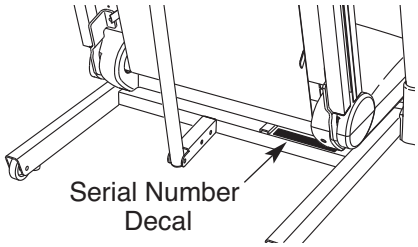
NordicTrack® T7.0

Model No. NETL81810.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

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

UK
Call: 08457 089 009
From Ireland: 053 92 36102

Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

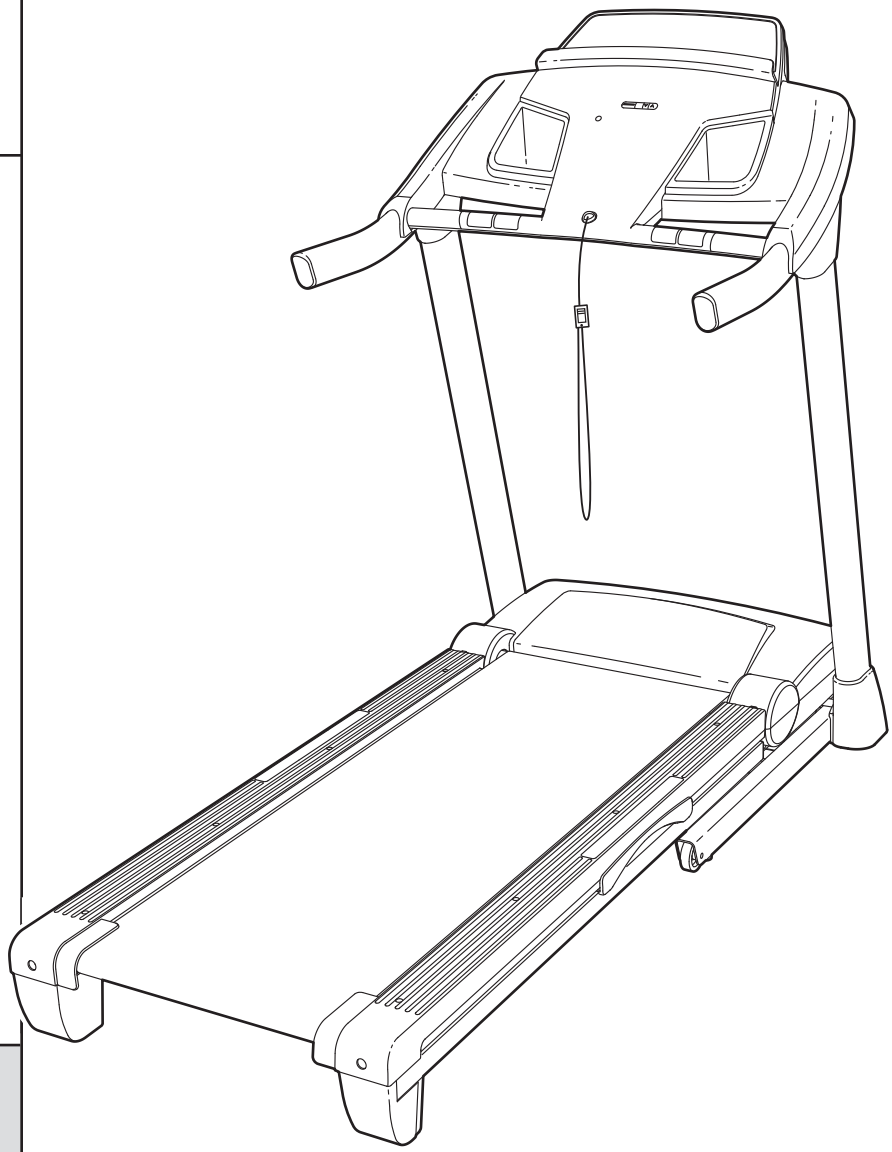
AUSTRALIA
Call: 1-800-237-173

E-mail:
australiacc@iconfitness.com

⚠ CAUTION

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

USER'S MANUAL



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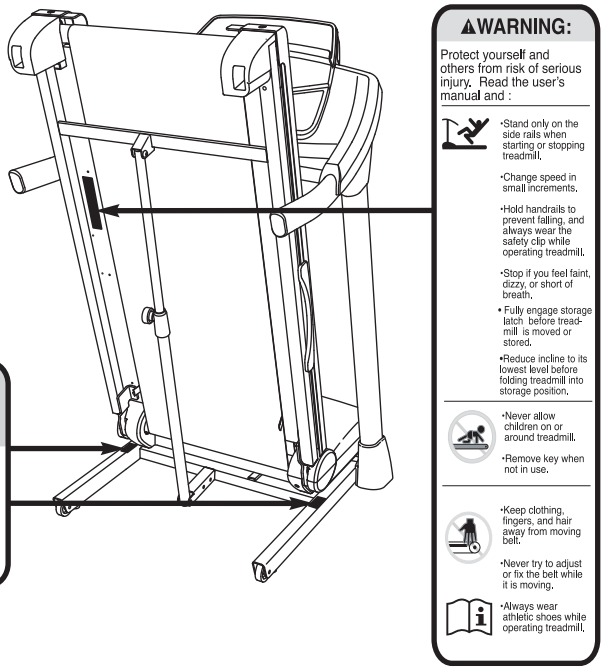
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WARNING DECAL PLACEMENT

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.



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IMPORTANT PRECAUTIONS

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

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
3. **Use the treadmill only as described.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
7. **Keep children under age 12 and pets away from the treadmill at all times.**
8. **The treadmill should be used only by persons weighing 300 lbs. (135 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 (see page 16), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.**
12. **If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm^2) cord that is no longer than 5 ft. (1.5 m).**
13. **Keep the power cord away from heated surfaces.**
14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)**
15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 18).**
16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
18. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

