



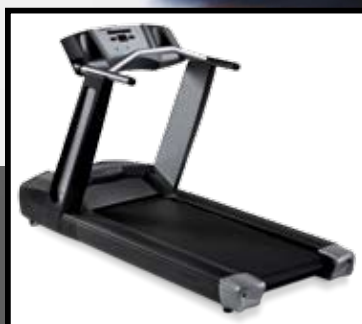
CHANGING THE GAME IN HEALTH AND FITNESS™

**Model T7.14**

**Nautilus®  
Pro Series Treadmills  
Owner's Manual**

**Be Strong.**

NAUTILUS®



[illegible]

# SAFETY REQUIREMENTS

When using electrical equipment, always follow these basic precautions:

## IMPORTANT SAFETY INSTRUCTIONS

The following definitions apply to the words “Danger” and “Warning” found throughout this manual:

▼▼▼▼▼ **DANGER** Used to call attention to immediate hazards which, if not avoided, will result in immediate, serious personal injury or loss of life.

▼▼▼▼▼ **WARNING** Used to call attention to potential hazards that could result in personal injury or loss of life.

## READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.

▼▼▼▼▼ **DANGER** To reduce the risk of electrical shock, always unplug the external power supply from the electrical outlet before cleaning, maintaining, or repairing.

▼▼▼▼▼ **WARNING** To reduce the risk of burns, electric shock, or injury to persons: Read this manual in full before operating the treadmill. Failure to follow these guidelines can produce a serious or possibly fatal electrical shock hazard or other serious injury. Consult a qualified electrician as required.

1. The controller Stop Key does not turn off the electrical current to the treadmill. The treadmill continues to draw power, even when the controller is off. To avoid electric shock, do not remove treadmill hood or place hands beneath the treadmill while the treadmill is plugged into a power source.
2. Do not start the treadmill when someone else is standing on the belt.
3. Keep speed and incline at the lowest settings when someone is getting on and off the treadmill.
4. Keep the area underneath and around the treadmill clear.

5. ▼▼▼▼▼ **WARNING** Never position the treadmill with the back end (direction of belt travel) facing a wall or any other objects such as furniture or other pieces of fitness equipment. Failure to do so can prevent safe exit of the treadmill in an emergency situation such as falling. Allow a

minimum of four feet behind the treadmill and any objects.

6. Before each use of this equipment, check the power receptacle for signs of damage. Do not operate the equipment if the integrity of this item is in question.
7. To avoid potential safety and electrical problems, replace with manufacturers' specified parts only.
8. This equipment is classified Class I, Type B, ordinary equipment. Not protected against fluid ingress. Rated for continuous operation. Do not operate this equipment in the presence of flammable anesthetic mixtures.
9. Do not let liquid enter the controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
10. Increased risk due to leakage current can result if this equipment is not grounded properly.
11. The treadmill must be on an appropriate, dedicated electrical circuit. Nothing else should be connected to the circuit.
12. Do not stand on treadmill hood or front trim cover.
13. Close supervision is necessary whenever the machine is used by or near children, invalids, or disabled persons.

Failure to follow the conditions set forth below shall limit, to the extent allowed by law, Nautilus® Inc. responsibility for the safety, reliability, and performance of this equipment.

- The operator manual must be read in full by each owner and trainer before the product is first used. Each user must be instructed in the proper use of the treadmill and its accessories.

Do not remove the treadmill hood: dangerous voltages are present. Components are serviceable only by qualified service personnel.

- The electrical wiring within the treadmill setting and the electrical installation of the treadmill must comply with the applicable local or provincial requirements.
- The equipment must be used in accordance with the instructions for use.
- For further information or instruction on use, maintenance or specifications, please contact your Authorized Nautilus® Retail Outlet.



## GETTING STARTED



Power Switch

### Turning On the Power

The treadmill can be turned on by moving the power switch located at the front of the treadmill to the ON position. The unit will be in sleep mode, all displays will be blank. Pressing any key, except STOP, will cause the displays to light up and the treadmill to enter Standby Mode. Unit will return to Sleep Mode after 30 minutes of inactivity. Be sure to turn treadmill off when not in use. Pressing the STOP Key while in Standby Mode brings unit to Sleep Mode but does not turn off power.

### Understanding the Display and Controls

The treadmill display is a computerized panel used to operate the treadmill and see all workout data and operational status. You should familiarize yourself with the operation of the treadmill and location of all keys before beginning use.

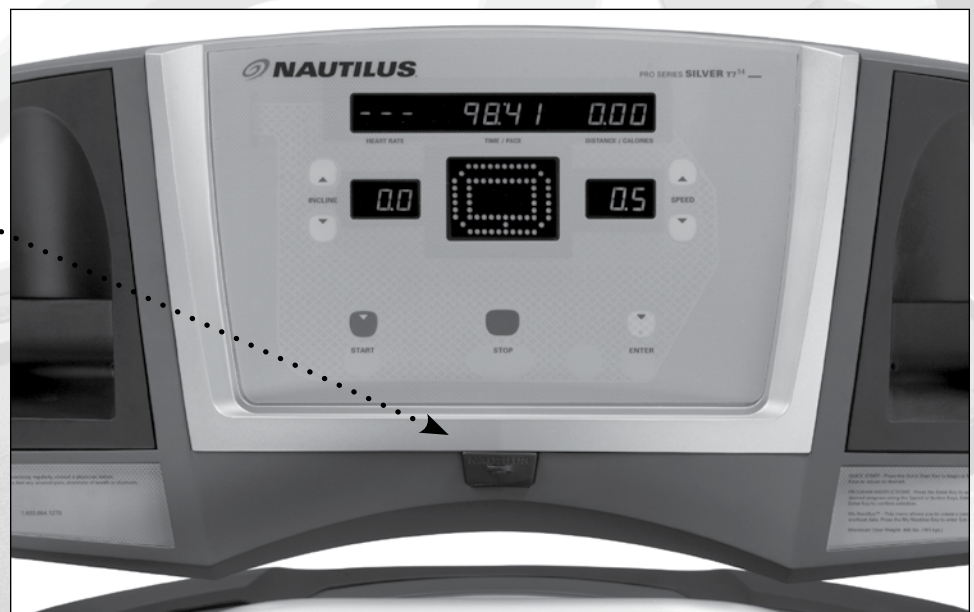
### Treadmill Magnetic Safety Stop Cord



## IMPORTANT

The emergency stop cord should always be in use while on your treadmill. The magnetically activated switch is located on bottom of the display console. This magnetic key is an emergency shut off and will abruptly stop the walking belt should you fall down while using the treadmill. Always be sure the cord is securely clipped onto an article of clothing. **Removing this magnetic key while not in use will prevent children or unwanted users from operating the treadmill.**

Emergency Stop Key



## Guidelines For Getting On and Off the Treadmill

Instruct each user in the following guidelines for getting on and off the treadmill.

