FREEMOTION® t 8.7
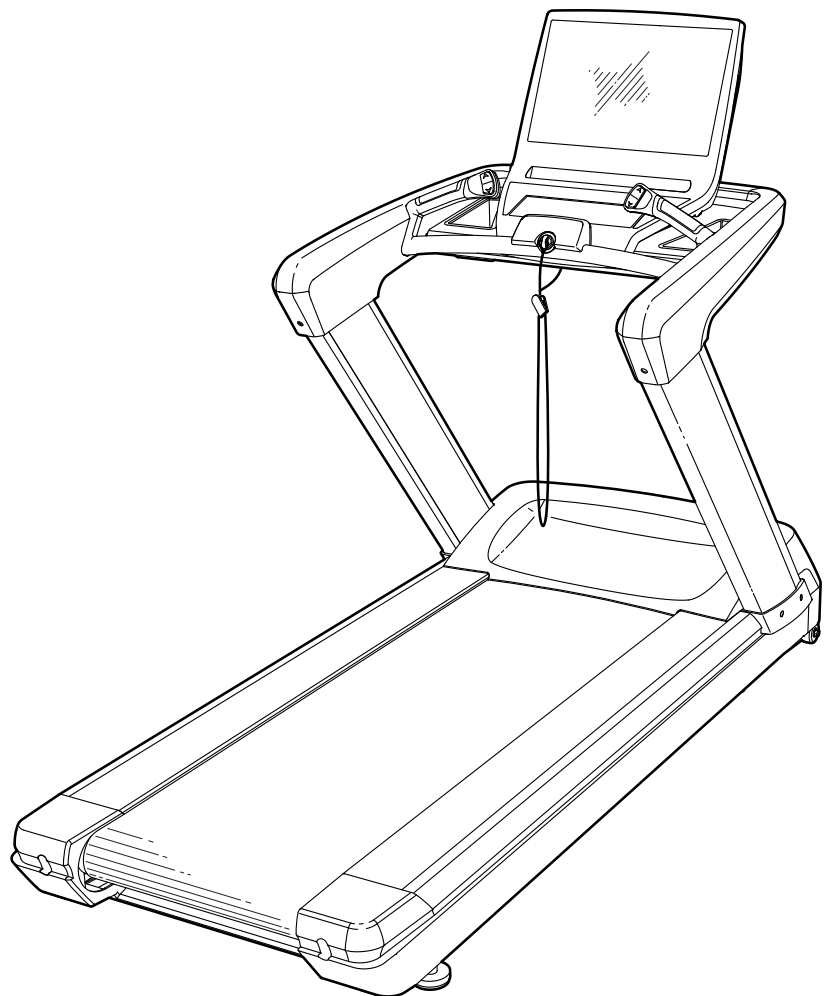
USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

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

www.freemotionfitness.com

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

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

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

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

3. Use the treadmill only as described.

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

5. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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

7. Keep children under age 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 400 lbs. (181 kg) or less.

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

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord, follow the instructions on page 13. No other appliance should be on the same circuit as the treadmill. Do not use an extension cord.

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 30 if the treadmill is not working properly.)

14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16). Always wear the clip while using the treadmill.

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

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

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

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

19. 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.

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

21. **Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO MOVE THE TREADMILL on page 24.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.**

22. **Do not change the incline of the treadmill by placing objects under the treadmill.**

23. **Inspect and properly tighten all parts of the treadmill regularly.**

24. **Never insert or drop any object into any opening on the treadmill.**

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

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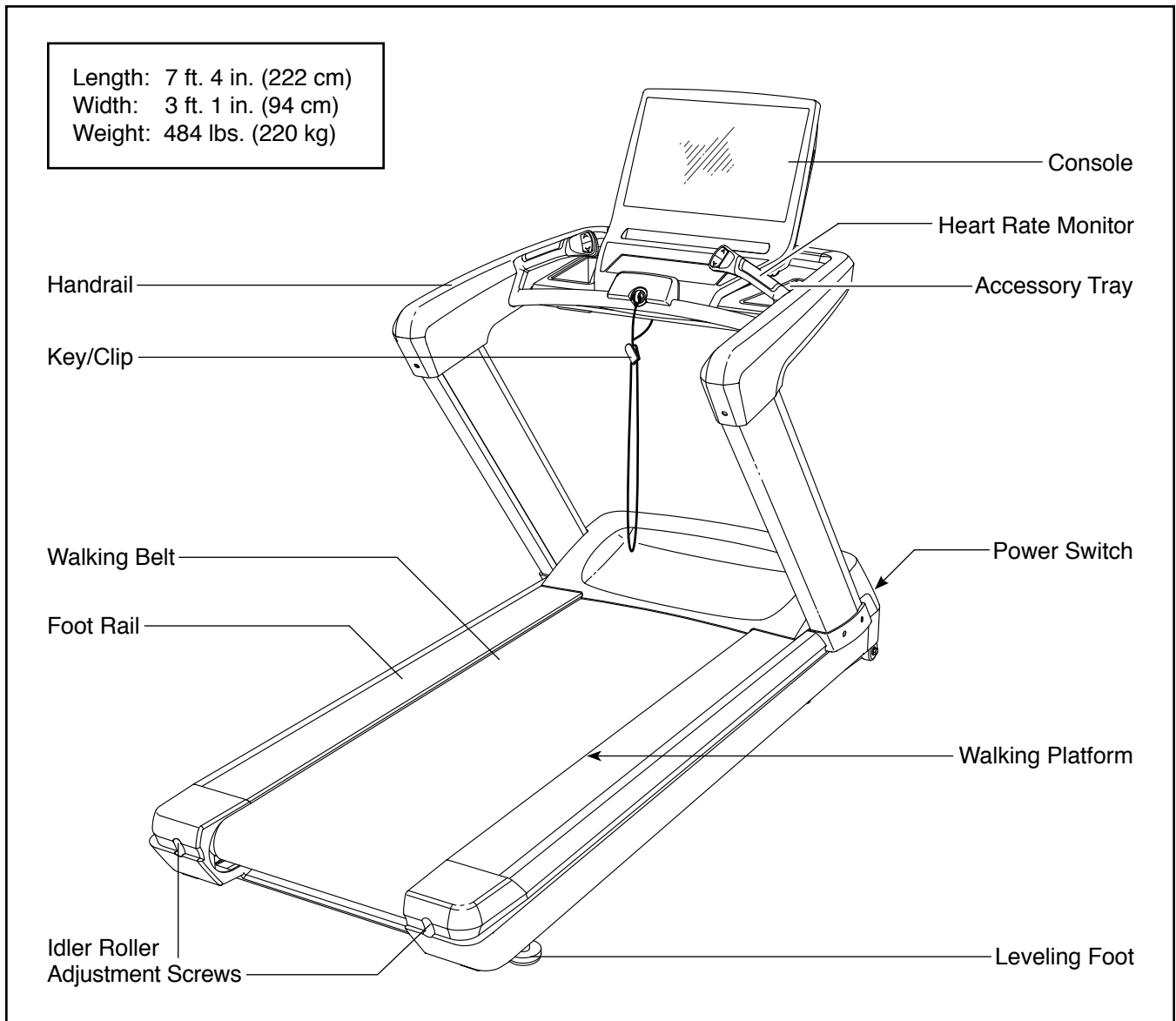
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® T8.7 treadmill. The T8.7 treadmill offers an impressive selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

Length: 7 ft. 4 in. (222 cm)
Width: 3 ft. 1 in. (94 cm)
Weight: 484 lbs. (220 kg)

Console

Heart Rate Monitor

Handrail

Accessory Tray

Key/Clip

Walking Belt

Power Switch

Foot Rail

Walking Platform

Idler Roller
Adjustment Screws

Leveling Foot

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 hardware may be included.**

M4 Lock Washer
(106)–2

M8 Lock Washer
(13)–4

M4 x 10mm Machine
Screw (105)–2

M5 x 15mm Screw
(141)–16

M5 x 20mm Screw
(100)–2

M8 x 20mm Screw
(67)–4

M10 x 25mm Screw
(155)–8

M8 x 70mm Screw
(66)–8
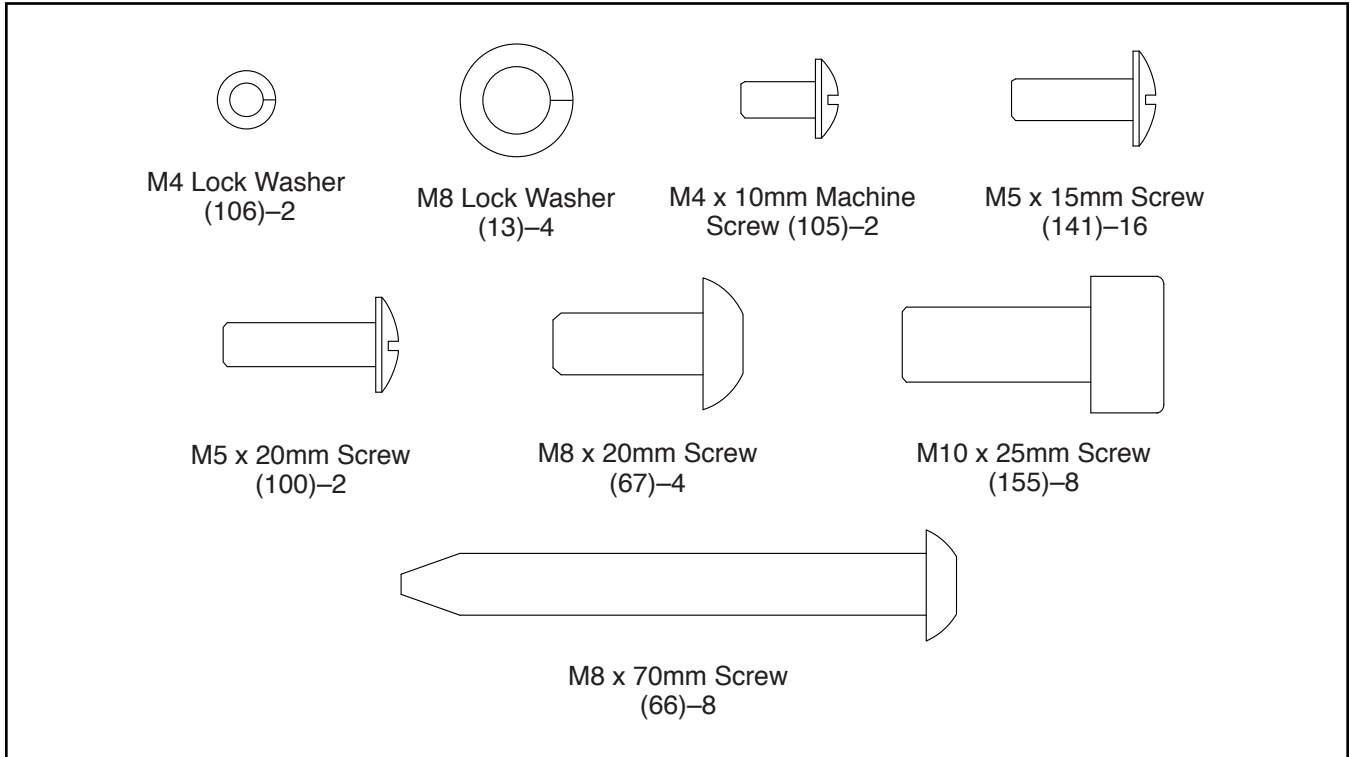
ASSEMBLY

- 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.

- To identify small parts, see page 6.

- 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.

- Assembly requires the following tools:
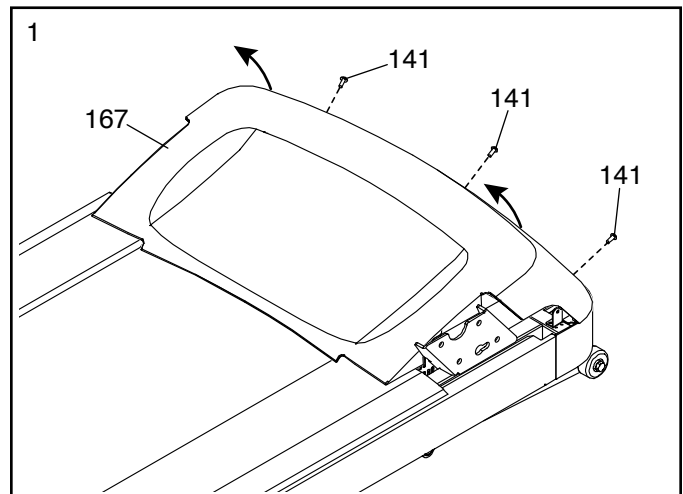
  the included hex keys

  one Phillips screwdriver
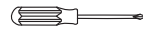
  To avoid damaging parts, do not use power tools.

