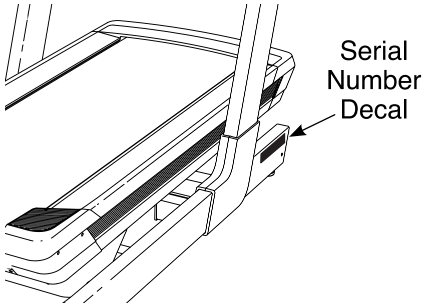
PRO-FORM®
BOSTON MARATHON®

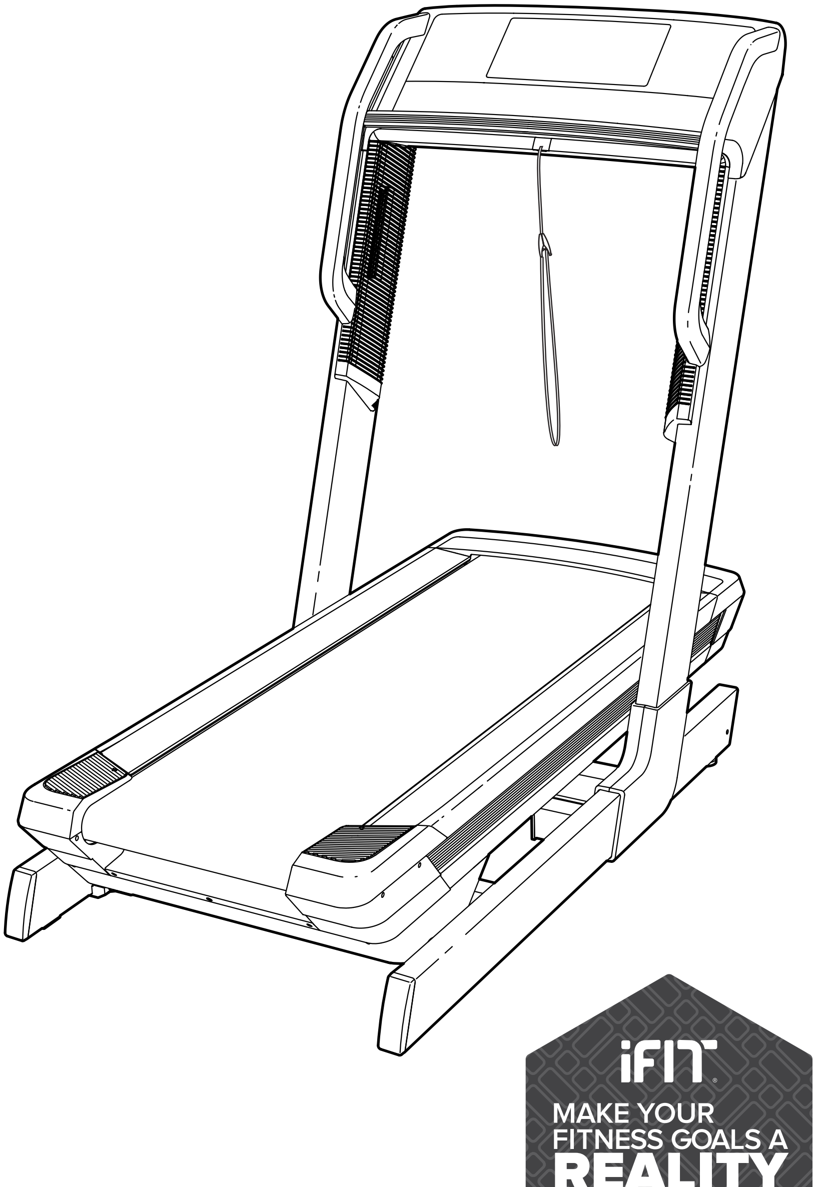
www.freemotionfitness.com

Model No. PFTL40014.2
Serial No. ____________________

Write the serial number in the space above for reference.



USER'S MANUAL



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. Save this manual for future reference.

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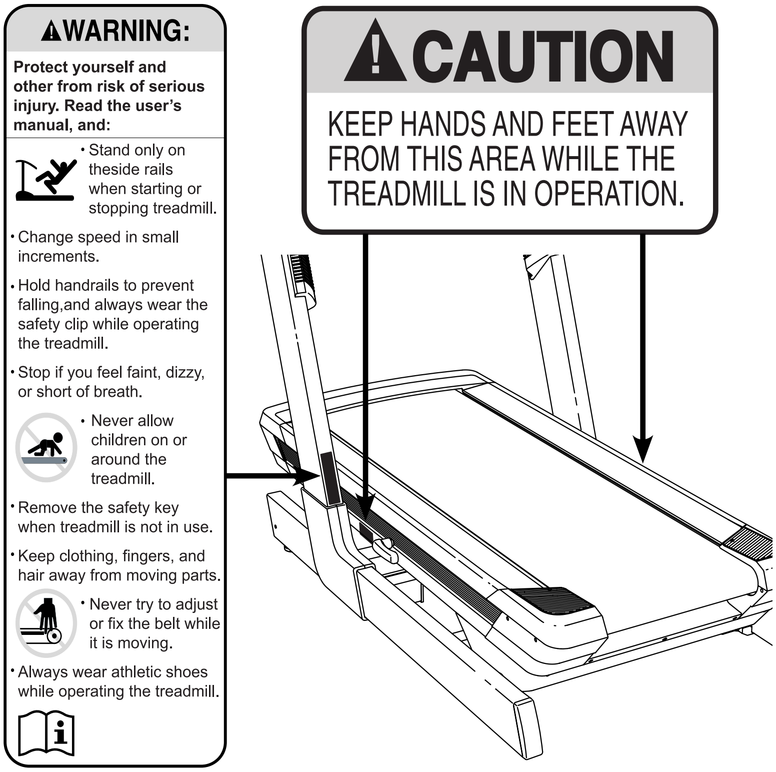
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, 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.



⚠WARNING:

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

- Stand only on theside rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling,and always wear the safety clip while operating the treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never allow children on or around the treadmill.
- Remove the safety key when treadmill is not in use.
- Keep clothing, fingers, and hair away from moving parts.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating the treadmill.

⚠CAUTION

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

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IMPORTANT PRECAUTIONS

⚠**WARNING:** **To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Freemotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the treadmill only as described in this manual.**
4. **The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.**
5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
6. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
7. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
8. **Keep children under age 12 and pets away from the treadmill at all times.**
9. **The treadmill should be used only by persons weighing 400 lbs. (181 kg) or less.**
10. **Never allow more than one person on the treadmill at a time.**
11. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
12. **Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 13). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.**
13. **Use only a surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local PROFORM dealer, call the telephone number on the back cover of this manual, or see your local electronics store.**
14. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**
15. **Keep the power cord and the surge suppressor away from heated surfaces.**
16. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 28 if the treadmill is not working properly.)**
17. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).**
18. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
19. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

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

21. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

22. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8, and HOW TO MOVE THE TREADMILL on page 27.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

23. Never insert any object into any opening on the treadmill.

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

25. DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

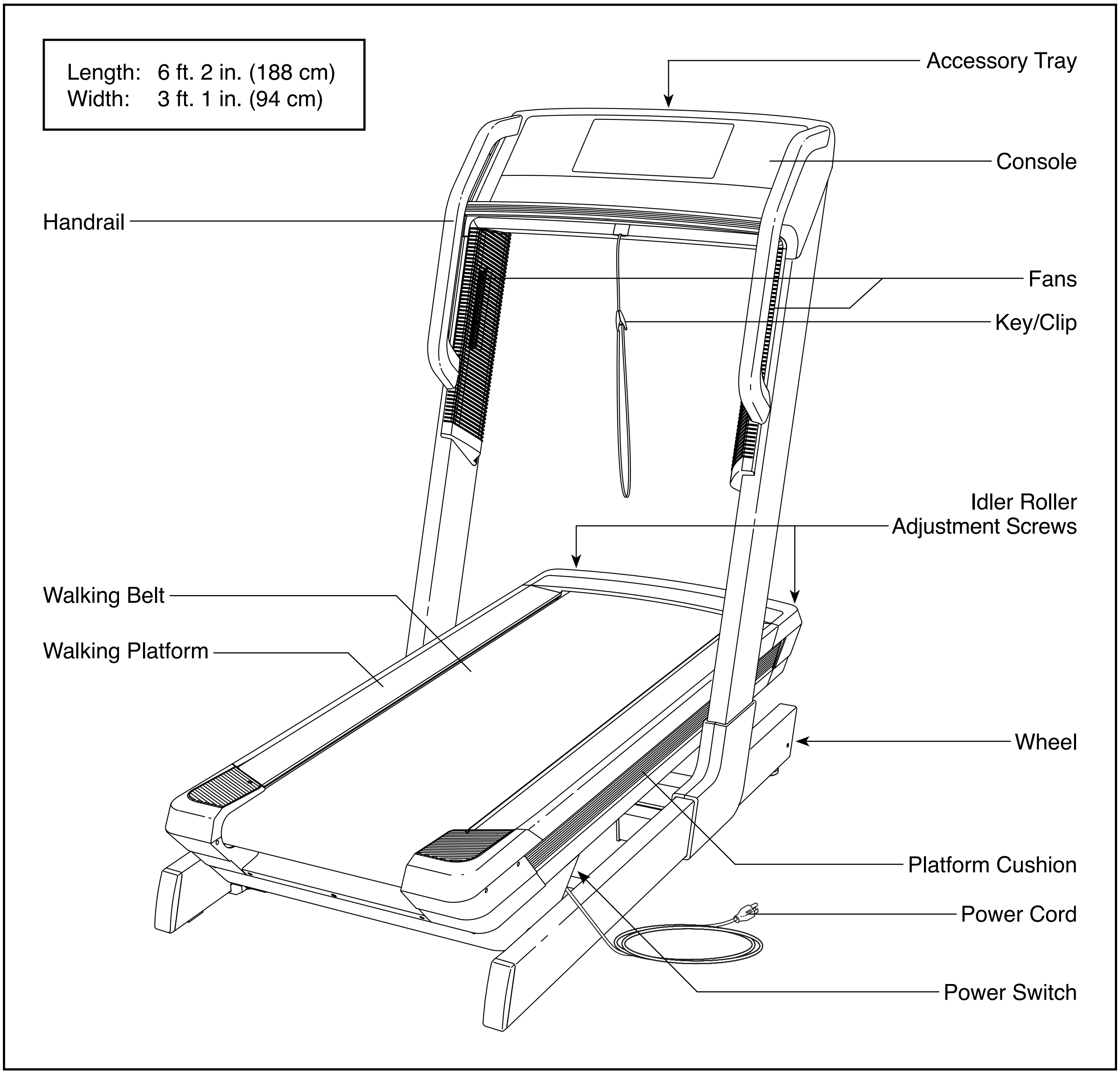
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® BOSTON MARATHON® treadmill. The BOSTON MARATHON treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. **Please see page 6 for a list of unique features of the BOSTON MARATHON treadmill**.

