PRO-FORM
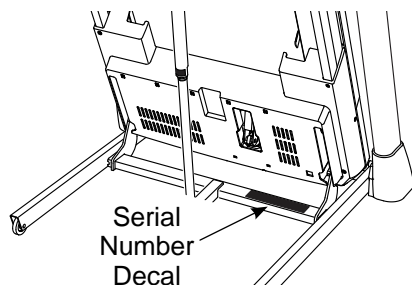## ENDURANCE M8i

Model No. PETL80715.0
Serial No. _____

Write the serial number in the space above for reference.

Serial
Number
Decal

CUSTOMER SERVICE

UNITED KINGDOM
Call: 08457 089 009
From Ireland: 053 92 36102
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
CASTLEFORD
WF10 5QJ
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
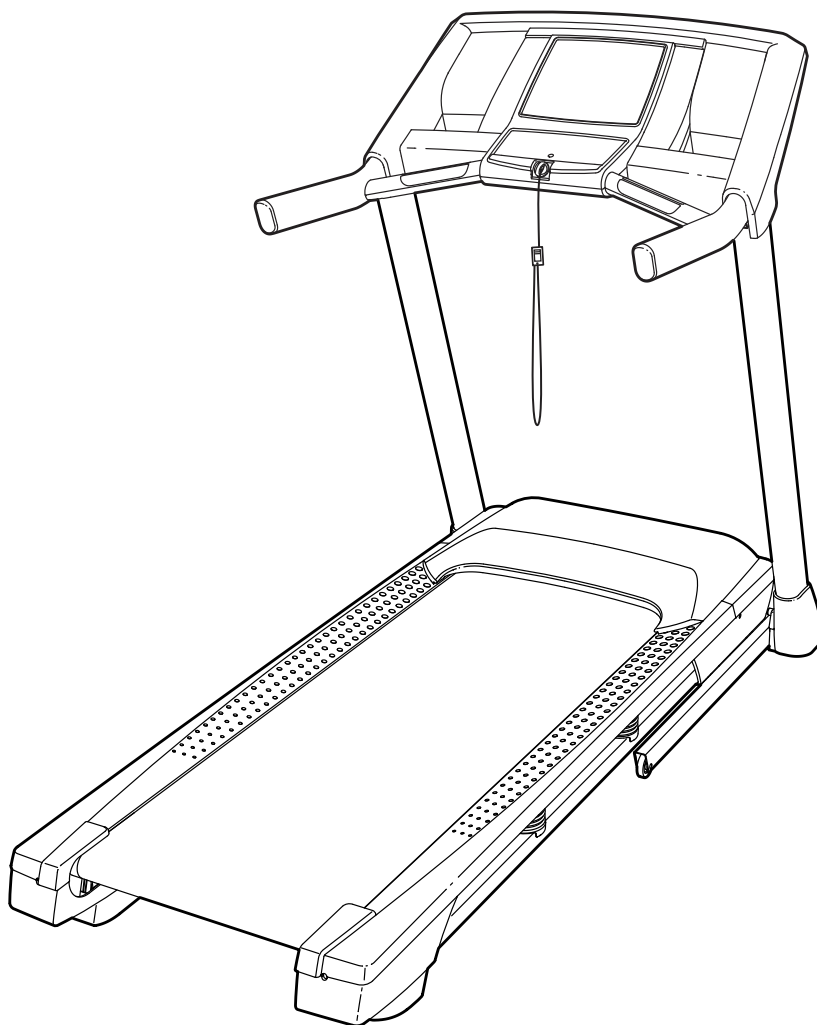**E-mail:** australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

USER'S MANUAL

⚠CAUTION

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

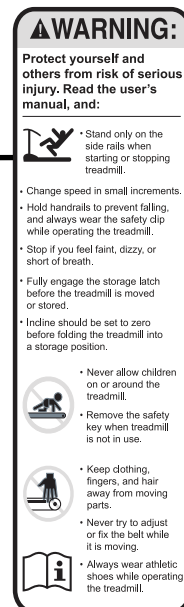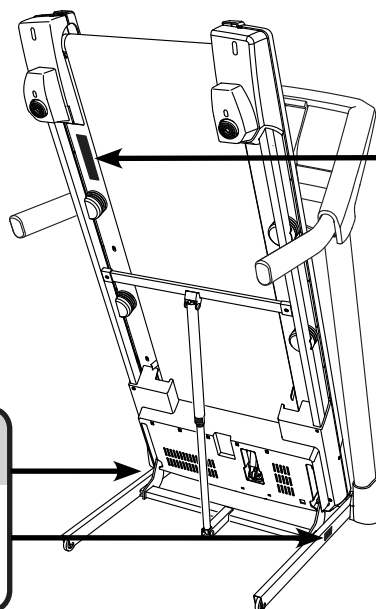**www.iconeurope.com**

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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.

The BLUETOOTH® word mark and logos are registered trademarks of Bluetooth SIG, Inc. and are used under license. PROFORM is a registered trademark of ICON Health & Fitness, Inc.

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. Use the treadmill only as described in this manual.

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

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

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

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

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

9. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.

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

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

12. When connecting the power cord (see page 16), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.

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

14. Keep the power cord away from heated surfaces.

15. 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 26 if the treadmill is not working properly.)

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

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

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

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

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

21. 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.

3

22. **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.**

23. **Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 7 and HOW TO FOLD AND MOVE THE TREADMILL on page 25.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.**

24. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

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

26. **Never insert any object into any opening on the treadmill.**

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

28. **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.**

29. **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.**
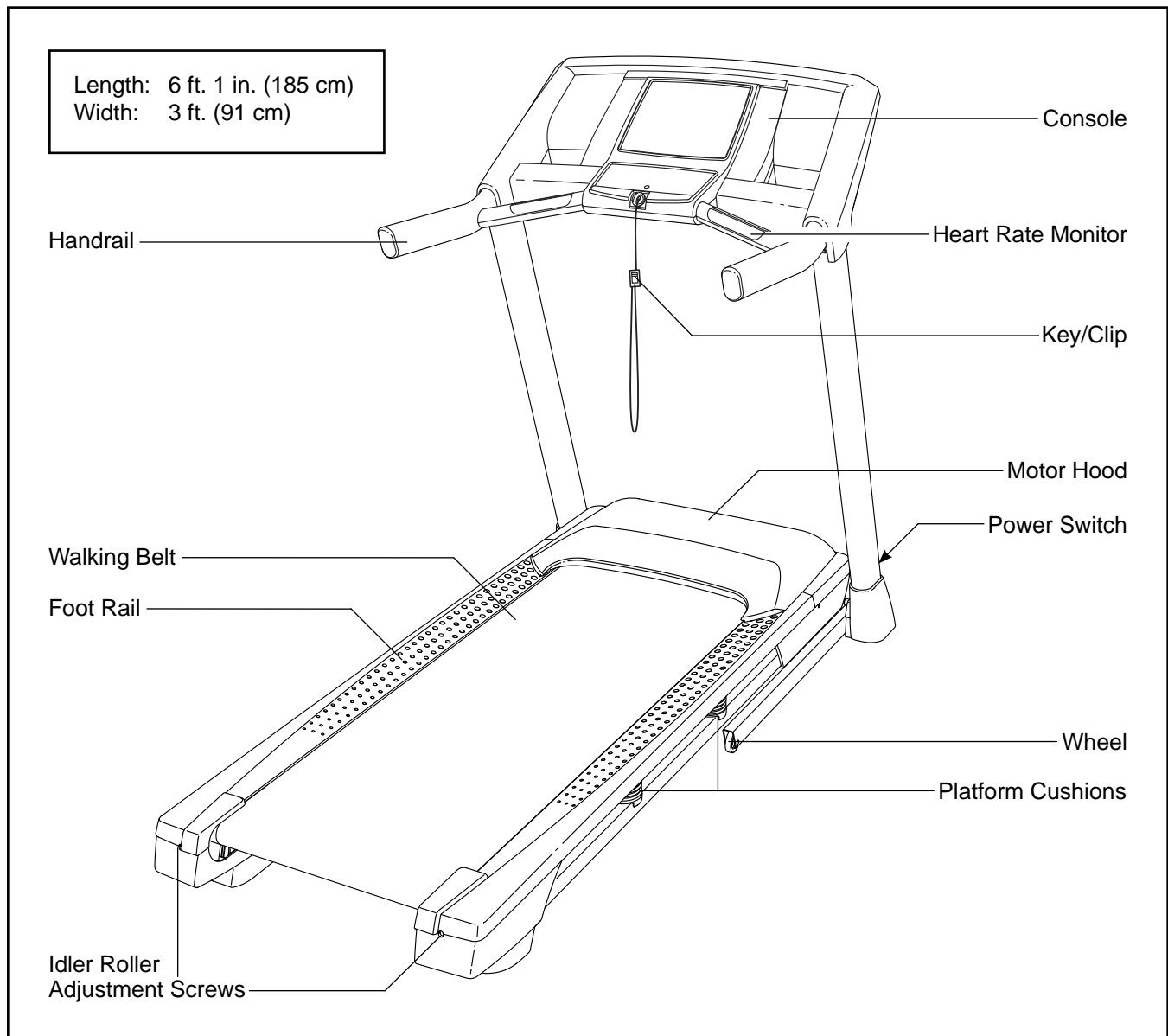
SAVE THESE INSTRUCTIONS

4

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® ENDURANCE M8I treadmill. The ENDURANCE M8I treadmill provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

