NordicTrack® C960 i

Model No. 24885C.0
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal
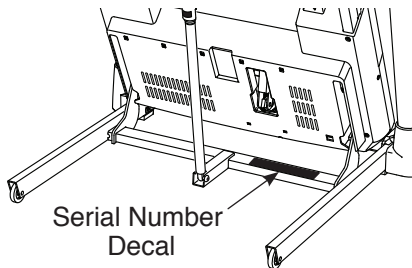
ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to iconservice.ca.

CUSTOMER CARE

Call toll-free 1-888-936-4266
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET
(excluding holidays)

or email us at
customerservice@iconcanada.ca

Please do not contact the store.

⚠ CAUTION

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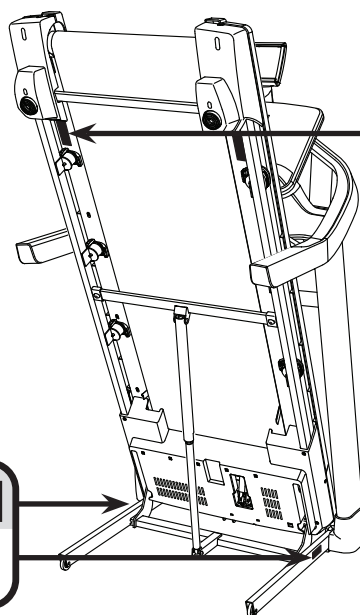
USER'S MANUAL

iFIT
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TABLE OF CONTENTS

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.

WARNING:

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

• Stand only on the side rails when starting or stopping treadmill.

• Change speed in small increments.

• Hold handrails to prevent falling, and always wear the safety clip while operating the treadmill.

• Stop if you feel faint, dizzy, or short of breath.

• Fully engage the storage latch before the treadmill is moved or stored.

• Incline should be set to zero before folding the treadmill into a storage position.

• Never allow children on or around the treadmill.

• Remove the safety key when treadmill is not in use.

• Keep clothing, fingers, and hair away from moving parts.

• Never try to adjust or fix the belt while it is moving.

• Always wear athletic shoes while operating the treadmill.

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

⚠ ATTENTION
GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHE.

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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

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

3. The treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by someone responsible for their safety.

4. Use the treadmill only as described in this manual.

5. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

6. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

7. 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.

8. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

9. Keep children under age 13 and pets away from the treadmill at all times.

10. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.

11. Never allow more than one person on the treadmill at a time.

12. 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.*

13. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 17). 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.

14. Use only a surge suppressor that meets all of the specifications described on page 17. To purchase a surge suppressor, call the telephone number on the front cover of this manual.

15. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

16. Keep the power cord and the surge suppressor away from heated surfaces.

17. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 29 if the treadmill is not working properly.)

18. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 19). Always wear the clip while using the treadmill.

19. Always stand on the foot rails when starting or stopping the walking belt. Always hold the handrails while using the treadmill.

20. When a person is walking on the treadmill, the noise level of the treadmill will increase.

21. Keep fingers, hair, and clothing away from the moving walking belt.

22. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

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

24. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 6 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

25. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 8, and HOW TO FOLD AND MOVE THE TREADMILL on page 28.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

26. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position. Do not operate the treadmill while it is folded.

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

28. Inspect and properly tighten all parts each time the treadmill is used.

29. **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.

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

SAVE THESE INSTRUCTIONS

PROTECT
YOUR FITNESS EQUIPMENT
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5

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Or, email us at customerservice@iconcanada.ca

ICON™
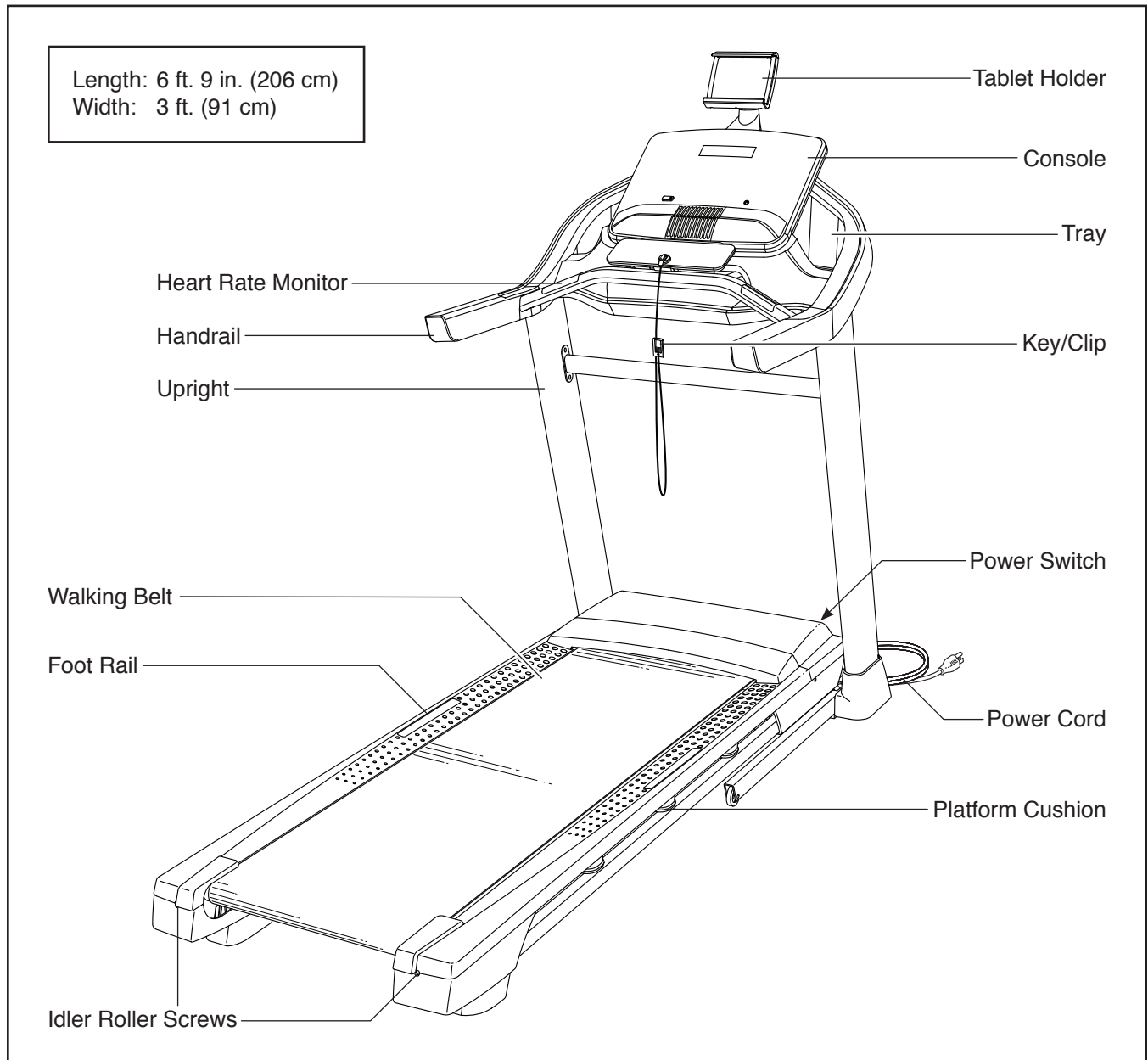**du/of Canada Inc.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® C960 I treadmill. The C960 I 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.

Length: 6 ft. 9 in. (206 cm)
Width: 3 ft. (91 cm)

Tablet Holder

Console

Tray

Heart Rate Monitor

Handrail

Key/Clip

Upright

Power Switch

Walking Belt

Foot Rail

Power Cord

Platform Cushion

Idler Roller Screws

PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see whether it is preattached. Extra parts may be included.**
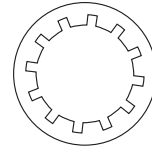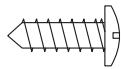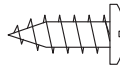
#10 Star
Washer (5)–4

1/4" Star
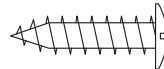Washer (27)–4
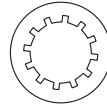
5/16" Star
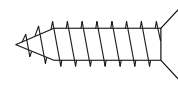Washer (11)–10

3/8" Star
Washer (13)–6

#8 x 1/2" Ground
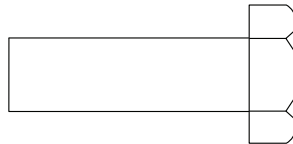Screw (37)–1

#8 x 1/2"
Screw (1)–6
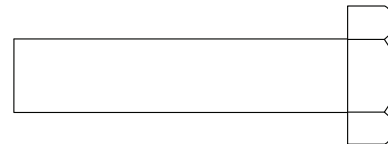
#8 x 3/4" Truss
Head Screw (23)–10

#10 x 3/4"
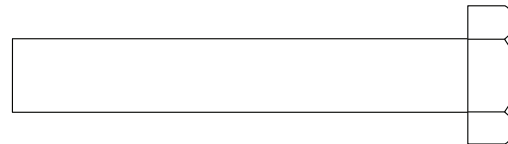Screw (9)–4

M4 x 16mm
Machine
Screw (26)–4

3/8" x 1 1/4"
Screw (63)–2

3/8" x 1 3/4" Screw (62)–2

5/16" x 2 1/2" Screw (28)–4

3/8" x 2 3/8" Screw (7)–4

ASSEMBLY

- 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, see page 7.

- 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.

1. **Go to iconservice.ca/CustomerService/registration and register your product.**

   - documents your ownership

   - activates your warranty

   - ensures priority customer support if assistance is ever needed

   Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.
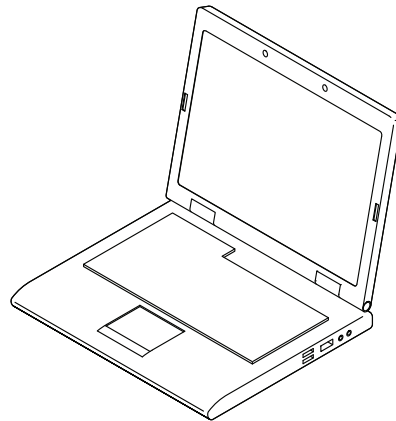
2. **Make sure that the power cord is unplugged.**

   Remove the tie securing the Upright Wire (81) to the front of the Base (94).

   Next, identify the Right Upright (90). Have a second person hold the Right Upright near the Base (94).

