IMAGE® Q 400

Serial Number
Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.
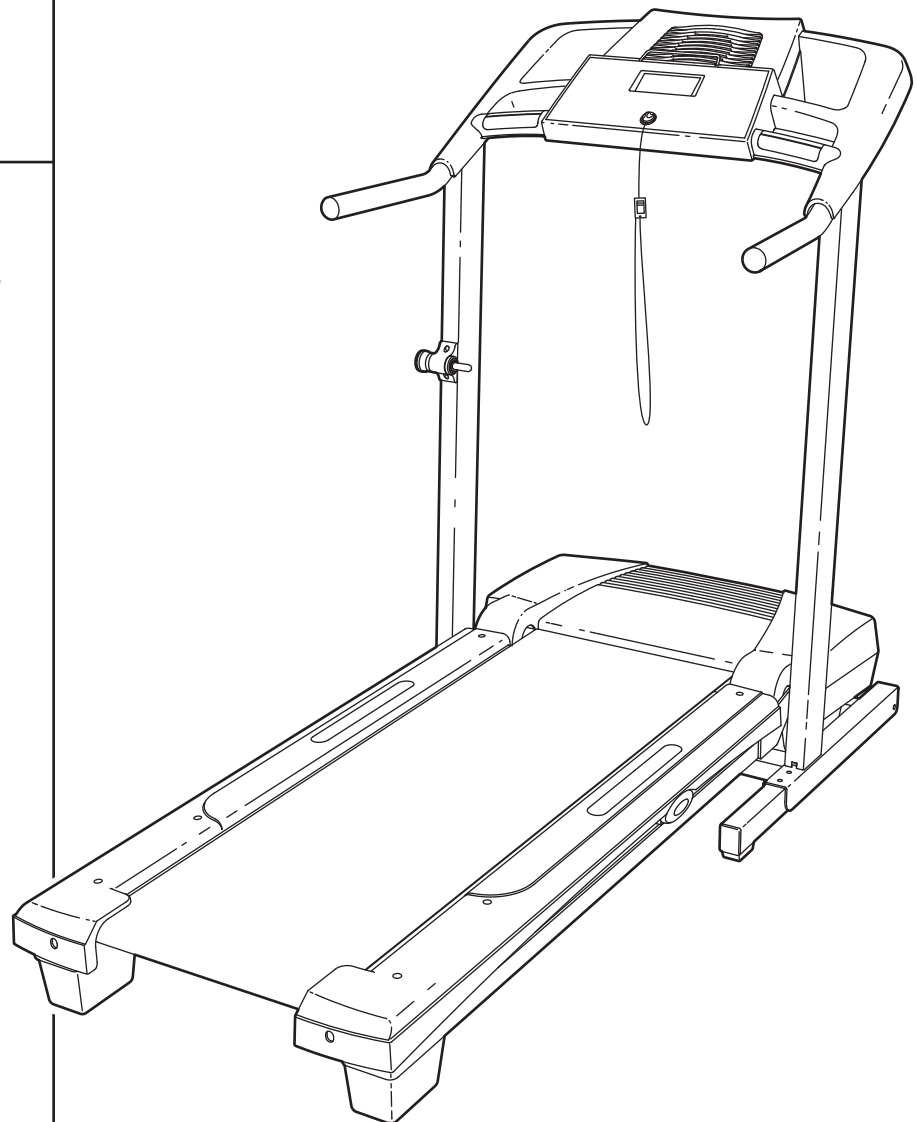
CALL TOLL-FREE:
1-800-753-4645
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.iconservice.com

⚠ CAUTION

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

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new products, prizes,
fitness tips, and much more!

IMAGE® Q 400

TABLE OF CONTENTS

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IMPORTANT PRECAUTIONS

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

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

2. Use the treadmill only as described.

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

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

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

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

7. The treadmill should be used only by persons weighing 275 pounds or less.

8. Never allow more than one person on the treadmill at a time.

9. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

10. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local IMAGE dealer or call the toll-free telephone number on the front cover of this

manual and order part number 146148, or see your local electronics store.

12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 19 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).

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

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

18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

19. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 17.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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

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

23. Never insert any object into any opening.

24. **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.

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

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

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.
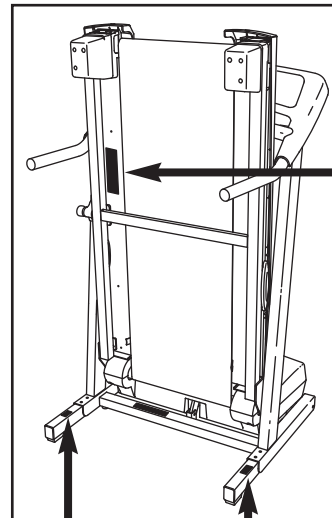
⚠ **WARNING:**

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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

⚠ **CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
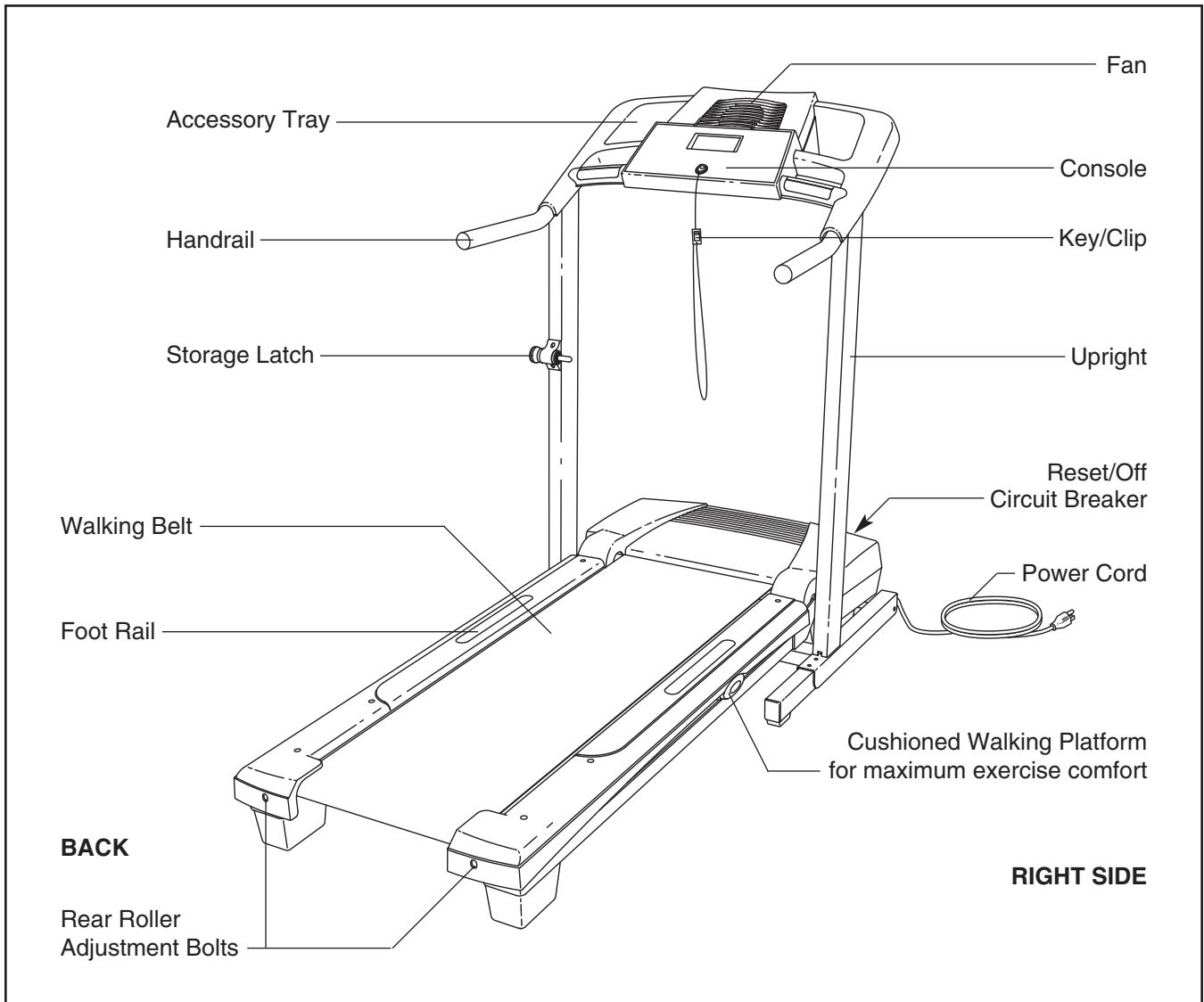
4

BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® Q 400 tread-mill. The Q 400 treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the Q 400 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number of the treadmill is IMTL39906.0. The serial number can be found on a decal attached to the tread-mill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.iconservice.com/registration.