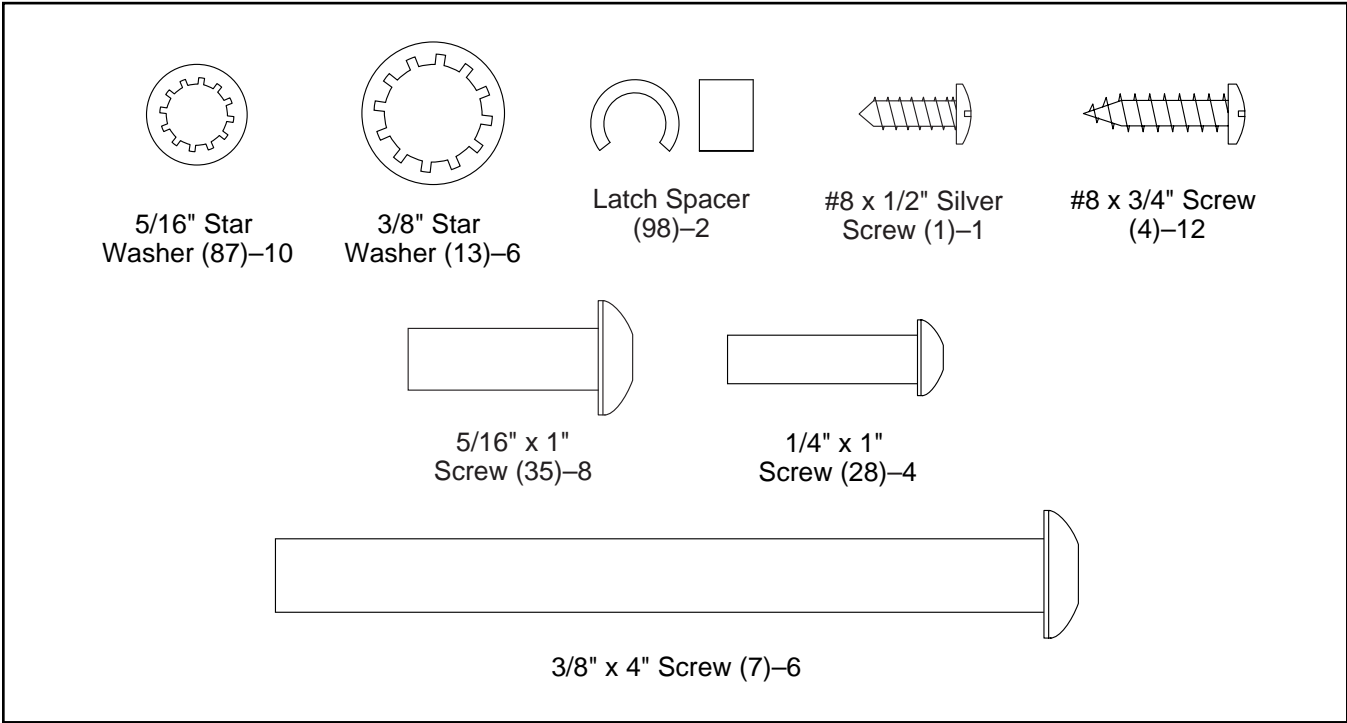**For your benefit, read this manual carefully before you use the treadmill.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of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

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

Length: 6 ft. 1 in. (185 cm)
Width: 3 ft. (91 cm)

Console

Handrail

Heart Rate Monitor

Key/Clip

Motor Hood

Power Switch

Walking Belt

Foot Rail

Wheel

Platform Cushions

Idler Roller
Adjustment Screws

5

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.**

5/16" Star
Washer (87)–10

3/8" Star
Washer (13)–6

Latch Spacer
(98)–2

#8 x 1/2" Silver
Screw (1)–1

#8 x 3/4" Screw
(4)–12

5/16" x 1"
Screw (35)–8

1/4" x 1"
Screw (28)–4

3/8" x 4" Screw (7)–6

6

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.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 6.

- Assembly requires the following tools:

  the included hex keys

  one Phillips screwdriver

  To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**

   - activates your warranty

   - saves you time if you ever need to contact Customer Service

   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

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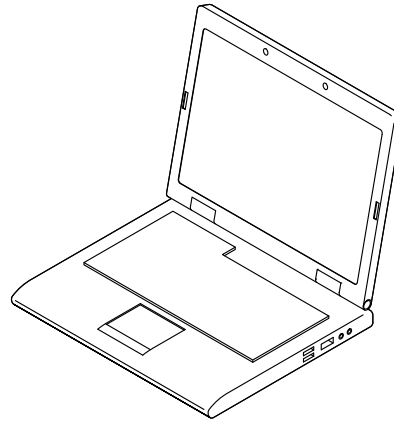
2. **Make sure that the power cord is unplugged.**

   Press a Base Cap (74) into each side of the Base (85).

   Identify the Right Upright (90). Have a second person hold the Right Upright near the Base (85).

   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.
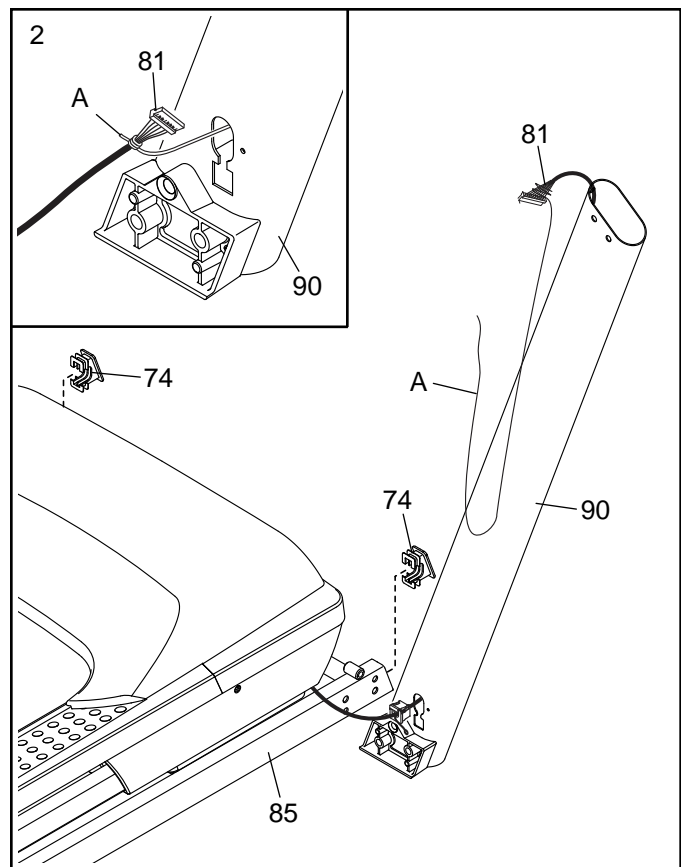
3. Lay the Right Upright (90) near the Base (85). Press the Grommet (77) into the square hole in the Right Upright. **Make sure not to pinch the ground wire.**

   If there is a screw (A) preattached to the Right Upright (90), remove and discard it.

   Then, attach the ground wire to the Right Upright (90) with a #8 x 1/2" Silver Screw (1).


8
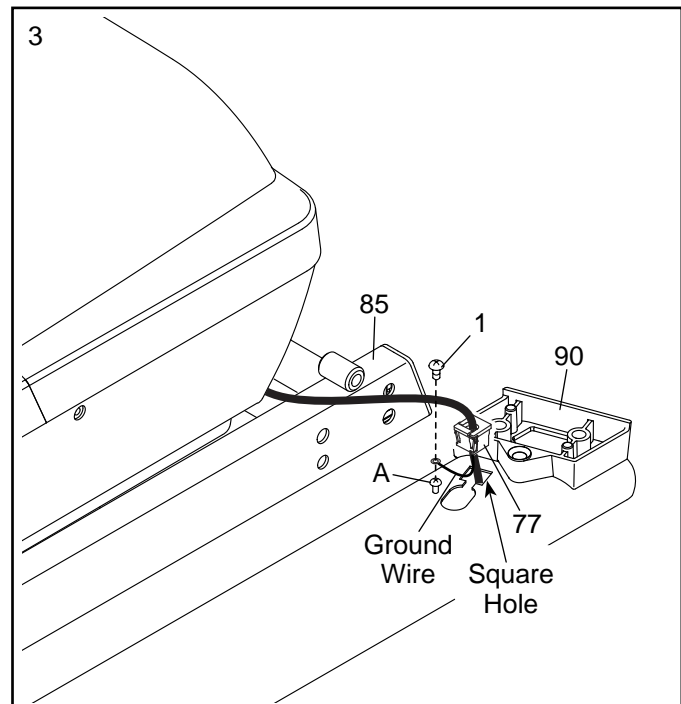
4. Hold the Right Upright (90) against the Base (85). **Be careful not to pinch the wires.** Partially tighten three 3/8" x 4" Screws (7) with three 3/8" Star Washers (13) into the Right Upright and the Base; **do not fully tighten the Screws yet.**

   Attach the Left Upright (not shown) in the same way. Note: There are no wires on the left side.
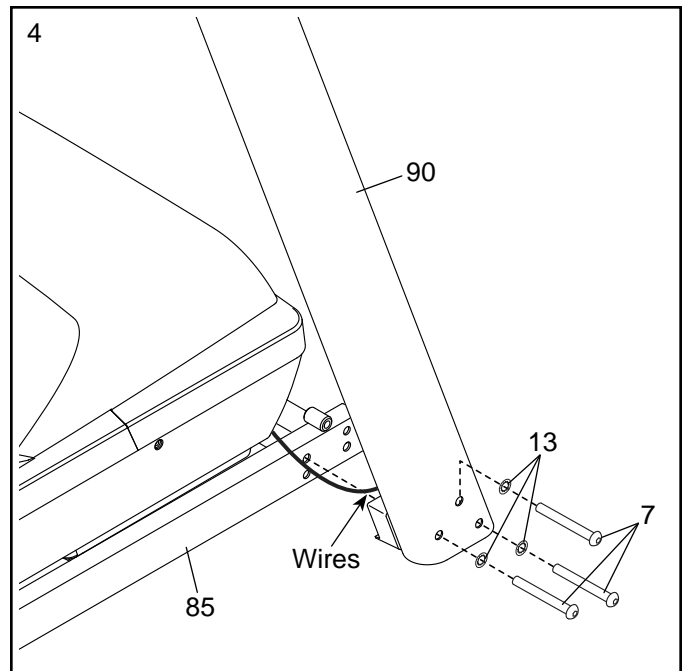

5. Identify the Left and Right Base Covers (82, 83). Slide the Left and Right Base Covers onto the Left and Right Uprights (89, 90) as shown.