   See the inset drawing. Tie the wire tie (A) in the Right Upright (90) securely around the end of the Upright Wire (81). Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie through the Right Upright.
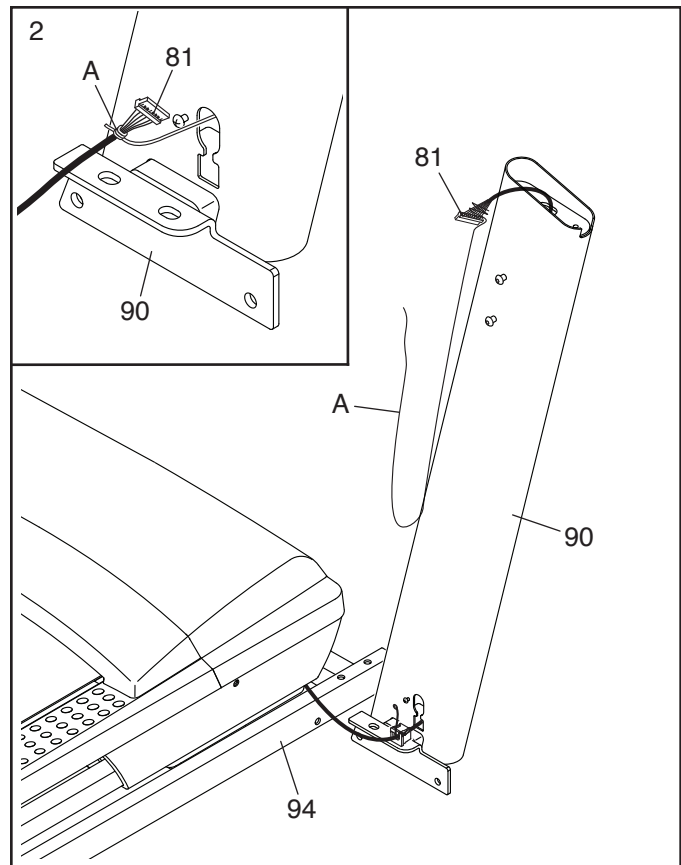
3. Lay the Right Upright (90) near the Base (94). Press the Grommet (77) into the square hole (B) in the Right Upright. **Make sure not to pinch the ground wire (C).**

   Next, remove and discard the indicated screw (D).

   Then, attach the ground wire to the Right Upright (90) with a #8 x 1/2" Ground Screw (37).
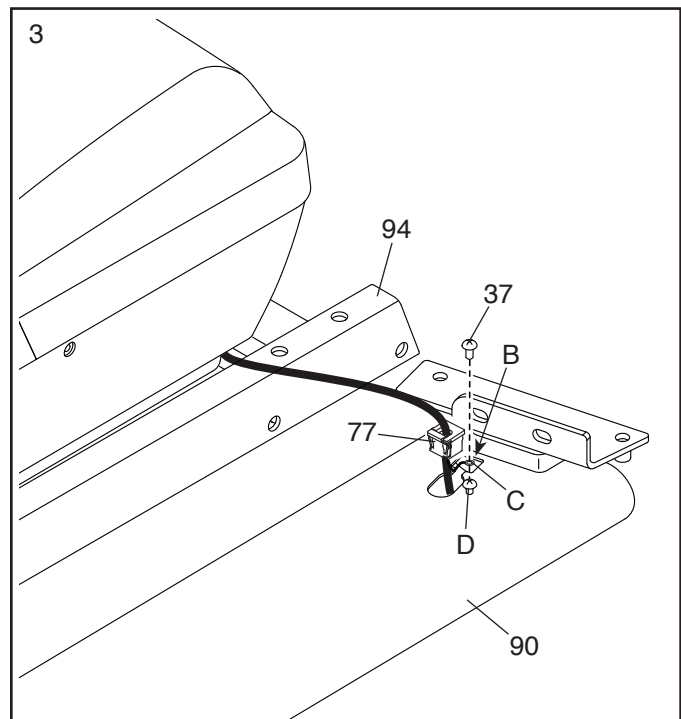
4. Hold the Right Upright (90) against the Base (94). **Make sure not to pinch the Upright Wire (81).**

   Next, hold a Wheel (97) inside the Base (94), and insert a 3/8" x 1 3/4" Screw (62) through the Base and the Wheel as shown; **do not fully tighten the Screw yet.**

   Insert two 3/8" x 2 3/8" Screws (7) with two 3/8" Star Washers (13) and a 3/8" x 1 1/4" Screw (63) with a 3/8" Star Washer (13) into the bracket at the bottom of the Right Upright (90), and partially tighten the three Screws into the Base (94); **do not fully tighten the Screws yet.**

   Attach the Left Upright (not shown) and the other Wheel (not shown) in the same way. Note: There are no wires on the left side.
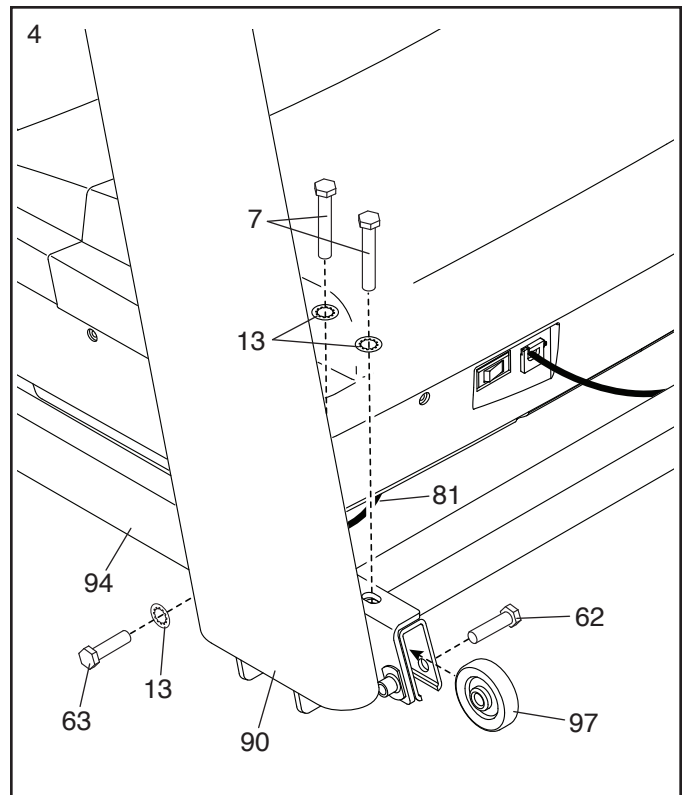
5. **Remove and save the four 5/16" x 3/4" Screws (31).**

   Identify the Left and Right Base Covers (82, 83). Slide the Left and Right Base Covers onto the Left and Right Uprights (89, 90) as shown.

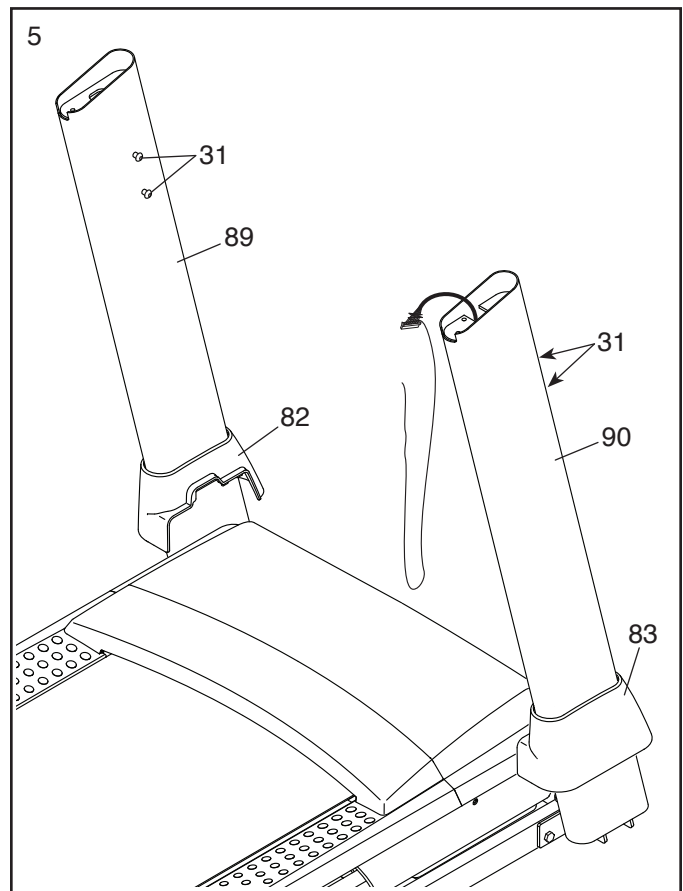6. Identify the Left and Right Handrails (86, 87). Attach the Right Handrail to the Right Upright (90) with two 5/16" x 2 1/2" Screws (28) and two 5/16" Star Washers (11) in the location shown; **start both Screws, and then tighten them. Do not pinch the Upright Wire (81), and make sure that the wire is on the indicated side of the Upright.**

   Attach the Left Handrail (86) to the Left Upright (89) in the same way. Note: There are no wires on the left side.

   Then, remove and discard the indicated screws (E).
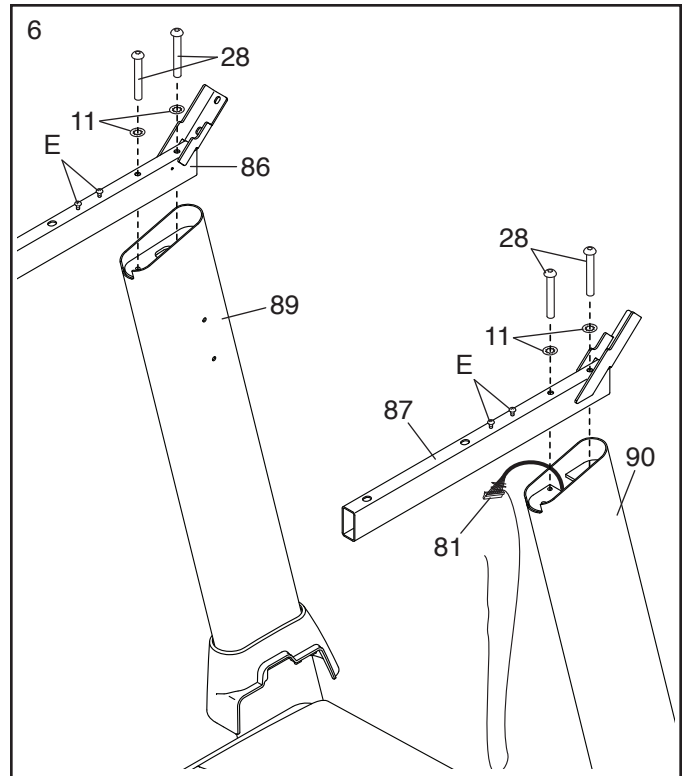
7. Set the console assembly (F) face down on a soft surface to avoid scratching the console assembly. Attach the Right and Left Trays (34, 36) with six #8 x 1/2" Screws (1); **start all six Screws, and then tighten them. Do not over-tighten the Screws.**

   Remove and save the four 1/4" x 1/2" Screws (4).
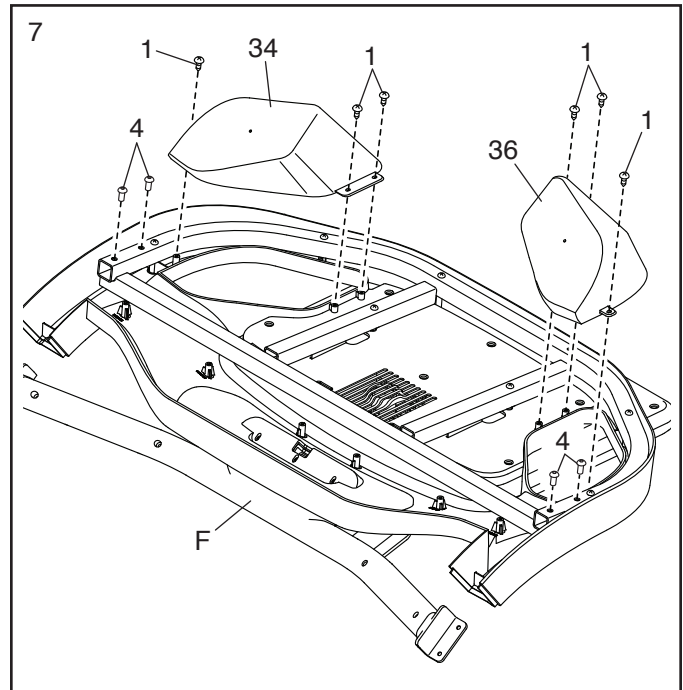
8. Remove any wire ties (H) from the Upright Wire (81).