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

   Remove and save the three indicated M5 x 15mm Screws (141). Then, remove the Motor Hood (167). **Tip: You may need to pivot the Motor Hood as you lift it off the treadmill.**

2. Identify the Right Upright (83). Hold the Right Upright against the Frame (107) so that the head of the indicated bolt (A) in the Right Upright is inserted into the indicated opening (B). **Make sure that the tie (C) is not pinched.**
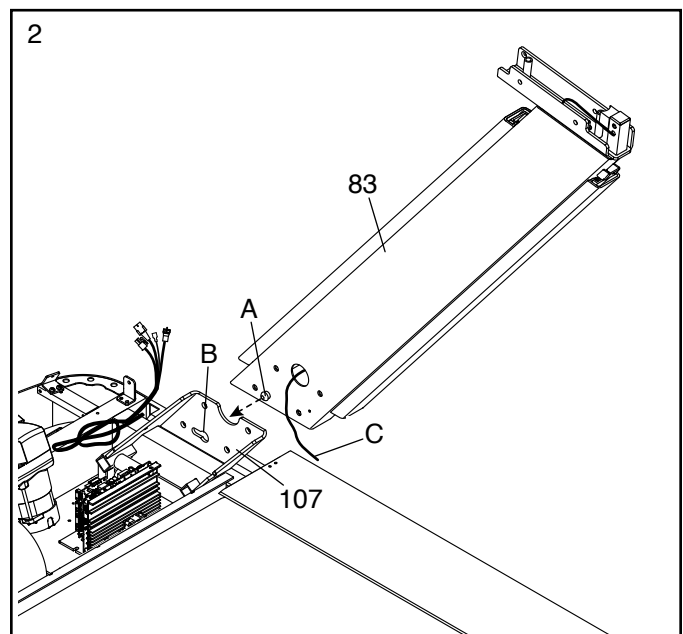
3. Slide the Right Upright (83) in the direction shown by the arrow.

   Attach the Right Upright (83) with four M10 x 25mm Screws (155); **do not tighten the Screws yet.**

   Attach the Left Upright (not shown) as described above.
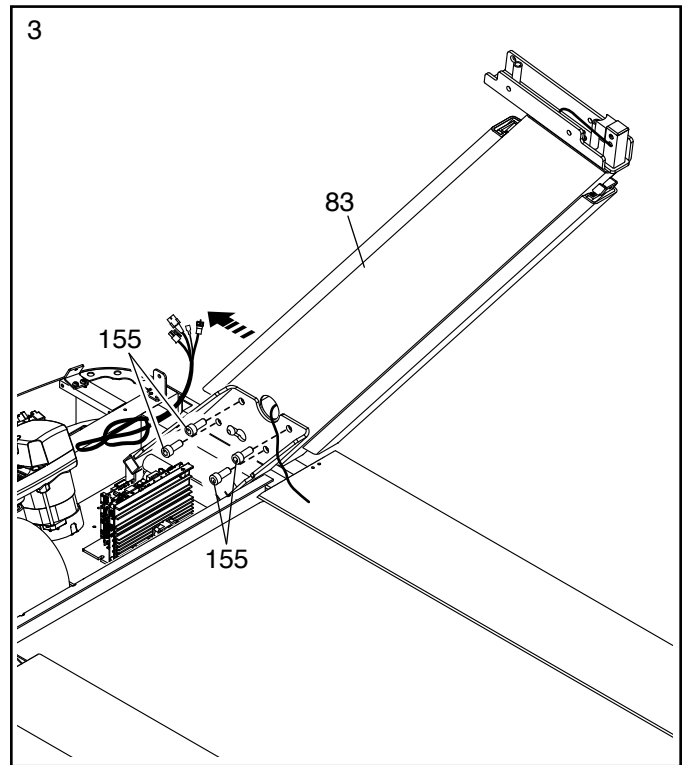
4. Tie the lower end of the tie (C) securely around the wires (D). Then, insert the wires into the lower end of the Right Upright (83) as you pull the tie upward through the Right Upright.

   Then, remove the tie (C) from the wires (D).

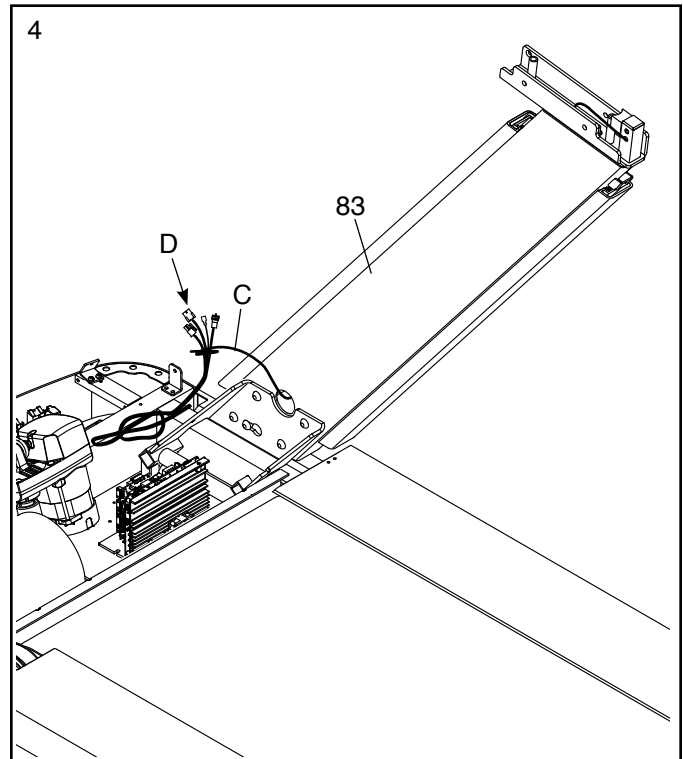5. With the help of a second person, hold the handrail assembly (E) near the Left and Right Uprights (82, 83). Insert the wires (D) from the Right Upright up through the indicated hole in the handrail assembly.

   Then, set the handrail assembly (E) on the Uprights (82, 83). **Make sure to slide the ends of the Handrail Frame (64) under the small brackets (F).**

   Attach the handrail assembly (E) with four M8 x 70mm Screws (66); **start all four Screws, and then tighten them. Be careful not to pinch any wires.**

   Next, connect the wires (D) from the Right Upright (83) to the corresponding wires (G) from the handrail assembly (E). **See the inset drawing.** After connecting the TV Cables (103, 79), slide the cover (H) over the connection.

   Then, insert the wires (D, G) into the side of the Lower Handrail Cover (70).

   Then, tighten all eight M10 x 25mm Screws (155) (only four are shown).
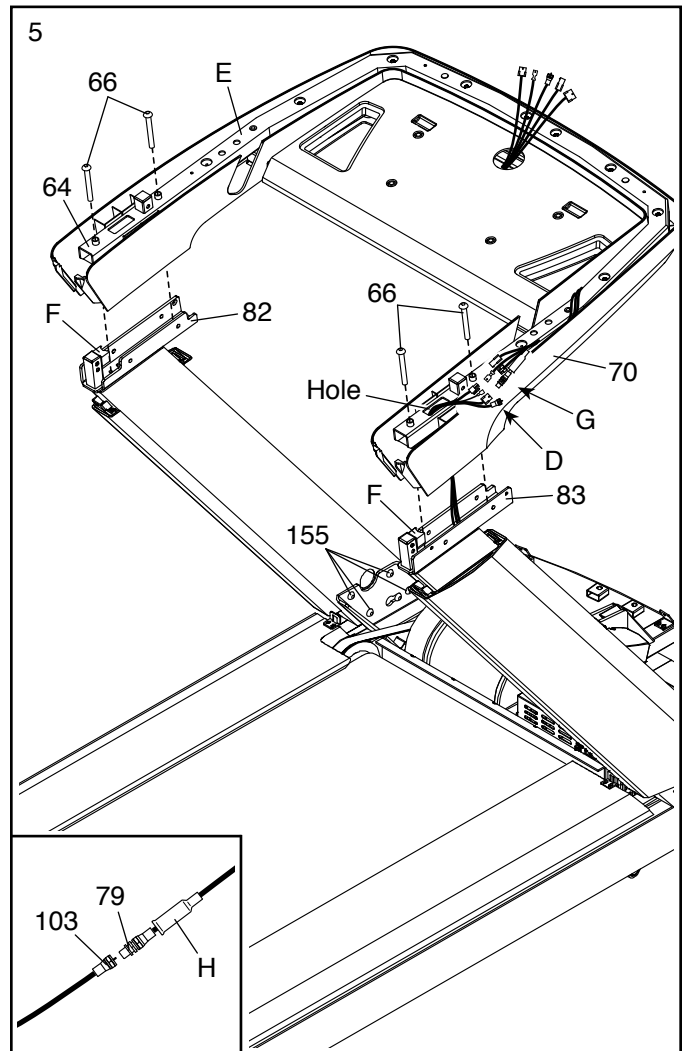
6. Identify the Lower Right Upright Cover (102). Attach the Lower Right Upright Cover with three M5 x 15mm Screws (141). **Note: It may be necessary to raise the Right Upright Cover (89) to access the holes on the Right Upright (83).**

   Attach the Lower Left Upright Cover (not shown) in the same way.
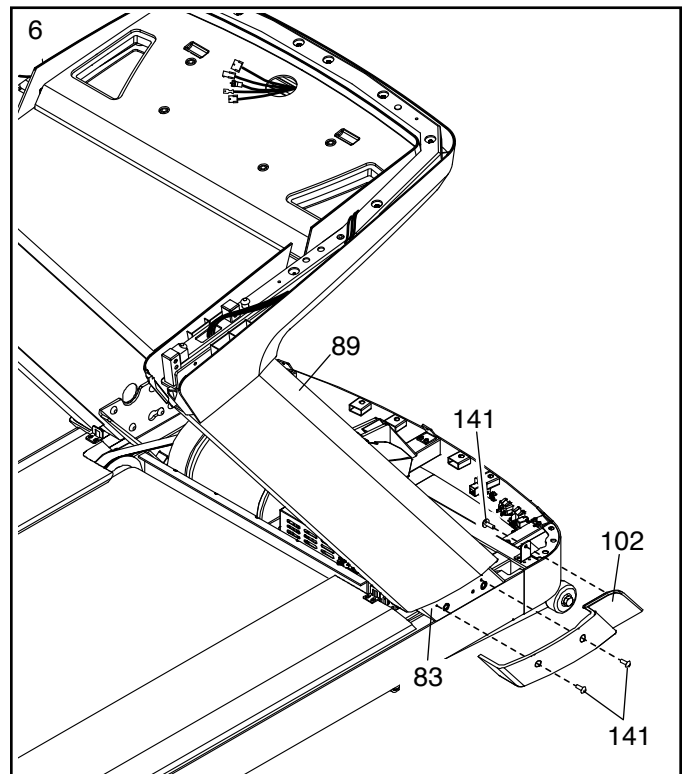
7. Set the Motor Hood (167) onto the Frame (107). **Tip: You may need to tip the Motor Hood sideways to center it between the Left and Right Uprights (82, 83).**

   With one hand, push on the Motor Hood (167) in the direction shown by the upper arrow. Then, with the other hand, push on the Motor Hood in the direction shown by the lower arrow until the Motor Hood snaps into both Rear Hood Mounting Plates (140).

