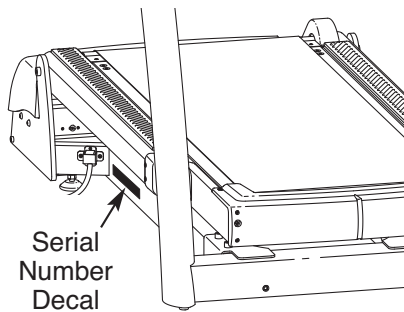


FREEMOTION[®] *incline trainer*

Model No. _____

Serial No. _____

The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.



QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

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

USER'S MANUAL

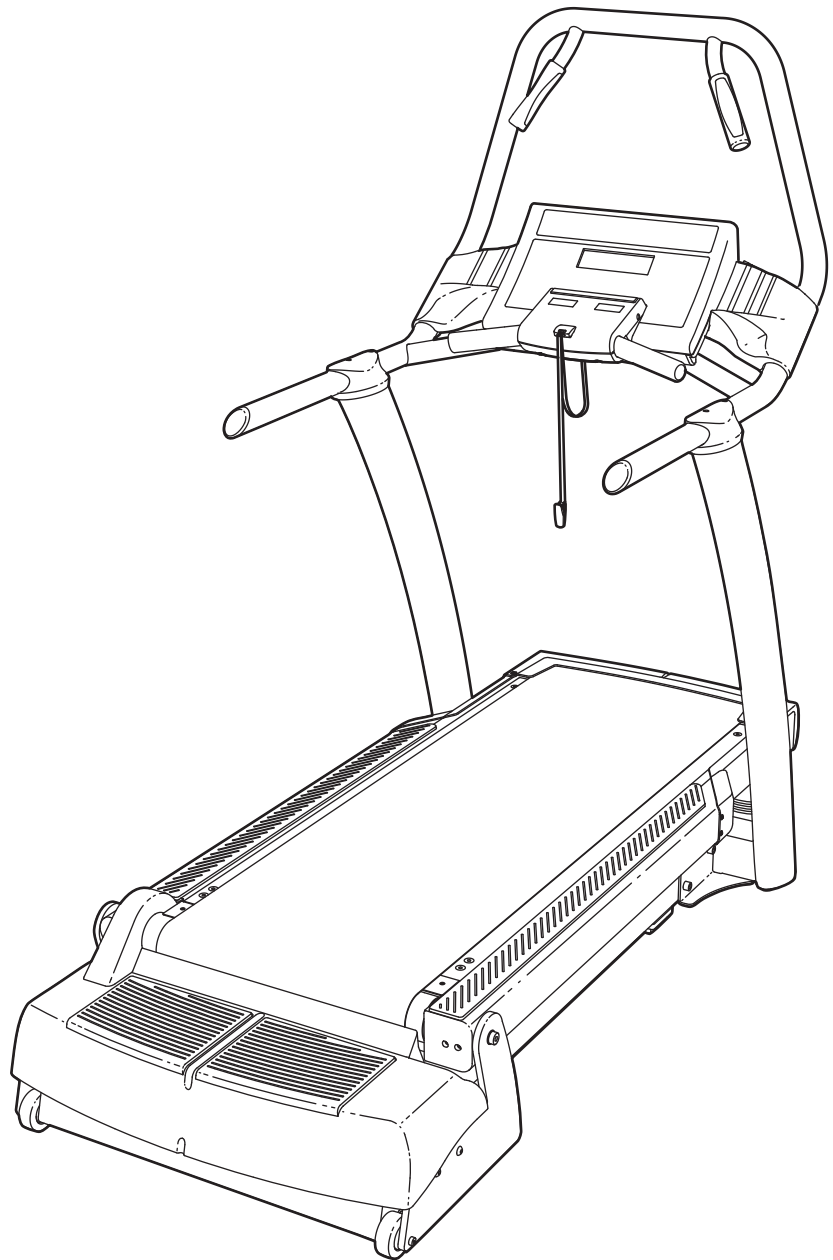
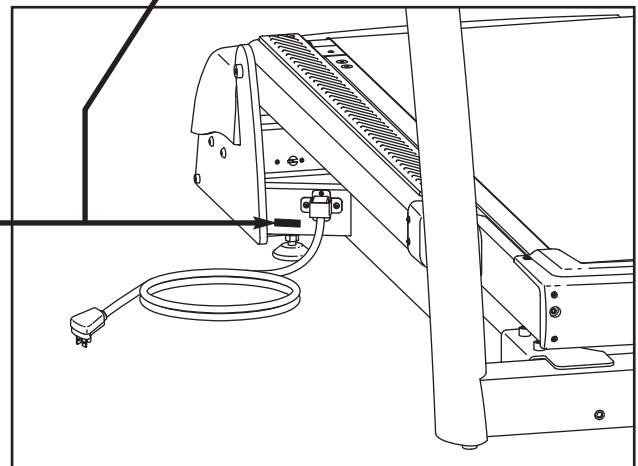
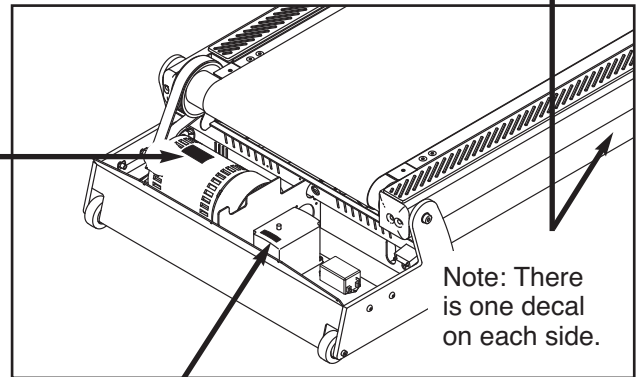


TABLE OF CONTENTS

WARNING DECAL PLACEMENT3
IMPORTANT PRECAUTIONS4
BEFORE YOU BEGIN6
ASSEMBLY7
HOW TO CONNECT THE INCLINE TRAINER11
HOW TO MOVE THE INCLINE TRAINER12
HOW TO UPGRADE THE CONSOLE12
HOW TO USE THE BASIC CONSOLE13
PREVENTIVE MAINTENANCE23
SIX-MONTH PREVENTIVE MAINTENANCE RECORD26
TROUBLESHOOTING27
EXERCISE GUIDELINES29
PART LIST30
EXPLODED DRAWING32
HOW TO CONTACT CUSTOMER CARE	Back Cover

WARNING DECAL PLACEMENT

These drawings show the locations of the warning decals. **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your incline trainer before using your incline trainer. FreeMotion Fitness 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 age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the incline trainer are adequately informed of all warnings and precautions.
3. Use the incline trainer only as described in this manual.
4. Place the incline trainer 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 incline trainer on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the incline trainer.
5. Keep the incline trainer indoors, away from moisture and dust. Do not place the incline trainer in a garage or covered patio, or near water.
6. Do not operate the incline trainer where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the incline trainer at all times.
8. The incline trainer should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the incline trainer at a time.
10. Wear appropriate exercise clothes when using the incline trainer. Do not wear loose clothes that could become caught in the incline trainer. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the incline trainer with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord, follow the instructions on page 11. No other appliance should be on the same circuit as the incline trainer. Do not use an extension cord.
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the incline trainer if the power cord or plug is damaged or if the incline trainer is not working properly. (See TROUBLESHOOTING on page 27 if the incline trainer is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the incline trainer (see HOW TO TURN ON THE POWER on page 14).
15. Never start the incline trainer while you are standing on the walking belt. Always hold the handrails while using the incline trainer.
16. The incline trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. Never leave the incline trainer 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 incline trainer is not in use. (See the drawing on page 6 for the location of the circuit breaker.)

19. Do not attempt to move the incline trainer until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO MOVE THE INCLINE TRAINER on page 12.) You must be able to safely lift 45 lbs. (20 kg) to move the incline trainer.
20. Do not change the incline of the incline trainer by placing objects under it.
21. Never insert or drop any object into any opening on the incline trainer.
22. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so

will void the warranty and may result in damage to the incline trainer.

23. Inspect and properly tighten all parts of the incline trainer regularly.
24. **DANGER:** Always unplug the power cord before cleaning the incline trainer and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

SAVE THESE INSTRUCTIONS

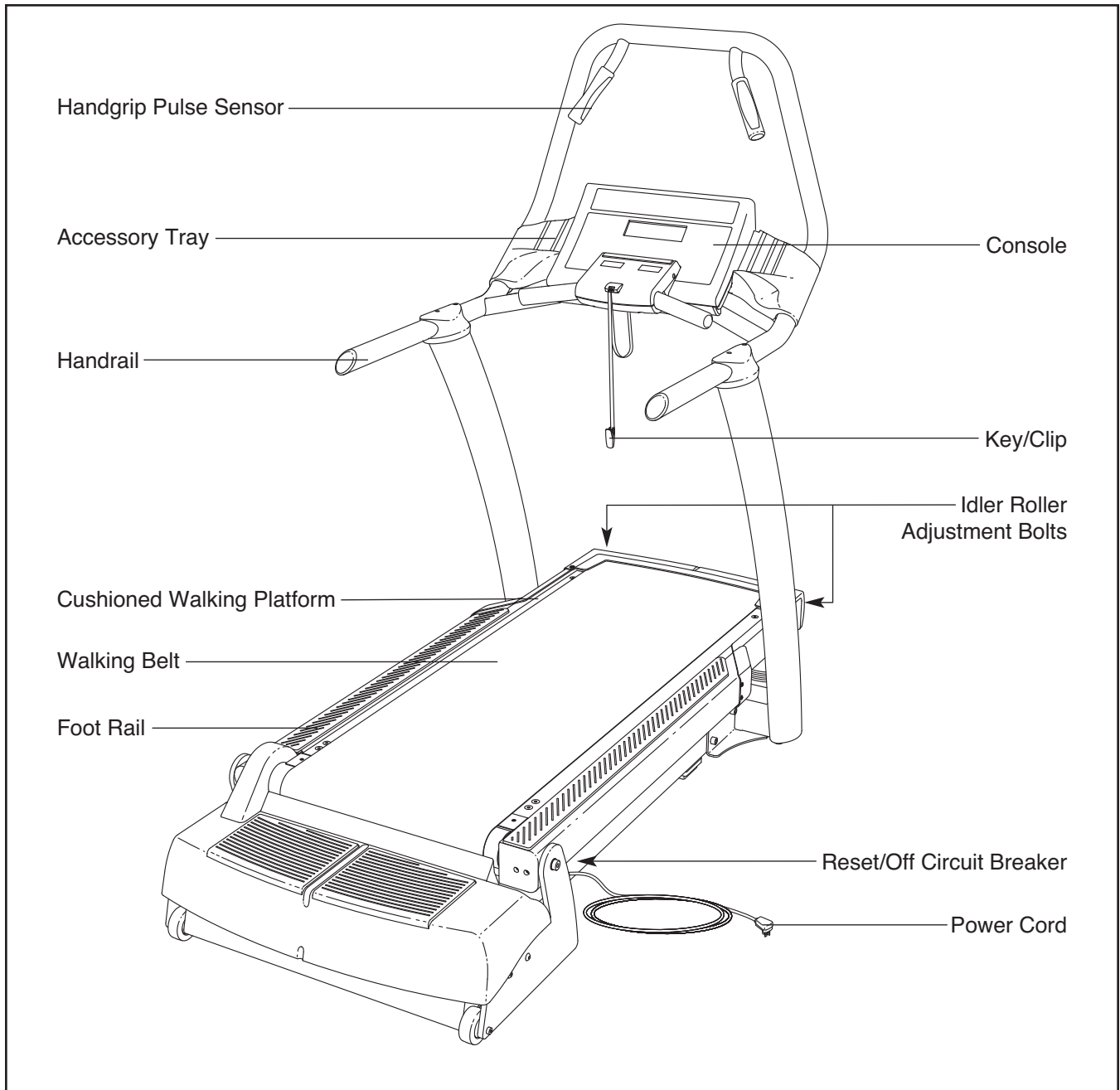
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary FREEMOTION® INCLINE TRAINER. The INCLINE TRAINER offers an impressive array of features to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the incline trainer. If you have questions after reading this manual, please see the back cover of