1. Magnetic safety cord should be in place on the display and should be securely clipped onto an area of clothing approximately waist high.
2. The walking belt should be moving at minimum speed before the user steps onto the treadmill.
3. Stand next to the treadmill and place both hands on the front handrail.
4. Straddle the walking belt or step onto the side of the deck. Step onto the moving belt and begin walking.
5. (Optional) To get the feel of the moving belt place the foot nearest the treadmill on the walking belt and let it move backwards. Lift it and repeat several times until comfortable with the treadmill speed.
6. When walking comfortably on the treadmill, let go of the handrail.
7. While walking on the treadmill:
  - Face forward. Avoid looking down at the walking belt.
  - Maintain speed by keeping a consistent distance from the handrail.
  - Adjust the speed and incline as desired. Hold the handrail as the speed and incline change.
8. Before stepping off the treadmill, place one hand on the handrail, wait for the belt to stop, then step off.





## HEART RATE MONITORING



**Telemetry (e.g., Polar®) belt.** The wireless heart rate chest belt supplied with your treadmill transmits the heart beat signal to the receiver in the display. The display shows the heart rate in beats per minute and uses the heart rate value in heart rate control mode. (See Programming Instructions for more information)

### WARNING!

**Pacemaker users should not use the telemetry transmitter before consulting with their doctor.**

Heart rate monitoring helps users monitor their levels of exertion by displaying the heart rate during exercise.

### Telemetry Heart Rate

The telemetry heart rate monitoring system consists of the receiver, located in the display, and a transmitter belt worn across your chest. The monitoring function is activated as soon as you strap on the chest belt and step within range of the receiver in the machine. Two electrodes on the underside of the chest belt sense the heart rate signal and send it to the receiver. The far right decimal point in the Heart Rate Display pulses to indicate that the display is receiving a valid signal. A microprocessor in the controller calculates the heart rate and shows it, in beats per minute, on the display.

Before you put the transmitter belt on, wet the two electrode patches (the grooved rectangles on the reverse side of the belt). Secure the transmitter belt as high under the pectoral muscles (chest) as is comfortable. The transmitter belt should fit snugly and comfortably, and allow normal breathing.

After the initial heart rate signal is detected, the display will enter a validation phase in which four good heart beat signals lasting four seconds are required before locking on telemetry heart rate signals for the duration of the workout session.

If your heart rate is not being displayed, try the following:

- Move closer to the display.
- Tighten the elastic band on the chest belt.
- Adjust the belt higher or lower on your chest.
- Remoisten the electrodes.
- Test your chest strap with a machine that you know is working, or with a heart rate watch that you know is working.

### Maintaining the Transmitter Belt

Clean the chest belt regularly with mild soap and water, then dry thoroughly — residual sweat and moisture keeps the transmitter active and will drain the battery in the transmitter. Do not use abrasives or chemicals such as steel wool or alcohol for cleaning, as they can damage the electrodes permanently. The supplied chest belts use a sealed battery and are non-replaceable. Batteries in a chest belt will last on average for 1500-2000 hours of use. Replacement belts can be purchased from an Authorized Nautilus® Fitness Retailer.

# TREADMILL DISPLAY DEFINITIONS

The following describes the display functions and specifications on the Pro Series treadmills.

**Incline** — The treadmill incline is displayed in percent elevation. The Pro Series treadmill has an incline range of 0 to 12%.

**Time** — The selected workout time is displayed in the upper center display. In the Time Based workouts, the timer will count down to 0:00 from the preset time you have selected. In the 5K Distance program, HRC Weight Loss and HRC Cardio, the timer will count up. The timer will also count up if START is pressed without selecting a workout program (This is a QUICK START).

**Speed** — The treadmill speed is displayed in miles per hour (or kilometers per hour) in the lower right display. The Pro Series T7 14 treadmill has a speed operation range of 0.5 mph to 12 mph (0.8 kph to 19.2 kph).

**Heart Rate** — Current heart rate is displayed in beats per minute in the upper left display.

**Distance** — Provides a cumulative total of the equivalent distance, in miles (or kilometers if your display is set to metric units), you have traveled in the upper right display (shared with Calories)

**Calories** — Provides a current total of the number of Calories burned during a workout in the upper right display (shared with Distance) Note: this number is only an approximation as a user's caloric expenditure will vary significantly based on a person's age, gender, weight and metabolism.

**Pace** — Displays the walking/running pace in minutes per mile (or minutes per kilometer). This time displayed is the time it will take you to complete one mile (or kilometer) at your current rate.

Pace is shown in upper center display (Time display) for 4 seconds anytime speed is modified using the Speed Up and Down Keys. For speeds less than 0.7 mph, Pace is displayed in the format 000 where Pace is expressed in minutes only (no seconds). For speeds greater than or equal to 0.7 mph, Pace is displayed in the format 00:00 where Pace is expressed as minutes and seconds.

**Workout Profile** — The dot-matrix area of the display shows the actual course profile of the selected exercise program. The taller the column, the higher the incline and/or speed for that interval. The flashing column shows your current interval.

00:01  
00:02  
00:03  
00:04



## TREADMILL KEY FUNCTIONS

**Start Key** — The START Key starts the walking belt with a gradual increase to the default start speed of the workout program selected. You can also use this key Quick-Start workout session. This allows you to bypass entering in information and simply starts the treadmill belt at a speed of 0.5 mph.

**Stop Key** — During a workout, pressing the STOP Key once will stop the walking belt and bring the treadmill to the Pause Mode. This allows you to interrupt your workout to answer a phone, get a drink of water, etc. Pressing the START Key twice will resume your workout.

If the STOP Key is pressed twice, all workout data will be erased and treadmill will return to the Standby Mode.

Pressing the STOP Key a third time will turn off all displays and treadmill will return to Sleep Mode.

**Enter Key** — Confirms information selections and stores the information used to calculate workout statistics.

**Incline Up & Down Keys** — The treadmill incline may be changed at any time during a workout. Pressing the INCLINE UP key increases the incline and pressing the INCLINE DOWN key decreases the incline. The treadmill incline increases or decreases by increments of 0.5%.

**Speed Faster & Slower Key** — The treadmill belt speed may be changed at any time during a workout. Pressing the SPEED DOWN Key decreases the belt speed and pressing the SPEED UP key increases the belt speed. The belt speed increases or decreases by increments of 0.1 MPH (0.1 KM/H).



**IMPORTANT** Note: It is important to know that the speed change up or down is not immediate. Speed will gradually increase or decrease so be sure to allow the treadmill to adjust to a new speed before changing again to avoid overshooting your desired speed.



