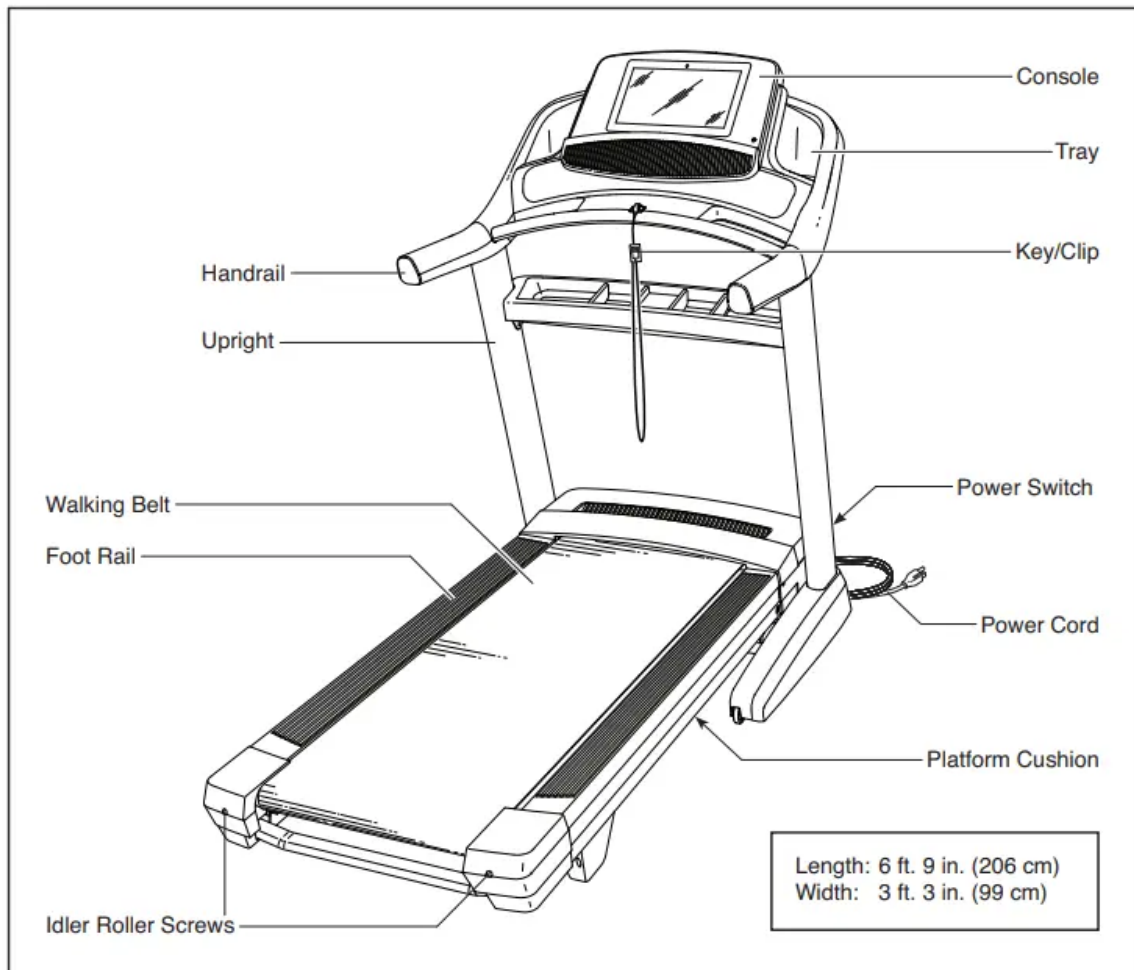


BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® COMMERCIAL 2450 treadmill. The COMMERCIAL 2450 treadmill offers an impressive selection of features designed to make your workouts at home more effective and enjoyable. 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 reading 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

1. To use the assembly steps in this manual, first see the helpful tips below.

- Assembly requires two 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
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- Assembly requires the following tools:

the included hex key



one adjustable wrench



one Phillips screwdriver



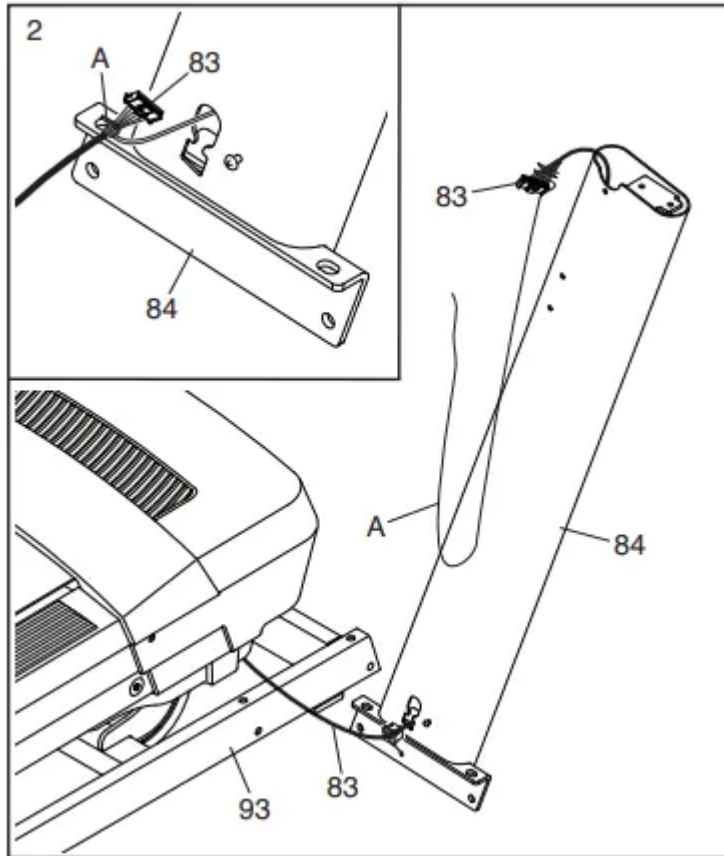
To avoid damaging parts, do not use power tools.

2. Make sure that the power cord is unplugged.

Remove the tie securing the Upright Wire (83) to the front of the Base (93).

Next, identify the Right Upright (84). Have a second person hold the Right Upright near the Base (93).

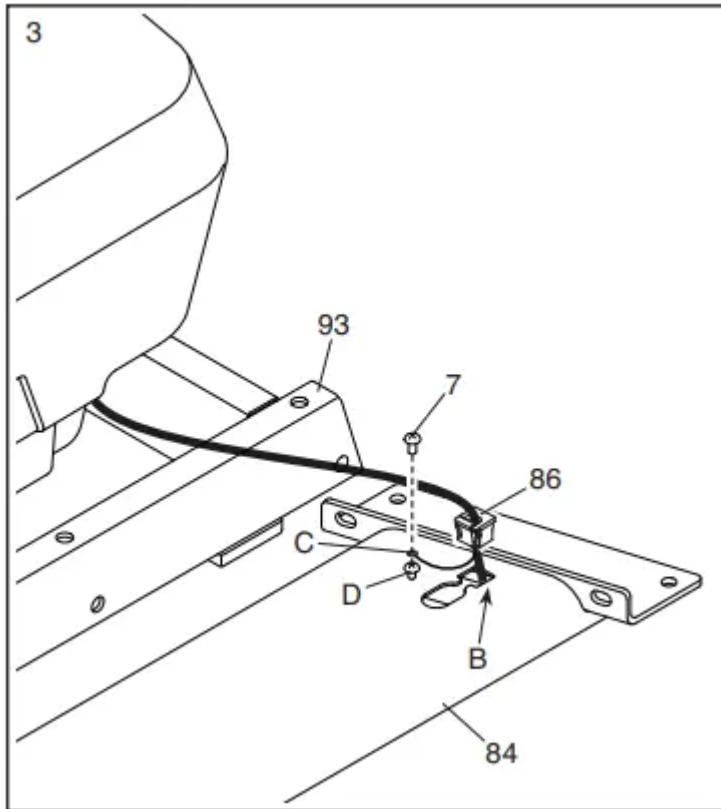
See the inset drawing. Tie the wire tie (A) in the Right Upright (84) securely around the end of the Upright Wire (83). Then, insert the Upright Wire into the lower end of the Right Upright, and pull the other end of the wire tie, until the Upright Wire is routed through the Right Upright.



