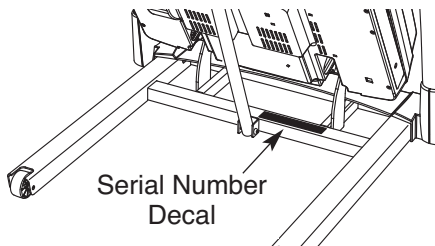


NordicTrack[®] T14.0

Model No. NETL12710.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

UK

Call: 08457 089 009

From Ireland: 053 92 36102

Website: www.iconsupport.eu

E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

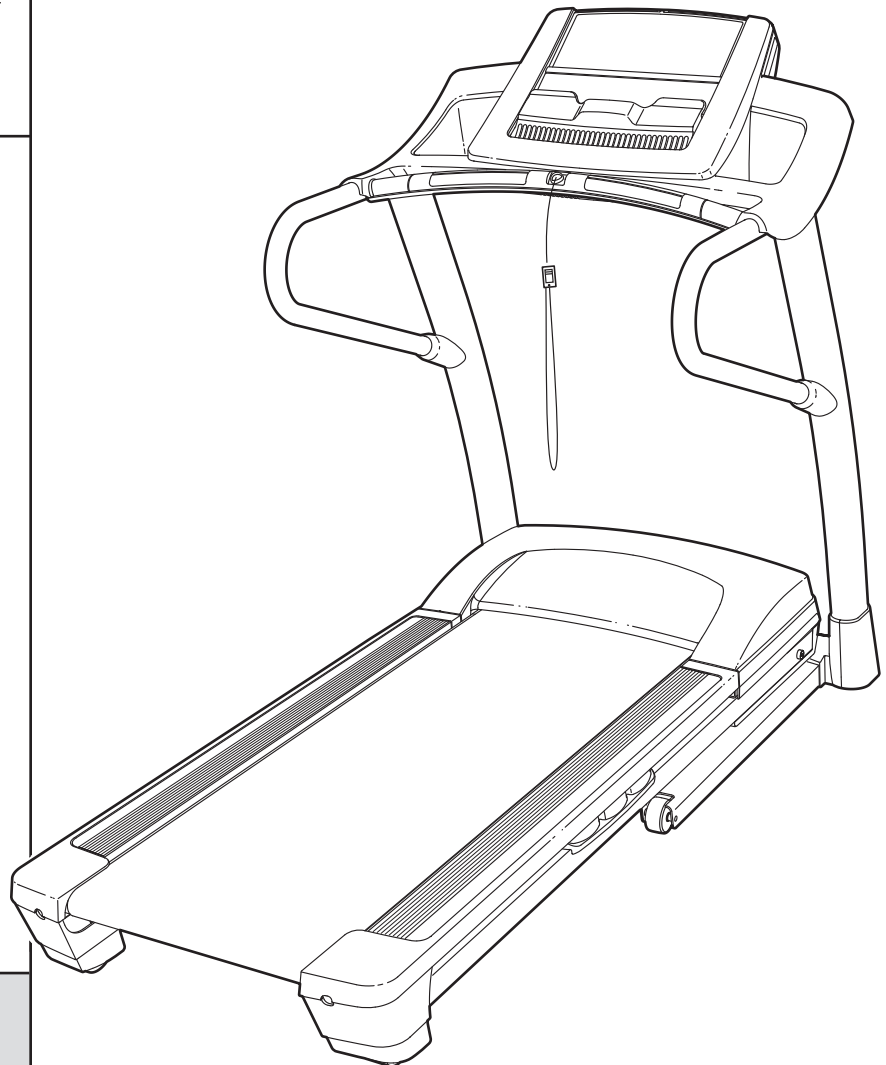
UK

AUSTRALIA

Call: 1-800-237-173

E-mail:

australiacc@iconfitness.com



CAUTION

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

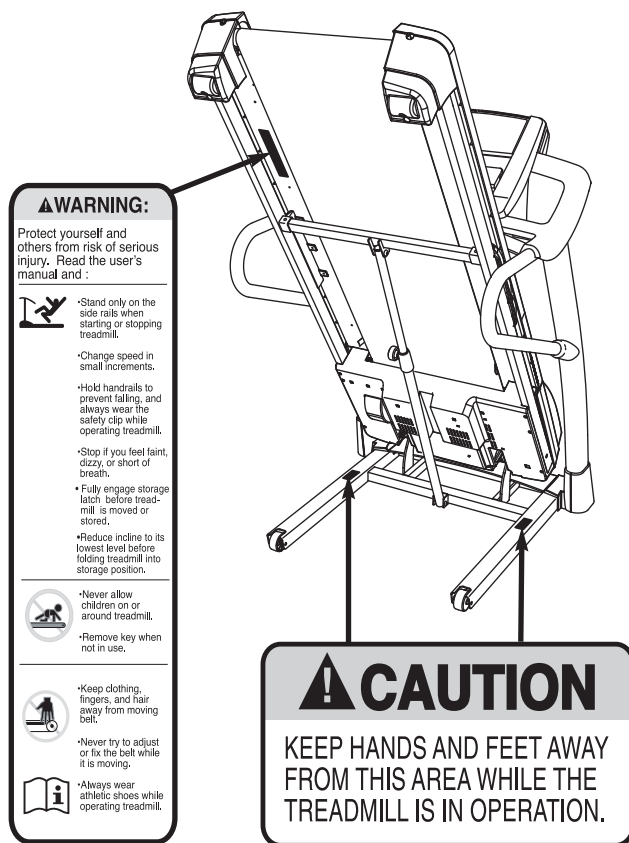
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN5
ASSEMBLY6
HOW TO USE THE CHEST PULSE SENSOR14
OPERATION AND ADJUSTMENT16
HOW TO FOLD AND MOVE THE TREADMILL25
TROUBLESHOOTING26
EXERCISE GUIDELINES29
PART LIST30
EXPLODED DRAWING32
ORDERING REPLACEMENT PARTSBack Cover
RECYCLING INFORMATIONBack Cover

WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. 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.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. 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.*
11. When connecting the power cord (see page 16), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 18).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 25.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
22. Never insert any object into any opening on the treadmill.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. **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.
25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.
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

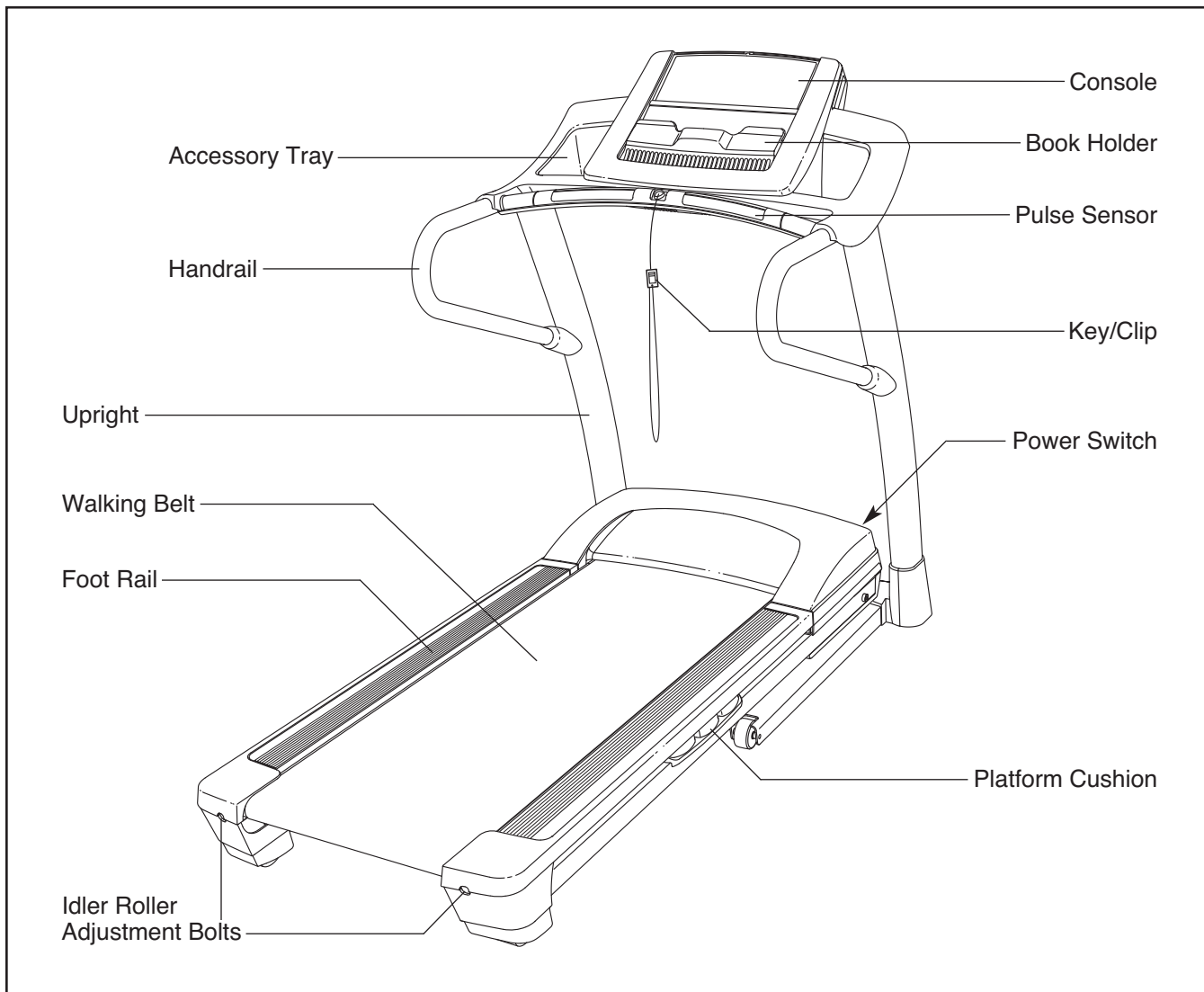
BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® T14.0 treadmill. The T14.0 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

