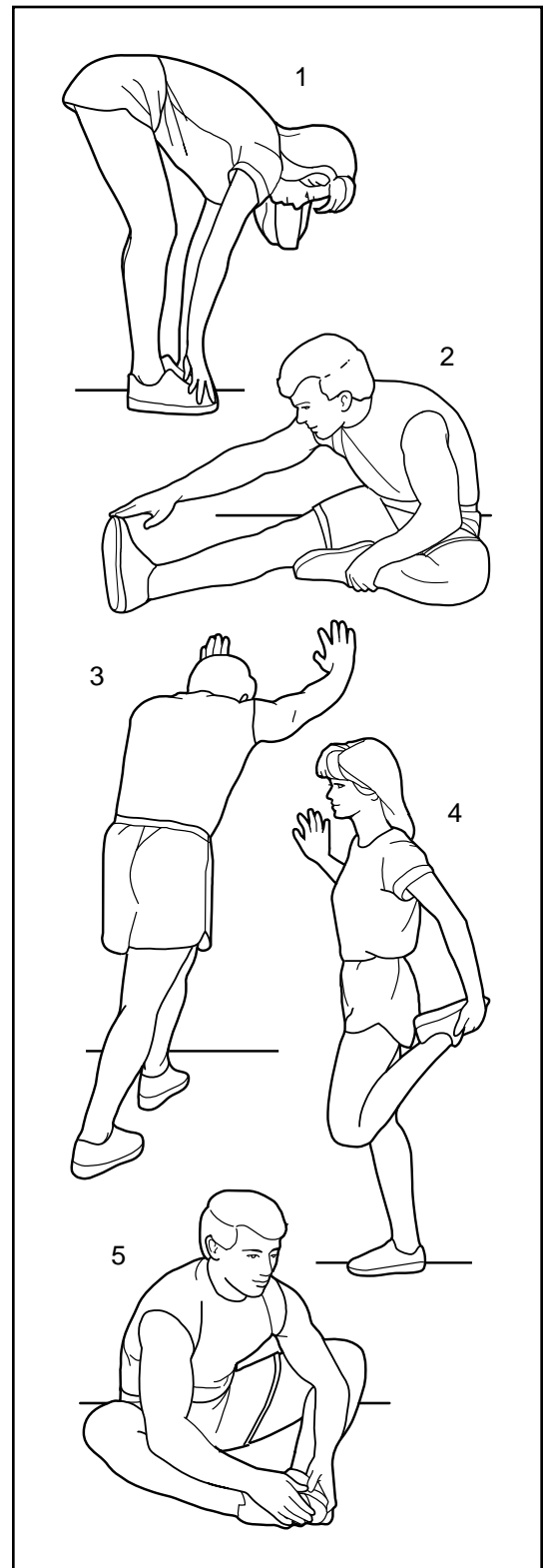
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. IMTL07610

