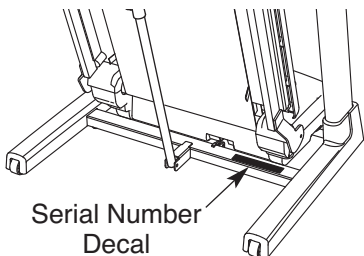


HEALTHRIDER[®] HIBOT

Model No. HMTL79608.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

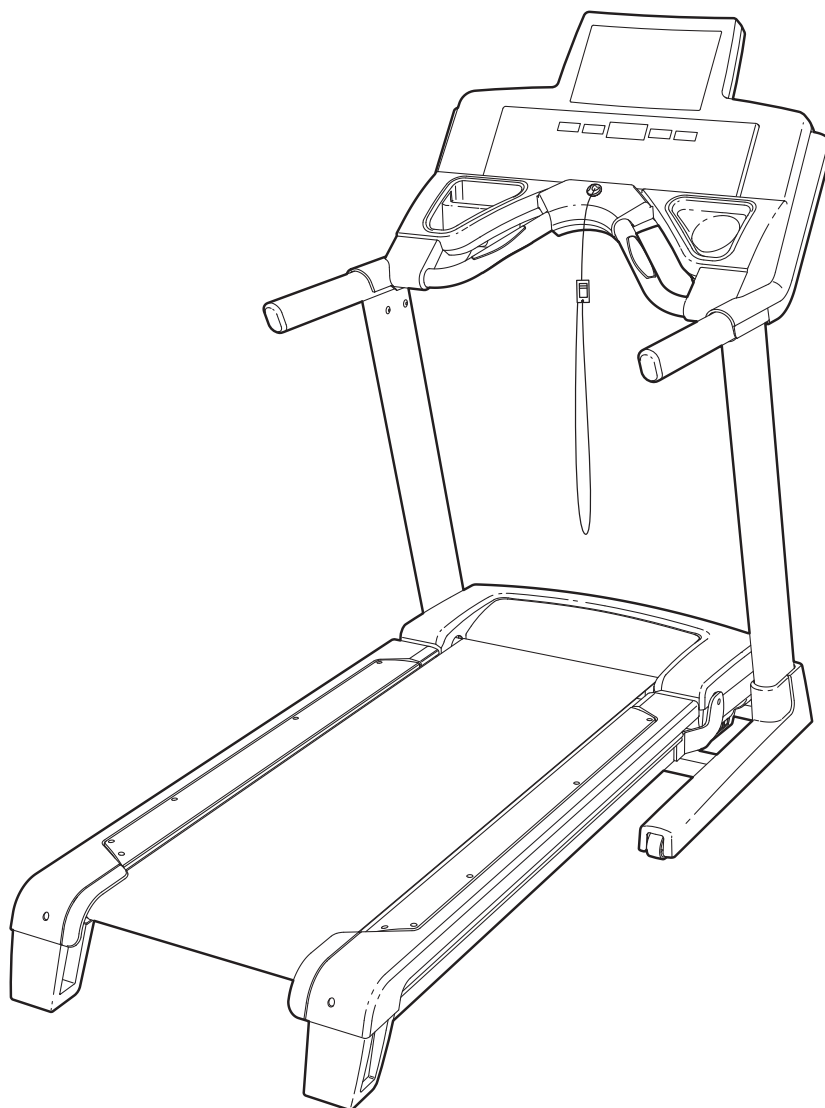
If you have any questions, or if you are missing parts, **please call the telephone number listed below.**

Vendor:

Comercializadora Mexico
Americana, S. de R.L. de C.V.
Av. Nextengo No. 78
Col. Santa Cruz Acayucan
Del. Azcapotzalco
Mexico D.F., C.P. 02770
R.F.C. CMA-910911-9LO
Tel. 5899 12 00

www.iconservice.com

Electrical Specifications:
120V ~ 60 Hz Type Y



CAUTION

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

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WARNING DECAL PLACEMENT

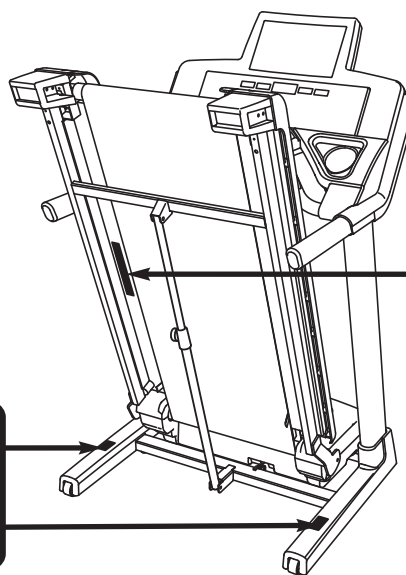
This drawing shows the locations of the warning decals. **If a decal is missing or illegible, go to www.iconservice.com and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

⚠ CAUTION

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

⚠ PRECAUCIÓN

Mantenga sus manos y pies alejados de esta area mientras la caminadora esté en operación.



⚠ WARNING:

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

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments. Hold handrail to prevent falling, and always stop by using the emergency stop.
- Stop if you feel lightheaded, or short of breath.
- Fully engage storage key to lock treadmill in its upright position.
- Release key to be sure treadmill is fully in storage position.
- Never allow children or anyone around treadmill.
- Remove key when not in use.
- Keep walking.
- Turn on the safety key when starting or stopping treadmill.
- Never try to adjust or fix the treadmill while it is moving.
- Always wear safety shoes while operating treadmill.

⚠ ADVERTENCIA:

Proteja y proteja a otros de riesgo de lesiones graves. Lea el manual del usuario en primer lugar.

- Nunca se debe estar en los rieles laterales al iniciar o detener la cinta.
- Cambie la velocidad en incrementos pequeños.
- Mantenga las manos en los agarres para prevenir caídas, y siempre detenga la caminadora usando la llave de emergencia.
- Detenga la caminadora si se siente mareado o con falta de aliento.
- Enganche la llave de seguridad para asegurar que la caminadora esté en su posición de almacenamiento.
- Desenganche la llave de seguridad para asegurarse de que la caminadora esté en su posición de almacenamiento.
- Nunca permita que niños o cualquier otra persona esté alrededor de la caminadora.
- Quite la llave cuando no la use.
- Mantenga siempre los pies en el suelo cuando camine.
- Nunca trate de ajustar o reparar la caminadora mientras está en movimiento.
- Siempre use zapatos de seguridad mientras camina en la caminadora.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) 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.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should not be used by persons weighing more than 350 lbs. (159 kg).
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. 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.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, please see your local electronics store.
13. 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.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. 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 22 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. 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.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. 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 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
23. Never insert any object into any opening on the treadmill.
24. Inspect and properly tighten all parts of the treadmill regularly.
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 this treadmill in a commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