   Attach the Motor Hood (167) with the three M5 x 15mm Screws (141) that you removed in step 1.
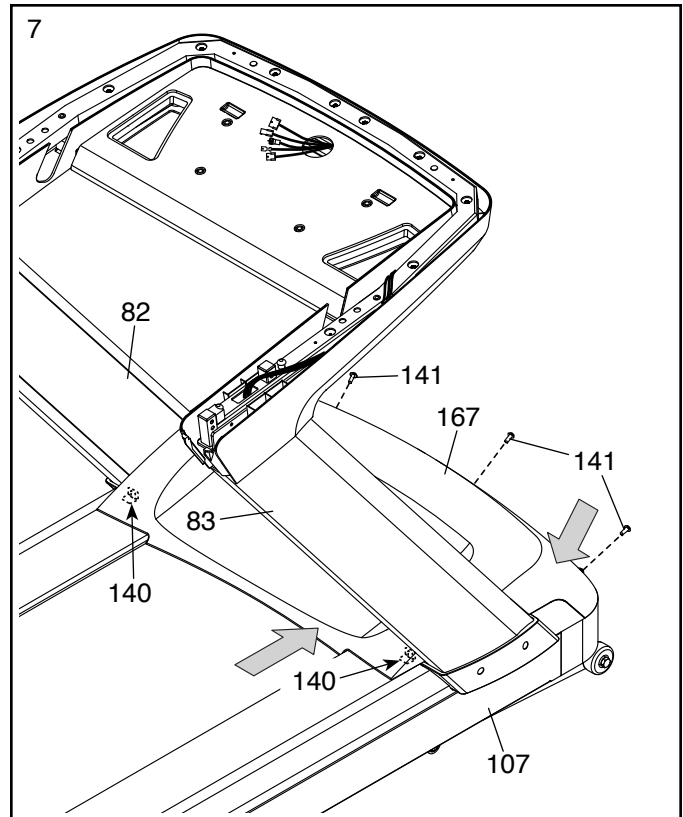
8. Connect the wires (I) from the hand pulse assembly (J) to the corresponding wires (K) from the handrail assembly (E).

   Insert the wires (I, K) into the handrail assembly (E) as you center the hand pulse assembly (J) in the indicated slots.

   Attach the hand pulse assembly (J) with four M8 x 20mm Screws (67) and four M8 Lock Washers (13); **start all four Screws, and then tighten them. Be careful not to pinch any wires.**
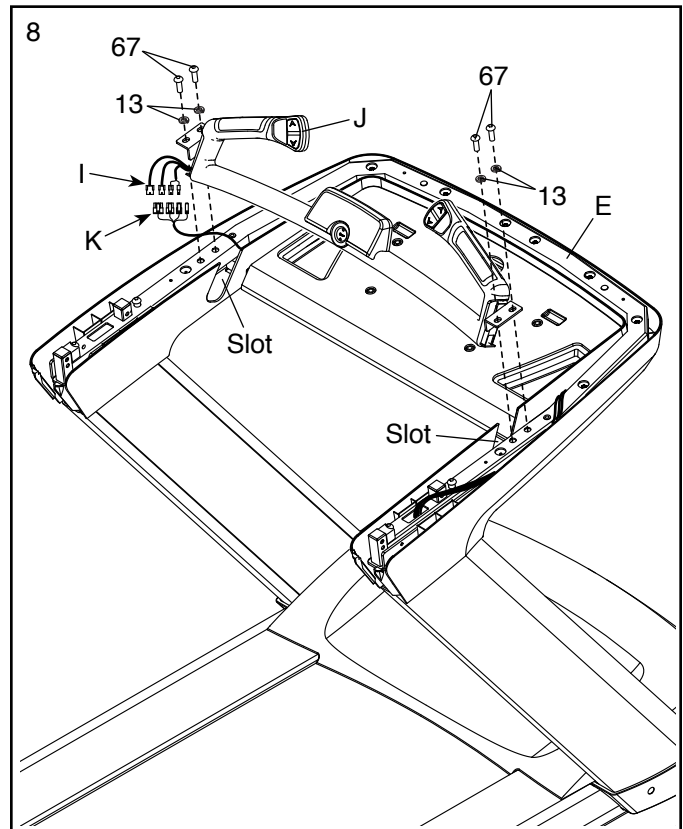
9. Identify the Left Small Handrail Cover (98). Attach the Left Small Handrail Cover with an M5 x 20mm Screw (100).

Attach the Right Small Handrail Cover (99) in the same way.

Next, attach the Left Handrail Cover (97) with five M5 x 15mm Screws (141); **start all five Screws, and then tighten them.**

Attach the Right Handrail Cover (185) in the same way.
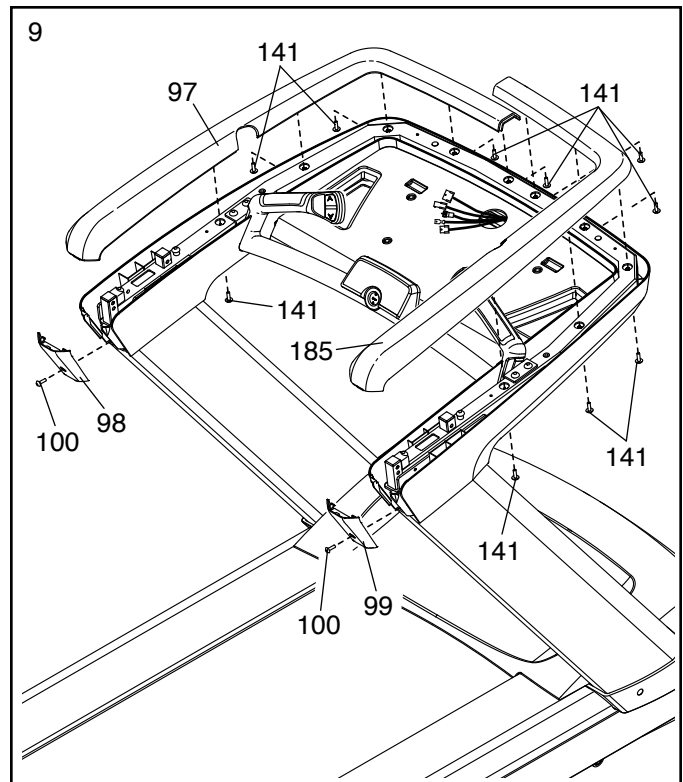
10. Press the Left and Right Trays (72, 73) into the handrail assembly (E) until they snap into place.

Next, have a second person hold the console assembly (L) near the handrail assembly (E). Connect the wires (K) from the handrail assembly to the wires (M) from the console assembly.

Insert the wires (K, M) into the hole in the handrail assembly (E) as you set the console assembly (L) on the handrail assembly. **Be careful not to pinch any wires.**

Attach the console assembly (L) with four M8 x 70mm Screws (66); **start all four Screws, and then tighten them.**
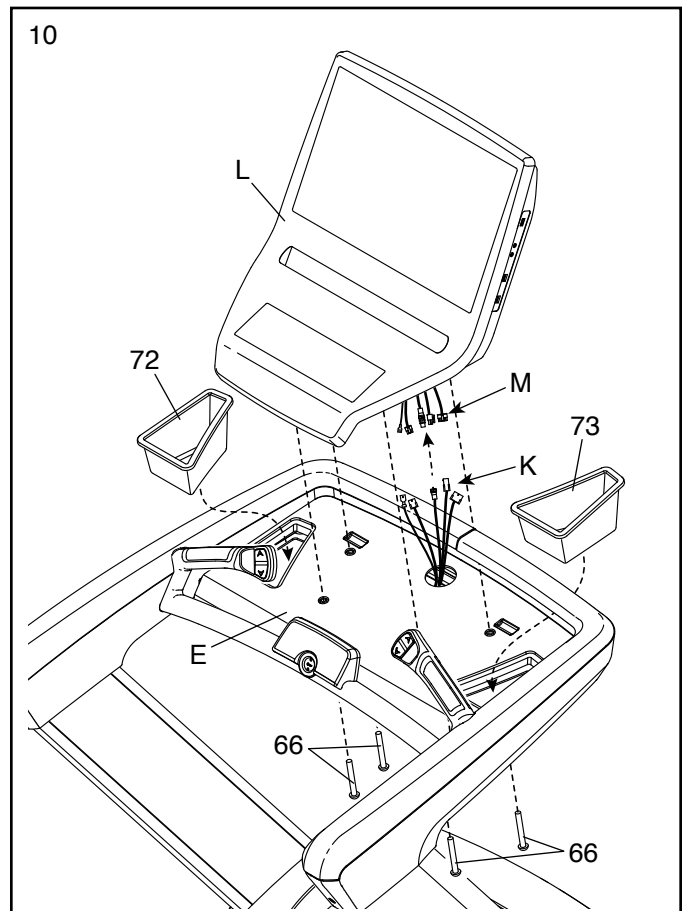
11. Plug the Power Cord (171) into the treadmill.

Next, slide the Power Cord Cover (176) onto the Power Cord (171), and attach the Power Cord Cover to the treadmill with two M4 x 10mm Machine Screws (105) and two M4 Lock Washers (106).

Note: If you plan to use an optional TV with a PAL system, connect the Coaxial Adapter (188).
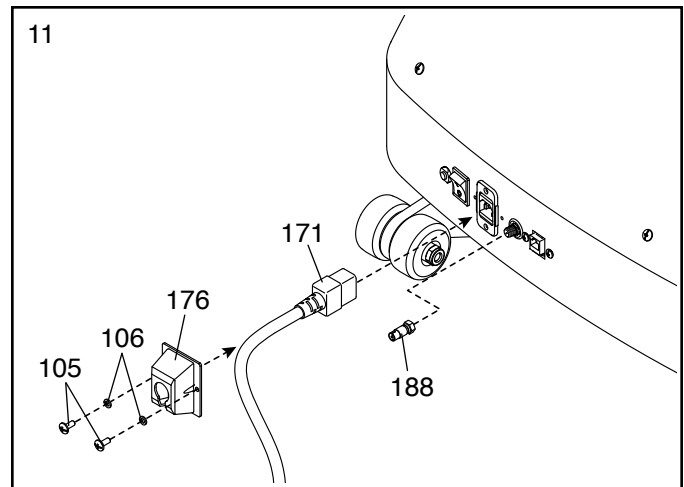
12. If necessary, move the treadmill to the desired location (see HOW TO MOVE THE TREADMILL on page 24).

After the treadmill is placed in the location where it will be used, make sure that the Leveling Feet (142) rest firmly on the floor. If the treadmill rocks even slightly, turn the nut on one of the Leveling Feet clockwise or counterclockwise until the rocking motion is eliminated.
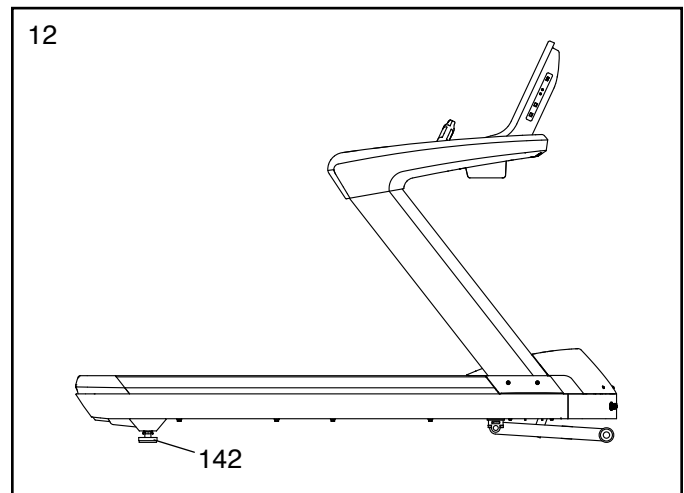
13. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 30). Note: Extra hardware may be included.

HOW TO CONNECT THE TREADMILL

HOW TO PLUG IN THE POWER CORD

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

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

Follow the steps below to plug in the power cord.

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

Socket on Treadmill
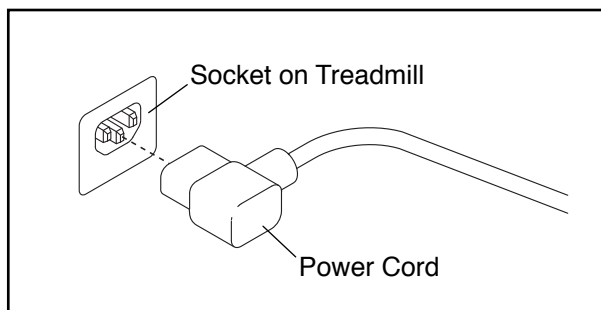
Power Cord

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

UK — Outlet

Australia — Outlet
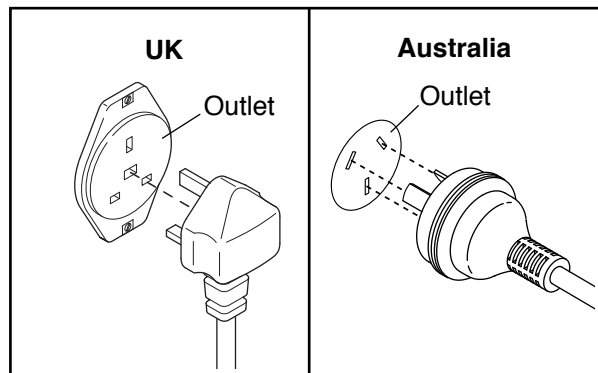
HOW TO CONNECT A CATV CABLE

If your treadmill has the optional 19" Digital TV, a CATV cable must be connected to the treadmill for cable TV stations to be viewed.