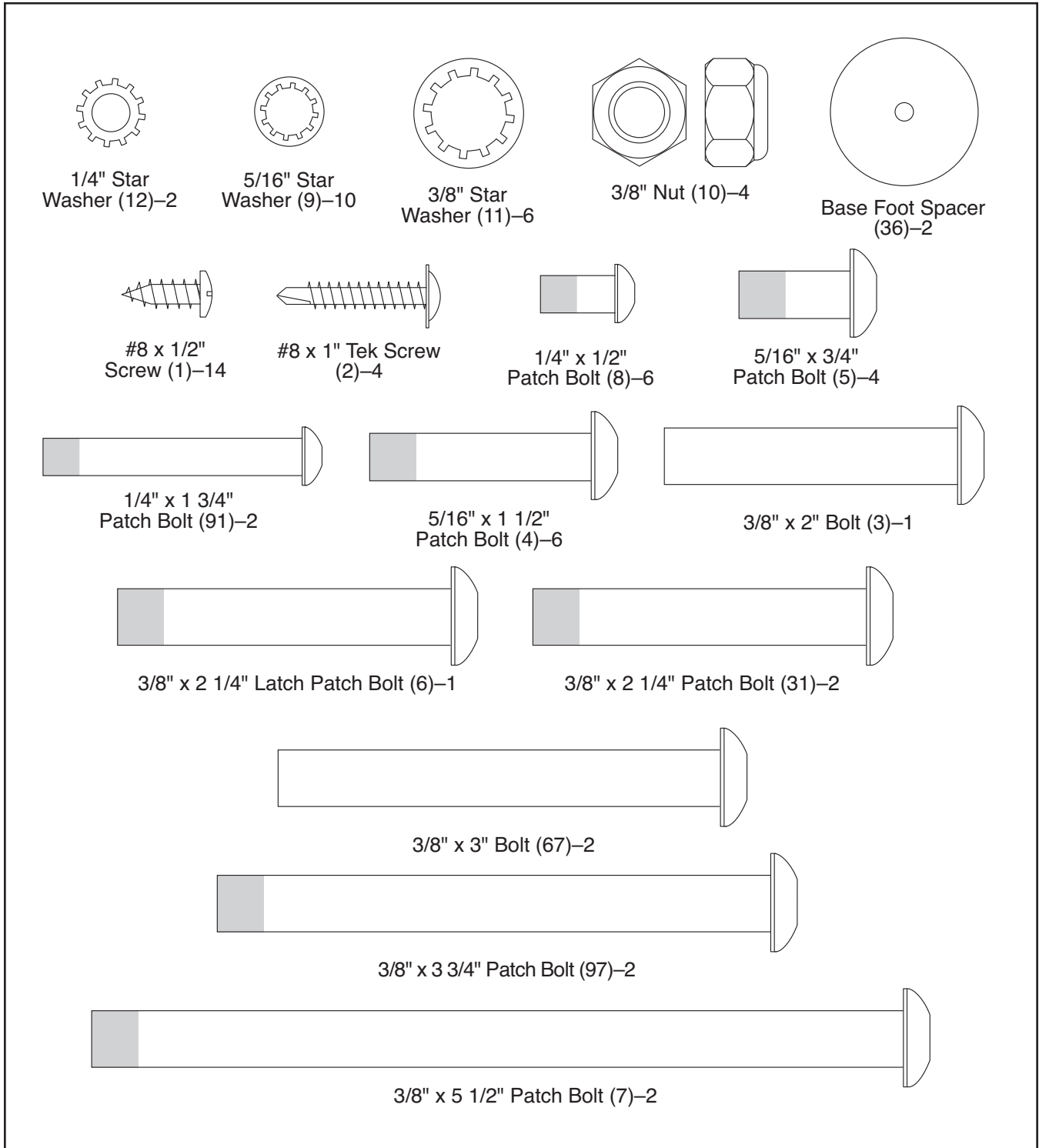
ing this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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








ASSEMBLY

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



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

Assembly requires the included hex keys  and your own Phillips screwdriver , adjustable wrench , needlenose pliers , and scissors .

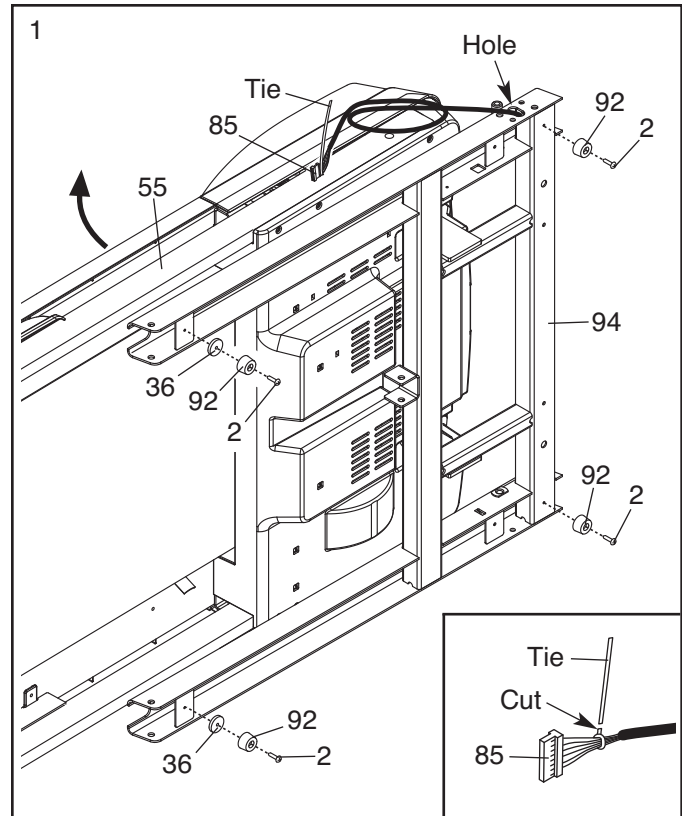
1. **Make sure that the power cord is unplugged.** With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (55) so that the treadmill is more stable; **do not fully fold the Frame yet.**

Locate the Upright Wire (85), which is bundled at the front of the Base (94). Remove the packaging from the Upright Wire. Insert the Upright Wire into the end of the Base and pull it out of the indicated hole. If necessary, use the plastic tie to pull the Upright Wire out of the hole.

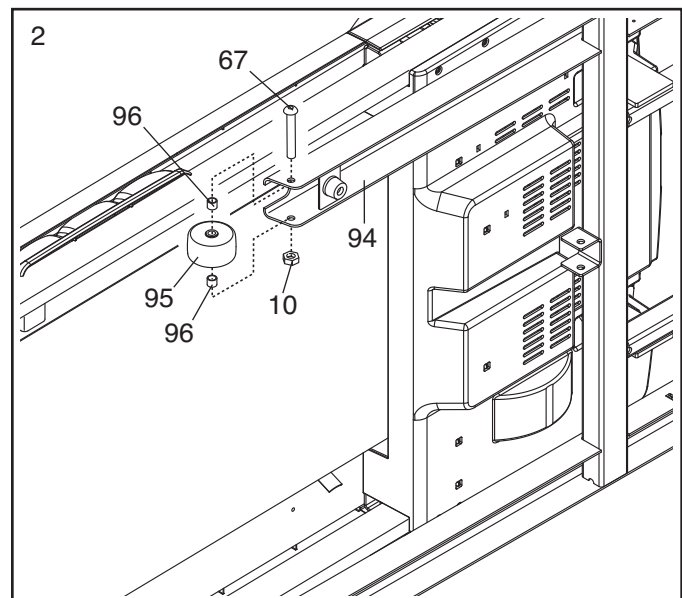
Attach two Base Feet (92) and two Base Foot Spacers (36) to the Base (94) in the locations shown with two #8 x 1" Tek Screws (2).

Then, attach the other two Base Feet (92) with two #8 x 1" Tek Screws (2).

See the inset drawing. Cut the plastic tie near the Upright Wire (85).

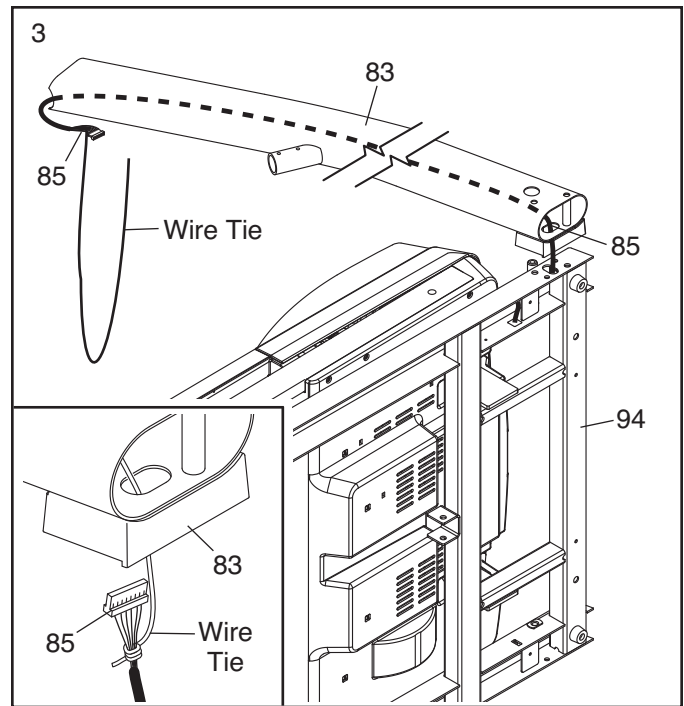


2. Attach a Wheel (95) to the Base (94) with a 3/8" x 3" Bolt (67), two Wheel Spacers (96), and a 3/8" Nut (10). **Do not overtighten the Nut; the Wheel must turn freely.**



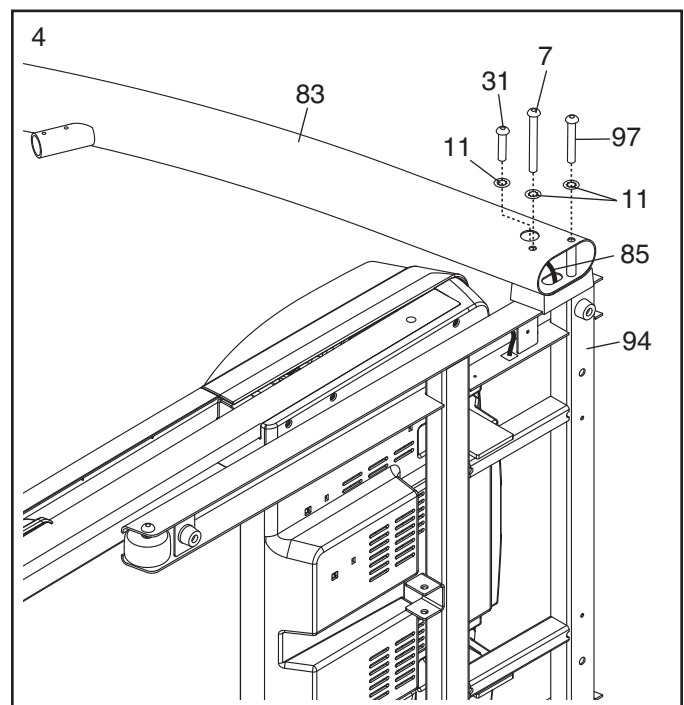
- Identify the Right Upright (83), which is marked with a "Right" sticker. Have a second person hold the Right Upright near the Base (94).

See the inset drawing. Tie the wire tie in the Right Upright (83) securely around the end of the Upright Wire (85). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



- Insert a 3/8" x 5 1/2" Patch Bolt (7), a 3/8" x 3 3/4" Patch Bolt (97), and a 3/8" x 2 1/4" Patch Bolt (31) with three 3/8" Star Washers (11) into the Right Upright (83) in the locations shown.