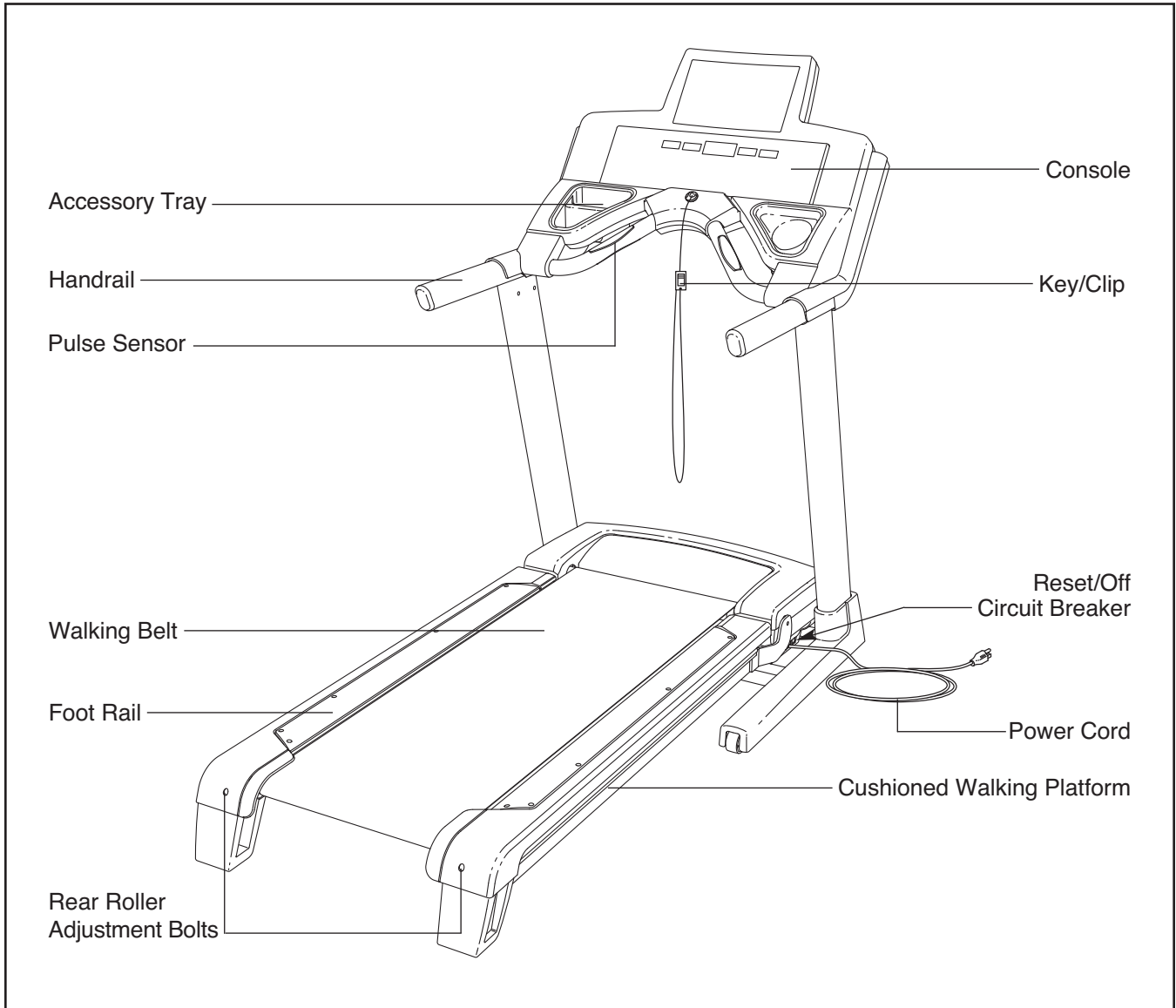
BEFORE YOU BEGIN

Thank you for selecting the new HealthRider® H130T treadmill. The H130T treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the 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 read-

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

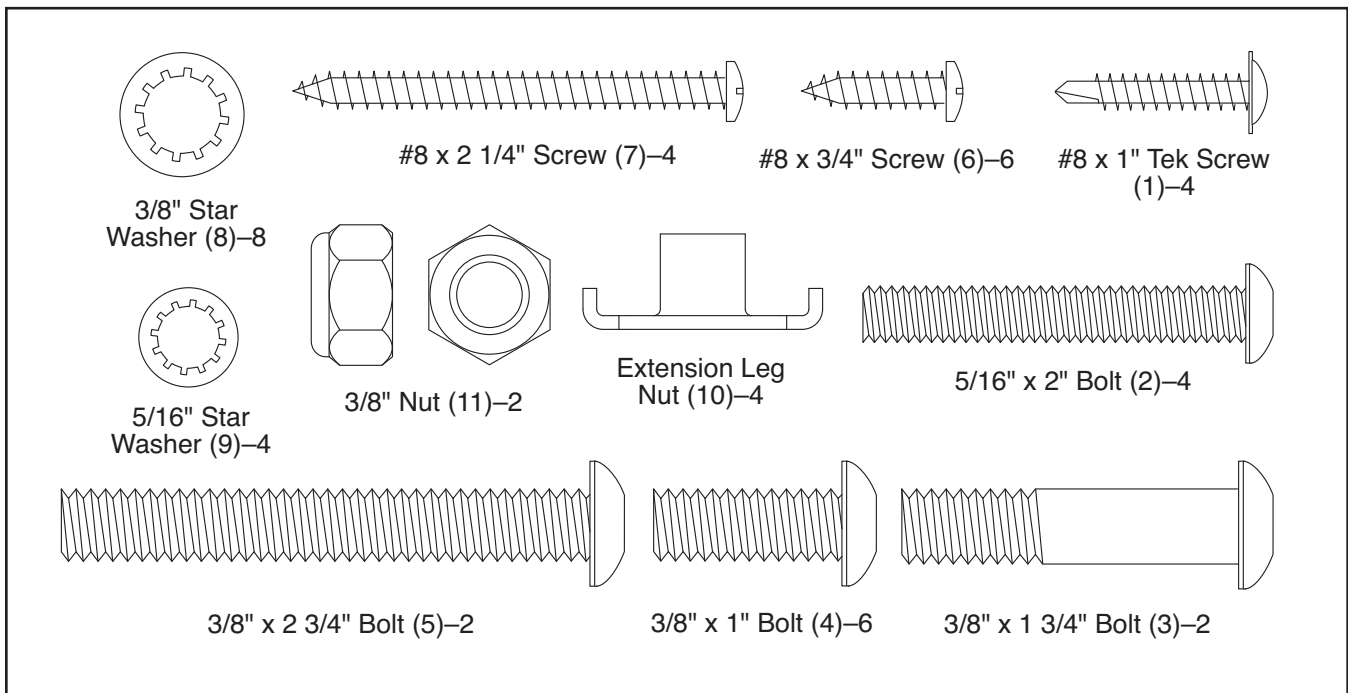


ASSEMBLY

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

Assembly requires the included hex key  **and your own Phillips screwdriver**  **, rubber mallet**  **, and adjustable wrench**  .

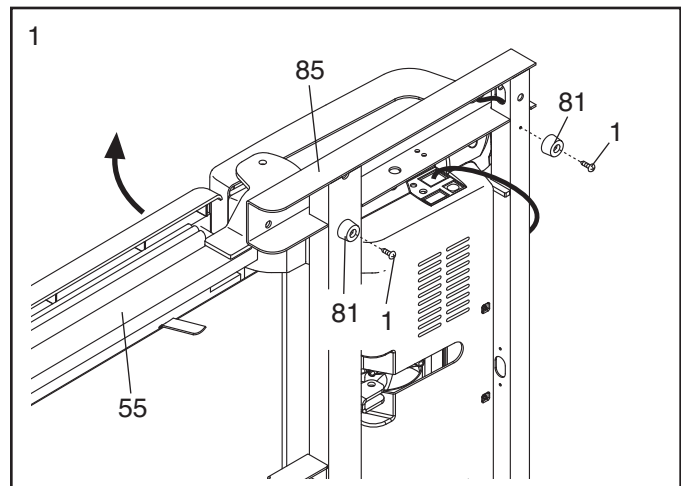
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of the manual. The number after the parentheses shows the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is pre-attached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**



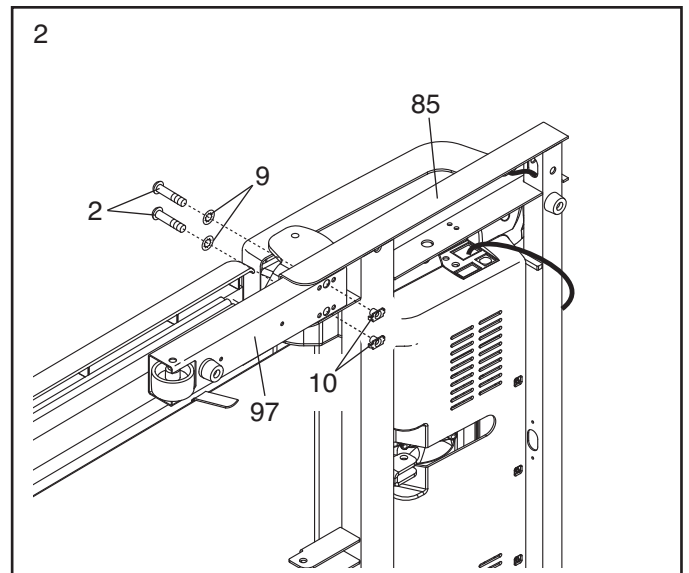
1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (55) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Attach two Base Pads (81) to the Base (85) with two #8 x 1" Tek Screws (1).

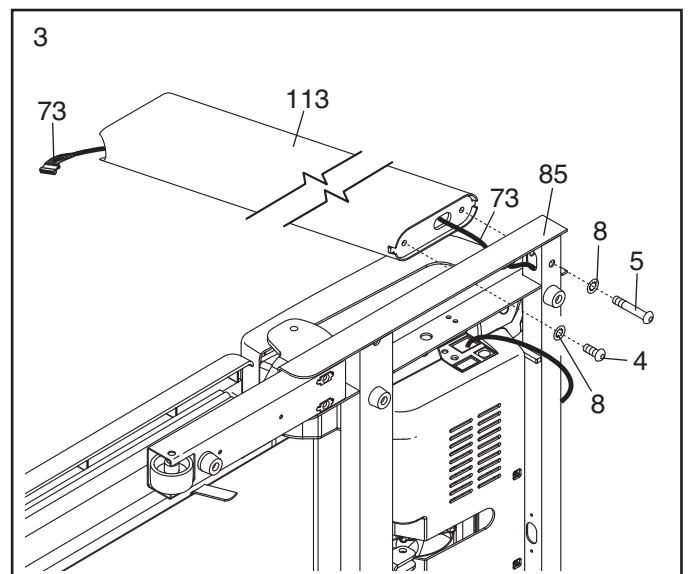


2. Insert an Extension Leg (97) into the Base (85) as shown; if necessary, use a rubber mallet to fully insert the Extension Leg. Next, hold two Extension Leg Nuts (10) in the bottom of the Extension Leg, and tighten two 5/16" x 2" Bolts (2) with two 5/16" Star Washers (9) into into the top of the Extension Leg.