For your benefit, read this manual carefully before using the treadmill. 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 the location of the serial number decal are shown on the front cover of this manual.

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



Length: 6 ft. 2 in. (188 cm)
Width: 3 ft. 1 in. (94 cm)

Accessory Tray
Console
Handrail
Fans
Key/Clip
Idler Roller Adjustment Screws
Walking Belt
Walking Platform
Wheel
Platform Cushion
Power Cord
Power Switch

BOSTON MARATHON TREADMILL FEATURES

The BOSTON MARATHON® treadmill is a performance training tool for runners. Following are some of the features that make it the best training treadmill available:

Running Metronome—The console features a running metronome that enables you to easily pace yourself and maintain a fluid motion while running. Simply select the desired pace, and match your strides to the beat. You can improve your running efficiency by focusing on the following four fundamentals of good running form:

1. No heel strike
2. Your foot landing under your bent knee
3. A slightly forward-leaning posture
4. A running cadence of 180 or greater

Real Road Setting—Running on a treadmill requires a slightly smaller energy expenditure than running on the road. This is due to the lack of wind resistance and the energy return from the spring in the walking platform. The BOSTON MARATHON treadmill can be configured to adjust for these factors so that running on the treadmill requires the same energy expenditure as running on the road.

Runner's Flex Cushion—The runner's flex cushion system can be turned on or off to provide different types of training.

- On—Provides extremely effective impact reduction. This is very effective for long runs that are designed to increase aerobic capacity and muscle adaptations. The impact absorption dramatically increases the comfort of the run so that you can run much longer and achieve the desired adaptation. This also reduces recovery time so that you can come back and train the next day.
- Off—Provides a fully firm platform to use for interval training (to increase VO_2 max) and repetition training (to increase running efficiency). The firm surface assures that in this type of training, your muscles are recruited correctly to achieve the desired adaptation.

Ergonomics—The BOSTON MARATHON treadmill ergonomics are specifically designed for serious runners. The handlebars are within easy reach if needed but are out of the way to allow for natural strides. The walking belt length is 5 ft. 2 in. (157 cm) to encourage full, natural strides for effective training.

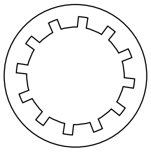
15.0 MPH—For the first time, advances in treadmill drive systems allow you to run at a 4-minute-mile (15 MPH) pace using a standard 120-volt AC, 15-amp plug. This pace is a critical training tool for runners to increase their VO_2 max and running efficiency for improved race performance.

Incline Range of -6% to 20%—The extreme range of incline is designed to provide real terrain training. This allows you to train all muscle groups to properly prepare for the race course. The decline also allows for "over speed" training to improve your leg turn-over while working within your target intensity range.

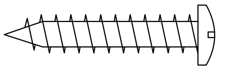
Core Cooling Fans—Two high-volume fans are positioned to blow correctly on your core to keep your body temperature down. Core body cooling is especially critical during long runs designed to create aerobic capacity and muscle adaptation. If your body temperature rises, more blood must be diverted to your skin to transfer off excess heat. This increases your stress and decreases how long you can run.

PART IDENTIFICATION CHART

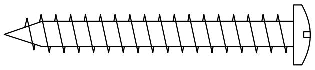
Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra parts may be included.**



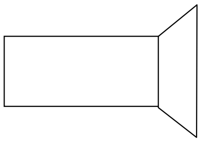
3/8" Star
Washer (5)–8



#8 x 1" Screw
(2)–4



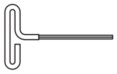
#8 x 1 1/2" Screw
(1)–6



3/8" x 1"
Screw (4)–8

ASSEMBLY

- Assembly requires three persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- To identify small parts, see page 7.
- Assembly requires the following tools:

  the included hex key 

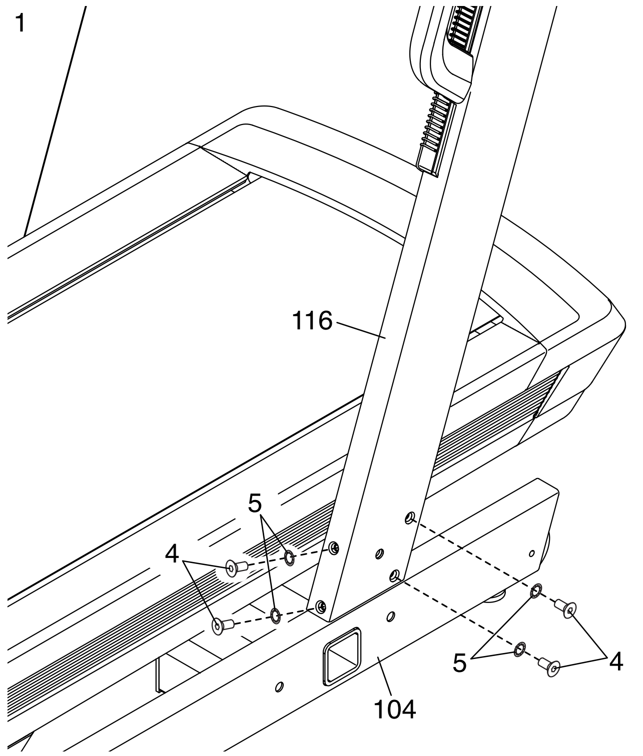
  one Phillips screwdriver

  To avoid damaging parts, do not use power tools.

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

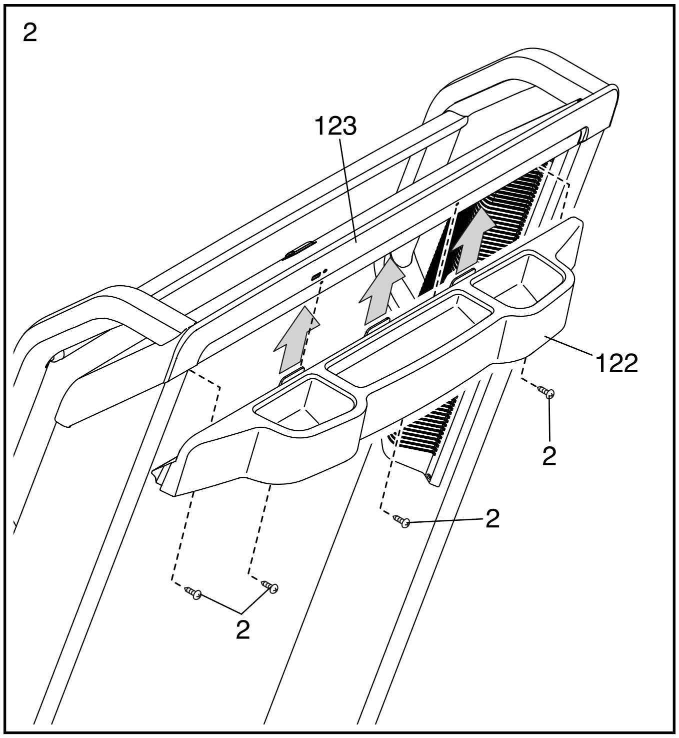
   Have two people carefully slide the Uprights (116) onto the Base (104).

   Attach the Uprights (116) with eight 3/8" x 1" Screws (4) and eight 3/8" Star Washers (5) (only one Upright is shown). **Start all eight Screws, and then tighten them.**



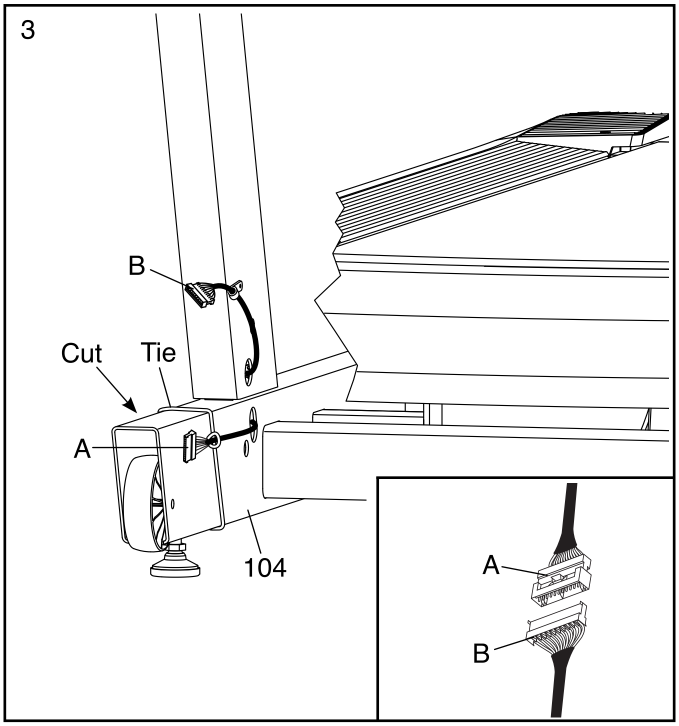
2. Insert the three tabs on the Tray (122) into the slots in the Console Back (123).

   Attach the Tray (122) to the Console Back (123) with four #8 x 1" Screws (2) as shown. **Start all four Screws, and then tighten them; do not overtighten the Screws.**



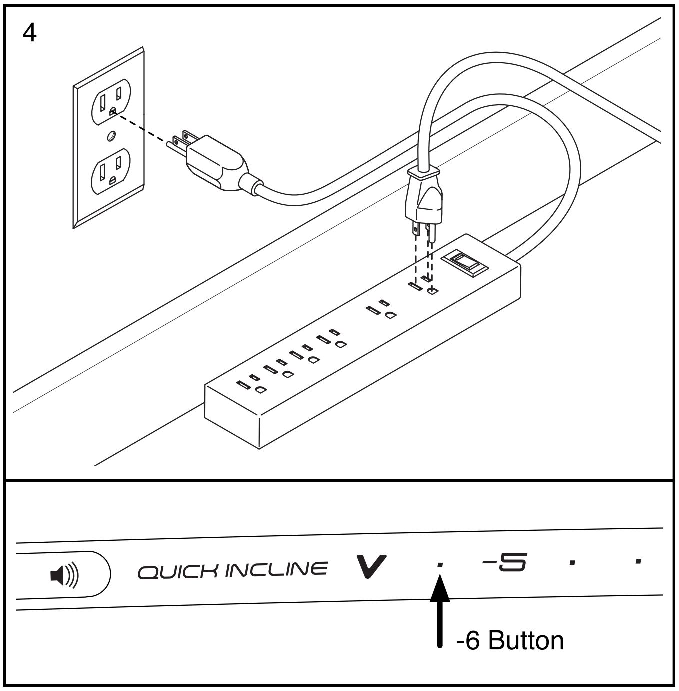
3. Cut the tie on the outside surface of the Base (104).