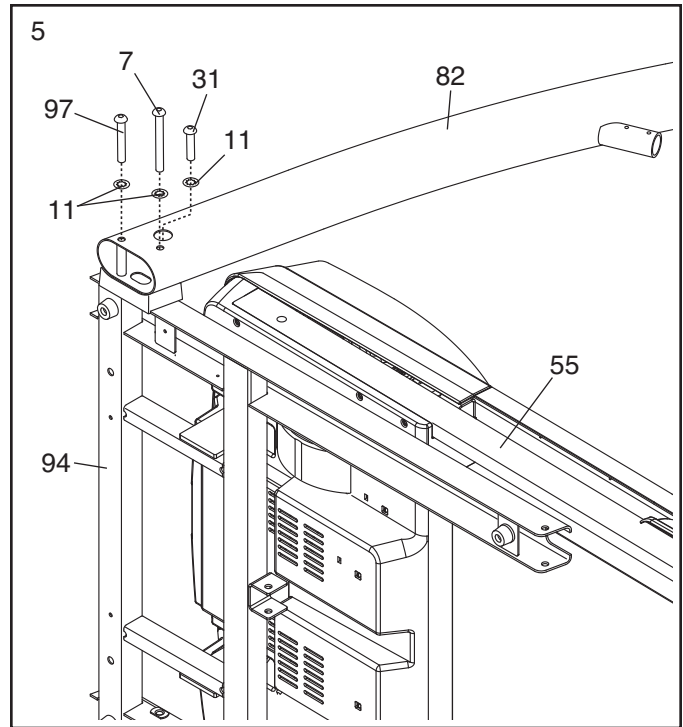
Hold the Right Upright (83) against the Base (94). **Be careful not to pinch the Upright Wire (85).** Partially tighten the 3/8" x 5 1/2" Patch Bolt (7) and the 3/8" x 3 3/4" Patch Bolt (97) until the heads of the Patch Bolts touch the Right Upright; **do not fully tighten the Patch Bolts yet.** Then, partially tighten the 3/8" x 2 1/4" Patch Bolt (31).



- With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (55) so that the treadmill is more stable; **do not fully fold the Frame yet.**

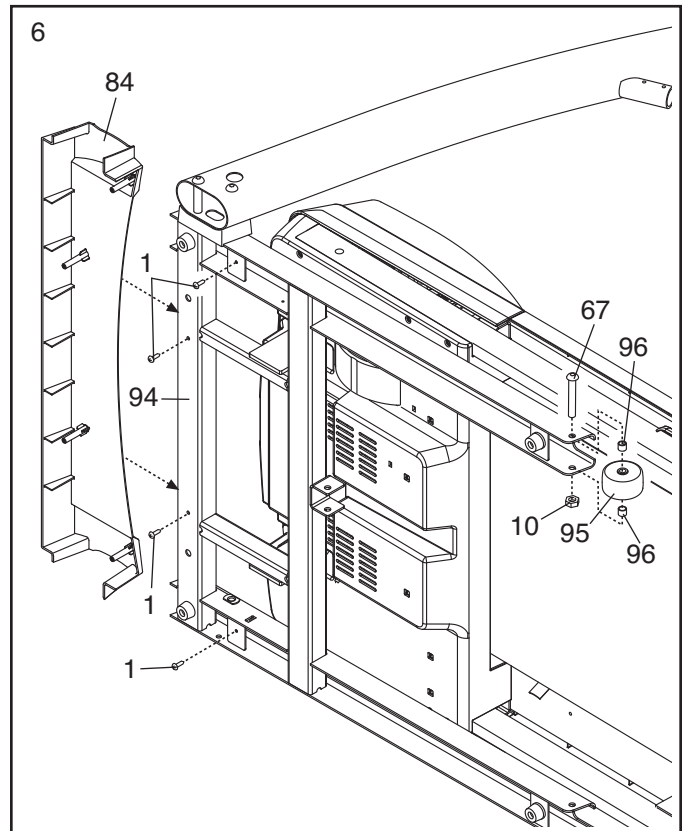
Insert a 3/8" x 5 1/2" Patch Bolt (7), a 3/8" x 3 3/4" Patch Bolt (97), and a 3/8" x 2 1/4" Patch Bolt (31) with three 3/8" Star Washers (11) into the Left Upright (82) in the locations shown.

Hold the Left Upright (82) against the Base (94). Partially tighten the 3/8" x 5 1/2" Patch Bolt (7) and the 3/8" x 3 3/4" Patch Bolt (97) until the heads of the Patch Bolts touch the Left Upright; **do not fully tighten the Patch Bolts yet.** Then, partially tighten the 3/8" x 2 1/4" Patch Bolt (31).



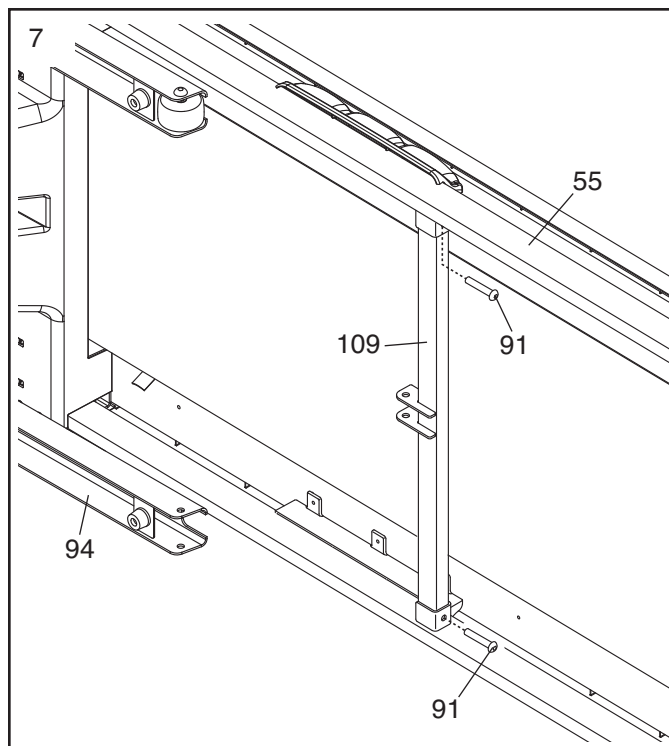
- Attach a Wheel (95) to the Base (94) with a 3/8" x 3" Bolt (67), two Wheel Spacers (96), and a 3/8" Nut (10). **Do not overtighten the Nut; the Wheel must turn freely.**

Attach the Base Cover (84) to the Base (94) with four #8 x 1/2" Screws (1). **Be careful not to overtighten the Screws.**



7. Attach the Frame Crossbar (109) to the Frame (55) with two 1/4" x 1 3/4" Patch Bolts (91).

With the help of a second person, tip the treadmill so that the Base (94) is flat on the floor.

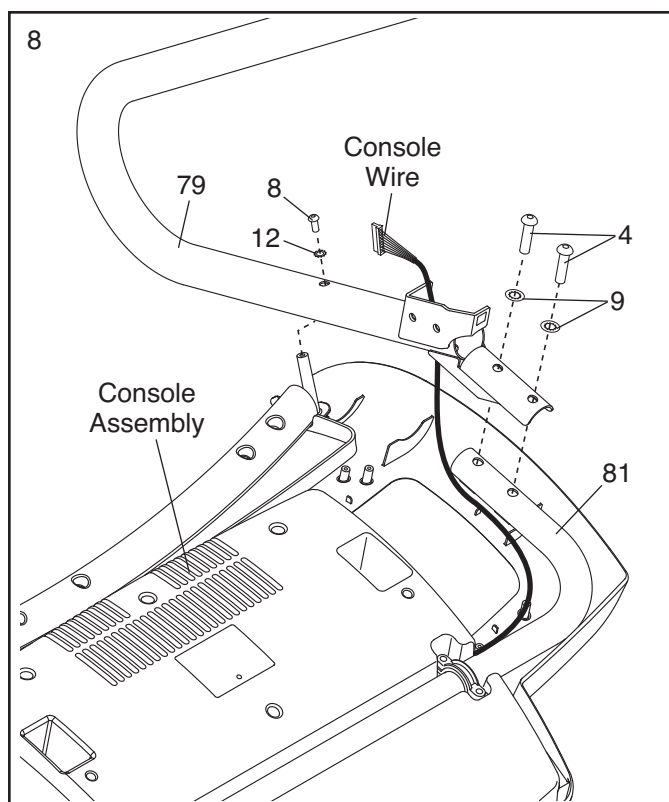


8. Set the console assembly face down on a soft surface to avoid scratching the console.

Identify the Right Handrail (79). Hold the Right Handrail near the console assembly. Route the console wire through the large holes in the top and bottom of the Right Handrail.

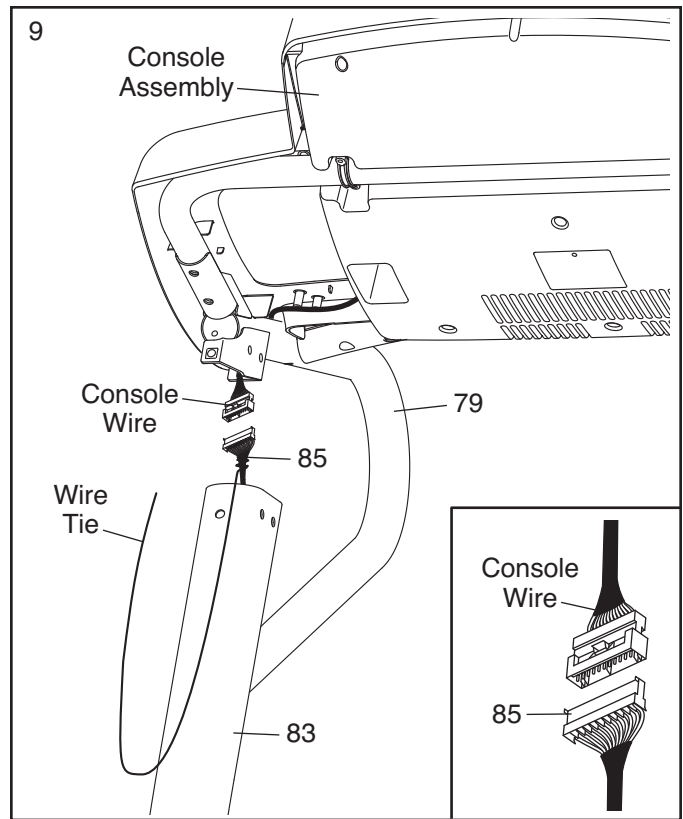
Set the Right Handrail (79) on the Console Frame (81). Start a 1/4" x 1/2" Patch Bolt (8) with a 1/4" Star Washer (12) into the Right Handrail. Then, start two 5/16" x 1 1/2" Patch Bolts (4) with two 5/16" Star Washers (9) into the Right Handrail. **Make sure that the console wire is not pinched. Do not tighten the three Patch Bolts yet.**