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

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

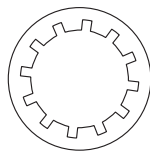


ASSEMBLY

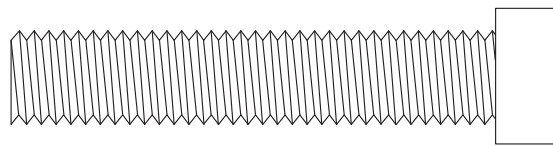
Assembly requires two persons. Set the incline trainer in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires a 3/8" hex key , **a 7/32" hex key** , and **a Phillips screwdriver**  .

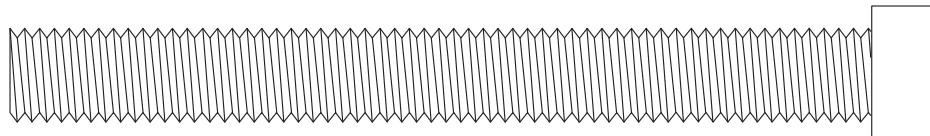
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check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



1/2" Star
Washer (124)-4



1/2" x 2 1/2" Bolt (95)-4

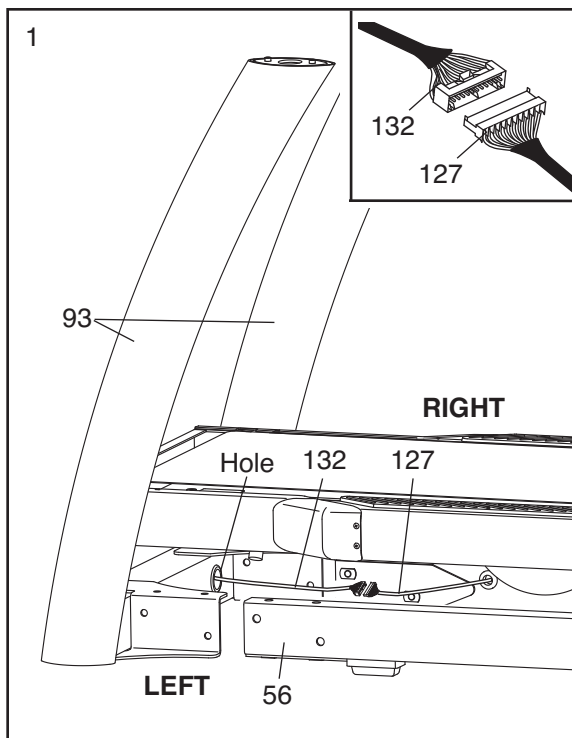


1/2" x 4 1/2" Bolt (96)-4

1. Place the Uprights (93) near the front of the Base Frame (56) as shown.

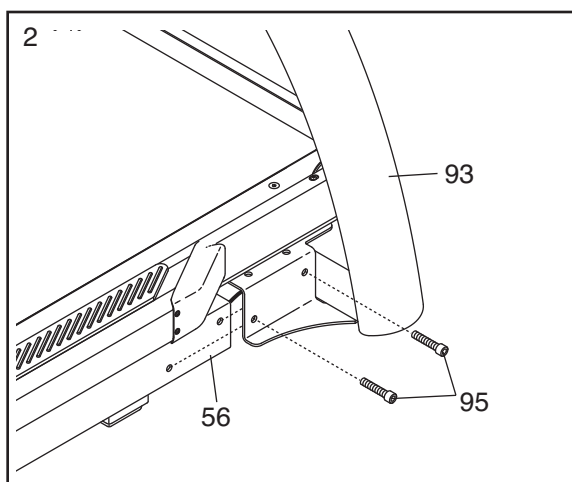
Connect the 80" Wire Harness (127) and the 72" Wire Harness (132) wires on the right side of the incline trainer. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the excess wire into the indicated hole in the Uprights (93).



2. Slide the Uprights (93) onto the Base Frame (56), and align the holes in the Uprights with the holes in the Base Frame. **Be careful to avoid pinching the wires.** Partially tighten two 1/2" x 2 1/2" Bolts (95) through the bracket near the right Upright and into the Base Frame; **do not tighten the Bolts yet.**

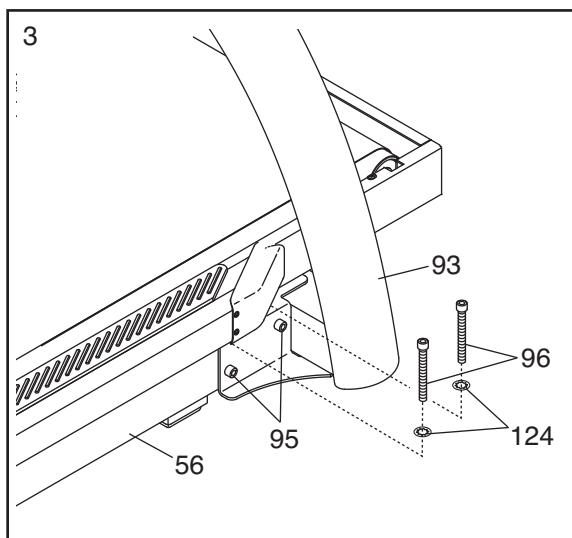
Repeat this step on the left side of the incline trainer; there are no wires on the left side.



3. Partially tighten two 1/2" x 4 1/2" Bolts (96) with two 1/2" Star Washers (124) through the top of the bracket near the right Upright (93) and into the Base Frame (56); **do not tighten the Bolts yet.**

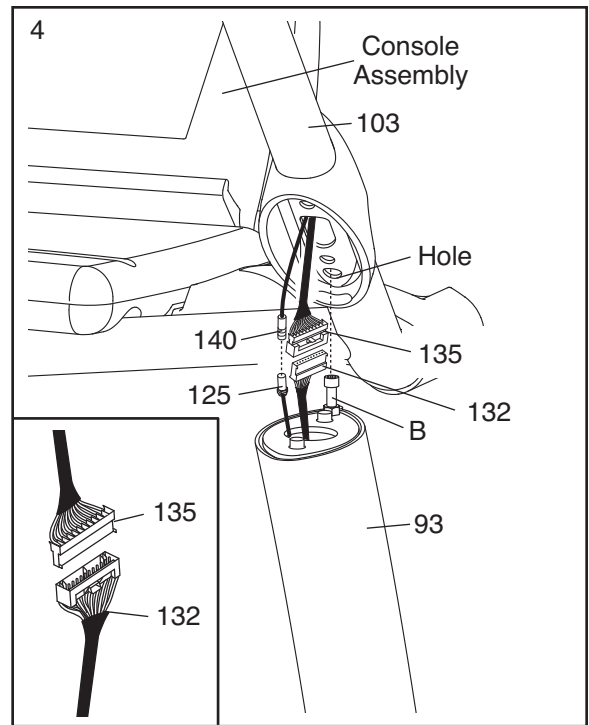
Repeat this step on the left side of the incline trainer.

Then, tighten the 1/2" x 4 1/2" Bolts (96) and the 1/2" x 2 1/2" Bolts (95) on both sides.



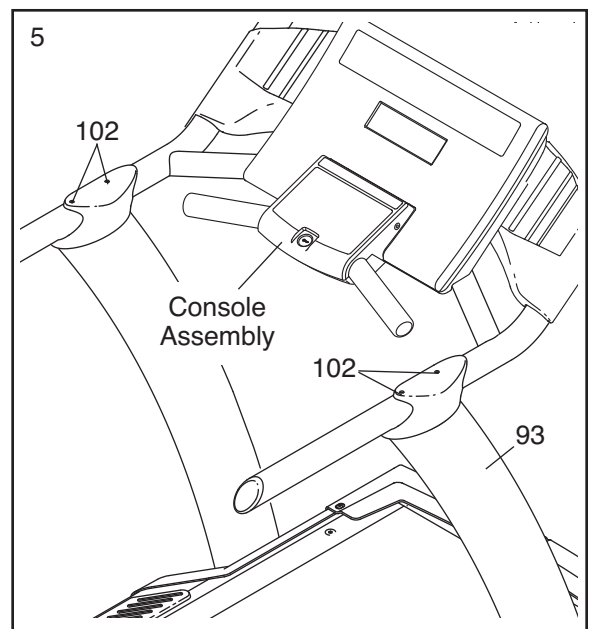
4. Locate the Bolt (B) on the top of each Upright (93). With the help of a second person, set the console assembly onto the top of the Uprights. **Make sure that the Bolts are inserted into the indicated holes in the bottom of the console assembly (only one side is shown). Be careful not to pinch any wires.** Pull up on the Handrail (103) and carefully tip the console assembly forward so that you can see the indicated wires (132, 139). **Make sure the console assembly is held securely by the Bolts.**

Connect the 72" Wire Harness (132) to the 35" Wire Harness (135). **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 INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** If there is a 65" TV Cable (125), connect the Cable to the 45" TV Cable (140). Then, insert the wires down into the right Upright.



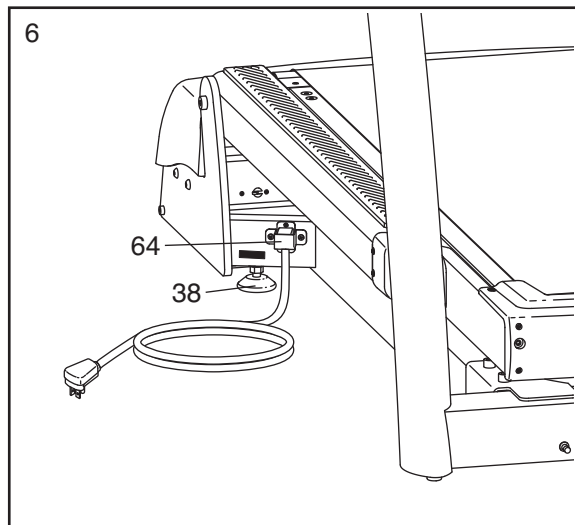
5. With the help of a second person, pivot the console assembly to the position shown. **Be careful to avoid pinching your hands or the wires.**

Align the 3/8" x 2 3/4" Bolts (102) with the holes in the tops of the Uprights (93). Start all four Bolts, and then firmly tighten them.