   With the help of a second person, hold the console assembly (F) near the Right Upright (90).

   Insert the Upright Wire (81) through the two looped Cable Ties (99).

   See the inset drawing. Connect the Upright Wire (81) to the wire (G) from the console assembly (F). **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.**

   Next, set the console assembly (F) on the brackets on the Right Handrail (87) and Left Handrail (not shown); **do not pinch any wires.**
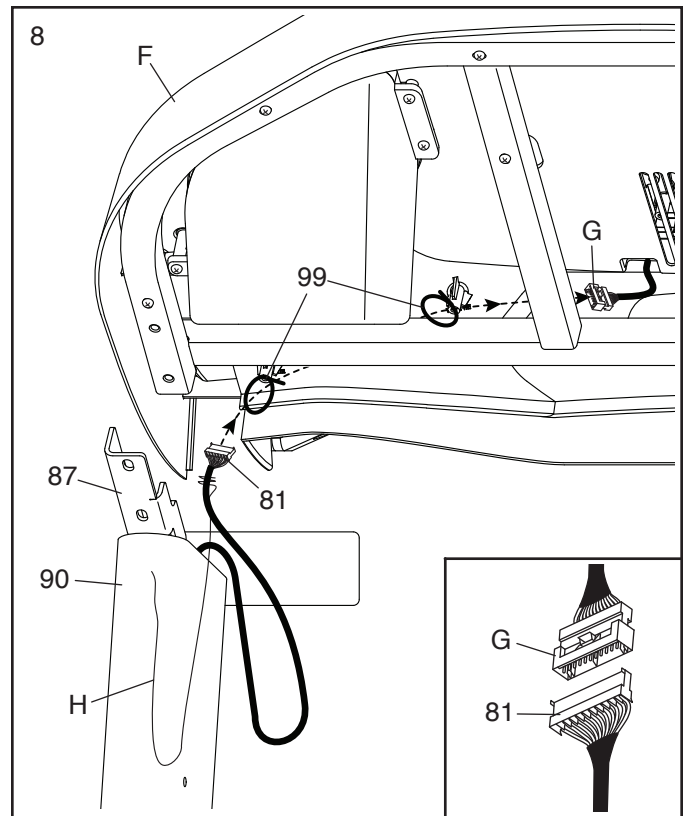
9. Attach the console assembly (F) with the four 1/4" x 1/2" Screws (4) that you removed in step 7 and four 1/4" Star Washers (27); **start all four Screws, and then tighten them.**

   Insert the connectors on the wires (81, G) into the hole in console assembly (F).

   Tighten the Cable Ties (99) around the Upright Wire (81) and cut the ends off the Ties.
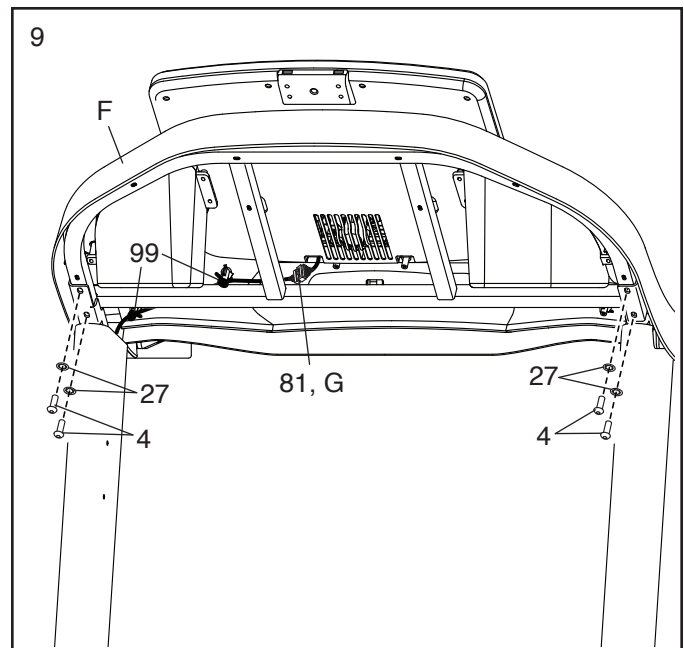
10. **IMPORTANT: To avoid damaging the Pulse Crossbar Bottom (95), do not use power tools and do not overtighten the #10 x 3/4" Screws (9).**

Attach the Pulse Crossbar Bottom (95) to the Handrails (86, 87) with four #10 x 3/4" Screws (9) and four #10 Star Washers (5); **start all four Screws, and then tighten them.**
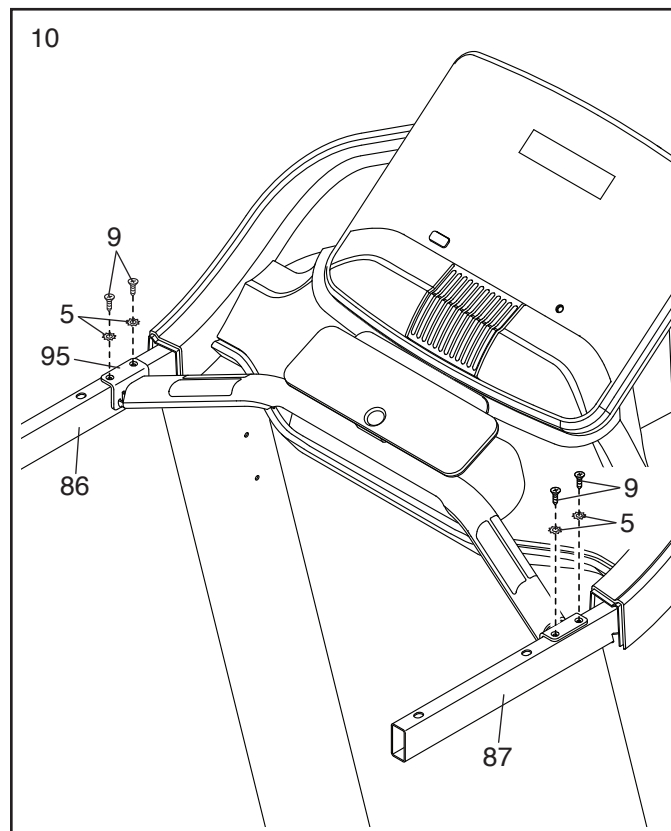
11. Identify the Right Handrail Cover (92). Set the Right Handrail Cover on the Right Handrail (87). Start two #8 x 3/4" Truss Head Screws (23) into the bottom of the Handrail Cover; **do not fully tighten the Truss Head Screws.**

Next, slide the Right Handrail Cover (92) forward until it rests against the console assembly (F). Then, tighten the two #8 x 3/4" Truss Head Screws (23); **do not overtighten the Truss Head Screws.**

Then, attach the Right Bottom Handrail Cover (84) with three #8 x 3/4" Truss Head Screws (23); **start all three Truss Head Screws, and then tighten them.**

Attach the Left Handrail Cover (79) and the Left Bottom Handrail Cover (85) in the same way.
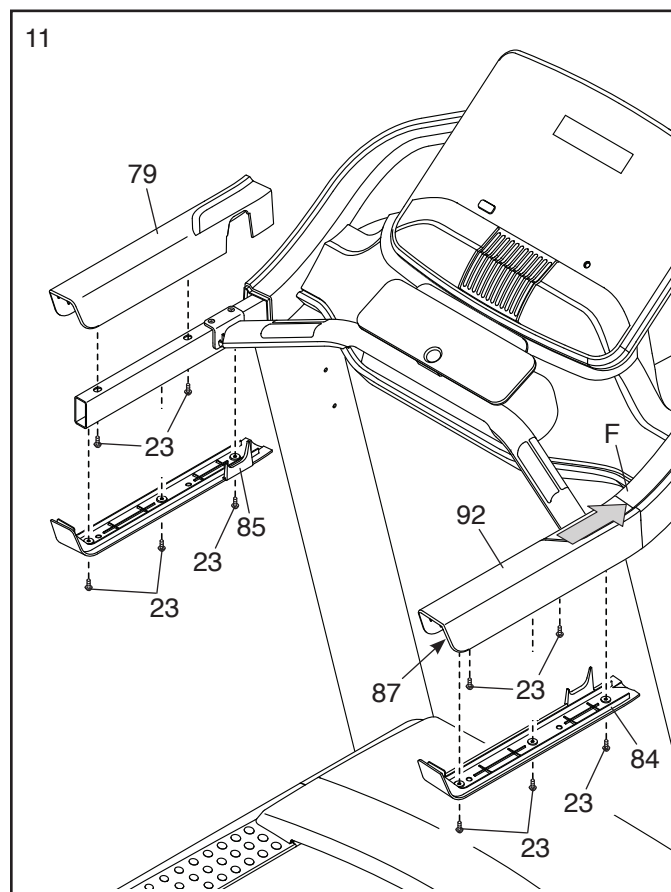
12. Carefully slide the Upright Crossbar (58) between the Left and Right Uprights (89, 90). Attach the Upright Crossbar with the four 5/16" x 3/4" Screws (31) that you removed in step 5, and four 5/16" Star Washers (11); **start all four Screws, and then tighten them.**
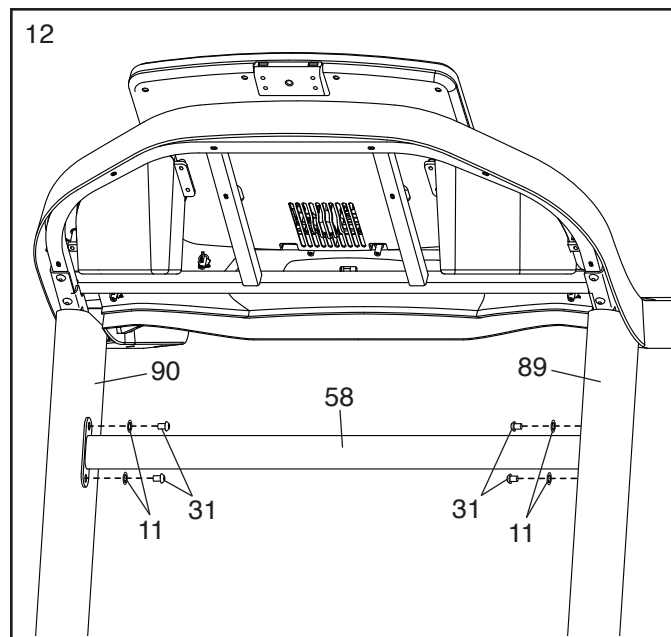

13. **Note: If the treadmill is assembled on a smooth surface, it may roll forward during this step.**

    Raise the Frame (56) to the upright position. **IMPORTANT: Do not raise the Frame past the vertical position. Have a second person hold the Frame until step 15 is completed.**

    Remove the two 5/16" x 3/4" Patch Screws (25) from the Latch Crossbar (38).