Attach the Left Handrail (not shown) as described above. **Note: There is not a wire on the left side.**



9. With the help of a second person, hold the sides of the console assembly and position the console assembly near the Right Upright (83) and the Left Upright (not shown). **Do not lift the console assembly by the Right Handrail (79) or the Left Handrail (not shown).**

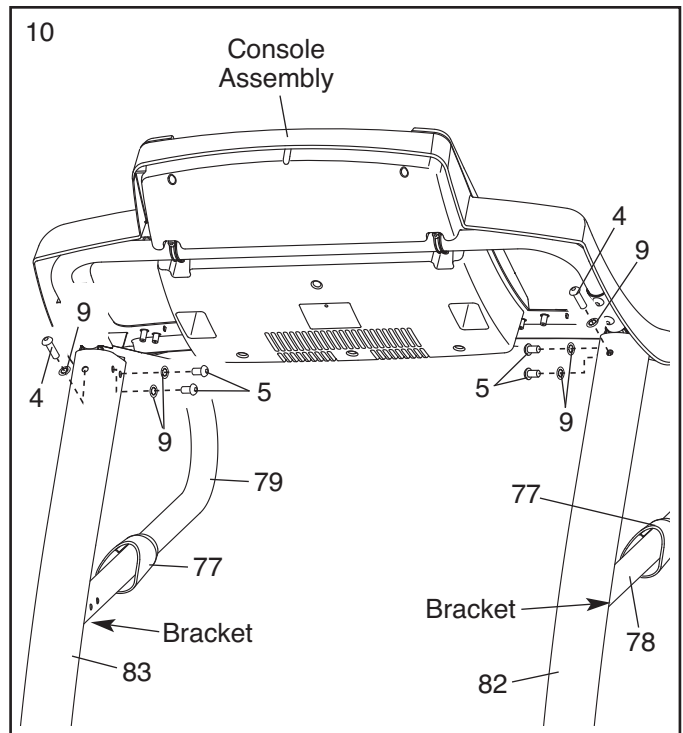
Connect the Upright Wire (85) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Then, remove the wire tie from the Upright Wire.



10. Slide a Handrail Cover (77) onto the lower end of each Handrail (78, 79).

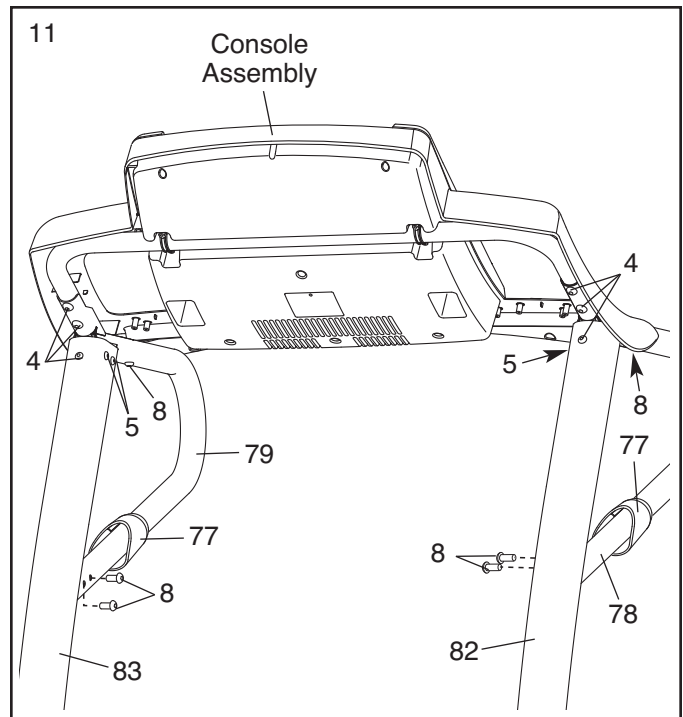
Set the console assembly on the Left and Right Uprights (82, 83). At the same time, insert the lower end of the Handrails (78, 79) over the brackets on the Uprights. **Be careful not to pinch any wires.** Insert the excess wire into the Right Upright.

Start four 5/16" x 3/4" Patch Bolts (5) with four 5/16" Star Washers (9) into the Uprights (82, 83). Then, start two 5/16" x 1 1/2" Patch Bolts (4) with two 5/16" Star Washers (9) into the Uprights. **Do not tighten the Patch Bolts yet.**



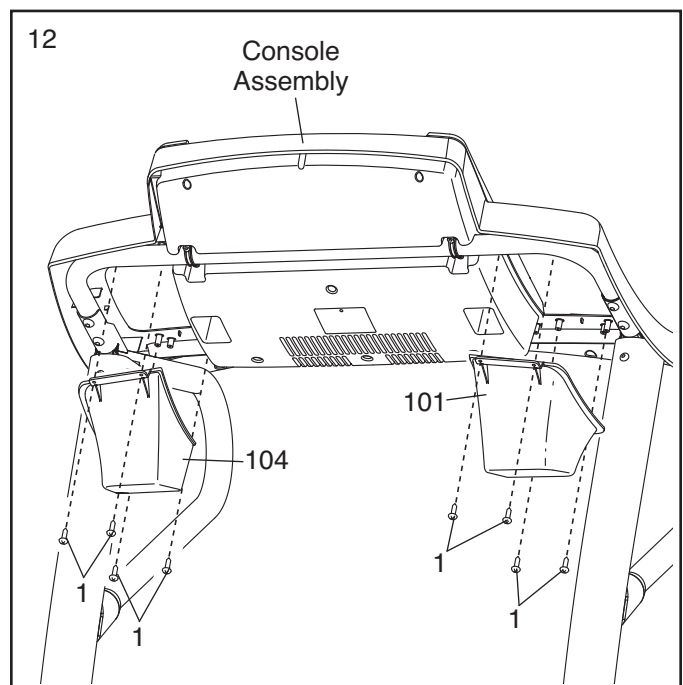
11. Start two 1/4" x 1/2" Patch Bolts (8) into the lower end of each Handrail (78, 79). **Tighten all sixteen Patch Bolts (4, 5, 8).**

Slide the Handrail Covers (77) against the Uprights (82, 83).



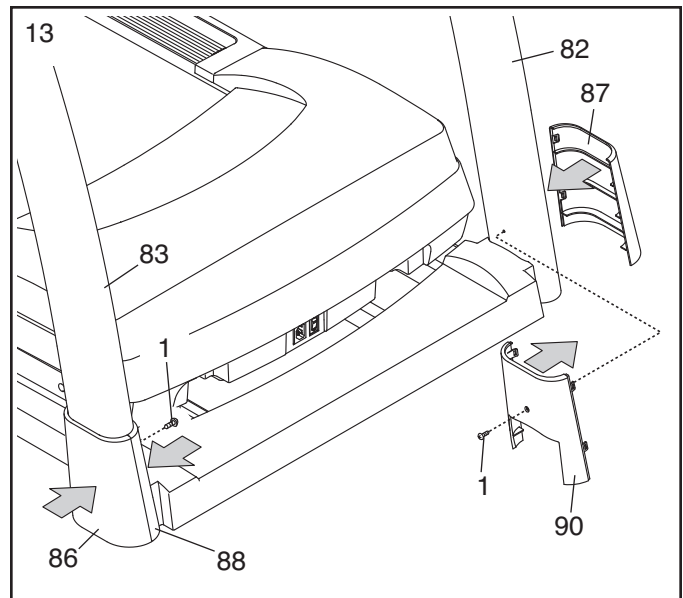
12. **See steps 4 and 5.** Tighten all the Patch Bolts (7, 31, 97) used in these steps.

Attach the Left Accessory Tray (101) and the Right Accessory Tray (104) to the console assembly with eight #8 x 1/2" Screws (1).



13. Press the Left Outside Upright Cover (87) and the Left Inside Upright Cover (90) around the Left Upright (82). Attach the Upright Covers with a #8 x 1/2" Screw (1).

Attach the Right Outside Upright Cover (86) and the Right Inside Upright Cover (88) in the same way.



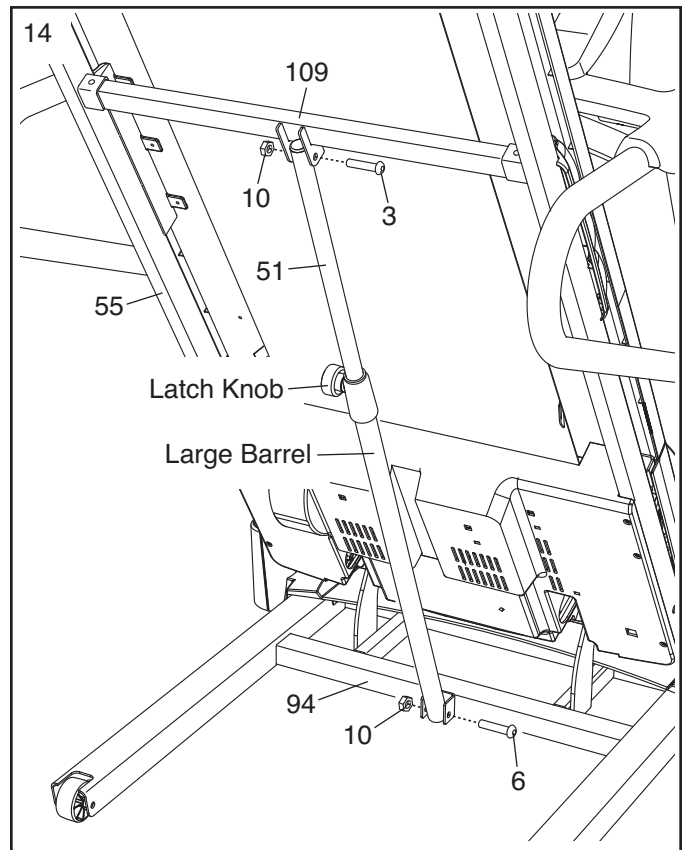
14. Raise the Frame (55) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (51) so that the large barrel and the latch knob are oriented as shown.

Attach the upper end of the Storage Latch (51) to the Frame Crossbar (109) with a 3/8" x 2" Bolt (3) and a 3/8" Nut (10).

Attach the Storage Latch (51) to the Base (94) with a 3/8" x 2 1/4" Latch Patch Bolt (6) and a 3/8" Nut (10). Note: It may be necessary to move the Frame (55) back and forth to align the Storage Latch with the Base.

Lower the Frame (55) (see HOW TO LOWER THE TREADMILL FOR USE on page 25).