Locate the cable jack on the front of the treadmill. Connect the CATV cable to the cable jack. Route the cable so that it will not be pinched or crushed by the lift mechanism or the frame.
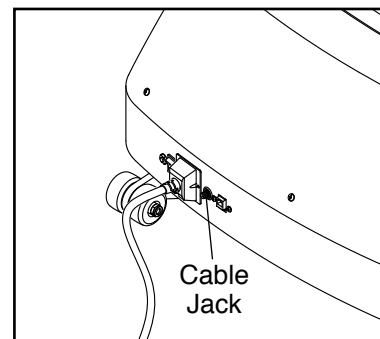
Cable Jack

A satellite receiver, VCR, or DVD player can also be connected to the treadmill. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the treadmill.

Note: Audio/video equipment without coaxial outputs may be able to be connected directly to the optional digital TV; the optional digital TV has a variety of input receptacles.

HOW TO UPGRADE THE CONSOLE

The treadmill's console has been preconfigured to operate with an optional 19" Digital TV (see the drawings below).To learn about the features of the basic console, see page 15. To learn about the features of the digital TV, see the user's manual included with the digital TV. The basic console has no television capabilities.

To upgrade your console whenever you choose, please see the back cover of this manual.

Basic Console

Console with 19" Digital TV

HOW TO USE THE CONSOLE

INCLINE   TIME   SPEED

POLAR
heart rate technology

CALORIES   PULSE   DISTANCE

INSTRUCTIONS:

Turn on power switch and ensure safety key is attached
to console. Attach safety clip to clothing before start up.
1. To start, press the QUICK START button.
2. Use Speed ▼ and ▲ to control speed.
3. To end, decrease Speed and press STOP button.

PROGRAM RUN:

1. Under start/ready status, press GOAL, PROGRAM, TRAINING, HRC,
   FIT TEST or PHYSICAL TEST to select program.
2. Press QUICK START to start program, or press ENTER to set
   different exercise value.
3. To set different exercise value, press SPEED ▼ or ▲ buttons to adjust;
   or use numeric buttons and press ENTER. Touch CLEAR to restore
   default settings or return to previous page.

MANUAL RUN:

Under start/ready status,press QUICK START.
Treadmill will start at lowest speed in 3 seconds.
The race track will be shown in the center of the screen.
The left bottom corner displays will show the completed
laps. Each lap is 0.4 km (1/4 mile).

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a Polar®-compatible chest heart rate monitor.

In addition, the console features a selection of onboard workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. Other modes allow you to set customized workout goals, train for a race, or test your fitness level.

To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use an onboard workout,** see page 17. **To use a set-a-goal workout,** see page 18. **To use a training workout,** see page 19. **To use a heart rate workout,** see page 20. **To use the fitness test,** see page 21. **To use a physical test**, see page 23. **To use the settings mode,** see page 23.

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

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see page 23. For simplicity, all instructions in this section refer to kilometers.
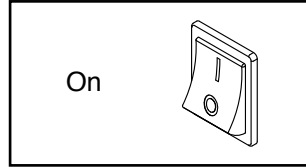
HOW TO TURN ON THE POWER

1. Plug in the power cord.

See HOW TO CONNECT THE POWER CORD on page 13.

**2. Press the power switch into the on position.**

Locate the power switch on the tread-mill frame near the power cord. Press the power switch into the on position.

3. Insert the key into the console.

Find the key and the clip on the console and attach the clip to the waistband of your clothes. Next, insert the key into the console. **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.**
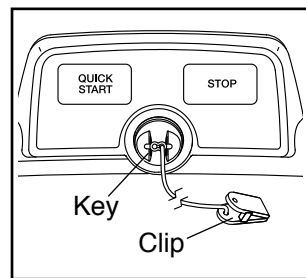
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

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

2. Select the main menu.

If the main menu is not selected automatically, press the Stop button repeatedly. Note: If the console is in sleep mode, you may need to press the Wake button.

3. Start the walking belt and adjust the speed.

Press the Quick Start button. A moment after you press the button, the console will count down, and then the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons on the right handrail.

To change the speed more quickly, press the Instant Speed button, press the numbered buttons to select a value 0 through 22, and then press the Enter button. The walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Quick 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 on the left handrail.

To change the incline more quickly, press the Instant Incline button, press the numbered buttons to select a value 0 through 15, and then press the Enter button.

5. **Monitor your progress.**

    As you walk or run on the treadmill, the displays will show the following workout information:

    *   The incline level of the treadmill

    *   The time elapsed

    *   The speed of the walking belt

    *   The approximate number of calories you have burned

    *   Your heart rate (see step 6)

    *   The distance that you have walked or run

    *   A track representing the distance you have moved

    *   The number of laps you have completed

    To pause the workout, press the Stop button. To continue the workout, press the Quick Start button. To end the workout session, touch the Stop button repeatedly until the displays return to the main menu.

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

    You can wear a Polar-compatible chest heart rate monitor (not included) or you can use the handgrip heart rate monitor to measure your heart rate.

    Note: If you use the handgrip heart rate monitor and a chest heart rate monitor at the same time, the console will not display your heart rate accurately.

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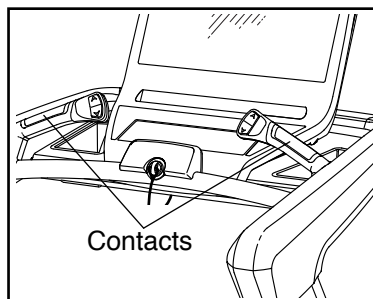
Contacts

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

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

    Step onto the foot rails and press the Stop button repeatedly until the console returns 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 AN ONBOARD WORKOUT

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

    See HOW TO TURN ON THE POWER on page 16.

2. **Select an onboard workout.**

    To select an onboard workout, press the Program button. Six numbered workout options will scroll across the displays. Press the number of the desired workout and then press the Enter button.

    The displays may prompt you to enter your age, weight, gender, or other settings before the walking belt will move. Press the Speed increase and decrease buttons and the Enter button to enter the required information. Note: You can also press the numbered buttons to enter settings.

3. Start the workout.

Press the Quick Start button to start the workout. A moment after you press the button, the console will count down, and then the walking belt will begin to move. Hold the handrails and begin walking.

During the workout, the treadmill will automatically control the speed and incline based on the workout you have chosen. The displays will show your progress.

If the speed or incline setting is too high or too low at any time during the workout, you may be able to override the setting by pressing the Speed or Incline buttons.

To pause the workout, press the Stop button on the console. To continue the workout, press the Quick Start button. To end the workout, press the Stop button repeatedly until the console returns to the main menu.

When you reach the end of your workout, the console will automatically begin counting down a cool down period. When the cool down period is finished, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Stop button repeatedly to return to the main menu.

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

4. Monitor your progress.

See step 5 on page 17.

5. Measure your heart rate if desired.

See step 6 on page 17.

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

See step 7 on page 17.

HOW TO USE A SET-A-GOAL WORKOUT

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2. Select a set-a-goal workout.

To select a set-a-goal workout, press the Goal button.

Three numbered goal options will scroll across the displays. Press the number of the desired goal option and then press the Enter button.

The displays may prompt you to enter your age, weight, gender, or other settings before the walking belt will move. Press the Speed increase and decrease buttons and the Enter button to enter the required information. Note: You can also press the numbered buttons to enter settings.

3. Start the workout.

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

The workout will function in the same way as the manual mode (see pages 16 and 17).

The workout will continue until you reach the goal that you set. The console will then automatically begin counting down a cool down period. When the cool down period is finished, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Stop button repeatedly to return to the main menu.

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

4. **Monitor your progress.**

    See step 5 on page 17.

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

    See step 6 on page 17.

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

    See step 7 on page 17.

HOW TO USE A TRAINING WORKOUT

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

    See HOW TO TURN ON THE POWER on page 16.

2. **Select a training workout.**

    To select a training workout, press the Training button.

    Two numbered training options will scroll across the displays. Press the number of the desired training option and then press the Enter button.

The displays may prompt you to enter your age, weight, gender, or other settings before the walking belt will move. Press the Speed increase and decrease buttons and the Enter button to enter the required information. Note: You can also press the numbered buttons to enter settings.

3. **Start the workout.**

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

    The workout will function in the same way as the manual mode (see pages 16 and 17).

    The workout will continue until you complete the training option that you selected. The console will then automatically begin counting down a cool down period. When the cool down period is finished, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Stop button repeatedly to return to the main menu.

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

4. **Monitor your progress.**

    See step 5 on page 17.

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

    See step 6 on page 17.

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

    See step 7 on page 17.

HOW TO USE A HEART RATE WORKOUT

Heart rate workouts automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. Note: You must use the handgrip heart rate monitor or wear a chest heart rate monitor to use a heart rate workout.

1. **Wear a Polar-compatible chest heart rate monitor.**

   For the most accurate hear rate readings, it is recommended that you wear a Polar-compatible chest heart rate monitor when using a heart rate workout.

   You can also hold the handgrip heart rate monitor during a heart rate workout.

2. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

3. **Select a heart rate workout and enter your settings.**

   To select a heart rate workout, press the Heart Rate button.

   Three numbered heart rate workouts will scroll across the displays. Press the number of the desired workout and then press the Enter button.

   The displays may prompt you to enter your age, weight, gender, target heart rate, or other settings before the walking belt will move. Use the Speed increase and decrease buttons and the Enter button to enter the required information. Note: You can also press the numbered buttons to enter settings.

   Note: To determine your target heart rate, consult your physician or a physician-recommended source.

4. **Start the workout.**

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

   The workout will function in the same way as the manual mode (see pages 16 and 17).

   The workout will continue until the heart rate workout is complete. The console will then automatically begin counting down a cool down period. When the cool down period is finished, the walking belt will slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, press the Stop button repeatedly to return to the main menu.

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

5. **Monitor your progress.**

   See step 5 on page 17.

   During a heart rate workout, the displays will compare your actual heart rate to your target heart rate.

   In order to keep you actual heart rate near the target heart rate, the console will automatically adjust the speed and incline of the workout.

   IMPORTANT: The heart rate target is intended only to provide motivation. Make sure to exercise at an intensity that is comfortable for you. If you are uncomfortable, press the Stop button or remove the key to pause or end the workout.

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

   See step 7 on page 17.

HOW TO USE THE FITNESS TEST

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

    See HOW TO TURN ON THE POWER on page 16.

2. **Wear a Polar-compatible chest heart rate monitor.**

    For the most accurate hear rate readings, it is recommended that you wear a Polar-compatible chest heart rate monitor when using the fitness test.

    You can also hold the handgrip heart rate monitor during the fitness test.

3. **Select the fitness test.**

    To select the fitness test, press the Fit Test button. Then, press the Enter button.

    The displays may prompt you to enter your age, weight, gender, or other settings before the walking belt will move. Press the Speed increase and decrease buttons and the Enter button to enter the required information. Note: You can also press the numbered buttons to enter settings.

4. **Begin exercising.**

    The fitness test is divided into segments. During the fitness test, the profile in the display will show your progress.

During the fitness test, the console will automatically adjust the speed and incline of the treadmill.

IMPORTANT: You cannot adjust the incline and speed settings manually during the fitness test. If you are uncomfortable, press the Stop button or remove the key to stop the fitness test.

The fitness test will continue in this way until the last segment ends.

5. **Monitor your progress.**

    See step 5 on page 17.

6. **View your results.**

    The console will display your fitness test results. See the charts on page 22 for more information.