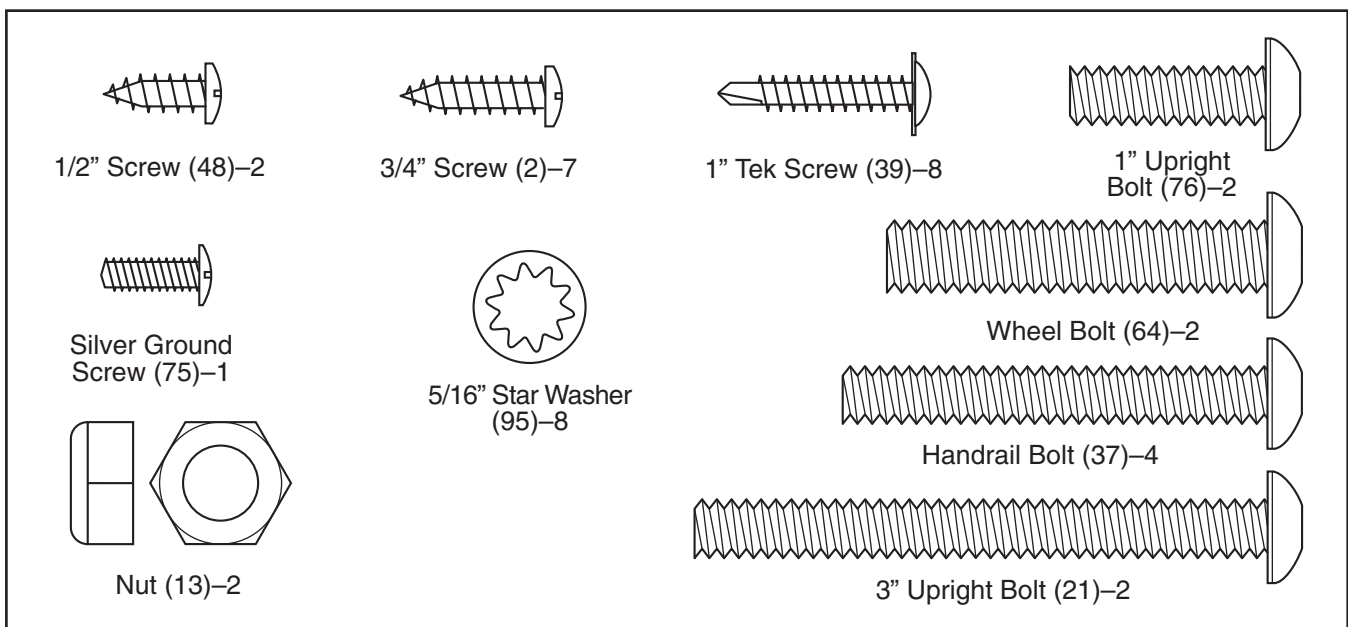Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Fan

Accessory Tray

Console

Handrail

Key/Clip

Storage Latch

Upright

Reset/Off Circuit Breaker

Walking Belt

Power Cord

Foot Rail

Cushioned Walking Platform for maximum exercise comfort

BACK

RIGHT SIDE

Rear Roller Adjustment Bolts

5

ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill perfor-mance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

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

For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, check to see if it has been pre-assembled. **To avoid damaging plastic parts, do not use power tools for assembly.**

1/2" Screw (48)–2

3/4" Screw (2)–7

1" Tek Screw (39)–8

1" Upright Bolt (76)–2

Silver Ground Screw (75)–1

5/16" Star Washer (95)–8

Wheel Bolt (64)–2

Handrail Bolt (37)–4

Nut (13)–2

3" Upright Bolt (21)–2

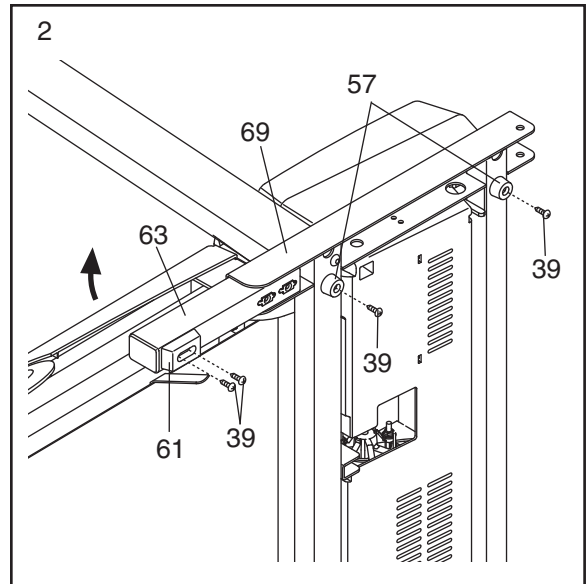1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the tread-mill onto its left side as shown. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

   See the inset drawing. Make sure that there are two U-Nuts (99) in the lower end of each Upright (7, 90). Identify the Right Upright (90) with the sticker. Hold the Right Upright near the right side of the Upright Base (69), with the Right Upright turned as shown. Feed the colored tie and Upright Wire (42) into the lower end of the Right Upright and out of the upper end.

   Pull on the end of the Upright Wire to remove any slack as you hold the Right Upright (90) against the Upright Base (69); **be careful not to pinch the Upright Wire (42).** Start a 3" Upright Bolt (21) and a 1" Upright Bolt (76) with 5/16" Star Washers (95) into the Upright Base and the Right Upright as shown. **Do not tighten the Bolts yet.**
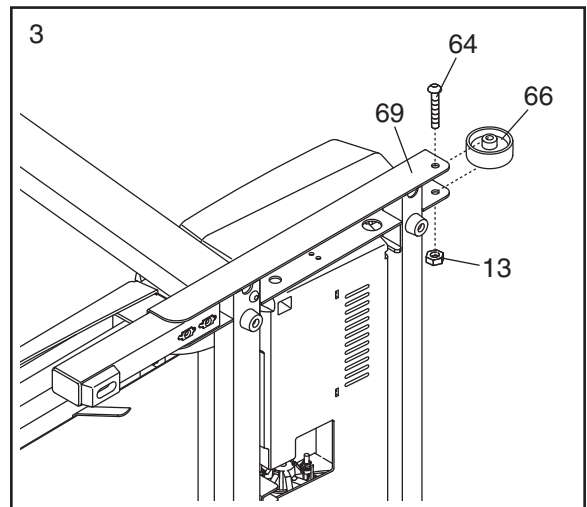
6
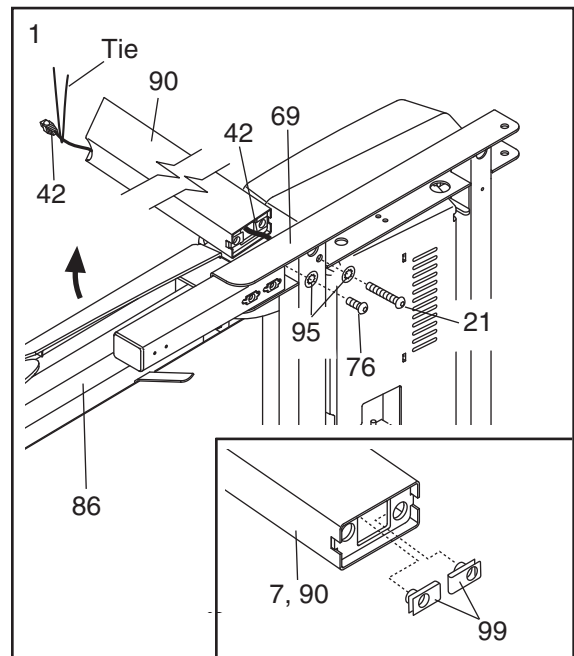
2. Attach two Round Base Pads (57) and an Extension Leg Pad (61) to the Upright Base (69) and Extension Leg (63) with four 1" Tek Screws (39) as shown.
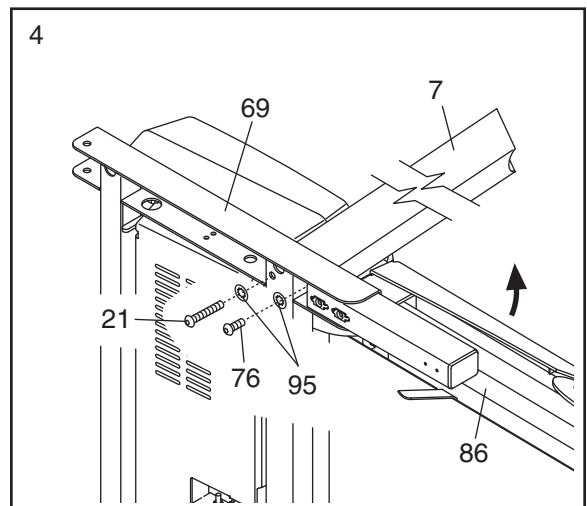
3. Attach a Wheel (66) to the Upright Base (69) with a Wheel Bolt (64) and a Nut (13) as shown. **Do not over-tighten the Wheel Bolt;** the Wheel should turn freely.