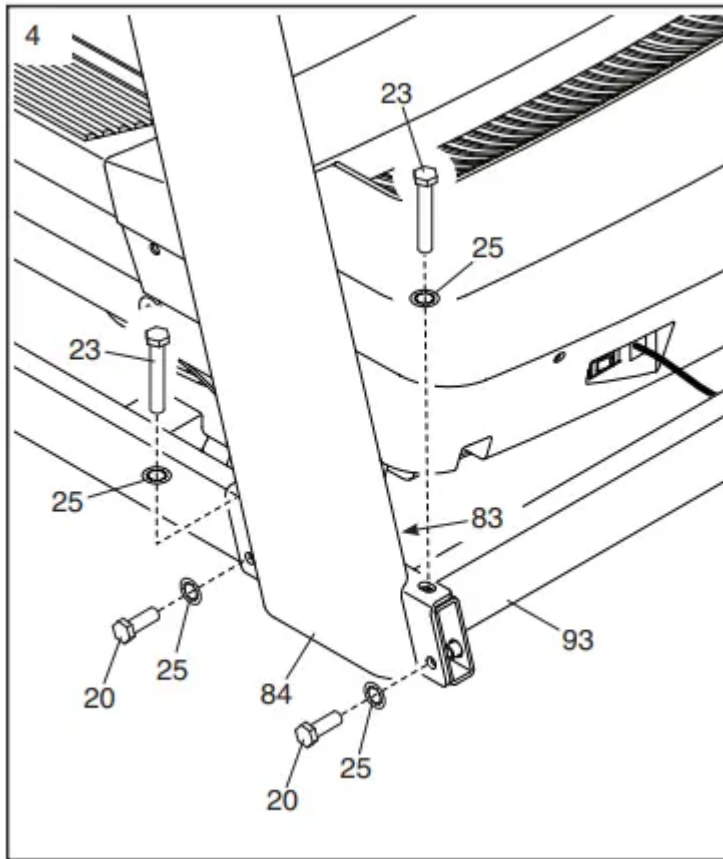
3. Lay the Right Upright (84) near the Base (93). Press the Upright Grommet (86) into the square hole (B) in the Right Upright. Make sure not to pinch the ground wire (C).

If there is a screw (D) preattached to the Right Upright (84), remove and discard it.

Then, attach the ground wire (C) to the Right Upright (84) with a #8 x 1/2" Ground Screw (7).



4. Hold the Right Upright (84) against the Base (93). Make sure not to pinch the Upright Wire (83). Attach the Right Upright (84) with two 3/8" x 2 3/4" Screws (23), two 3/8" x 1 1/4" Screws (20), and four 3/8" Star Washers (25) as shown; do not fully tighten the Screws yet.
- Attach the Left Upright (not shown) in the same way. Note: There are no wires on the left side.

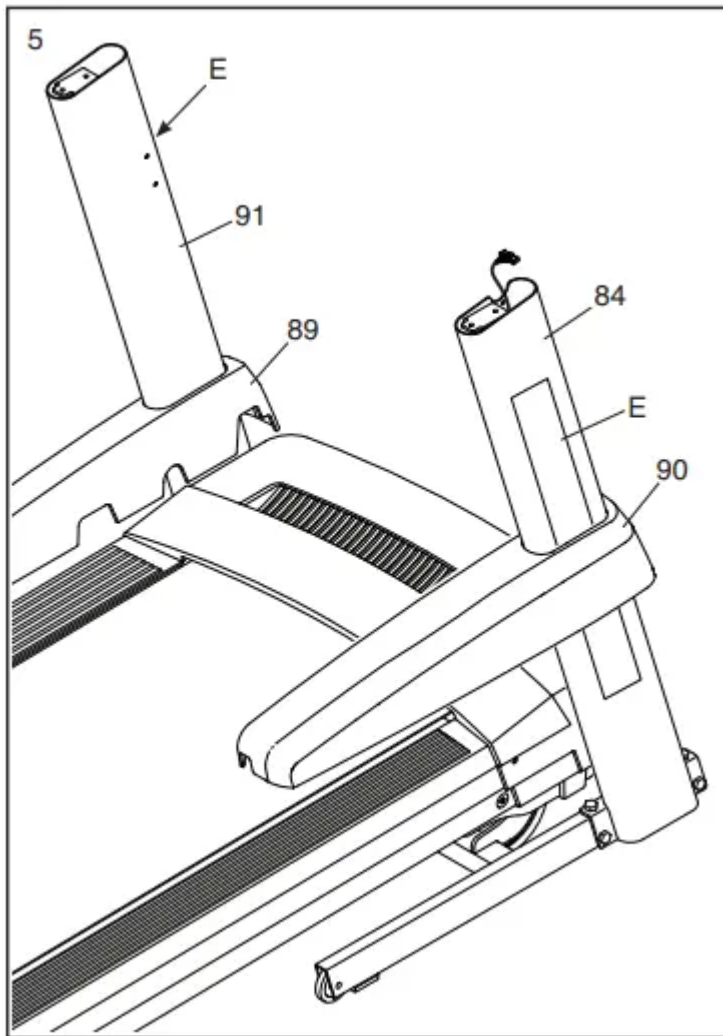


5. Identify the Left and Right Base Covers (89, 90).

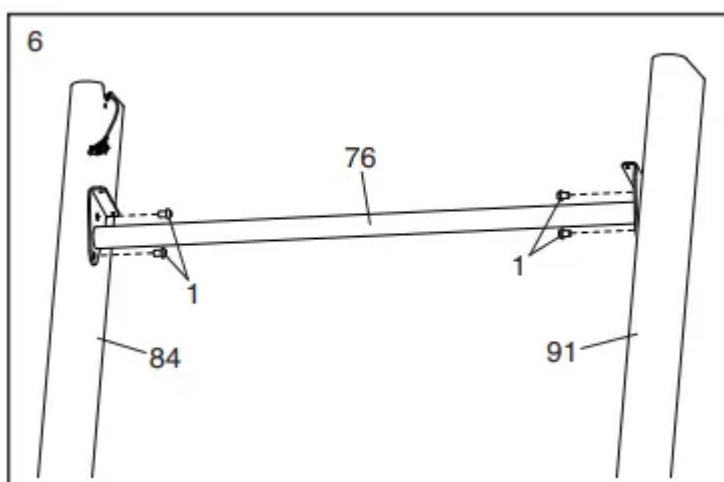
Slide the Left Base Cover (89) onto the Left Upright (91), and slide the Right Base Cover (90) onto the Right Upright (84). Press the Base Covers downward, but do not snap the Base Covers into place yet.

If there is a film (E) covering the decal on each Upright (84, 91), carefully remove the film.

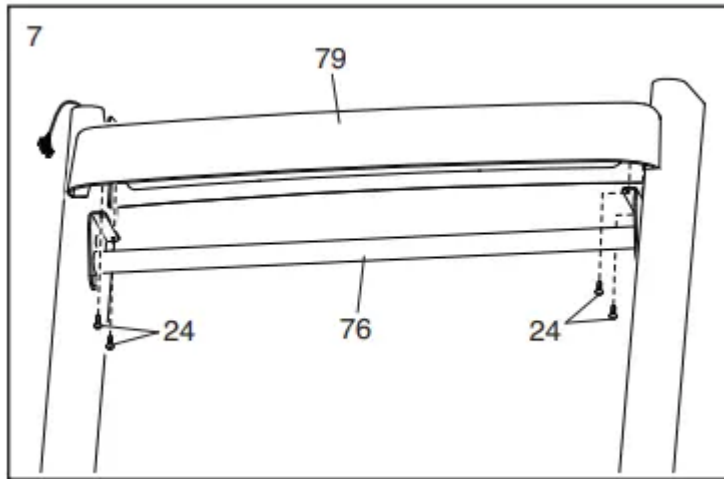




6. Carefully slide the Upright Crossbar (76) between the Right and Left Uprights (84, 91). Attach the Upright Crossbar with four 5/16" x 3/4" Screws (1); start all four Screws, and then tighten them.

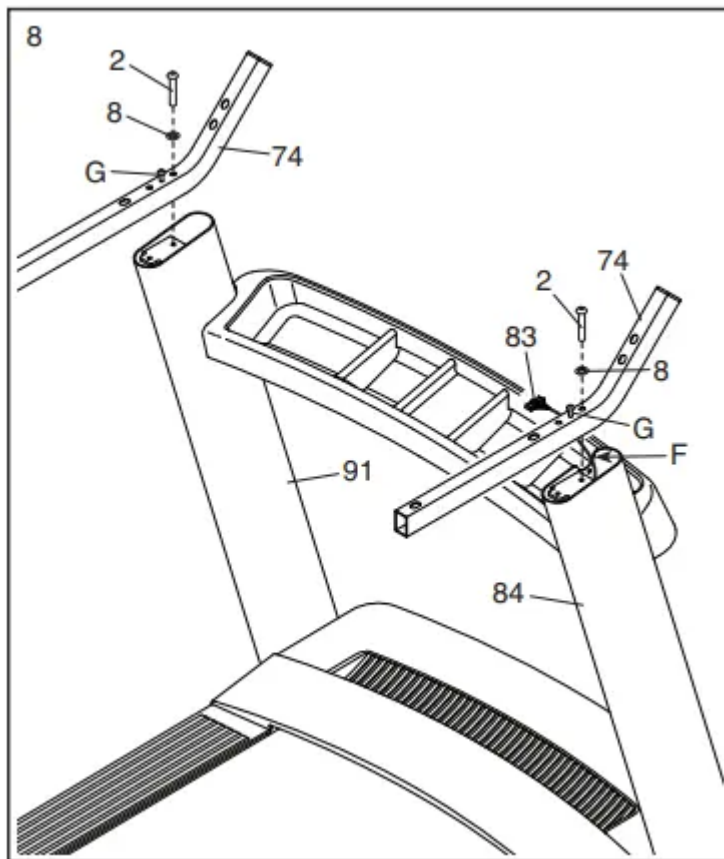


7. Attach the Tray (79) to the Upright Crossbar (76) with four #8 x 3/4" Truss Head Screws (24); start all four Truss Head Screws, and then tighten them.