    Note: For a more accurate result, you may want to take the fitness test on three consecutive days under similar conditions and calculate the average of the three scores.

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

    See step 7 on page 17.

FITNESS TEST RESULTS CHARTS

Female Test

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13–19	<25.0	25.0–30.9	31.0–34.9	35.0–38.9	39.0–41.9	>41.9
20–29	<23.6	23.6–28.9	29.0–32.9	33.0–36.9	37.0–41.0	>41.0
30–39	<22.8	22.8–26.9	27.0–31.4	31.5–35.6	35.7–40.0	>40.0
40–49	<21.0	21.0–24.4	24.5–28.9	29.0–32.8	32.9–36.9	>36.9
50–59	<20.2	20.2–22.7	22.8–26.9	27.0–31.4	31.5–35.7	>35.7
60+	<17.5	17.5–20.1	20.2–24.4	24.5–30.2	30.3–31.4	>31.4

Male Test

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13–19	<35.0	35.0–38.3	38.4–45.1	45.2–50.9	51.0–55.9	>55.9
20–29	<33.0	33.0–36.4	36.5–42.4	42.5–46.4	46.5–52.4	>52.4
30–39	<31.5	31.5–35.4	35.5–40.9	41.0–44.9	45.0–49.4	>49.4
40–49	<30.2	30.2–33.5	33.6–38.9	39.0–43.7	43.8–48.0	>48.0
50–59	<26.1	26.1–30.9	31.0–35.7	35.8–40.9	41.0–45.3	>45.3
60+	<20.5	20.5–26.0	26.1–32.2	32.3–36.4	36.5–44.2	>44.2

HOW TO USE A PHYSICAL TEST

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

   See HOW TO TURN ON THE POWER on page 16.

2. **Select a physical test.**

   To select a physical test, press the Physical Test button.

   Five numbered physical tests will scroll across the displays. Press the number of the desired physical test and then press the Enter button.

   The displays may prompt you to enter your age, weight, gender, or other settings before the walking belt will move. Press the Speed increase and decrease buttons and the Enter button to enter the required information. Note: You can also press the numbered buttons to enter settings.

3. **Begin exercising.**

   See step 4 on page 21.

   The console will then automatically begin counting down a cool down period. When the cool down period is finished, the walking belt will slow to a stop.

4. **Monitor your progress.**

   See step 5 on page 17.

5. **View your results.**

   The console will display your physical test results. See the charts on page 22 for more information.

   Note: For a more accurate result, you may want to take the physical test on three consecutive days under similar conditions and calculate the average of the three scores.

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

   See step 7 on page 17.

THE SETTINGS MODE

The console features a settings mode that keeps track of treadmill information and allows you to personalize console settings.

1. **Select the settings mode.**

   To select the settings mode, press and hold down the Stop and Enter buttons for 8 seconds. Then, press the Enter button to change the settings.

   Note: If you have been running an onboard workout or test, you may have to press the Stop button to return to the main menu before you select the settings mode.

2. **View and change settings as desired.**

   When the settings mode is selected, press the Enter button repeatedly to view the following information:

   SOFTWARE VERSION—This display shows the current version of the console software.

   VERSION DATE—This display shows the date of the current version of the console software.

   DISTANCE UNIT—This display shows whether the console is set to display speed and distance in miles or kilometers. To change the unit of measurement, press the Speed increase and decrease buttons.

   LANGUAGE—This display shows the console display language. To change the language in the display, press the Speed increase and decrease buttons.

   DISTANCE—This display shows the total number of miles or kilometers that the walking belt has moved.

   HOURS—This display shows the total number of hours that the treadmill has been used.

3. **Exit the settings mode.**

   To exit the settings mode, press the Enter button repeatedly until the console returns to the main menu.

HOW TO MOVE THE TREADMILL

Due to the size and weight of the treadmill, moving it requires two or three persons.

Before moving the treadmill, plug in the power cord and insert the key into the console (see HOW TO TURN ON THE POWER on page 16). Raise the incline to the highest position. **Then, remove the key and unplug the power cord.**

1. **Hold the frame firmly in the location shown below. CAUTION: To decrease the possibility of damage to the treadmill or of injury, do not lift the treadmill by the handrail.** Raise the rear of the frame until the treadmill rolls freely on the wheels. Carefully roll the treadmill to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**

Frame

Wheels
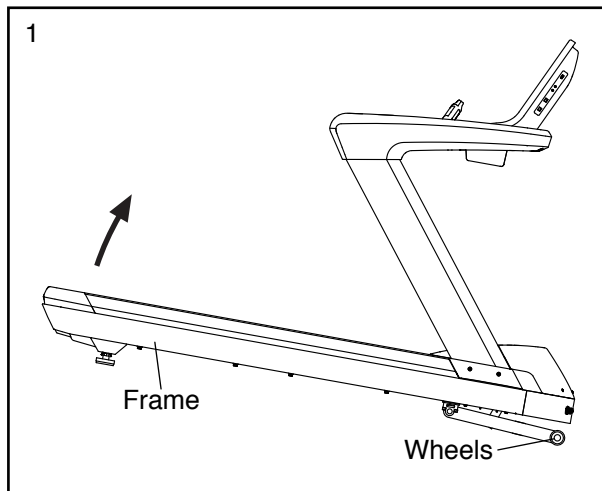
2. After the treadmill is placed in the location where it will be used, make sure that the leveling feet rest firmly on the floor. If the treadmill rocks even slightly, turn the nut on one of the leveling feet clockwise or counterclockwise until the rocking motion is eliminated.

Leveling Feet
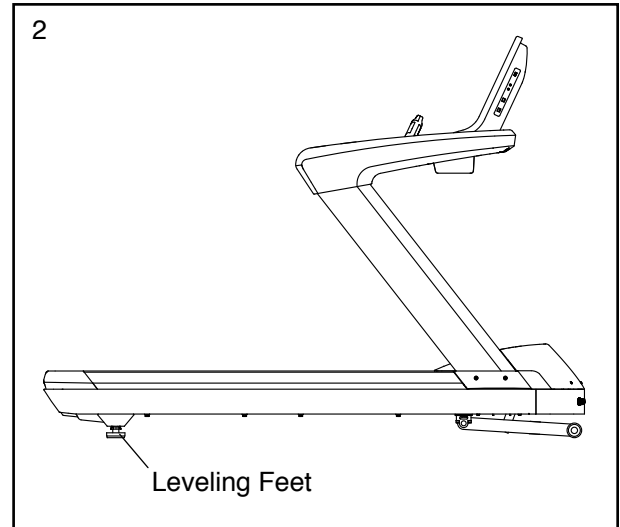
PREVENTIVE MAINTENANCE

Regular maintenance is necessary for optimal performance and long life of the treadmill. Please read and follow all instructions below. **If the treadmill is not maintained as described, components may wear excessively, the treadmill may become damaged, and the warranty will be voided.** If you have questions about maintenance, see the back cover of this manual. **CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

WEEKLY MAINTENANCE

1. **Unplug the power cord.** Inspect and properly tighten all external parts of the treadmill.

2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, upright, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not wipe under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console. **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**

3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see pages 27 and 30.

MONTHLY MAINTENANCE

1. **Unplug the power cord.** Remove the three M5 x 15mm Screws (141), and lift off the Motor Hood (167).
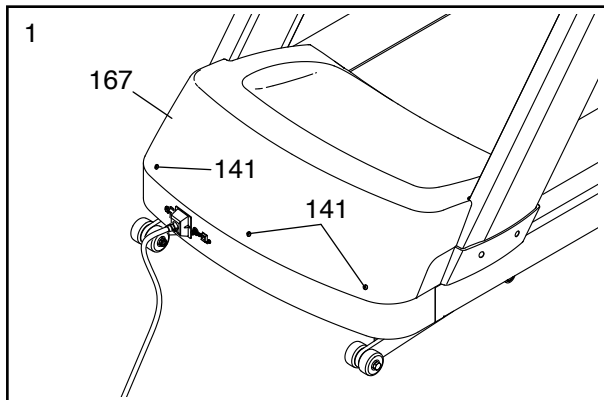
2. Using a handheld vacuum, clean the area under the Motor Hood (not shown). **Be careful to avoid touching any components.** Next, check the Drive Belt (160) for wear and cracks. If the Drive Belt needs to be replaced, see the back cover of this manual.
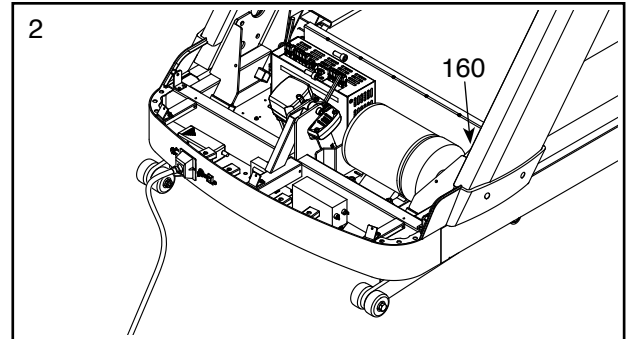

3. Plug in the power cord and insert the key into the console. Press the Quick Start button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the treadmill for unusual noises or odors. If any of these problems exist, see the back cover of this manual.

Remove the key and unplug the power cord. See step 1. Reattach the Motor Hood (167) with the three M5 x 15mm Screws (141) (see assembly step 7 on page 10).

REPLACING THE WALKING PLATFORM AND THE WALKING BELT

Inspect the walking platform periodically for wear. If there is any wood showing through the phenolic coating, or if the surface is damaged, the walking platform should be replaced. When the walking belt becomes worn, it should be replaced. The walking platform and the walking belt should be replaced after every 10,000 to 15,000 miles (16,000 to 24,000 kilometers). Follow the instructions below to replace the walking platform and/or the walking belt.
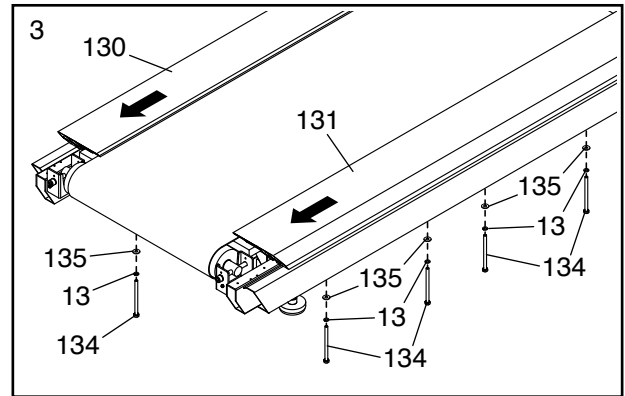
1. **Unplug the power cord.** Remove the three M5 x 15mm Screws (141), and lift off the Motor Hood (167).
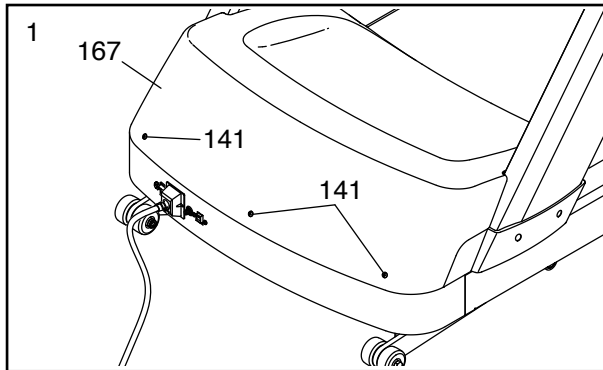
2. Remove the six M5 x 12mm Round Head Screws (137) and the two M5 x 20mm Rear Cap Screws (104). Then, remove the Rear Cap (136).
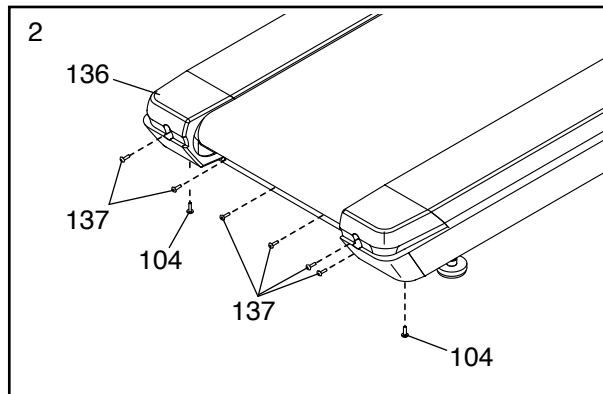
3. Remove the eight M8 x 115mm Screws (134), M8 Lock Washers (13), and M8 Washers (135) (not all hardware is shown). Then, slide off the Left and Right Foot Rails (130, 131).