R0801A

Note: To identify the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	51	1	Chest Pulse Strap
2	1	Right Foot Rail	52	4	Roller Adj. Washer
3	4	Nylon Washer	53	2	Rear Roller Adjustment Bolt
4	4	Isolator	54	1	Rear Endcap
5	1	Latch Catch	55	1	Frame
6	1	Platform	56	1	Allen Wrench
7	4	Walking Deck Screw	57	2	Rear Platform Screw
8	1	Walking Belt	58	1	Rear Roller
9	2	Frame Pivot Bolt	59	2	Left Upright Cover
10	4	Frame Pivot Washer	60	2	Right Upright Cover
11	1	Front Wheel/Pulley	61	6	Upright Cover Screw
12	1	Magnet	62	1	Left Foam Grip
13	6	Front Roller Nut/Pivot	63	1	Handrail Endcap
14	2	Spacer Insert	64	1	Pulse Sensor
15	2	Frame Pivot Spacer	65	1	Upright
16	1	Reed Switch Clip	66**	2	2-lb. Weight
17	1	Reed Switch	67	1	Lock Knob
18	1	Lift Frame	68	1	Lock Knob Sleeve
19	4	Clips	69	1	Lock Knob Spring
20	4	Motor Nut	70	1	Lock Pin Collar
21	1	Left Foot Rail Endcap	71	1	Pin Clip
22	1	Motor Belt	72	1	Lock Pin
23	1	Pulley/Flywheel/Fan	73	2	Incline Pivot Bolt
24	1	Motor	74	4	Metal Motor Washer
25	1	Motor Tension Nut	75	7	Console Screw (long)
26	8	Screw	76	2	Wheel Spacer
27	4	Hood Bracket	77	2	Front Wheel
28	1	Motor Tension Bolt	78	2	Wheel Bolt
29	1	Motor Tension Washer	79	1	Right Foam Grip
30	2	Lift Motor Nut (Lower)	80	1	Console Base (Top)
31	1	Lift Motor Bolt	81	1	Console
32	4	Motor Bolt	82	1	Key/Clip
33	1	Outlet Bracket	83	1	Console Base (Bottom)
34	4	Plastic Stand-off	84	1	Left Foot Rail
35	1	Power Supply	85	1	Upright Wire Harness
36	1	Power Supply Bracket	86	1	Shock
37	1	Controller	87	1	Upright Endcap
38	1	Controller Bracket	88*	1	Motor/Pulley/Flywheel/Fan
39	1	Motor Hood	89	1	Right Foot Rail Endcap
40	6	Hood Screw	90	1	Latch Warning Decal
41	1	Motor Belly Pan	91	1	Incline Motor
42	2	Belt Guide	92	1	Motor Controller Wire
43	12	Belt Guide Screw	93	2	Incline Motor Spacer
44	19	Plastic Fastener	94	1	Tie Holder Screw
45	1	Frame Belly Pan	95	2	Tie Holder
46	1	12" Audio Wire	96	1	Tie
47	1	Ground Screw	97	5	8" Cable Tie
48	2	Rear Foot	98	2	Bumper
49	4	Isolator Washer	99	17	Bumper Screw/Base Screw
50	4	Isolator Nut	100	1	On/Off Switch

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Circuit Breaker	116	2	Roller Star Washer
102	1	Power Cord	117	4	Wheel Washer
103	1	Power Cord Grommet	#	1	14" White Wire, 2 F
104	1	Warning Decal	#	1	4" White Wire, M/F
105	1	Chest Pulse Sensor	#	1	8" Blue Wire, M/F
106	1	Jack	#	1	8" Blue Wire, 2 F
107	1	iFIT.com Audio Cable	#	1	8" Black Wire, M/F
108	2	Foam Grip Screw	#	1	4" Black Wire, 2 F
109	4	Long Console Screw	#	1	8" Red Wire, M/F
110	6	Endcap Screw/Pad Screw	#	1	User's Manual
111	1	Audio Cable Nut			
112*	1	Latch Assembly			* Includes all parts shown in the box
113	1	Lift Motor Bolt (Upper)			**For more information about the optional hand weights, see page 23
114	2	Motor Tension Star Washer			
115	2	Frame Pivot Star Washer			# These parts are not illustrated

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## ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