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

20. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

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

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

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

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

25. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

26. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

SAVE THESE INSTRUCTIONS

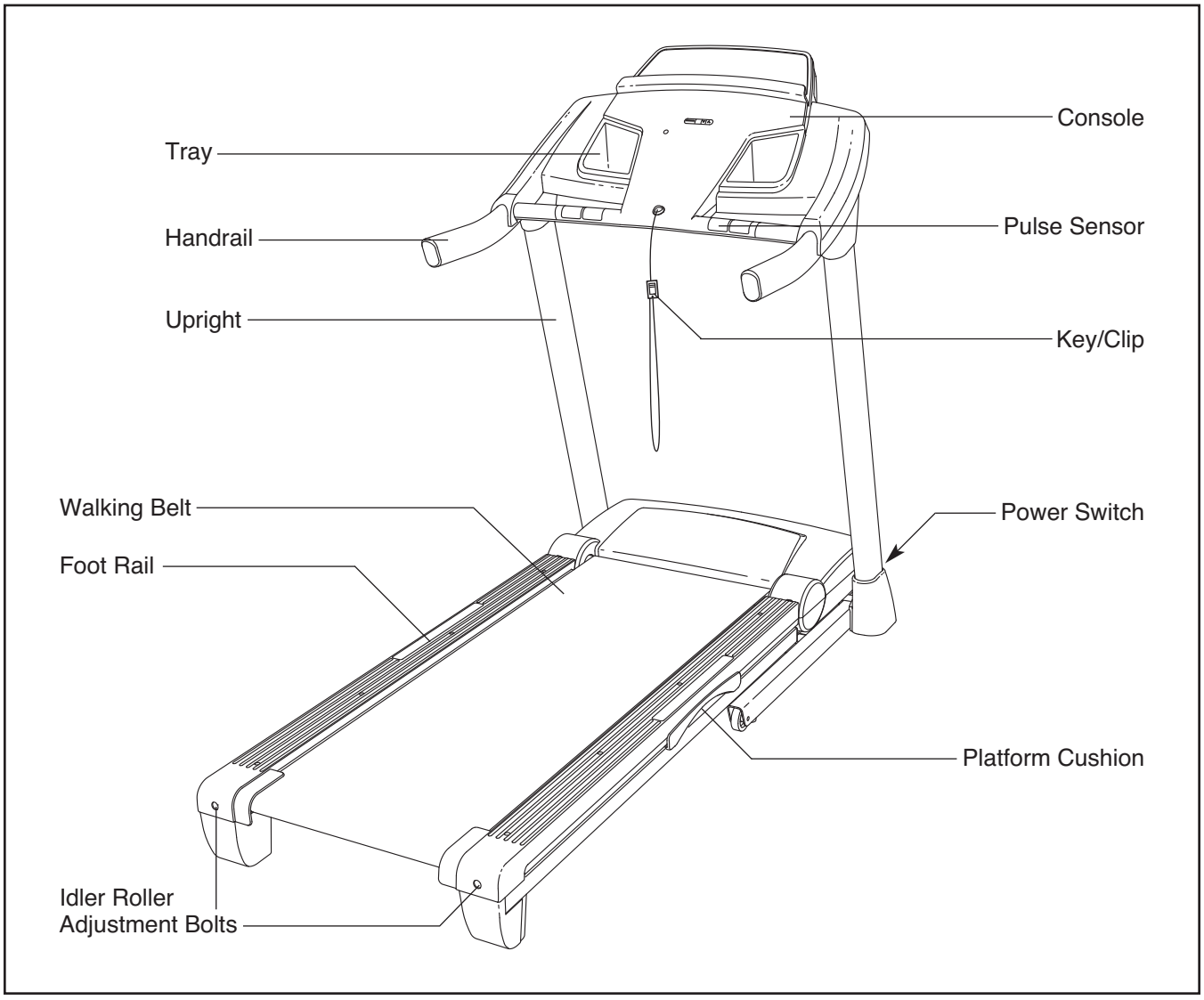
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BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® T 7.0 treadmill. The T 7.0 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

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



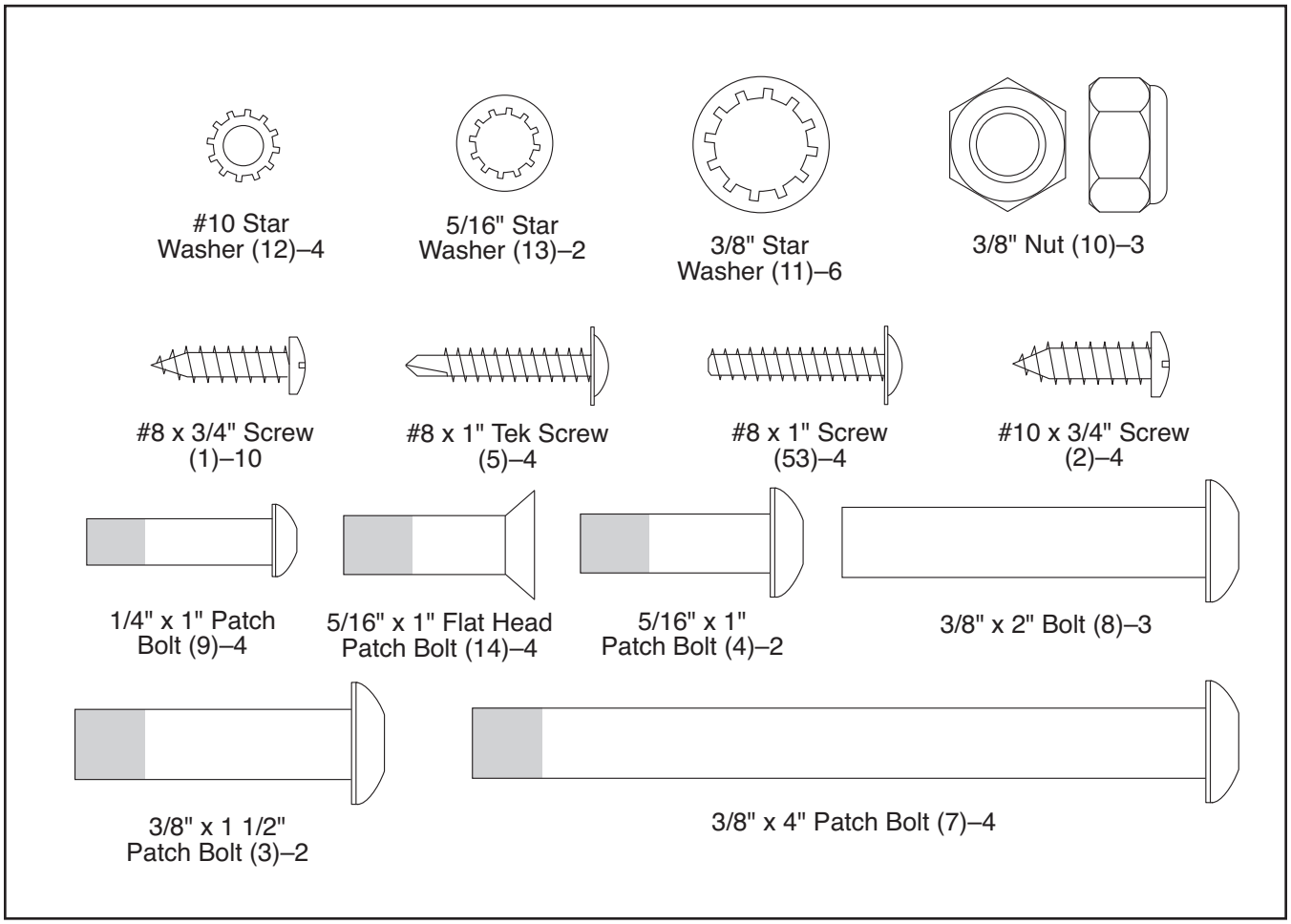
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ASSEMBLY