8. Attach the two Handrails (74) to the Right and Left Uprights (84, 91) with two 5/16" x 2" Screws (2) and two 5/16" Star Washers (8); do not fully tighten the Screws yet. Be careful not to pinch the Upright Wire (83) on the right side. Position the Upright Wire in the notch (F) as shown.

Then, remove and discard the two indicated screws (G).

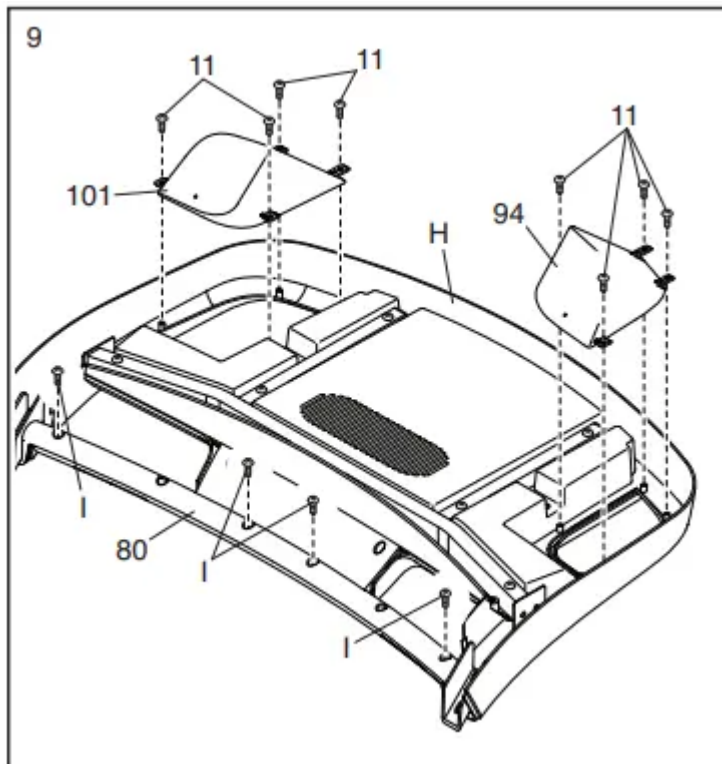


9. Set the console assembly (H) face down on a soft surface to avoid scratching the console assembly.

Remove and discard the four indicated screws (I). Then, remove the Crossbar (80).



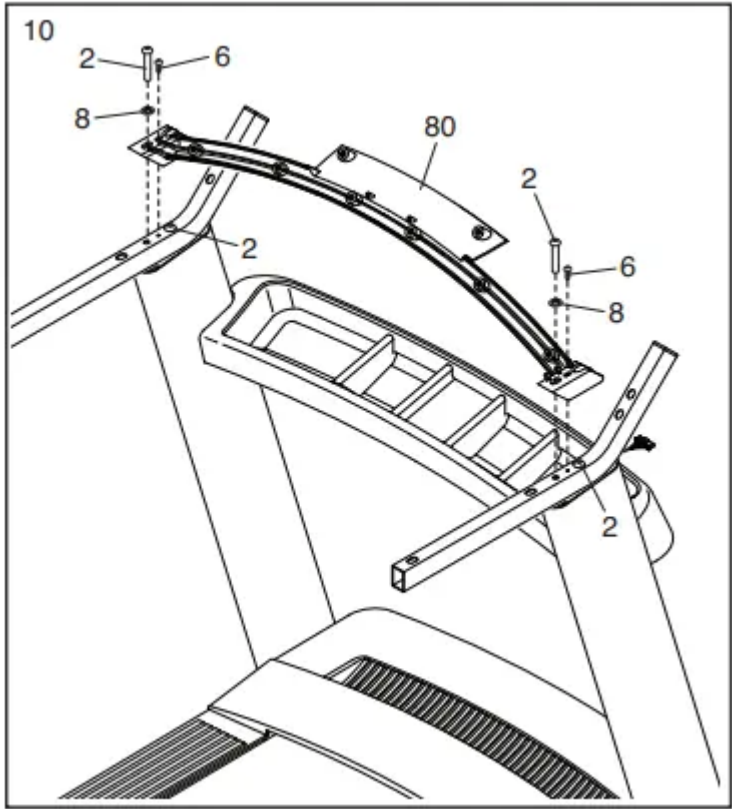
Next, identify the Left and Right Trays (94, 101). Attach the Trays to the console assembly (H) with eight #8 x 1/2" Screws (11). Do not over tighten the Screws



10. IMPORTANT: To avoid damaging the Crossbar (80), do not use power tools, and do not over tighten the #10 x 3/4" Screws (6) or the 5/16" x 2" Screws (2).

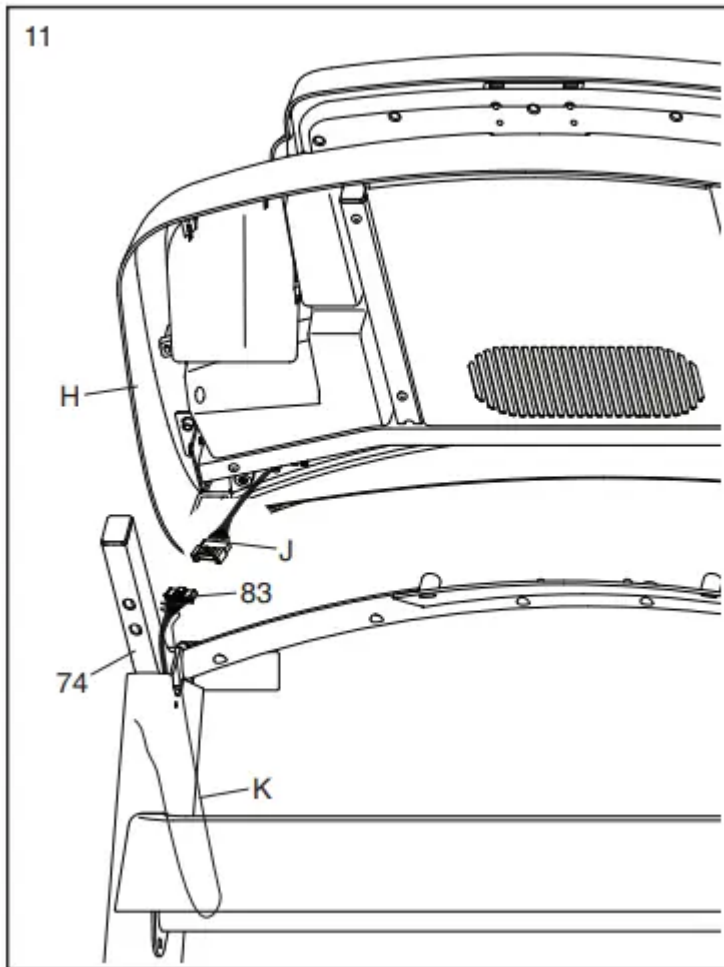
Orient the Crossbar (80) as shown. Attach the Crossbar with two 5/16" x 2" Screws (2), two 5/16" Star Washers (8), and two #10 x 3/4" Screws (6); start all four Screws, and then tighten them.

Then, tighten the other two 5/16" x 2" Screws (2).



11. With the help of a second person, hold the console assembly (H) near the Handrails (74). See the inset drawing. Connect the Upright Wire (83) to the console wire (J). The connectors should slide together easily and snap into place. If they do not, turn one connector and try again. Then, remove any wire ties (K) from the Upright Wire (83).