9
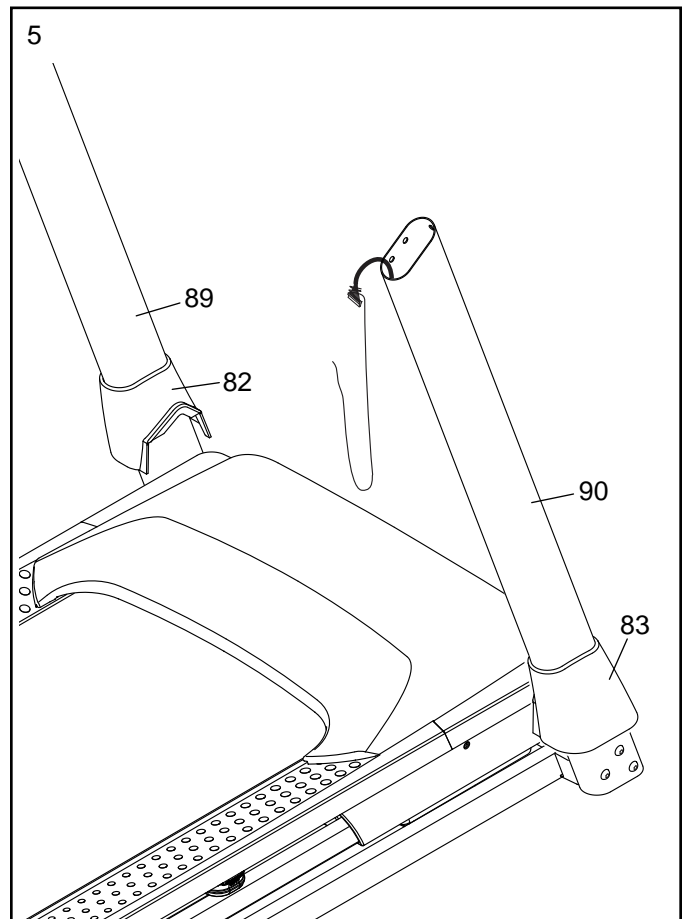
6. Identify the Right Handrail (100). Remove the tie from the 5/16" Cage Nut (92). If necessary, press the Cage Nut back into place.

Hold the Right Handrail (100) near the Right Upright (90). Insert the Upright Wire (81) through the bracket on the bottom of the Left Handrail. Then, pull the Upright Wire out of the hole in the side of the Handrail.
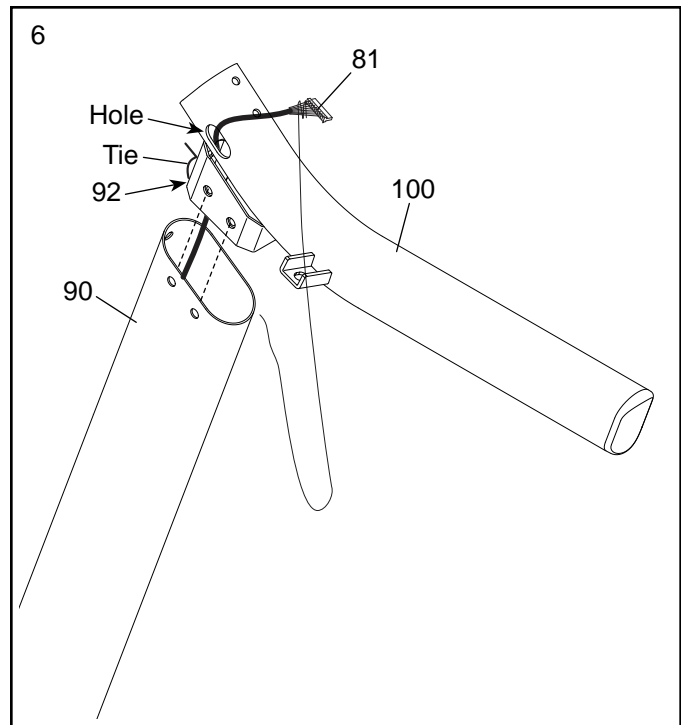
7. Attach the Right Handrail (100) to the Right Upright (90) with three 5/16" x 1" Screws (35) and three 5/16" Star Washers (87) as shown. **Be careful not to pinch the Upright Wire (81). Start all three Screws, and then tighten them.**

Attach the Left Handrail (not shown) in the same way. Note: There are no wires on the left side.

10
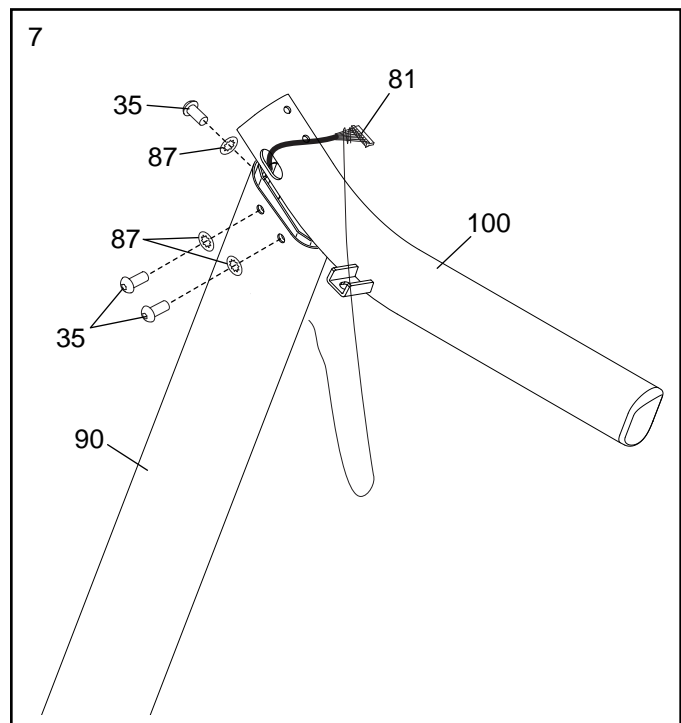
8. Identify the Right Handrail Tube (102).

   Insert the Right Handrail Tube (102) into the
   top of the Right Handrail (100). Attach the Right
   Handrail Tube with two 1/4" x 1" Screws (28);
   start both Screws, and then tighten them.
   Then, insert a Handrail Insert (31) into the top of
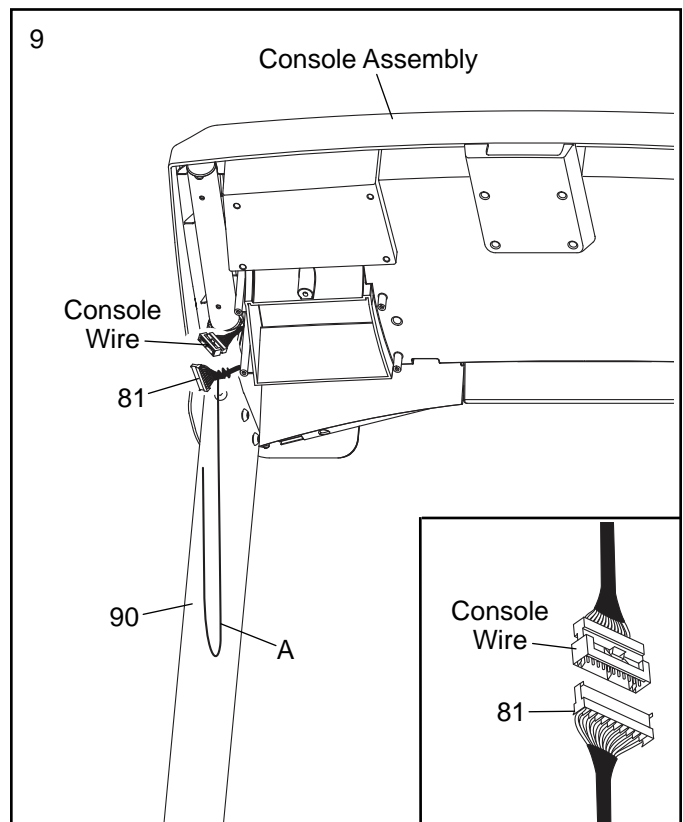   the Right Handrail.

   **Attach the Left Handrail Tube (not shown) in
   the same way.**
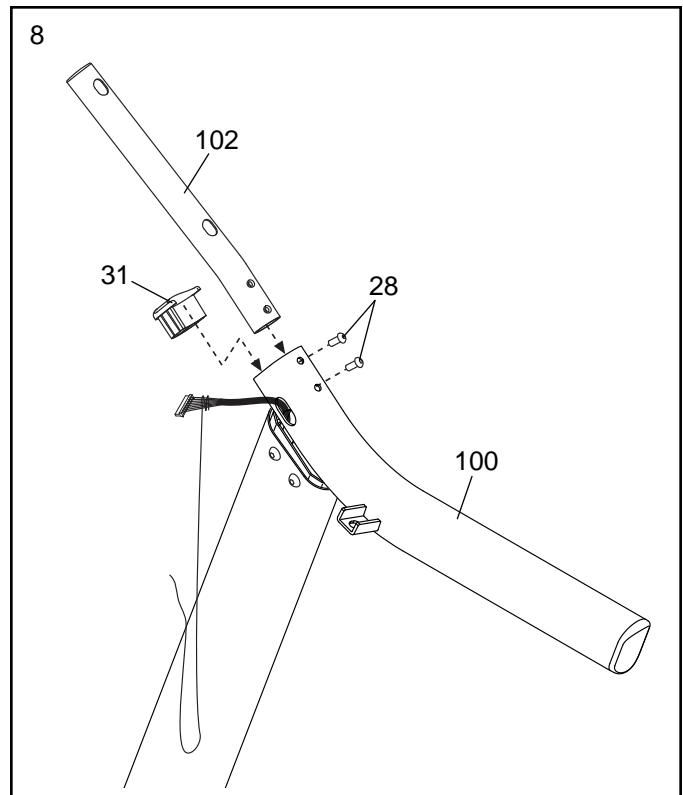
9. With the help of a second person, hold the con-
   sole assembly near the Right Upright (90).

   **See the inset drawing.** Connect the Upright
   Wire (81) to the console wire. **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 CON-
   NECTORS PROPERLY, THE CONSOLE MAY
   BECOME DAMAGED WHEN YOU TURN ON
   THE POWER.**

   Then, remove the wire tie (A) from the Upright
   Wire (81).

