

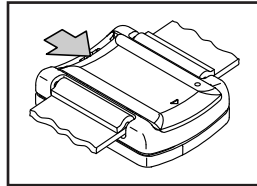
HOW TO USE THE SPEED RING

The included speed ring can be used to control the speed of the walking belt. The speed ring functions just like the Speed increase and decrease buttons, except that it cannot be used to start the manual mode or a workout.

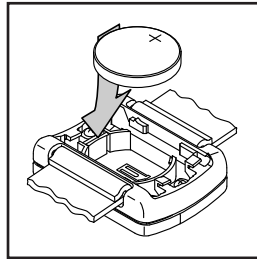
To connect the speed ring to the console, simply press a button on the speed ring. The console will display the connection status of the speed ring. Once the speed ring is connected, a battery icon will appear on the screen to indicate the battery life of the speed ring.

To replace the battery in the speed ring, follow the instructions below.

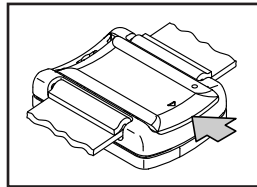
1. Remove the cover by pressing down on the cover in the direction shown by the arrow. Then, pull the cover off the speed ring.



2. Using a small tool such as a pin or a thin screwdriver, press down on the clip holding the old battery in place. Then, remove the old battery. Insert a new battery by pressing the battery against the clip first, and then press the battery into place.



3. Press the cover back into place. Press a button on the speed ring to connect it to the console.



FCC Information—The speed ring complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The speed ring has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The speed ring generates, uses,

and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

IC (Canada—Industry Canada)

This device complies with ICES-003 of Industry Canada rules. Operation of this device is subject to the following conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conforme à la norme NMB-003 du Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes :

1. il ne doit pas produire de brouillage.
2. l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

IMPORTANT: The speed ring emits radio frequency energy, but the radiated output power is far below the FCC and IC radio frequency exposure limits. The speed ring complies with FCC and IC RF radiation exposure limits for an uncontrolled environment.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the speed ring.