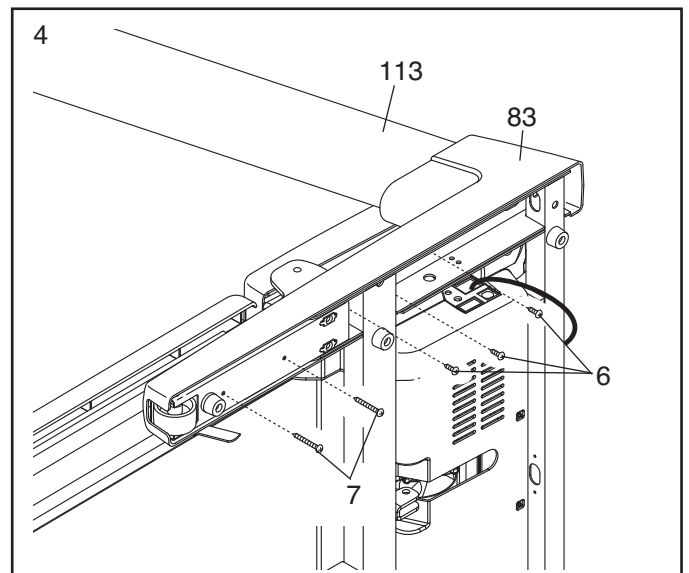


3. Hold the Right Upright (113) near the Base (85). Insert the Upright Wire Harness (73) into the bottom of the Right Upright and out of the top.

Attach the Right Upright (113) to the Base (85) with a 3/8" x 1" Bolt (4), a 3/8" x 2 3/4" Bolt (5), and two 3/8" Star Washers (8). **Make sure that the Upright Wire Harness (73) is not pinched.** Start both Bolts before tightening either of them.

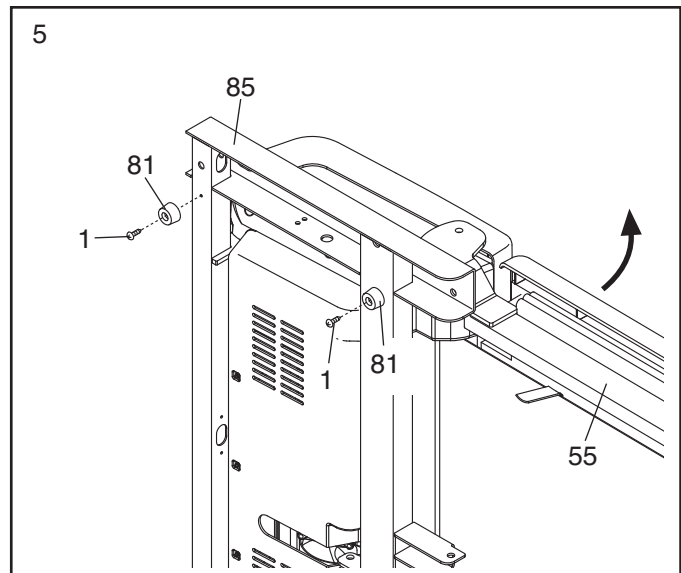


4. Slide the Right Base Leg Cover (83) over the end of the Right Upright (113). Attach the Right Base Leg Cover with two #8 x 2 1/4" Screws (7) and three #8 x 3/4" Screws (6). **Be careful not to overtighten the Screws.**

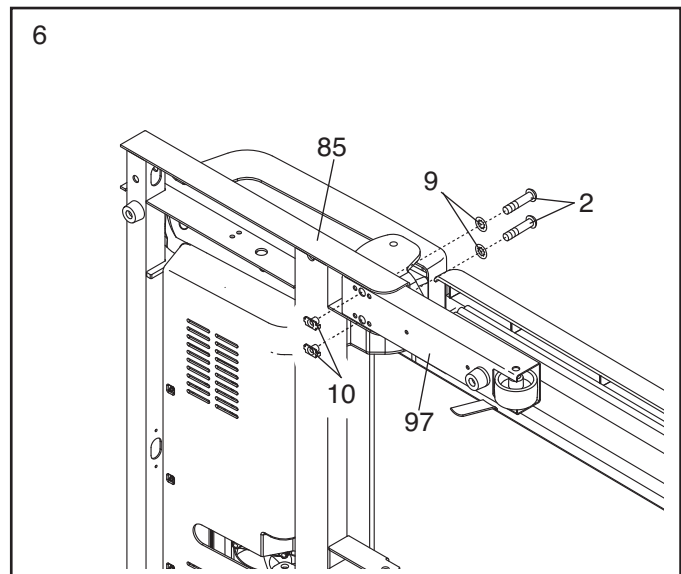


5. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (55) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

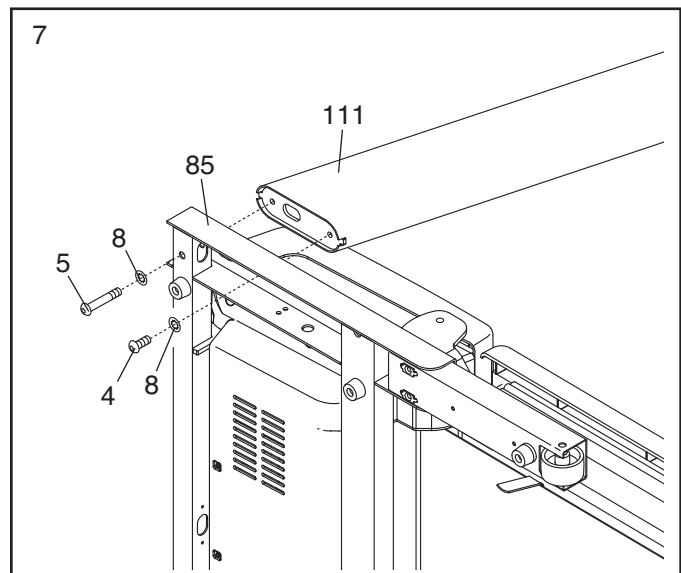
Attach two Base Pads (81) to the Base (85) with two #8 x 1" Tek Screws (1).



6. Insert an Extension Leg (97) into the Base (85) as shown; if necessary, use a rubber mallet to fully insert the Extension Leg. Next, hold two Extension Leg Nuts (10) in the bottom of the Extension Leg, and tighten two 5/16" x 2" Bolts (2) with two 5/16" Star Washers (9) into into the top of the Extension Leg.

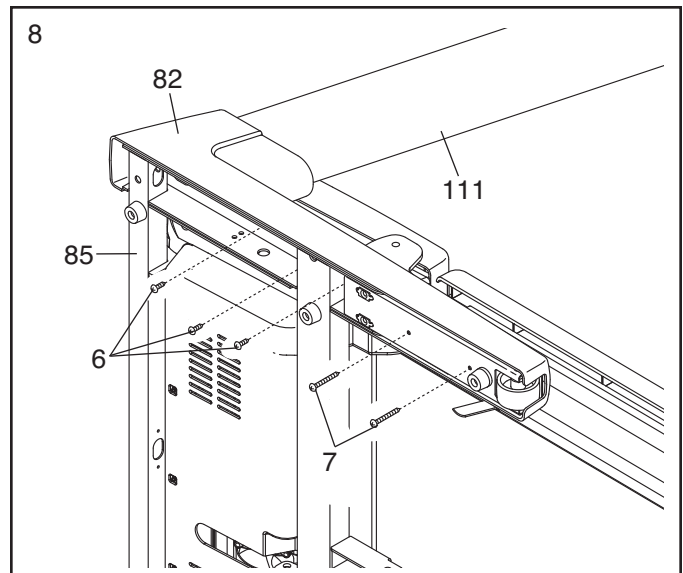


7. Attach the Left Upright (111) to the Base (85) with a 3/8" x 1" Bolt (4), a 3/8" x 2 3/4" Bolt (5), and two 3/8" Star Washers (8). Start both Bolts before tightening them.