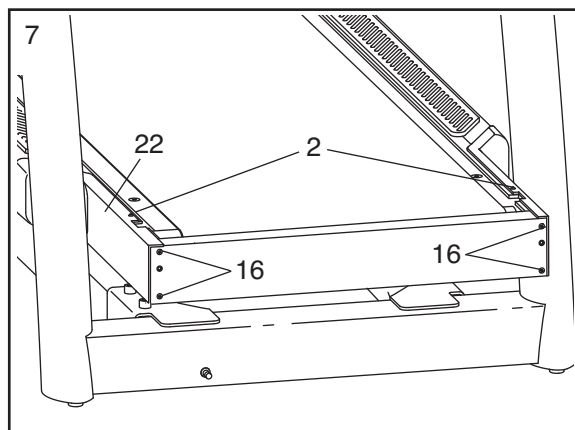


6. After the incline trainer is placed in the location where it will be used (see HOW TO MOVE THE INCLINE TRAINER on page 12), make sure that both Rear Leveling Feet (38) and the Base Pads (not shown) rest firmly on the floor. If the incline trainer rocks even slightly, turn one Rear Leveling Foot clockwise or counterclockwise until the rocking motion is eliminated.

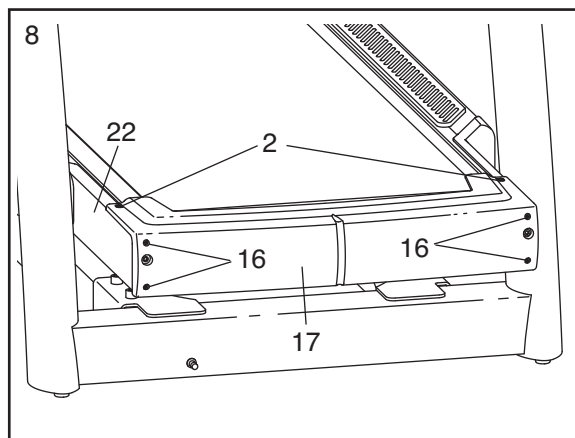
Note: The Power Cord Bracket (64) must be attached at all times.



7. Remove the two #8 x 1/2" Washer Head Screws (2) and the four #8 x 3/4" Screws (16) from the Frame (22).



8. Attach the Front Cover (17) to the Frame (22) with the two #8 x 1/2" Washer Head Screws (2) and the four #8 x 3/4" Screws (16) that you removed in step 7.



9. **Make sure that all parts are properly tightened before you use the incline trainer.** To protect the floor or carpet, place a mat beneath the incline trainer.

HOW TO CONNECT THE INCLINE TRAINER

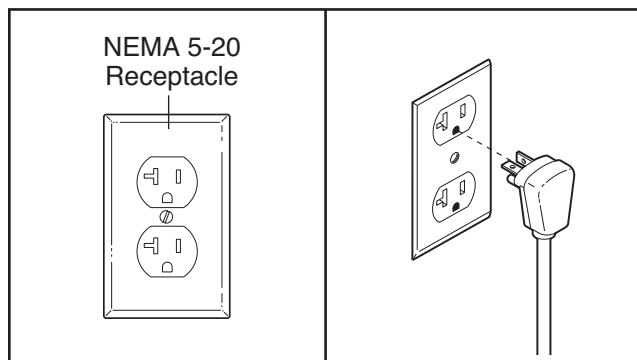
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit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

HOW TO CONNECT THE POWER CORD IN THE UNITED STATES

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 for use on a dedicated, 20-amp, 120-volt circuit. No other appliance should be on the same circuit. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

Plug the grounding plug into a standard NEMA 5-20 receptacle. Do not modify the plug or the receptacle. Do not use an adapter, a surge protector, or an extension cord. The receptacle must be grounded.

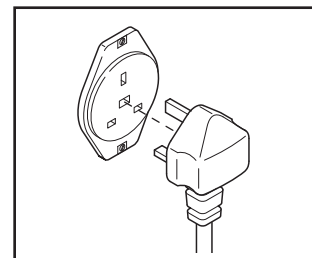


HOW TO CONNECT THE POWER CORD IN THE UK

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is for use on a dedicated, 10-amp, 240-volt circuit. No other appliance should be on the same circuit. The product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

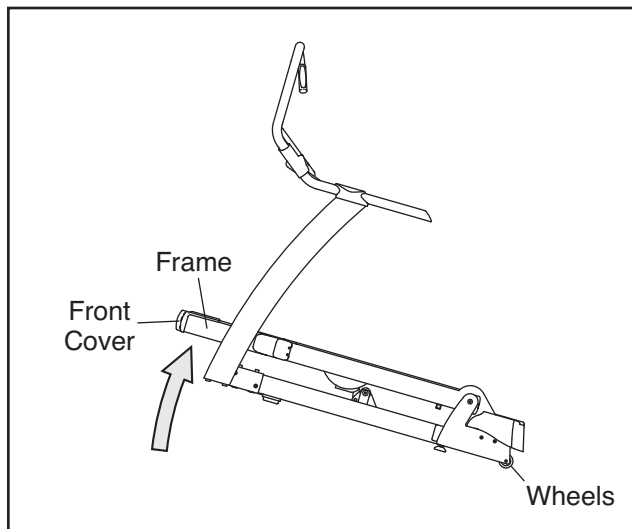
Plug the earthing plug into a receptacle as shown at the right. Do not modify the plug or the receptacle. Do not use an adapter or an extension cord. The receptacle must be earthed.



HOW TO MOVE THE INCLINE TRAINER

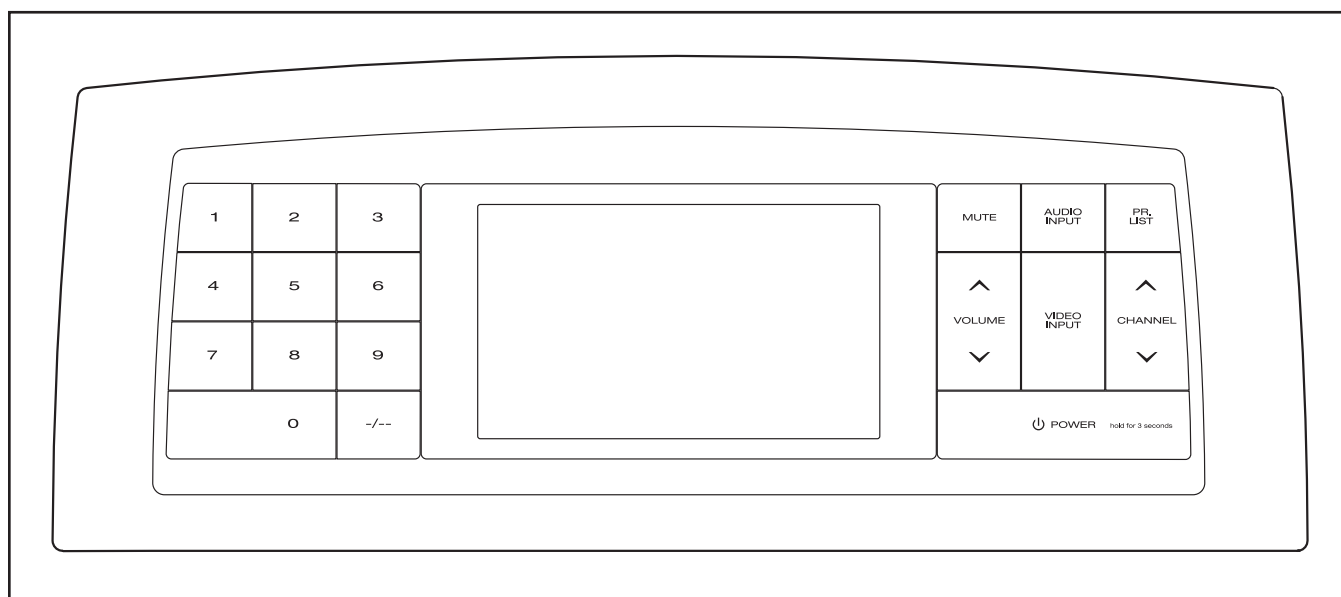
Before moving the incline trainer, unplug the power cord. Note: It may be necessary to disconnect a CATV cable from the incline trainer, depending on how far the incline trainer will be moved.

Due to the size and weight of the incline trainer, moving it requires two or three persons. Hold the metal frame firmly in the location shown at the right. **CAUTION:** To decrease the possibility of damage to the incline trainer or of injury, do not lift the frame by the plastic front cover. Carefully roll the incline trainer on the wheels to the desired location and then lower it back to the level position. **CAUTION:** To reduce the risk of injury, use extreme caution while moving the incline trainer. Do not attempt to move the incline trainer over uneven surfaces.

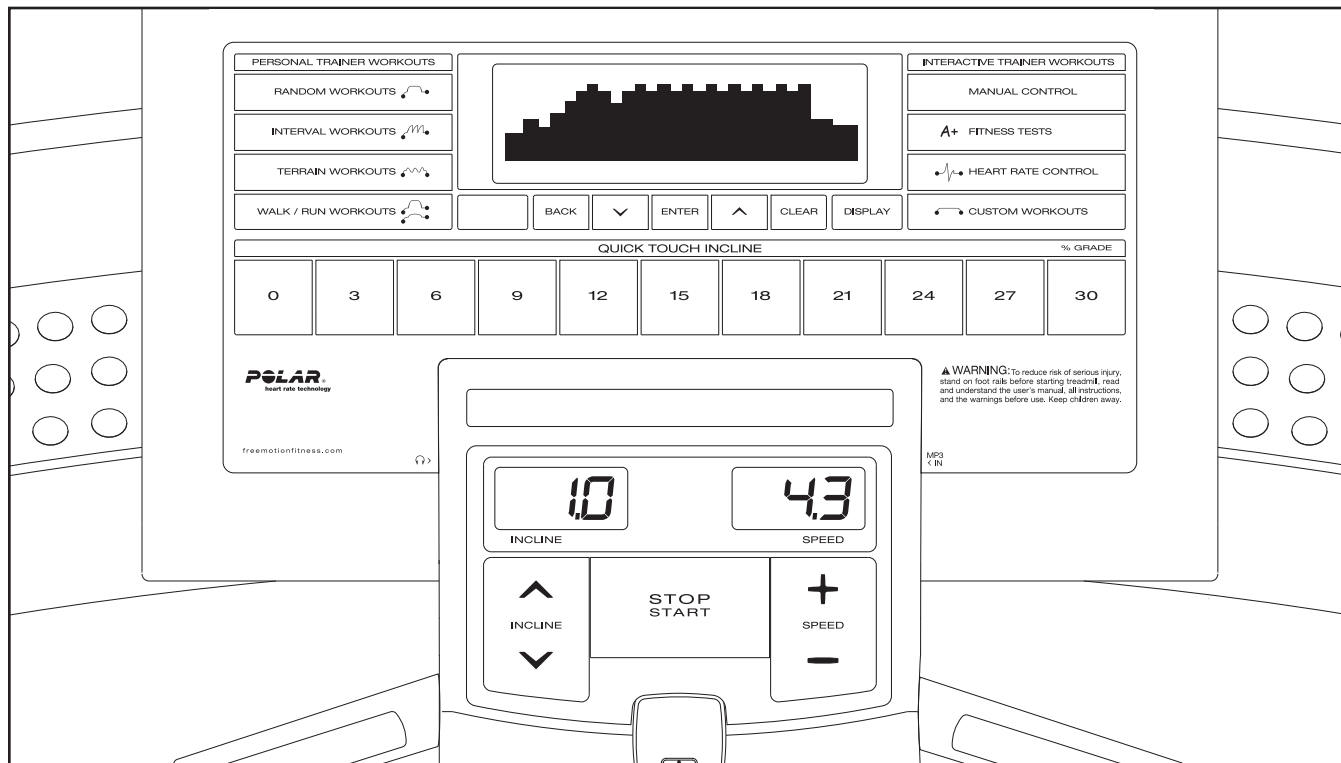


HOW TO UPGRADE THE CONSOLE

Your incline trainer has been preconfigured to operate with a basic console and with an optional personal television, which offers additional functionality. With the optional personal television, you can watch the television programs of your choice, or connect and use your own VCR or DVD player. To purchase the optional personal television, please see the back cover of this manual.