   Connect the upright wire (A) to the base wire (B). **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 YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

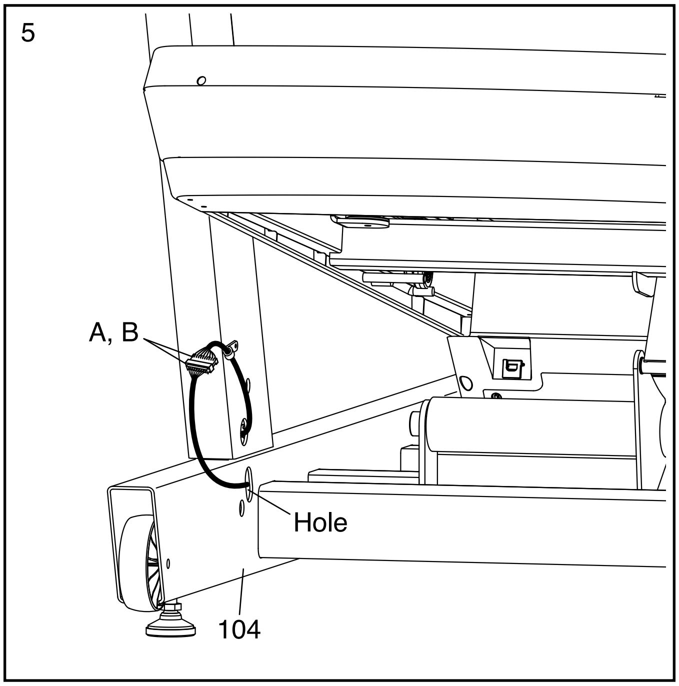


4. **Read all the instructions on page 13.** Then, plug in the power cord.

   See page 15. Turn on the power. Then, touch the Quick Incline –6 button on the console. After the frame stops moving, press the Quick Incline button numbered 20. The frame will adjust to an incline of 20 percent. Then, turn off the treadmill and **unplug the power cord.**



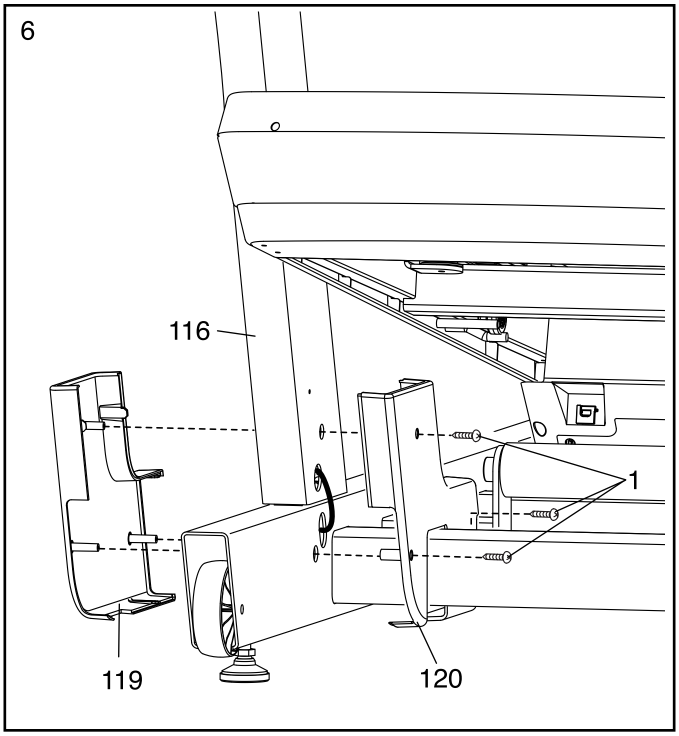
5. Insert the wires (A, B) into the hole in the Base (104).



6. Identify the Right Inside Cover (120) and the Right Outside Cover (119).

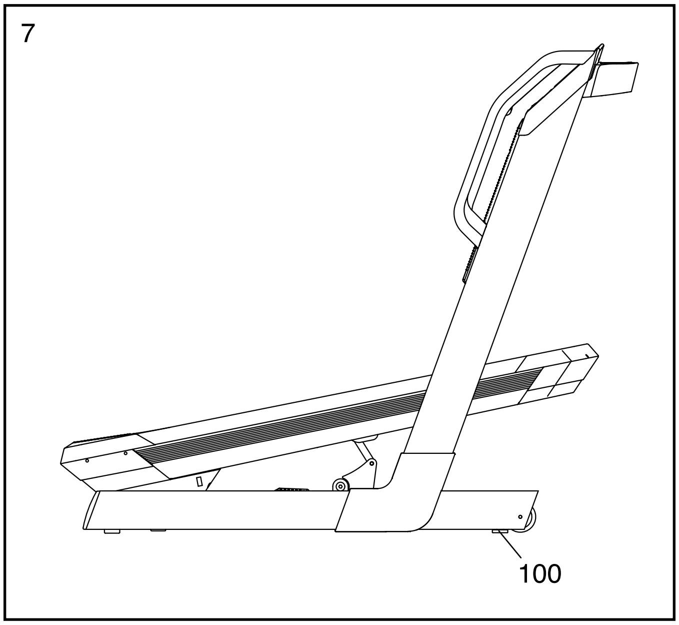
   Hold the Right Inside Cover (120) against the right Upright (116). Then, attach the Right Outside Cover (119) to the Right Inside Cover with three #8 x 1 1/2" Screws (1). **Start all three Screws, and then tighten them.**

   Attach the Left Inside Cover (not shown) and the Left Outside Cover (not shown) in the same way.



7. If necessary, move the treadmill to the desired location (see HOW TO MOVE THE TREADMILL on page 27).

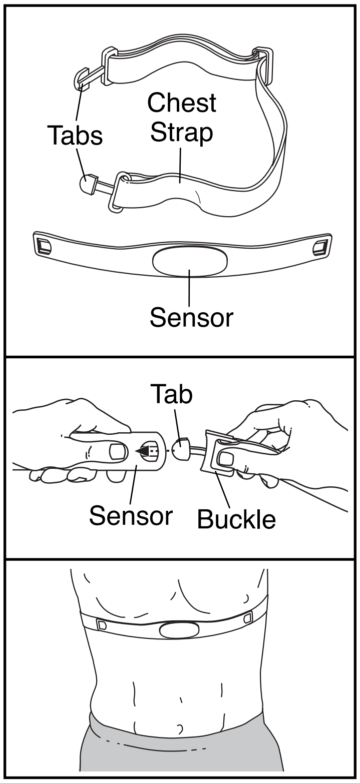
   After the treadmill is placed in the location where it will be used, make sure that the treadmill rests firmly on the floor. If the treadmill rocks even slightly, turn the Leveling Feet (100) as needed until the rocking motion is eliminated.



8. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet from damage, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Note: Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see pages 29 and 30).

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR



The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.

- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.

- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).

- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.

- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.

- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas. For the console to display heart rate readings, you must be within arm's length of the console.

- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.

- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE TREADMILL

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor with the treadmill. To purchase a surge suppressor, see precaution 13 on page 3.**

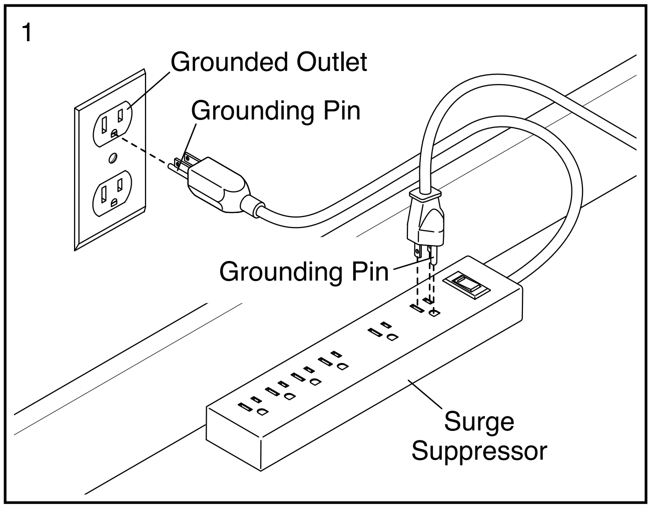
Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

Plug in the Power Cord

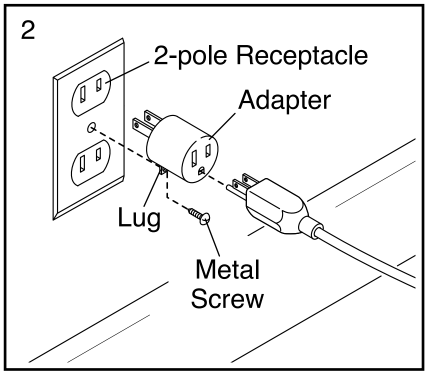
The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord has a plug with a grounding pin (see drawing 1 on this page).

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: The treadmill may not be compatible with AFCI-equipped outlets.**