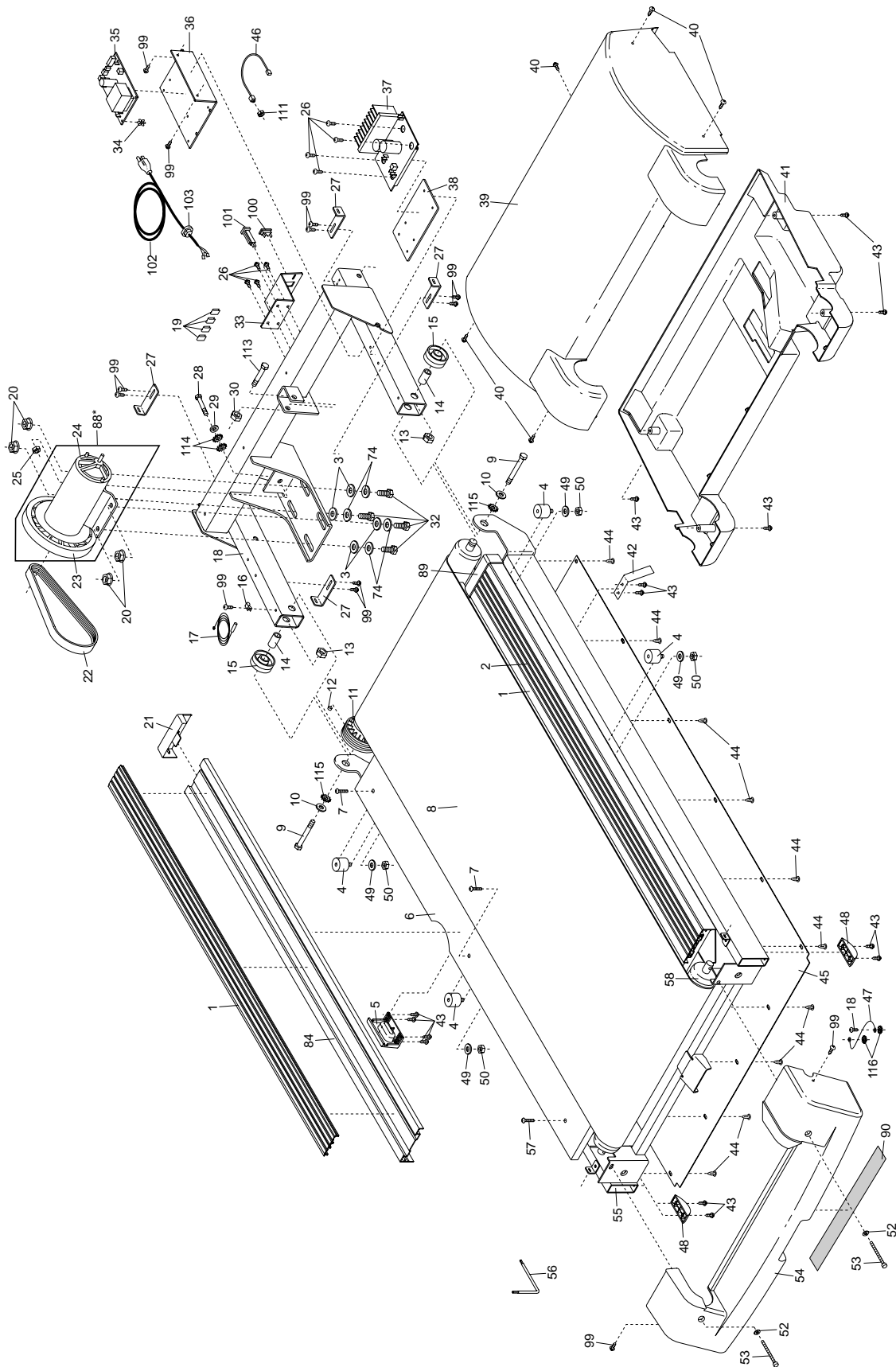
When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (IMTL07610)
- The NAME of the product (IMAGE® 12.0Q treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART (see the PART LIST at the left and above and the EXPLODED DRAWING in the center of this manual)

If possible, place the treadmill near your telephone for easy reference when calling.