HOW TO USE THE BASIC CONSOLE



FEATURES OF THE CONSOLE

The incline trainer console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the incline trainer 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 handgrip pulse sensor.

In addition, the console features fourteen personal trainer workouts. Each preset workout automatically controls the speed and incline of the incline trainer as it guides you through an effective workout.

The console also offers twelve interactive trainer workouts that allow you to customize your workout. The interactive trainer workouts include three heart rate workouts that control the speed and incline of the incline trainer to keep your heart rate near the target heart rate settings. In addition, three fitness test workouts measure your fitness level or your VO₂ max.

The console also features the new iFit interactive workout system. The iFit system is compatible with incline

trainer iFit interactive workout cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the iFit Weight Loss workout, or train for a long-distance run with the iFit Marathon workout. iFit workouts automatically control the speed and incline of the incline trainer. **To purchase iFit cards, please see the front cover of this manual or go to www.iFit.com. iFit cards are also available at select stores.**

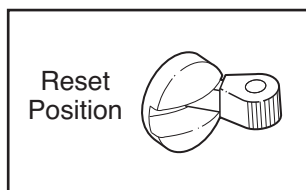
Whether you select the manual mode or a workout, you can watch the television programs of your choice on the optional personal television. You can even listen to your favorite workout music or audio books with the console's sound system.

To turn on the power, see page 14. To use the manual mode, see page 14. To use a personal trainer workout, see page 16. To use a walk/run workout or a manual control workout, see page 17. To use a fitness test workout, see page 18. To use a heart rate workout, see page 19. To use a custom workout, see page 20. To use an iFit workout, see page 21. To use the maintenance mode, see page 22. To use the sound system, see page 22.

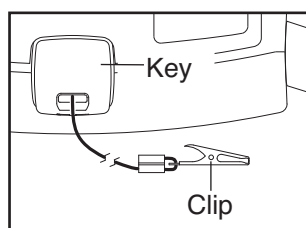
HOW TO TURN ON THE POWER

IMPORTANT: If the incline trainer 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 incline trainer frame near the power cord. Make sure that the circuit breaker is in the “reset” position.



Next, stand on the foot rails of the incline trainer. Locate the clip attached to the key (see the drawing at the right), 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.



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.

IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the incline trainer. The first time the incline trainer is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

Note: The console will display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons repeatedly until zeros appear in the display.



3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start/Stop button or the Speed increase button. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons next to the Start/Stop button. Each time you press a button, the speed setting will change; if you hold down a button, the speed setting will change in larger increments.

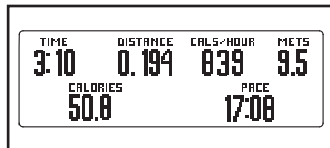
To stop or restart the walking belt, press the Start/Stop button.

4. Change the incline of the incline trainer as desired.

To change the incline of the incline trainer, press the Incline increase or decrease button, or one of the numbered Quick Touch Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting. Note: You can lower the incline to a setting below zero percent.

5. Select a display mode and monitor your progress with the display.

When the manual mode is selected, the console offers seven display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.



As you walk or run on the incline trainer, the upper display can show the following workout information:

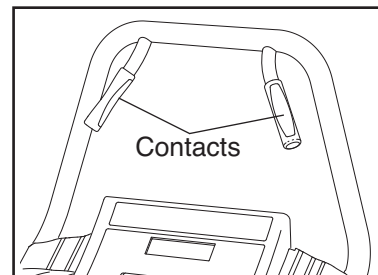
- The elapsed time.
- The distance that you have walked or run.
- The speed of the walking belt.
- The incline level of the incline trainer.
- The approximate number of calories you have burned.
- The approximate number of calories burned per hour.
- Your exercise intensity in METs. One MET is the amount of energy you use while resting.
- Your walking or running pace, in minutes per mile or minutes per kilometer.
- An animation of a road.

Regardless of which display mode you select, the speed or incline setting will appear in the display for a few seconds each time you change the setting.

As you switch between workouts and the manual mode, the console will keep track of the total distance that you have walked or run and the approximate number of calories you have burned. You can keep your totals even when you switch to a new workout. To reset the console, press the Clear button.

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 contacts for approximately ten seconds—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, remove the key from the console, and put it in a secure place.

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

HOW TO USE A PERSONAL TRAINER WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select one of the personal trainer workouts.

To select a personal trainer workout, press the Random Workouts button, the Interval Workouts button,



or the Terrain Workouts button repeatedly until the name of the desired workout appears in the display. Random workouts use preset random speed and incline settings. Interval workouts use incline settings to provide a personalized workout. Terrain workouts use speed and incline settings to simulate an actual walking experience.

When a workout is selected, the display will show the name, the maximum incline setting, the maximum speed setting and the duration of the workout. The display will also show a profile of the incline settings of the workout.

Press the Enter button to select the desired workout. Select your age and your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the Interval workouts, you must also enter your minimum and maximum incline settings using the Quick Touch Incline buttons or the Incline increase and decrease buttons.

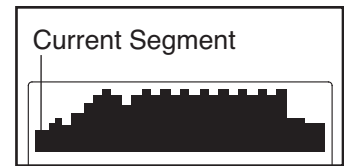
3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed 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 incline

setting for the current segment. At the end of each segment, the next segment of the profile will begin to flash and the speed and incline settings will appear at the top of the display for a few moments 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; **however, when the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.** Note: If you use an Interval workout, the speed will not adjust automatically.

To stop or restart the workout at any time, press the Start/Stop button.

4. Select a display mode and monitor your progress with the display.

The console offers three display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The display can show the speed of the walking belt, the incline of the incline trainer, a profile of the workout, the time remaining in the workout, the distance you have walked or run, the approximate number of calories you have burned, your exercise intensity in METs, the approximate number of calories burned per hour, your pace, and your power output in watts.

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 WALK/RUN WORKOUT OR A MANUAL CONTROL WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Select one of the workouts.

To select a walk/run workout, press the Walk/Run Workouts button repeatedly until the 5K Walk, the 10K Run, or the Cross Country workout appears in the display.

To select a manual control workout, press the Manual Control button repeatedly until the Manual Time, the Manual Vertical Distance, or the Manual Calories workout appears in the display.



The display will show the name, and the distance, time, vertical distance, or calorie goal of the workout.

Press the Enter button to select the desired workout. Select your age and then your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the cross country workouts, you must also enter your distance goal. To use a manual control workout, enter your time, vertical distance, or calorie goal.

3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will begin moving. Hold the handrails and begin walking.

During the workout, the profile will show the incline of the walking belt. As you exercise, change the speed and incline of the walking belt as desired by pressing the Speed and Incline increase and decrease buttons.

The workout will continue until you reach your distance, time, vertical distance, or calorie goal. The walking belt will then slow to a stop.

To stop or restart the workout at any time, press the Start/Stop button.

4. Select a display mode and monitor your progress with the display.

See step 4 on page 16.

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 FITNESS TEST WORKOUT

The fitness test workouts measure your relative fitness level. For the most accurate results, use a fitness test workout when you are not feeling tired, when you have not eaten for at least two hours, and when you have not exercised for at least 24 hours.

The incline trainer features three fitness workouts. The Ebbeling Fitness Test measures VO₂ max, or aerobic capacity, and lasts 9 minutes. The Gerkin Fitness Test also measures VO₂ max. The Gerkin Fitness Test begins with a three-minute warm-up period and ends after either 14 minutes or when you reach a certain heart rate. The FreeMotion Fitness Test measures your fitness level on a scale of 1 to 10. The FreeMotion Fitness Test ends after either 28 minutes or when you reach a certain heart rate.

1. Put on a Polar®-compatible chest pulse sensor (not included).

To use a fitness test workout, you must wear a Polar-compatible chest pulse sensor or use the handgrip pulse sensor. Note: For best results, you should wear a chest pulse sensor.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

3. Select a fitness test workout.

To select a fitness test workout, press the Fitness Tests button repeatedly until the name of the desired fitness test appears in the display.

Press the Enter button to select the desired workout. Select your age and then your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the Ebbeling Fitness Test, you must also enter your gender.

4. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings of the fitness test. Begin walking on the incline trainer. Note: For the most accurate results, do not hold the handrails during a fitness test workout.

During the workout, the speed and incline of the incline trainer will periodically change. The speed setting or the incline setting will appear in the display to alert you before each change.

IMPORTANT: The Speed and Incline buttons will not function during a fitness test workout.

Note: If you press the Start/Stop button during the fitness test, the fitness test will end.

When the workout ends, the walking belt will slow to a stop and your fitness level or VO₂ max will appear in the display.

If your pulse is not detected during the workout, the words CHECK HEART RATE MONITOR will appear in the display and the speed of the incline trainer may automatically decrease. If your pulse is still not detected, the fitness test will be aborted.

5. Select a display mode and monitor your progress with the display.

See step 4 on page 16. Note: The fitness tests will display your fitness level instead of your exercise intensity in METs.

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

See step 7 on page 15.

HOW TO USE A HEART RATE WORKOUT

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse workouts. If you are taking medication regularly, consult your physician to find out whether the medication will affect your exercise heart rate.

1. Put on a Polar®-compatible chest pulse sensor (not included).

To use a heart rate workout, you must wear a Polar-compatible chest pulse sensor or use the handgrip pulse sensor. Note: For best results, you should wear a chest pulse sensor.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

3. Select one of the heart rate workouts.

To select a heart rate workout, press the Heart Rate Control button repeatedly until the desired workout appears in the display. Press the Enter button to select the desired workout.