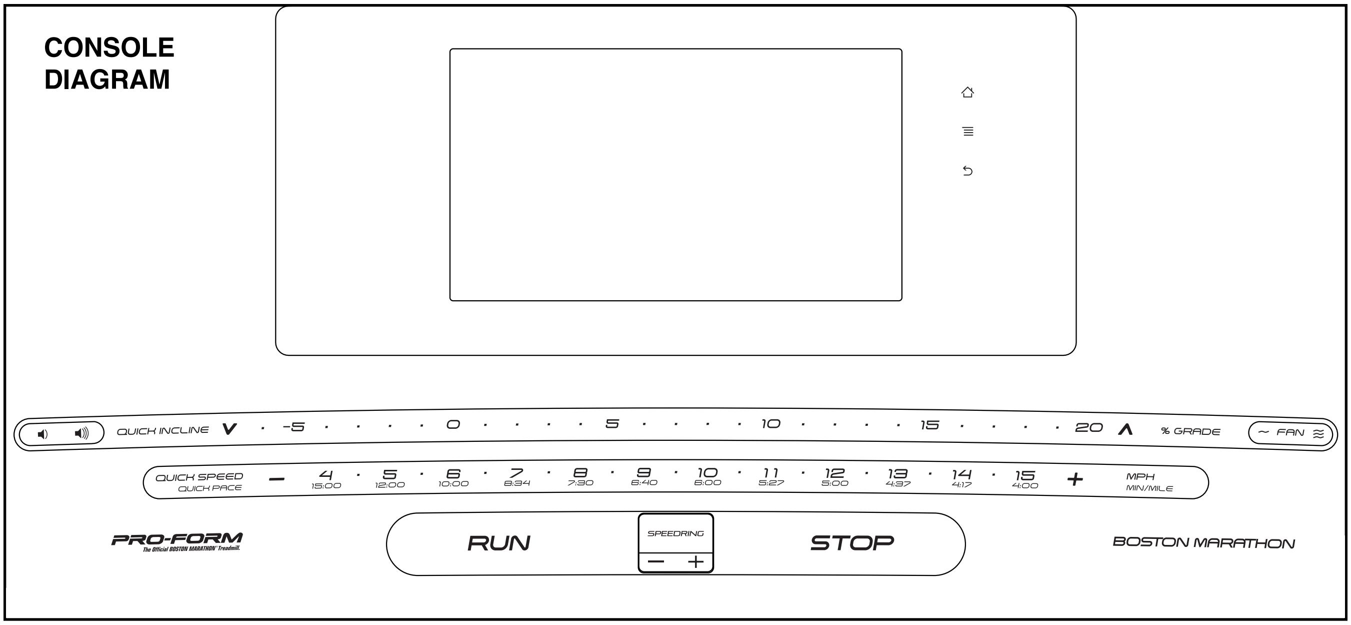


A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM


QUICK INCLINE
V
-5
0
5
10
15
20
Λ
% GRADE
FAN
QUICK SPEED
QUICK PACE
–
4
15:00
5
12:00
6
10:00
7
8:34
8
7:30
9
6:40
10
6:00
11
5:27
12
5:00
13
4:37
14
4:17
15
4:00
+
MPH
MIN/MILE
PRO-FORM
The Official BOSTON MARATHON Treadmill.
RUN
SPEEDRING
– +
STOP
BOSTON MARATHON

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FEATURES OF THE CONSOLE

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

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the included chest heart rate monitor. Note: The console is compatible with ANT+ chest heart rate monitors.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. In addition, you can set a calorie, time, distance, or pace goal.

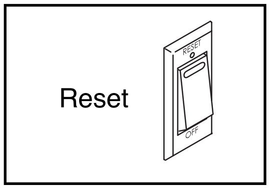
You can even browse the Internet or listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 15. **To learn how to use the touch screen,** see page 15. **To set up the console,** see page 16.

HOW TO TURN ON THE POWER

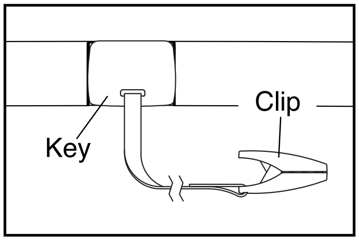
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the screen will show a demo presentation after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 7 on page 23.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **Note: It may take a minute for the console to be ready for use. IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



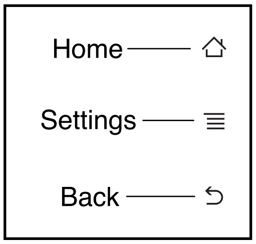
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 23. For simplicity, all instructions in this section refer to miles.

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 17). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

Use the buttons on the console to navigate the tablet. Press the home button to return to the main menu. Press the settings button to access the settings main menu (see page 23). Press the back button to return to the previous screen.



HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

1. **Connect to your wireless network.**

   Note: In order to access the Internet, download iFit workouts, and use several other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 26 to connect the console to your wireless network.

2. **Check for firmware updates.**

   First, see step 1 on page 23 and step 2 on page 25 and select the maintenance mode. Then, see step 3 on page 25 and check for firmware updates.

3. **Calibrate the incline system.**

   See step 4 on page 25 and calibrate the incline system of the treadmill.

4. **Create an iFit account.**

   Touch the globe button near the lower left corner of the screen and touch the iFit button.

   Note: For information about navigating in the browser, see page 24. The browser will open to the iFit.com home page. Follow the prompts on the website to sign up for your iFit membership.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 17. **To use the speed ring,** see page 19. **To use an onboard workout,** see page 20. **To use a set-a-goal workout,** see page 21. **To use an iFit workout,** see page 22.

To use the equipment settings mode, see page 23. **To use the sound system,** see page 24. **To use the Internet browser,** see page 24. **To use the maintenance mode,** see page 25. **To use the wireless network mode,** see page 26.

IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 30).

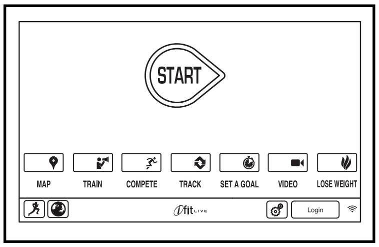
HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE POWER on page 15. **Note: It may take a minute for the console to be ready for use.**

2. **Select the main menu.**

   When you turn on the power, the main menu will appear after the console boots up. Touch the home button in the lower left corner of the screen (not shown here) to return to the main menu at any time.



3. **Start the walking belt and adjust the speed.**

   Touch the Start button on the screen or press the Run button on the console to start the walking belt. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Quick Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph.

   If you press one of the numbered Quick Speed/ Quick Pace buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Run button.

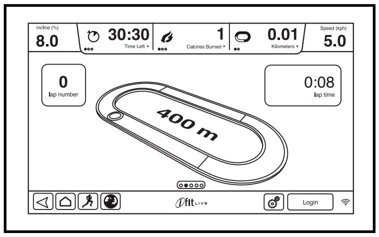
4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Quick Incline increase and decrease buttons or one of the numbered Quick Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

   Note: The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 25).

5. **Monitor your progress with the displays.**

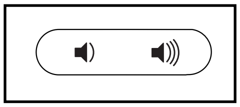
   The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen. You can also view additional information by touching the red boxes on the screen.



   As you walk or run on the treadmill, the screen can show the following workout information:

   - The incline level of the treadmill
   - The elapsed time
   - The time left (note: The manual mode does not have a time left countdown)
   - The approximate number of calories you have burned
   - The approximate number of calories you are burning per hour
   - The distance that you have walked or run
   - The number of vertical feet you have climbed
   - The speed of the walking belt

- A track representing 1/4 mile (400 m)
- Your pace in minutes per mile
- Your current lap number
- Your heart rate (see step 6)



If desired, adjust the volume by pressing the volume increase and decrease buttons on the console.

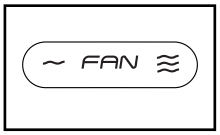
To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or press the Run button. To end the workout session, touch the End Workout button.

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

   For information about the chest heart rate monitor, see page 12. When your pulse is detected, your heart rate will be shown.

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

   The fan features multiple speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

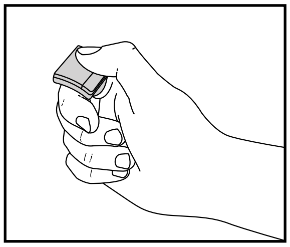
   Press the fan increase button to increase the fan speed. If you press the fan increase button once while the fan is on its maximum speed setting, the auto fan mode will be selected. Press the fan decrease button repeatedly to decrease the fan speed or to turn off the fan.

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

   Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. Then, remove the key from the console and put it in a secure place.

   When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE THE SPEED RING



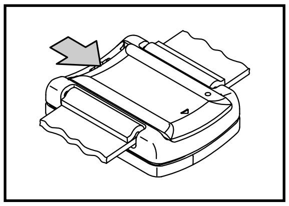
The innovative speed ring functions like the Quick Speed increase and decrease buttons on the console, except that it cannot be used to start the manual mode or a workout. Simply slide the speed ring onto your right or left index finger as shown. Note: Two straps of different lengths are included. Use the strap that fits the best.

To connect the speed ring to the console, press the increase or decrease button on the speed ring. The console will display the connection status. When the speed ring is connected, a battery icon will appear on the screen to show the battery life of the speed ring.

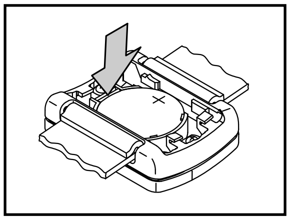
To change the speed of the walking belt, press the increase or decrease button on the speed ring. Note: If the console is performing other functions at the same time, there may be a delay after you press a button on the speed ring.

Battery Replacement—To replace the battery in the speed ring, follow the instructions below. Use only a 3-volt, coin-shaped, lithium battery.

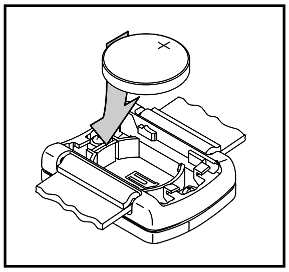
1. Remove the cover by pressing down on it and sliding it in the direction shown by the arrow.



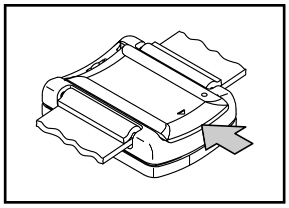
2. Insert a very small screwdriver or a pin between the indicated metal clip and the old battery. Gently pry the old battery out of the speed ring.



3. Insert a new battery by pressing it against the metal clip first and then pressing the battery into place.



4. Press the cover back into place. Then, 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.

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.

HOW TO USE AN ONBOARD WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select an onboard workout.**

   To select an onboard workout, first touch the runner button on the screen. Next, touch the Novice button, the Intermediate button, or the Advanced button.

   A menu of available workouts will appear on the screen. The menu will show the name, distance, and maximum incline level of each workout. The menu will also show a profile of the speed and incline settings of each workout. Touch the Start button beside the desired workout to select the workout.

3. **Start the workout.**

   Touch the Start Workout button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

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

   During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting of the current segment. The top profile represents the speed setting of the current segment.

   At the end of the first segment of the workout, the treadmill will automatically adjust to the speed and/or incline settings for the next segment.

   The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

   If the speed and/or incline settings are too high or too low at any time during the workout, you can override the settings by pressing the Quick Speed or Quick Incline buttons. **If you press a Quick Speed button,** you can then manually control the speed (see step 3 on page 17). **If you press a Quick Incline button,** you can then manually control the incline (see step 4 on page 17). **To return to the programmed speed and/or incline settings of the workout,** touch the Follow Workout button.

   To pause the workout, touch either the back button or the home button in the lower left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Run button on the console. To end the workout, touch the End Workout button.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

4. **Monitor your progress with the displays.**

   See step 5 on page 17. The screen can also show a profile of the speed and incline settings of the workout.

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

   See step 6 on page 18.

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

   See step 7 on page 18.

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

   See step 8 on page 18.