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10. Insert the Upright Wire (81) into the Right Upright (90) as you set the console assembly on the Left and Right Handrails (99, 100). **Make sure that no wires are pinched.**

    Attach the console assembly with two 5/16" x 1" Screws (35) and two 5/16" Star Washers (87); **start both Screws, and then tighten them.**
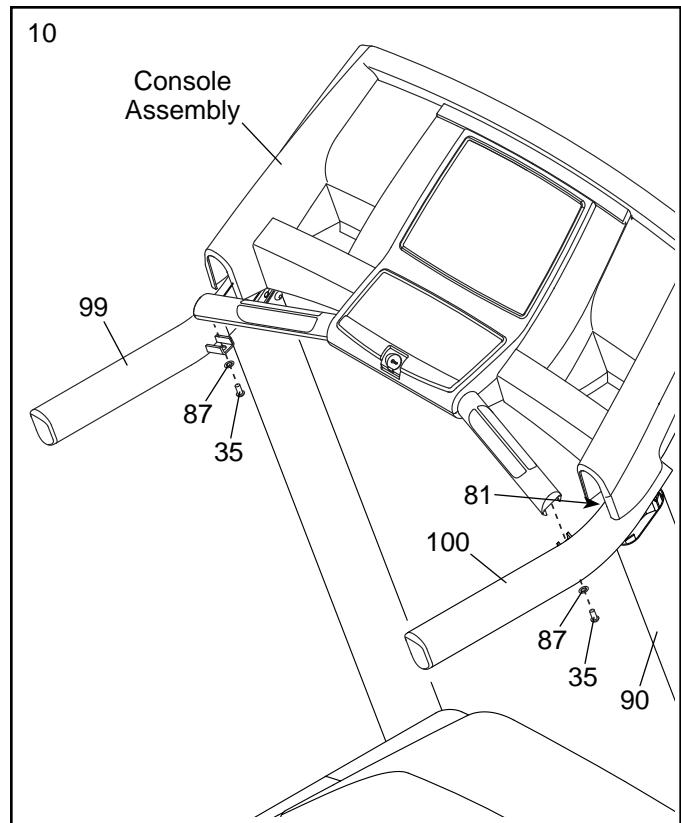
11. Attach the console assembly to the Left and Right Handrail Tubes (101, 102) with four #8 x 3/4" Screws (4); **start all four Screws, and then tighten them. Do not overtighten the Screws.**

12
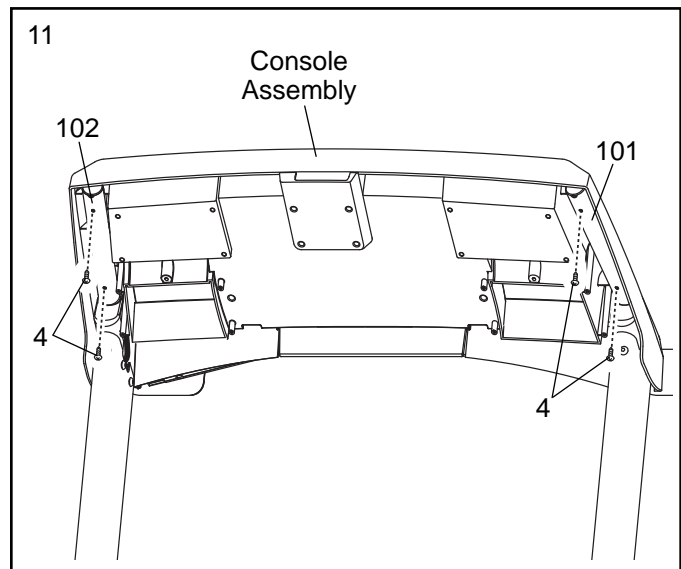
12. Identify the Right and Left Trays (27, 36). Make sure that the indicated notch on each Tray is positioned as shown. Attach the Trays with eight #8 x 3/4" Screws (4); **start all eight Screws, and then tighten them. Do not overtighten the Screws.**
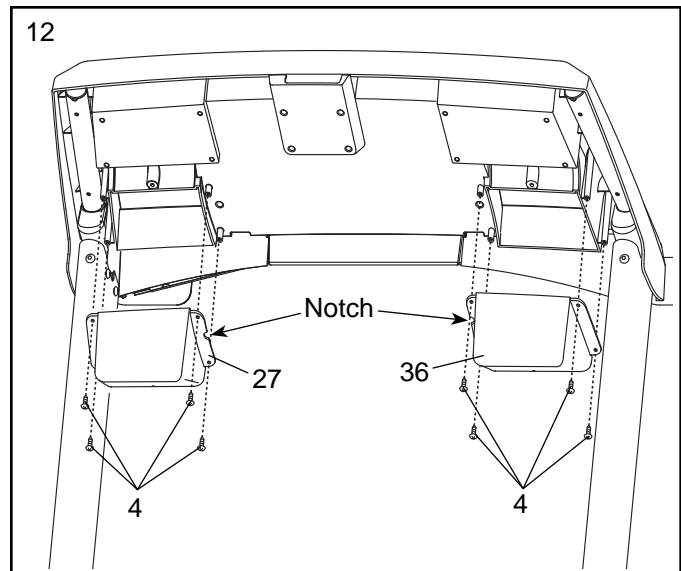
13. Raise the Frame (56) to the upright position. **Have a second person hold the Frame until step 15 is completed.**

Remove the two 5/16" x 3/4" Screws (93) from the Latch Crossbar (97).

Orient the Latch Crossbar (97) as shown. **Make sure that the "This side toward belt" sticker (B) is facing the treadmill.** Attach the Latch Crossbar to the brackets on the Frame (56) with the two 5/16" x 3/4" Screws (93) that you just removed and two 5/16" Star Washers (87).

13
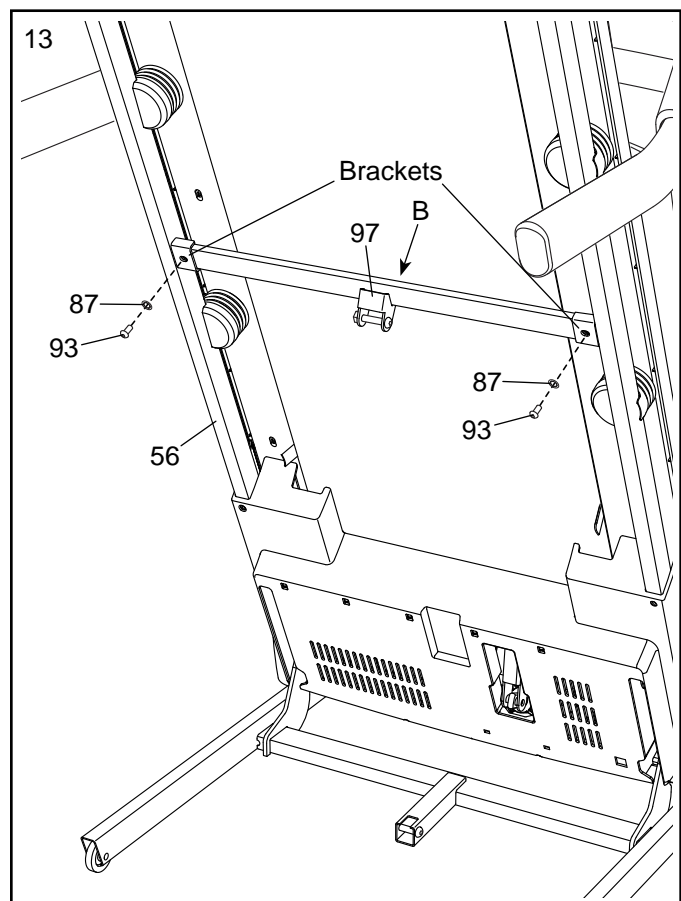
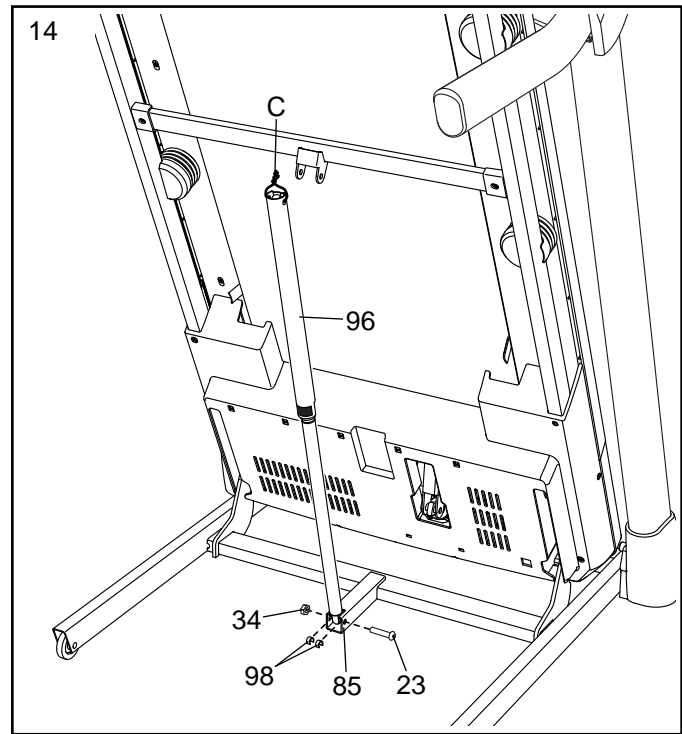14. Remove the 5/16" Nut (34) and the 5/16" x 1 3/4" Bolt (23) from the bracket on the Base (85).

Next, orient the Storage Latch (96) as shown.

Attach the lower end of the Storage Latch (96) to the bracket on the Base (85) with the 5/16" x 1 3/4" Bolt (23), two Latch Spacers (98), and the 5/16" Nut (34).

Then, raise the Storage Latch (96) to a vertical position, and remove the tie (C).