# PROGRAM MENU & OPERATION

## Program Overview

The Pro Series treadmills have a wide variety of programming options with a great amount of flexibility to allow anyone of any fitness level to use. The program menu has is comprised of six different categories of programs detailed below.

**Time Goal Program** — This is a manually operated program in which you have complete control over your speed and incline.

**Time Based Programs** — These are programs in which you determine your desired workout time and the programs 24 workout segments are equally divide by this time.

**Interval Training Programs** — These programs are also time based but with greater variation in speed and higher inclines. These programs will be a bit more challenging.

**Distance Based Program** — This program has a predetermined distance allowing you to increase or decrease your workout time depending on your speed.

**Custom Workouts** — For added variety you can create and store your personal workouts.

**Heart Rate Control Programs** — These programs use your heart rate to automatically regulate your workout intensity. (Note: Your heart rate chest strap must be worn to perform these workout programs)



## TIME GOAL PROGRAM

GOAL PROGRAM

NAUTILUS®

00:01  
00:02  
00:03  
00:04

### Time Goal Workout

#### P1

**This is a manually operated program in which you have complete control over your speed and incline**

### Time Goal Program Set Up

**Use the following steps to select this program.**

1. Press the ENTER key to enter program menu.
2. Enter your weight using the SPEED UP/DOWN and press the ENTER Key to confirm.
3. TIME GOAL (P1) will be the first program displayed. Press ENTER to confirm selection.
4. Enter in your desired workout time using the SPEED UP/DOWN Keys and press ENTER Key to confirm.
5. "PRESS START TO BEGIN" will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will countdown from your preset time.

During operation a 0 mile track will appear in the dot matrix. The runner's progress will be plotted inside the track as distance accumulates.

# TIME BASED PROGRAMS

## Time Based Workouts

### P2 Smooth Strolling

An intermediate program with gradual incline changes and slow warm up and cool down in speed.

### P3 Beginning Walker

A great program for people just getting started or those days when a less challenging workout is right.

### P4 Rolling Hills

This program is designed to allow you to focus on a steady walking / running pace with plenty of challenging hills. This is an ideal weight management program.

## Time Based Program Set Up

1. Press the ENTER Key, to enter program menu.
2. Enter your weight using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
3. Press the SPEED UP/DOWN Keys to select the desired program and press ENTER to confirm selection.
4. You will now be prompted to enter in a MAX SPEED. This max speed is the fastest that you would like to go during this program. All of the segments of the program are based on a percentage of this maximum speed so this in effect is your level adjustment. You will likely need to experiment with this to find a level that you are comfortable with. Press the SPEED UP/DOWN Keys to select the desired max speed and press ENTER to confirm selection.
5. You will be prompted to enter in a workout time. Enter in your desired workout time using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
6. "PRESS START TO BEGIN" will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will countdown from your preset time.

The dot-matrix area of the display will show the actual course profile of the selected exercise program. The taller the column, the higher the incline for that interval. The flashing column shows your current interval.



## INTERVAL TRAINING PROGRAMS

00:01  
00:02  
00:03  
00:04

### Interval Training Workouts

#### P5 Speed Intervals

Provides a flat running course with progressively faster speed intervals. Offers a great "speed work" for runners and joggers looking to increase their pace.

#### P6 Hill Intervals

A serious "thigh burner" with two steep hills and gradual speed increase. A perfect program for hikers, cyclists and skiers.

### Interval Training Program Set Up

1. Press the ENTER Key, to enter program menu.
2. Enter your weight using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
3. Press the SPEED UP/DOWN Keys to select the desired program and press ENTER to confirm selection.
4. You will now be prompted to enter in a MAX SPEED. This max speed is the fastest that you would like to go during this program. All of the segments of the program are based on a percentage of this maximum speed so this in effect is your level adjustment. You will likely need to experiment with this to find a level that you are comfortable with. Press the SPEED UP/DOWN Keys to select the desired max speed and press ENTER to confirm selection.
5. You will be prompted to enter in a workout time. Enter in your desired workout time using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
6. "PRESS START TO BEGIN" will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will countdown from your preset time.

The dot-matrix area of the display will show the actual course profile of the selected exercise program. The taller the column, the higher the incline (P6), or speed (P5), for that interval. The flashing column shows your current interval.

## Distance Based Workout

### **P7** **Fun Run 5K**

**A 5-kilometer run (3.1 miles), filled with moderately challenging hills. Try to top your personal best! This program is a set distance, the faster you decide to exercise, the quicker your workout.**

## Distance Based Program Set Up

1. Press the ENTER Key, to enter program menu.
2. Enter your weight using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
3. Press the SPEED UP/DOWN Keys to select the Distance based program (P7) and press ENTER to confirm selection.
4. "PRESS START TO BEGIN" will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will count up from 0.

The dot-matrix area of the display will show the actual course profile of the selected exercise program. The taller the column, the higher the incline for that interval. The flashing column shows your current interval.



## HEART RATE CONTROL PROGRAMS

HRC PROGRAMS

NAUTILUS®

### Heart Rate Training Workouts

The Heart Rate Control programs are designed to monitor your heart rate and automatically adjust the workout intensity to keep you at a specific heart rate. This is done by changing the treadmill's incline. Your heart rate transmitter belt must always be worn while using any of the heart rate control programs.

### Heart Rate Control Workouts

#### P8 Heart Rate Control 65% (HRC Weight Loss)

A beginning or recovery heart rate control program that keeps you at 65% of your maximum heart rate.

#### P9 Heart Rate Control 80% (HRC Cardio)

A moderate to advanced heart rate control program that keeps you at 80% of your maximum heart rate.

### Heart Rate Control 65% Program Set Up

This program is designed to keep you exercising at 65% of your maximum heart rate. Your maximum heart rate is an approximation and is determined by subtracting your age from 220.

#### Example:

<p><b>User is 40 years of age</b></p>	<p><b><math>220 - 40 = 180</math></b> (180 beats per minute would be the approximate maximum heart rate for a 40 year old user)</p>	<p><b><math>180 \times 65\% = 117</math></b> (117 beats per minute would be the default target heart rate for a 40 year old user in this program)</p>
---	---	---

1. Press the ENTER Key, to enter program menu.
2. Enter your body weight using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
3. Press the SPEED UP/DOWN Keys to select the HEART RATE — 65% program (P8) and press the ENTER Key to confirm.
4. You will be prompted to enter in your age. Enter your age using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
5. You will be prompted to enter in a target heart rate. Your approximate target heart rate will be shown. You can accept this number by pressing the ENTER Key or you can adjust this number by using the SPEED UP/DOWN Keys and pressing ENTER to confirm.
6. "PRESS START TO BEGIN" will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will count up from 0.
7. Adjust your speed to a comfortable warm-up pace. As you approach

# HEART RATE CONTROL PROGRAMS

your target heart rate the treadmill will automatically begin to adjust the incline to keep you in your which your target heart rate range. Pressing the INCLINE UP/DOWN keys will cause the target heart rate value to be shown in the Heart rate display and may be used to modify this value anytime during the workout.