Select your age and then your weight using the Increase and Decrease buttons next to the Enter button. **Press the Enter button after each selection.** Note: To use the constant heart rate and variable heart rate workouts, you must also enter your target maximum heart rate. If the target maximum heart rate setting is changed, the intensity level of the entire workout will change. Note: To calculate your target maximum heart rate see EXERCISE INTENSITY on page 29.

4. Press the Start/Stop button to start the workout.

A moment after the Start/Stop button is pressed, the walking belt will begin to move and the incline

trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

The heart rate workouts are divided into several one-minute segments. One target heart rate setting is programmed for each segment. The same target heart rate setting may be programmed for consecutive segments. For a shorter workout, simply stop the workout before it ends.

During all heart rate workouts, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting for the current segment, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the workout, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed of the incline trainer may automatically change to bring your heart rate closer to the target heart rate setting.

To stop or restart the workout at any time, press the Start/Stop button.

5. Select a display mode and monitor your progress with the display.

See step 4 on page 16.

6. 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 14.

2. Select one of the custom workouts.

To select a custom workout, press the Custom Workouts button repeatedly until the desired workout appears in the display.

The display will show the name, the maximum incline setting, the maximum speed setting, and the duration of the workout. **Note: To create a custom workout, see step 3 on page 22.**

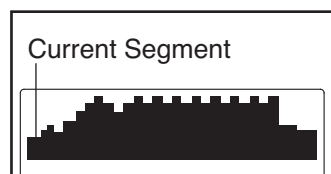
Press the Enter button to select the desired workout. Select your age and then your weight using the Increase and Decrease buttons next to the Enter button.

3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings that you programmed previously. 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.

During the workout, the profile will show your progress. The flashing segment of the profile repre-



sents the current segment of the workout. The height of the flashing segment indicates the incline setting for the current segment. At the end of each segment, a series of tones will sound, the next segment of the profile will begin to flash, and the speed or incline setting for the next segment will appear 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; **however, when the next segment of the workout begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

To stop or restart the workout at any time, press the Start/Stop button. The speed of the walking belt will gradually increase to the speed setting of the current segment.

4. Select a display mode and monitor your progress with the display.

See step 4 on page 16.

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.

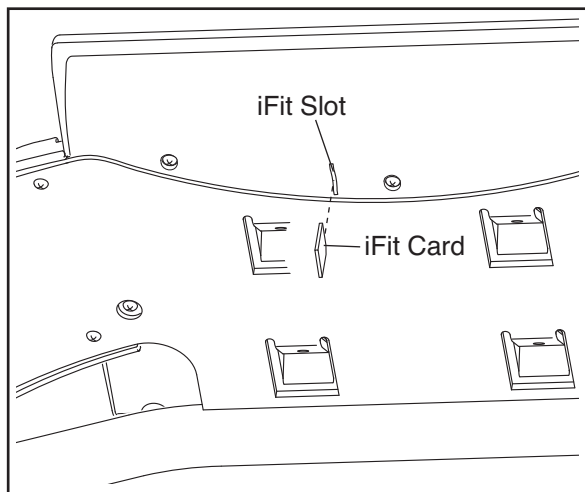
HOW TO USE AN IFIT WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot in the back of the console; make sure that the iFit card is oriented so the missing corner is facing downward and is inserted into the iFit slot. Plug headphones (not included) into the headphone jack near the Start/Stop button.



Next, select an iFit workout by pressing the Increase and Decrease buttons next to the Enter button. When an iFit workout is selected, the display will show the name of the workout, the maximum incline setting and the maximum speed setting of the workout, and the workout time.

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

3. Press the Start/Stop button to start the workout.

A moment after you press the Start/Stop button, the incline trainer will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

At the end of each one-minute segment, the speed and incline settings for the next segment will appear in the display and a series of tones will sound to alert you. If a different speed and/or incline setting is programmed for the next segment, three tones will sound.

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 or Incline buttons; **however, when the next segment begins, the incline trainer will automatically adjust to the speed and incline settings for the next segment.**

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

4. Select a display mode and monitor your progress with the display.

See step 4 on page 16.

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.

CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

HOW TO USE THE MAINTENANCE MODE

The console has a maintenance mode that keeps track of the total number of hours that the incline trainer has been operated and the total distance that the walking belt has moved. The maintenance mode also allows you to adjust the maximum workout time, the pause timeout, and the sleep timeout. You can also select the desired language and disable or enable the safety key.

1. Select the maintenance mode.

To select the maintenance mode, hold down the Clear button and the Enter button for three seconds.

Press the Display button to move between screens. Press the Back button to return to a previous screen. To change the settings, press the Increase and Decrease buttons next to the Enter button.

2. Set user preferences.

When you select the maintenance mode, the display will show the total number of hours and the total number of miles (or kilometers) that the walking belt has moved. Press the Display button to move to the next screen.

Next, press the Display button to move the cursor to the pause timeout. Set the pause timeout, if desired. The pause timeout begins when the walking belt stops. When the pause timeout ends, the display will return to the main screen and your distance and calories count will be reset.

Press the Display button to move the cursor to the sleep timeout. Set the sleep timeout, if desired. The sleep timeout begins when the display returns to the main screen. When the sleep timeout ends, the incline will lower to the lowest setting and the screen saver will appear.

Next, press the Display button to move to the next screen. Set the default input, if desired. To use the optional TV, select the TV mode. To use a VCR or DVD player with the optional TV, select the RCA mode. To use a personal media player, select the MP3 mode.

Press the Display button to move to the default volume. Set the default volume, if desired.

3. Create a custom workout.

If desired, create a custom workout. Press the Display button until the desired custom workout is shown. Then press the Enter button. Program a speed setting and an incline setting for the first one-minute segment by pressing the Speed and Incline buttons. Press the Enter button to move to the next segment and continue programming segments for 30 segments. Press the Enter button after you have programmed the last segment. Then press the Display button until you exit the information mode.

To exit the maintenance mode at any time, remove the key from the console.

You can also disable or enable the safety key. When the safety key is enabled, the key must be inserted into the console for the incline trainer to turn on. To disable or enable the safety key, remove the key from the console and hold down the Clear button and the Enter button for several seconds. Push the Increase or Decrease button. To enable the safety key, insert the key into the console. For best results, operate the incline trainer with the safety key enabled.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system, you must connect your MP3 player, CD player, or other personal audio player to the console and plug headphones (not included) into the console. To use the sound system, you will need an audio wire (not included). Plug the audio wire into the MP3 jack near the Start/Stop button. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in. To purchase an audio wire, please see the back cover of this manual.**

Next, plug headphones into the headphone jack near the Start/Stop button. Press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your 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.

PREVENTIVE MAINTENANCE

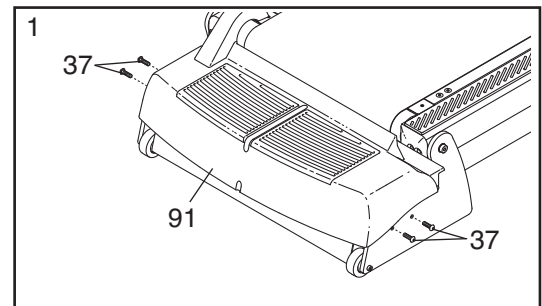
Regular maintenance is necessary for optimal performance and long life of the incline trainer. Please read and follow all instructions below. **If the incline trainer is not maintained as described, components may wear excessively, the incline trainer may be damaged, and the warranty will be voided. If you have questions about maintenance, please see the back cover of this manual. CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

WEEKLY MAINTENANCE

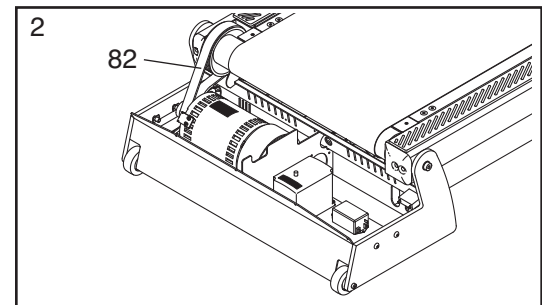
1. **Unplug the power cord.** Inspect and properly tighten all external parts of the incline trainer.
2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, uprights, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not use cleaners under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console and the screens. **Do not spray cleaner directly onto the incline trainer or use ammonia or acid-based cleaners.**
3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see pages 27 and 28.

MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the 3/8" x 1 1/4" Bolts (37) attaching the Motor Hood (91), and lift off the Motor Hood.



2. Using a hand-held vacuum, clean the area under the Motor Hood (not shown). **Be careful to avoid touching any components.** Check the Drive Motor Belt (82) for wear and cracks. If the Drive Motor Belt needs to be replaced, please see the back cover of this manual.



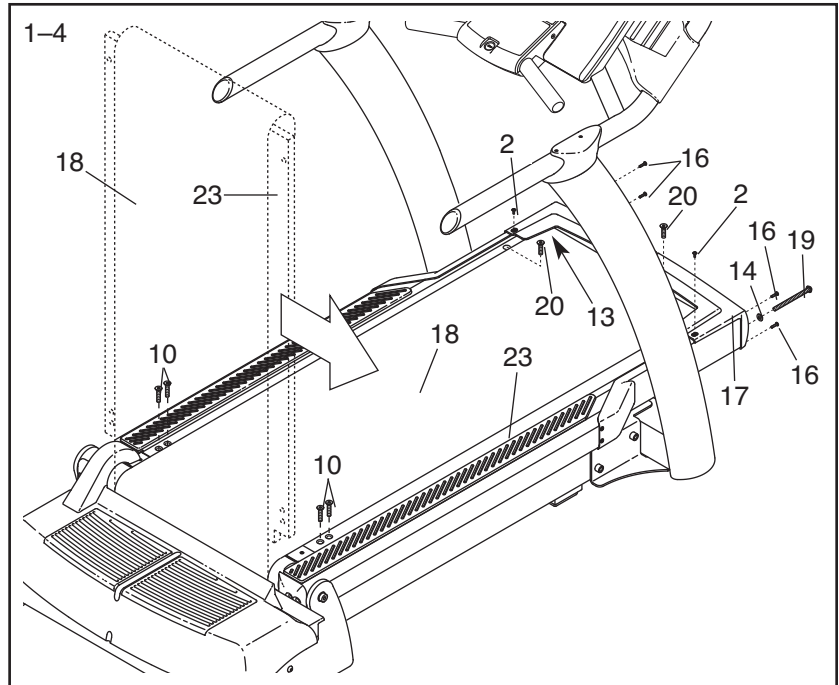
3. Plug in the power cord and insert the key into the console. Press the START button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the incline trainer for unusual noises or odors. If any of these problems exists, please see the back cover of this manual. **Remove the key and unplug the power cord.** Reattach the Motor Hood (91) with the 3/8" x 1 1/4" Bolts (37).
4. Hold a clean, dry towel between the walking platform and the walking belt. Pull the towel from side to side along the length of the walking platform. Rotate the walking belt and repeat this step until the entire walking belt has been cleaned.