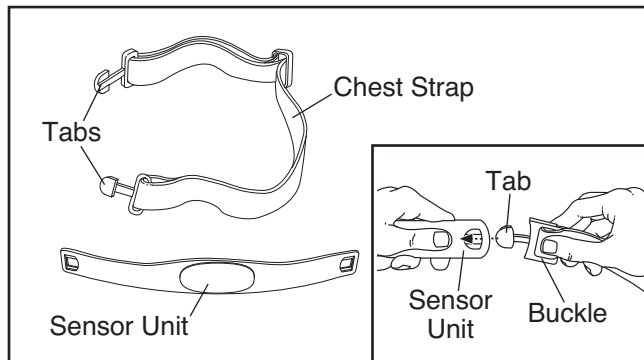


15. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 27 and 28).

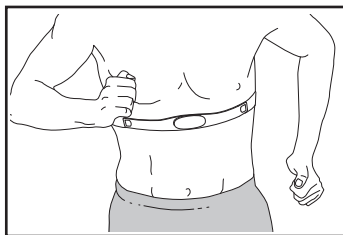
HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.



Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor 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 unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor 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 (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

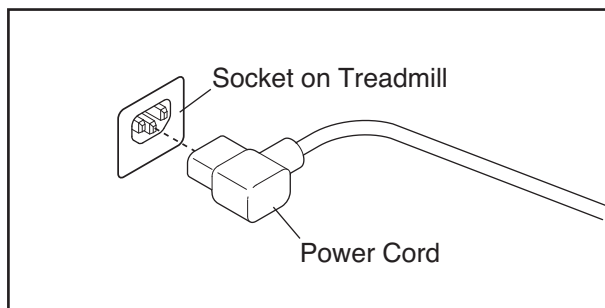
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

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

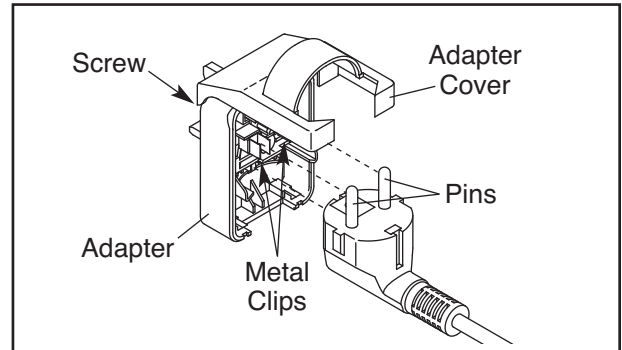
Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the treadmill.

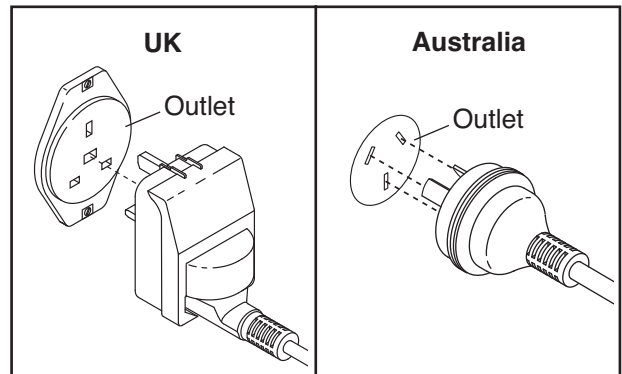


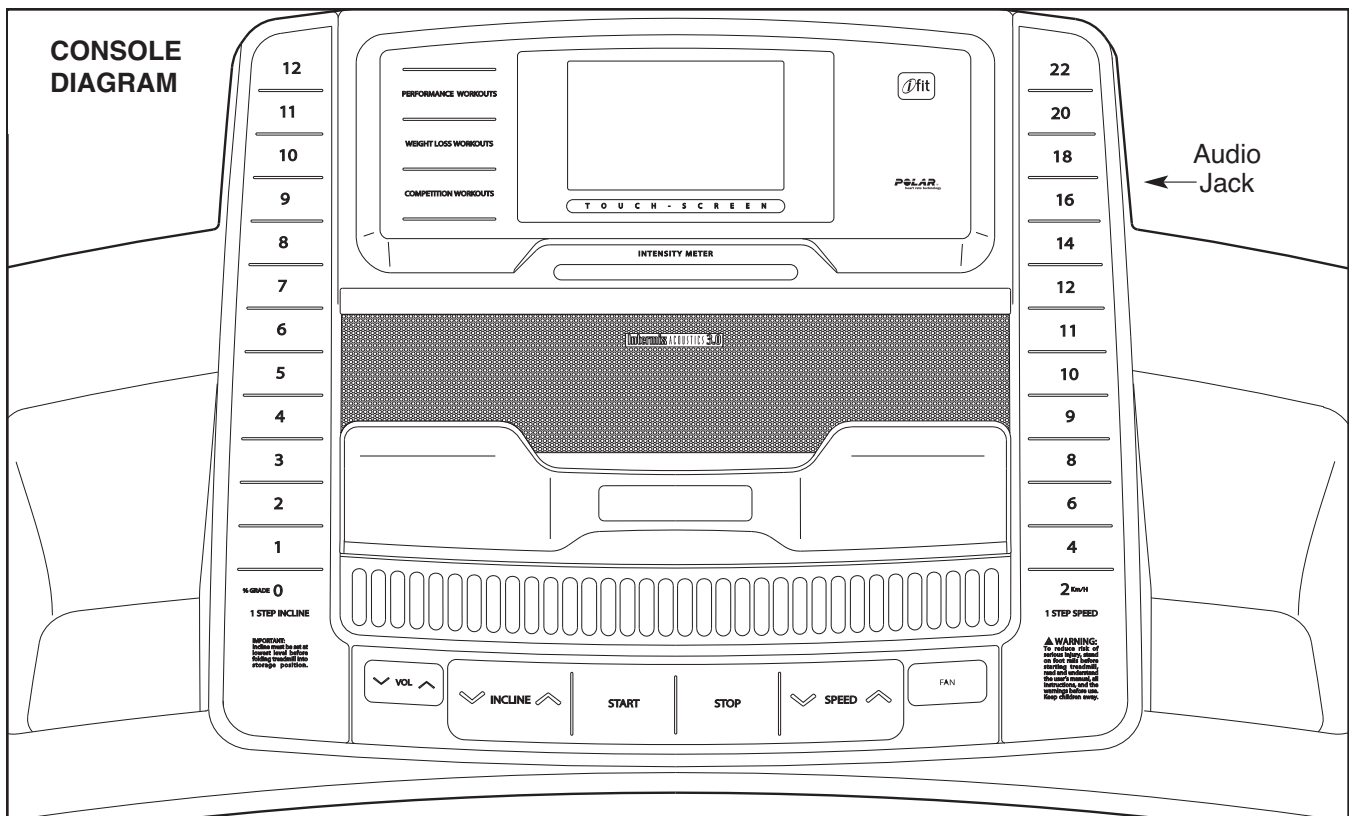
2. If you are plugging in the power cord in Australia, go to step 3.

If you are plugging in the power cord in the UK, first press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the screw is tightened into the adapter cover.** Then, go to step 3.



3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.





FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you select 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 continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

In addition, the console features twenty-two preset workouts—sixteen performance workouts and six weight loss workouts. Each preset workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even compete against other runners using a competition workout.

The console also features an iFit Live mode that enables the treadmill to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized work-

outs, create your own workouts, track your workout results, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even listen to your favorite workout music or audio books with the console's stereo sound system.

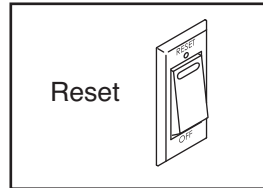
To turn on the power, see page 18. To use the manual mode, see page 18. To use a preset workout, see page 20. To use a competition workout, see page 22. To use the information mode, see page 24. To use the iFit Live mode, see page 24. To use the stereo sound system, see page 24.

IMPORTANT: If there is a sheet 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 the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

HOW TO TURN ON THE POWER

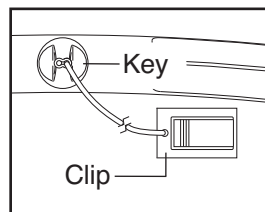
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 16). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 24 to turn off the demo mode.

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. After a moment, the displays will light. **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 kilometers or miles. To find which unit of measurement is selected, see THE INFORMATION MODE on page 24. **For simplicity, all instructions in this manual refer to kilometers.**

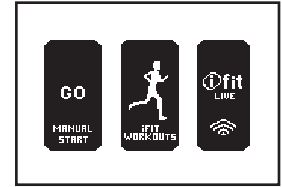
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

2. Select the main menu.

Each time the key is inserted, the main menu will appear. Note: If you have selected a workout or the iFit Live mode, press the Menu button to return to the main menu.



3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons. You can also press the Go button on the screen.

If you press the Start button, the Speed increase button, or the Go button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

If you press one of the numbered 1 Step Speed 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 Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button or one of the 1 Step Incline buttons numbered 0 to 12. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

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

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, repeatedly press the Display button on the screen.

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

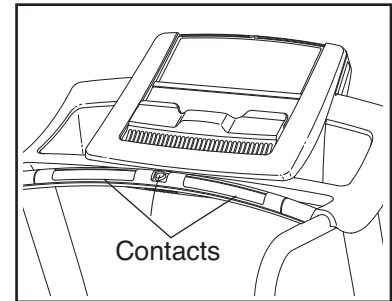
- The elapsed time.
- The distance that you have walked or run.
- The approximate number of calories you have burned.
- Your pace in minutes per mile or minutes per kilometer.
- The speed of the walking belt.
- The incline level of the treadmill.
- Your heart rate (see step 6 on this page). Your heart rate will be displayed only when you use the handgrip pulse sensor or the chest pulse sensor.

As you exercise, the intensity meter will indicate the approximate intensity level of your exercise.

6. Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. For information about the chest pulse sensor, see page 14.

Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails and hold the contacts for approximately ten seconds—avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, 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 A PRESET WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 18.

2. Select a preset workout.

If you have selected the manual mode, a workout, or the iFit Live mode, press the Menu button to return to the main menu.

To select a preset workout, press the iFit Workouts button on the screen. Then press the Performance button or the Weight Loss button on the screen. You can also press the Performance Workouts button or the Weight Loss Workouts button on the console.



To use a performance workout, press the Time button or the Distance button. To use a weight loss workout, press the Calorie button or the Basic button.

Press the button for the desired workout. If a Next button appears on the screen, press the button to view more workouts. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout. Note: When a distance workout is selected, the duration of the workout will not appear in the display.

If you select a performance workout, you can change the intensity of your workout. Press the Select button. Then, press the increase or decrease button on the screen to change the intensity.