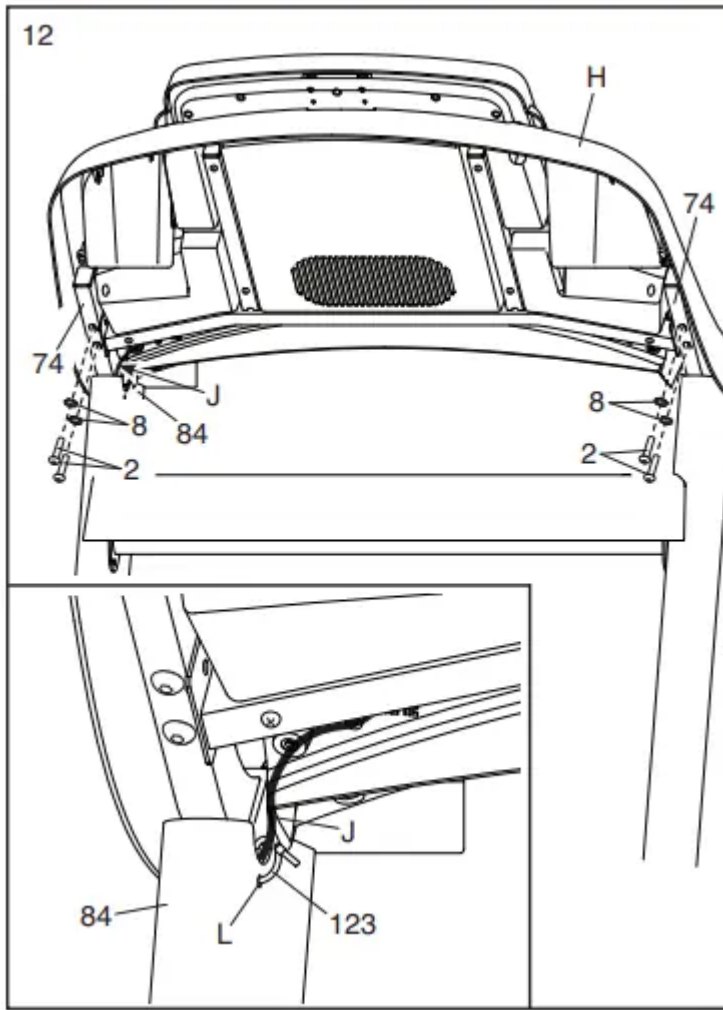




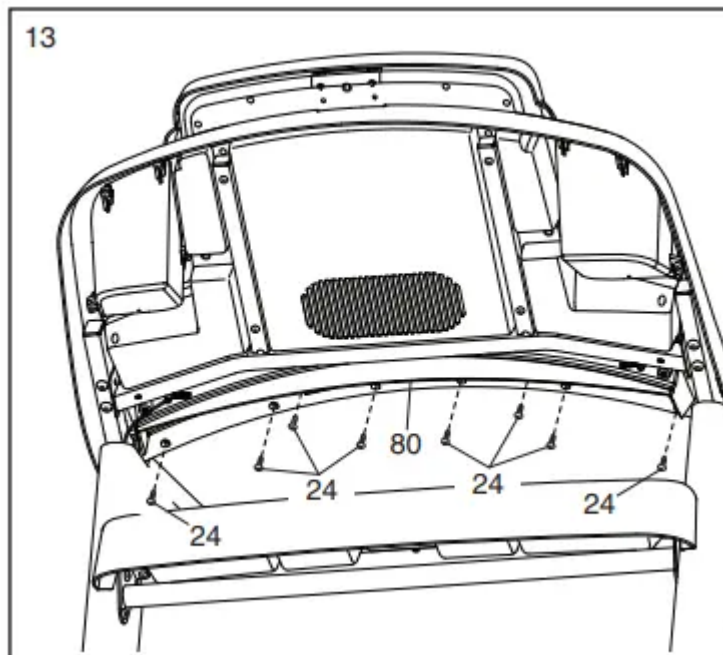
12. Attach the console assembly (H) to the Handrails (74) with four 5/16" x 2" Screws (2) and four 5/16" Star Washers (8); start all four Screws, and then tighten them. Be careful not to pinch the wires (J).

See the inset drawing. Insert the wires (J) into the top of the Right Upright (84).

Next, locate the Wire Tie (123) included with the hardware. Insert the Wire Tie through the small hole (L) in the side of the Right Upright (84). Then, tighten the Wire Tie around the wires (J) and cut off the end of the Wire Tie.



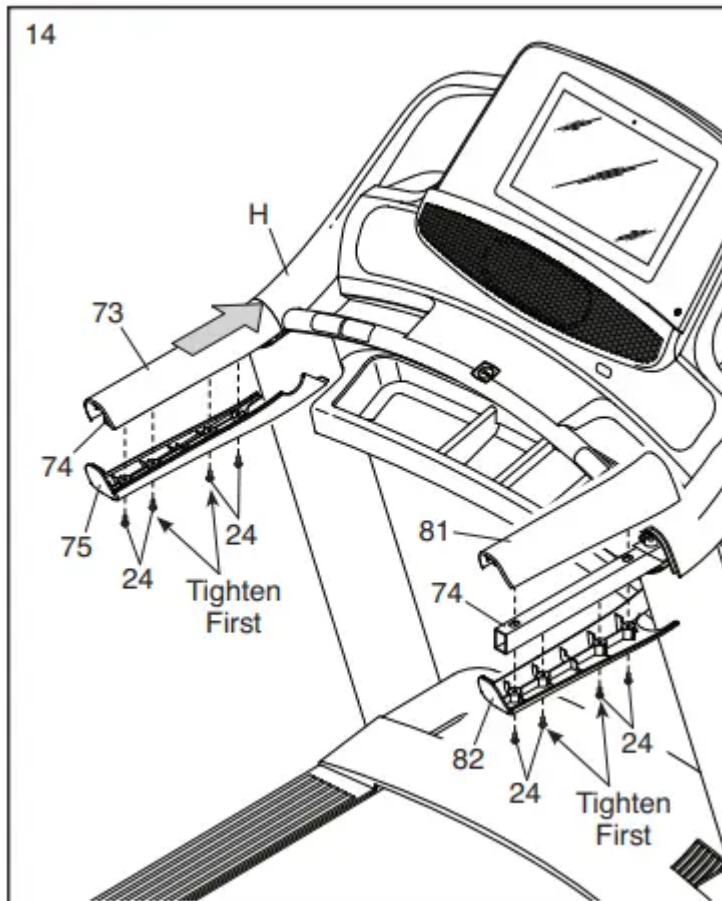
13. Start eight #8 x 3/4" Truss Head Screws (24) into the Crossbar (80), and then tighten them; do not overtighten the Truss Head Screws.



14. Set the Left Handrail Top Cover (73) on the left Handrail (74). Next, start four #8 x 3/4" Truss Head Screws (24) into the Left Handrail Bottom Cover (75), the left Handrail, and the Left Handrail Top Cover.

Next, slide the Left Handrail Top and Bottom Covers (73, 75) forward against the console assembly (H) as shown. Tighten the two middle #8 x 3/4" Truss Head Screws (24) first. Then, tighten the other two Truss Head Screws

Attach the Right Handrail Top and Bottom Covers (81, 82) to the right Handrail (74) as described above.

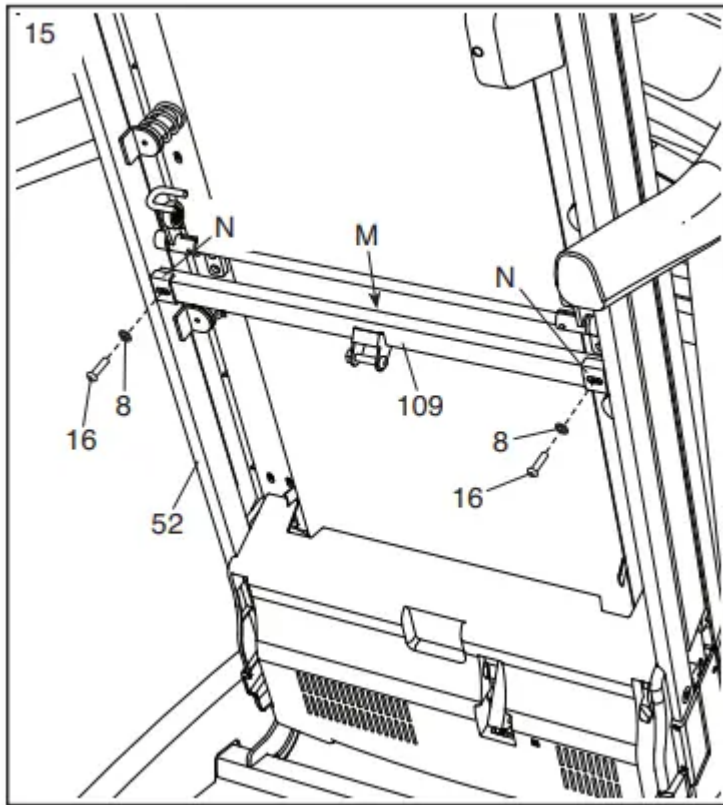


15. Raise the Frame (52) to the upright position. Have a second person hold the Frame until step 17 is completed.

Remove the two 5/16" x 1 1/4" Screws (16) from the Latch Crossbar (109).