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

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

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

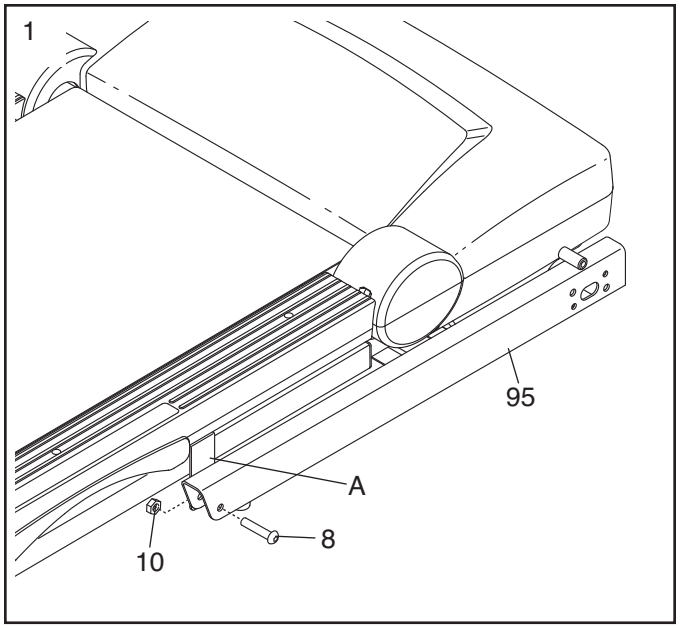


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1. **Make sure that the power cord is unplugged.**

   Remove the 3/8" Nut (10), the 3/8" x 2" Bolt (8), and the shipping bracket (A) from the Base (95). **Repeat this step on the other side of the treadmill.**

   The 3/8" Nuts (10) and the 3/8" x 2" Bolts (8) will be used in assembly steps 3 and 6. Discard the shipping brackets.



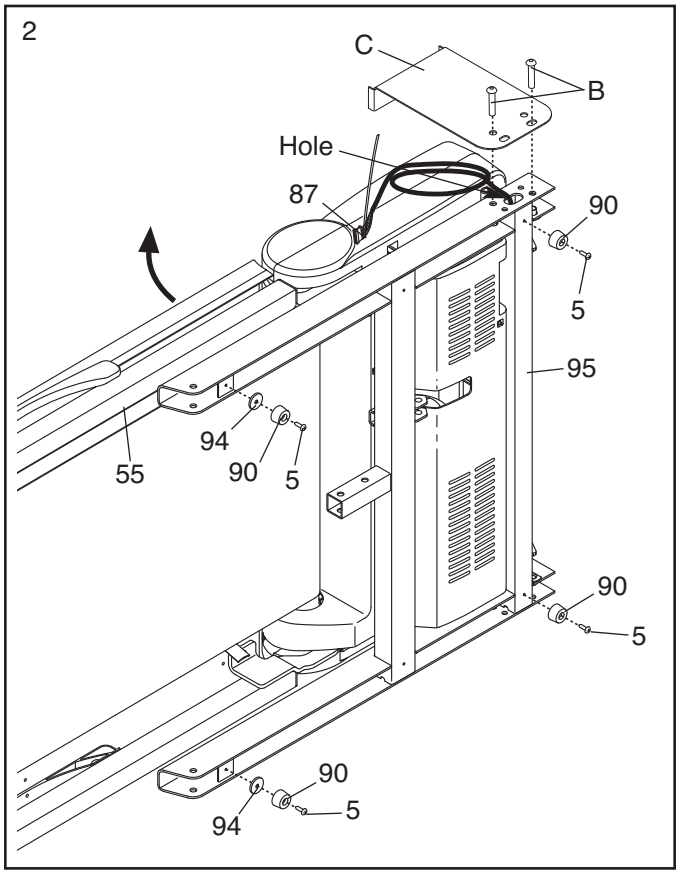
2. With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (55) so that the treadmill is more stable; **do not fully fold the Frame yet.**

   Remove and discard the two indicated bolts (B) and the shipping bracket (C).

   Cut the shipping tie securing the Upright Wire (87) to the Base (95). Locate a plastic tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

   Attach two Base Feet (90) to the Base (95) in the locations shown with two #8 x 1" Tek Screws (5) and two Base Foot Spacers (94).

   Then, attach the other two Base Feet (90) with two #8 x 1" Tek Screws (5).

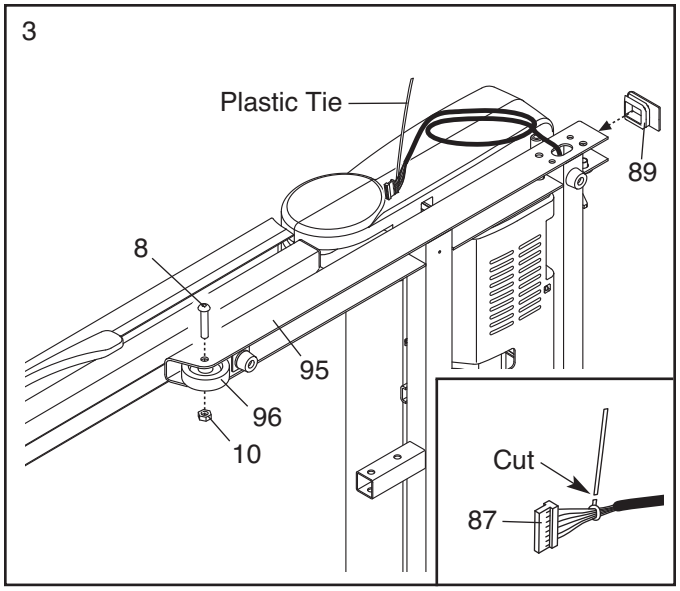


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3. **See the inset drawing.** Cut the plastic tie near the Upright Wire (87).