    Orient the Latch Crossbar (38) as shown. **Make sure that the "This side toward belt" sticker (H) is facing the treadmill.** Attach the Latch Crossbar to the brackets (I) on the Frame (56) with the two 5/16" x 3/4" Patch Screws (25) and two 5/16" Star Washers (11).
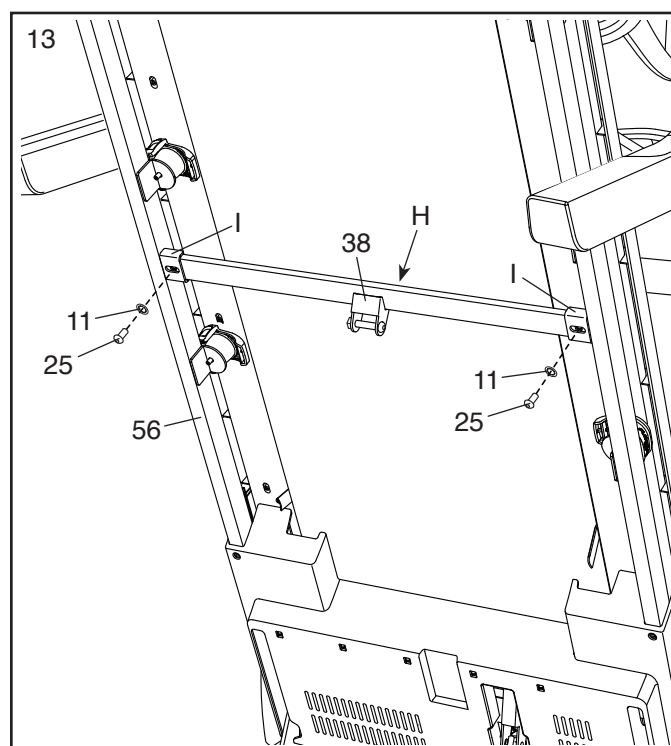
14. Remove the 5/16" Nut (12) and the 5/16" x 1 3/4" Bolt (6) from the bracket on the Base (94).

Next, orient the Storage Latch (53) as shown.

Attach the lower end of the Storage Latch (53) to the bracket on the Base (94) with the 5/16" x 1 3/4" Bolt (6) and the 5/16" Nut (12).

Then, raise the Storage Latch (53) to a vertical position, and remove the tie (J).
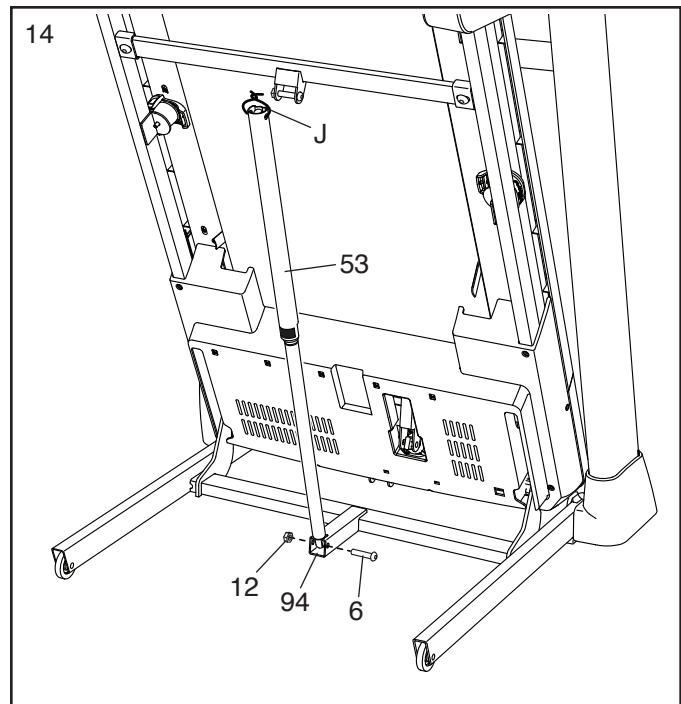
15. Remove the 5/16" Nut (12) and the 5/16" x 2 1/4" Bolt (3) from the bracket on the Latch Crossbar (38).

Align the upper end of the Storage Latch (53) with the bracket on the Latch Crossbar (38), and insert the 5/16" x 2 1/4" Bolt (3) through the bracket and the Storage Latch. **This will push a spacer (K) out of the Storage Latch; discard the spacer.**

Next, tighten the 5/16" Nut (12) onto the 5/16" x 2 1/4" Bolt (3). **Do not overtighten the Nut; the Storage Latch (53) must be able to pivot.**

Then, lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 28).
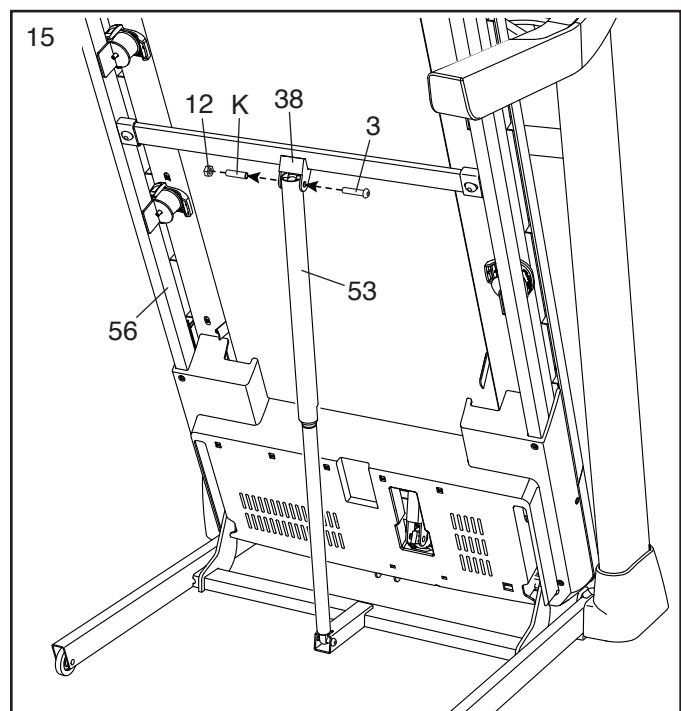
16. **Firmly tighten the four 3/8" x 2 3/8" Screws (7) and the two 3/8" x 1 1/4" Screws (63).**

    Next, tighten the two 3/8" x 1 3/4" Screws (62); the Wheels (97) must turn freely.

    Next, set the Left Inner Base Cover (50) onto the lower end of the Left Upright (89). Then, slide the Left Base Cover (82) downward and press it onto the Left Inner Base Cover.

    Attach the Right Inner Base Cover (96) and the Right Base Cover (83) to the Right Upright (90) in the same way.
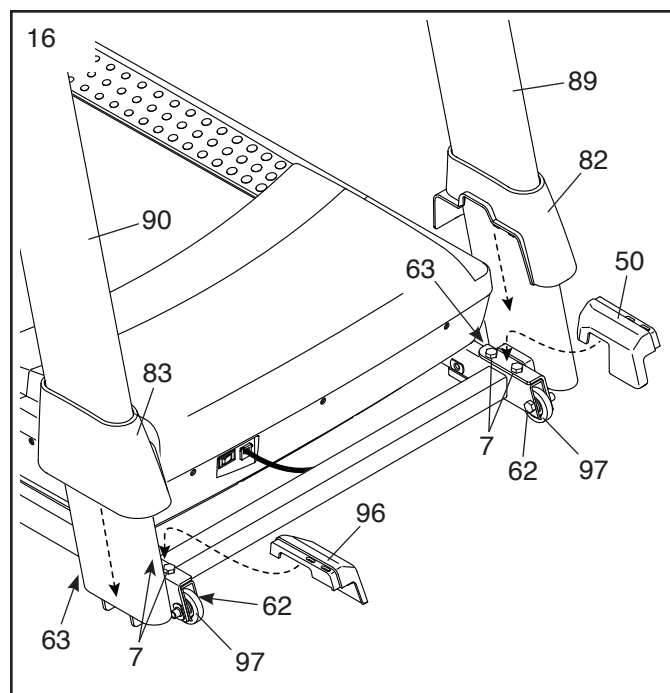
17. Press the two tabs (not shown) on the Tablet Holder (102) into the slots (L) in the console assembly (F).

    Then, attach the Tablet Holder (102) with four M4 x 16mm Machine Screws (26); **start all four Machine Screws, and then tighten them. Do not overtighten the Machine Screws.**

    IMPORTANT: The Tablet Holder (102) is designed for use with most full-size tablets. Do not place any other electronic device or object in the Tablet Holder.
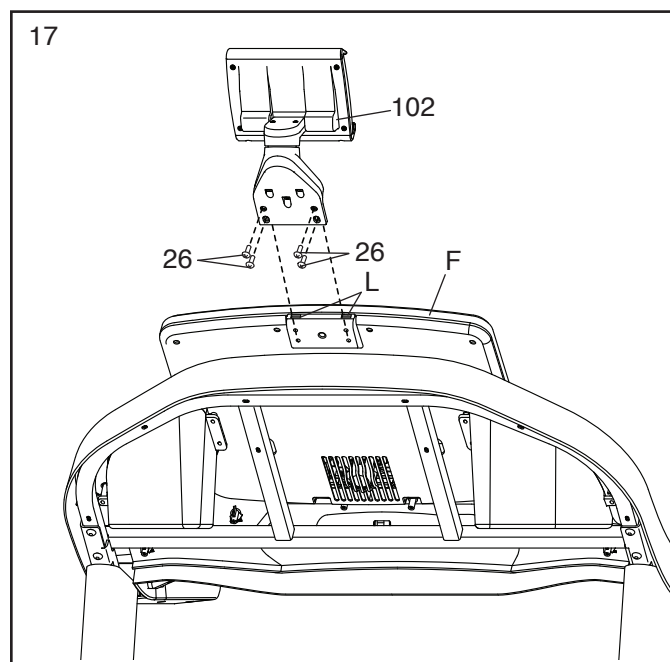
18. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see page 30). 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 with the treadmill. To purchase a surge suppressor, see precaution 14 on page 3.**