HOW TO USE A SET-A-GOAL WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

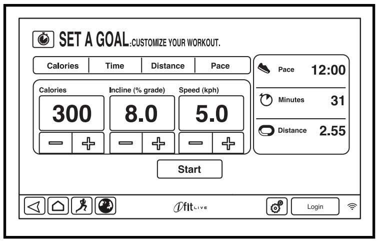
2. **Select the main menu.**

   See step 2 on page 17.

3. **Select a set-a-goal workout.**

   To select a set-a-goal workout, touch the Set A Goal button on the screen.

   To set a calorie, time, distance, or pace goal, touch the Calories, Time, Distance, or Pace button. Then, touch the increase and decrease buttons on the screen to select a calorie, time, distance, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.



Calories 300
Incline (% grade) 8.0
Speed (kph) 5.0
Pace 12:00
Minutes 31
Distance 2.55

4. **Start the workout.**

   Touch the Start button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

   The workout will function in the same way as the manual mode (see pages 17 and 18).

   The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight.

5. **Monitor your progress with the displays.**

   See step 5 on page 17.

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

   See step 6 on page 18

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

   See step 7 on page 18.

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

   See step 8 on page 18.

HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 26). An iFit account is also required.

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

   See HOW TO TURN ON THE POWER on page 15.

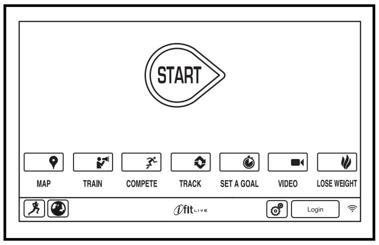
2. **Select the main menu.**

   See step 2 on page 17.

3. **Log in to your iFit account.**

   If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Submit button. Touch the Cancel button to exit the login screen.

4. **Select an iFit workout.**

   To download an iFit workout, touch the Map, Train, Video, or Lose Weight button to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

   To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 21).

   To switch users within the account, touch the user button near the lower right corner of the screen.

   Note: Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit workouts, please see www.iFit.com.

   When you select an iFit workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. **Start the workout.**

   See step 3 on page 20.

   During some workouts, an audio coach may guide you through your workout.

6. **Monitor your progress with the displays.**

   See step 5 on page 17. The screen may also show a map of the trail you are walking or running.

   Note: During a video workout, the video will always play at a constant speed; the video will not speed up or slow down as you increase or decrease the speed of the walking belt.

   During a competition workout, the screen will show the speeds of the iFit users and the distances they have covered. The screen will also show the numbers of seconds that the other iFit users are ahead of you or behind you.

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

   See step 6 on page 18.

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

   See step 7 on page 18.

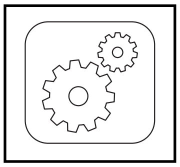
9. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

For more information about the iFit mode, go to www.iFit.com.

HOW TO USE THE EQUIPMENT SETTINGS MODE

1. **Select the settings main menu.**

   Insert the key into the console (see HOW TO TURN ON THE POWER on page 15). Next, select the main menu (see step 2 on page 17). Then, touch the gears button near the lower right corner of the screen to select the settings main menu.

2. **Select the equipment settings mode.**

   In the settings main menu, touch the Equipment Settings button. Note: Slide or flick the screen to scroll up or down through the options if necessary.

3. **Select a language.**

   To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

4. **Select the unit of measurement.**

   Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

5. **Select a timezone.**

   Touch the Timezone button. Select your local timezone to have the console sync to your local time. Then, touch the back button on the screen.

6. **Select an update time.**

   To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button on the screen.

   IMPORTANT: You must still unplug the power cord after using the treadmill. Set the update time for a time when you normally use the treadmill and will be available to unplug the power cord after an update.

7. **Turn on or turn off the display demo mode.**

   The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

   To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

8. **Enable or disable the Internet browser.**

   To enable or disable the Internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

9. **Enable or disable the street view.**

   During some workouts, the screen may show a map. To enable or disable the street view feature of the maps, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button on the screen.

10. **Enable or disable the key.**

    Note: This feature is disabled on your treadmill.

11. **Enable or disable a passcode.**

    The console features a child-safety passcode, designed to prevent unauthorized users from using the treadmill.

    Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

    Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

12. **Set a safety screen timeout.**

    The console features an automatic screen reset; if no buttons are touched or pressed and the walking belt does not move for a set amount of time, the console will automatically reset.

    To set the amount of time the console will wait before it automatically resets, touch the Safety Screen Timeout button to view a list of times. Then, select the amount of time desired. Touch the back button on the screen.

13. **Enable or disable the auto relogin feature.**

    Enable this feature to have the treadmill automatically log in to your iFit account when you turn on the power. Note: This feature is recommended for private owners of the treadmill only.

14. **Enable or disable the real road setting.**

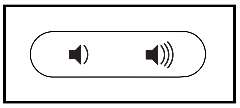
    Enable the real road setting for a training experience that more closely simulates running on a road. For a more detailed explanation of the real road setting, see page 8.

15. **Exit the equipment settings mode.**

    To exit the equipment settings mode, touch the back button on the screen.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**



Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control 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.

HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website.

To navigate the Internet browser, touch the Back, Refresh, and Forward buttons on the screen. To exit the Internet browser, touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

HOW TO USE THE MAINTENANCE MODE

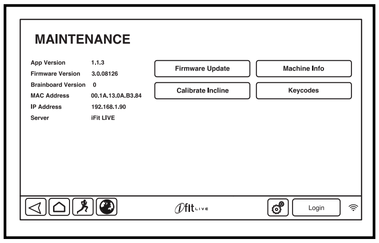
1. **Select the settings main menu.**

   See step 1 on page 23.

2. **Select the maintenance mode.**

   In the settings main menu, touch the Maintenance button to enter the maintenance mode.

   The maintenance mode main screen will show information about the model and version of the treadmill.



MAINTENANCE

App Version 1.1.3
Firmware Version 3.0.08126
Brainboard Version 0
MAC Address 00.1A.13.0A.B3.84
IP Address 192.168.1.90
Server iFit LIVE

3. **Update the console firmware.**

   For the best results, regularly check for firmware updates.

   Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

   To avoid damaging the treadmill, do not turn off the power or remove the key while the firmware is being updated.

   The screen will show the progress of the update. When the update is complete, the treadmill will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

   Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

4. **Calibrate the incline system of the treadmill.**

   Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The treadmill will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Touch the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

   IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. **View machine information.**

   Touch the Machine Info button to view information about your treadmill. After you view the information, touch the back button on the screen.

6. **Find keycodes.**

   The Keycodes button is intended to be used by service technicians to identify whether a certain button is working correctly.

7. **Exit the maintenance mode.**

   To exit the maintenance mode, touch the back button on the screen.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

1. **Select the settings main menu.**

   See step 1 on page 23.

2. **Select the wireless network mode.**

   In the settings main menu, touch the Wireless Network button to enter the wireless network mode.

3. **Enable Wi-Fi.**

   Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. **Set up and manage a wireless network connection.**

   When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

   Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

   Note: You must have your own wireless network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

   When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

   An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

   To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.

   When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, touch the back button on the screen to return to the wireless network mode.

   To disconnect from a wireless network, select the wireless network and then touch the Forget button.

   If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

   Note: The iFit mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

   Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

5. **Exit the wireless network mode.**

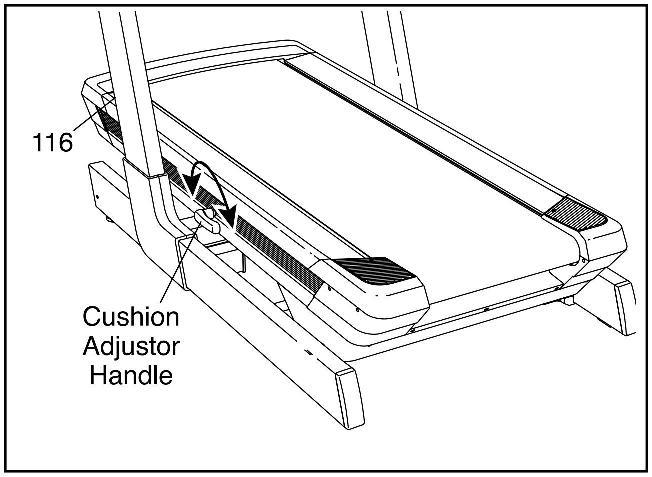
   To exit the wireless network mode, touch the back button on the screen.

HOW TO ADJUST THE CUSHIONING SYSTEM

Remove the key from the console and unplug the power cord. The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To learn more about the runner's flex cushion, see page 8.

To increase the firmness of the walking platform, step off the treadmill and turn the cushion adjustor handle counterclockwise until the handle is facing the Upright (116).

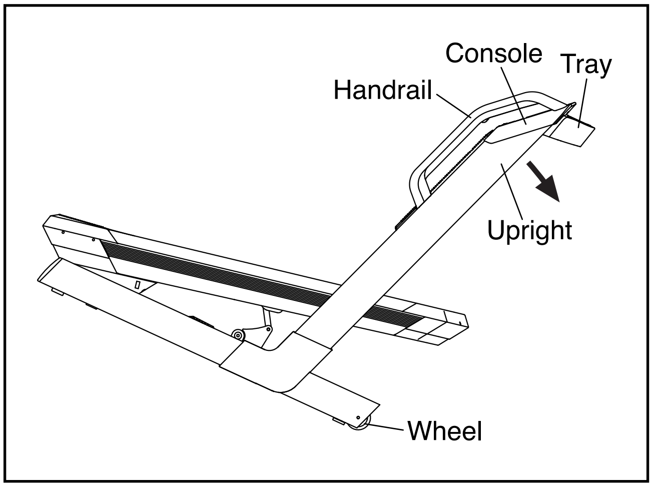
To decrease the firmness, step off the treadmill and turn the cushion adjustor handle clockwise until the handle is facing the back of the treadmill.



HOW TO MOVE THE TREADMILL

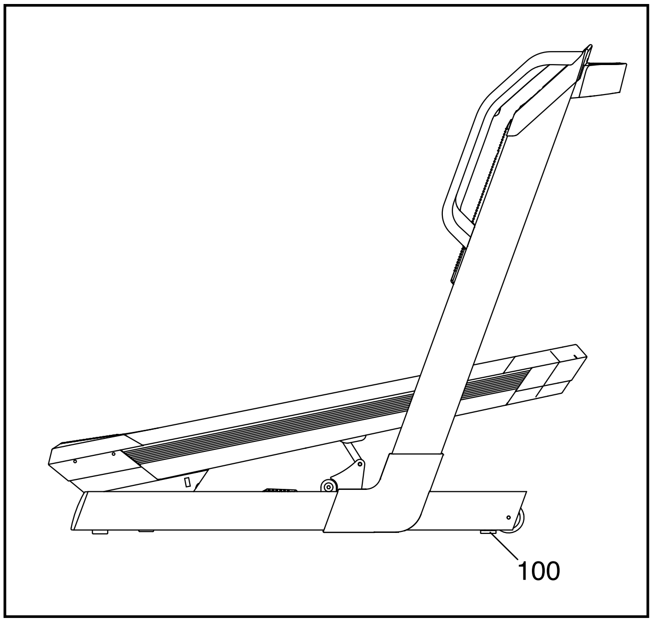
Before moving the treadmill, insert the key into the console, raise the incline to the maximum incline level, remove the key, and unplug the power cord.