TURNING THE WALKING PLATFORM

Both sides of the walking platform are designed to be used as walking surfaces. Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be turned over. The walking platform will need to be turned over and the walking belt replaced (see page 25) after every 16,000 to 24,000 kilometers (10,000 to 15,000 miles). Follow the instructions below to turn over the walking platform.

1. **Remove the key and unplug the power cord.** Remove the #8 x 3/4" Screws (16), #8 x 1/2" Washer Head Screws (2) and the Front Cover (17). Remove the 3/8" x 5" Bolt (19) and the 3/8" Star Washer (14) from each side of the Idler Roller (13).

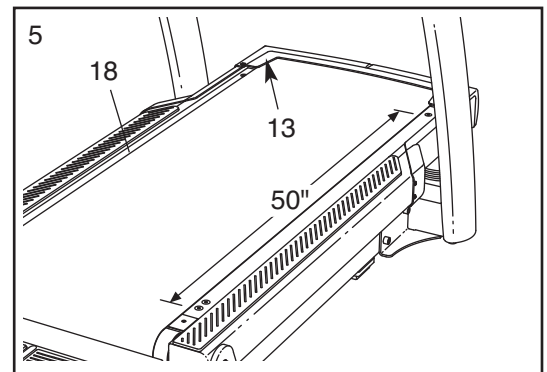
2. Remove the four 3/8" x 1 3/4" Bolts (10) and the two 3/8" x 1 1/2" Bolts (20). (**Note: Be very careful to avoid chipping or damaging the phenolic coating on the Walking Platform [23].**) Lift the Idler Roller (13) and slide it out of the Walking Belt (18). Lift the Walking Platform and the Walking Belt to the position shown by the dotted lines. Slide the Walking Platform out of the Walking Belt, turn it, and then slide it back into the Walking Belt.



3. Lay down the Walking Platform (23) and the Walking Belt (18). Slide the Idler Roller (13) back into the Walking Belt.

4. Reattach the Bolts (10, 20). Thread the 3/8" x 5" Bolt (19) with the 3/8" Star Washer (14) into the Idler Roller (13). Reattach the Front Cover (17) with the #8 x 3/4" Screws (16) and the #8 x 1/2" Washer Head Screws (2).

5. Next, the Walking Belt (18) will need to be adjusted to the proper tension. Using chalk, make two marks on the Walking Belt exactly 50 in. (1.25 m) apart, as shown in the drawing. Tighten both 3/8" x 5" Bolts (19, see the drawing above) until the two chalk marks move apart an additional 3/16 to 1/4 in. (5 to 6 mm). As you tighten the 3/8" x 5" Bolts, the Idler Roller (13) will move. **If the Idler Roller stops moving, do not further tighten the Bolts; please see the back cover of this manual.** Make sure to keep the Walking Belt centered.



REPLACING THE WALKING BELT

When the walking belt becomes worn, it should be replaced. The walking belt will need to be replaced after every 10,000 to 15,000 miles (16,000 to 24,000 kilometers). See the Service Manual for replacement instructions. Please see the back cover of this manual to order a new walking belt.

REPLACING THE WALKING PLATFORM

When both sides of the walking platform become worn, the walking platform should be replaced. The walking platform will need to be replaced after every 20,000 to 30,000 miles (32,000 to 48,000 kilometers). Please see the back cover of this manual to order a new walking platform. Follow the instructions on page 24 to replace the walking platform.

SIX-MONTH PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the incline trainer. Each copy of the form can be used for six months (26 weeks). When maintenance is performed, write the date in the appropriate spaces. **Make sure to perform each maintenance procedure as described on pages 23 to 25. If the procedures are not performed as described, components may wear excessively, the incline trainer may be damaged, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the incline trainer.	Clean the incline trainer.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.
Week 1	/ /	/ /	/ /			
Week 2	/ /	/ /	/ /			
Week 3	/ /	/ /	/ /			
Week 4	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /			
Week 6	/ /	/ /	/ /			
Week 7	/ /	/ /	/ /			
Week 8	/ /	/ /	/ /	/ /	/ /	/ /
Week 9	/ /	/ /	/ /			
Week 10	/ /	/ /	/ /			
Week 11	/ /	/ /	/ /			
Week 12	/ /	/ /	/ /			
Week 13	/ /	/ /	/ /	/ /	/ /	/ /
Week 14	/ /	/ /	/ /			
Week 15	/ /	/ /	/ /			
Week 16	/ /	/ /	/ /			
Week 17	/ /	/ /	/ /	/ /	/ /	/ /
Week 18	/ /	/ /	/ /			
Week 19	/ /	/ /	/ /			
Week 20	/ /	/ /	/ /			
Week 21	/ /	/ /	/ /	/ /	/ /	/ /
Week 22	/ /	/ /	/ /			
Week 23	/ /	/ /	/ /			
Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

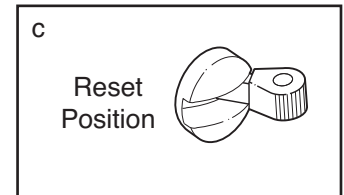
Walking Platform Turned/Replaced	/ /	/ /	Walking Belt Replaced	/ /
----------------------------------	-----	-----	-----------------------	-----

TROUBLESHOOTING

Most incline trainer 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 back cover of this manual.

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See page 11.)
- b. Make sure that the key is inserted into the console.
- c. Check the reset/off circuit breaker located on the incline trainer near the power cord. Make sure that the reset/off circuit breaker is switched to the "reset" position.

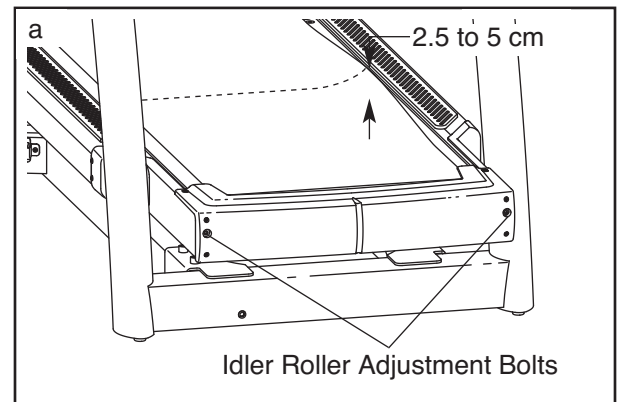


2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the reset/off circuit breaker located on the incline trainer near the power cord. (See drawing c above.) Make sure that the reset/off circuit breaker is switched to the "reset" position.
- b. Make sure that the power cord is plugged in.
- c. Remove the key from the console. Reinsert the key into the console.
- d. Check the walking belt and the walking platform for excessive wear. Replace the walking belt or the walking platform if necessary.
- e. If the power still turns off during use, please see the back cover of this manual.

3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

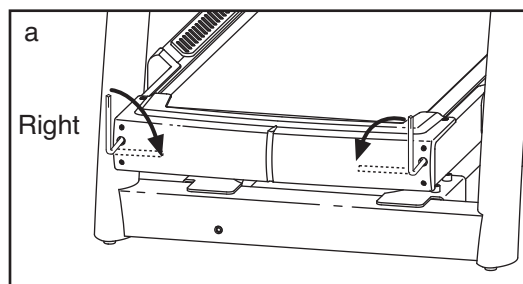
- a. If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 in. (2.5 to 5 cm) off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using a 7/32" hex key, turn both idler roller adjustment bolts counterclockwise 1/4 of a turn. Then, plug in the power cord, insert the key, and use the incline trainer for a few minutes. Be careful to keep the walking belt centered. Repeat until the walking belt is properly tightened. Note: To tighten the walking belt, see step 4. c. on page 28.



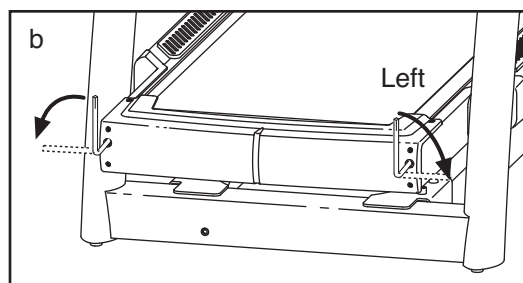
- b. If the walking belt still slows when walked on, please see the back cover of this manual.

4. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

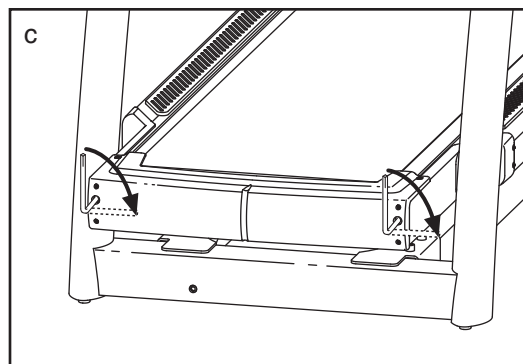
- a. **If the walking belt has shifted to the right, remove the key and unplug the power cord.** Using a 7/32" hex key, turn the idler roller adjustment bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the incline trainer for a few minutes. Repeat until the walking belt is centered.



- b. **If the walking belt has shifted to the left, remove the key and unplug the power cord.** Using a 7/32" hex key, turn the idler roller adjustment bolts in the directions shown, 1/4 of a turn each. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the incline trainer for a few minutes. Repeat until the walking belt is centered.



- c. **If the walking belt slips when walked on, remove the key and unplug the power cord.** Using a 7/32" hex key, turn both idler roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 in. (2.5 to 5 cm) off the walking platform. The center of the walking belt should just touch the walking platform. Make sure to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the incline trainer for a few minutes. Repeat until the walking belt is properly tightened. Note: As you tighten the idler roller adjustment bolts, the idler roller will move. **If the idler roller stops moving, do not further tighten the idler roller adjustment bolts; please see the back cover of this manual.**



5. SYMPTOM: THE WALKING BELT STOPS OR THE INCLINE CANNOT BE ADJUSTED EVEN THOUGH THE CONSOLE REMAINS LIT

- a. This indicates that a controller error may have occurred. To correct the problem, turn the power switch off, wait 5 seconds and then turn the power switch back on. During the calibration routine, the incline trainer will automatically travel to the lowest incline level and then return to level.