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

Plug in the Power Cord

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

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

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying 15 or** more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: 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.
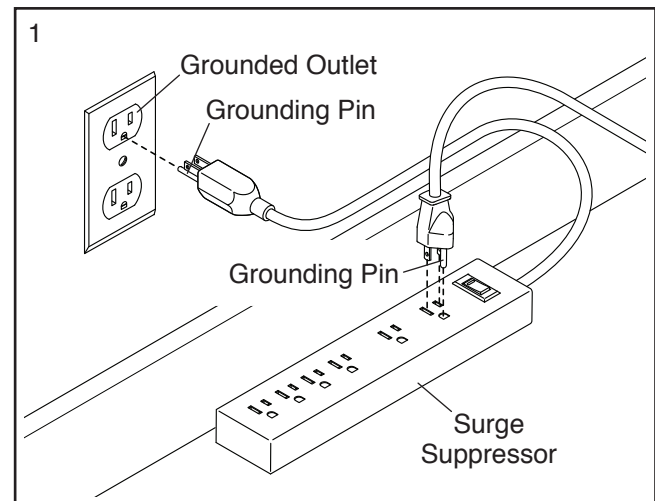
A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.
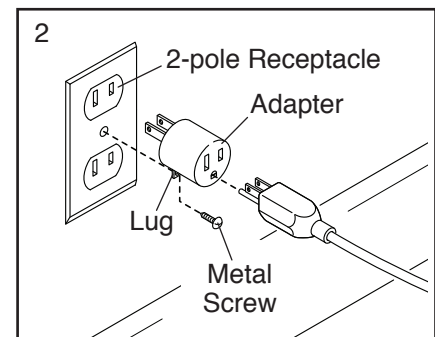
The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM
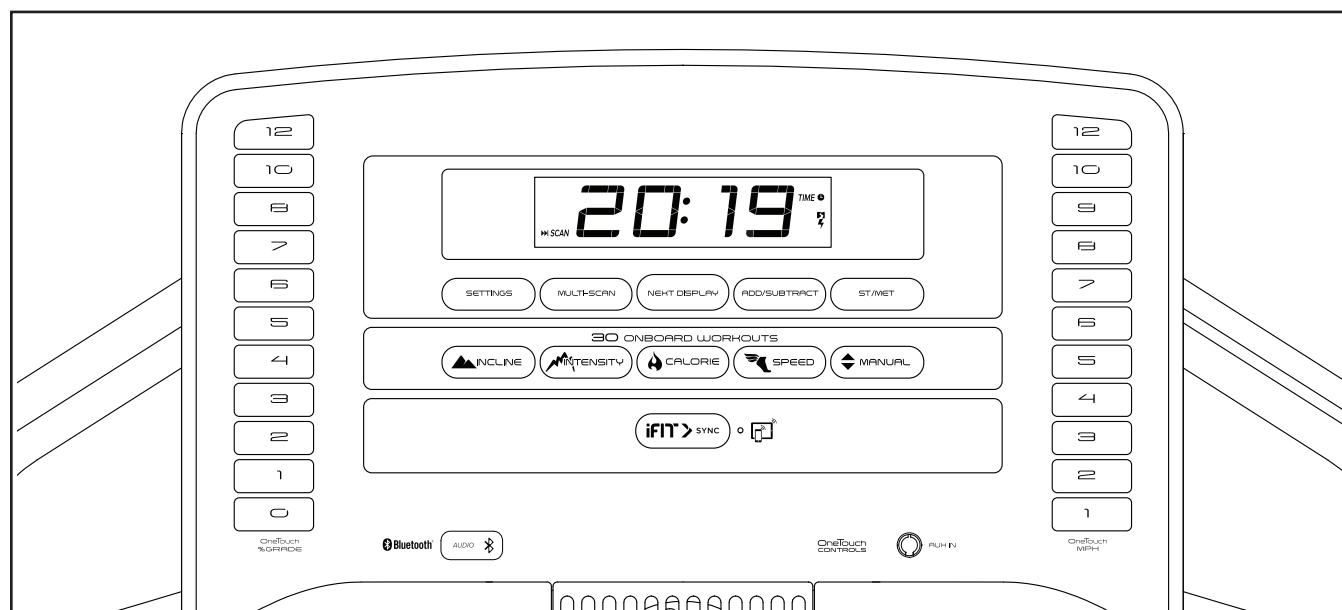
FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, 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 built-in handgrip heart rate monitor or a compatible heart rate monitor. **See page 24 for information about purchasing an optional chest heart rate monitor.**

The console also features a selection of onboard workouts designed to help you to burn calories and strengthen your cardiovascular system. Each workout controls the speed and incline of the treadmill as it guides you through an effective exercise session.

You can also connect your tablet to the console and use the iFit®–Smart Cardio Equipment app to record and track your workout information.

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 use the manual mode,** see page 19. **To use an onboard workout,** see page 21. **To connect your tablet to the console,** see page 22. **To connect your heart rate monitor to the console,** see page 23. **To use the settings mode,** see page 23. **To use the sound system with a Bluetooth® device,** see page 25. **To use the sound system with an audio cable,** see page 25. **To use the tablet holder,** see page 25.

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 30).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE SETTINGS MODE on page 23. To change the unit of measurement, press the St/Met button. For simplicity, all instructions in this section refer to miles.

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 17). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.
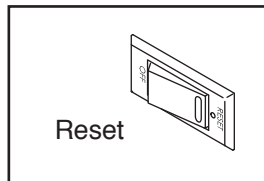
Reset

IMPORTANT: The console may feature a 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 SETTINGS MODE on pages 23 and 24 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip (A) attached to the key (B), and slide the clip 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.

IMPORTANT: Before you use the treadmill, take the following steps to ensure that the console shows the correct incline level of the treadmill. F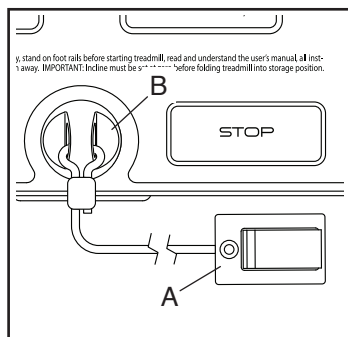irst, press the Incline increase button once. Next, press either the Incline decrease button or the lowest numbered incline button to set the treadmill to its lowest setting. When the frame stops moving, the treadmill is ready for use.

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 manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a workout, press the Manual button. Only zeros should appear in the display.

3. **Start the walking belt.**

   To start the walking belt, press the Start button or one of the OneTouch speed buttons.

   If you press the Start button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the 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 OneTouch speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. Note: This option will not function when the console is set to metric units.

   To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the OneTouch speed buttons.

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 OneTouch incline buttons. Each time you press the Incline increase or decrease button, the incline setting will change by 0.5 percent. If you press one of the numbered incline buttons, the incline will gradually change until it reaches the selected incline setting.

5. Follow your progress with the display.

The display can show the following workout information:

Calories (CALS)—When the manual mode and most onboard workouts are selected, the approximate number of calories you have burned. When calorie workouts are selected, the approximate number of calories that remain to be burned in the workout.

Calories per Hour (CALS/HR)—The approximate number of calories you are burning per hour.

Distance (MI or KM)—The distance that you have walked or run in miles or kilometers. To change the unit of measurement, press the St/Met button.

Incline (%Grade)—The incline level of the treadmill.

Pace—Your speed in minutes per mile or minutes per kilometer. To change the unit of measurement, press the St/Met button.

Pulse (BPM and heart symbol)—Your heart rate when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 6).

Speed (MPH or KPH)—Your speed in miles per hour or kilometers per hour. To change the unit of measurement, press the St/Met button.

Time—When the manual mode is selected, the elapsed time. When an onboard workout is selected, the time remaining in the workout.

Vertical Distance (VRT FT or VRT M)—The distance you have walked or run in vertical feet or vertical meters.

Press the Next Display button repeatedly to view the desired workout information in the display.

Scan mode—The console also has a scan mode that will display workout information in a repeating cycle. **To turn on the scan mode,** press the Multi-Scan button; the scan indicator (C) will turn on in the display.

To manually advance the scan cycle, press the Multi-Scan button repeatedly.

To turn off the scan mode, press the Next Display button; the scan indicator will turn off.

You can also customize the scan mode to display only the desired workout information in the repeating cycle.

To customize the scan mode, first press the Next Display button repeatedly until the workout information that you want to add to or remove from the scan cycle appears in the display.

Next, press the Add/Subtract button to add or remove that workout information from the scan cycle. **When workout information is added,** its indicator will turn on in the display. **When workout information is removed,** its indicator will turn off.

Then, press the Multi-Scan button to turn on the scan mode.

To reset the displays, press the Stop button twice, remove the key, and then reinsert the key.
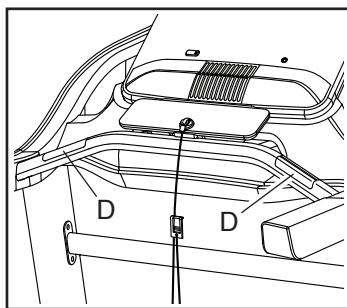
6. **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. **For information about purchasing an optional chest heart rate monitor, see page 24.**

The console is compatible with all Bluetooth Smart heart rate monitors. To connect your heart rate monitor to the console, see page 23.

Note: If you use both heart rate monitors at the same time, the Bluetooth Smart heart rate monitor will have priority.

Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts (D). In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts— **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 several speed settings. Press the fan buttons repeatedly to select a fan speed or to turn on or turn off the fan.
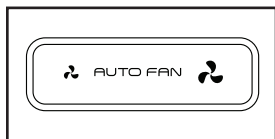
8. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to zero. The incline must be at zero 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 AN ONBOARD WORKOUT

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

See HOW TO TURN ON THE POWER on page 19.

2. **Select an onboard workout.**

To select an onboard workout, press the Incline, Intensity, Calorie, or Speed button repeatedly until the desired workout appears in the display.

A few seconds after you select a workout, the time, distance, and maximum speed settings of the workout will appear in the display for a few seconds.

3. **Start the walking belt.**

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

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

If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you. The treadmill will then automatically adjust to the speed and incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons; however, **when the current segment of the workout ends, 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. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

4. **Follow your progress with the display.**

   See step 5 on page 20.

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

   See step 6 on page 21.

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

   See step 7 on page 21.

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

   See step 8 on page 21.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other Bluetooth connections are not supported.

1. **Download and install the iFit–Smart Cardio Equipment app on your tablet.**

   On your iOS® or Android™ tablet, open the App Store℠ or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

   Then, open the iFit–Smart Cardio Equipment app and follow the instructions to set up an iFit account and customize settings.

2. **Connect your heart rate monitor to the console if desired.**

   If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 23.

3. **Connect your tablet to the console.**

   Press the iFit Sync button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console.

   When a connection is established, the LED on the console will turn solid blue.

4. **Record and track your workout information.**

   Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

5. **Disconnect your tablet from the console if desired.**

   To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

   Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

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

To connect your Bluetooth Smart heart rate monitor to the console, press the iFit Sync button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the iFit Sync button on the console until the LED on the console turns solid green.

Note: All Bluetooth connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

THE SETTINGS MODE

1. **Select the settings mode.**

   To select the settings mode, press the Settings button. The first settings screen will appear in the display. Note: If you have selected a workout, you may need to press the Stop button repeatedly to return to the main menu before selecting the settings mode.

2. **Navigate the settings mode.**

   While the settings mode is selected, you can navigate through several settings screens. Press the Stop button repeatedly to select the desired settings screen.

3. **Change settings as desired.**

   Software Version Number—The software version number will appear in the display.

   Incline System Calibration—The letters CAL will appear in the display. If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. When the treadmill stops moving, the incline system is calibrated.
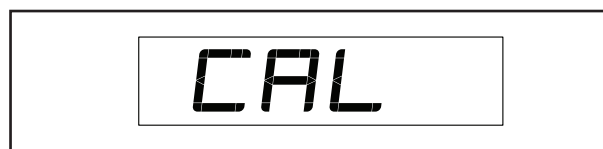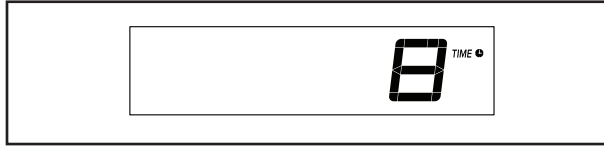

   Unit of Measurement—The currently selected unit of measurement will appear in the display. The console can show speed and distance in standard or metric units of measurement. To change the unit of measurement, press the Speed increase button repeatedly. To view workout information in standard units, select Std. To view workout information in metric units, select Met.
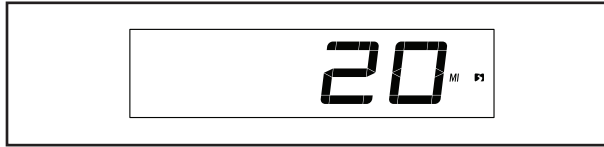
Display Test—This screen is intended to be used by service technicians to identify whether the display is working correctly.