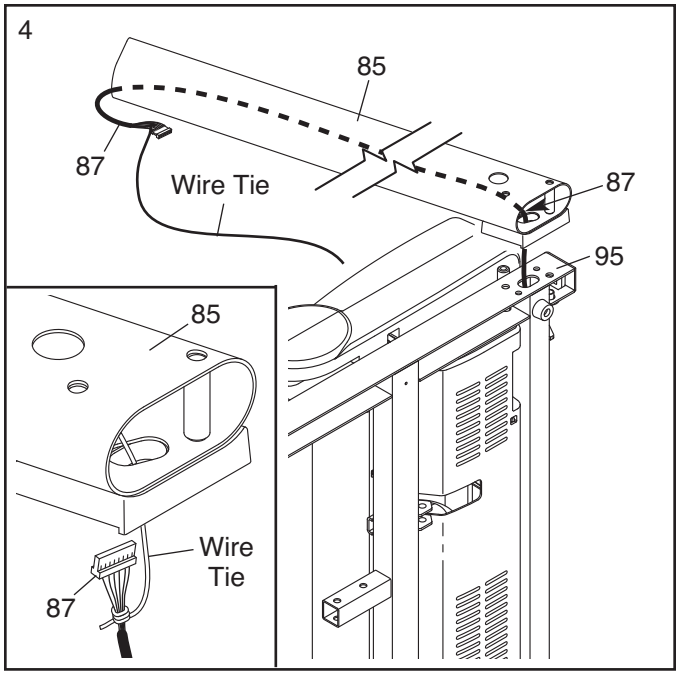
   Attach a Wheel (96) to the Base (95) with the 3/8" x 2" Bolt (8) and the 3/8" Nut (10) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**

   Press a Base Cap (89) into the Base (95).



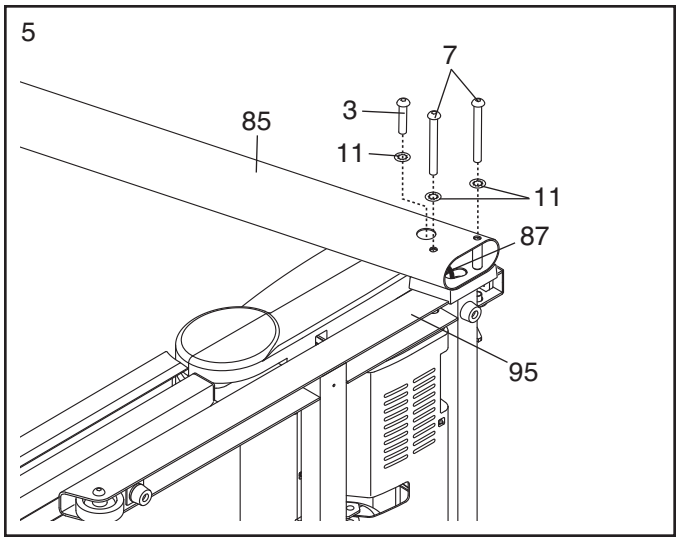
4. Identify the Right Upright (85), which is marked with a “Right” sticker. Hold the Right Upright near the Base (95) as shown.

   See the inset drawing. Tie the wire tie in the Right Upright (85) securely around the end of the Upright Wire (87). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



5. Hold the Right Upright (85) against the Base (95). **Be careful not to pinch the Upright Wire (87).** Insert two 3/8" x 4" Patch Bolts (7) and a 3/8" x 1 1/2" Patch Bolt (3) with three 3/8" Star Washers (11) into the Right Upright.

   Tighten the 3/8" x 4" Patch Bolts (7) and the 3/8" x 1 1/2" Patch Bolt (3) until the heads of the Patch Bolts touch the Right Upright (85); **do not fully tighten the Patch Bolts yet.**

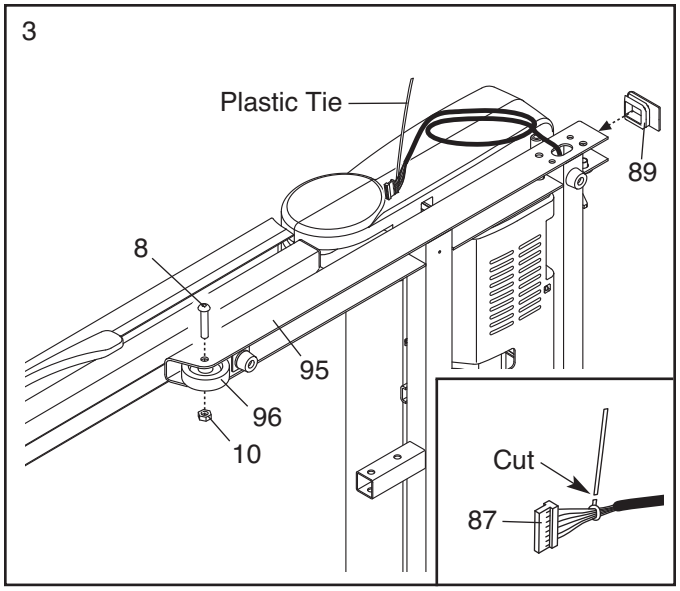


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3. **See the inset drawing.** Cut the plastic tie near the Upright Wire (87).

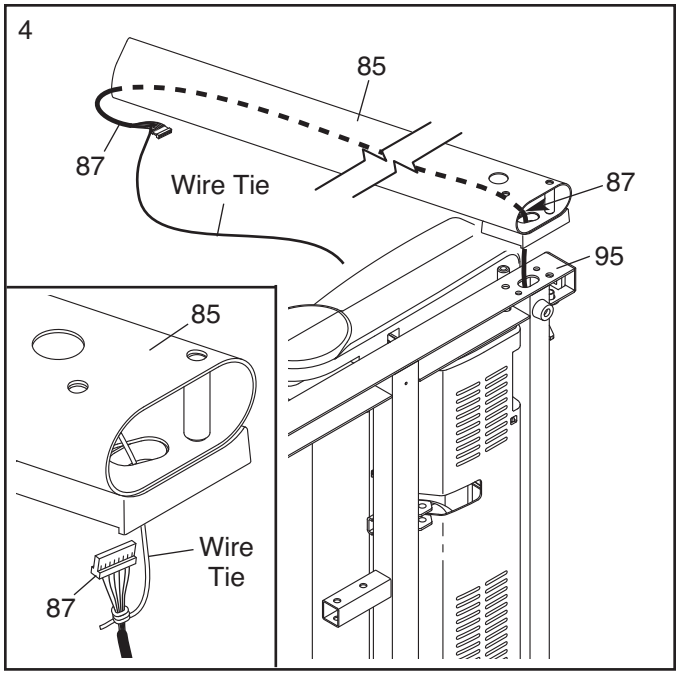
   Attach a Wheel (96) to the Base (95) with the 3/8" x 2" Bolt (8) and the 3/8" Nut (10) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**

   Press a Base Cap (89) into the Base (95).