4. Remove the four M8 x 40mm Screws (116) and the six M8 x 35mm Screws (115). Next, remove the M10 x 100mm Bolt (124), the M10 Washer (125), the M10 Nut (127), and the M10 Internal Star Washer (126) from the Drive Roller (168).
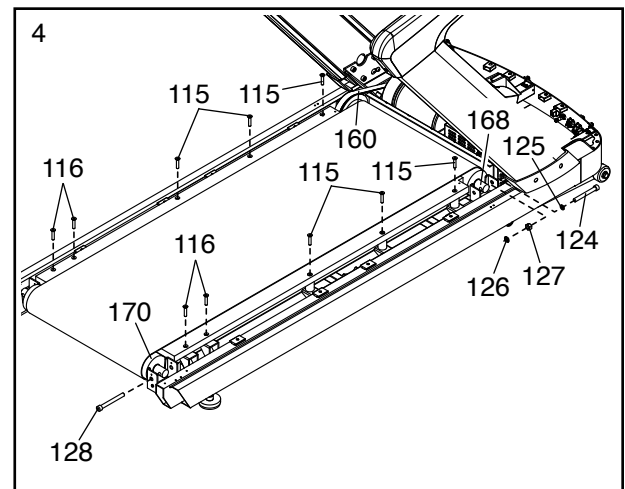
Next, remove the Drive Belt (160) from the Drive Roller (168). Then, remove the two M10 x 110mm Screws (128) from each side of the Idler Roller (170) (only one side is shown).

5. Remove the Idler Roller (170), Drive Roller (168), Walking Platform (161), and Walking Belt (166).

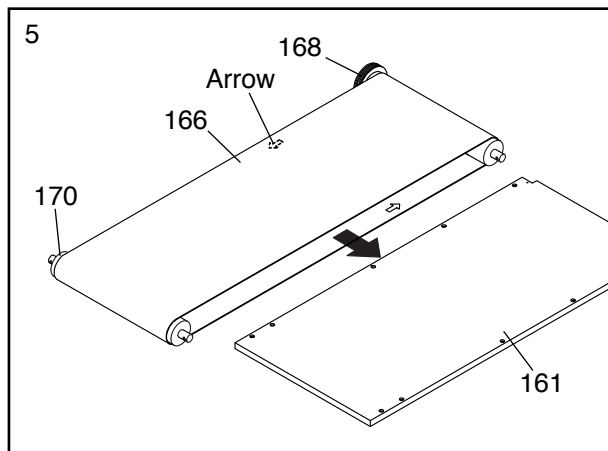**If you are replacing the Walking Platform (161), slide out the old Walking Platform and slide in the new Walking Platform.**

If you are replacing only the Walking Belt (166), remove the Walking Belt, and slide the new Walking Belt onto the Walking Platform (161). **Make sure that the arrow on the underside of the Belt is pointing toward the rear of the treadmill, as shown.** Then, follow steps 1–5 in reverse order. To reattach the Motor Hood, see assembly step 7 on page 10.

6. The tension of the Walking Belt (166) now needs to be adjusted. Look under the right or left edge of the Walking Belt and find the small arrow printed on the Walking Belt; move the Walking Belt, if necessary, until you find the arrow. **Make sure that the arrow is pointing toward the rear of the treadmill, as shown.** If it is not, remove the Walking Belt, turn it around, and slide it back onto the Walking Platform (161). **Do not tighten the Walking Belt yet.**
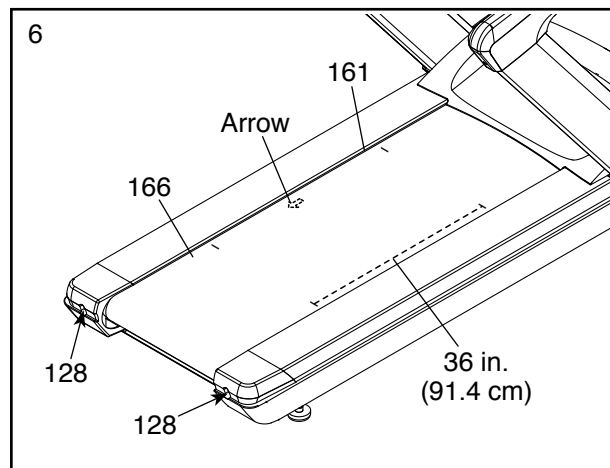
Move the Walking Belt (166), if necessary, until the seam across the Walking Belt is underneath the Walking Platform (161).

Put two marks on each side of the Walking Belt (166) 35.7 in. (90.7 cm) apart. Using the hex key, turn both M10 x 110mm Screws (128) counter-clockwise, 1/4 of a turn. Tighten the Walking Belt until the marks on both sides of the Walking Belt are exactly 36 in. (91.4 cm) apart.

7. Center the Walking Belt (166) if necessary (see page 30). Then, plug in the power cord, step onto the foot rails, insert the key into the console, and press the Quick Start button. Hold the handrails and gently press one foot against the moving Walking Belt. If the Walking Belt stops moving, **remove the key from the console, unplug the power cord,** and turn the two M10 x 110mm Screws (128) clockwise one turn. Continue to test the tension of the Walking Belt until the Walking Belt no longer slips. Make sure to keep the Walking Belt centered. **If the Idler Roller (170) stops moving, do not further tighten the Screws; please see the back cover of this manual.**
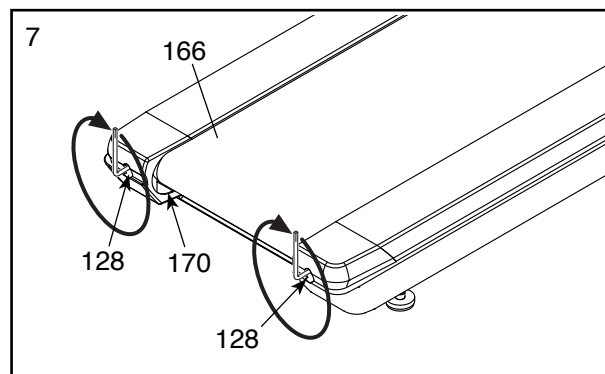
LUBRICATING THE WALKING BELT

When the treadmill is used regularly, lubricate the walking belt approximately every 200 hours. Follow the instructions below to apply the lubricant.

To order additional lubricant, see the back cover of this manual.

1. Mark the tubing (A) 5 in. (12.7 cm) from one end. Insert the silicone bottle (B) into the other end of the tubing and secure it with tape (C).
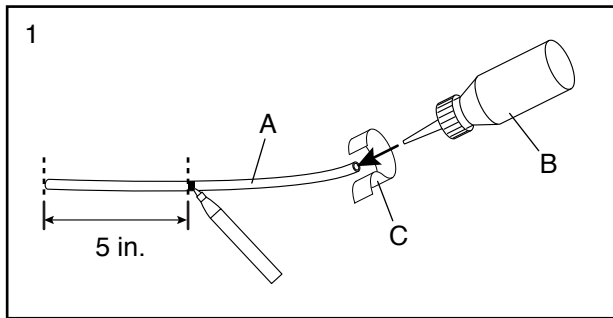
2. Insert the end of the tubing (A) under the center of the Walking Belt (166). Next, squeeze the silicone bottle (B) while pulling the tubing out from under the Walking Belt until you see the mark on the tubing. Then, remove the tubing from beneath the Walking Belt. **Repeat this step on the other side of the Walking Belt.**
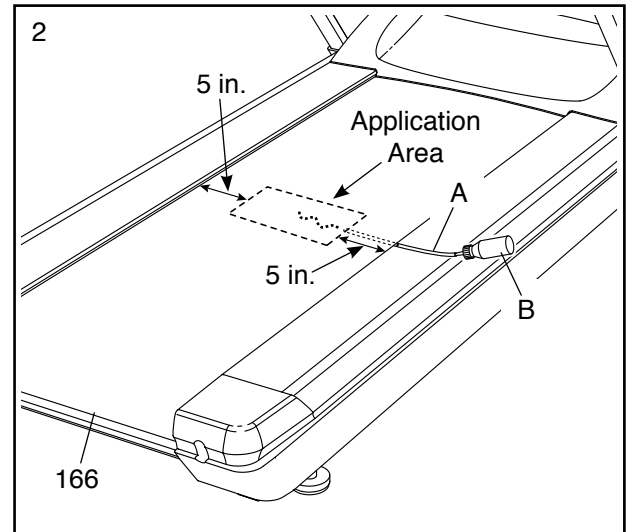
3. Start the treadmill and walk on the Walking Belt (166) for 3–5 minutes.

SIX-MONTH PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the treadmill. Each copy of the form can be used for six months (26 weeks). When maintenance is performed, write the date in the appropriate spaces. **Make sure to perform each maintenance procedure as described on pages 25 to 28. If the procedures are not performed as described, components may wear excessively, the treadmill may become damaged, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the treadmill.	Clean the treadmill.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.
Week 1	/ /	/ /	/ /			
Week 2	/ /	/ /	/ /			
Week 3	/ /	/ /	/ /			
Week 4	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /			
Week 6	/ /	/ /	/ /			
Week 7	/ /	/ /	/ /			
Week 8	/ /	/ /	/ /	/ /	/ /	/ /
Week 9	/ /	/ /	/ /			
Week 10	/ /	/ /	/ /			
Week 11	/ /	/ /	/ /			
Week 12	/ /	/ /	/ /			
Week 13	/ /	/ /	/ /	/ /	/ /	/ /
Week 14	/ /	/ /	/ /			
Week 15	/ /	/ /	/ /			
Week 16	/ /	/ /	/ /			
Week 17	/ /	/ /	/ /	/ /	/ /	/ /
Week 18	/ /	/ /	/ /			
Week 19	/ /	/ /	/ /			
Week 20	/ /	/ /	/ /			
Week 21	/ /	/ /	/ /	/ /	/ /	/ /
Week 22	/ /	/ /	/ /			
Week 23	/ /	/ /	/ /			
Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

Walking Platform Replaced	/ / / /	Walking Belt Replaced	/ /

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 back cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a properly earthed outlet (see page 13).

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 near the power cord. Make sure that the power switch is pressed into the on position.

c

On
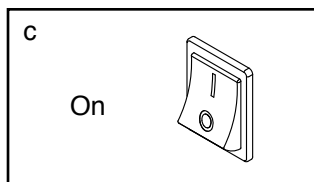
**SYMPTOM: The power turns off during use**

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch to the on position.

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 back cover of this manual.