15. Remove the 5/16" Nut (34) and the 5/16" x 2 1/4" Bolt (95) from the bracket on the Latch Crossbar (97).

Align the upper end of the Storage Latch (96) with the bracket on the Latch Crossbar (97), and insert the 5/16" x 2 1/4" Bolt (95) through the bracket and the Storage Latch. **This will push a spacer (D) out of the other end; discard the spacer.**

Next, tighten the 5/16" Nut (34) onto the 5/16" x 2 1/4" Bolt (95); **do not overtighten the Nut; the Storage Latch (96) must be able to pivot.**

Then, lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 25).
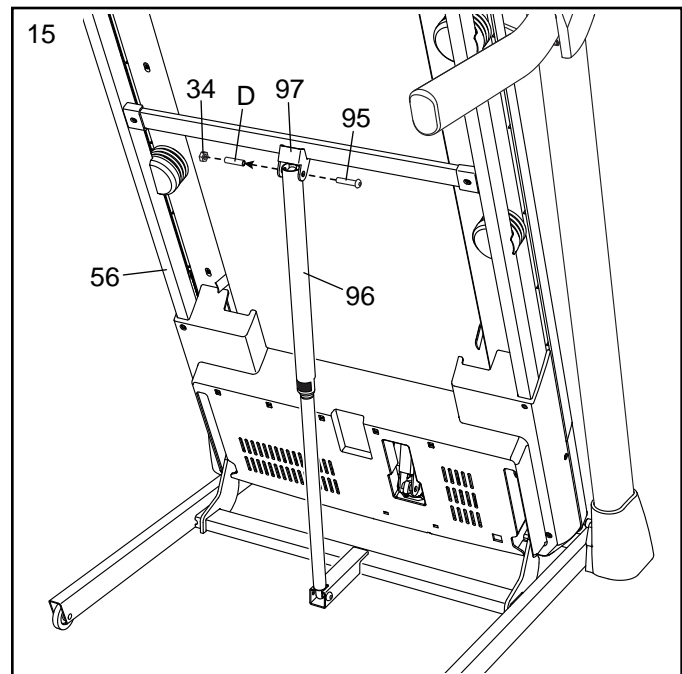
16. **Firmly tighten all six 3/8" x 4" Screws (7).** Then, slide the Left and Right Base Covers (82, 83) downward.
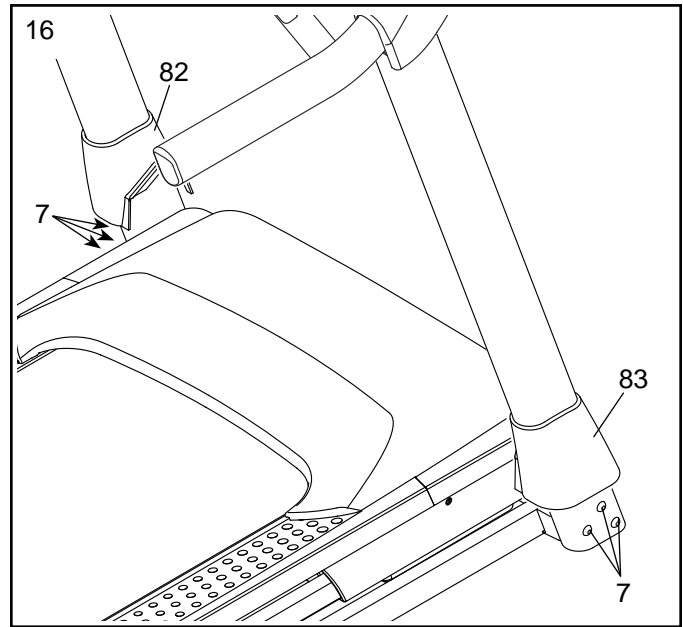
17. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. To avoid damage to the console, keep the treadmill out of direct sunlight. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 27 and 28). Note: Extra hardware may be included.

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HOW TO USE 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
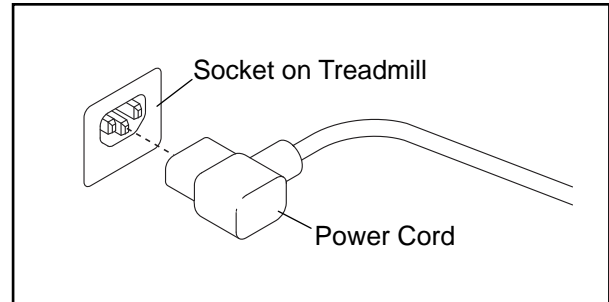
Power Cord

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

UK	Australia
Outlet	Outlet

16
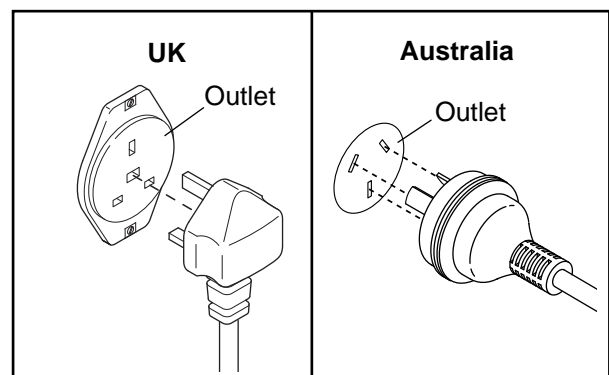
CONSOLE DIAGRAM
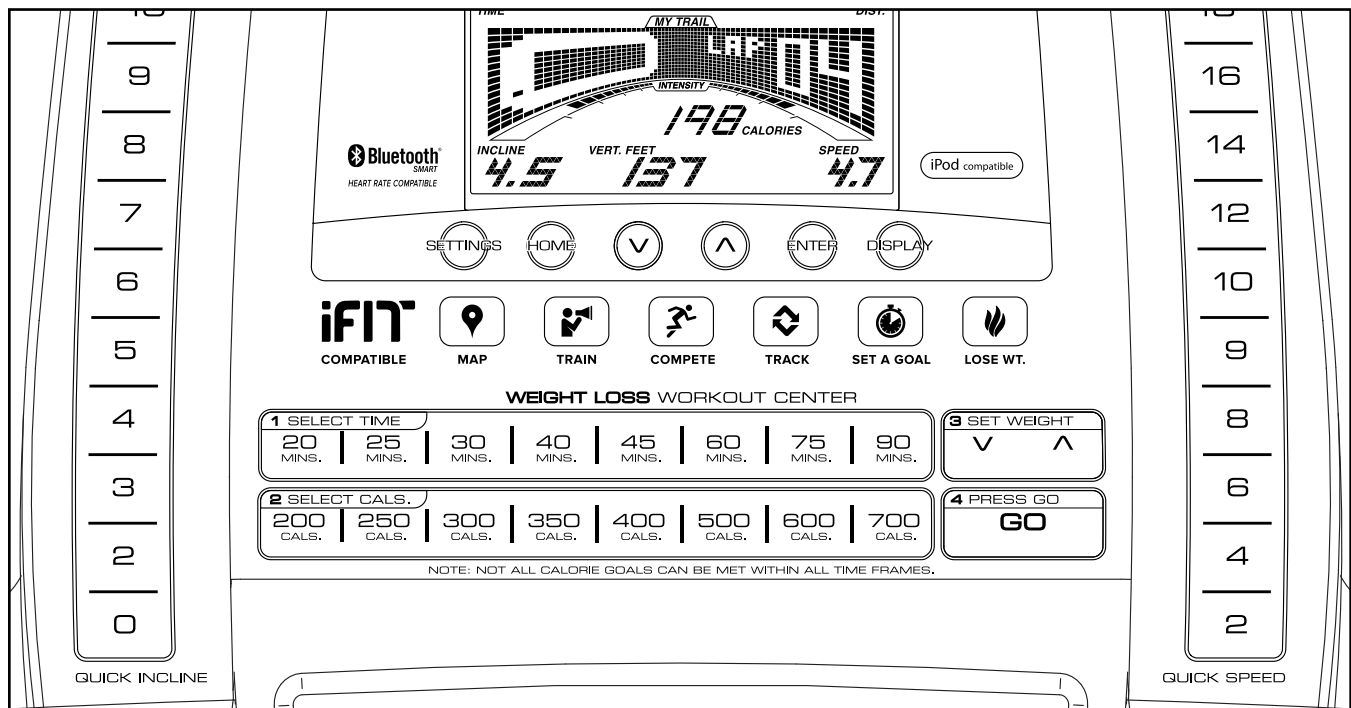
FEATURES OF THE CONSOLE

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

When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor. **To purchase the optional chest heart rate monitor,** see page 23.

In addition, the console offers a weight-loss workout center, designed to create custom-fit workouts to help you meet your fitness goals. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

The console also features an iFit® mode that enables the treadmill to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other runners, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

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

To turn on the power, see page 18. **To use the manual mode,** see page 18. **To use a weight-loss workout,** see page 21. **To use an iFit workout,** see page 22. **To use the sound system,** see page 23. **To use the settings mode,** see page 24.

IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 28).

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE SETTINGS MODE on page 24. For simplicity, all instructions in this section refer to kilometers.

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HOW TO TURN ON THE POWER

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

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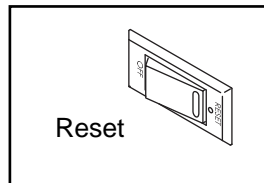
Reset

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

Next, stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will

Key
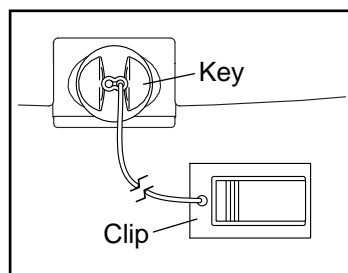
Clip

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: First, press the Incline increase button once. Next, press either the Incline decrease button or the lowest Quick 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 you insert the key, the manual mode will be selected automatically. If the iFit menu appears, press the Manual Control button to select the manual mode.

3. **Start the walking belt.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the Quick Speed buttons numbered 2 through 18.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

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

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the Quick Speed buttons numbered 2 through 18.

18

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

   To change the incline of the treadmill, press the Incline increase or decrease button or one of the Quick Incline buttons. Each time you press one of the buttons, the treadmill will gradually adjust to the selected incline setting.

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

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

   • The elapsed time

   • The distance that you have walked or run

   • The workout intensity bar

   • The approximate number of calories you have burned

   • The incline level of the treadmill

   • The number of vertical meters you have climbed

   • The speed of the walking belt

   • Your heart rate (see step 6 on page 20)

   • The matrix

   The matrix offers several display tabs. Press the increase and decrease buttons next to the Enter button or press the Display button until the desired tab is shown.

   The Incline tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

   The Speed tab will show a profile of the speed settings of the workout.

The My Trail tab will show a track that represents 400 m (1/4 mile). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

The Calorie tab will show the approximate number of calories you have burned. The height of each segment represents the amount of calories burned during that segment. Note: When you select the Calorie tab, the calorie display will show the approximate number of calories burned per hour.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.
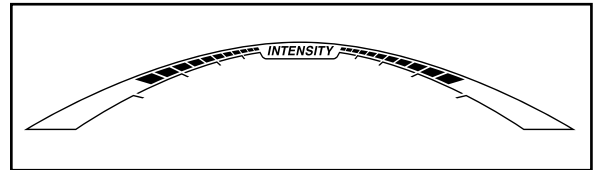
Press the Home button to return to the default menu (see THE SETTINGS MODE on page 24 to set the default menu). If necessary, press the Home button again.

When an iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

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

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor **(see page 23 for information about the optional chest heart rate monitor).** Note: The console is compatible with BLUETOOTH® Smart heart rate monitors.

Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

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

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrails for approximately ten seconds—**avoid moving your hands.**

Contacts

When your pulse is detected, a heart symbol in the calorie display will flash, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**
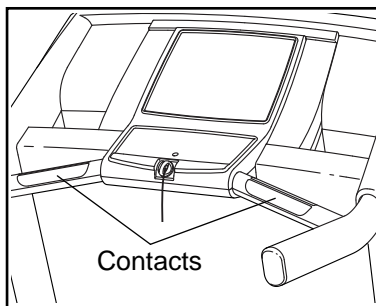
7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** 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.**

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HOW TO USE A WEIGHT-LOSS WORKOUT

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

    See HOW TO TURN ON THE POWER on page 18.

2. **Select a time for the workout.**

    To select a weight-loss workout, first press one of the Select Time buttons. The duration of the workout will appear in the display.

3. **Select the amount of calories you want to burn.**

    Next, press one of the Select Cals. buttons. Note: The console will create a custom workout based on the duration of the workout and the amount of calories you want to burn. You might not be able to select a high amount of calories with a short duration for the workout.

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

4. **Select a user weight.**

    Press the Set Weight increase and decrease buttons to enter your weight. This will allow the console to calculate the amount of calories you will burn more accurately. The console will adjust the workout's intensity level according to the weight entered.

5. **Start the walking belt.**

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

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

At the end of each segment, a series of tones will sound. If a different speed or incline setting is programmed for the next segment, the speed 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 of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

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

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

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

    See step 5 on page 19.

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

    See step 6 on page 20.

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

    See step 7 on page 20.

HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, you must have an optional iFit module. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.** You must also have access to a computer with a USB port and an internet connection. In addition, you must have access to a wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported). An iFit.com membership is also required.

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

    See HOW TO TURN ON THE POWER on page 18.

2. **Insert the iFit module into the console.**

    To insert the iFit module, see the instructions included with the iFit module.

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

3. **Select a user.**

    If more than one user is registered, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

    To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule.

    To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

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

When you select an iFit workout, the display will show the name, duration, maximum speed setting, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the speed settings of the workout.

If you select a competition workout, the display may count down to the beginning of the race.

Note: Each iFit button can also run two demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

    See step 3 on page 18.

    During some workouts, an audio coach may guide you through your workout. You can select a setting for your audio coach (see THE SETTINGS MODE on page 24).

    To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at the speed setting for the first segment of the workout. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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6. Follow your progress with the displays.

See step 5 on page 19.

The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. Measure your heart rate if desired.

See step 6 on page 20.

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

See step 7 on page 20.

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

HOW TO USE THE SOUND SYSTEM

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

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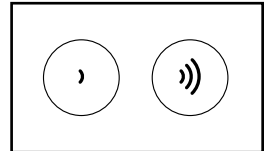

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

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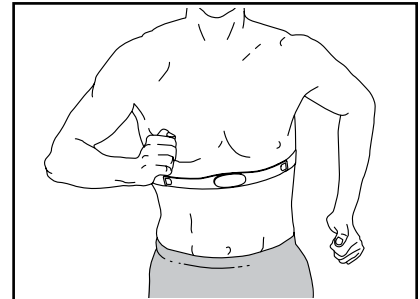
Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

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THE SETTINGS MODE

The console features an information 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 the Settings button. When the information mode is selected, the following information will be shown:

The time display will show the total number of hours the treadmill has been used.

The distance display will show the total number of miles or kilometers that the walking belt has moved.

The lower section of the display will show the status of an iFit module. If an iFit module is connected, the display will show the words WIFI MODULE. If a USB module is connected, the display will show the words USB/SD MODULE. If no module is connected, the display will show the words NO IFIT MODULE.

2. Select the optional screens.

While the information mode is selected, the matrix will display several optional screens. Press the decrease button next to the Enter button to select each of the following screens:

UNITS—To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

DEMO—The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

CONTRAST LVL—Press the Incline increase and decrease buttons to adjust the contrast level of the display.

If a module is connected, you may also select the following screens:

TRAINER VOICE—To turn on or turn off the voice of the personal trainer, press the Enter button.

DEFAULT MENU—The default menu will appear when you insert the key into the console or when you press the Home button. Press the Enter button repeatedly to select the manual main screen or the iFit screen as the default menu.

CHECK WIFI STATUS—Press the Enter button to check the status of your iFit module. The lower display will show the software version number, the network SSID, the network encryption type, the connection status, the wireless signal strength, the IP address of the module, the number of registered users and their names, the results of the DNS lookup, and the status of the iFit server.

SEND/RECEIVE DATA—To send and receive workouts, workout logs, and updates, press the Enter button. When the process is finished, the words TRANSFERS DONE will appear in the display.

3. Exit the settings mode.

To exit the settings mode, press the Settings button or remove the key from the console.

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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 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 as you raise the frame about halfway to the vertical position.**
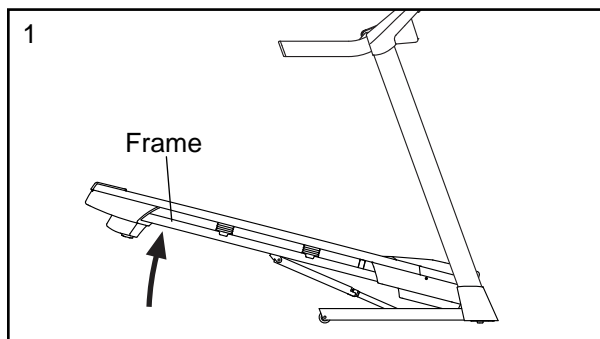
2. Raise the frame until the storage latch locks in the storage position. **CAUTION: Make sure that the storage latch locks.**
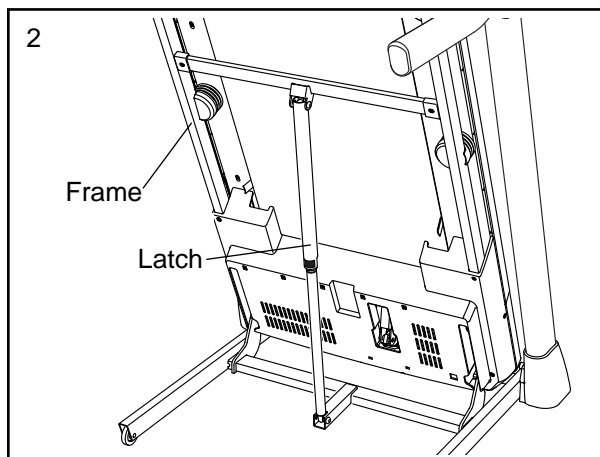

To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

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

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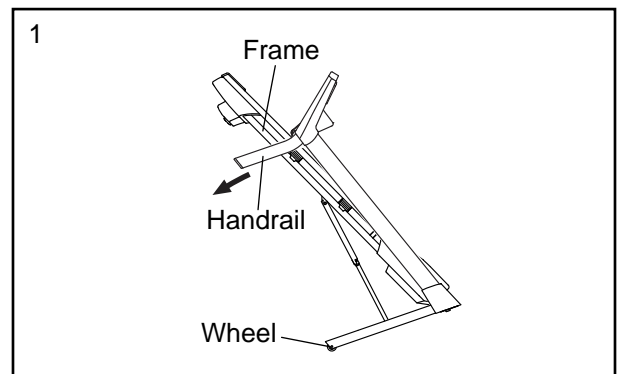
2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

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

HOW TO LOWER THE TREADMILL FOR USE

1. 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.

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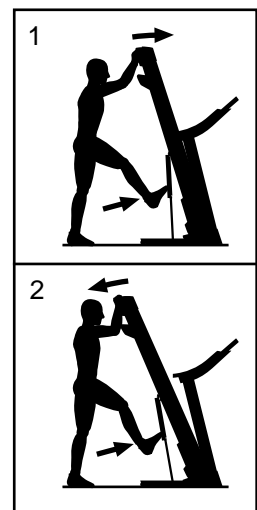
MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

TROUBLESHOOTING

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, 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 properly earthed outlet (see page 16). If an extention cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

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

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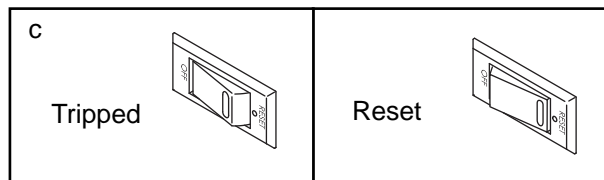
SYMPTOM: The power turns off during use

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

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

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

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

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

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

SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the five #8 x 3/4" Screws (4), and carefully pivot off the Motor Hood (65).
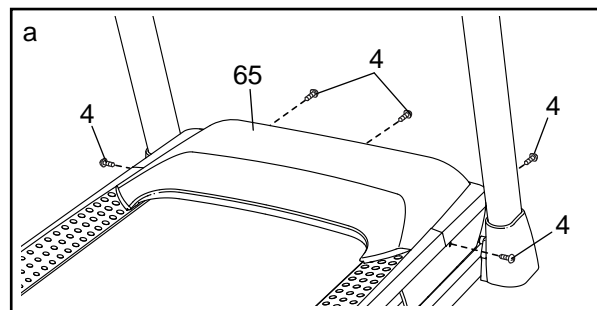
Next, locate the Reed Switch (52) and the Magnet (50) on the left side of the Pulley (49). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Truss Head Screw (14), move the Reed Switch slightly, and then retighten the Truss Head Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.
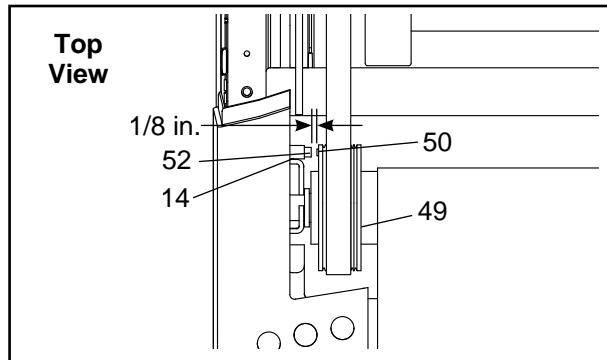