   With the help of a second person, carefully tip the treadmill onto its other side.

4. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

   Hold the Left Upright (7) against the Upright Base (69). Start a 3" Upright Bolt (21) and a 1" Upright Bolt (76) with 5/16" Star Washers (95) into the Upright Base and the Left Upright as shown. **Do not tighten the Bolts yet.**

7

5. Attach two Round Base Pads (57) and an Extension Leg Pad (61) to the Upright Base (69) and Extension Leg (63) with four 1" Tek Screws (39) as shown.
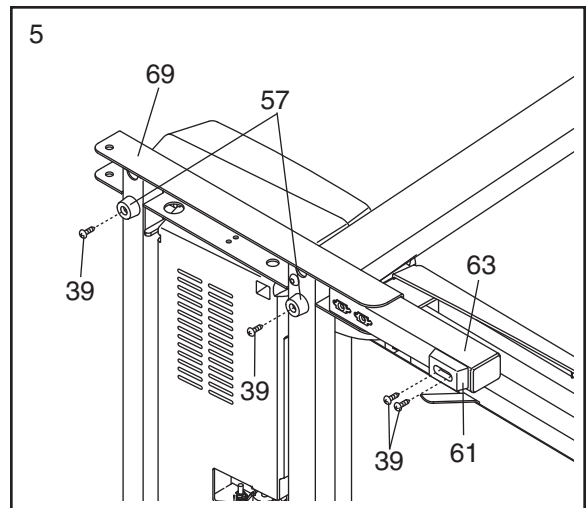
6. Attach a Wheel (66) to the Upright Base (69) with a Wheel Bolt (64) and a Nut (13) as shown. **Do not over-tighten the Wheel Bolt;** the Wheel should turn freely.

   With the help of a second person, carefully tip the tread-mill up so the Round Base Pads (57) are on the floor.
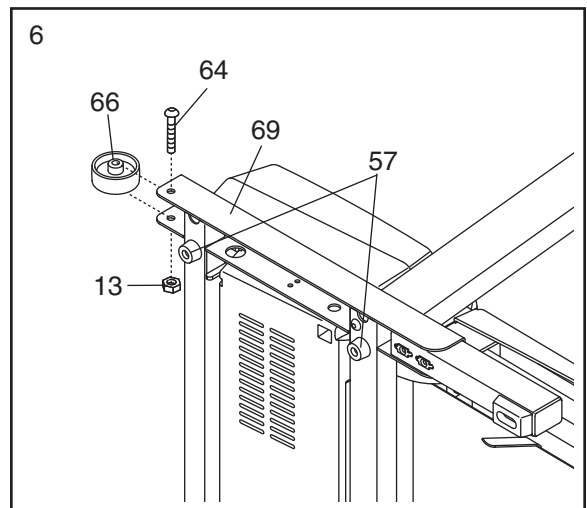
7. Identify the Right Handrail (72), which has a large hole in the left side. Feed the Upright Wire (42) into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Upright Wire out of the hole.
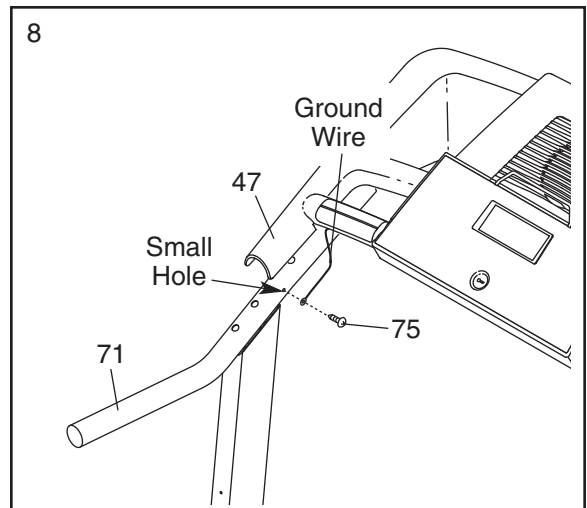
   Then, attach the Right Handrail (72) to the Right Upright (90) with two Handrail Bolts (37) and two 5/16" Star Washers (95).

   Attach the Left Handrail (71) to the Left Upright (7) in the same way. Note: There is not a wire on the left side.

   Remove the colored tie from the Upright Wire (42).

8
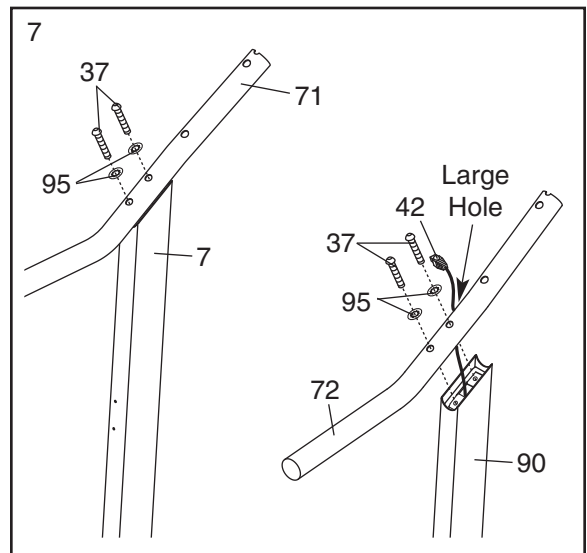
8. Hold the Console Base (47) near the Left Handrail (71). Attach the end of the ground wire to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).


9. **Touch the Right Handrail (72) to discharge any static.** Slide the sleeve off the connector on the Upright Wire (42) as shown in the inset drawing. Next, press the end of the Upright Wire into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. Then, slide the sleeve back over the connector.
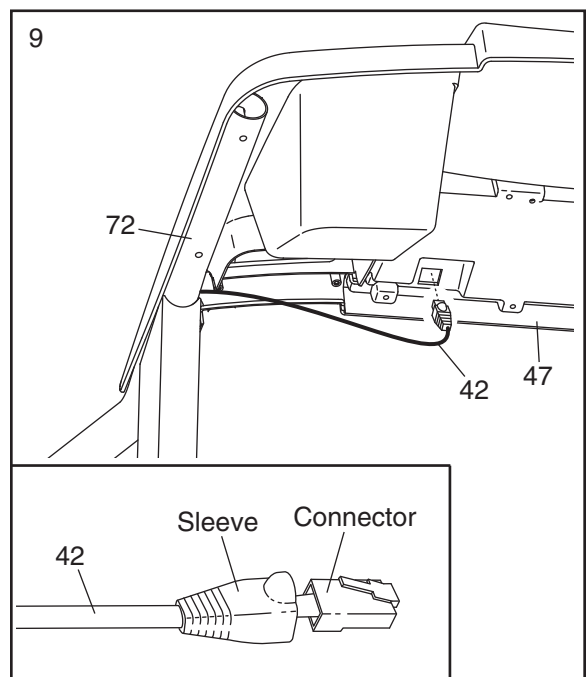

10. Set the Console Base (47) on the Handrails (71, 72). Attach the Console Base with four 3/4" Screws (2). **Start all four Screws before tightening them; do not over-tighten the Screws.**

   See the lower drawing. **Make sure that the Upright Wire (42) is routed below the two indicated round posts (A).** Next, press the Upright Wire into the slot between the square post (B) and the Console Base (47).