3. Start the workout.

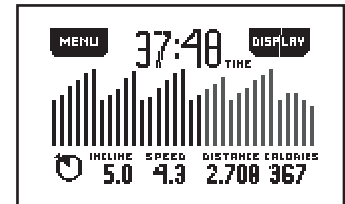
Press the Start button or the Select button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

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

During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The flashing segment

of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.

At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a new speed and/or incline setting is programmed for the next segment, the new speed and/or incline setting will flash in the display for a few seconds and the treadmill will automatically adjust to the new speed and incline settings.



The workout will continue in this way until the last segment of the profile flashes and the last segment ends. The walking belt will then slow to a stop. Some workouts will be followed by a cool down period.

Note: The calorie goal for each weight loss workout 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 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.

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

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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

See step 5 on page 19.

If you select a time workout, the display will show a stopwatch representing the time remaining in the workout. If you select a distance workout, the display will show a track representing 1/4 mile (400 meters). If you select a calorie workout, the display will show a flame representing 25 calories.

5. Measure your heart rate if desired.

See step 6 on page 19.

6. Turn on the fan if desired.

See step 7 on page 19.

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

See step 8 on page 19.

HOW TO USE A COMPETITION WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 18.

2. Select a competition workout.

If you have selected the manual mode, a workout, or the iFit Live mode, press the Menu button to return to the main menu.

To select a competition workout, press the iFit Workouts button on the screen. Then press the Competition button on the screen. You can also press the Competition Workouts button on the console.



To personalize race settings, press the Settings button. Select a maximum incline by pressing the increase and decrease buttons. Press the Continue button. Then, select the speed at which you will start walking in the race by pressing the increase and decrease buttons. Press the Continue button.

You can race against one opponent or against a group of four opponents.

If you choose to compete against one opponent, press the Head to Head button. Select an opponent by pressing the Next and Back buttons. For each the opponent, the screen will display the opponent's level of endurance, average speed, maximum speed, and level of spirit. Each opponent may appear more than once in different levels, or tiers, of difficulty. The least challenging opponent is in tier one and the most challenging opponent is in tier three. Press the Select button.

If you choose to compete against a group, press the Race Against a Pack button. Select a level of

difficulty for the race by pressing the increase and decrease buttons. Level one is the easiest level and level twelve is the hardest. Press the Continue button.

Then, select the distance of the race. You can view more distances by pressing the Next button on the screen.

3. Start the workout.

After you select a distance, READY, SET, GO will appear on the screen and then the race will begin. Hold the handrails and begin walking.

Adjust the speed and incline of the treadmill as desired. Your opponents will adjust their speed and tactics based on the course and the situation.

The workout will continue until you complete the race.

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

The console offers several display options. The display option you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display option.

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

- An animation of a runner labeled "U," which represents you. As you increase or decrease the speed of the walking belt, the runner will speed up or slow down.
- Animations of the other runners.
- A map of the course you are running. The map will appear on the left side of the screen. The runners will be represented by squares on the map.

- The number of seconds that you are ahead of the other runners or behind the lead runner. The seconds will appear below the map of the course. If you are behind the other runners, a negative number of seconds will appear.
- Your rank in the race. Your rank will appear inside the map of the course.
- The speed of the walking belt.
- The incline level of the treadmill.
- The approximate number of calories you have burned.
- The distance that you have walked or run.
- The elapsed time.
- Your heart rate. Note: Your heart rate can be displayed only while you use the handgrip pulse sensor or the chest pulse sensor (see step 6 on page 19).
- A profile of the incline settings of the race. The profile will appear in the lower part of the screen.
- The rate at which your opponents recover their energy (rec).
- The bank, or amount, of energy your opponents have left. As the amount of energy in a bank decreases, the speed of that opponent will decrease.
- The racing tactics your opponents are using. Your opponents will use different tactics in different situations. Consult a reputable source to learn more about these tactics.
- A status bar showing the distance you have travelled in the race and the distance you still have to travel. The status bar will appear at the bottom of the screen.
- Your average speed.

5. Measure your heart rate if desired.

See step 6 on page 19.

6. Turn on the fan if desired.

See step 7 on page 19.

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

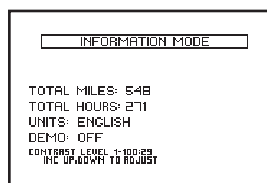
See step 8 on page 19.

THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers to measure distance, and to turn on and turn off the display demo mode. You can also adjust the contrast level of the display.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The display will show the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been used.



The display will also show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance in kilometers, select METRIC. To view distance in miles, select ENGLISH.

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 displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

The display will also show the contrast level of the display. Press the Incline increase and decrease buttons to adjust the contrast.

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

HOW TO USE THE IFIT LIVE MODE

The optional iFit Live module allows your treadmill to communicate with your wireless network and unlocks exciting new features. For example, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **To purchase an iFit Live module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.** You must have an iFit Live module to use the iFit Live mode.

To use the iFit Live mode, insert the iFit Live module into the console. Press the iFit Live button on the screen.

For more information about the iFit Live mode, go to www.iFit.com. Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You will also need an iFit.com membership.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire and plug it into the audio jack on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player or press the Vol increase and decrease buttons on the console.

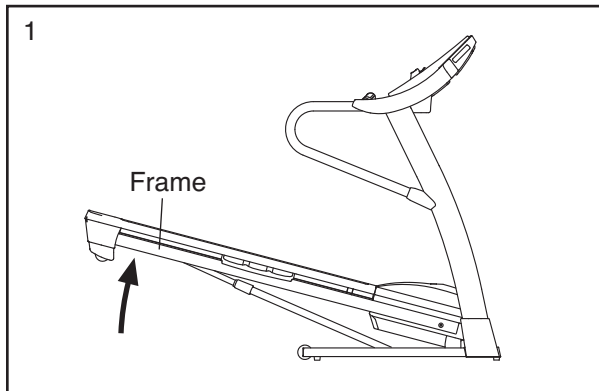
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

HOW TO FOLD AND MOVE THE TREADMILL

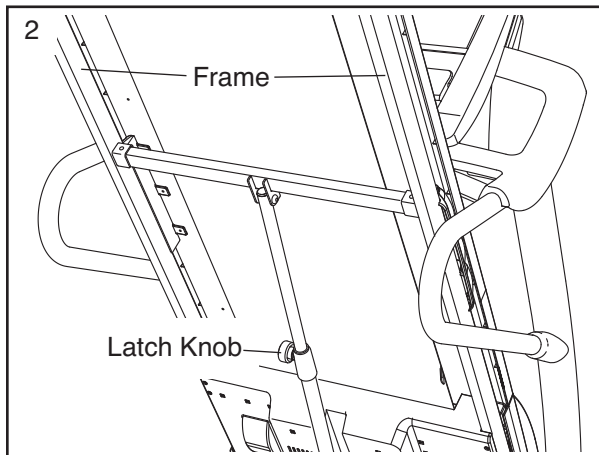
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. **CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

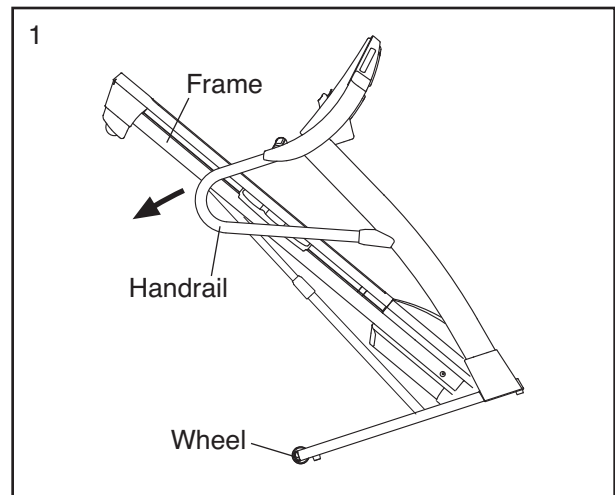


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your left hand. Pull the latch knob to the right; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.
2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

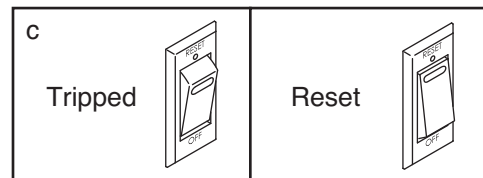
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 16). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).

b. After the power cord has been plugged in, make sure that the key is inserted into 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 switch, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). 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. Reinsert the key into the console.

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

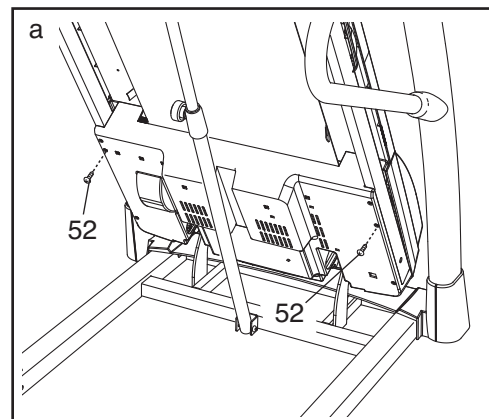
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 24 to turn off the demo mode.

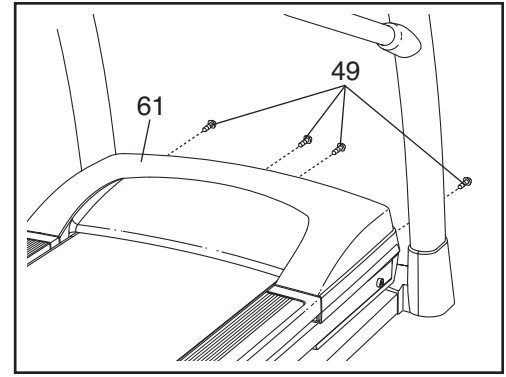
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 25). Remove the two #8 x 1 1/2" Screws (52).

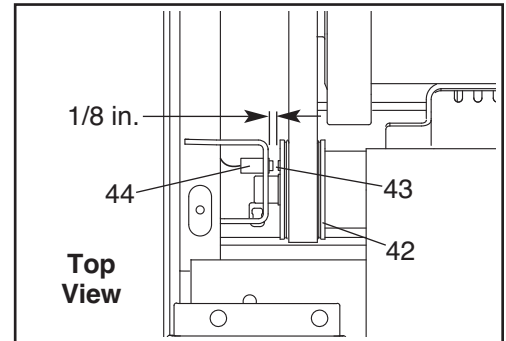
Then, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 25).



Remove the four #8 x 1" Screws (49) and carefully remove the Motor Hood (61).



Locate the Reed Switch (44) and the Magnet (43) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Motor Hood (not shown) with the four #8 x 3/4" Screws (not shown) and two #8 x 1 1/2" Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.