Orient the Latch Crossbar (109) as shown. Make sure that the "This side toward belt" sticker (M) is facing the treadmill.

Attach the Latch Crossbar (109) to the brackets (N) on the Frame (52) with the two 5/16" x 1 1/4" Screws (16) and two 5/16" Star Washers (8).

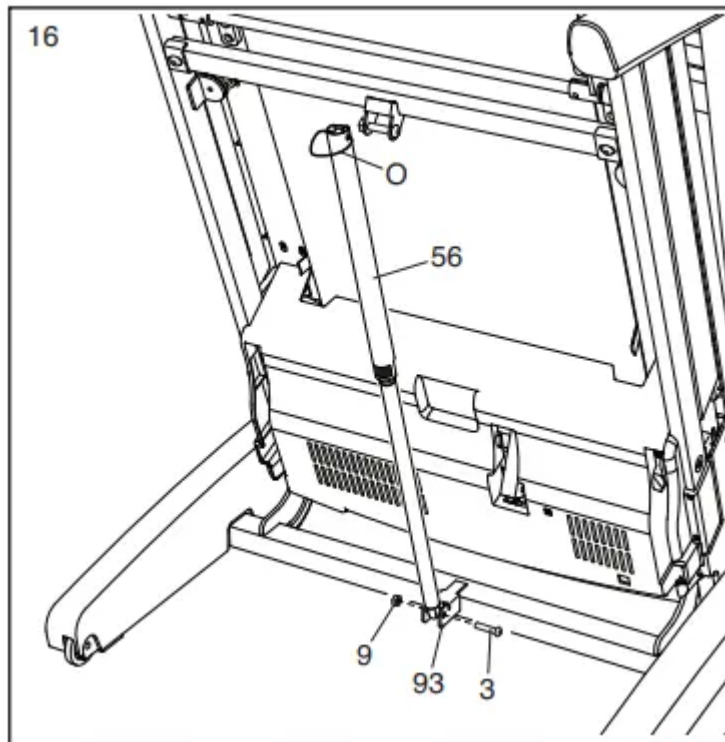


16. Remove the 5/16" Nut (9) and the 5/16" x 1 3/4" Bolt (3) from the bracket on the Base (93).

Next, orient the Storage Latch (56) as shown.

Attach the lower end of the Storage Latch (56) to the bracket on the Base (93) with the 5/16" x 1 3/4" Bolt (3) and the 5/16" Nut (9).

Then, raise the Storage Latch (56) to a vertical position and remove the tie (O).

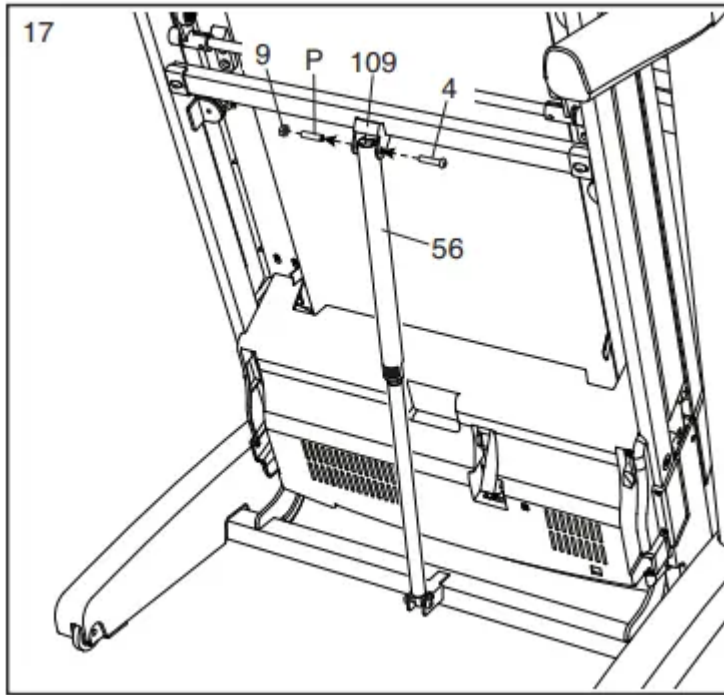


17. Remove the 5/16" Nut (9) and the 5/16" x 2 1/4" Bolt (4) from the bracket on the Latch Crossbar (109).

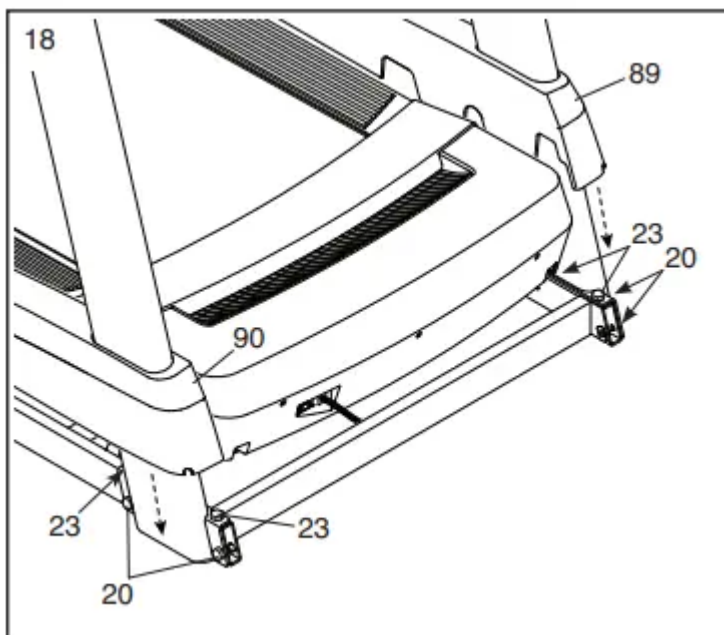
Next, align the upper end of the Storage Latch (56) with the bracket on the Latch Crossbar (109), and insert the 5/16" x 2 1/4" Bolt (4) through the bracket and the Storage Latch. This will push a spacer (P) out of the Storage Latch; discard the spacer.

Next, tighten the 5/16" Nut (9) onto the 5/16" x 2 1/4" Bolt (4). Do not overtighten the Nut; the Storage Latch (56) must be able to pivot.

Then, lower the Frame (52) (see HOW TO LOWER THE TREADMILL FOR USE on page 29).



18. Firmly tighten the four 3/8" x 2 3/4" Screws (23) and the four 3/8" x 1 1/4" Screws (20). Then, slide the Left and Right Base Covers (89, 90) downward until they snap into place. To register your product and activate your warranty today



19. 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. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 31 and 32). Note: Extra parts may be included.



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 (A) with the treadmill. To purchase a surge suppressor, see precaution 14 on page 3.

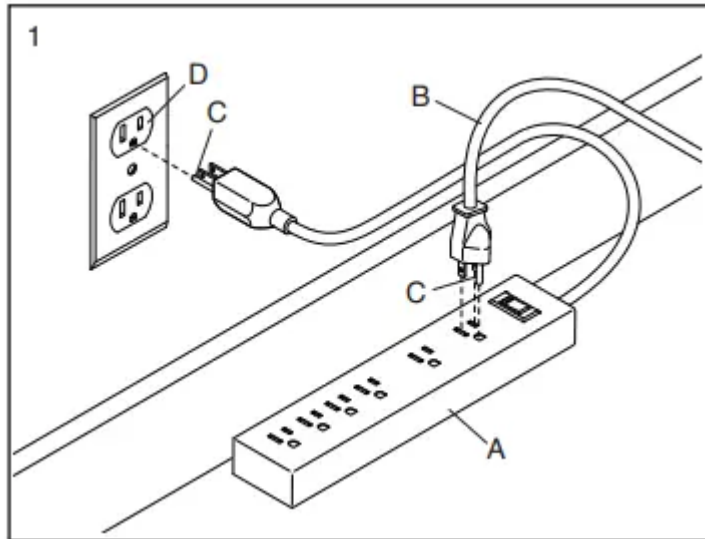
Use only a surge suppressor (A) that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC 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

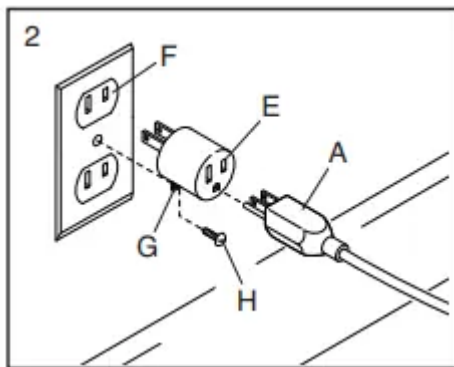
The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord (B) has a plug with a grounding pin (C) (see drawing 1 on this page).

Plug the power cord (B) into a surge suppressor (A), and plug the surge suppressor into an appropriate outlet (D) 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.