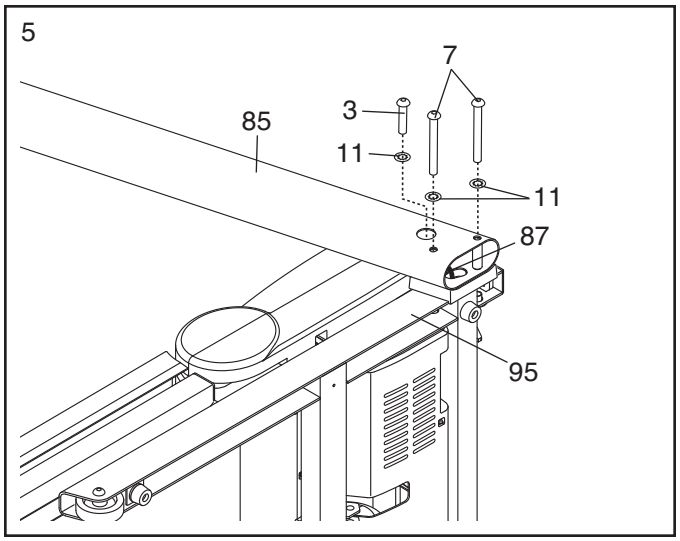
4. Identify the Right Upright (85), which is marked with a “Right” sticker. Hold the Right Upright near the Base (95) as shown.

   See the inset drawing. Tie the wire tie in the Right Upright (85) securely around the end of the Upright Wire (87). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.



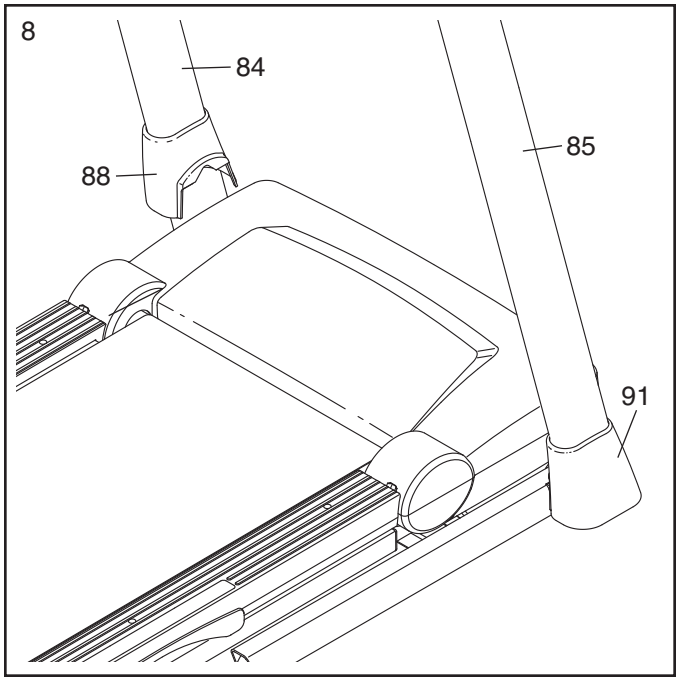
5. Hold the Right Upright (85) against the Base (95). **Be careful not to pinch the Upright Wire (87).** Insert two 3/8" x 4" Patch Bolts (7) and a 3/8" x 1 1/2" Patch Bolt (3) with three 3/8" Star Washers (11) into the Right Upright.

   Tighten the 3/8" x 4" Patch Bolts (7) and the 3/8" x 1 1/2" Patch Bolt (3) until the heads of the Patch Bolts touch the Right Upright (85); **do not fully tighten the Patch Bolts yet.**



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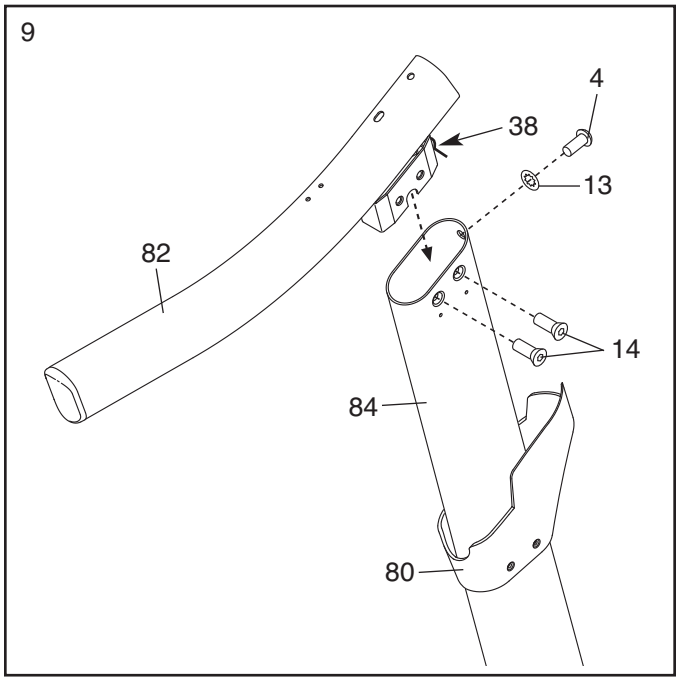
8. Identify the Left Base Cover (88) and the Right Base Cover (91). Slide the Left Base Cover onto the Left Upright (84) and the Right Base Cover onto the Right Upright (85).



9. Identify the Left Upright Cover (80). Slide the Left Upright Cover onto the Left Upright (84).

   Identify the Left Handrail (82). Remove the tie from the bracket on the Left Handrail. If necessary, press the 5/16" Cage Nut (38) back into place.

   Attach the Left Handrail (82) to the Left Upright (84) with two 5/16" x 1" Flat Head Patch Bolts (14), a 5/16" x 1" Patch Bolt (4), and a 5/16" Star Washer (13) as shown. **Do not tighten the Patch Bolts yet.**