8. Slide the Left Base Leg Cover (82) over the end of the Left Upright (111). Attach the Left Base Leg Cover with three #8 x 3/4" Screws (6) and two #8 x 2 1/4" Screws (7). **Be careful not to over-tighten the Screws.**

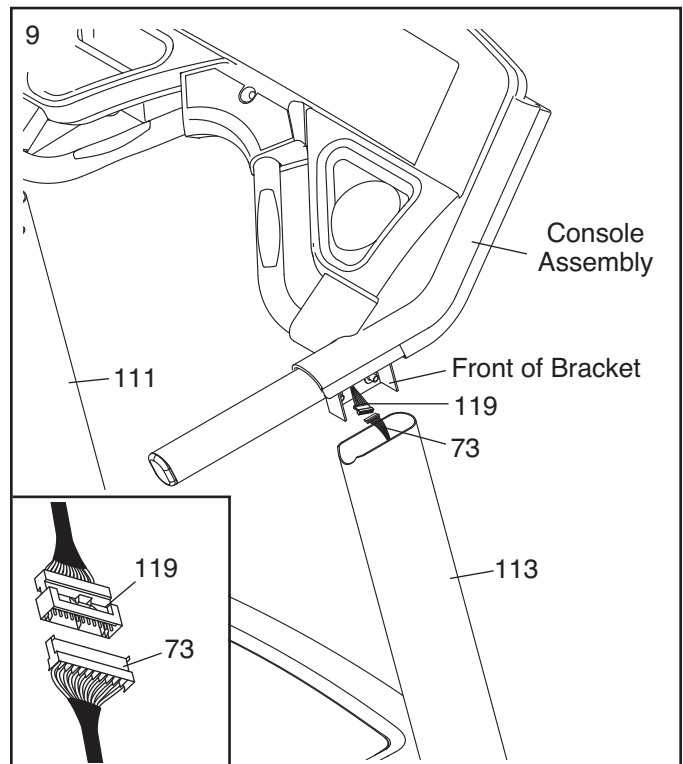
With the help of a second person, carefully tip the treadmill down so that the Base (85) is flat on the floor.



9. With the help of a second person, hold the console assembly near the Left Upright (111) and the Right Upright (113).

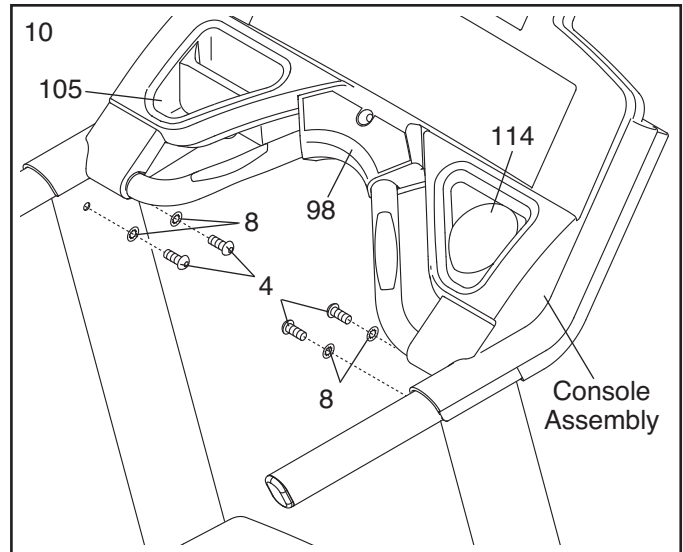
Connect the Upright Wire Harness (73) to the Console Wire (119). **See the inset drawing.** The connectors should slide together easily and snap into place; if they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER.** Then, insert the connectors and the excess wire into the Right Upright (113).

Insert the front ends of the brackets on the console assembly into the Right Upright (113) and the Left Upright (111). Then, insert the rest of the brackets into the Uprights. **Make sure that the Wire Harnesses (73, 119) are not pinched.**

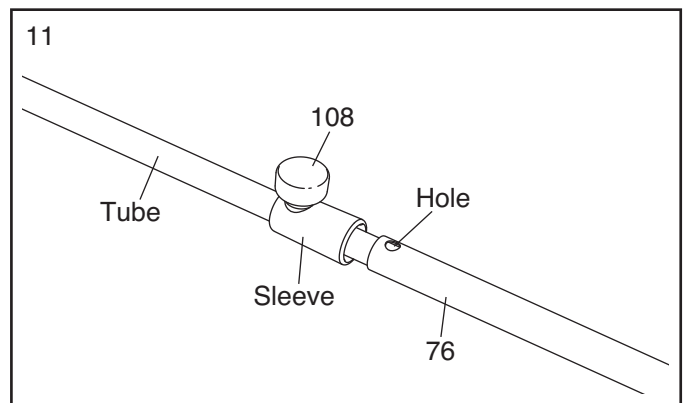


10. Attach the console assembly with four 3/8" x 1" Bolts (4) and four 3/8" Star Washers (8). Start all four Bolts before tightening any of them.

Note: The Left Accessory Tray (105) and the the Right Accessory Tray (114) are replaceable. If these parts become dislodged from the Console Base (98), simply press them back in.



11. Identify the Latch Assembly (76). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over the indicated hole and that the Latch Knob (108) is locked into the hole. **Pull on the sleeve to make sure that it is locked into place.**

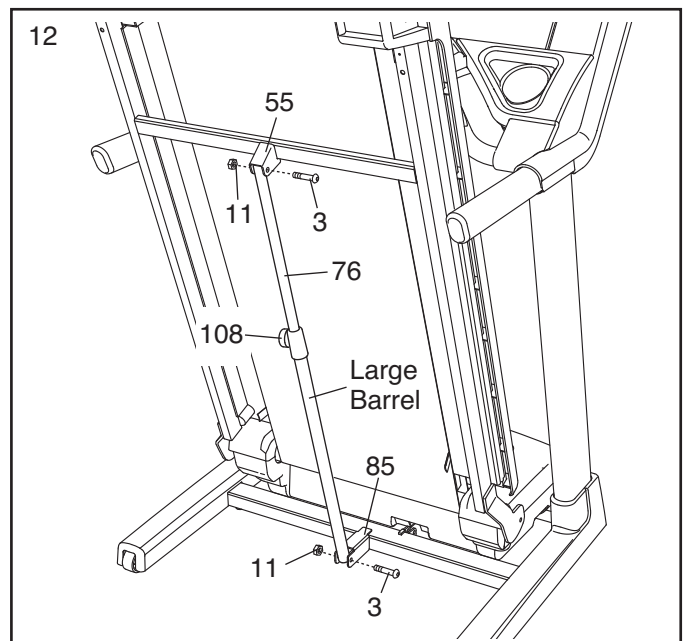


12. Raise the Frame (55) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Latch Assembly (76) so that the large barrel and the Latch Knob (108) are in the positions shown. Attach the lower end of the Latch Assembly to the bracket on the Base (85) with a 3/8" x 1 3/4" Bolt (3) and a 3/8" Nut (11).

Attach the upper end of the Latch Assembly (76) to the bracket on the Frame (55) with a 3/8" x 1 3/4" Bolt (3) and a 3/8" Nut (11). Note: It may be necessary to move the Frame back and forth to align the Latch Assembly with the bracket.

Lower the Frame (55) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).



13. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 23 and 24). **To protect the floor or carpet from damage, place a mat under the treadmill.**

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

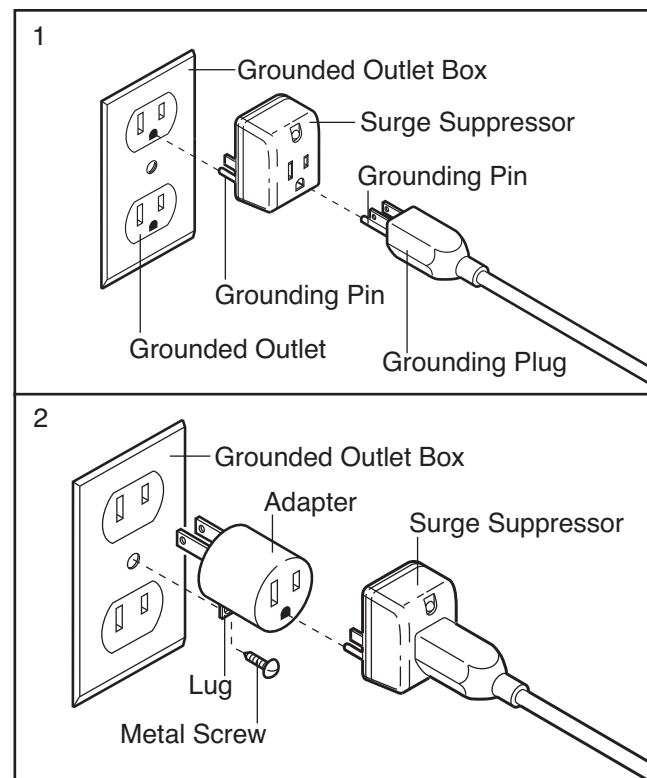
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, please 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 electric shock. This product is equipped with a cord having