## Heart Rate Control 80% Program Set Up

This program is designed to keep you exercising at 80% of your maximum heart rate. Your maximum heart rate is an approximation and is determined by subtracting your age from 220.

### Example:

<b>User is 40 years of age</b>	<b>220 – 40 = 180</b> (180 beats per minute would be the approximate maximum heart rate for a 40 year old user)	<b>180 x 80% = 144</b> (144 beats per minute would be the default target heart rate for a 40 year old user in this program)
--	--	--

1. Press the ENTER Key, to enter program menu.
2. Enter your body weight using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
3. Press the SPEED UP/DOWN Keys to select the HEART RATE — 80% program (P9) and press the ENTER Key to confirm.
4. You will be prompted to enter in your age. Enter your age using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
5. You will be prompted to enter in a target heart rate. Your approximate target heart rate will be shown. You can accept this number by pressing the ENTER Key or you can adjust this number by using the SPEED UP/DOWN Keys and pressing ENTER to confirm.
6. “PRESS START TO BEGIN” will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will count up from 0.
7. Adjust your speed to a comfortable warm-up pace. As you approach your target heart rate the treadmill will automatically begin to adjust the incline to keep you in your target heart rate range. Pressing the INCLINE UP/DOWN keys will cause the target heart rate value to be shown in the Heart Rate display and may be used to modify this value anytime during the workout.

## WARNING!

**Consult your physician to determine an appropriate target heart rate in which to exercise based on your age, weight and physical condition. While Nautilus® provides some target heart rate ranges, these are only approximations and should not be viewed as a medical recommendation.**



## CUSTOM WORKOUT PROGRAMS

### P10 & P11 Custom Workouts

**These programs allow you to create and store your two different custom course profiles.**

### Selecting a Custom Program

1. Press the ENTER Key, to enter program menu.
2. Enter your body weight using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
3. Use the SPEED UP/DOWN Keys to select a default, or previously entered, custom program (P10 or P11). Press START to select a program.
4. You will be prompted to enter in a workout time. Enter in your desired workout time using the SPEED UP/DOWN Keys and press the ENTER Key to confirm.
5. "PRESS START TO BEGIN" will scroll across matrix display and the upcoming speed and grade will be shown in their respective displays. Press the START key to begin your workout. The time will countdown from your preset time.

The dot-matrix area of the display will show the actual course profile of the selected custom program. The taller the column, the higher the incline for that interval. The flashing column shows your current interval.

### Creating a Custom Program

1. Press the ENTER Key while in Standby Mode.
2. Use the SPEED UP/DOWN Keys to select a default, or previously entered custom program (P10 or P11). Press ENTER to edit a program.
3. The first segment of the program will flash on the left side of the dot matrix. Enter in your desired speed and incline for this first segment using the SPEED UP/DOWN or INCLINE UP/DOWN Keys and press ENTER to confirm.
4. Repeat this step for all 24 segments of the program.
5. Custom Program set up is now complete. This program can now be selected from the program menu.
6. To change any or all Custom Program segments, repeat steps 1 thru 4.
7. Also, any speed and/or grade changes made during the running of a custom program will be saved (remembered) at the end of that interval.

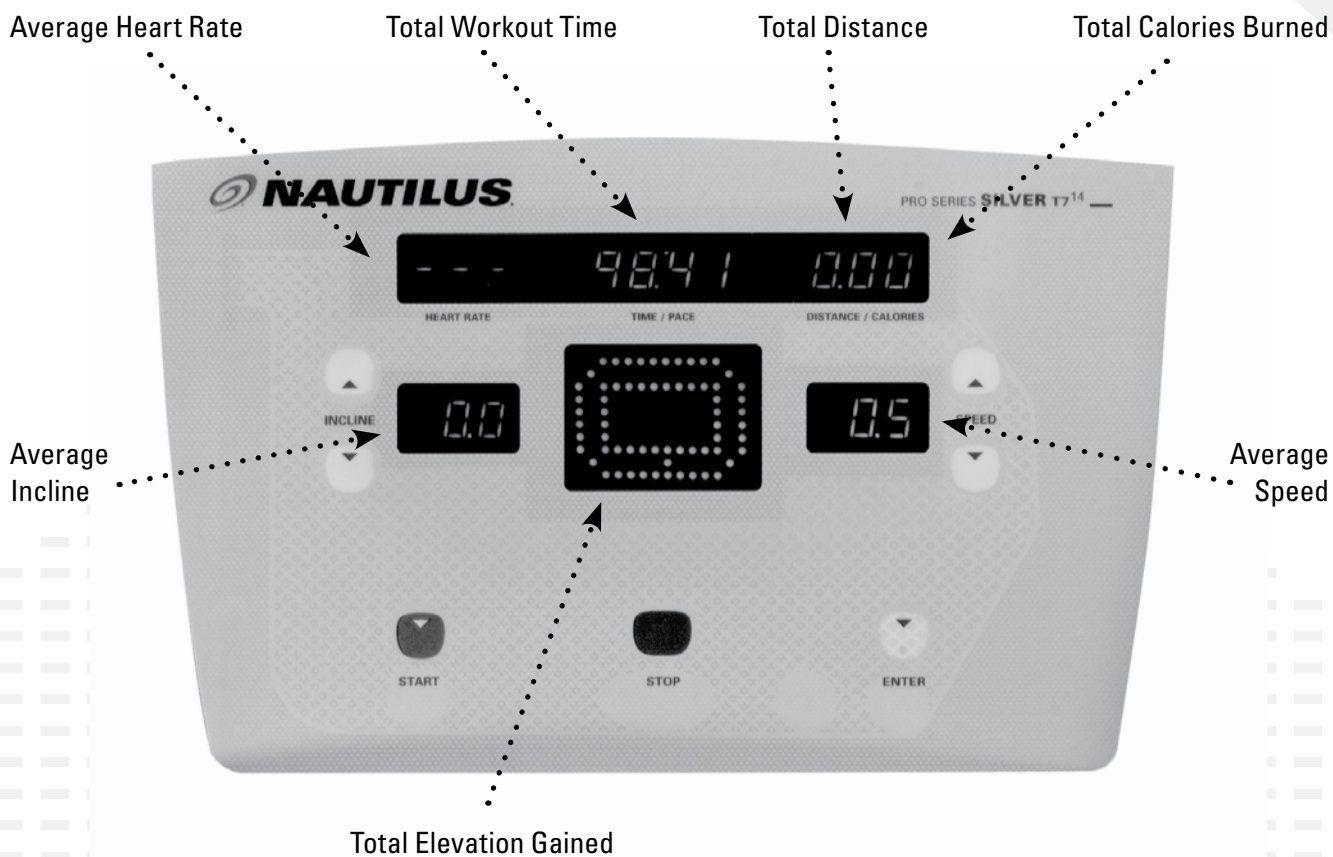
# RESULTS SUMMARY

## Results Mode Workout Summary

At the completion of each workout, the display will enter into the Results Mode. The Results Mode will recap your workout and display the following workout data.