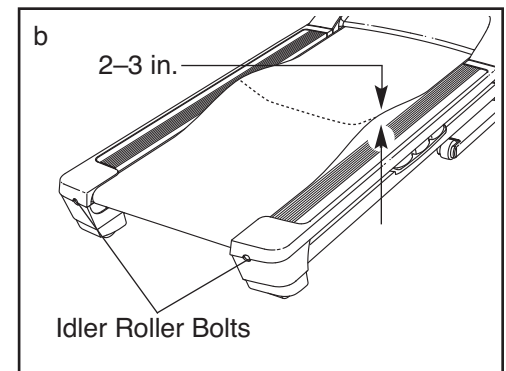
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m).

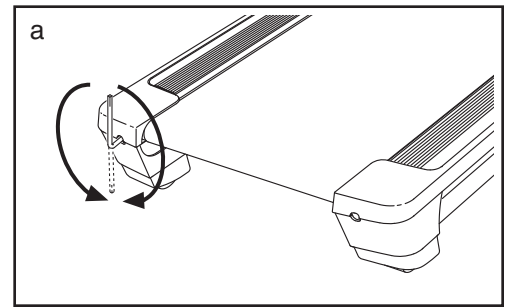
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



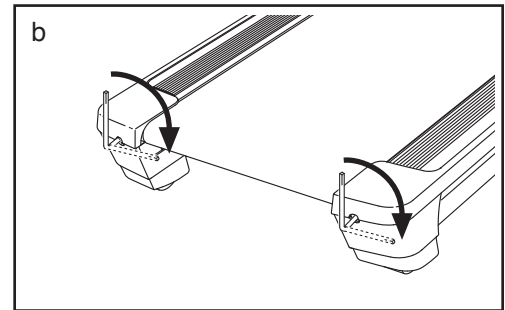
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

SOLUTION: a. **If the walking belt is off-center**, first 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 bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left idler roller bolt 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 remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 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.



PROBLEM: The console display has lines running through it

SOLUTION: a. If lines appear in the console display, see THE INFORMATION MODE on page 24 and adjust the contrast level of the display.

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 pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

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

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

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

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

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

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NETL12710.1

R1010A

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	21	#8 x 1/2" Screw	51	1	Storage Latch
2	4	#8 x 1" Tek Screw	52	2	#8 x 1 1/2" Screw
3	1	3/8" x 2" Bolt	53	1	Electronics Bracket
4	6	5/16" x 1 1/2" Patch Bolt	54	1	Controller
5	4	5/16" x 3/4" Patch Bolt	55	1	Frame
6	1	3/8" x 2 1/4" Latch Patch Bolt	56	1	Idler Roller
7	2	3/8" x 5 1/2" Patch Bolt	57	1	Right Frame Foot
8	6	1/4" x 1/2" Patch Bolt	58	1	Left Frame Foot
9	10	5/16" Star Washer	59	1	Hex Key
10	8	3/8" Nut	60	1	5/32" Hex Key
11	6	3/8" Star Washer	61	1	Motor Hood
12	2	1/4" Star Washer	62	1	Wire Tie Clamp
13	1	Pulse Crossbar	63	2	Lift Frame Spacer
14	32	#8 x 3/4" Screw	64	2	Frame Spacer
15	2	1/4" x 1 3/4" Bolt	65	1	Lift Frame
16	2	3/8" x 1 3/4" Bolt	66	1	Incline Motor
17	9	#8 x 1/2" Washer Head Screw	67	2	3/8" x 3" Bolt
18	10	#12 x 1" Screw	68	2	Hood Mount
19	4	Belt Guide Screw	69	1	Belly Pan
20	2	Drive Motor Bolt	70	1	Power Switch
21	4	3/8" x 2 1/8" Bolt	71	1	Power Cord
22	2	3/8" x 1 3/8" Bolt	72	1	Grommet
23	4	5/16" x 1 1/4" Bolt	73	1	Lift Motor Wire
24	1	Drive Roller Bolt	74	2	Releasable Tie
25	2	1/4" Flat Washer	75	1	15 1/2" Tie
26	2	1/4" Lock Washer	76	7	8" Tie
27	2	Cage Nut	77	2	Handrail Cover
28	6	#8 x 3/4" Truss Head Screw	78	1	Left Handrail
29	2	3/8" Jam Nut	79	1	Right Handrail
30	4	5/16" Flange Nut	80	2	Console Clamp
31	2	3/8" x 2 1/4" Patch Bolt	81	1	Console Frame
32	1	1/4" Star Washer	82	1	Left Upright
33	2	#8 Star Washer	83	1	Right Upright
34	4	#8 x 1" Truss Head Screw	84	1	Base Cover
35	1	Left Foot Rail	85	1	Upright Wire
36	2	Base Foot Spacer	86	1	Right Outside Upright Cover
37	2	Platform Cushion	87	1	Left Outside Upright Cover
38	1	Walking Platform	88	1	Right Inside Upright Cover
39	2	Belt Guide	89	2	Caution Decal
40	1	Left Foot Rail Cover	90	1	Left Inside Upright Cover
41	1	Right Foot Rail Cover	91	2	1/4" x 1 3/4" Patch Bolt
42	1	Drive Roller/Pulley	92	4	Base Foot
43	1	Magnet	93	1	Audio Wire
44	1	Reed Switch	94	1	Base
45	1	Reed Switch Clamp	95	2	Wheel
46	1	Drive Motor Belt	96	4	Wheel Spacer
47	1	Drive Motor	97	2	3/8" x 3 3/4" Patch Bolt
48	1	Walking Belt	98	1	Key/Clip
49	8	#8 x 1" Screw	99	8	Wire Tie
50	1	Right Foot Rail	100	1	Console

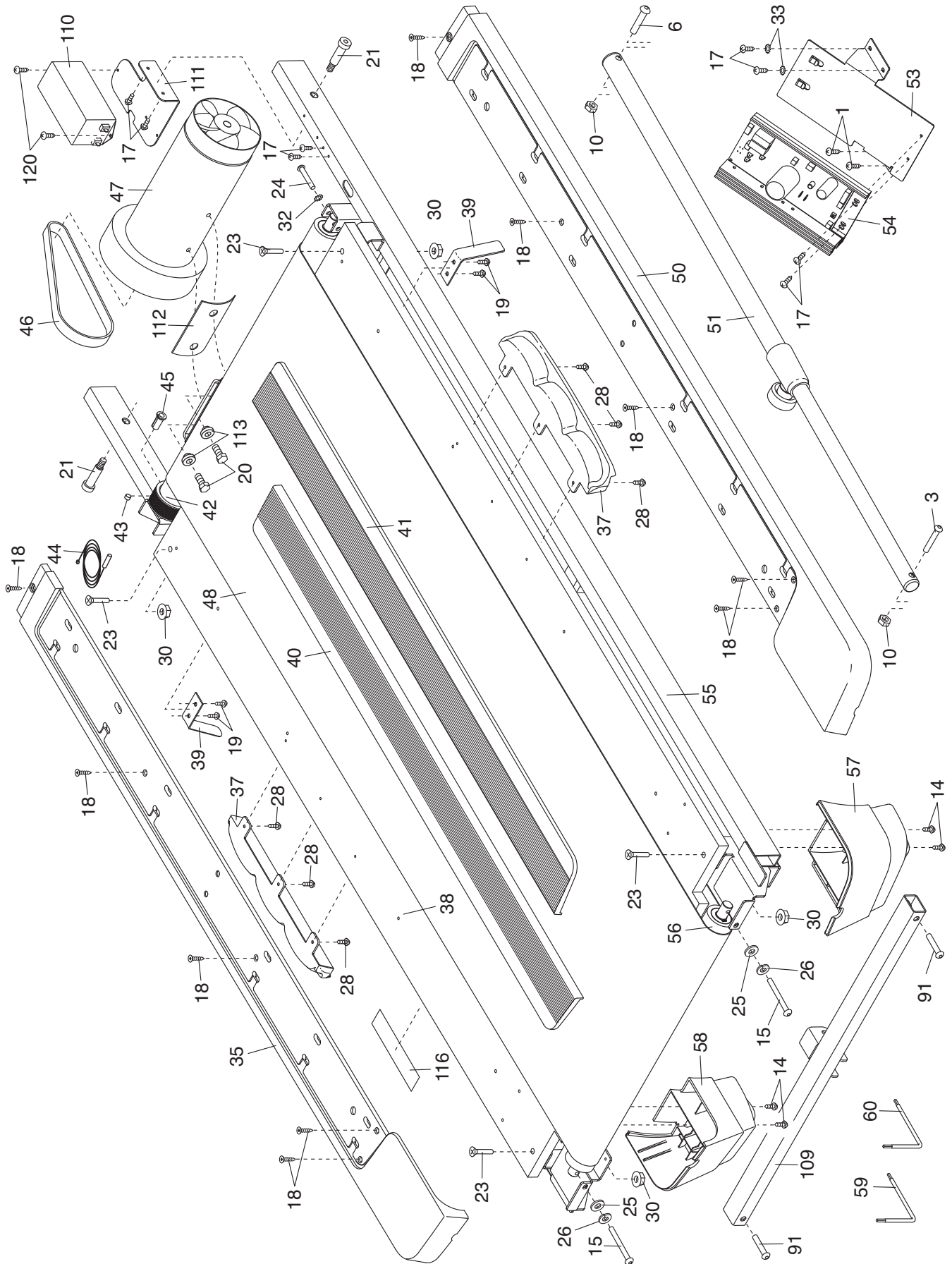
Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Left Accessory Tray	112	1	Drive Motor Isolator
102	1	Console Base	113	2	Drive Motor Bushing
103	1	Module Housing	114	1	Receptacle
104	1	Right Accessory Tray	115	1	Power Cord Adapter
105	1	Access Door	116	1	Warning Decal
106	1	Pulse Bar	117	1	Chest Pulse Strap
107	3	Pulse Ground Wire	118	2	Incline Motor Bushing
108	1	Chest Pulse Sensor	119	4	Hood Clip
109	1	Frame Crossbar	120	2	M4.2 x 8mm Screw
110	1	Filter	*	–	User's Manual
111	1	Filter Bracket			