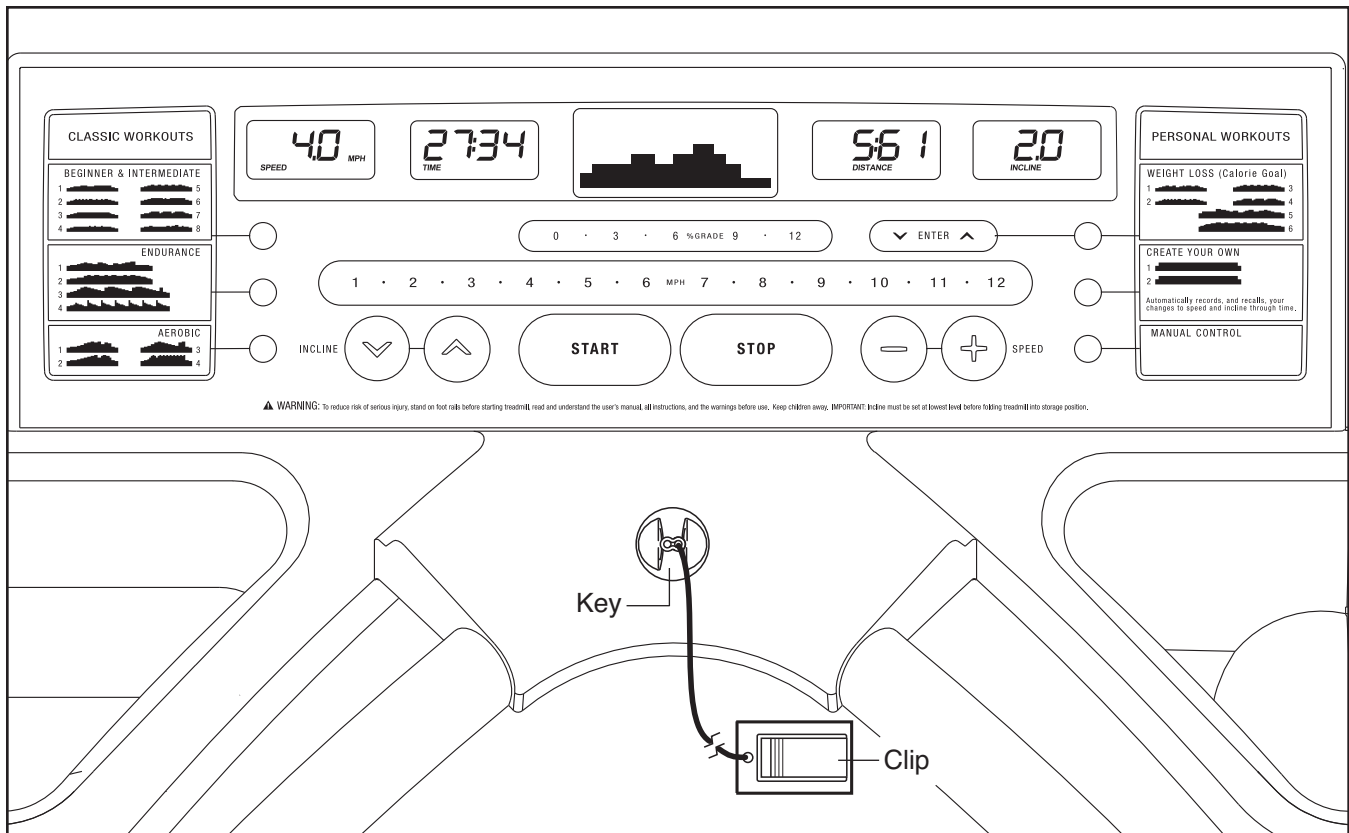
an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped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



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective.

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

In addition, the console offers sixteen classic workouts and six weight loss workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom workouts and save them for future use.

You can also listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To use the manual mode of the console, follow the steps beginning on page 13. To use a classic workout, see page 16. To use a weight loss workout, see page 17. To create and use a custom workout, see pages 18 and 19.

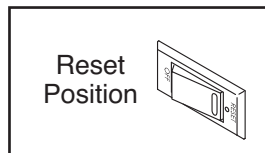
IMPORTANT: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 20. For simplicity, all instructions in this manual refer to miles.

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

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.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

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 displays 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.

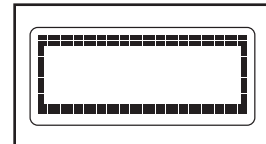
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER to the left.

2. Select the manual mode.

When the key is inserted, the manual mode will be selected and a track will appear in the matrix. If a workout has been selected, press the Manual Control button.



3. Start the walking belt.

Press the Start button or the Speed increase button to start the walking belt. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons or one of the numbered speed buttons.

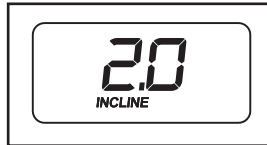


Each time you press the Speed increase or decrease button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press one of the twelve numbered speed buttons.

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

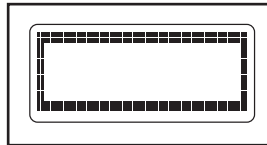
4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time you press a button, the incline will change by 0.5%. To change the incline setting quickly, press one of the five numbered incline buttons. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.



5. Follow your progress with the matrix and the displays.

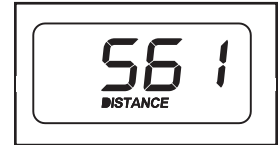
The matrix—When the manual mode is selected, the matrix will show a track that represents 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



The Time/Pace display—This display will show the elapsed time. Note: When a classic workout or a weight loss workout is selected, the display will show the time remaining in the workout. The display will also show your pace in minutes per mile whenever the speed of the walking belt changes.



The Distance display—This display will show the distance that you have walked or run.

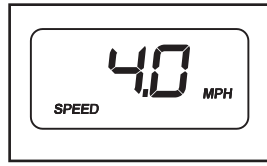


The Calories/Pulse display—This display will show the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor (see step 6 on page 15). In addition, the display will show the incline level of the treadmill each time the incline level changes.



The Speed display—

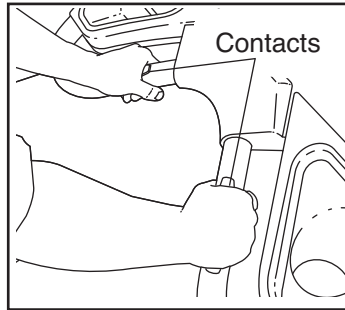
This display will show the speed of the walking belt.



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

6. Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. 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, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. 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 you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A CLASSIC WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select a classic workout.

To select a classic workout, press one of the Classic Workouts buttons repeatedly until the name of the desired workout appears in the matrix.

When a classic workout is selected, the Incline display will show the maximum incline setting of the workout and the Speed display will show the maximum speed setting. The Time display will show how long the workout will last. After a few seconds, the matrix will show the profile of the workout.

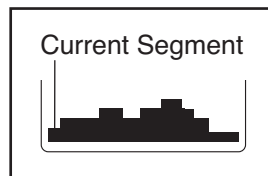
3. Start the walking belt.

Press the Start button or Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout.

The height of the flashing segment indicates the speed setting for the cur-



rent segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons. **Note: When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on pages 14 and 15.

5. Measure your heart rate if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A WEIGHT LOSS WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Enter your weight.

Press the weight increase and decrease buttons located below the distance display. When your weight is displayed, press the Start button. Your weight will be saved in memory. **Note: Always enter your weight before using a weight loss workout.**

3. Select a weight loss workout.

To select one of the six weight loss workouts, press the Weight Loss button repeatedly until the name of the desired workout appears in the matrix.

When a weight loss workout is selected, the Incline display will show the maximum incline setting of the workout and the Speed display will show the maximum speed setting. The Time display will show how long the workout will last. After a few seconds, the matrix will show the profile of the workout.

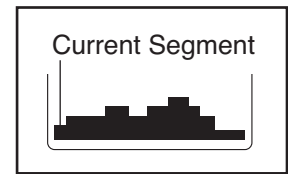
4. Start the walking belt.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The

height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.



The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons. **Note: When the current segment of the workout ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

5. Follow your progress with the matrix and the displays.

See step 5 on pages 14 and 15.

6. Measure your heart rate if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO CREATE A CUSTOM WORKOUT

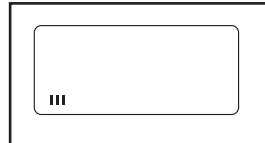
1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2. Select one of the custom workouts.