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

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

a
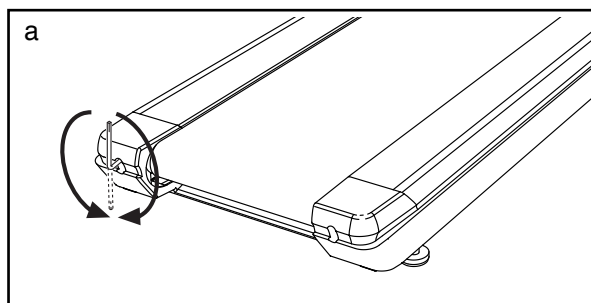
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. To properly tighten the treadmill, see step 6 on page 27. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b
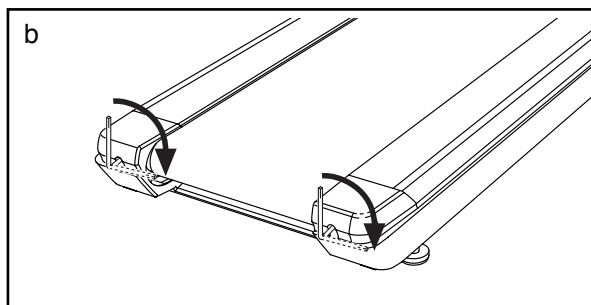
EXERCISE GUIDELINES

⚠ 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.
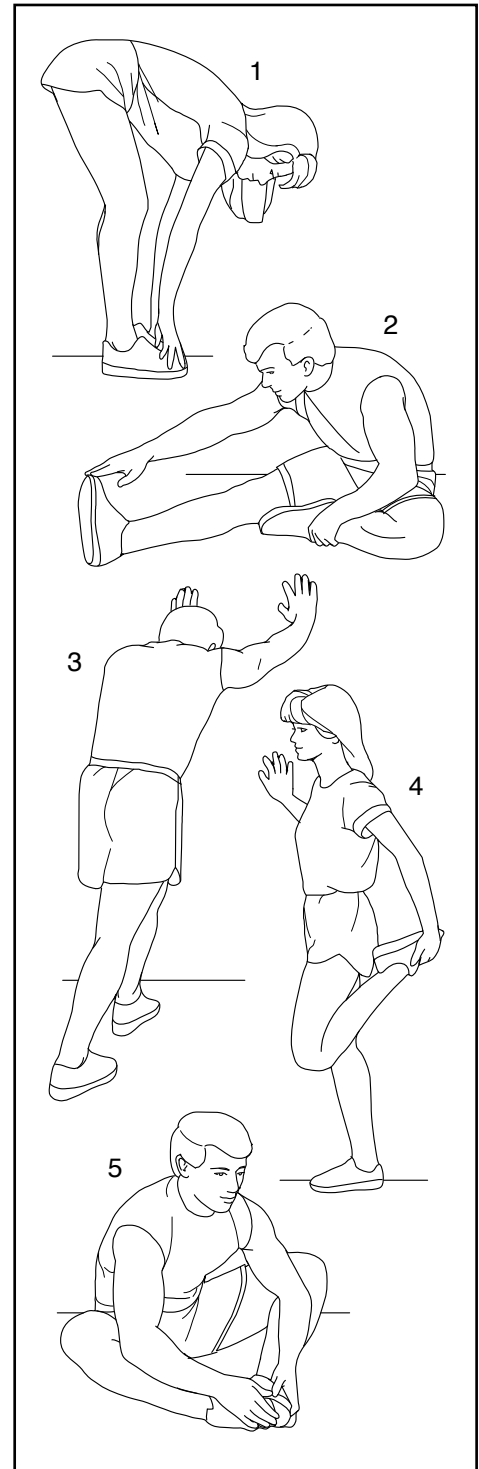
# NOTES

PART LIST

Model No. VMTL29814-INT.0 R0315A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console Assembly	51	1	Left Fast Key
2	1	Console Frame	52	1	Right Fast Key
3	1	Console Top Housing	53	4	Compression Spring
4	27	M4 x 16mm Screw	54	1	Left Handrail Switch
5	1	Tablet Holder	55	1	Right Handrail Switch
6	8	M4 x 10mm Screw	56	5	M4 x 10mm Round Head Screw
7	1	LED Display Shelf	57	1	Upper Control Box Cover
8	10	M3 x 12mm Screw	58	1	Control Box Membrane
9	1	Console	59	1	Console Wire
10	16	M3 x 8mm Screw	60	1	Key Switch Sensor
11	2	CSAFE Board	61	1	Lower Control Box Cover
12	1	CSAFE Board Wire	62	1	Key/Clip
13	16	M8 Lock Washer	63	1	M5 Flat Washer
14	1	Connecting Wire	64	1	Handrail Frame
15	1	Small USB Board	65	1	Support Frame
16	1	USB Board Bracket	66	8	M8 x 70mm Screw
17	6	M3 x 5mm Screw	67	6	M8 x 20mm Screw
18	1	USB Wire	68	2	M8 x 60mm Screw
19	1	USB Charging Board	69	2	M4 Washer
20	1	Upper TV Cable	70	1	Lower Handrail Cover
21	1	Upper TV Power Cord	71	1	Support Frame Cover
22	1	550mm Black Extension Wire	72	1	Left Tray
23	1	1700mm Wire	73	1	Right Tray
24	1	Hand Pulse Board	74	1	Lower Support Frame Cover
25	1	Pulse Receiver	75	7	M4 x 12mm Round Head Screw
26	1	Pulse Receiver Wire	76	1	Lower Hand Pulse Wire
27	1	20mm Double-sided Tape	77	1	Middle Connection Wire
28	1	Membrane Panel	78	1	Upper TV Cable
29	1	13-Pin Membrane Wire	79	1	Power Supply Wire
30	1	20-Pin Membrane Wire	80	1	1000mm Wire
31	1	Upper Hand Control Wire	81	1	150mm Extension Wire
32	4	M3 x 6mm Screw	82	1	Left Upright
33	1	Lower Console Control Wire	83	1	Right Upright
34	1	Upper Control Wire	84	2	Upright Spacer
35	1	Lower Console Cover	85	2	M8 x 20mm Screw
36	8	M4 x 16mm Round Head Screw	86	12	Plastic Spacer
37	1	USB Dust Cover	87	12	M4 x 15mm Screw
38	2	RJ45 Dust Cap	88	1	Left Upright Cover
39	1	Lower TV Coaxial Cable	89	1	Right Upright Cover
40	1	Console Overlay	90	1	Hook/Loop Fastener
41	1	Access Door	91	1	Incline Leg
42	1	Hand Pulse Assembly	92	2	Incline Leg Bracket
43	1	Hand Pulse Grip Assembly	93	2	Incline Leg Bushing
44	1	Left Upper Pulse Plate	94	4	Front Wheel
45	1	Right Upper Pulse Plate	95	2	M10 x 85mm Bolt
46	1	Left Lower Pulse Plate	96	2	M10 Nut
47	1	Right Lower Pulse Plate	97	1	Left Handrail Cover
48	4	M3 x 25mm Screw	98	1	Left Small Handrail Cover
49	1	Left Fast Key Cover	99	1	Right Small Handrail Cover
50	1	Right Fast Key Cover	100	2	M5 x 20mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Lower Left Upright Cover	147	1	300mm White Extension Wire
102	1	Lower Right Upright Cover	148	1	Inverter
103	1	Lower TV Power Cord	149	1	Incline Motor
104	2	M5 x 20mm Rear Cap Screw	150	2	Incline Motor Bearing
105	8	M4 x 10mm Machine Screw	151	1	Drive Motor
106	4	M4 Lock Washer	152	1	Wire Holder
107	1	Frame	153	4	Top Motor Spacer
108	1	Power Outlet	154	4	Bottom Motor Spacer
109	1	Power Switch	155	12	M10 x 25mm Screw
110	1	Cable Bushing	156	6	M10 Lock Washer
111	1	M8 x 80mm Bolt	157	4	M10 Flat Washer
112	1	M8 Nut	158	1	Screw Cap
113	1	Screw Sleeve	159	1	Power Supply Wire
114	1	M3 Flat Washer	160	1	Drive Belt
115	6	M8 x 35mm Screw	161	1	Walking Platform
116	4	M8 x 40mm Screw	162	3	Small Grounding Sticker
117	6	Platform Cushion	163	2	Large Grounding Sticker
118	10	M8 Nut	164	1	500mm Extension Wire
119	2	Plastic Washer	165	1	M4 x 12mm Screw
120	1	M10 x 50mm Screw	166	1	Walking Belt
121	1	Baffle	167	1	Motor Hood
122	4	M5 Lock Washer	168	1	Drive Roller
123	4	M5 x 12mm Screw	169	1	450mm Extension Wire
124	1	M10 x 100mm Bolt	170	1	Idler Roller
125	1	M10 Washer	171	1	Power Cord
126	1	M10 Internal Star Washer	172	1	5mm Hex Key
127	1	M10 Nut	173	1	10mm Hex Key
128	2	M10 x 110mm Screw	174	1	8mm Hex Key
129	1	450mm Wire	175	1	Filter
130	1	Left Foot Rail	176	1	Power Cord Cover
131	1	Right Foot Rail	177	1	Small Plate
132	2	Foam Tape	178	1	Choke
133	8	Foot Rail Plate	179	1	130mm Extension Wire
134	8	M8 x 115mm Screw	180	1	550mm White Extension Wire
135	8	M8 Washer	181	4	M8 x 30mm Bolt
136	1	Rear Cap	182	1	M10 x 70mm Bolt
137	22	M5 x 12mm Round Head Screw	183	2	Wheel Spacer
138	3	Front Hood Mounting Plate	184	2	M10 Wheel Nut
139	2	Side Hood Mounting Plate	185	1	Right Handrail Cover
140	2	Rear Hood Mounting Plate	186	2	M5 x 8mm Screw
141	19	M5 x 15mm Screw	187	1	ERP Board
142	2	Leveling Foot	188	1	Coaxial Adapter
143	1	Circuit Breaker	189	1	250mm White Extension Wire
144	1	90mm White Extension Wire	190	1	250mm Black Extension Wire
145	2	90mm Black Extension Wire	*	–	Fastener Kit & Assembly Tool
146	6	M5 x 10mm Screw	*	–	User's Manual