Button Test—This screen is intended to be used by service technicians to identify whether a certain button is working correctly.
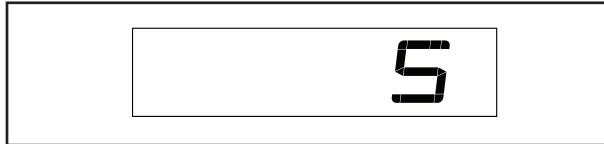
Total Time—The word TIME will appear in the display. The display will show the total number of hours that the treadmill has been used.

Demo Mode—The currently selected demo mode option will appear in the display. The console features a demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the console will not turn off and the display will not be reset when you finish exercising. Press the Speed increase button repeatedly to select a demo mode option. To turn on the demo mode, select DON. To turn off the demo mode, select DOFF.

4. **Exit the settings mode.**

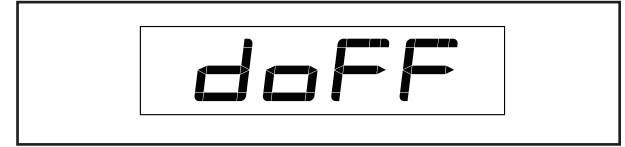   Press the Settings button to exit the settings mode.

Total Distance—The letters MI or KM will appear in the display. The display will show the total distance (in miles or kilometers) that the walking belt has moved.

THE OPTIONAL CHEST 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. The optional chest heart 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 chest heart rate monitor, please see the front cover of this manual.**

Contrast Level—The currently selected contrast level will appear in the display. Press the Incline increase and decrease buttons to adjust the contrast level.
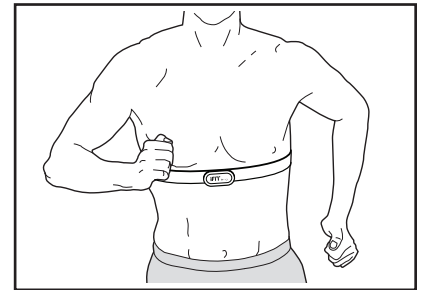
Note: The console is compatible with all Bluetooth Smart heart rate monitors.

HOW TO USE THE SOUND SYSTEM WITH A BLUETOOTH DEVICE

1. **Place or hold your Bluetooth-enabled device near the console.**

2. **Turn on your device's Bluetooth setting.**

3. **Pair your device to the console.**

   Press and hold the Bluetooth Audio button for 3 seconds. The Bluetooth speakers will enter pairing mode. When 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 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 button for 10 seconds.

HOW TO USE THE SOUND SYSTEM WITH AN AUDIO CABLE

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

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

HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder (E) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder (E), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.
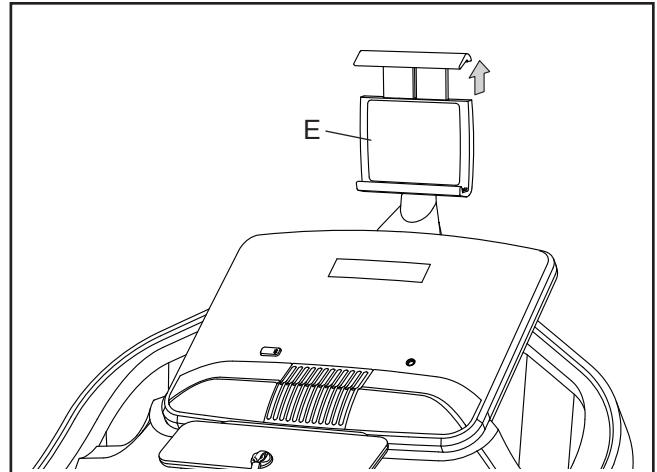
HOW TO ADJUST THE CUSHIONS

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill.

To adjust the cushions, **first remove the key from the console and unplug the power cord.** You may also need to place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 28).

For a more firm walking platform, turn a cushion to the position shown in drawing 1; for a less firm walking platform, turn the cushion to the position shown in drawing 2. Adjust the other cushions in the same way. **IMPORTANT: Make sure that the cushions on the left and right sides of the treadmill are set to the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**

1 More firm

2 Less firm
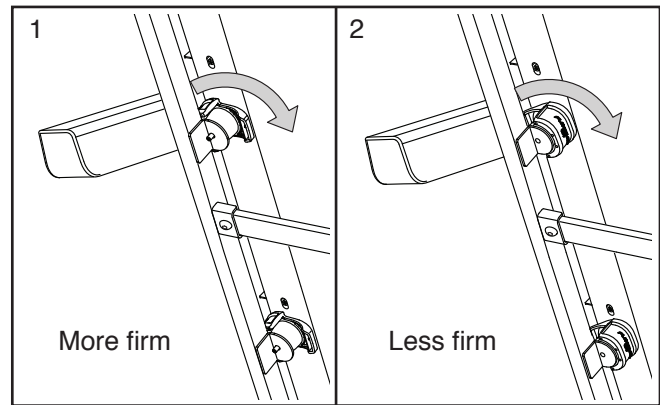
FCC INFORMATION

This console has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

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

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains either FCC ID: OMCBBICON14 or FCC ID: OMCBMD1.
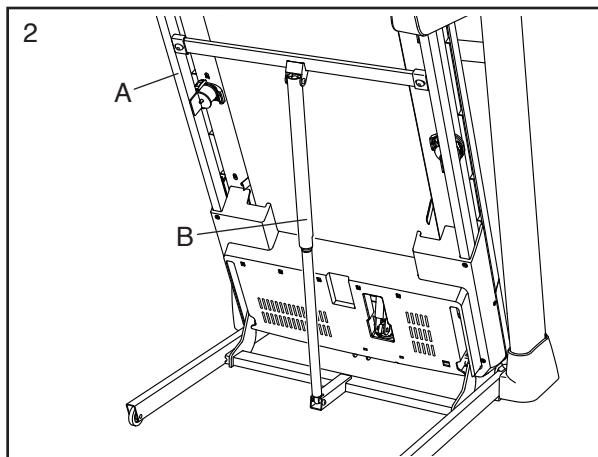
HOW TO FOLD AND MOVE THE TREADMILL

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.**
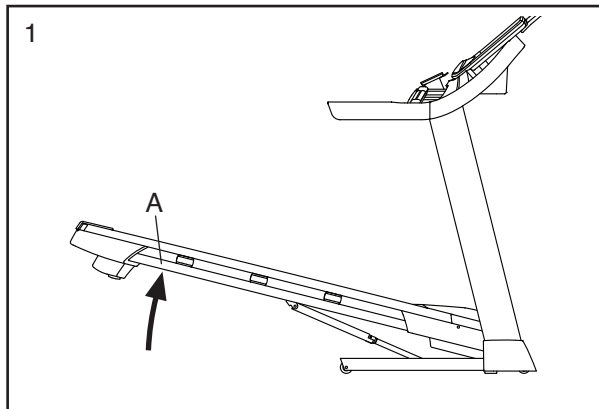
2. Raise the frame (A) until the storage latch (B) locks in the storage position. **CAUTION: Make sure that the storage latch locks.**

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 locked in the storage position. Moving the treadmill may require two people.**

Hold the handrails (C) with both hands and carefully push the treadmill to the desired location. **CAUTION: Do not pull on the frame (A) and do not move the treadmill over an uneven surface.**
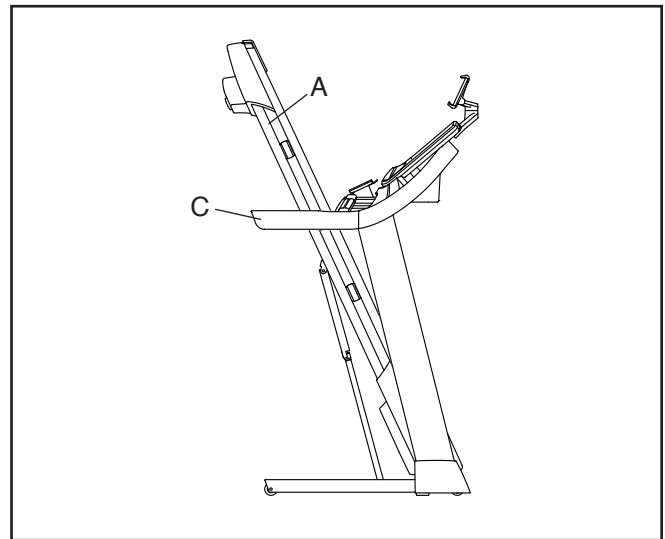
HOW TO LOWER THE TREADMILL FOR USE

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.
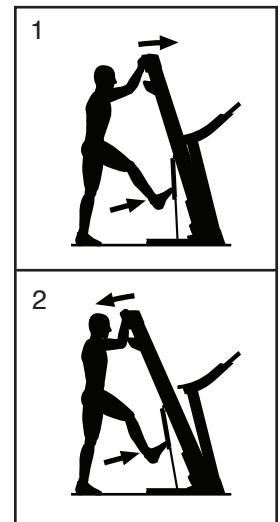
MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal perfor-
mance 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 follow-
ing the simple steps below. Find the symptom that
applies, and follow the steps listed. If further assis-
tance 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, the switch has tripped. To reset the
    power switch, wait for five minutes and then press
    the switch back in.
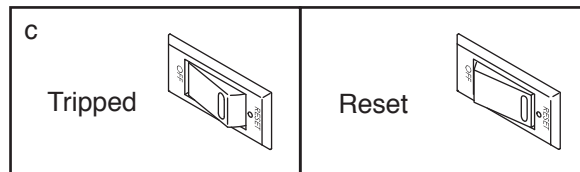
SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing 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 of the treadmill (see
    page 23).

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 (A) 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.
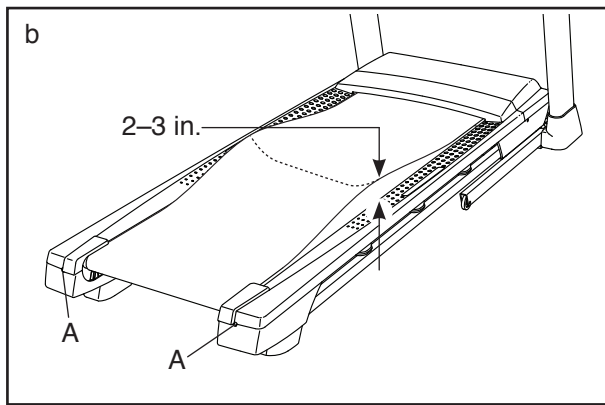

c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt 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.
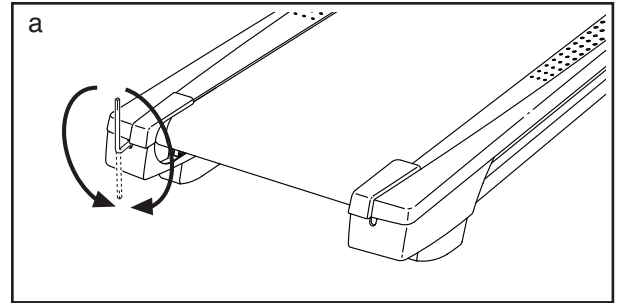
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) 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.
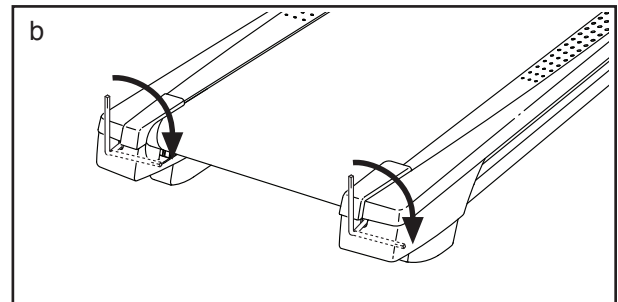
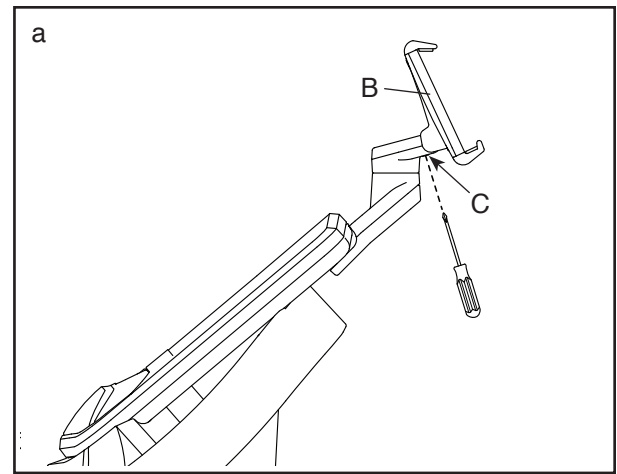**SYMPTOM: The tablet holder does not stay in place**