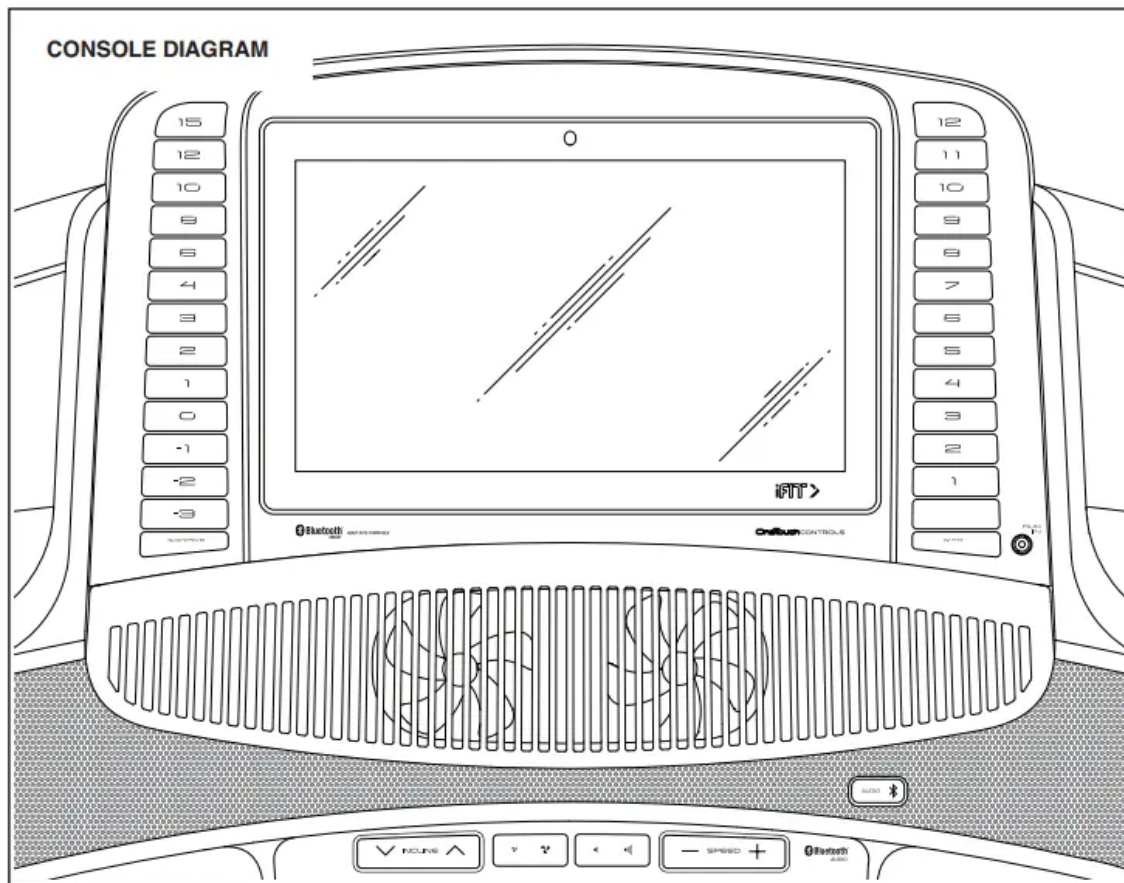
IMPORTANT: If the treadmill is connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.



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



The lug (G) or wire extending from the adapter must be connected with a metal screw (H) 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.



FEATURES OF THE CONSOLE

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

The console features wireless technology that enables the console to connect to iFit. With iFit, you can access a large and varied workout library, create your own workouts, track your workout results, and access many other features.

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 even measure your heart rate using a compatible heart rate monitor. See page 28 for information about purchasing an optional chest heart rate monitor.

In addition, the console features a selection of workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

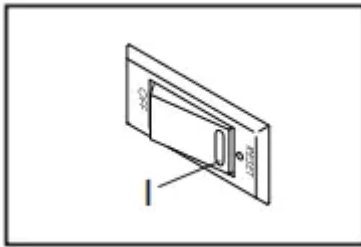
You can even listen to your favorite workout music or audio books with the console's sound system while you exercise.

To turn on the power, see page 19. To learn how to use the touch screen, see page 19. To set up the console,

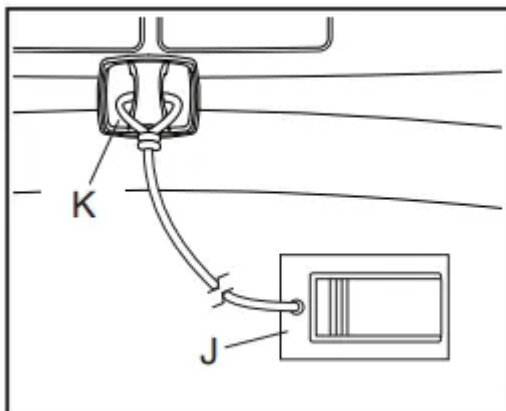
HOW TO TURN ON THE POWER

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 . Next, locate the power switch on the treadmill frame near the power cord. Press the power switch into the reset position (I).



Next, stand on the foot rails of the treadmill. Locate the clip (J) attached to the key (K), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console.



Note:

It may take some time 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 **HOW TO CHANGE CONSOLE SETTINGS** on page 25. 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 21). 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 ~[< button. Touch the ?123 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 and hold the arrow button. To return to the lowercase keyboard, touch the arrow button again. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

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

1. Connect to your wireless network.

To access the internet, download iFit workouts, and use several other features of the console, you must be connected to a wireless network. Follow the prompts on the screen to connect the console to your wireless network.

2. Customize settings.

Fill in the form on the screen to set the console to display the desired unit of measurement and your time zone. Note: If you need to change these settings later, see HOW TO CHANGE CONSOLE SETTINGS.

3. Log into or create an iFit account.

Provide your email address, and follow the prompts on the screen to sign up for or log into your iFit account.

4. Tour the console.

The first time you turn on the treadmill, dialogue boxes on the screen will guide you through the features of the console.

5. Check for firmware updates.

First, touch your name or Hello on the screen, and then touch Settings. Next, select the maintenance section. Then, touch Update to check for firmware updates using your wireless network.

6. Calibrate the incline system.

First, touch your name or Hello on the screen.

Next, select the settings main menu. Then, select the maintenance section, touch Calibrate Incline, and then touch Begin to calibrate the incline system. See step 6 on page 25 for more information.

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 21. To use a map workout, see page 22. To use a draw your own map workout, see page 23. To use a distance or time workout, see page 24.

To view or change console settings, see page 25. To connect to a wireless network, see page 26. To use the sound system, see page 27.

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

HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See HOW TO TURN ON THE POWER

Note: It may take some time 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. If you are in a workout or the settings menu, touch the back arrow or the x on the screen to return to the main menu.

Note: If you plan to use a wearable heart rate monitor with the console, you must put on the heart rate monitor before you start the walking belt. The console will automatically search for the heart rate monitor for 30 seconds when you start the walking belt at the beginning of each workout. See page 28 for more information about the wearable heart rate monitor.

3. Start the walking belt and adjust the speed.

Touch Manual Start on the screen or press the Start button on the console to start the walking belt. The walking belt will begin to move at a low speed. 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 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

If you press one of the numbered 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 or tap the middle of the screen. To restart the walking belt, press the Start button.

4. Change the incline of the treadmill as desired.

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

IMPORTANT: The first time you use the treadmill, you must calibrate the incline system (see step 6 on page 25).

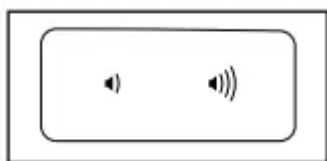
5. Monitor your progress with the display modes.

While you walk or run on the treadmill, a selection of workout information will be displayed:

- The incline level of the treadmill
- The elapsed time
- The approximate number of calories you have burned
- The distance that you have walked or run
- The speed of the walking belt

Additional information is also available. To view or browse additional statistics and charts, swipe down from the top of the screen. You can also touch the + button on the screen to view stats or charts. Note: To record heart rate information, a compatible heart rate monitor must be in use.

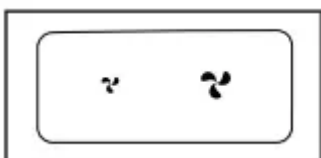
If desired, adjust the volume by pressing the volume buttons on the console.



To pause the workout, tap the screen or press the Stop button on the console. To continue the workout, touch the play icon on the screen or press the Start button.

6. Turn on the fan if desired.

The fan features several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.



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

Step onto the foot rails and press the Stop button on the console or tap on the screen. Then, touch the stop icon on the screen or press the Stop button again. A workout summary will appear on the screen. If you wish to save your workout for future use, you can add it as a favorite by touching the heart icon on the screen. You may also be able to either save or publish your results using one of the options on the screen. Touch Finish to exit to the main menu. 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 A MAP WORKOUT

Note: To use a map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 19.