# EXPLODED DRAWING—Model No. IMTL07610

R0801A

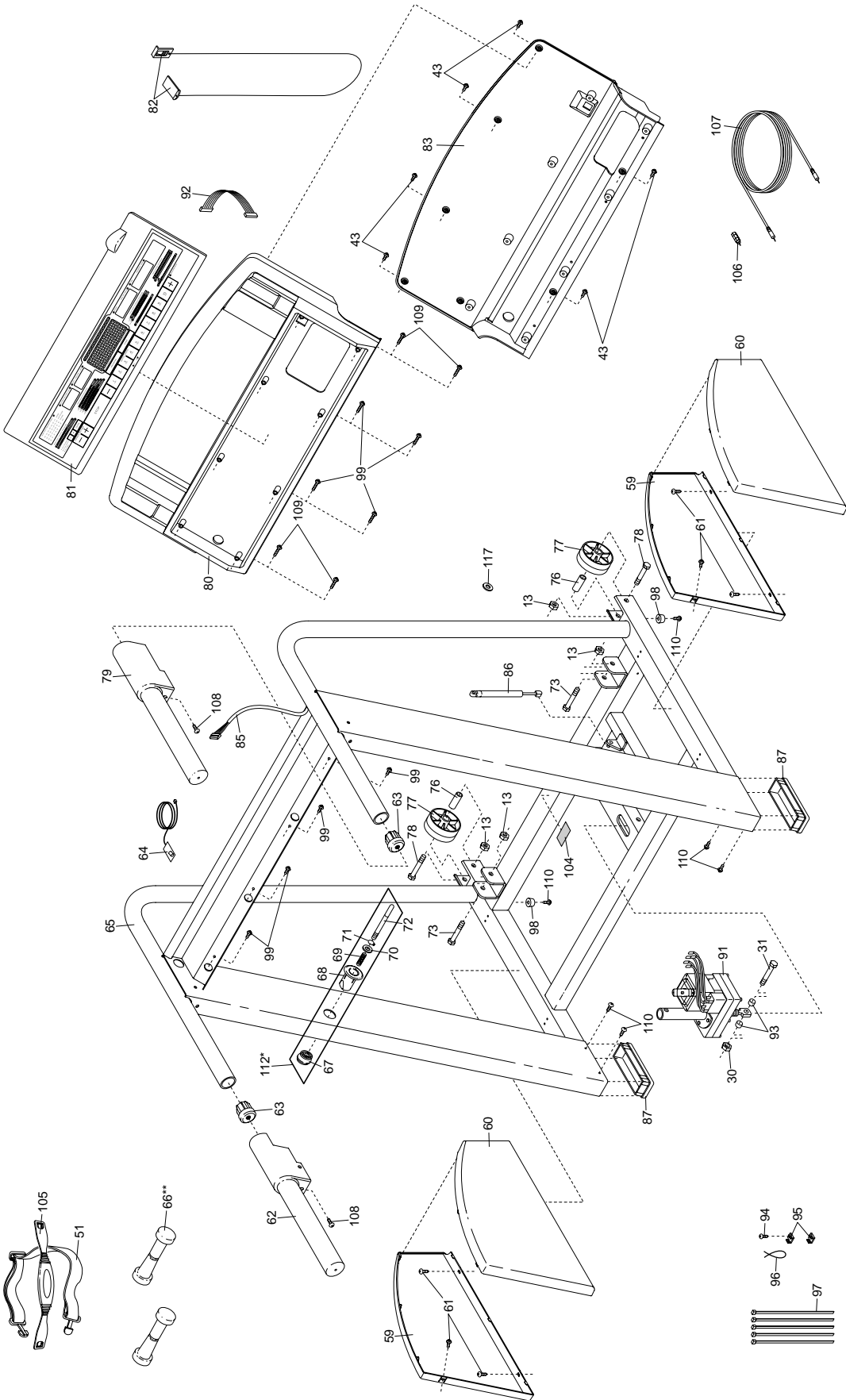


To identify the parts shown on this exploded drawing, refer to the PART LIST on pages 30 and 31 of the USER'S MANUAL.



# EXPLODED DRAWING—Model No. IMTL07610

R0801A



# LIMITED WARRANTY

**WHAT IS COVERED**—The entire IMAGE® 12.0Q (“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 motor for three years after the date of purchase. The belt and deck are covered for two years after the date of purchase. All mechanical components are covered for two years after the date of purchase. All electrical components are covered for two years after the date of purchase. Labor is 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”).

**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 1-800-999-3756 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

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