- Total Workout Time will be shown in upper center display
- Total Distance for workout will be shown in upper right display for 4 seconds
- Total Calories Burned for workout will be shown in upper right display for 4 seconds
- Average Speed of workout will be shown in the Speed display
- Average Incline of workout will be shown in the Incline display
- Average Heart Rate for workout will be shown in upper left display
- Total Elevation Gained for workout and Total Odometer of treadmill will scroll across dot-matrix display.

Unit will return to Standby Mode after 3 minutes



## EXERCISE & FITNESS GUIDELINES



No single fitness program is suitable for all. All fitness programs should be designed by fitness professionals who are trained to tailor the program to the individual goals and fitness levels of each client. The following information on exercise intensity, duration, and frequency is based on averages and is included here only as a guideline for use by fitness professionals. Programs should be altered for comfort and safety when necessary.

### Exercise and Health

It is not a secret that lack of exercise is increasingly becoming a major health issue. Obesity is on the rise, and being overweight can contribute to an increased risk in heart attack, diabetes, high blood pressure and other life threatening illnesses.

Most people do not get enough activity during the day to make up for the time they spend at their desks, driving their cars or sitting in front of their televisions. We have learned that exercising is not simply something we must do to look good and have a great body. Exercise is a requirement for health, and overall wellness, not to mention it can help you feel great!

The good news is that we are seeing more and more research that indicates we don't have to work out intensely to see the benefits. Sure, it is great if you can workout for 30-40 minutes at a time, five days a week. But it is not essential. Shorter bouts of exercise can have a great effect (especially if you are just starting out), and a little bit of exercise at a time is much better than none at all.

And what is really exciting is that research indicates that whether you are young or old, people who workout at light to moderate intensities may have an easier time sticking to their exercise programs than those people who work out harder and more often.

So, you do not need to be an athlete or a fitness "die-hard" to benefit from exercise... you just need to get started, work out at levels that are comfortable and enjoyable to you and stick with it!



### Your New Home Fitness Program

There are many great reasons why home exercise equipment has increased in popularity over the years, but topping the list is convenience. For any fitness program to be successful, it must be something you will stick to on a regular basis. With home exercise equipment, you can roll out of bed, put on a pair of sweats and start working out while the coffee is brewing. No getting in the car and having to drive to the health club. No standing in line waiting for the equipment to become available.

And there is the comfort and safety factor. Who wants to walk or run outside when it is dark or is raining? Or try to ride a bike in the middle of heavy traffic? With your home exercise equipment, you can exercise in the comfort and security of your air-conditioned home.

Privacy and cleanliness are also important. Now you can exercise without feeling rushed or that anyone is looking at you (which is great if you are embarrassed about carrying around a few extra pounds). No more sharing sweaty equipment, or wondering if you will catch athlete's foot in the health club shower.

The biggest advantage, however, may simply be the time factor. With work schedules ever-changing and busy family obligations, a home gym offers the benefit of being able to work out when it is most convenient for you. No classes to time your schedule around, or peak times to avoid. This is especially convenient if you have children at home.

It couldn't be easier!

## EXERCISE & FITNESS GUIDELINES

### Steps to Getting Started

Once you have made the commitment to start exercising at home, here are some suggestions that may help you stay motivated.

**The first step is the most difficult.** Any new habit is difficult to establish at first, but it can be done. Be patient, and plan to start slow and easy. Less is more when you are first starting out... don't overdo it!

**Get a physical exam.** If you have been inactive for several years or new to an exercise program, be sure to ask your doctor before beginning any exercise program. Especially if you are over 30, have health problems or have a history of heart disease in your family.

**Plan for your home fitness center.** Set aside an area or a room in your house or apartment that is exclusively for fitness, and make sure that it is as comfortable as possible, so you'll enjoy using it. If you like music, watching television or looking outside while exercising, make sure these things are accessible. Remember, if you don't enjoy the space you are exercising in, you won't be motivated to continue your program.

**Find an exercise buddy.** Research has shown that starting an exercise program with someone can increase your chances of sticking to it. If you have a buddy that is also starting a program, you can encourage, motivate and challenge each other.

**Make fitness a part of your schedule.** Include it in your daily planner just as you would any other appointment. Plan ahead for the week so that you can be sure to fit it in. Even if you are pressed for time one day, a little exercise is better than none at all. Do what you can to fit it in, even if you have less time than you hoped for.

**Use positive affirmations.** Affirmations will help you program your subconscious to accept new beliefs. Saying to yourself a couple of times a day, "I am living a healthier lifestyle by exercising several times per week at home," can help you stay on track.

**Set goals.** Setting goals can be helpful in keeping you motivated, but remember to keep them realistic. Short-term and long-term goals can make this easier. How many days do you want to exercise this week? How many workouts would you like to have done in 90 days or a year?

# EXERCISE & FITNESS GUIDELINES

## Components of Fitness

Over the past 25 years, many people have focused on walking, running, cycling, swimming and other types of aerobic activity as their only means of exercise.

However, we have learned that two other components of fitness are just as important. These other two components are muscle strength and flexibility. So in addition to having a strong heart and lungs, we also need to be able to pick up a full bag of groceries and tie our shoes without having to sit down.

When developing your home fitness program, it is only appropriate that you develop all three components in order to achieve balanced overall fitness. Let's take a look at all three components:

**Cardiovascular fitness** is training the heart and lungs to be stronger and deliver more oxygen throughout your body with less effort. It can help reduce the risk of heart disease, and help you manage your weight. It is the cornerstone of fitness, and can be achieved in many ways such as walking or running on the treadmill or outdoors, climbing stairs, cycling, or swimming in the pool or ocean.

For many years, it was suggested that moderate level cardiovascular activity (activities that make you sweat and breathe and a moderate pace) should be done 3 — 4 days a week for 15 — 45 minutes at a time. It is now recommended that you attempt to do some cardiovascular activity EVERY day, if possible.

The good news is that the cardiovascular activity does not need to be moderately intensive everyday, nor does it need to be sustained for 15 — 45 minutes at a time.

So while it is ideal to challenge your heart and lungs by doing something like a strong power walk every other day for 15 — 45 minutes, it is more important to make sure you do at least a little bit of cardiovascular activity every day, even if you don't do it for very long or very intensely.