Due to the size and weight of the treadmill, moving it requires two or three persons. Hold near the top of the upright or the handrail. Place one foot on the wheel and pull the upright down until it rolls freely on the wheels. **CAUTION: To decrease the possibility of injury or of damage to the treadmill, do not pull on the tray or the console.**



Carefully roll the treadmill on the wheels to the desired location, and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**

Make sure that the treadmill rests firmly on the floor. If the treadmill rocks even slightly, turn the Leveling Feet (100) as needed until the rocking motion is eliminated.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regularly clean the treadmill and keep the walking belt clean and dry. First, **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the treadmill with a damp cloth, and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console.** Then, thoroughly dry the treadmill with a soft towel.

TROUBLESHOOTING

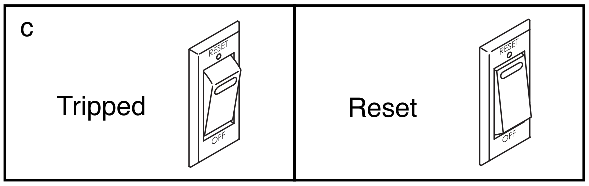
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. **If further assistance is needed after you follow the steps, see the back cover of this manual.**

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a surge suppressor that meets all of the specifications described on page 13. **IMPORTANT: The treadmill may not be compatible with AFCI-equipped outlets.**

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

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



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing c at the left). If the switch has tripped, wait for five minutes and then press the switch back in.

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

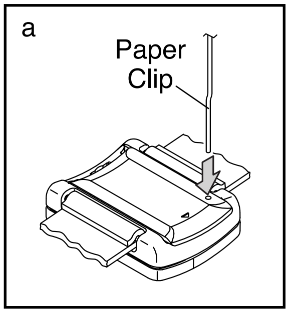
c. Remove the key from the console, and then reinsert it.

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

a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen remains lit when you remove the key, the demo mode is turned on. To turn off the demo mode, see step 7 on page 23.

SYMPTOM: The speed ring does not connect to the console

a. Straighten a paper clip, and press the end into the indicated opening in the back of the speed ring. This will reset the speed ring.



b. If the speed ring still does not connect, unplug the treadmill power cord, wait for five minutes, and then plug the power cord back in.

SYMPTOM: The incline of the treadmill does not change correctly

a. Calibrate the incline system (see step 4 on page 25).

SYMPTOM: The iFit mode does not function correctly

a. If the iFit mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 3 on page 25). **SYMPTOM: The treadmill will not connect to the wireless network**

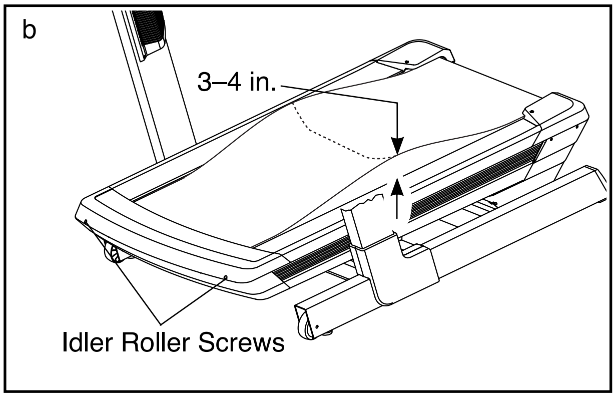
a. Make sure that the wireless settings on your console are correct (see step 4 on page 26).

b. Make sure that the settings for your wireless network are correct.

SYMPTOM: The walking belt slows when walked on

a. Use only a surge suppressor that meets all of the specifications described on page 13.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. First, adjust the incline to 20 percent. Then, remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

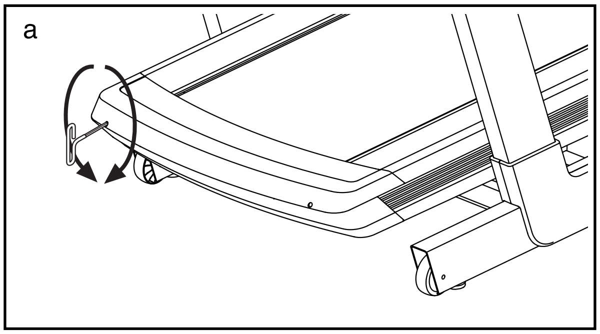


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the back cover of this manual.

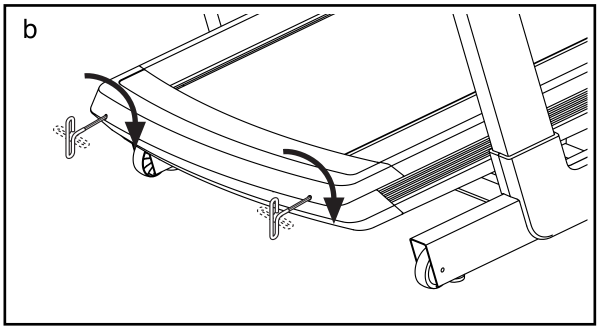
d. If the walking belt still slows when walked on, see the back cover of this manual.

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

a. **If the walking belt is off-center,** first adjust the incline to 20 percent. Remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first adjust the incline to 20 percent. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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	♥
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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

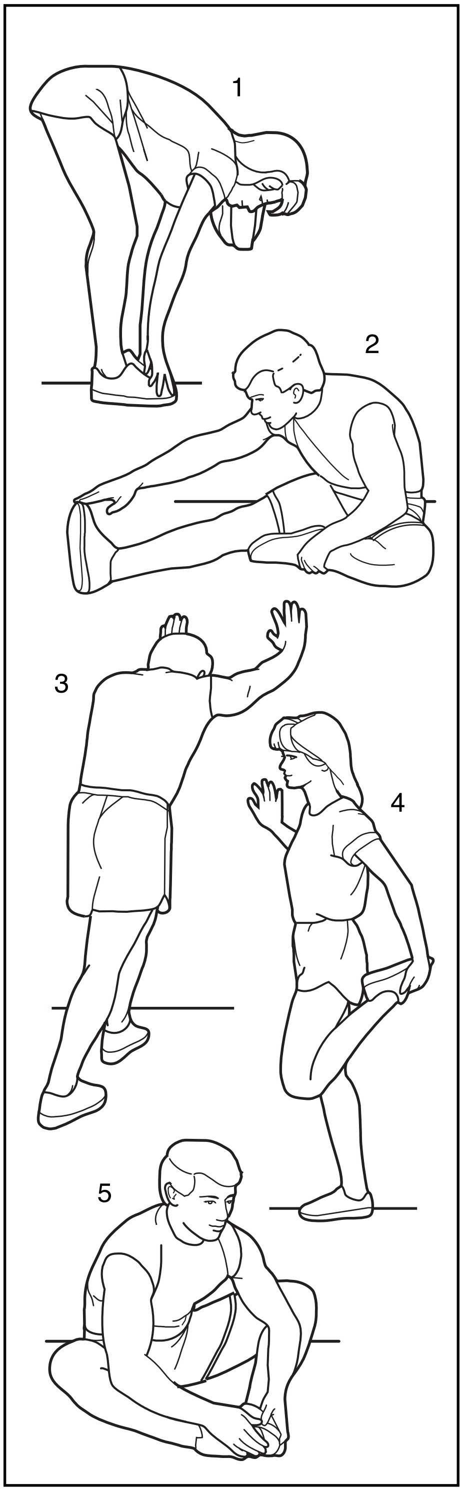
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