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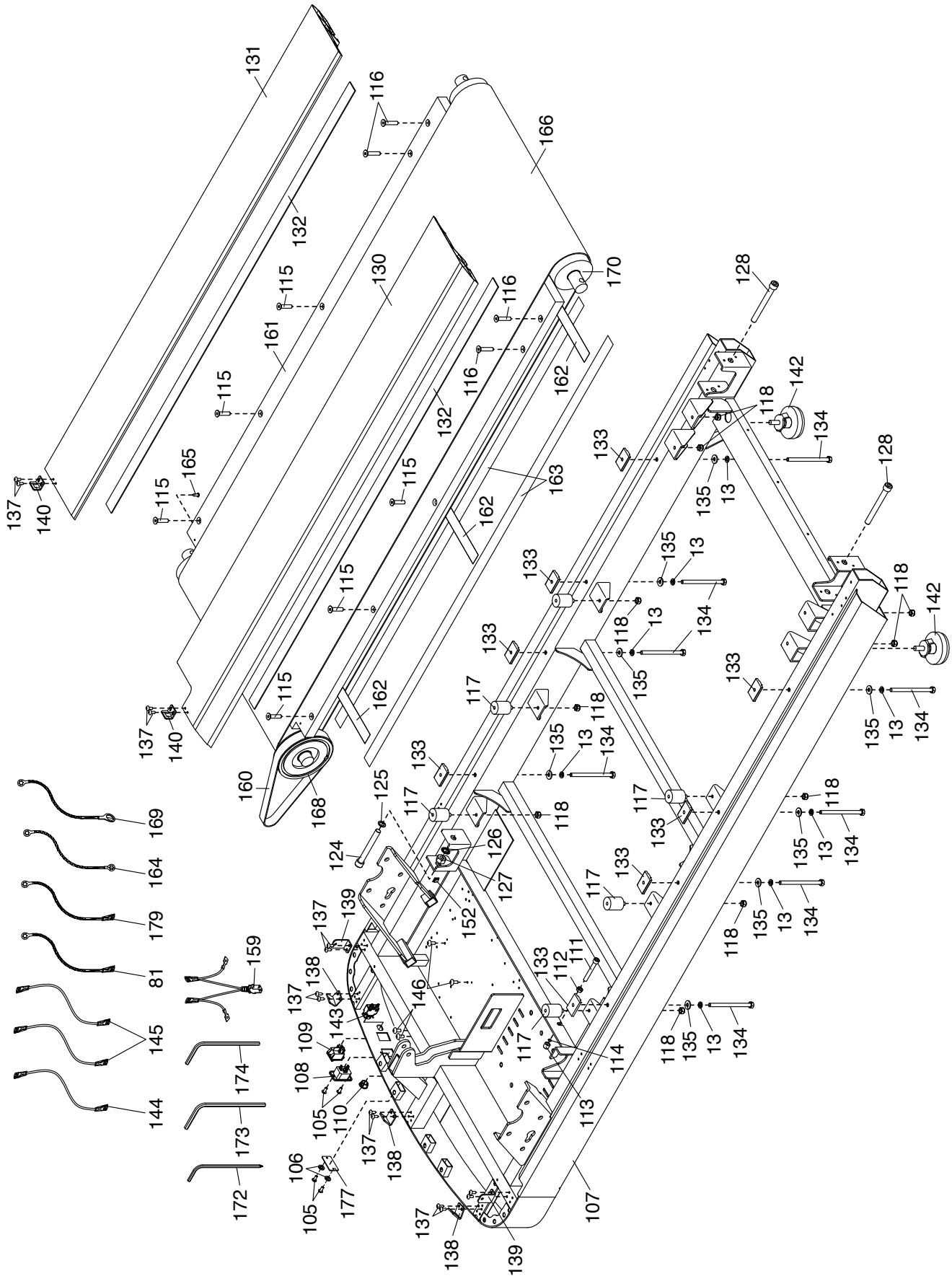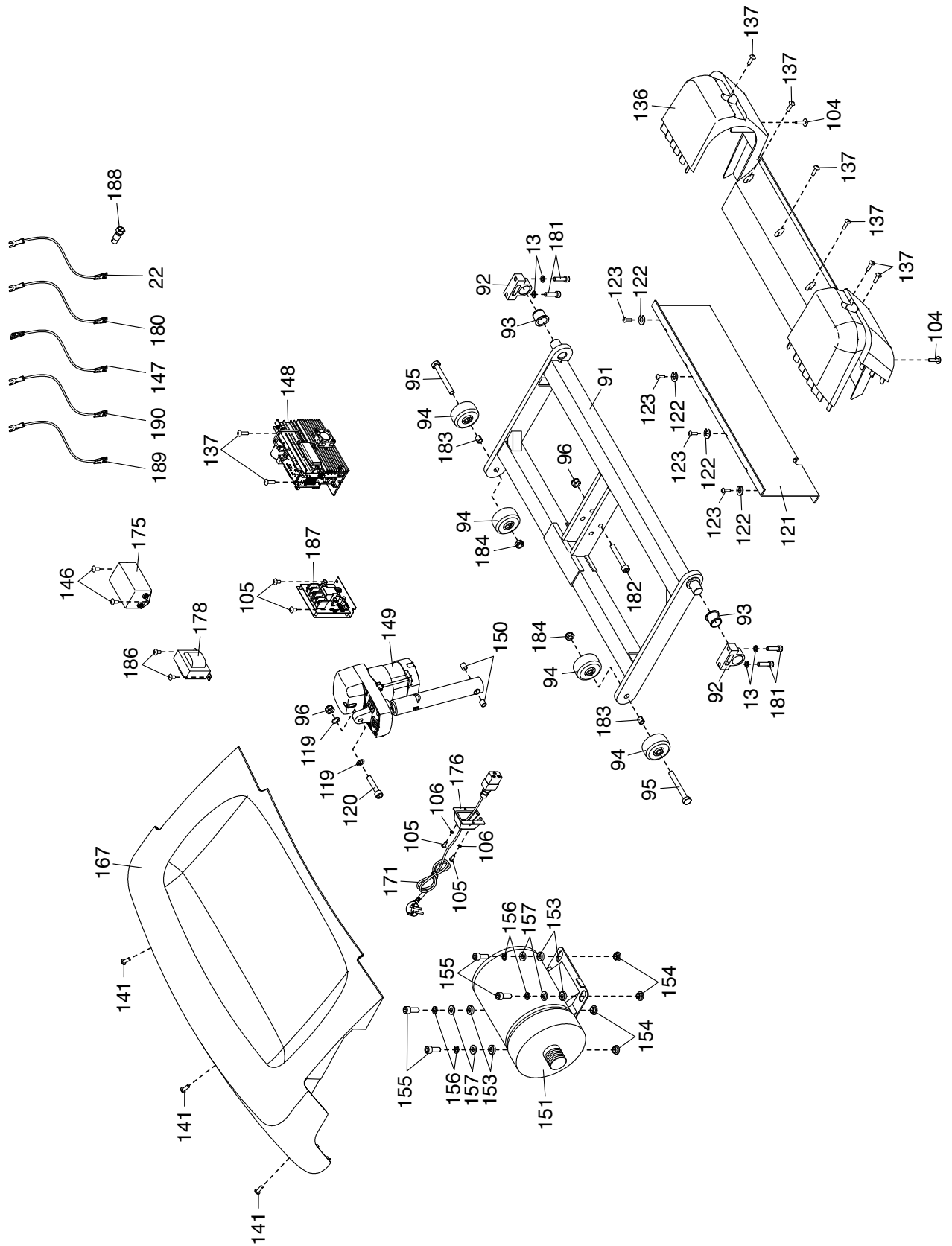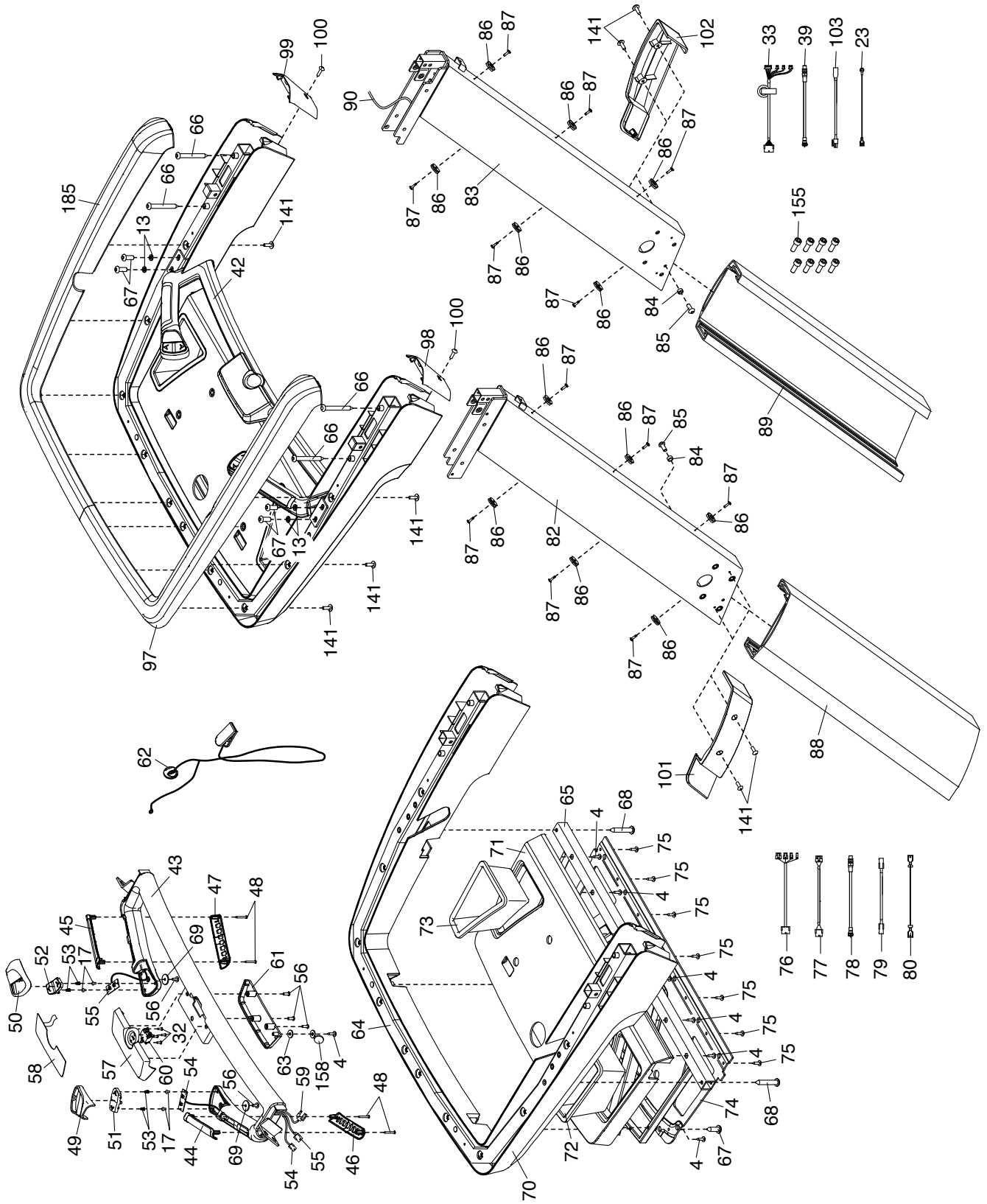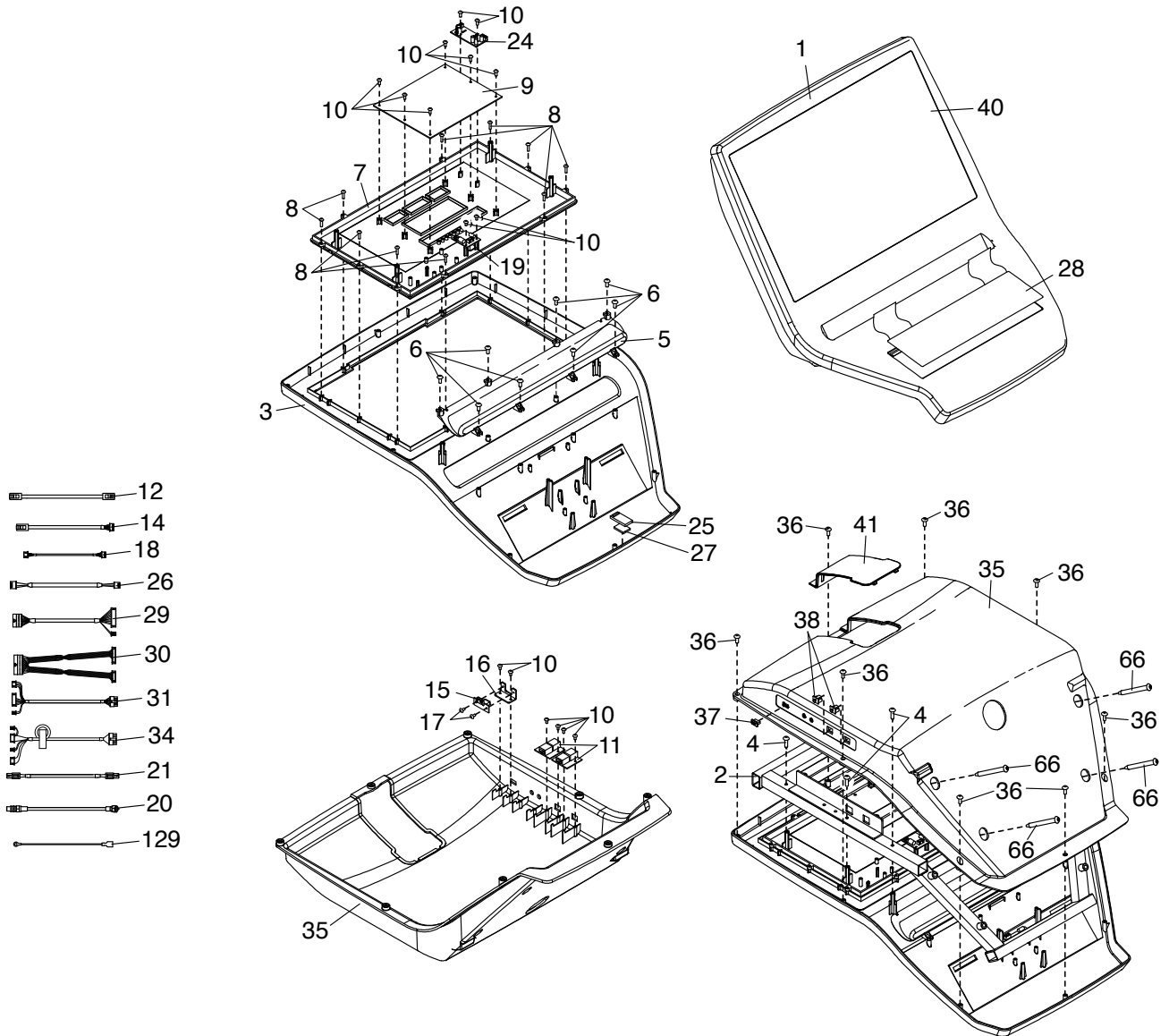
HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States
Call: 1-800-201-2109 Mon.–Fri. 6 a.m.–6 p.m. MT
Email: customercare@freemotionfitness.com
Write:
FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States
Call: 001-800-527-5417 or 001-435-786-3521
Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time
Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

This product is warranted for use in non-dues-paying institutional settings to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not warranted for use in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations; use of this product in such settings or use of this product for more than 6 hours per day will void this warranty.

WARRANTY PERIODS AND COVERAGE
FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS
The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than the maximum user weight listed in this manual.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:
1. Cosmetic items including grips, seats, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED
FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS
See HOW TO CONTACT CUSTOMER CARE above.