To select a custom workout, press the Create Your Own button until the name of the desired workout appears in the matrix.

Note: If the custom workout has not yet been defined, only three columns of indicators will appear in the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM WORKOUT on page 19.



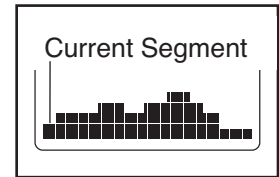
3. Start the walking belt and program the desired speed and incline settings.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

Each custom workout is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment is shown in the flashing Current Segment column of the matrix.

(The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as

desired by pressing the Speed and Incline increase and decrease buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column.



When the first segment of the workout ends, a series of tones will sound and the current speed and incline settings will be saved in memory. *The three columns of indicators will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

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

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

See step 7 on page 15.

HOW TO USE A CUSTOM WORKOUT

1. Insert the key into the console.

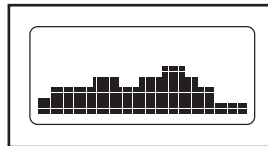
See HOW TO TURN ON THE POWER on page 13.

2. Select one of the custom workouts.

To select a custom workout, press the Create Your Own button until the name of the desired workout appears in the matrix.

When a custom workout is selected, the Incline display will show the maximum incline setting of the workout and the Speed display will show the maximum speed setting. The Time display will show how long the workout will last.

The matrix will show the first speed settings of the workout. **Note: If only three columns of indicators appear in the matrix, see HOW TO CREATE A CUSTOM WORKOUT on page 18.**

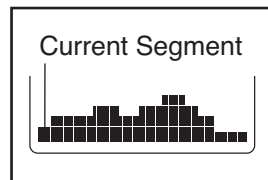


3. Start the walking belt.

Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each custom workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for consecutive segments.)

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the cur-



rent segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the workout while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline increase and decrease buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout**, first wait until the workout is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the workout**, press the Stop button twice at any time before the workout is completed.

To stop the workout at any time, press the Stop button. The Time display will begin to flash. To restart the workout, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. Follow your progress with the matrix and the displays.

See step 5 on pages 14 and 15.

5. Measure your heart rate if desired.

See step 6 on page 15.

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

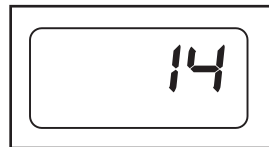
See step 7 on page 15.

THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement for speed and distance. 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 Time display will show the total number of hours the treadmill has been used.



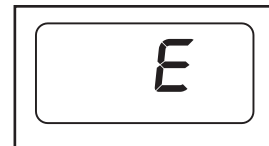
The Distance display will show the total number of miles or kilometers that the walking belt has moved.



The center display will show the contrast setting for the center display. To change the contrast of the center display press the Incline increase and decrease buttons.



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



Note: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the Speed display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.



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

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or personal audio player to the console through the audio jack.

Locate the audio wire and plug it into the audio jack on the console. Then plug the audio wire into a jack on your MP3 player, CD player, or personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or personal audio player. Then, adjust the volume on your MP3 player, CD player, or personal audio player.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

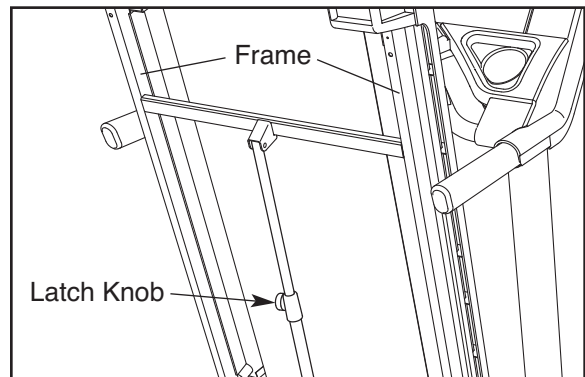
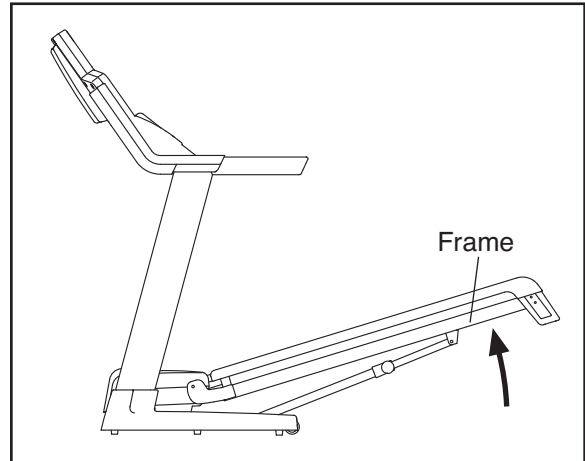
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (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. Make sure to 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. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

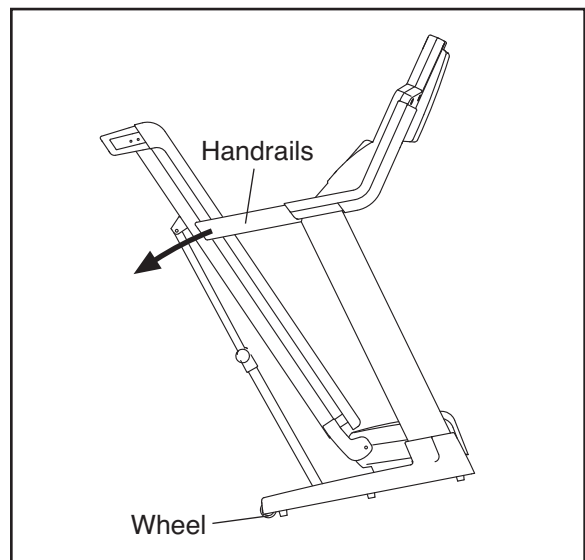
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold 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. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to 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.



HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. It may be necessary to push the frame forward as you pull the knob to the left. Pivot the frame downward and release the latch knob.
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.**

TROUBLESHOOTING

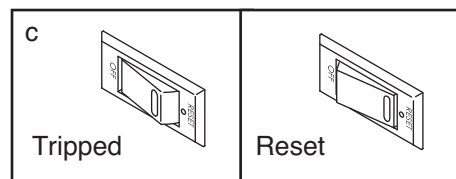
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

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 to the reset position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

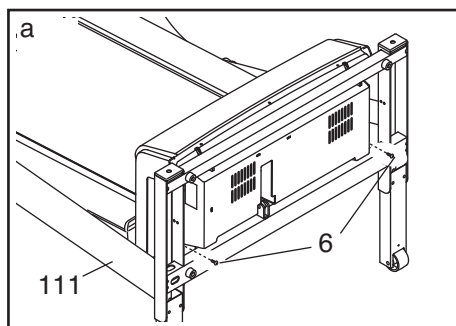
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

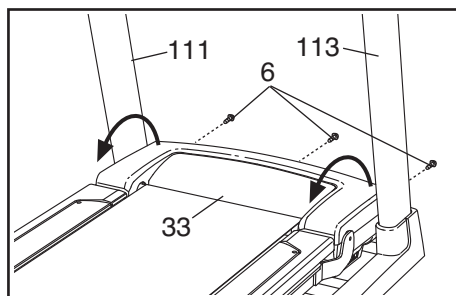
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

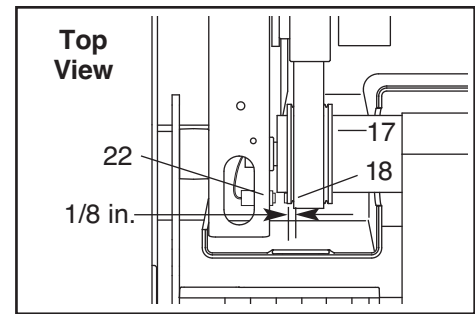
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, carefully lower the Uprights (111, 113). Remove the two indicated #8 x 3/4" Screws (6). Note: A Phillips screwdriver with a shaft at least 8 in. (20 cm) long is needed.



Raise the Uprights (111, 113) to the vertical position. Remove the three #8 x 3/4" Screws (6) from the Motor Hood (33), and carefully pivot the Motor Hood off.



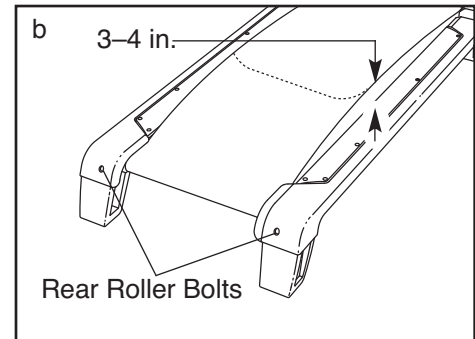
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Next, reattach the Motor Hood (not shown), making sure that the #8 x 3/4" Screws (not shown) are in the same holes from which they were removed. Then, run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

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

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, 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 3 to 4 in. (8 to 10 cm) 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.