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. NETL12710.1

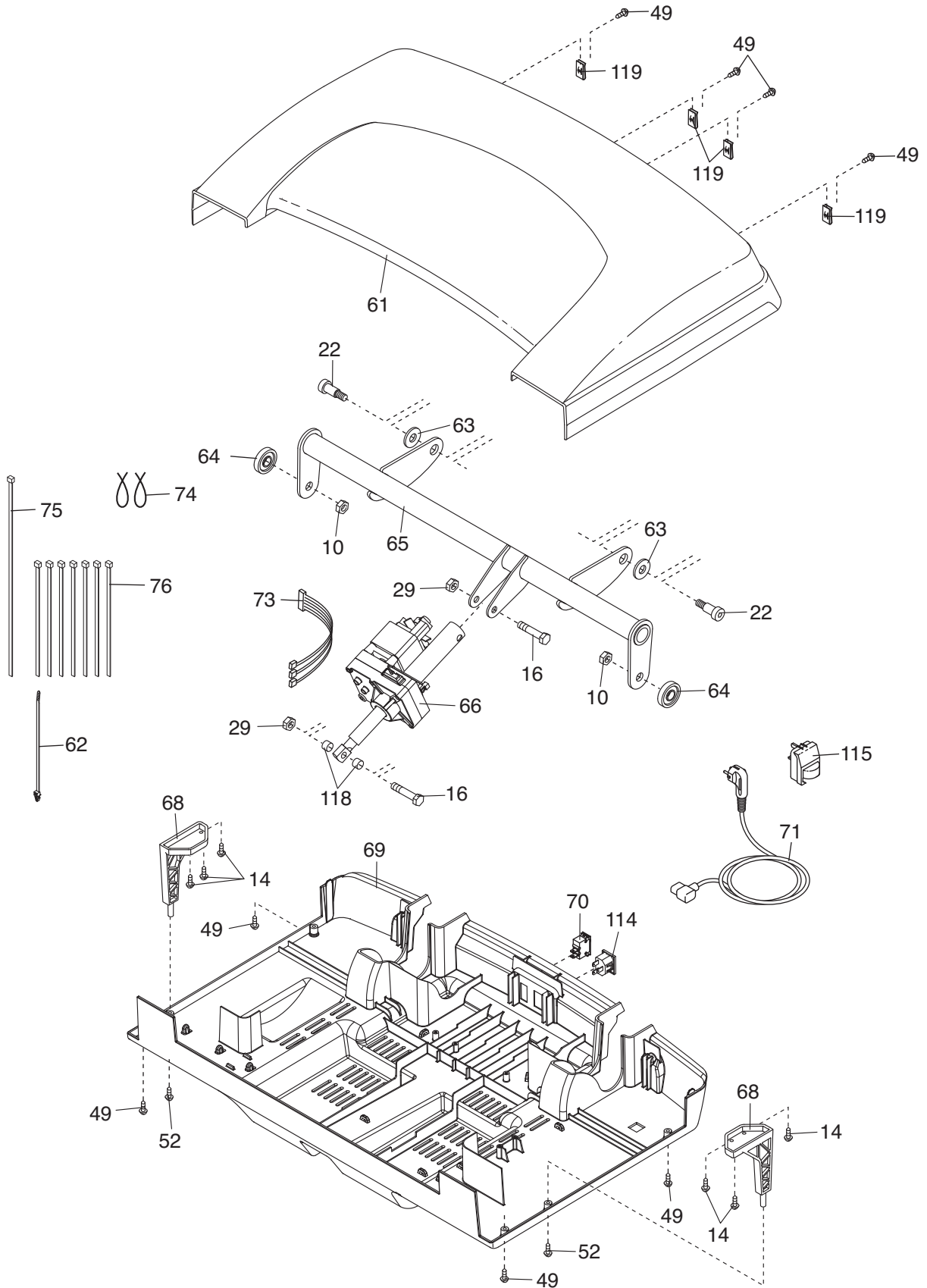
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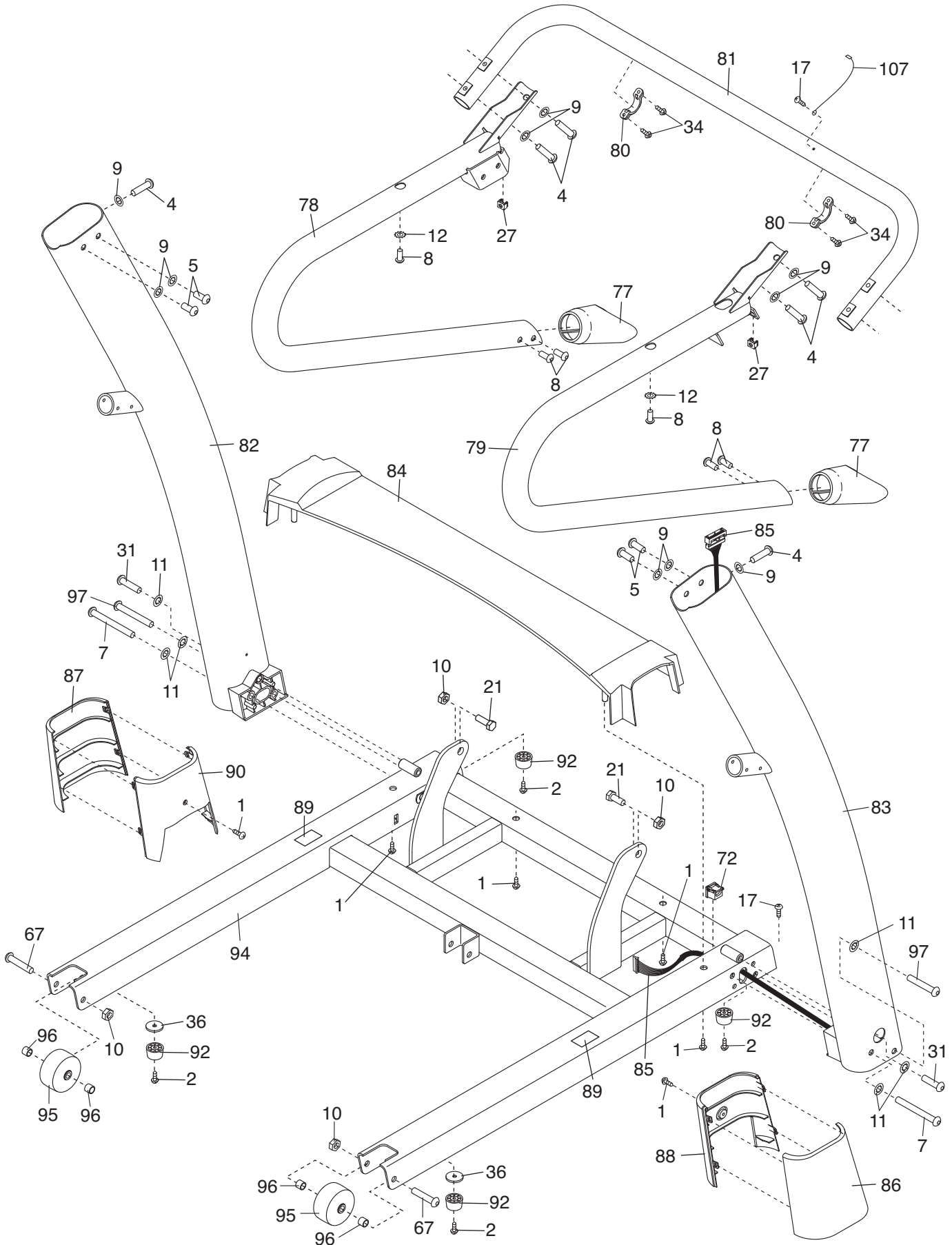
EXPLODED DRAWING B—Model No. NETL12710.1

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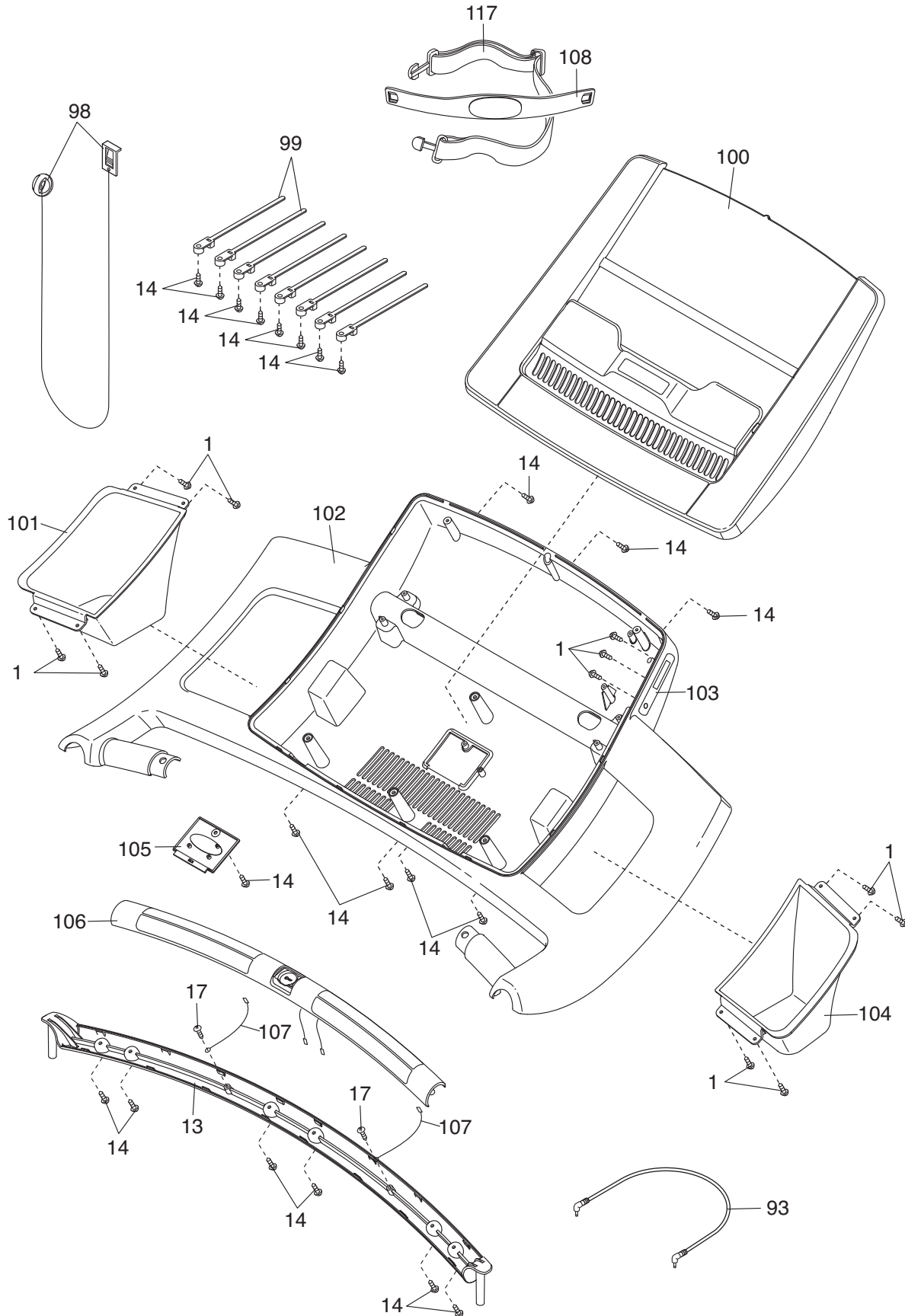
EXPLODED DRAWING C—Model No. NETL12710.1

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EXPLODED DRAWING D—Model No. NETL12710.1

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ORDERING REPLACEMENT PARTS

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

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

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