For example, you might try using your Nautilus® treadmill for a scheduled, moderate level workout for 20 — 30 minutes on Monday, Wednesday, Friday and Sunday (see the intensity monitoring section for further details on how hard to workout). On the other days, you might try going for a leisurely stroll 10 minutes in the morning and in the evening (or whenever you can fit it in).

Whatever you do, just make sure you get your body moving, and your heart and lungs pumping for some period of time every day.





## EXERCISE & FITNESS GUIDELINES



**Muscular Strength** is training your muscles to remain strong using resistance such as dumbbells, elastic tubing or your body weight. In the past decade, we have learned that building or maintaining muscular strength is extremely important for a balanced fitness program. And it is especially important as we get older.

We have learned through a variety of studies that those individuals who just train aerobically (without strength training) do maintain their cardiovascular endurance over the years, but they generally lose lean muscle mass as they get older. However, those individuals who combine strength training and cardiovascular training can maintain their lean body mass as they get older. What this means is that if you just do cardiovascular activity, your body will naturally lose muscle mass as you get older, and that means that you will actually get “fatter” as you age, unless you incorporate strength training.

We have also learned that consistent strength training helps maintain bone and muscle mass as we get older. For women, strength training (along with cardiovascular training) may also protect against post-menopausal bone loss and osteoporosis in their later years.

And strength training is not complicated. It is recommended that you do 8 — 12 repetitions of 8 — 10 major muscle groups at least 2 days a week. However, you don't have to do all these exercises at once. You can break them up into shorter workouts throughout the day. For example, you can do just upper body exercises in the morning, and your lower body exercises in the evening. Or, you can alternate strength exercises with cardiovascular exercise (often known as circuit training) by switching back and forth every couple of minutes.

The best part is you don't need complicated equipment or fancy machines. You can do everything you need to do with a simple pair of dumbbells, or you can try the new Nautilus® SelectTech dumbbells, which provide you a wide variety of weight options in a revolutionary all-in-one dumbbell. You can use elastic tubing, or simply do body weight exercises such as push-ups or lunges.

**Flexibility** is being able to bend, reach, twist and turn with comfort and ease as we perform daily tasks, play or exercise. It is perhaps the most ignored component of fitness, but certainly the easiest one to incorporate into our daily lives because it can be done anywhere and almost at any time.

To maintain your flexibility, you simply need to stretch. This could be as simple as reaching for your toes, or reaching overhead when you wake up in the morning.



## EXERCISE & FITNESS GUIDELINES

You can even incorporate stretching into your strength training workouts by stretching the muscles you have used immediately after you have completed your exercise set.

Like cardiovascular training, it is recommended that you stretch every day. However, you do not need to create a formalized program. You can simply make sure that you stretch your major muscle groups throughout the day. Make sure you include your thighs, calves, hamstrings, back, chest, neck and shoulders.

Do what feels good, but also remember to mix it up. Don't just do traditional "reach and hold" stretches. Also, try gently moving through a range of motion that is comfortable to you. For example, you don't have to stretch your neck simply by pulling on your head with your hand. You can also just rotate the neck slowly around and look side to side.

### Nutrition

Of course, every good health and fitness program will also include a good nutrition component. Good nutrition is likely the most important factor in maintaining ideal body weight and managing weight loss.

There are a variety of schools of thought regarding which nutrition program, diet or eating plan is best. While we do not promote or endorse any particular one, here are some things to consider that will help you get on the road to a healthy diet:

**Understand caloric balance.** How many Calories you intake, and how many Calories you burn off will determine whether you will gain or lose weight day to day. It is impossible to achieve weight loss without some sort of "Caloric deficit" that can be obtained through cutting Calories, or burning off more than you take in. The wisest approach is to do a little of both — cutting Calories and exercising. It is the only proven long-term weight management program that is successful. You should ensure that you are consuming at least 1,200 Calories per day total. A total weight loss of no more than 2 pounds per week is recommended for long-term weight management.

**Eat a variety of foods.** Regardless of your eating plan, you should be sure to include a variety of foods in your diet, maximizing your intake of fruits and vegetables whenever possible. Colorful meals and snacks that are divided amongst the 4 food groups will ensure that you obtain the nutrients needed for your body to function at optimal levels. Any diet that focuses on just one food group source or processed foods can be unhealthy in the long run, and should be





avoided. Don't focus too much on any particular meal or snack, but rather on your overall intake of a variety of different foods during any given day.

**Drink water.** Our bodies are made up of over 70% water, and most of us don't drink enough. Carry water with you everywhere you go, and drink as often as you can. This helps the body function at optimum levels, and can significantly help with weight management.

**Eat more often and be mindful of your portions.** Research has shown that it can be helpful to eat smaller meals more often versus 3 larger meals a day if you are looking to promote healthy weight maintenance or weight loss. And we have discovered that many portions we eat are much larger than necessary, and can be laden with Calories. So, try snacking more and not eating so many large meals, and share your snacks or food with others (or break your portions in half) to help manage your Caloric intake.

## Monitoring Your Intensity

When you are doing cardiovascular workouts, it is important that you work at the appropriate intensities when you are first starting out. It is also important that you workout at a variety of intensities after you have built a fitness base.

Research in recent years has indicated that one of the best ways to monitor your cardiovascular intensity is to pay close attention to how you are feeling when you workout. Most individuals can do a very good job of choosing the correct intensities if they simply categorize how they feel into one of four intensity "zones."

These zones could be described the following ways:

<b>Zone 1</b>	<ul style="list-style-type: none"> <li>• Easy</li> <li>• Warm-up</li> <li>• Cool-down</li> </ul>
<b>Zone 2</b>	<ul style="list-style-type: none"> <li>• Challenging, but comfortable</li> <li>• Steady endurance pace</li> </ul>
<b>Zone 3</b>	<ul style="list-style-type: none"> <li>• Challenging, and slightly uncomfortable</li> <li>• Race pace</li> <li>• Borderline out of breath</li> </ul>
<b>Zone 4</b>	<ul style="list-style-type: none"> <li>• Breathless</li> <li>• Not maximum, but winded</li> <li>• Can't keep the pace for very long</li> </ul>

## EXERCISE & FITNESS GUIDELINES

When you are first starting out, you should exclusively work in the Zone 1 and Zone 2 intensities. After a few weeks, you can occasionally incorporate Zone 3 and Zone 4 intensities for short periods of time. Remember, when you begin to incorporate Zone 3 and Zone 4 intensities, you will find that you will likely have to drop down to Zone 1 intensities shortly thereafter as brief recovery periods.

For variety, you can spend a little bit of time in each of the four Zones during one workout, and then spend your time in just one Zone during the next workout.