9
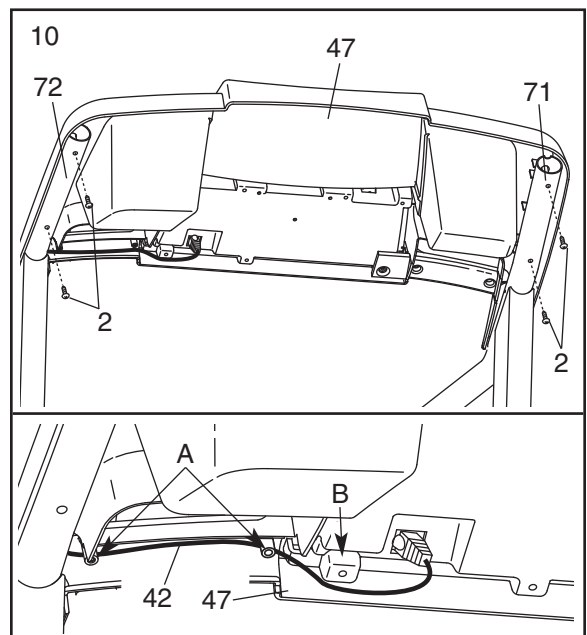
11. Cover the Upright Wire (42) with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten two 1/2" Screws (48) and a 3/4" Screw (2) into the Right Grip Plate and the Console Base (47).
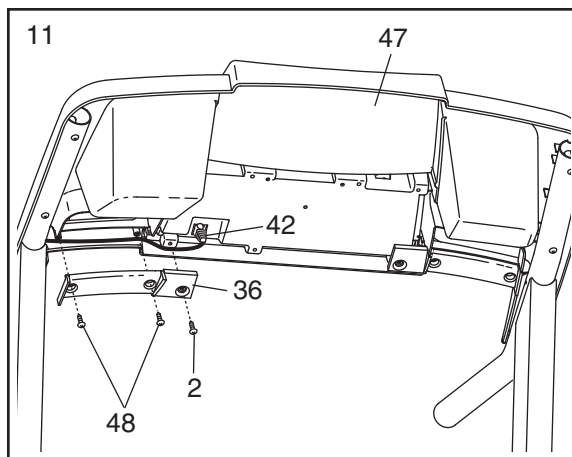
12. Carefully lower the Left and Right Handrails (71, 72) until they are touching the floor.

    See the lower drawing. Position the Uprights (107, 108) so that the treadmill Frame (86) is centered between the Uprights.

    Firmly tighten the two 1" Upright Bolts (21) and the two 3" Upright Bolts (76) used in steps 1 and 4.

Top View
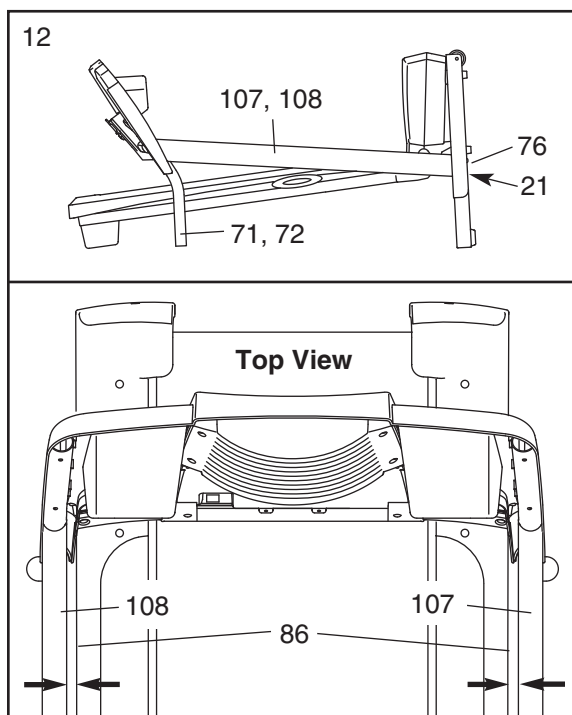
13. Attach the Latch Housing (29) to the Left Upright (7) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown.**

    Remove the knob from the pin. **Make sure that the collar and the spring are on the pin as shown.** Then, insert the pin into the Latch Housing (29), and tighten the knob back onto the pin.
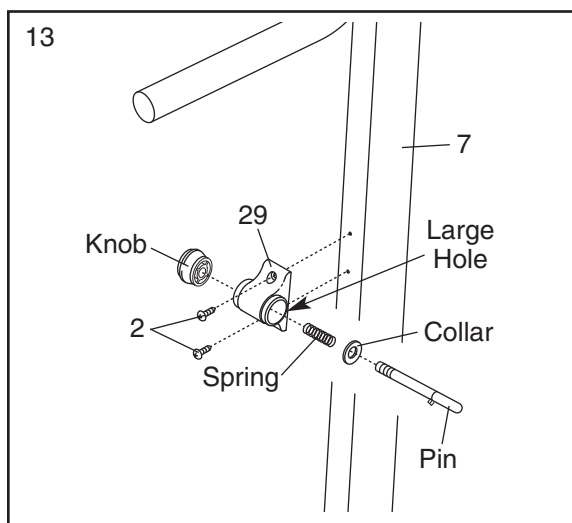
14. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 20). To protect the floor or carpet, place a mat under the treadmill.

10

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

⚠ **DANGER:** **Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man 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 the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