PART LIST

Model No. PFTL40014.2 R0714A

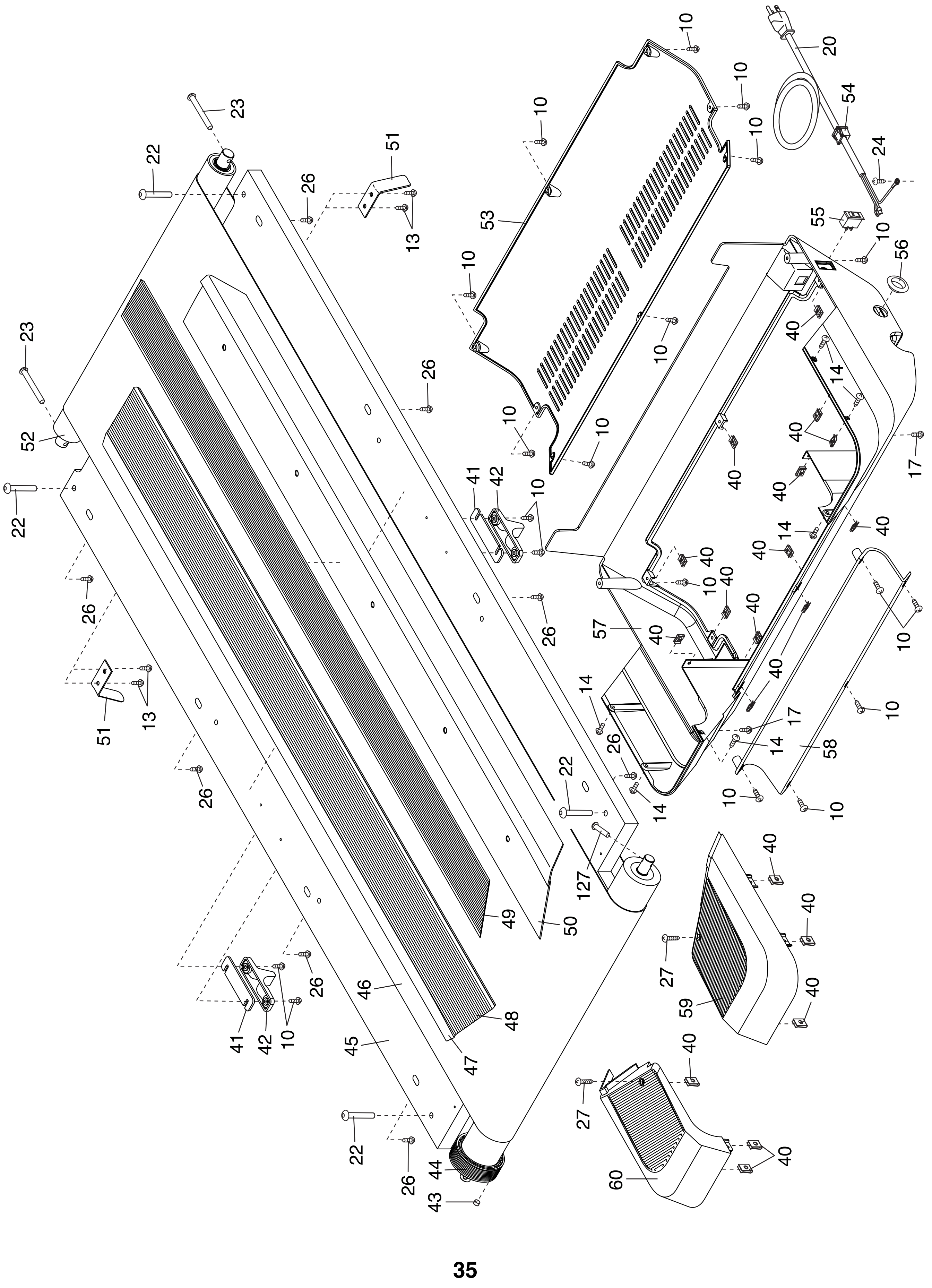
Key No.	Qty.	Description
1	6	#8 x 1 1/2" Screw
2	4	#8 x 1" Screw
3	4	1/4" x 1/2" Screw
4	8	3/8" x 1" Screw
5	8	3/8" Star Washer
6	6	#8 x 1/2" Screw
7	8	#6 x 3/8" Screw
8	6	#8 x 5/8" Screw
9	18	#8 x 1/2" Machine Screw
10	41	#8 x 3/4" Screw
11	1	Crossbar Bottom
12	4	1/4" x 3/4" Screw
13	4	#8 Belt Guide Screw
14	21	#8 x 1/2" Pan Head Screw
15	1	Warning Decal
16	1	#8 x 3/4" Truss Head Screw
17	2	#8 x 3/4" Pan Head Tek Screw
18	1	3/8" x 2 1/4" Bolt
19	3	3/8" x 2 3/4" Bolt
20	1	Power Cord
21	4	5/16" x 5/8" Screw
22	4	5/16" x 1 3/4" Screw
23	2	1/4" x 2 1/2" Screw
24	13	#8 x 1/2" Machine Screw
25	2	5/16" Drive Motor Screw
26	8	#8 x 5/8" Washer Head Screw
27	2	#8 x 1 1/4" Screw
28	2	3/8" x 2 1/2" Bolt
29	4	#8 x 3/4" Tek Screw
30	2	3/4" x 1/2" Screw
31	6	#8 Star Washer
32	2	1/4" Star Washer
33	2	1/4" Flat Washer
34	4	5/16" Flat Washer
35	6	3/8" Flat Washer
36	1	1/4" Nut
37	2	1/4" Jam Nut
38	6	3/8" Jam Nut
39	4	5/16" Jam Nut
40	19	Clip
41	2	Cradle Spacer
42	2	Cradle
43	1	Magnet
44	1	Drive Roller/Pulley
45	1	Walking Platform
46	1	Walking Belt
47	1	Left Foot Rail
48	1	Left Foot Rail Cover
49	1	Right Foot Rail Cover
50	1	Right Foot Rail
51	2	Belt Guide
52	1	Idler Roller
53	1	Belly Pan Cover
54	1	Power Cord Grommet
55	1	Power Switch
56	1	Belly Pan Grommet
57	1	Belly Pan
58	1	Rear Belly Pan Cover
59	1	Right Rear Cover
60	1	Left Rear Cover
61	1	Front Endcap
62	2	Caution Decal
63	1	Front Endcap Cover
64	1	Cushion Handle
65	1	Handle Pin
66	1	Left Frame Cover
67	8	Cushion Cap
68	4	Cushion Spring
69	4	Cushion
70	1	Resistor
71	4	Platform Cushion
72	1	Frame
73	1	Frame Cover
74	2	Adjustable Cushion Bracket
75	2	Frame Bushing
76	2	Cushion Wheel
77	1	Right Frame Cover
78	1	Cushion Rod
79	5	Wire Tie
80	2	Frame Axle
81	2	Axle Bushing
82	1	PFC Board
83	2	Belly Pan Bumper
84	5	Cable Tie
85	1	Electronics Bracket
86	1	Controller
87	1	Drive Motor
88	1	Drive Motor Belt
89	1	Reed Switch
90	1	Reed Switch Clip
91	1	Chest Strap
92	1	Sensor
93	1	Speed Ring
94	2	Incline Frame Bushing
95	2	Wheel
96	1	Incline Motor Top Cover
97	8	Incline Bushing
98	1	Incline Motor
99	1	Incline Motor Bottom Cover
100	2	Leveling Foot

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Base Grommet	115	2	Rear Cap
102	1	Incline Frame	116	1	Upright
103	1	Incline Linkage	117	1	Left Outside Cover
104	1	Base	118	1	Left Inside Cover
105	2	Pivot Bracket	119	1	Right Outside Cover
106	2	Rear Base Pad	120	1	Right Inside Cover
107	2	Fan	121	1	Key/Clip
108	1	Left Fan Cover	122	1	Tray
109	1	Left Fan Grill	123	1	Console Back
110	1	Right Fan Cover	124	1	Console
111	1	Right Fan Grill	125	1	Console Trim
112	1	Left Handrail	126	1	Crossbar
113	1	Right Handrail	127	4	1/4" x 1 1/2" Screw
114	1	Console Ground Wire	*	1	User's Manual

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

EXPLODED DRAWING A

Model No. PFTL40014.2 R0714A



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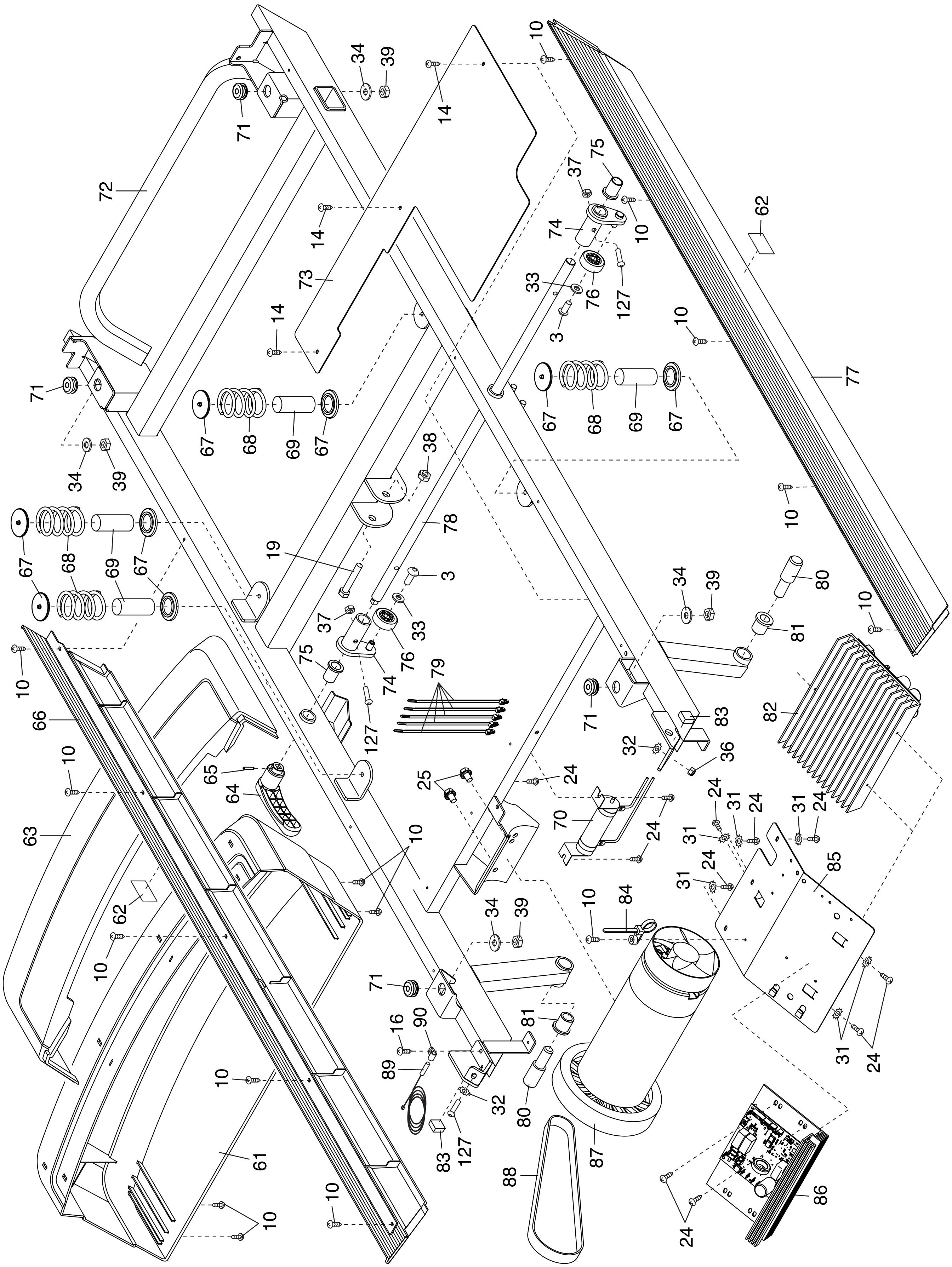
EXPLODED DRAWING B