a. Rotate the tablet holder (B) until it faces backward. Then, tighten the indicated screw (C) slightly until the tablet holder stays in place when it is rotated to the desired position.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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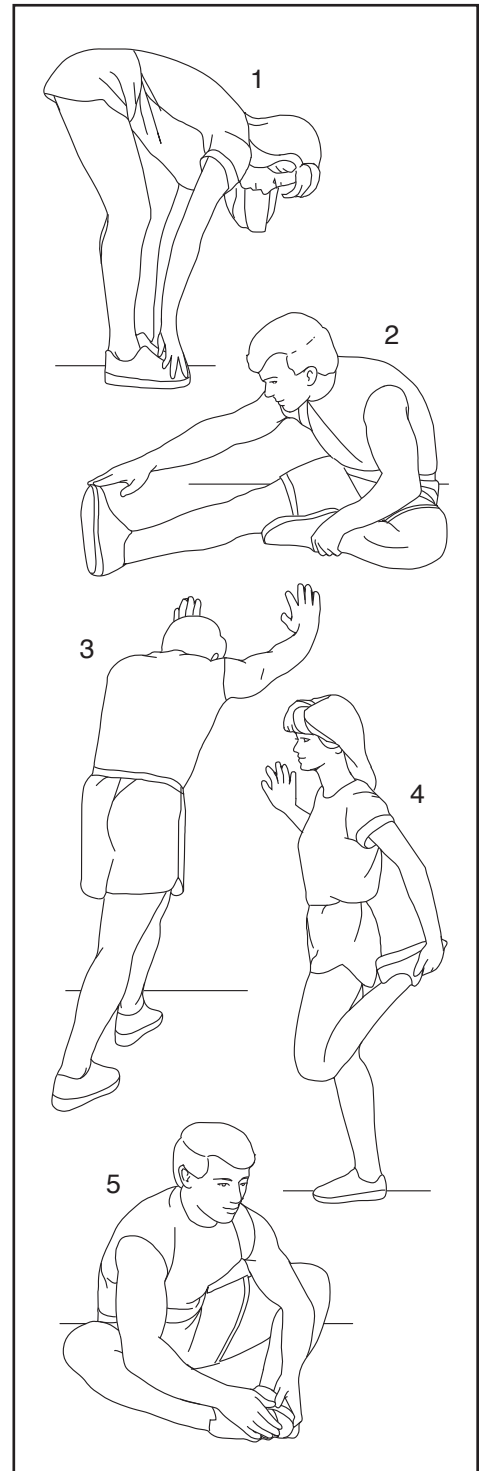
PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	18	#8 x 1/2" Screw	51	6	Platform Cushion
2	31	#8 x 3/4" Screw	52	2	9/32" Plastic Bushing
3	1	5/16" x 2 1/4" Bolt	53	1	Storage Latch
4	4	1/4" x 1/2" Screw	54	1	Drive Motor
5	4	#10 Star Washer	55	1	Motor Belt
6	5	5/16" x 1 3/4" Bolt	56	1	Frame
7	4	3/8" x 2 3/8" Screw	57	1	Left Rear Foot
8	1	Power Cord Grommet	58	1	Upright Crossbar
9	4	#10 x 3/4" Screw	59	4	Rubber Cushion
10	6	#8 x 1/2" Washer Head Screw	60	1	Right Foot Rail
11	10	5/16" Star Washer	61	1	Idler Roller
12	6	5/16" Nut	62	2	3/8" x 1 3/4" Screw
13	6	3/8" Star Washer	63	2	3/8" x 1 1/4" Screw
14	4	#8 x 1" Tek Screw	64	1	Console Base
15	3	1/4" x 2 1/2" Screw	65	1	Motor Hood
16	1	3/8" x 1 1/2" Bolt	66	1	Hood Accent
17	2	3/8" x 1 1/2" Wheel Bolt	67	2	Incline Frame Spacer
18	1	Console Frame	68	5	Hood Clip
19	4	#8 x 7/16" Screw	69	1	Incline Motor
20	2	5/16" Motor Screw	70	1	Incline Frame
21	2	3/8" Pin	71	2	Frame Spacer
22	2	3/8" x 1 1/8" Bolt	72	1	Controller
23	16	#8 x 3/4" Truss Head Screw	73	1	Controller Plate
24	2	#8 Star Washer	74	8	#8 x 5/8" Screw
25	2	5/16" x 3/4" Patch Screw	75	1	Power Switch
26	4	M4 x 16mm Machine Screw	76	1	Power Cord
27	4	1/4" Star Washer	77	2	Grommet
28	4	5/16" x 2 1/2" Screw	78	1	Belly Pan
29	1	3/8" x 1 3/4" Hex Head Bolt	79	1	Left Handrail Cover
30	4	5/16" Flat Washer	80	1	Console
31	4	5/16" x 3/4" Screw	81	1	Upright Wire
32	2	Incline Motor Spacer	82	1	Left Base Cover
33	6	3/8" Jam Nut	83	1	Right Base Cover
34	1	Right Tray	84	1	Right Bottom Handrail Cover
35	2	3/8" Washer	85	1	Left Bottom Handrail Cover
36	1	Left Tray	86	1	Left Handrail
37	2	#8 x 1/2" Ground Screw	87	1	Right Handrail
38	1	Latch Crossbar	88	1	French Warning Decal
39	1	Console Ground Wire	89	1	Left Upright
40	2	Rear Foot	90	1	Right Upright
41	4	3/8" Plastic Bushing	91	2	Caution Decal
42	1	Left Foot Rail	92	1	Right Handrail Cover
43	1	Warning Decal	93	1	Pulse Crossbar
44	1	Walking Platform	94	1	Base
45	1	Walking Belt	95	1	Pulse Crossbar Bottom
46	2	Belt Guide	96	1	Right Inner Base Cover
47	1	Right Rear Foot	97	4	Wheel
48	4	Cable Tie	98	1	Key/Clip
49	1	Drive Roller/Pulley	99	3	Cable Tie
50	1	Left Inner Base Cover	100	2	1/4" x 1 1/4" Patch Screw

Key No.	Qty.	Description		Key No.	Qty.	Description
101	2	Base Pad		104	1	Electronics Bracket
102	1	Tablet Holder		*	–	User's Manual
103	13	1/4" Nut				

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.
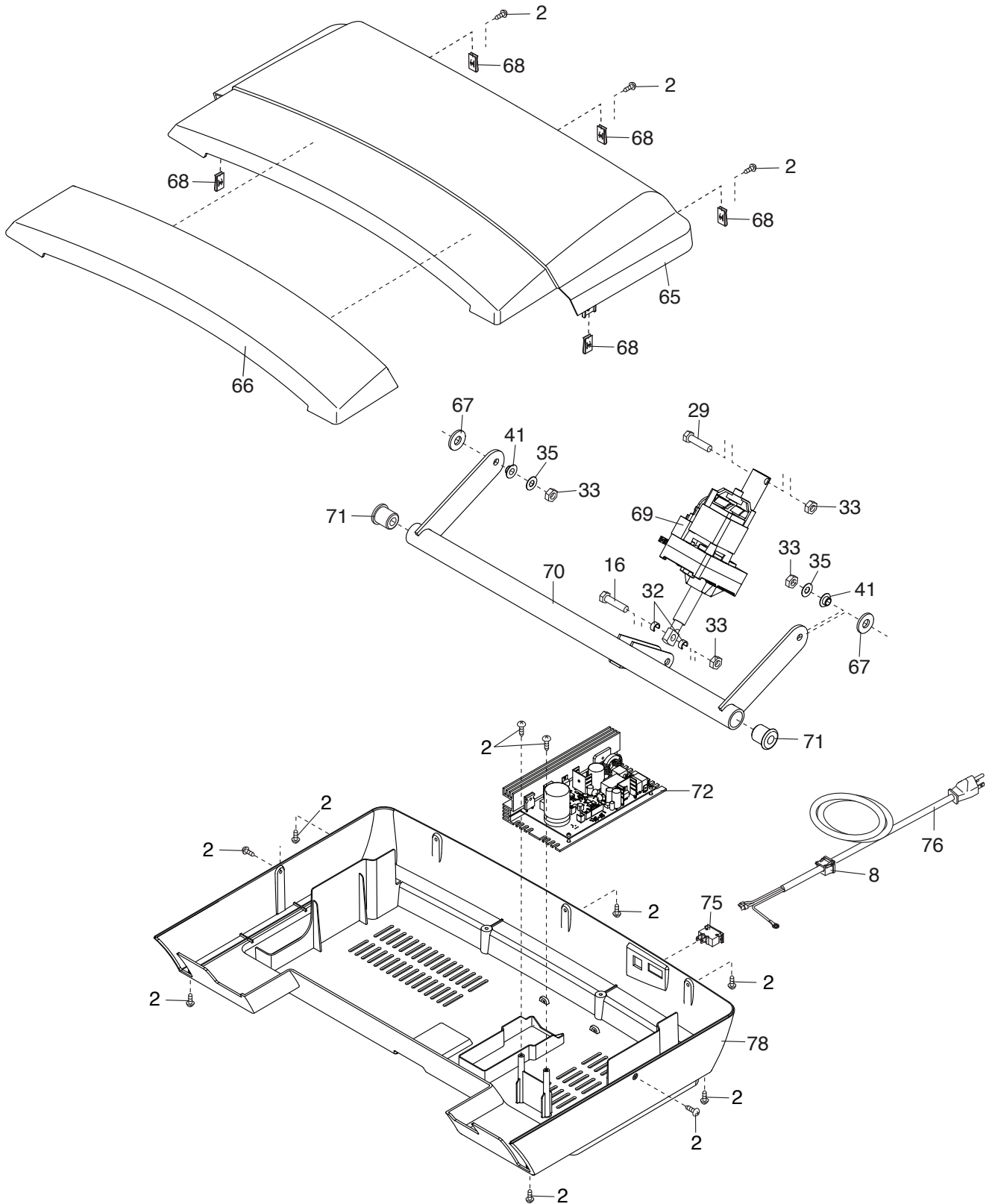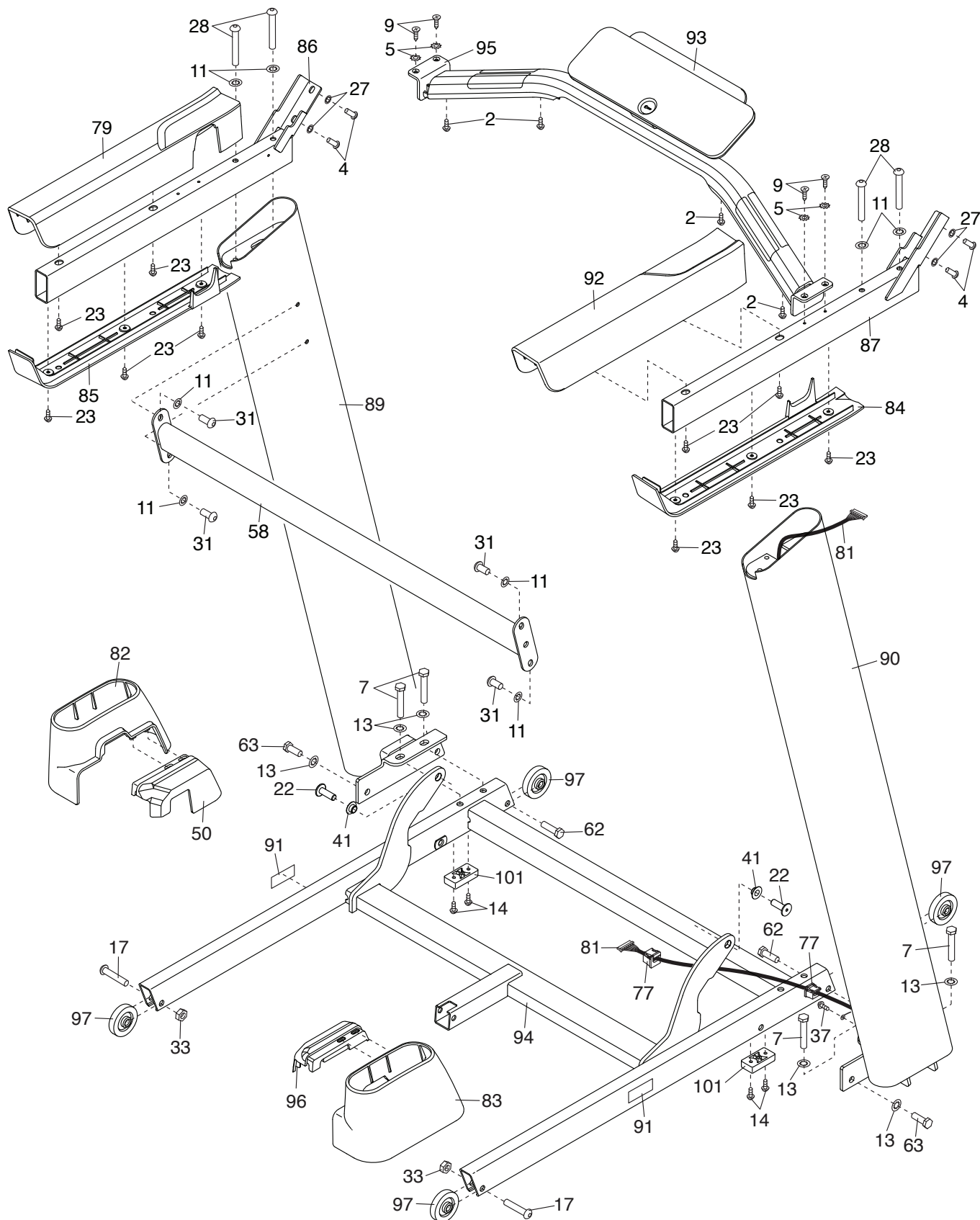
EXPLODED DRAWING A