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

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

tric 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.**
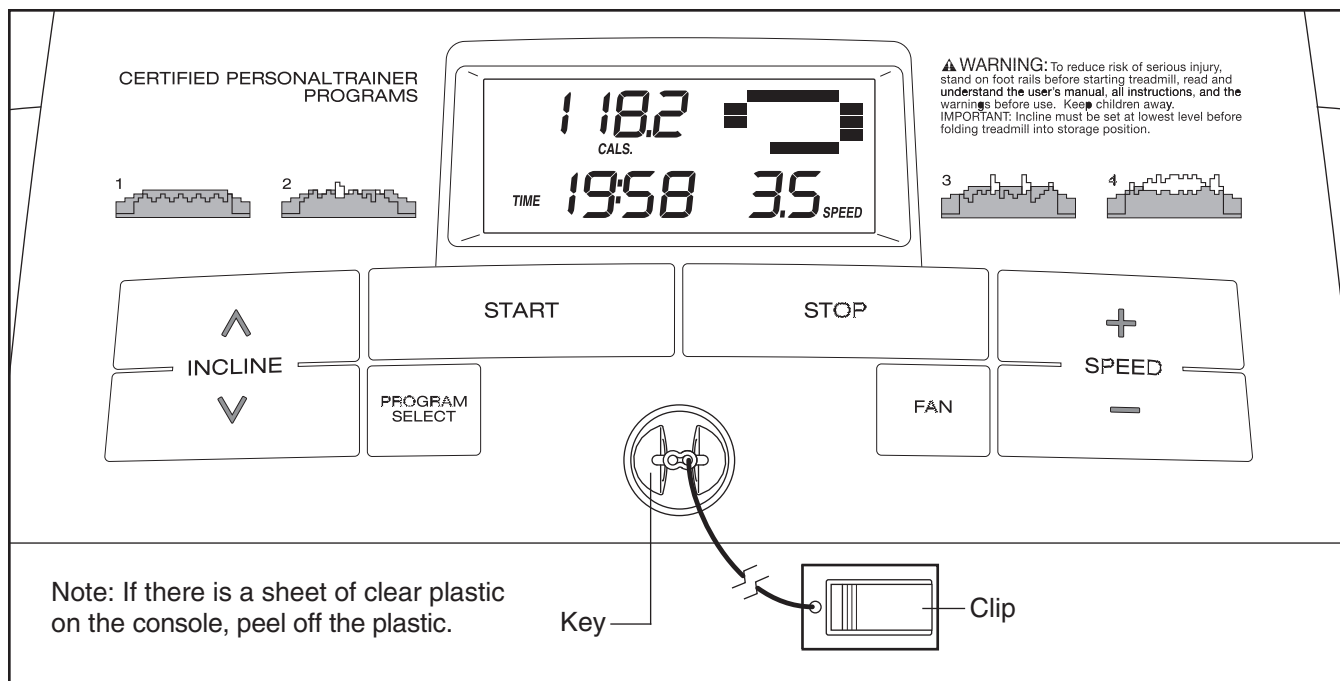
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.
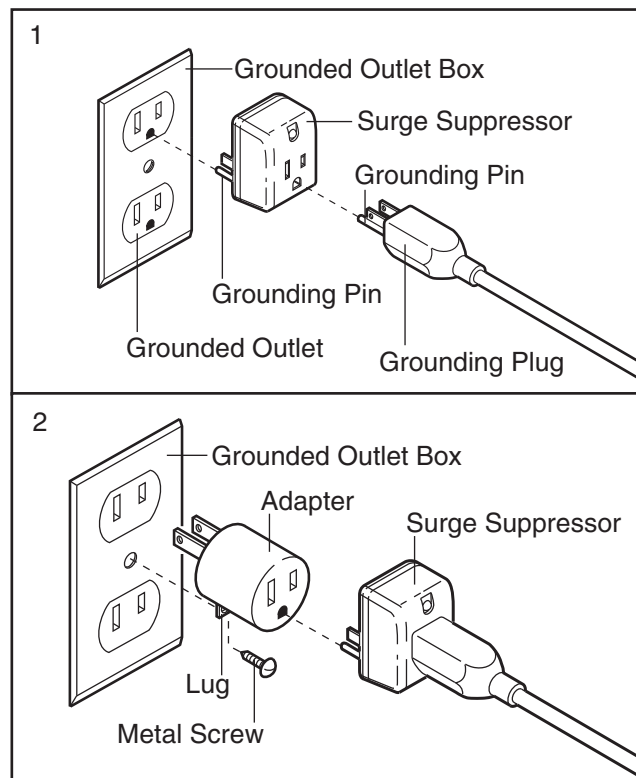
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**

11

CONSOLE DIAGRAM

CERTIFIED PERSONAL TRAINER
PROGRAMS

⚠ WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away. IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

1

2

118.2
CALS.

TIME *19:58*   *3.5* SPEED

3

4

∧
INCLINE
∨

START

STOP

＋
SPEED
−

PROGRAM
SELECT

FAN

Note: If there is a sheet of clear plastic on the console, peel off the plastic.

Key

Clip

FEATURES OF THE CONSOLE

The treadmill console offers several features designed to make each workout more effective and enjoyable.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console features four preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 13. **To use a preset program**, see page 15.

12

HOW TO TURN ON THE POWER

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

Reset Position
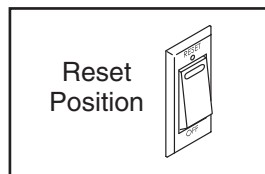
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 12), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 20).

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the display.

3 Press the Start button or the Speed + button to start the walking belt.

When either button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.
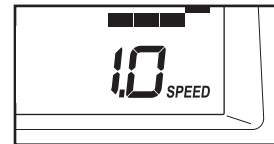
To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed + button.

4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button. Each time a button is pressed, the incline will change by 0.5%. Note: After a button is pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 Follow your progress with the display.

When the manual mode is selected, a track representing 1/4 mile will appear in the upper right corner of the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

13

The upper left corner of the display will show the approximate number of calories you have burned during your workout.
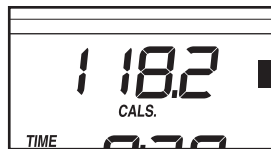
The lower left corner of the display will show the elapsed time and the distance that you have walked or run during your work-

out. The lower left corner of the display will also show the incline level of the treadmill for a few seconds each time the incline setting changes. Note: When a preset program is selected, the lower left corner of the display will show the time remaining in the program instead of the elapsed time.
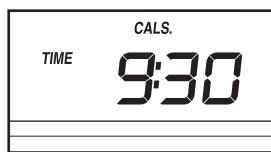
The lower right corner of the display will show the speed of the walking belt. When you use the handgrip pulse sensor, the

lower right corner of the display will also show your heart rate.
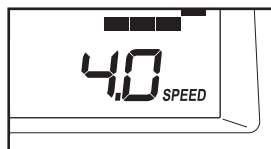
To reset the display, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in miles or kilometers. To find which system of measurement is selected, or to select a different system, see THE INFORMATION MODE on page 16. **Note: For simplicity, all instructions in this section refer to miles.**

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

Note: Before using the handgrip pulse sensor, remove the sheets of clear plastic
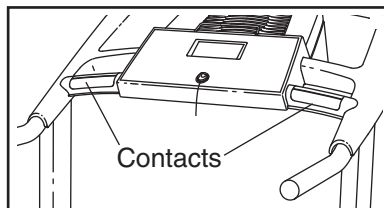
Contacts

from the metal contacts on the handgrip pulse sensor. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 **Turn on the fan if desired.**

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

8 **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 16 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.
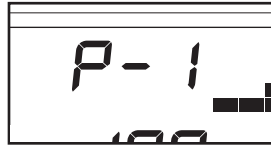
14

HOW TO USE A PRESET PROGRAM

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

See HOW TO TURN ON THE POWER on page 13.

2 **Select a preset program.**

To select a preset program, press the Program Select button repeatedly until "P–1," "P–2," "P–3," or "P–4" appears in the display.

When a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the upper right corner of the display.

3 **Press the Start button to start the program.**

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

Each program is divided into 30 one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.

The speed setting for the first period will be shown in the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next four periods will be shown in the columns to the right.
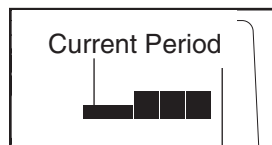
When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

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 all five of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

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. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

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

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

See step 5 on pages 13 and 14.

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

See step 6 on page 14.

6 **Turn on the fan if desired.**

See step 7 on page 14.

7 **When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

15

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a system of measurement.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An "E" (for English) or an "M" (for metric) will appear in the lower right corner of the display. Press the Speed increase button to change the unit of measurement, if desired. **Important:** 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 display will remain lit; the buttons will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

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

The lower left corner of the display will show the total number of miles or kilometers that the walking belt has moved.
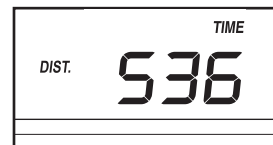
To exit the information mode, remove the key from the console.

16

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

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

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Bend your legs and keep your back straight; as you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the latch catch is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is resting securely against the latch 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.