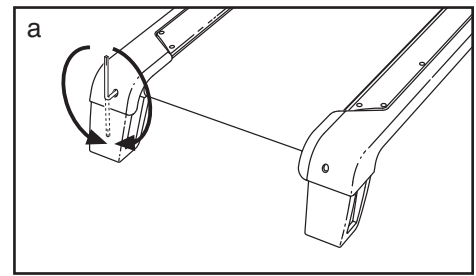
c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The console displays remain lit when you remove the key from the console

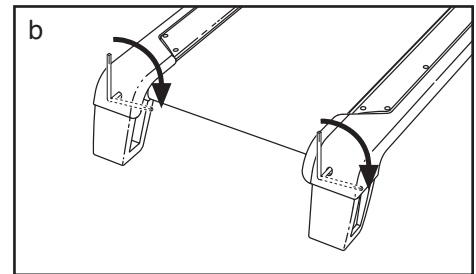
SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see **THE INFORMATION MODE** on page 20 to turn off the demo mode.

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 hex key to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, 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 3 to 4 in. (8 to 10 cm) 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.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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 intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (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.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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 of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HMTL79608.0

R1108A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

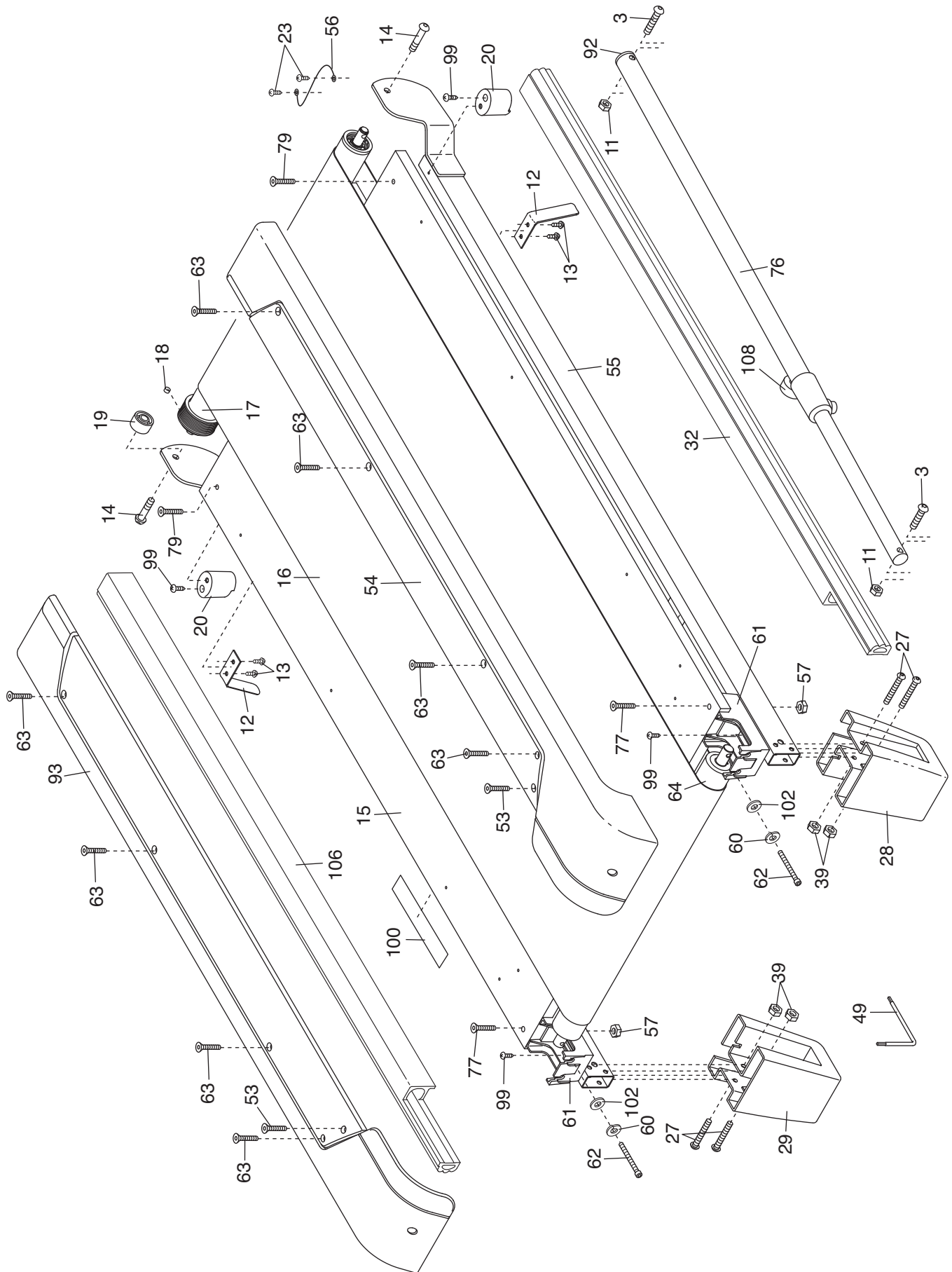
Key No.	Qty.	Description	Key No.	Qty.	Description
1	6	#8 x 1" Tek Screw	51	2	Releasable Tie
2	4	5/16" x 2" Bolt	52	9	Plastic Tie
3	2	3/8" x 1 3/4" Bolt	53	2	#12 x 1 1/4" Screw
4	6	3/8" x 1" Bolt	54	1	Right Foot Rail
5	4	3/8" x 2 3/4" Bolt	55	1	Frame
6	28	#8 x 3/4" Screw	56	1	Front Roller Ground Wire
7	4	#8 x 2 1/4" Screw	57	2	Platform Nut
8	8	3/8" Star Washer	58	1	3/8" Flat Washer
9	4	5/16" Star Washer	59	1	Idler Pulley
10	4	Extension Leg Nut	60	2	1/4" Lock Washer
11	7	3/8" Nut	61	2	Rear Roller Bracket
12	2	Belt Guide	62	2	Rear Roller Bolt
13	4	1/2" Belt Guide Screw	63	8	#12 x 1 1/2" Screw
14	2	3/8" x 1 1/2" Bolt	64	1	Rear Roller
15	1	Walking Platform	65	1	Filter Wire
16	1	Walking Belt	66	1	5/16" x 1 1/2" Bolt
17	1	Front Roller/Pulley	67	1	Console
18	1	Magnet	68	1	3/8" x 1" Idler Bolt
19	2	Frame Spacer	69	1	Idler Arm Spacer
20	2	Front Isolator	70	1	Handrail
21	1	Reed Switch Clip	71	6	#8 x 3/4" Tek Screw
22	1	Reed Switch	72	1	Small Plate
23	7	#8 x 1/2" Screw	73	1	Upright Wire Harness
24	3	Cable Tie	74	1	Idler Arm
25	1	Drive Motor	75	1	Idler Arm Spring
26	1	Motor Belt	76	1	Latch Assembly
27	4	1/4" x 1 3/4" Bolt	77	2	5/16" x 4 1/2" Bolt
28	1	Right Rear Foot	78	2	Handrail Endcap
29	1	Left Rear Foot	79	2	1/4" x 1 1/4" Bolt
30	2	7/16" Nut	80	2	7/16" x 1" Bolt
31	2	Motor Bolt	81	6	Base Pad
32	1	Long Isolator, Right	82	1	Left Base Leg Cover
33	1	Motor Hood	83	1	Right Base Leg Cover
34	3	Hood Clip	84	2	Caution Decal
35	1	Grommet	85	1	Base
36	1	1 3/4" Pin	86	4	#4 x 1/4" Screw
37	2	Cotter Pin	87	4	#8 x 3/4" Controller/Clamp Screw
38	1	1/4" x 2" Bolt	88	4	Wheel Spacer
39	4	Rear Foot Nut	89	2	Front Wheel
40	1	Incline Motor	90	4	#6 x 1" Screw
41	1	1 1/4" Pin	91	2	Base Foot Spacer
42	1	Transformer	92	1	Latch Endcap
43	1	Controller	93	1	Left Foot Rail
44	1	Reset/Off Circuit Breaker	94	1	Lift Frame
45	1	Belly Pan	95	1	Access Door
46	1	Ferrite Clamp	96	1	Lift Frame Ground Wire
47	1	Power Cord	97	2	Extension Leg
48	1	Incline Wire Harness	98	1	Console Base
49	1	Hex Key	99	16	#8 x 1/2" Screw
50	1	#8 x 1/2" Console Ground Screw	100	1	Latch Warning Decal