6. SYMPTOM: THE INCLINE SYSTEM DOES NOT FUNCTION PROPERLY OR THE INCLINE SYSTEM DOES NOT APPEAR TO BE AT THE INCLINE LEVEL SHOWN IN THE MAIN DISPLAY

- a. The incline system may need to be calibrated. To initiate the calibration routine, turn the power switch off, wait 5 seconds and then turn the power switch back on. During the calibration routine, the incline trainer will automatically travel to the lowest incline level and then return to level.
- b. If the incline system still does not function properly, please see the back cover of this manual.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 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

R0909A

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

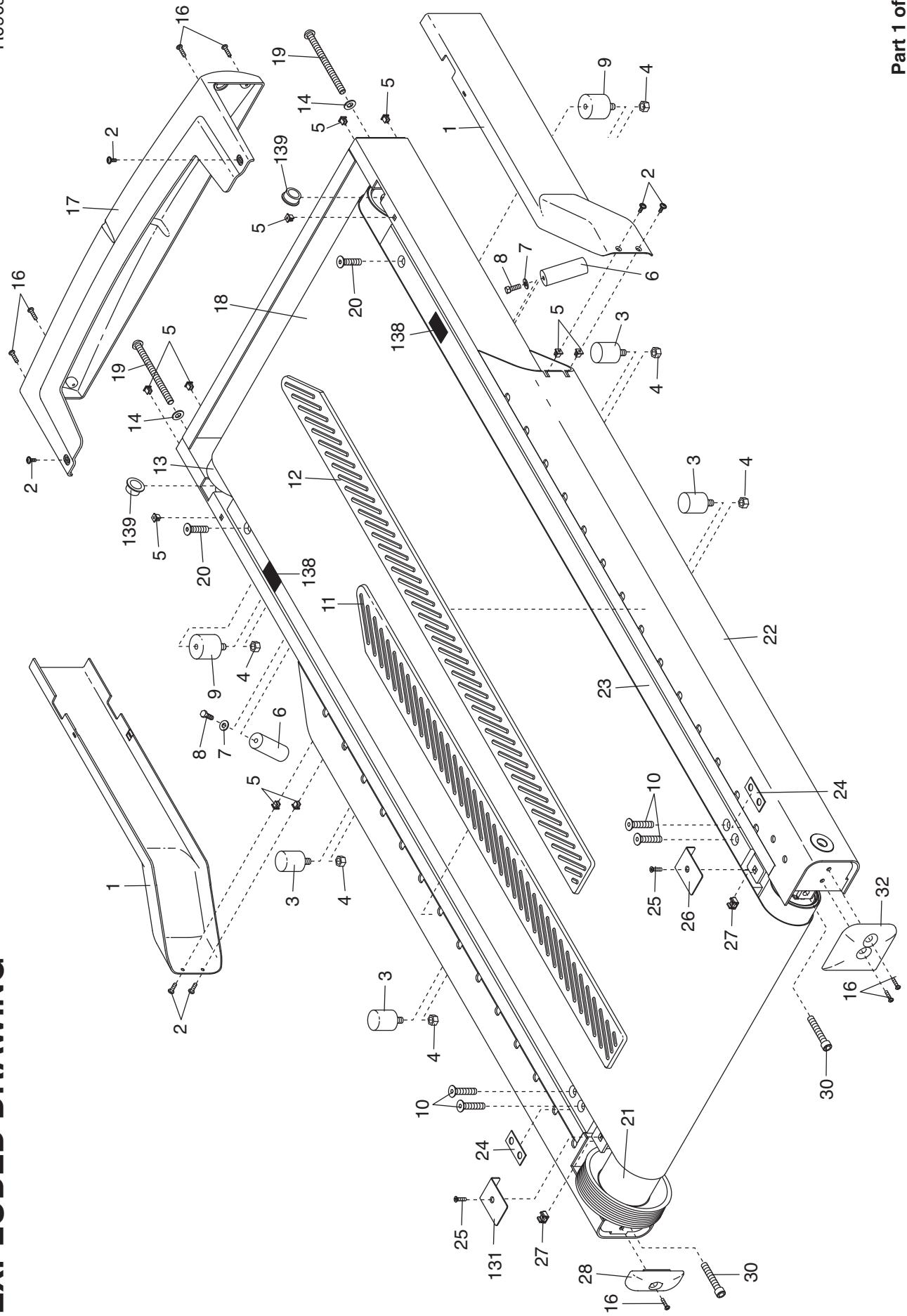
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Side Cover	51	2	Handgrip
2	6	#8 x 1/2" Washer Head Screw	52	1	Drive Motor
3	4	Center Isolator	53	1	Drive Motor Isolator
4	6	3/8" Jam Nut	54	2	3/4" x 1/2" Bolt
5	16	Plastic Insert	55	2	Torsion Bar Bushing
6	2	Belt Guide	56	1	Base Frame
7	2	Belt Guide Spacer	57	2	Base Frame Pad
8	2	1/4" x 3/4" Hex Head Bolt	58	4	1/4" x 3/4" Button Head Bolt
9	2	Front Isolator	59	4	Incline Link Bushing
10	4	3/8" x 1 3/4" Bolt	60	2	1/2" x 2 1/2" Bolt
11	1	Left Foot Pad	61	2	3/4" Nut
12	1	Right Foot Pad	62	1	Torsion Bar
13	1	Idler Roller	63	1	Reset/Off Circuit Breaker
14	2	3/8" Star Washer	64	1	Power Cord Bracket
15	1	Controller Box	65	1	Power Cord Receptacle
16	8	#8 x 3/4" Screw	66	2	#6 x 1/2" Screw
17	1	Front Cover	67	2	#8 x 1 5/8" Screw
18	1	Walking Belt	68	1	Power Cord
19	2	3/8" x 5" Bolt	69	1	5/16" Nut
20	2	3/8" x 1 1/2" Bolt	70	1	Incline Link Bar
21	1	Drive Roller Assembly	71	1	3/8" x 2 1/4" Bolt
22	1	Frame	72	2	Incline Motor Bushing
23	1	Walking Platform	73	1	Incline Motor
24	2	Plastic Platform Spacer	74	1	Incline Motor Pin
25	2	#10 x 3/4" Screw	75	1	Cotter Pin
26	1	Right Drive Roller Guard	76	1	Hood Support Bracket
27	2	#10 Cage Nut	77	1	Right Hood Cover
28	1	Left Rear Cap	78	1	Left Hood Cover
29	1	#8 x 1/2" Machine Screw	79	2	3/8" x 2 1/2" Bolt
30	2	3/8" x 3" Bolt	80	2	5/16" Jam Nut
31	1	Drive Motor Ground Wire	81	2	Wheel
32	1	Right Rear Cap	82	1	Drive Motor Belt
33	2	Resistor Nut	83	2	#6 x 1/4" Screw
34	8	#10 x 1/2" Screw	84	2	Receptacle/Filter Ground Wire
35	4	.188" Screw	85	14	1/4" x 3/4" Bolt
36	1	Resistor	86	1	Pulse Wire
37	4	3/8" x 1 1/4" Bolt	87	5	#10 x 1" Screw
38	2	Rear Leveling Foot	88	8	#8 x 1/2" Screw
39	2	1/2" Flange Nut	89	3	High Voltage Decal
40	2	Frame Pivot Bushing	90	2	Incline Motor Bushing
41	2	5/8" x 1" Bolt	91	1	Motor Hood
42	4	Drive Motor Spacer	92	2	Upright Cap
43	4	5/16" Flat Washer	93	1	Upright
44	4	5/16" x 1" Bolt	94	2	#8 Star Washer
45	1	Sensor Bracket	95	4	1/2" x 2 1/2" Bolt
46	2	#4 Nut	96	4	1/2" x 4 1/2" Bolt
47	1	Speed Sensor	97	2	Console Ground Wire
48	2	#4 x 3/8" Bolt	98	4	Pulse Sensor
49	2	#10 x 1/2" Bolt	99	4	#6 x 1" Screw
50	2	Sensor Bracket Insert	100	4	Pulse Sensor Base

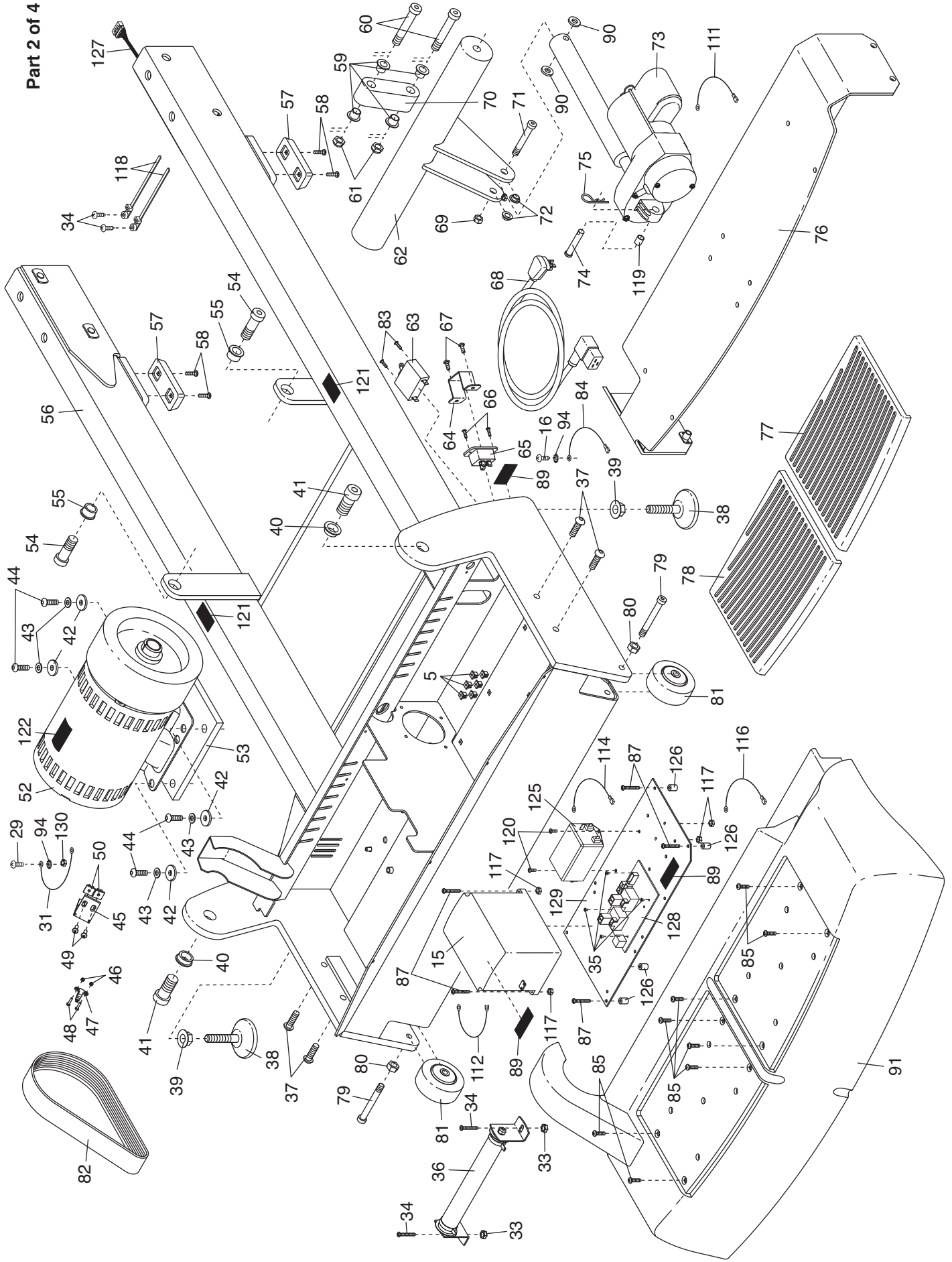
Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Grip	131	1	Left Drive Roller Guard
102	4	3/8" x 2 3/4" Bolt	132	1	72" Wire Harness
103	1	Handrail	133	2	1/4" x 3/4" Bolt
104	2	Handrail Endcap	134	4	1/4" U-Nut
105	1	Key/Clip	135	1	35" Wire Harness
106	7	1/4" x 1/2" Screw	136	1	TV Console
107	5	#8 x 1/2" Console Screw	137	1	TV Console Back
108	4	Upright Base Pad	138	2	Deck Maintenance Decal
109	1	Left Accessory Tray	139	2	Roller Bushing
110	1	Right Accessory Tray	140	1	45" TV Cable
111	2	Incline Motor/PCB Ground Wire	141	7	TV Console Screw
112	1	Controller Ground Wire	*	–	Ferrite Clamp
113	1	Console Back	*	–	10" Green/Yellow Wire
114	1	Handgrip Bracket	*	–	24" Green/Yellow Wire
115	1	Console	*	–	7 & 8 Pin Wire Harness
116	1	Console Cover	*	–	8" 12AWG Black Wire
117	4	Electronics Nut	*	–	4" 12AWG White Wire
118	2	Cable Tie	*	–	5" 14AWG Blue Wire
119	1	Incline Motor Spacer	*	–	Lift Motor Wire
120	2	Filter Screw	*	–	4" 14AWG Red Wire
121	2	Caution Decal	*	–	4" 14AWG Black Wire
122	1	Hazardous Warning Decal	*	–	4" 14AWG White Wire
123	1	65" TV Cable	*	–	26" 14AWG Blue Wire
124	4	1/2" Star Washer	*	–	16" 14AWG Blue Wire
125	1	Filter	*	–	6" 12AWG Blue Wire
126	4	1/2" Stand-off	*	–	6" 12AWG White Wire
127	1	80" Wire Harness	*	–	14/14 Blue Wire
128	1	PCB Board	*	–	14/14 White Wire
129	1	Electronics Board	*	–	12" Wire Harness
130	2	#8 Nut			