Frame

Engaged

Latch
Knob

Catch
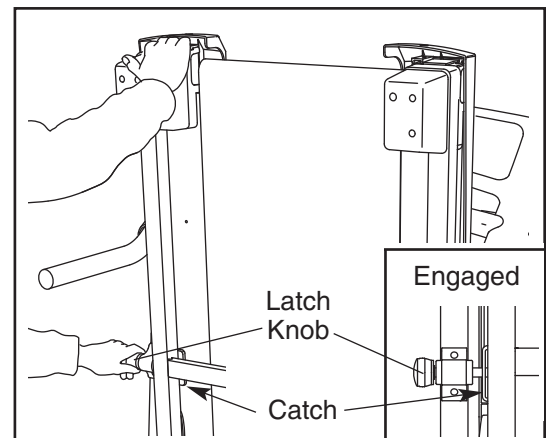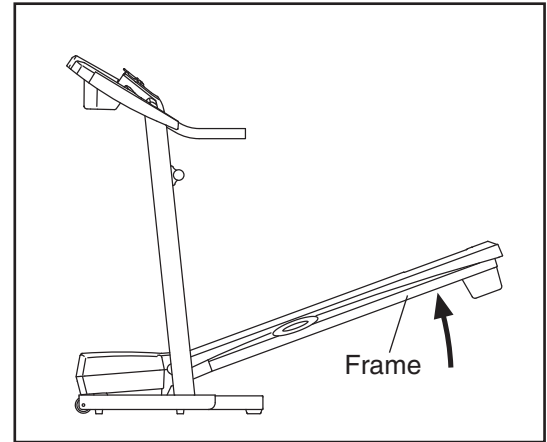
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the frame.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

Wheel
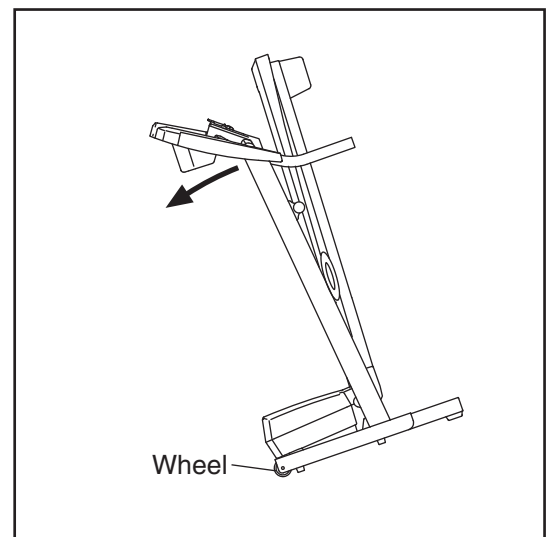
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.

Latch
Knob
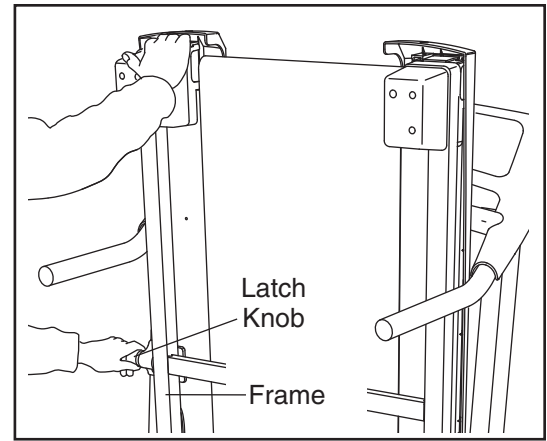
Frame

2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

Frame

18
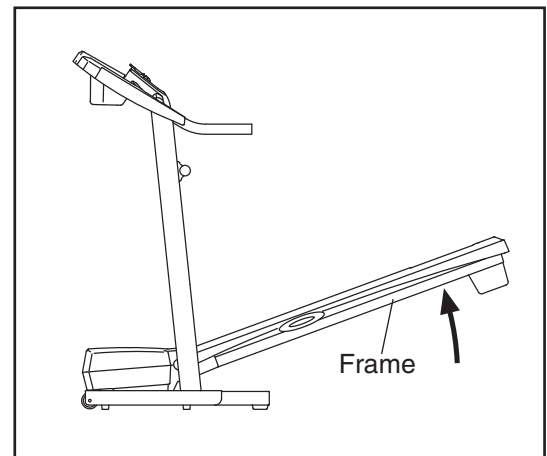
TROUBLESHOOTING

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 see the front cover of this manual.

PROBLEM: The power does not turn on

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

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

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

Tripped   Reset
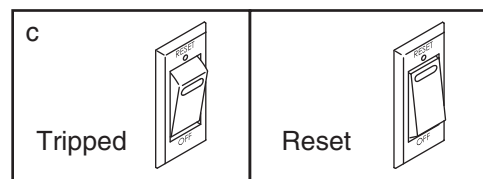
PROBLEM: The power turns off during use

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

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

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

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

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the Screws (77) from the Hood (1), and carefully pivot the Hood off.
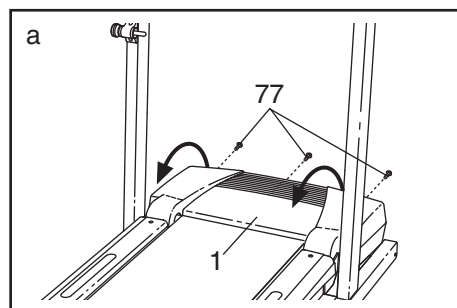
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (58), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.

Top View

19
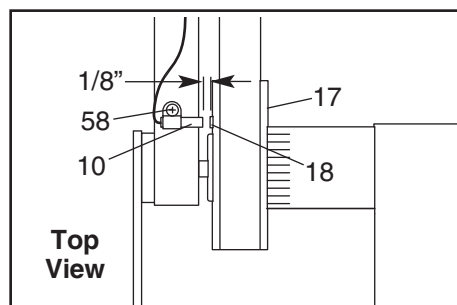
PROBLEM: The walking belt slows when walked on

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

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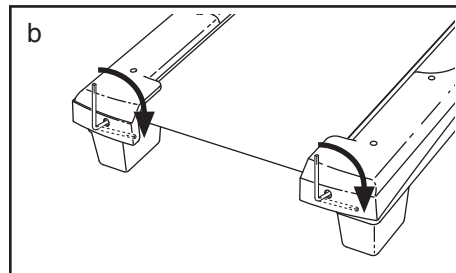

b

2"–3"

Rear Roller Bolts
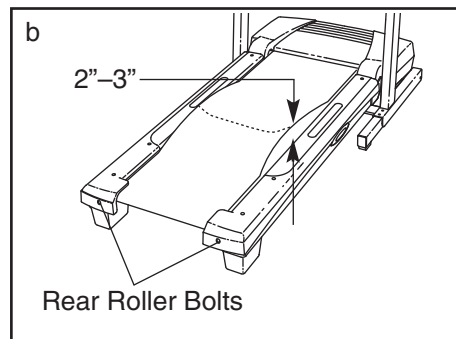
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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

a
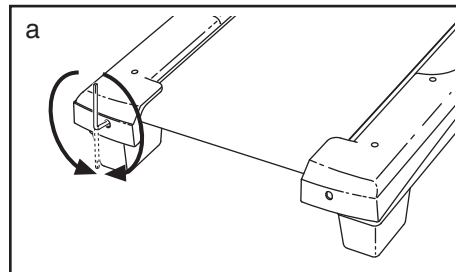
b. If the walking belt slips when walked on, remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, 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.

b

<div align="center">

20

</div>

CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

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

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

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your begin

to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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