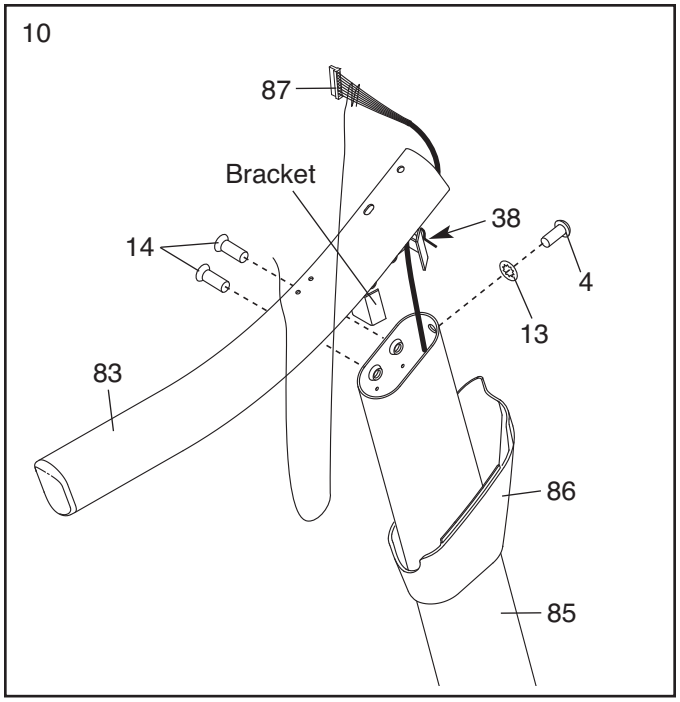


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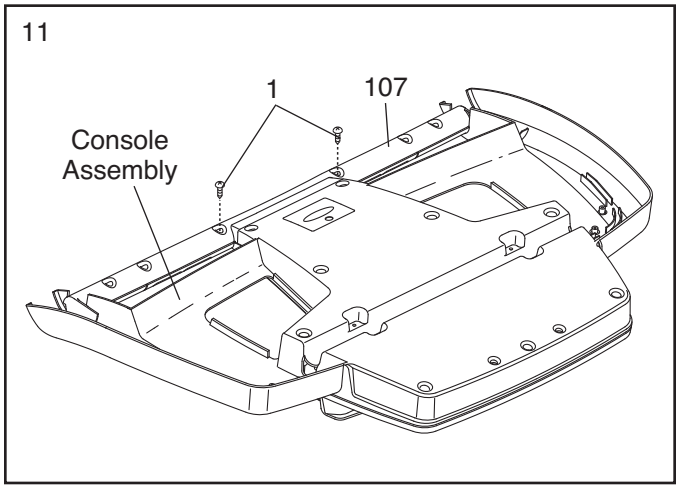
10. Slide the Right Upright Cover (86) onto the Right Upright (85). Remove the tie from the bracket on the Right Handrail (83). If necessary, press the 5/16" Cage Nut (38) back into place.

    Hold the Right Handrail (83) near the Right Upright (85). Insert the Upright Wire (87) through the bracket on the bottom of the Right Handrail. Pull the Upright Wire out of the end of the Right Handrail.

    Attach the Right Handrail (83) to the Right Upright (85) with two 5/16" x 1" Flat Head Patch Bolts (14), a 5/16" x 1" Patch Bolt (4), and a 5/16" Star Washer (13) as shown. **Do not tighten the Patch Bolts yet.**



11. Set the console assembly face down on a soft surface to avoid scratching the console assembly. Remove the two #8 x 3/4" Screws (1). Lift off the Crossbar (107).



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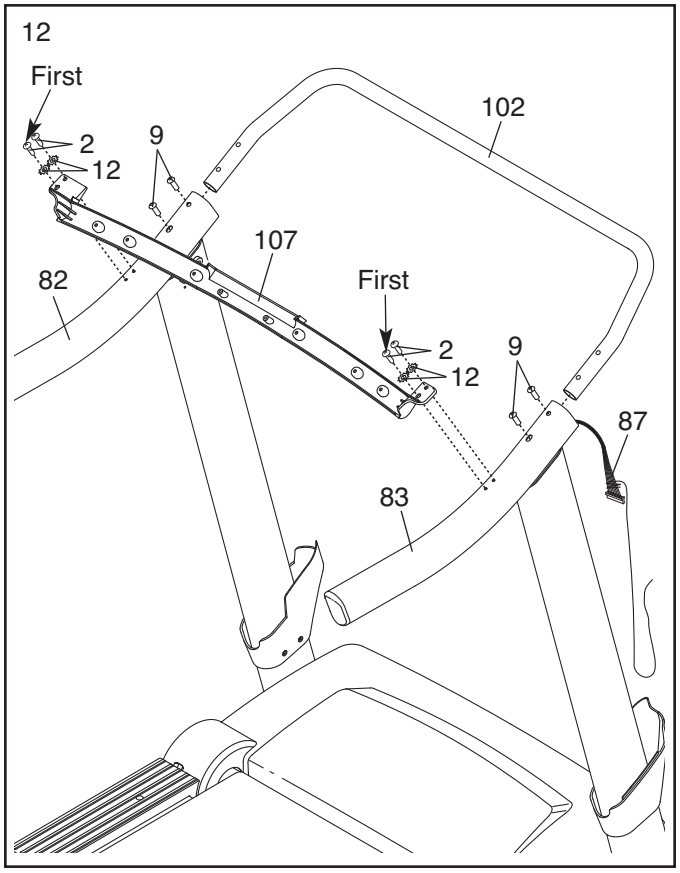
12. **IMPORTANT: To avoid damaging the Crossbar (107), do not use power tools and do not overtighten the #10 x 3/4" Screws (2).**

Orient the Crossbar (107) as shown. Attach the Crossbar to the Handrails (82, 83) with four #10 x 3/4" Screws (2) and four #10 Star Washers (12); **do not tighten the Screws yet.**

Insert the Console Frame (102) into the Handrails (82, 83). Attach the Console Frame with four 1/4" x 1" Patch Bolts (9); **do not tighten the Patch Bolts yet. Be careful not to pinch the Upright Wire (87).**

Tighten one #10 x 3/4" Screw (2) in each end of the Crossbar (107); do not overtighten the Screws. Then, tighten the other #10 x 3/4" Screw (2) in each end of the Crossbar.

Tighten the four 1/4" x 1" Patch Bolts (9).

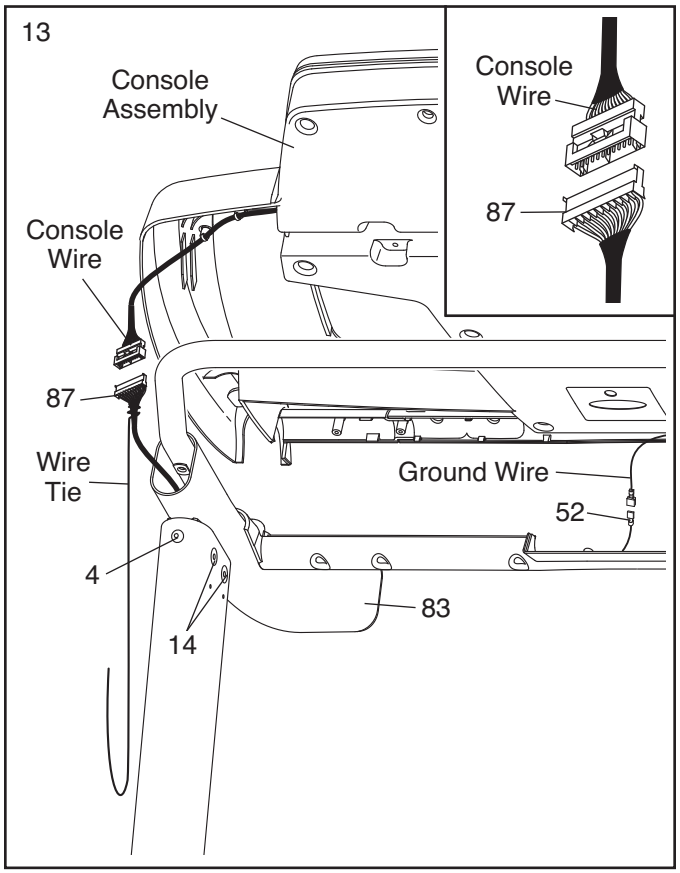


13. Firmly tighten two 5/16" x 1" Patch Bolts (4) and the four 5/16" x 1" Flat Head Patch Bolts (14) (only one side is shown).