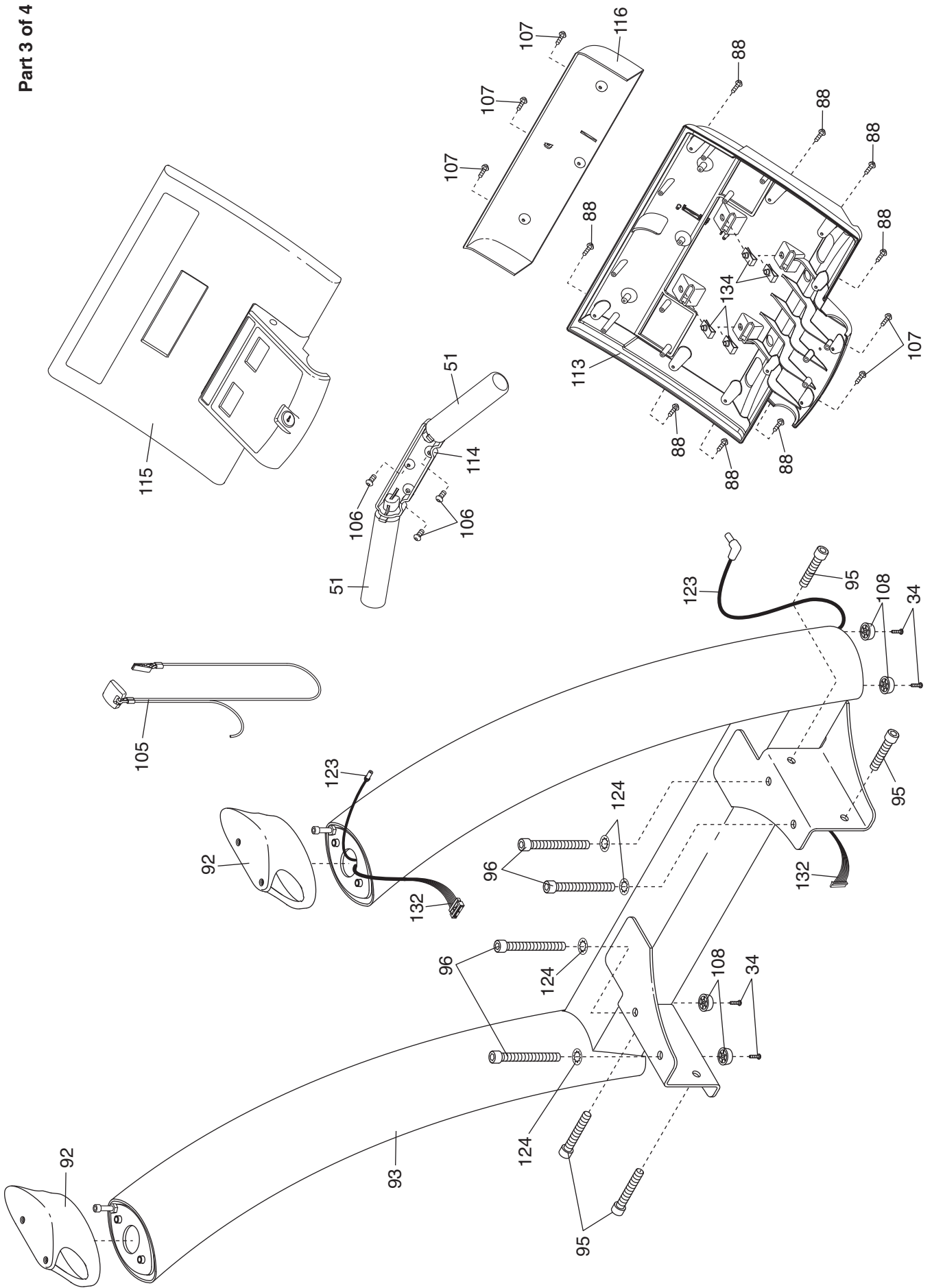
Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

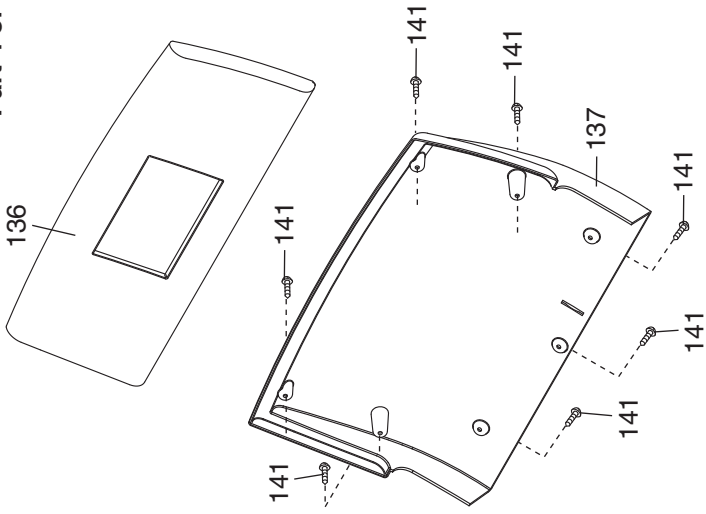
EXPLODED DRAWING

R0909A

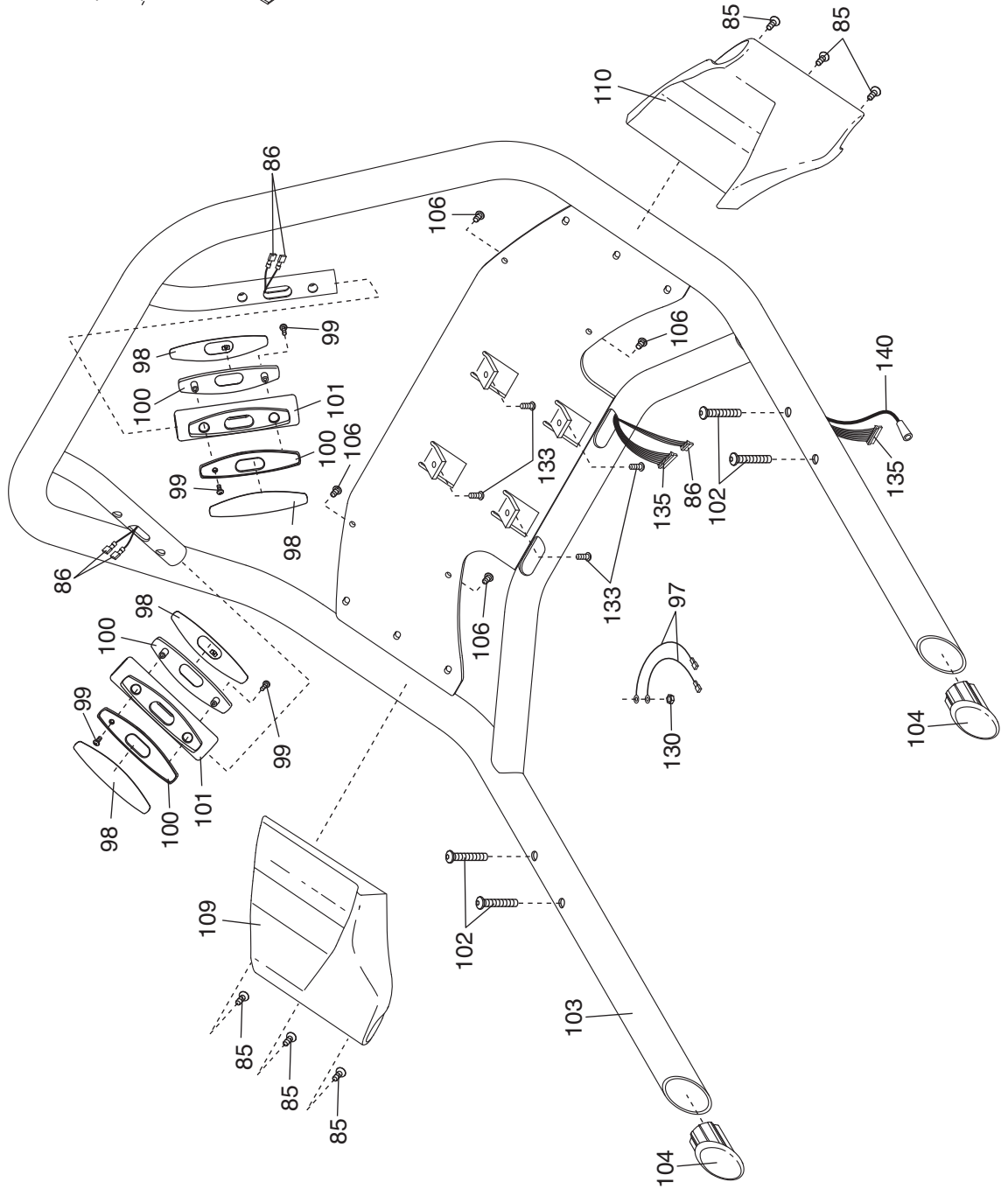








OPTIONAL TV CONSOLE



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone number or address listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Call toll-free: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813