2. Select the main menu or the workout library.

Touch Home or Browse on the screen to select either the main menu or the workout library.

3. Select a map workout.

To select a map workout, touch the desired option on the screen. Note: The featured map workouts on your console will change periodically. If you wish to save one of the featured workouts for future use, you can add it as a favorite by touching the heart icon on the screen. To draw your own map workout, see page 23.

The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. Start the workout.

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

During the workout, a map on the screen will show your progress.

When you reach the end of the workout, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch Finish 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.

5. Monitor your progress with the display modes.

See step 5 on page 21.

6. Turn on the fan if desired.

See step 6 on page 21.

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

See step 7 at the left

HOW TO USE A DRAW YOUR OWN MAP WORKOUT

Note: To use a draw your own map workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26).

1. Insert the key into the console.

See HOW TO TURN ON THE POWER

2. Select a draw your own map workout.

To select a draw your own map workout, touch Create on the screen.

3. Draw your map.

Navigate to the area on the map where you want to draw your workout by sliding your fingers on the screen. Tap the screen to add the start point for your workout. Then, tap the screen to add the end point for your workout. Note: If you want to start and end the workout at the same point, use the Loop or Out & Back options. You can also select whether you want your workout to snap to the road. If you make a mistake, you can touch Undo. The screen will display the elevation and distance stats for your workout. If desired, you can change the default speed.

4. Save your workout.

Touch Save New Workout on the screen. If desired, change the title of the workout or add a description, and then press the > symbol on the screen.

5. Start the workout.

Touch Start on the screen to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking. See step 4 on page 22 for more information.

6. Monitor your progress with the display modes.

See step 5 on page 21.

7. Turn on the fan if desired.

See step 6 on page 21.

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

See step 7 on page 22.

HOW TO USE A DISTANCE OR TIME WORKOUT

Note: To use a distance or time workout, the console must be connected to a wireless network (see HOW TO CONNECT TO A WIRELESS NETWORK on page 26). An iFit account is also required.

1. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and sign in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired. Take time to explore the iFit.com website before you log out.

2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 19.

3. Select the main menu.

See step 2 on page 21.

4. Log in to your iFit account.

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

5. Select a distance or time workout that you have previously added to your schedule on iFit.com.

Touch the calendar icon to download a distance or time workout from your schedule. Note: Before workouts will download, you must add them to your schedule on iFit.com. When you select a distance or time workout, the screen will show the name, the estimated duration, and the distance of the workout.

6. Start the workout.

See step 4 on page 22.

Note: During a distance or time workout, the display will not show a map.

7. Monitor your progress with the display modes.

See step 5 on page 21. The screen will show the elapsed distance or time, and the remaining distance or time.

8. Turn on the fan if desired.

See step 6 on page 21.

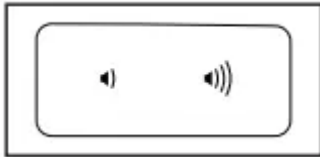
9. When you are finished exercising, remove the key from the console.

See step 7 on page 22.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, you can connect a personal audio device to the console with an audio cable; or you can connect wirelessly if your device is Bluetooth-enabled.

You can then adjust the volume level using the volume buttons on the console or the volume control on your personal audio device.



To use an audio cable

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 personal audio device; make sure that the audio cable is fully plugged in.

Note: To purchase an audio cable, see your local electronics store.

To use Bluetooth

1. Make sure your device's Bluetooth setting is turned on, and place or hold it near the console.
2. Press and hold the Bluetooth Audio button on the console's speaker grill for 3 seconds.

A tone will sound and the Bluetooth button will begin flashing to indicate that the console has entered pairing mode.

3. Pair your device to the console.

Once your device and the console pair successfully, the audio from your device will play through the console's speakers.

Note: The console can save eight devices in its memory. If you have previously paired your device to the console, you can simply press the Bluetooth Audio button to connect your device to the console.

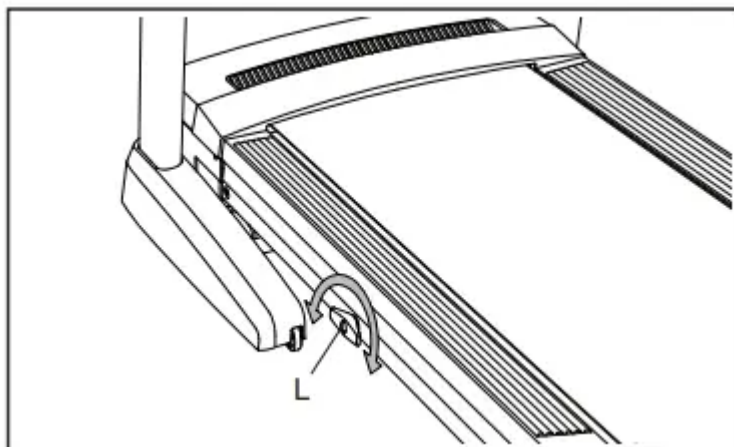
4. Erase the console's device memory if necessary.

If you need to erase all the Bluetooth-enabled devices saved in the console's memory, press and hold the Bluetooth Audio button for 10 seconds.

HOW TO ADJUST THE CUSHIONS

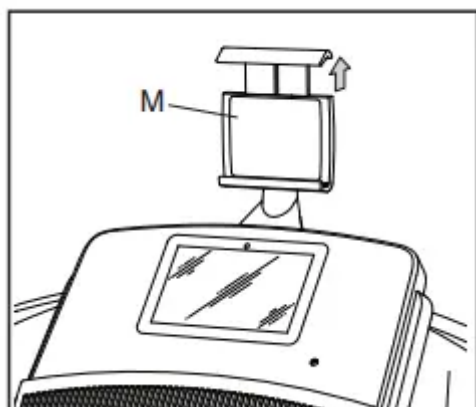
The treadmill features cushions that reduces the impact as you walk or run on the treadmill. Remove the key from the console and unplug the power cord.

For a more firm walking platform, turn the cushion knob (L) a half turn counterclockwise until you feel it lock into place. For a less firm walking platform, turn the cushion knob a half turn clockwise until you feel it lock into place. Note: The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.



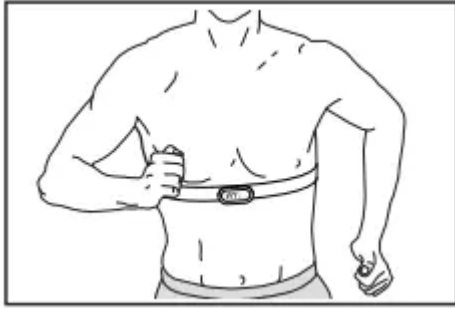
THE OPTIONAL TABLET HOLDER

The optional tablet holder (M) will hold your tablet securely in place and enable you to use your tablet while you exercise. The optional tablet holder is designed for use with most full-size tablets. To purchase a tablet holder, please see the front cover of this manual.



THE OPTIONAL HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. A wearable rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. To purchase a wearable heart rate monitor, please see the front cover of this manual.



Note: The console is compatible with all Bluetooth Smart heart rate monitors.

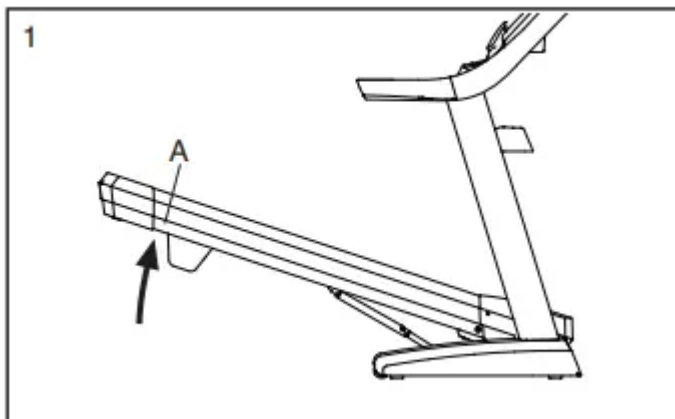
To connect a wearable heart rate monitor to the console, first put it on as directed in its included instructions. Then, begin a workout or start the walking belt in manual mode. The console will search for the wearable heart rate monitor for 30 seconds and connect automatically.