With the help of a second person, hold the console assembly near the Right Handrail (83) and the Left Handrail (not shown).

Connect the Upright Wire (87) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Remove the wire tie from the Upright Wire.

Connect the ground wire from the console assembly to the Console Ground Wire (52).

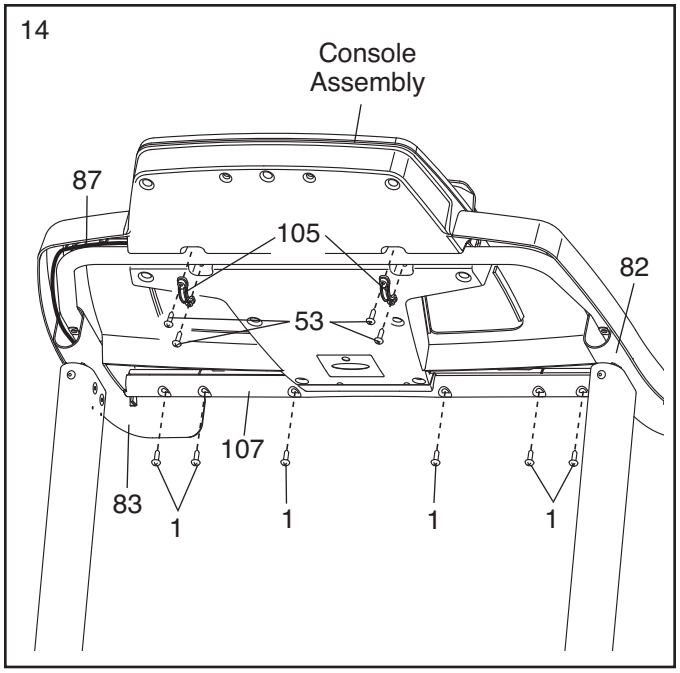


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14. Set the console assembly on the Left and Right Handrails (82, 83). **Be careful not to pinch any wires.** Insert the excess Upright Wire (87) into the Right Handrail.

    Attach the console assembly to the Crossbar (107) with six #8 x 3/4" Screws (1). **Start all six Screws, and then tighten each of them.**

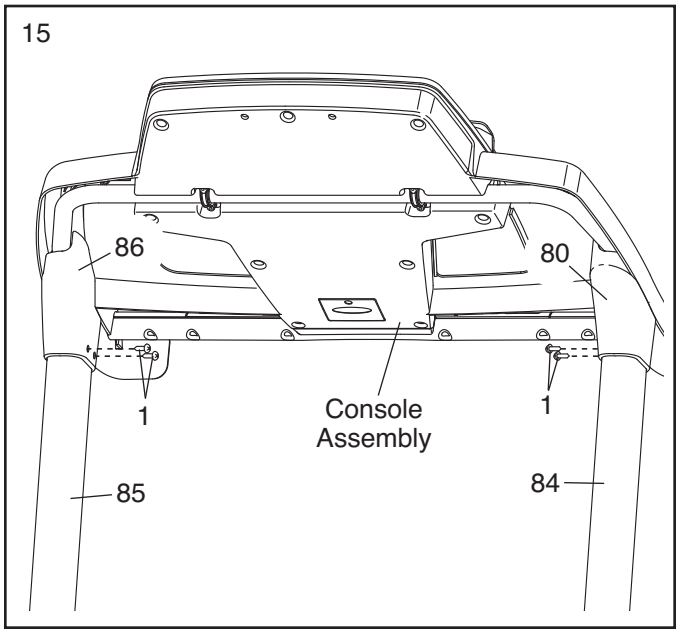
    Attach the two Console Clamps (105) to the console assembly with four #8 x 1" Screws (53).



15. Hold the Right Upright Cover (86) against the console assembly. Align the holes in the Right Upright Cover with the holes in the Right Upright (85). Attach the Right Upright Cover with two #8 x 3/4" Screws (1).

    Attach the Left Upright Cover (80) to the Left Upright (84) in the same way.

    See steps 5 and 7. Tighten the 3/8" x 4" Patch Bolts (7) and the 3/8" x 1 1/2" Patch Bolts (3).

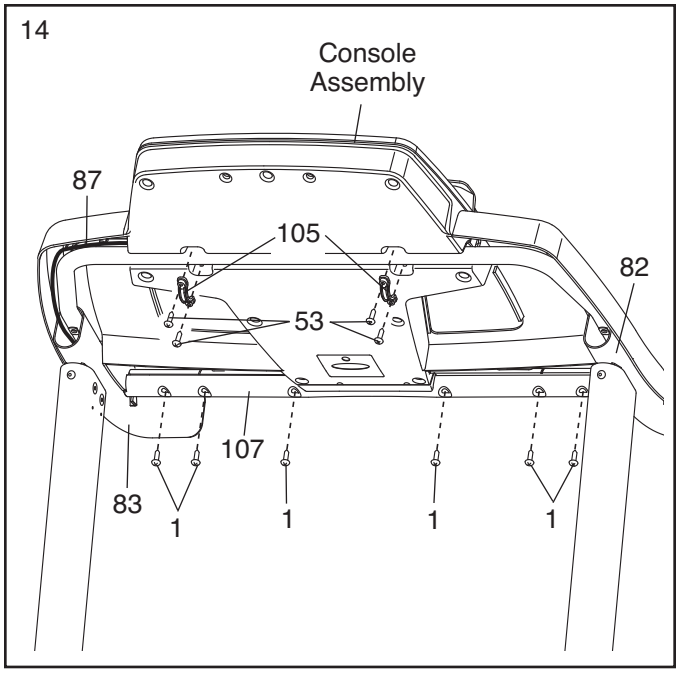


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14. Set the console assembly on the Left and Right Handrails (82, 83). **Be careful not to pinch any wires.** Insert the excess Upright Wire (87) into the Right Handrail.