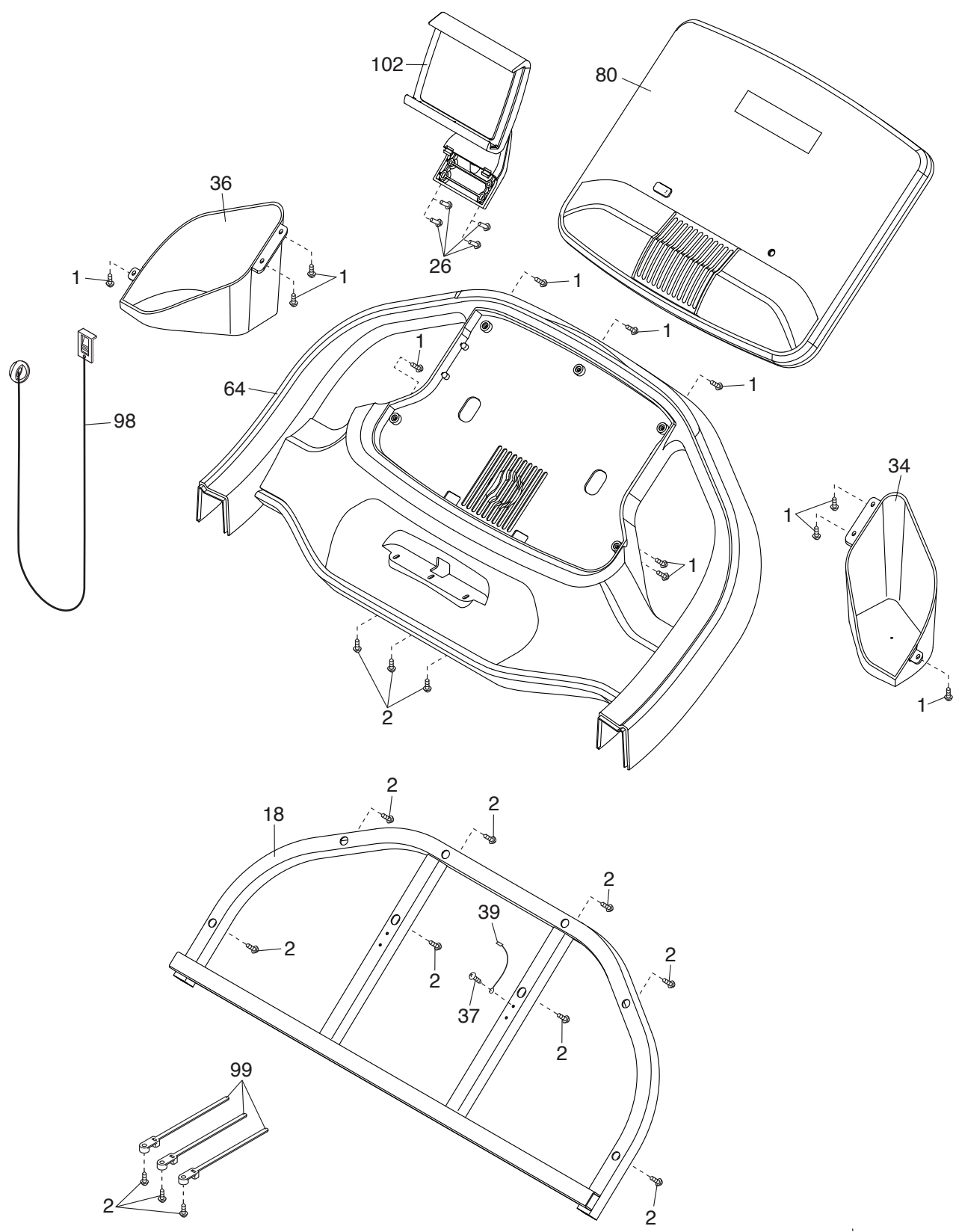Model No. 24885C.0 R0519A
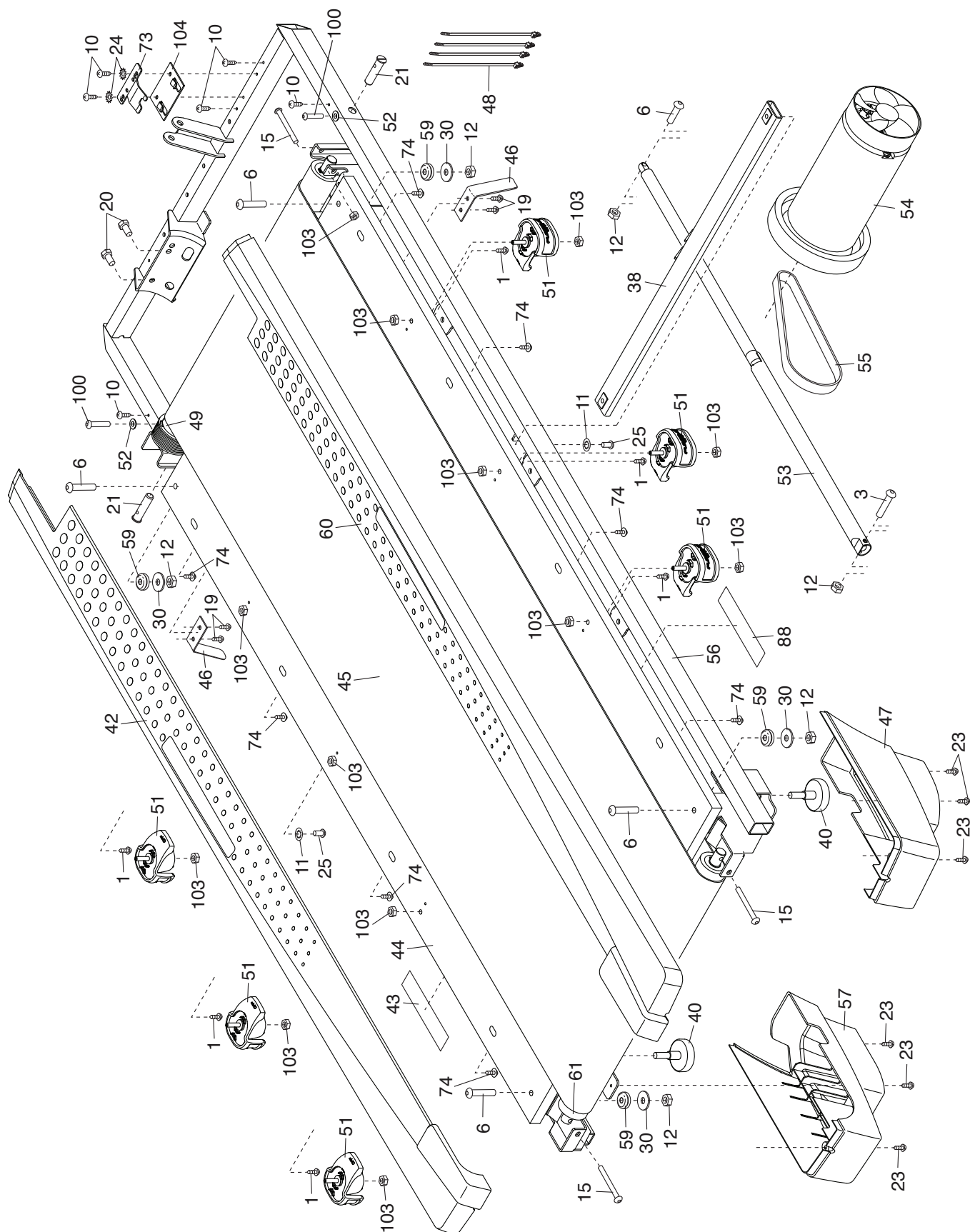
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Model No. 24885C.0 R0519A

ORDERING REPLACEMENT PARTS

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

• the model number and 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)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for the lifetime of the original purchaser (customer). Parts are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if all instructions and warnings in this manual are not followed, (3) if the product is abused or improperly or abnormally used, or (4) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from province to province.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8