HOW TO FOLD AND MOVE THE TREADMILL

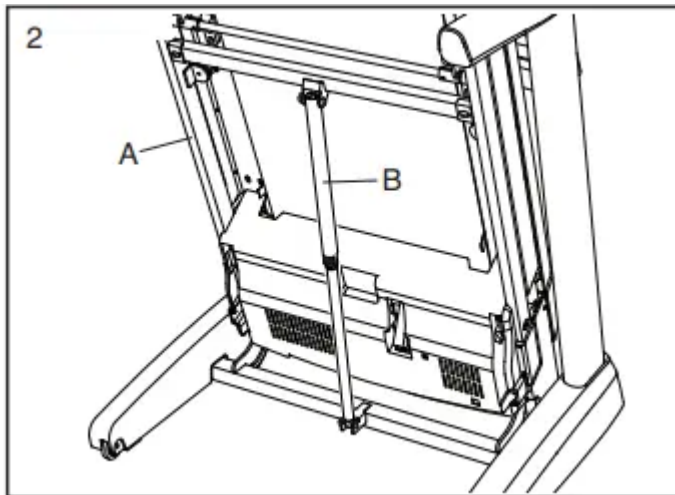
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to zero 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 (A) 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 (A) until the storage latch (B) locks in the storage position. **CAUTION:** Make sure that the storage latch locks.

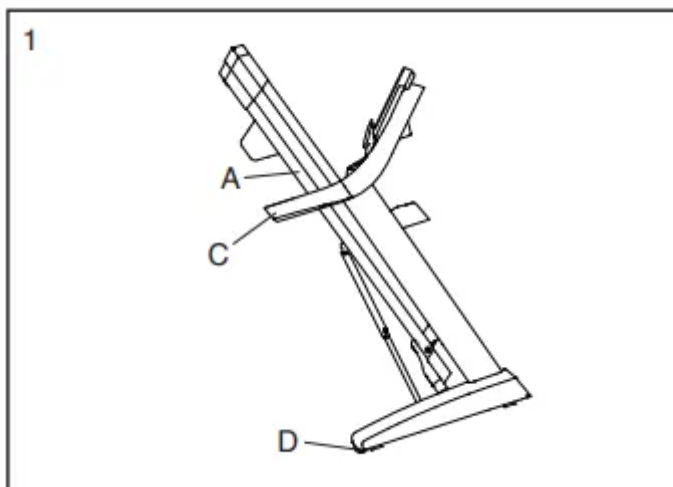


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

HOW TO MOVE THE TREADMILL

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

1. Hold the frame (A) and one of the handrails (C), and place one foot against a wheel (D).



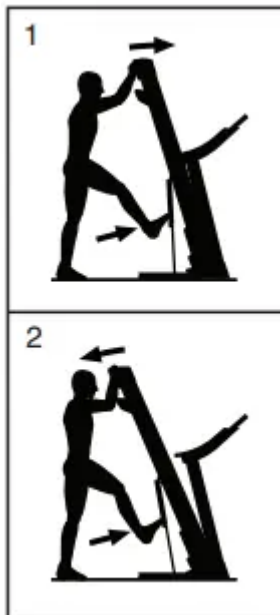
2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. Push the upper end of the frame forward, and gently press the upper part of the storage latch with your foot at the same time.

2. While pressing the storage latch with your foot, pull the upper end of the frame toward yourself.
3. Step back and let the frame lower to the floor.



MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the treadmill is used. Replace any worn parts immediately.

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, see the front cover of this manual.

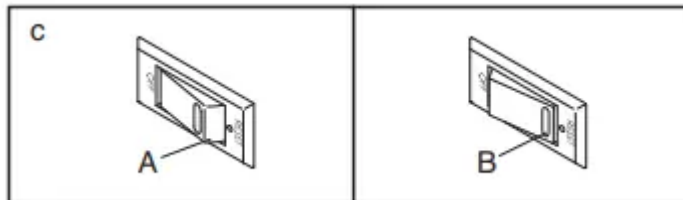
SYMPTOM: The power does not turn on

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 17). Use only a surge suppressor that meets all of the specifications described on page 17. **IMPORTANT:** If the treadmill is

connected to an AFCI-equipped outlet and your circuit breaker trips repeatedly when the treadmill is used, see the front cover of this manual to purchase an arc filter.

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 (A), the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in (B).



SYMPTOM: The power turns off during use

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, and then reinsert it.

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

SYMPTOM: The incline of the treadmill does not change correctly

a. Calibrate the incline system (see step 6 on page 25).

SYMPTOM: The treadmill will not connect to the wireless network

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

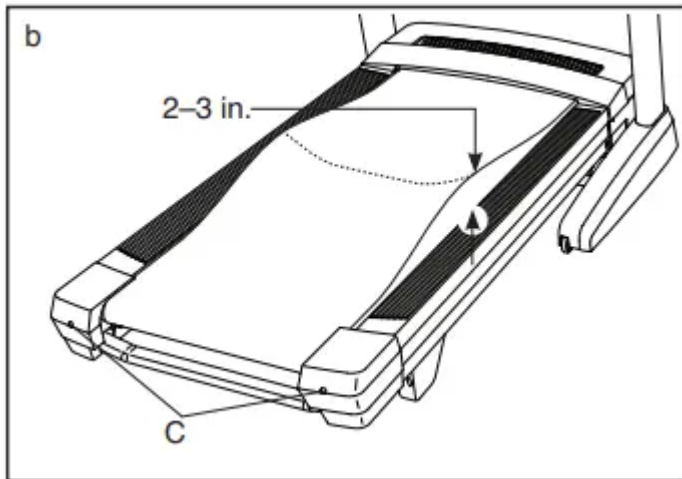
b. Make sure that the settings for your wireless network are correct.

c. If you still have questions, see the front cover of this manual.

SYMPTOM: The walking belt slows when walked on

a. Use only a surge suppressor that meets all of the specifications described on page 17.

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 screws (C) 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 walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

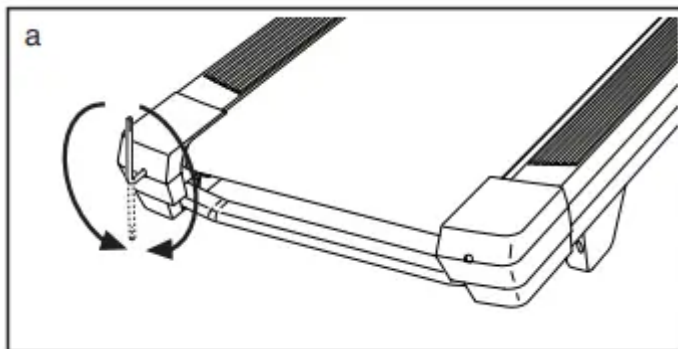


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt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

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

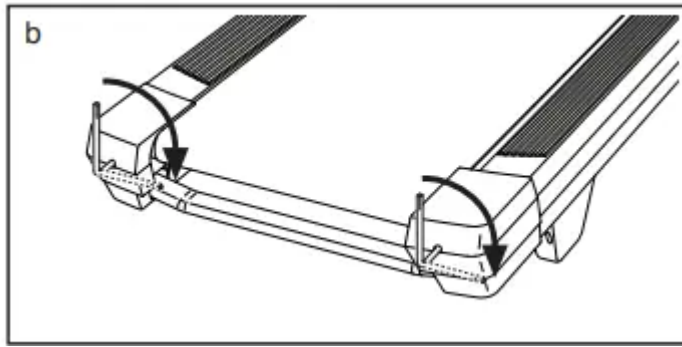
SYMPTOM: The walking belt is off-center or slips when walked on

a. If the walking belt is off-center, first 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 walk on the treadmill for a few minutes. Repeat until the walking belt is centered.



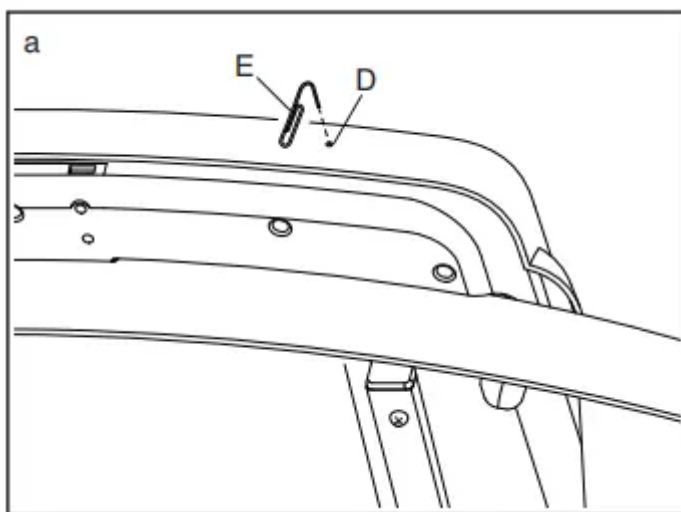
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.





SYMPTOM: The displays of the console do not function properly

a. If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings. **IMPORTANT:** Doing this will erase all the custom settings you have made to the console. Resetting the console requires two people. First, press the power switch into the off position. Next, locate the small reset opening (D) on the back edge of the console. Using a bent paper clip (E), press and hold the reset button inside the opening, and have a second person press the power switch into the on (reset) position. Continue holding the reset button (D) until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, use the power switch to turn the treadmill off and then on again. Once the console turns on, check for firmware updates (see step 5 on page 25). Note: It may take a few minutes for the console to be ready for use.



Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.