SYMPTOM: The incline of the treadmill does not change correctly

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

SYMPTOM: The walking belt slows when walked on

a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
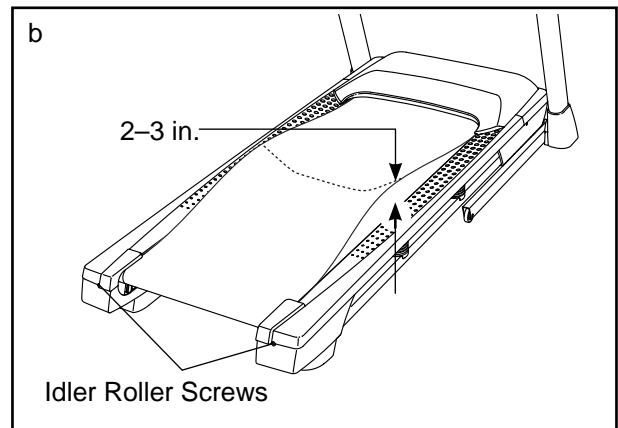
c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt 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

IMPORTANT: The walking belt should be centered between the foot rails. If the walking belt rubs against the foot rails, the walking belt may become damaged.

a. 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.
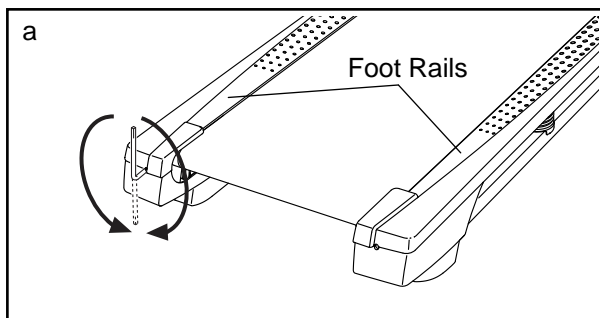

SYMPTOM: The walking belt slips when walked on

a. 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 carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

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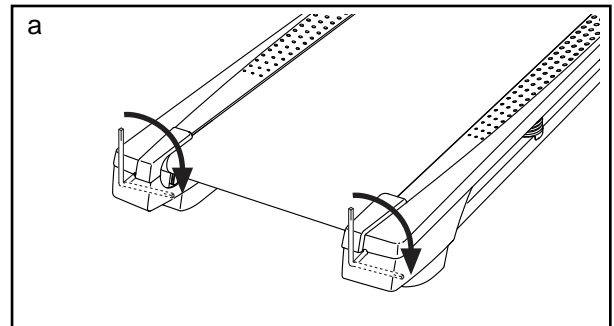
EXERCISE GUIDELINES

⚠ 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.
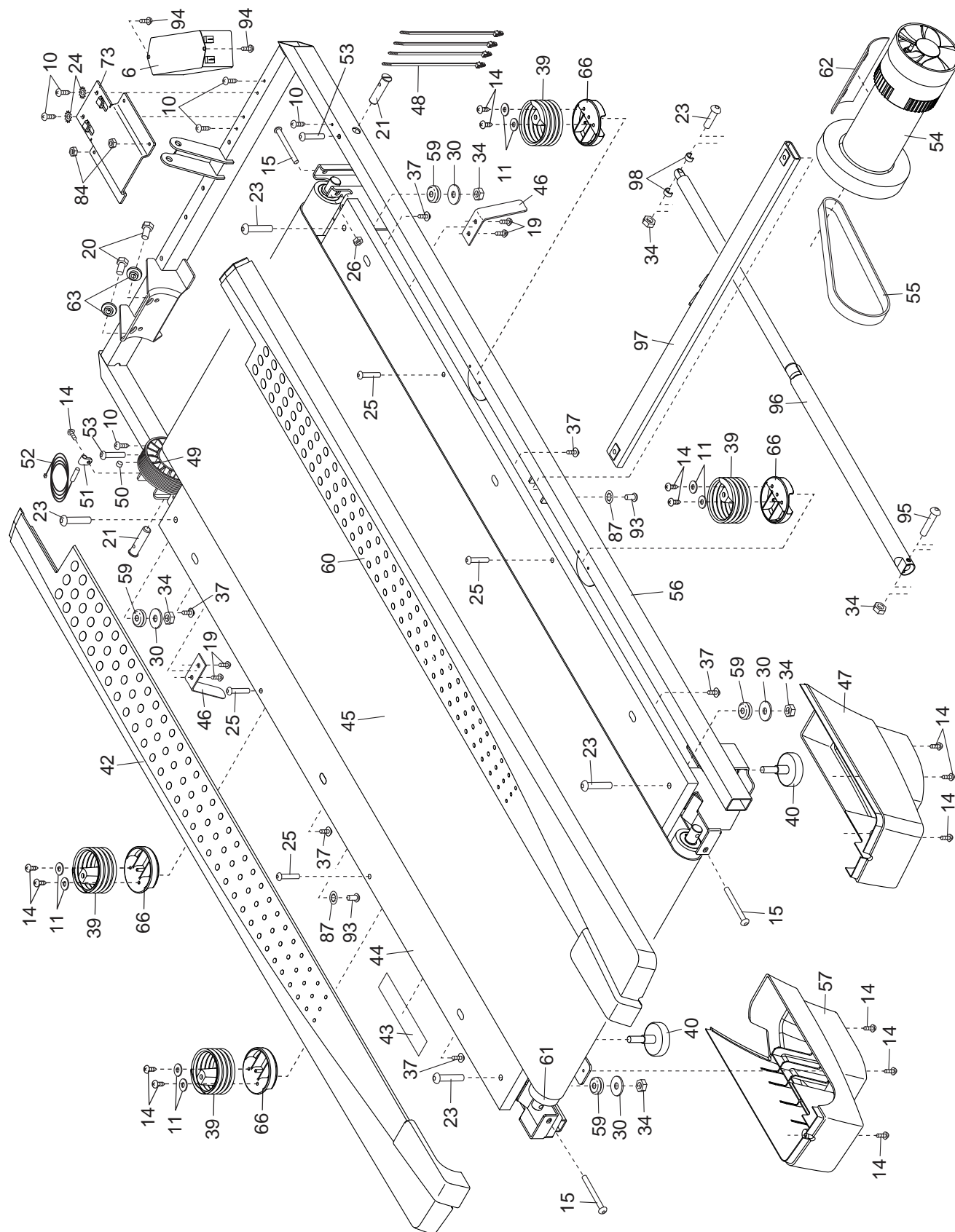
PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	#8 x 1/2" Silver Screw	51	1	Reed Switch Clip
2	12	#3 x 1/4" Screw	52	1	Reed Switch
3	2	Base Pad	53	2	1/4" x 1 1/4" Screw
4	47	#8 x 3/4" Screw	54	1	Drive Motor
5	1	Pulse Crossbar	55	1	Motor Belt
6	1	Filter	56	1	Frame
7	6	3/8" x 4" Screw	57	1	Left Rear Foot
8	2	Handrail Cap	58	1	Console Ground Wire
9	2	#8 x 1/2" Pan Head Screw	59	4	Rubber Cushion
10	7	#8 x 1/2" Silver Screw	60	1	Right Foot Rail
11	8	M5 Flat Washer	61	1	Idler Roller
12	4	#8 x 1" Tek Screw	62	1	Motor Plate
13	6	3/8" Star Washer	63	1	Motor Bushing
14	15	#8 x 3/4" Truss Head 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	4	Cushion Bottom
17	2	3/8" x 1 1/2" Wheel Bolt	67	2	Incline Frame Spacer
18	1	Module Housing Cover	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" Bolt	72	1	Controller
23	5	5/16" x 1 3/4" Bolt	73	1	Controller Plate
24	2	#8 Star Washer	74	2	Base Cap
25	4	1/4" x 1 1/4" Screw	75	1	Power Switch
26	1	1/4" Nut	76	1	Power Cord
27	1	Right Tray	77	1	Grommet
28	4	1/4" x 1" Screw	78	1	Belly Pan
29	1	3/8" x 1 3/4" Hex Bolt	79	1	Module Housing
30	4	5/16" Flat Washer	80	1	Console
31	2	Handrail Insert	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	6	5/16" Nut	84	2	#8 Nut
35	8	5/16" x 1" Screw	85	1	Base
36	1	Left Tray	86	2	Wire Tie
37	6	#8 x 5/8" Screw	87	10	5/16" Star Washer
38	2	Wheel	88	1	Key/Clip
39	4	Isolator	89	1	Left Upright
40	2	Rear Foot	90	1	Right Upright
41	1	Receptacle	91	2	Warning Decal
42	1	Left Foot Rail	92	2	5/16" Cage Nut
43	1	Caution Decal	93	2	5/16" x 3/4" Screw
44	1	Walking Platform	94	2	#8 x 1/2" Machine Screw
45	1	Walking Belt	95	1	5/16" x 2 1/4" Bolt
46	2	Belt Guide	96	1	Storage Latch
47	1	Right Rear Foot	97	1	Latch Crossbar
48	4	Cable Tie	98	2	Latch Spacer
49	1	Drive Roller/Pulley	99	1	Left Handrail
50	1	Magnet	100	1	Right Handrail

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Left Handrail Tube	106	1	Left Speaker Cover
102	1	Right Handrail Tube	107	1	Right Speaker Cover
103	2	Speaker	108	1	Left Speaker Back
104	1	Right Speaker Back	*	–	User's Manual
105	2	Base Pad Spacer			