Model No. PFTL40014.2 R0714A



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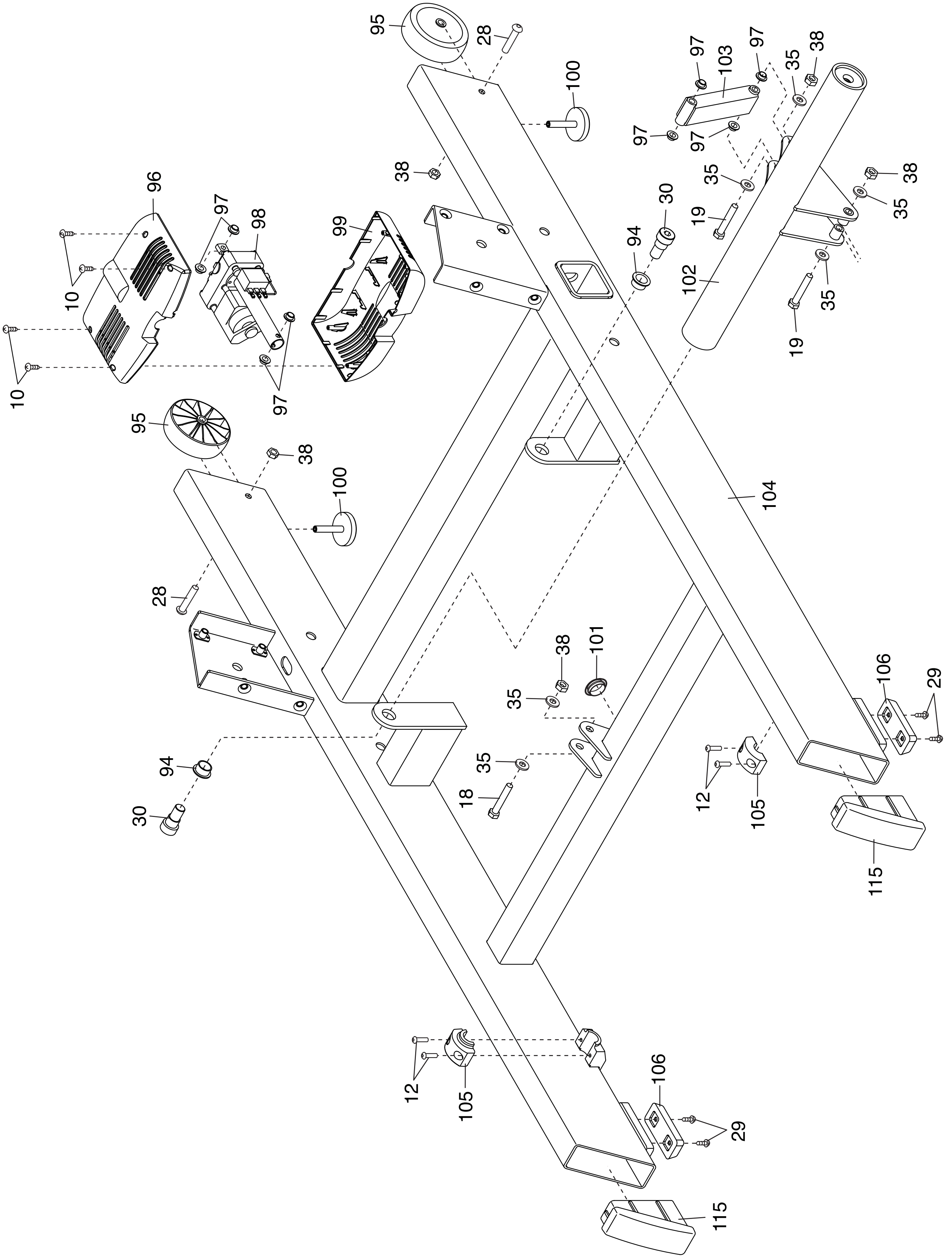
Model No. PFTL40014.2 R0714A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EXPLODED DRAWING D

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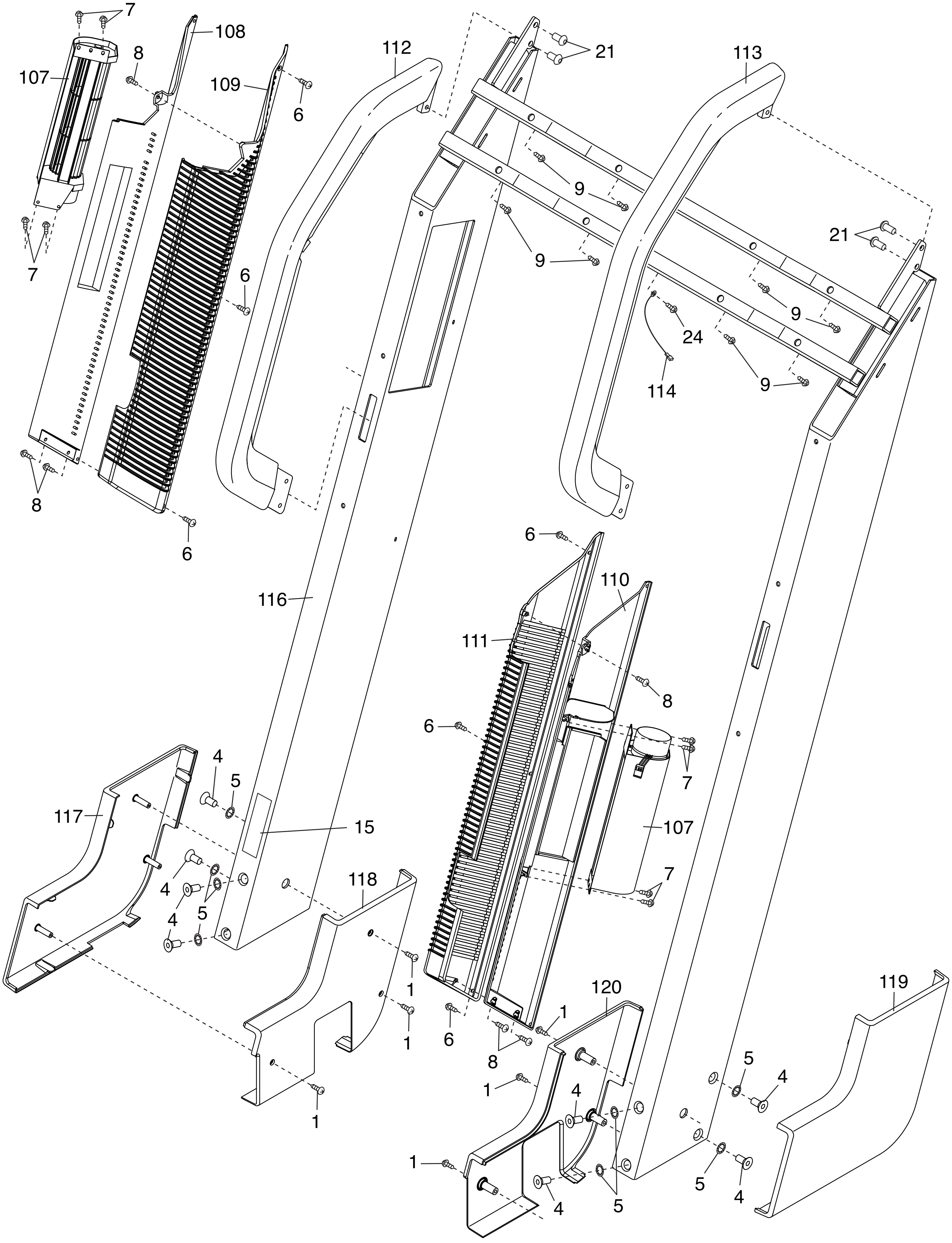
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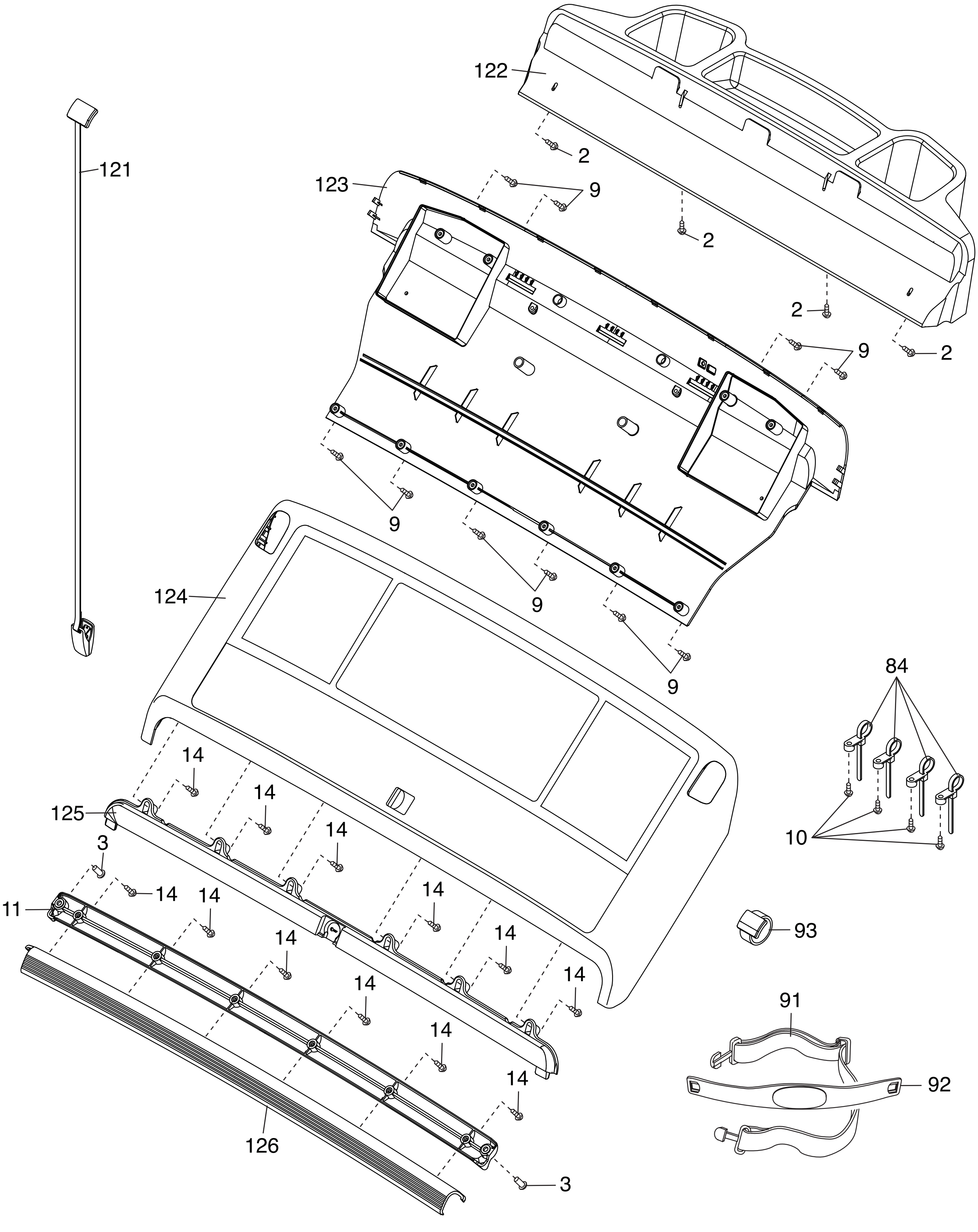
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HOW TO CONTACT CUSTOMER CARE

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: 1-855-891-6772 Mon.–Fri. 6 a.m.–6 p.m. MT
Email: customercare@freemotionfitness.com
Write:
FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and electronics are warranted for six (6) years from the date of purchase. Labor is warranted for three (3) years from the date of purchase.

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a FreeMotion authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty gives you specific legal rights; the customer may also have other rights that vary from state to state.

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

Part No. 358883 R0714A

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