22
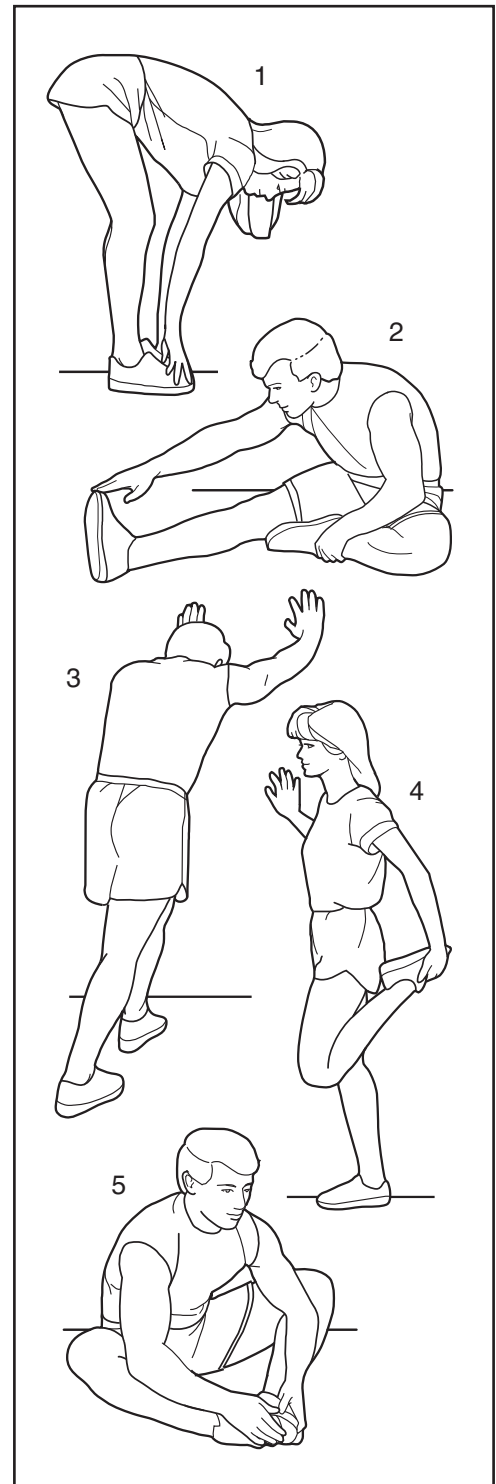
PART LIST—Model No. IMTL39906.0

R0806A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	41	3	Roller Star Washer	81	1	Belly Pan
2	17	3/4" Screw	42	1	Upright Wire	82	2	Belt Guide
3	1	Motor Belt	43	1	Console	83	4	Belt Guide Screw
4	2	Motor Tension Bolt	44	2	Rear Roller Plate	84	4	Isolator Fastener
5	1	Right Rear Endcap	45	1	Book Holder	85	2	Isolator Cushion
6	1	Motor Star Washer	46	4	Extension Leg Nut	86	1	Frame
7	1	Left Upright	47	1	Console Base	87	3	Releasable Tie
8	1	Drive Motor	48	11	1/2" Screw	88	1	Console Warning
9	2	Foot Rail Cover	49	1	Wire Clamp			Decal
10	1	Reed Switch	50	1	Key/Clip	89	4	Cable Tie Clamp
11	1	Latch Warning Decal	51	1	Incline Motor	90	1	Right Upright
12	2	Frame Spacer	52	2	Rear Roller Washer	91	1	Sensor Clip
13	9	Nut	53	1	Incline Motor	92	4	Ground Screw
14	2	Frame Pivot Bolt			Bolt, Lower	93	4	Extension Leg Bolt
15	2	Platform Screw, Front	54	3	Incline Pivot Bolt	94	1	Allen Wrench
16	2	Lower Handrail	55	1	Filter Wire	95	8	5/16" Star Washer
		Endcap	56	1	Motor Controller Wire	96	1	Walking Belt
17	1	Front Roller/Pulley	57	4	Round Base Pad	97	1	Walking Platform
18	1	Magnet	58	13	3/4" Tek Screw	98	1	Right Foot Rail
19	1	Motor Pivot Bolt	59	1	Controller	99	8	U-nut
20	2	Motor Bracket Bolt	60	1	Lift Frame	100	1	Rear Roller
21	2	3" Upright Bolt	61	2	Extension Leg Pad	101	1	Optic Disk
22	3	Hood Clip	62	2	Caution Decal	102	1	Optic Disk Sensor
23	2	Platform Washer	63	2	Extension Leg	103	1	Motor Mount Bracket