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.
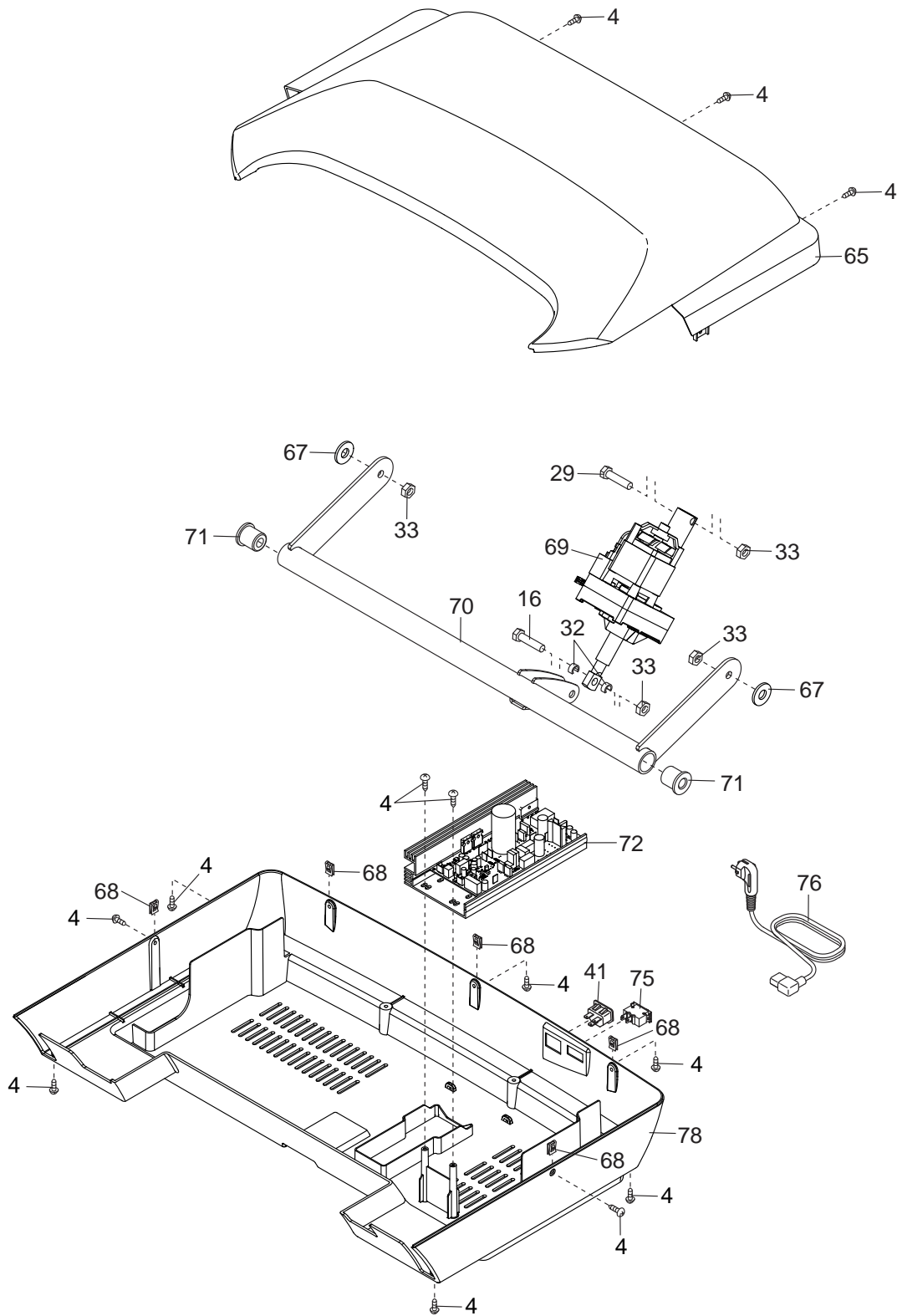
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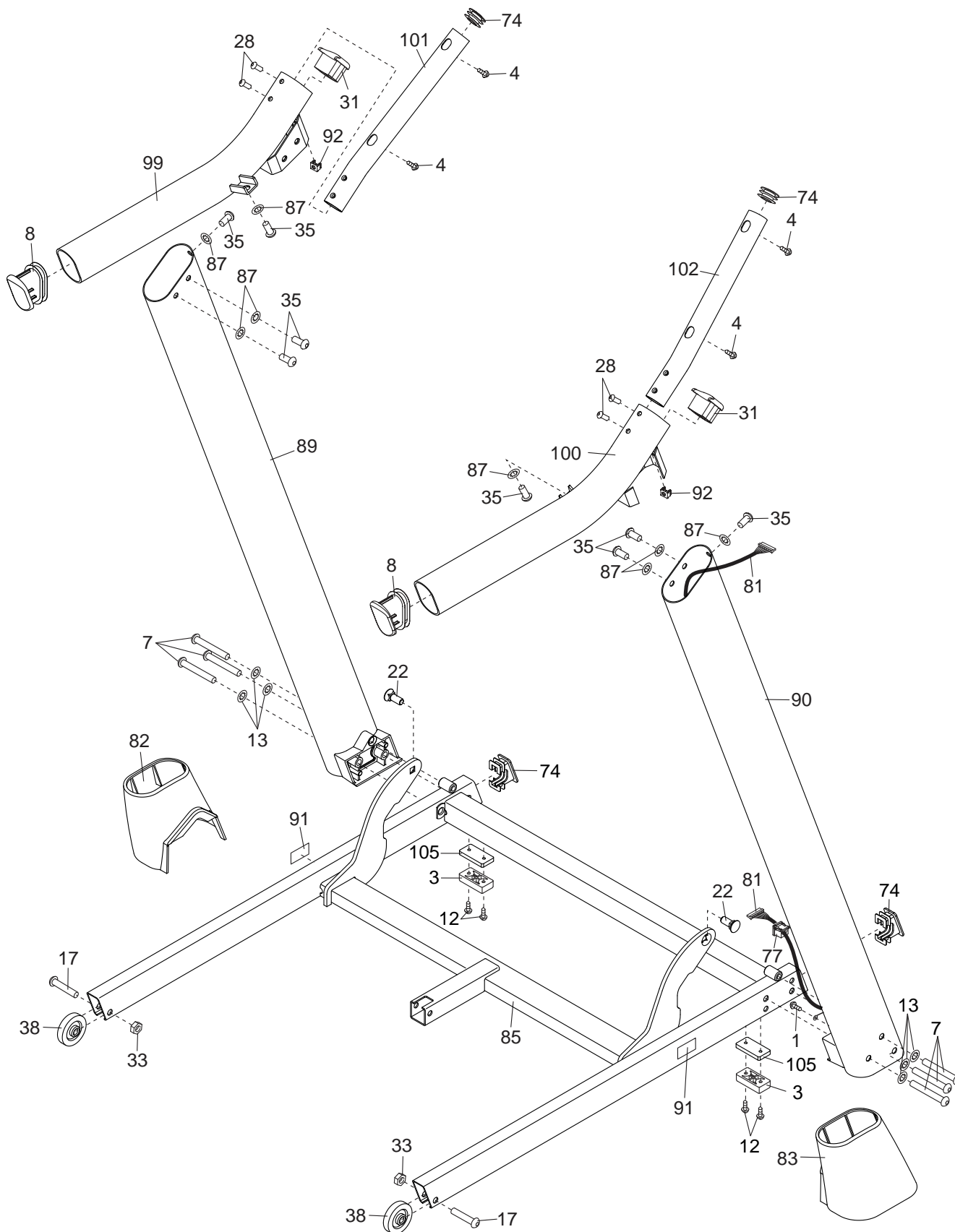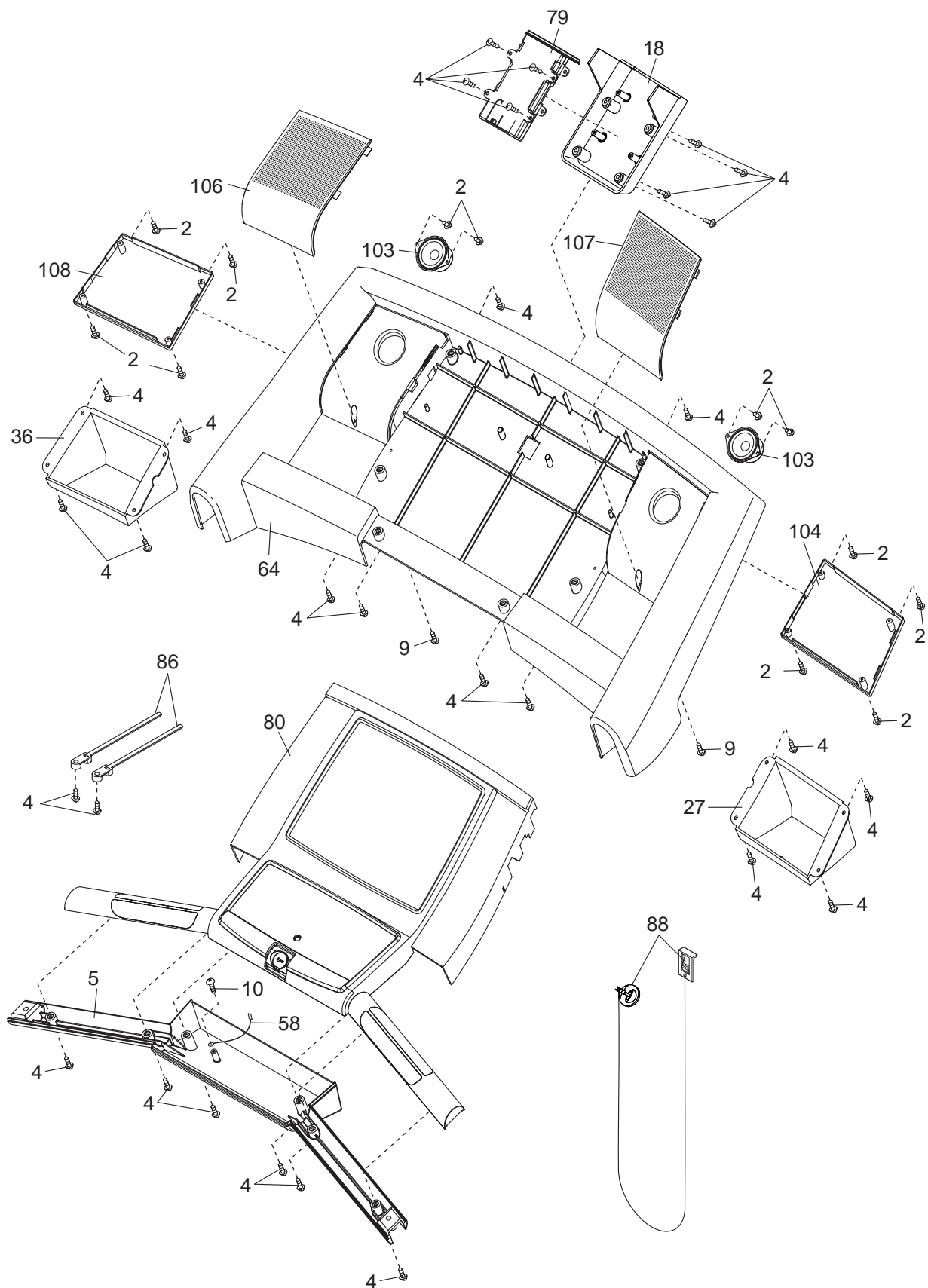
ORDERING REPLACEMENT PARTS

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)

RECYCLING INFORMATION

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

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