Prenatal woman should always remain at Zone 1 and Zone 2 intensities, and anyone unaware of their current medical condition should also avoid Zone 3 and Zone 4 without prior clearance from their doctor.

These Zones can be translated into target heart rate numbers if your home fitness product has a grip or telemetric heart rate counter. Research has shown the best way to do this is not to establish heart rate numbers based upon age, but rather based upon how you feel.

The following chart will allow you to log your heart rate numbers based upon how you feel when working out. Simply log the heart rate numbers you find when you feel you are working at each of the specific intensities.

Zone	Description of Workout Intensity	Approximate Percentage of Maximum Heart Rate	Log Your Heart Rate	Your Heart Rate
1	<ul style="list-style-type: none"><li>• Easy</li><li>• Warm-up</li><li>• Cool-down</li></ul>	50% — 65%	Enter the heart rate you get when you are working in Zone 1 ►	
2	<ul style="list-style-type: none"><li>• Challenging, but comfortable</li><li>• Steady endurance pace</li></ul>	65% — 75%	Enter the heart rate you get when you are working in Zone 2 ►	
3	<ul style="list-style-type: none"><li>• Challenging, and slightly uncomfortable</li><li>• Race pace</li><li>• Borderline out of breath</li></ul>	75% — 85%	Enter the heart rate you get when you are working in Zone 3 ►	
4	<ul style="list-style-type: none"><li>• Breathless</li><li>• Not maximum, but winded</li><li>• Can't keep the pace for very long</li></ul>	85% — 90%	Enter the heart rate you get when you are working in Zone 4 ►	

## EXERCISE & FITNESS GUIDELINES



As you get in better shape, the heart rate number you obtain for each zone will get higher and higher, which means your heart is able to handle higher intensities. Or you may find that your numbers don't change, but you are able to stay in Zone 3 and Zone 4 longer than you used to.

Don't get too attached to any specific number or target heart rate. If you train properly, you will notice numbers that used to be difficult have now become easier. You will also notice that if you are sick or over-tired, you may find that numbers that usually feel fairly easy are one day much harder, and it is a good sign to take a break. If you notice that numbers that are usually very challenging are one day fairly easy, then it is a good time to push yourself.

Listening to your body, and using your heart rate numbers (when available) will enable you to keep track of your intensity and see your progress as you train.

### Beating The Dropout Odds

The Surgeon General's Report on Physical Activity and Health summarizes a few main points:

1. Regular physical activity offers substantial improvements in health and well-being for a majority of Americans.
2. If you exercise regularly, you'll reduce your risk of heart attack, cancer, diabetes, high blood pressure, osteoporosis and even the common cold.
3. Regular exercise, regardless of the intensity, can help you control stress, sleep problems and depression.

The benefits of exercise and activity are AMAZING! And yet, only 22 percent of Americans engage in exercise for 20 minutes a day. And even among individuals who begin exercise programs, the dropout rate is about 50 percent.

So, how do you beat these odds? The answer appears to be in how you start and maintain your exercise program as well as how you create a habit of exercise.

Why are you starting an exercise program? For most individuals, it is to lose weight and look better, which are great reasons. However, since changes in your body shape and size can be gradual, and won't happen overnight, it is important to focus on other benefits so that you will remain motivated.

Thrive on the energy that exercise gives you. Watch your health risks scores go down. Pay attention to how much easier everyday activity is. Notice how much

# EXERCISE & FITNESS GUIDELINES

better you are sleeping. These kinds of additional benefits will continue to keep you motivated if you make them just as important to you as weight loss.

Additionally, try not to view exercise as punishment. Look at it as an investment in your health. If you don't feel motivated to workout one day, think of something that is appealing to you that is active, and change your workout. Try not to let your workout become routine or mundane, and always remember that some exercise is better than none at all. So, if you feel you are not motivated to continue, stop your workout early, or skip a day. It just might be the thing you need to get you excited about your next workout.

Possibly the most important thing is to keep progressing your exercise program slowly. Big increases in time or intensity can set you up for injury, and cause you to drop out. Unless you are a world-class athlete, there is no reason to workout at world-class levels. Remember to give yourself some days off and get proper rest.

Finally, try to anticipate lapses. If you are traveling, or your schedule is becoming busier, and you are fearful you may get off track, try planning ahead. For example, book a hotel that has a workout facility or change up your workout so that you keep your interest high and your boredom low. The bottom line is you must be creative and innovative to keep up your fitness program. With some imagination and planning, it is easy to do.

Exercise is one of life's joys. It energizes you, helps you look and feel better and puts you on the road to better health. Your home fitness equipment and gym is worth its weight in gold. Congratulations on making the choice to get started!

## Suggested Reading:

The Complete Home Fitness Handbook by Edmund Burke, Human Kinetics Publisher.

Full Body Flexibility by Jay Blahnik, Human Kinetics Publisher.

Building Strength and Stamina by Wayne Wescott, PhD, Human Kinetics Publisher.

Cross-Training for Dummies by Tony Ryan and Martica Heaner, For Dummies Publisher.



## INSPECTION & CLEANING

**Visually inspect and clean the treadmill regularly. Daily visual inspection should include:**

- Inspect the power cord and walking belt for wear.
- Check the position of the walking belt; be sure it is not rubbing against the frame. The belt should be evenly spaced on the deck within 0.25 inch; adjust if necessary.
- Remove potential hazards from the treadmill area.

### Cleaning

- Daily: Keep the treadmill and display free of dust and debris. Use a damp sponge to wipe the exteriors and walking belt; do not soak surfaces. Dry all surfaces thoroughly.

Use a mild glass cleaner to clean display and keypad areas. Do not spray cleaner directly onto the treadmill. Spray cleaner onto a clean cloth.

## WARNING

DRY MOP THE DECK UNDER THE BELT ONLY. DO NOT ADD ANY LUBRICANTS. ADDING LUBRICANTS CAN RUIN THE PROPRIETARY FRICTION-CONTROL SURFACE.

DO NOT USE DETERGENTS OR CLEANING AGENTS ON ANY PART OF THE DECK.

DO NOT LET LIQUID ENTER THE TREADMILL OR DISPLAY.

- Weekly: Elevate the treadmill to maximum incline and vacuum the floor under it to prevent excess dust and dirt from interfering with operation.

### Treadmill Interior

Depending upon the treadmill environment, dust and or lint can accumulate under the hood. Periodic internal cleaning should be done by a qualified service personnel.

## WARNING

DO NOT REMOVE THE TREADMILL HOOD: DANGEROUS VOLTAGES ARE PRESENT. COMPONENTS ARE SERVICEABLE ONLY BY QUALIFIED SERVICE PERSONNEL.