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Console Matrix	115	4	Pulse Sensor Base
102	2	1/4" Flat Washer	116	4	Pulse Sensor
103	1	Key/Clip	117	1	Left Grip
104	1	15 1/2" Wire Tie	118	1	Right Grip
105	1	Left Accessory Tray	119	1	Console Wire
106	1	Long Isolator, Left	120	1	Pulse Wire
107	1	Incline Stop Bracket	121	1	Audio Wire
108	1	Latch Knob	*	–	12" Blue Wire, 2F
109	1	Idler Pulley Nut	*	–	8" Blue Wire, M/F
110	1	5/16" Flat Washer	*	–	8" Green Wire, F/Ring
111	1	Left Upright	*	–	4" Black Wire, M/F
112	1	Console Back	*	–	6" Red Wire, M/F
113	1	Right Upright	*	–	User's Manual
114	1	Right Accessory Tray			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

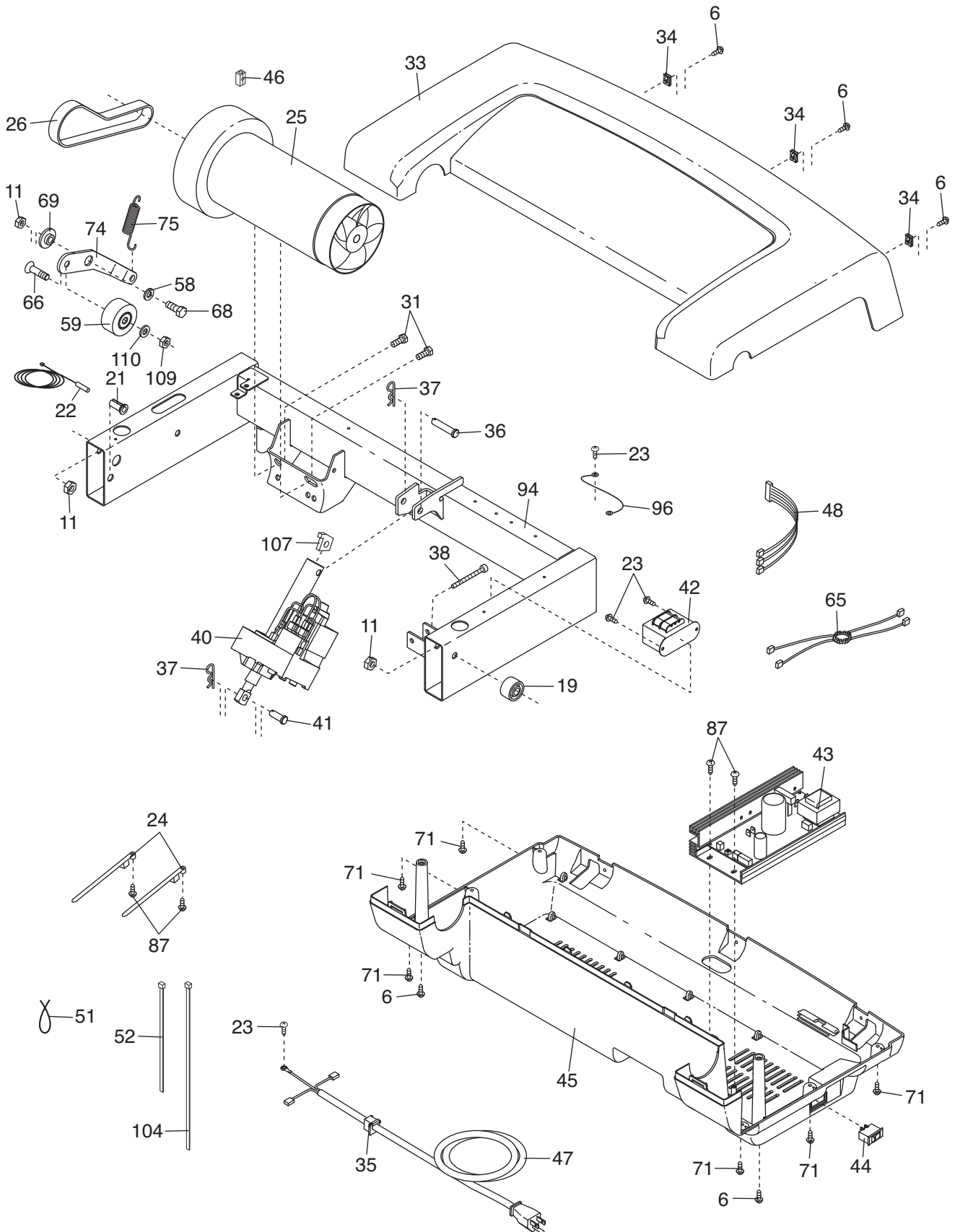
EXPLODED DRAWING A—Model No. HMTL79608.0

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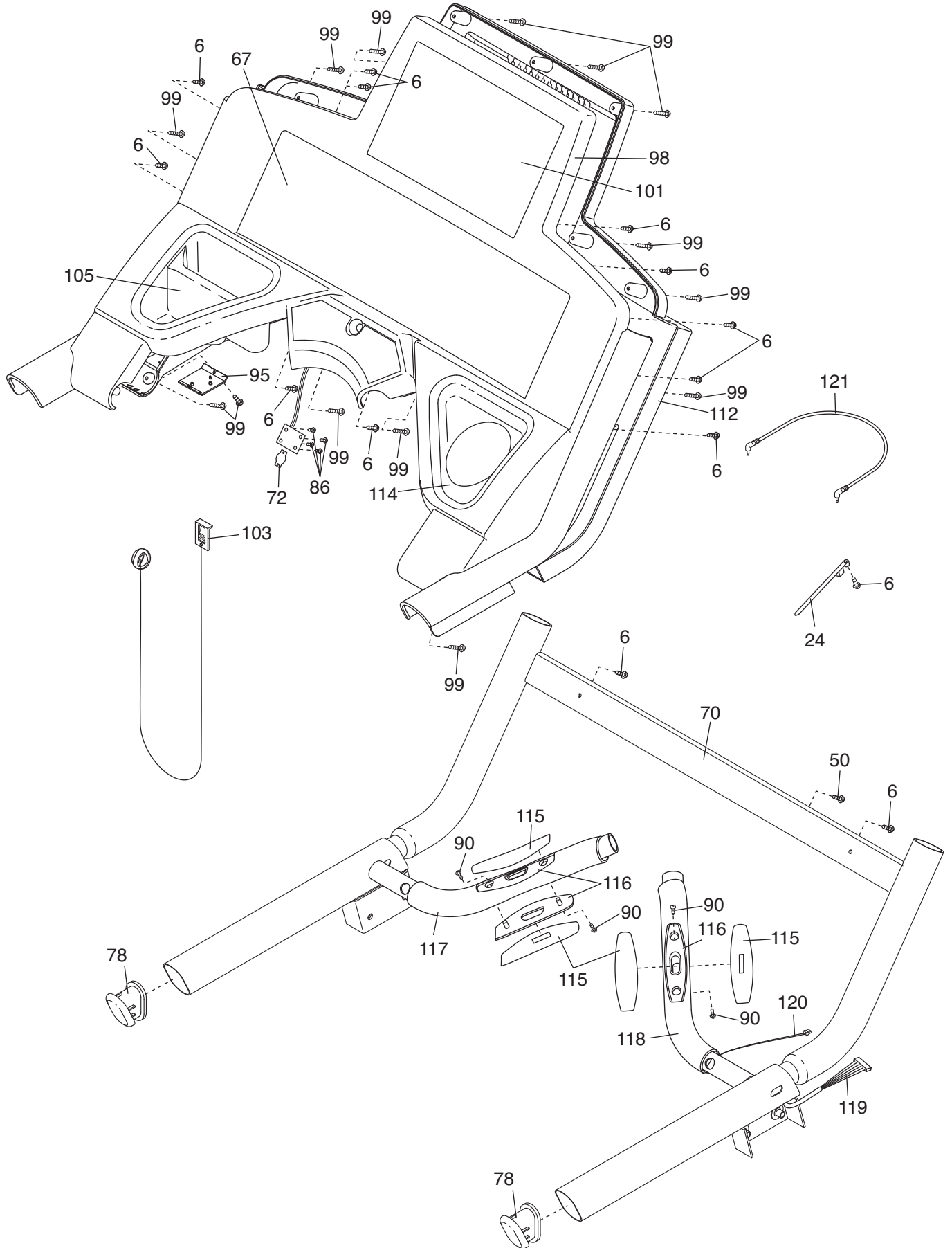
EXPLODED DRAWING B—Model No. HMTL79608.0

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EXPLODED DRAWING D—Model No. HMTL79608.0

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ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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