24	1	Small Star Washer	64	2	Wheel Bolt	104	1	Latch Pin Assembly
25	10	Foot Rail Screw	65	2	Base Endcap	105	1	Small Nut
26	3	Outlet Bracket Screw	66	2	Wheel	106	1	Small Bolt
27	1	Console Fan	67	2	Platform Nut	107	2	Upper Handrail
28	2	Motor Tension Nut	68	6	8" Cable Tie			Endcap
29	1	Latch Housing	69	1	Upright Base	108	1	Upper Incline
30	1	Latch Catch	70	1	Grommet			Motor Bolt
31	1	Left Rear Endcap	71	1	Left Handrail	109	1	Console Pulse Wire
32	2	Platform Screw, Rear	72	1	Right Handrail	110	1	Left Pulse Plate
33	6	Rear Endcap Screw	73	3	Roller Adj. Bolt	111	1	Right Pulse Plate
34	1	Left Grip Plate	74	1	Left Foot Rail	#	1	4" Blue Wire, 2F
35	1	Incline Sensor Wire	75	1	Silver Ground Screw	#	1	4" Black Wire, M/F
36	1	Right Grip Plate	76	2	1" Upright Bolt	#	1	8" Green Wire, F/R
37	2	Handrail Bolt	77	5	Belly Pan Screw	#	1	4 " Red Wire, M/F
38	1	Fan Housing	78	1	Incline Stop Bracket	#	1	User's Manual
39	4	1" Tek Screw	79	1	Power Cord Assembly			
40	1	Ground Wire	80	2	Rear Roller Bracket	#These parts are not illustrated		
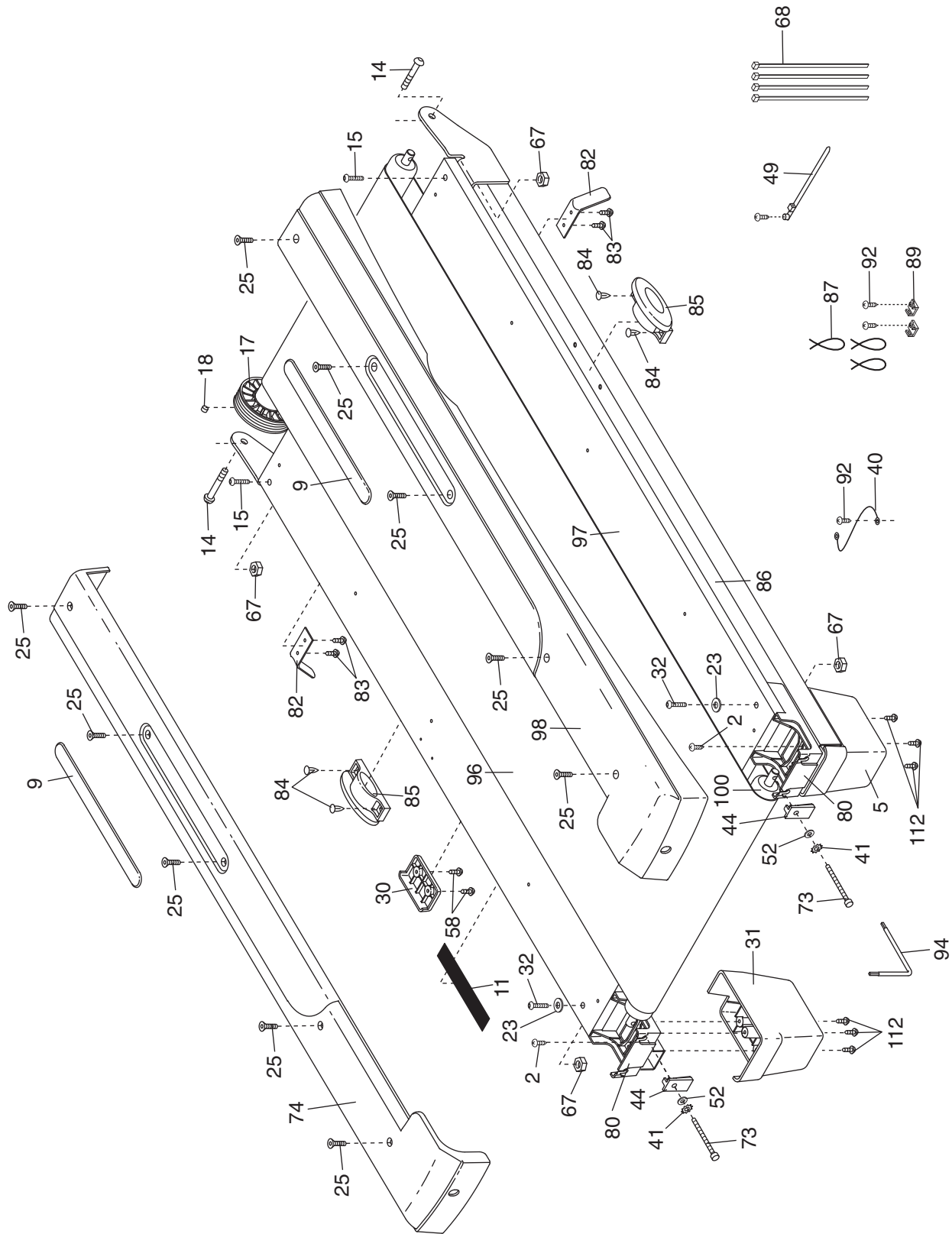
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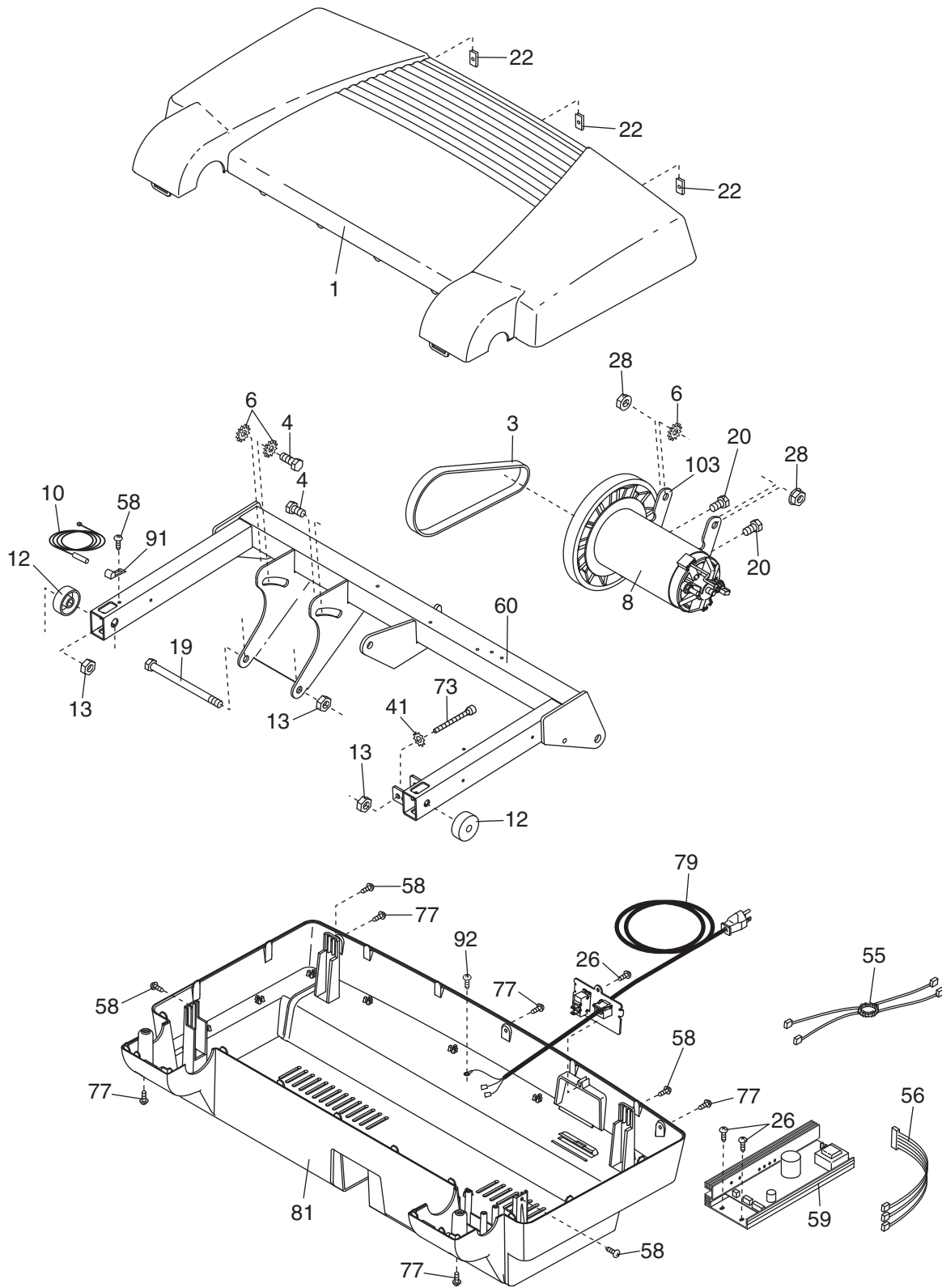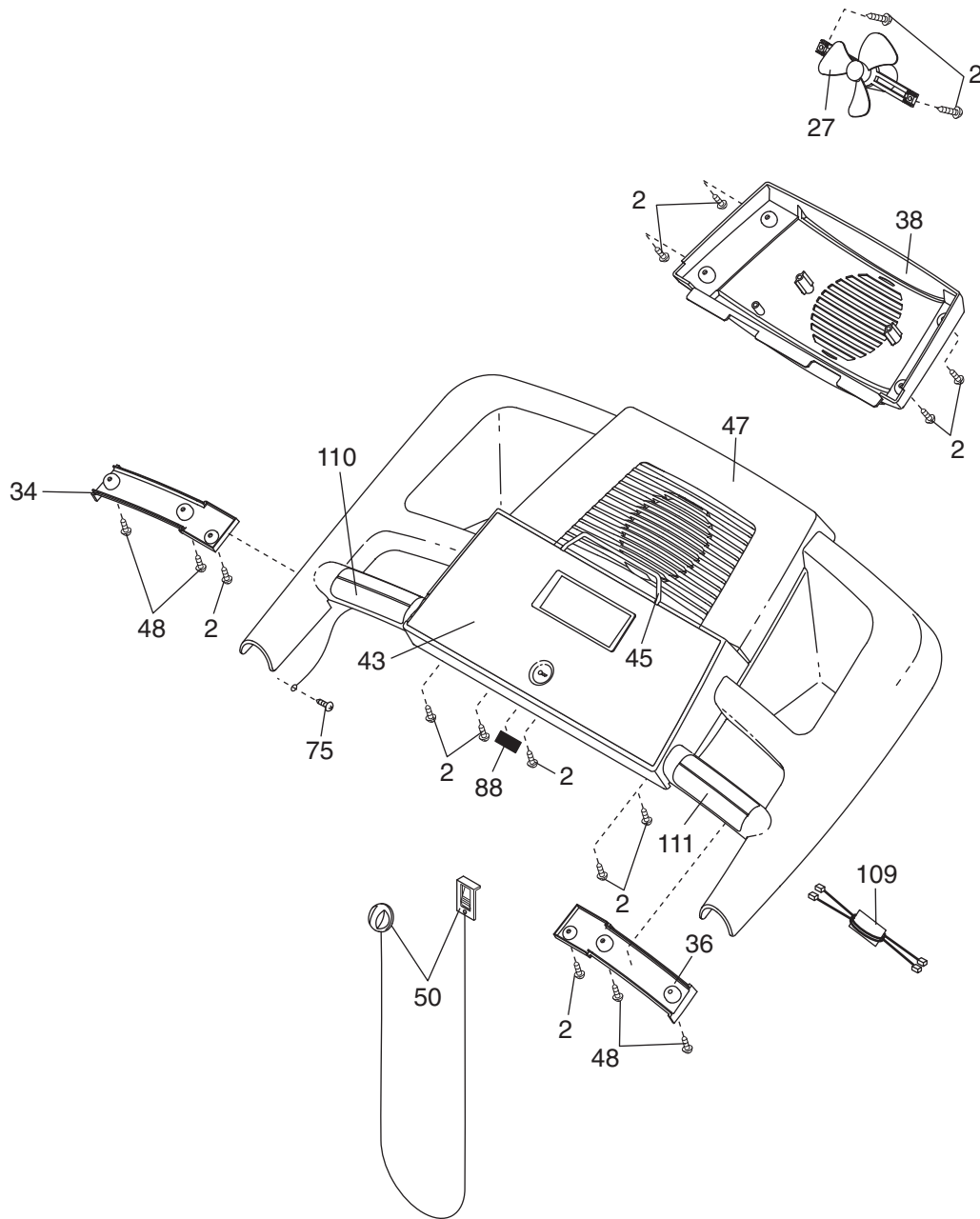
HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

• the MODEL NUMBER of the product (IMTL39906.0)

• the NAME of the product (IMAGE Q 400 treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and EXPLODED DRAWING on pages 23 to 27)

LIMITED WARRANTY

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