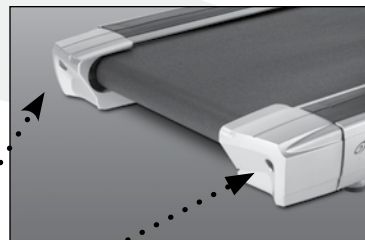
# WALKING BELT MAINTENANCE

## Adjusting the Tension

**WARNING** SECURE LONG HAIR AND LOOSE CLOTHING BEFORE WORKING NEAR THE TREADMILL WALKING SURFACE OR PULLEYS.

As the treadmill's walking belt stretches through use it will become necessary to adjust tension on the belt. This often occurs within the first few months of use. Adjust the belt tension whenever the belt slips or moves unsteadily during operation.

The belt tension is adjusted by moving the rear roller of the treadmill back to reduce slack. This is accomplished by turning the adjustment bolts located on the back of the treadmill.



Adjustment  
Bolts

**IMPORTANT** Do not over tighten walking belt! The belt need only be tight enough to prevent it from slipping during use. Excessive belt tension will decrease belt life and can damage the treadmill rollers and drive system.

1. Using a 1/2 inch socket, turn the left and right adjusting bolts clockwise 1/2 turn. Use care to make each adjustment equal to ensure proper belt alignment.
2. Test the belt by running on the belt at about 4 MPH. Hold the handrail lightly and resist the belt movement with your feet. If walking belt slips, repeat step 1.

## WALKING BELT MAINTENANCE

### Adjusting the Tracking

Perform this procedure whenever the belt moves to one side or the other. Stay off the belt when adjusting the tracking.

1. Start the treadmill at minimum speed and incline.
2. Increase speed to 5 mph and make the following adjustment:
  - a. If the belt moves to the right, turn the right tension bolt  $\frac{1}{4}$  turn clockwise.
  - b. If the belt moves to the left, turn the left tension bolt  $\frac{1}{4}$  turn clockwise.
3. After making an initial adjustment, run the treadmill for five minutes and observe how the belt tracks. If the belt continues to move away from the center, adjust the appropriate side as in Step 2 until properly centered.

▼ ▼ ▼ ▼ ▼  
**IMPORTANT** Do not over tighten walking belt! The belt need only be tight enough to prevent it from slipping during use. Excessive belt tension will decrease belt life and can damage the treadmill rollers and drive system.

### Belt Replacement

If the walking belt becomes worn from heavy usage, it may need to be replaced. Call an Authorized Nautilus® Fitness Retailer to obtain service.

### Moving and Storage of Treadmill

**IMPORTANT** Treadmill is extremely heavy and awkward and requires two people to safely move!

1. Set the treadmill to maximum incline.
2. To avoid electrical shock, turn off the power switch on the treadmill, then remove the treadmill power cord from the power source before moving the treadmill.

**DANGER!** AS LONG AS THE TREADMILL IS PLUGGED INTO A POWERED OUTLET AND THE TREADMILL CIRCUIT BREAKER IS ON, THE UNIT IS RECEIVING POWER, EVEN IF THE DISPLAY IS TURNED OFF.

3. Together, lift the rear of the treadmill, then roll it to the new site using the wheels on the front of the treadmill.

When storing for prolonged periods, cover the treadmill with a dust cover. Do not store in damp areas. Do not store the treadmill on its end as it could fall on someone.

### Using After Storage Period

Before using the treadmill again after moving or storage, check the power cord and all attachments to be sure they are undamaged and securely connected, then test the system for proper operation.

## Warranty Information

All Nautilus® exercise products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of the purchase will be required. Any product sold or placed in an application not recommended by Nautilus® will void any warranty coverage set forth by Nautilus® warranty policies and procedures.

## Time Period

Frame: 30 Years

All other mechanical and electrical parts: 10 Years

Labor: 1 Year

## What this warranty does not cover

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Use in commercial setting such as health clubs, schools, hotels and hospitals.
3. Users weighting more than 350 pounds.
4. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance or failure follow instructions or warnings in Owner's Manual.
5. Use of product in a manner or environment for which it was not designed.

## Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether expressed or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus® shall in no event be liable for

incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus®' liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus® election, to the replacement amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

## Procedures

Warranty service will in most cases be performed by an authorized Nautilus® Fitness Dealer or Service Technician. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Nautilus® Dealer is the responsibility of the purchaser.

1. Nautilus® will have the option to repair or replace any exercise product, which requires service.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus® is not responsible for labor charges in replacing defective frames.
3. Nautilus® is not responsible for dealer labor charges for the component changeovers completed after the labor related warranty period stated herein.
4. If you elect to repair an exercise product or part your self, using the services of someone other than an authorized Nautilus® Fitness Dealer or Service Technician, or use a replacement part not supplied by Nautilus®, Nautilus® shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.

## Important Phone Numbers

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus® office listed below.

### OFFICES IN THE UNITED STATES:

#### CORPORATE HEADQUARTERS

Nautilus®  
1886 Prairie Way  
Louisville, CO 80027  
Phone: 800-864-1270  
Fax: 800-898-9410  
E-mail: customerservice@nautilus.com

#### TECHNICAL SERVICE

Nautilus®  
10757 East Ute Street  
Tulsa, OK 74116  
Phone: 800-864-1270  
Fax: 800-764-7380  
E-mail: customerservice@nautilus.com

### INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

### INTERNATIONAL CUSTOMER SERVICE:

#### NORTH AMERICA OFFICE

Nautilus® Health & Fitness Group  
1886 Prairie Way  
Louisville, CO 80027  
Tel: 800-864-1270 x1603 or 1658  
Fax: 303-402-4817

#### EUROPE HEADQUARTERS

Nautilus® Health & Fitness Group International S.A.  
Rue Jean ProuvÈ 6  
1762 Givisiez / Switzerland  
Tel: + 41 26 460 77 77  
Fax: + 41 26 460 77 70

#### GERMANY OFFICE

Nautilus® Health & Fitness Group GmbH  
Tel: 02204 61027  
Fax: 02204 62890

#### U.K. OFFICE

Nautilus® Health & Fitness Group UK Ltd  
Tel: 01 908 267 345  
Fax: 01 908 267 346

#### ITALY OFFICE

Nautilus® Health & Fitness Group Italy s.r.l.  
Tel: 031 51 10 86  
Fax: 031 34 24 97



©2004. Nautilus, Inc. All rights reserved. Nautilus, the Nautilus Logo, My Nautilus, StairMaster, SelectTech, Changing the Game in Health and Fitness, REACT, ROC, SuperSoft are either registered trademarks or trademarks of Nautilus, Inc.

1886 Prairie Way, Louisville, CO 80027 1-800-864-1270 [www.nautilus.com](http://www.nautilus.com)

PN 41222 (11/04)