    Attach the console assembly to the Crossbar (107) with six #8 x 3/4" Screws (1). **Start all six Screws, and then tighten each of them.**

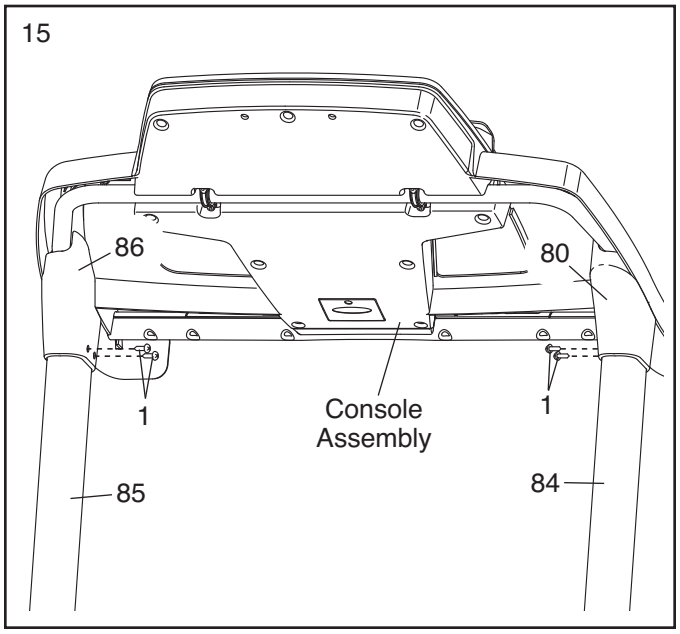
    Attach the two Console Clamps (105) to the console assembly with four #8 x 1" Screws (53).



15. Hold the Right Upright Cover (86) against the console assembly. Align the holes in the Right Upright Cover with the holes in the Right Upright (85). Attach the Right Upright Cover with two #8 x 3/4" Screws (1).

    Attach the Left Upright Cover (80) to the Left Upright (84) in the same way.

    See steps 5 and 7. Tighten the 3/8" x 4" Patch Bolts (7) and the 3/8" x 1 1/2" Patch Bolts (3).



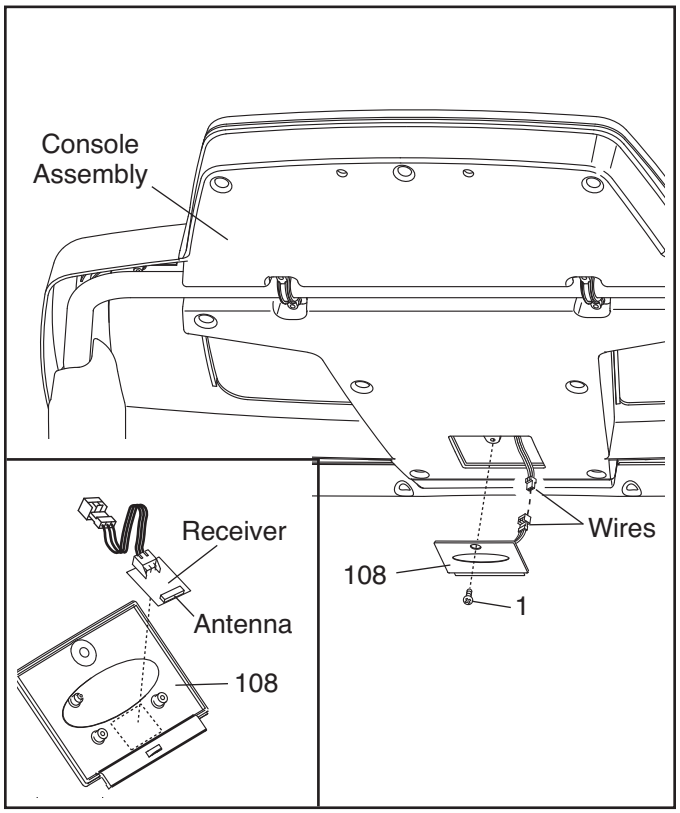
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If you purchase the optional chest pulse sensor (see page 23), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screw (1) from the Access Door (108) on the back of the console assembly.

2. **See the inset drawing. Hold the receiver so that the antenna is oriented as shown.** Peel the paper backing off the pad on the bottom of the receiver. Press the receiver onto the Access Door (108) in the location shown.

3. Connect the wire on the receiver to the wire extending from the console assembly. **Make sure that no wires are pinched.** Reattach the Access Door (108) with the #8 x 3/4" Screw (1). Discard the other wires included with the receiver.



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OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

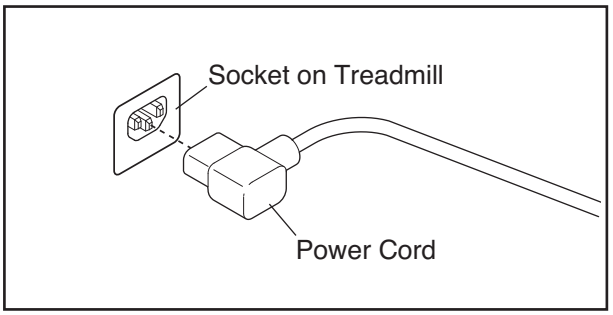
HOW TO PLUG IN THE POWER CORD

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

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

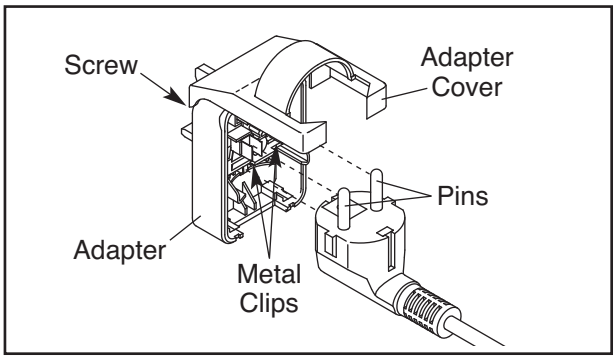
Follow the steps below to plug in the power cord.

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

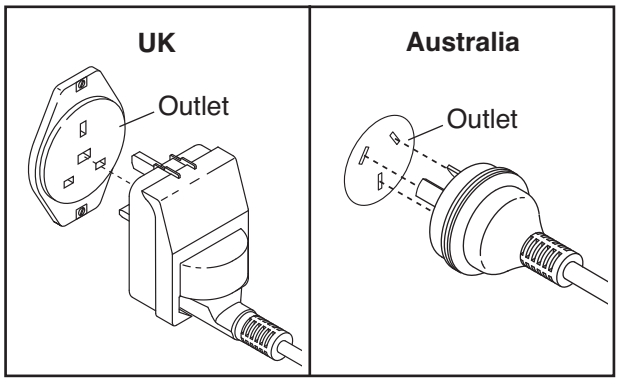


2. **If you are plugging in the power cord in Australia,** go to step 3.

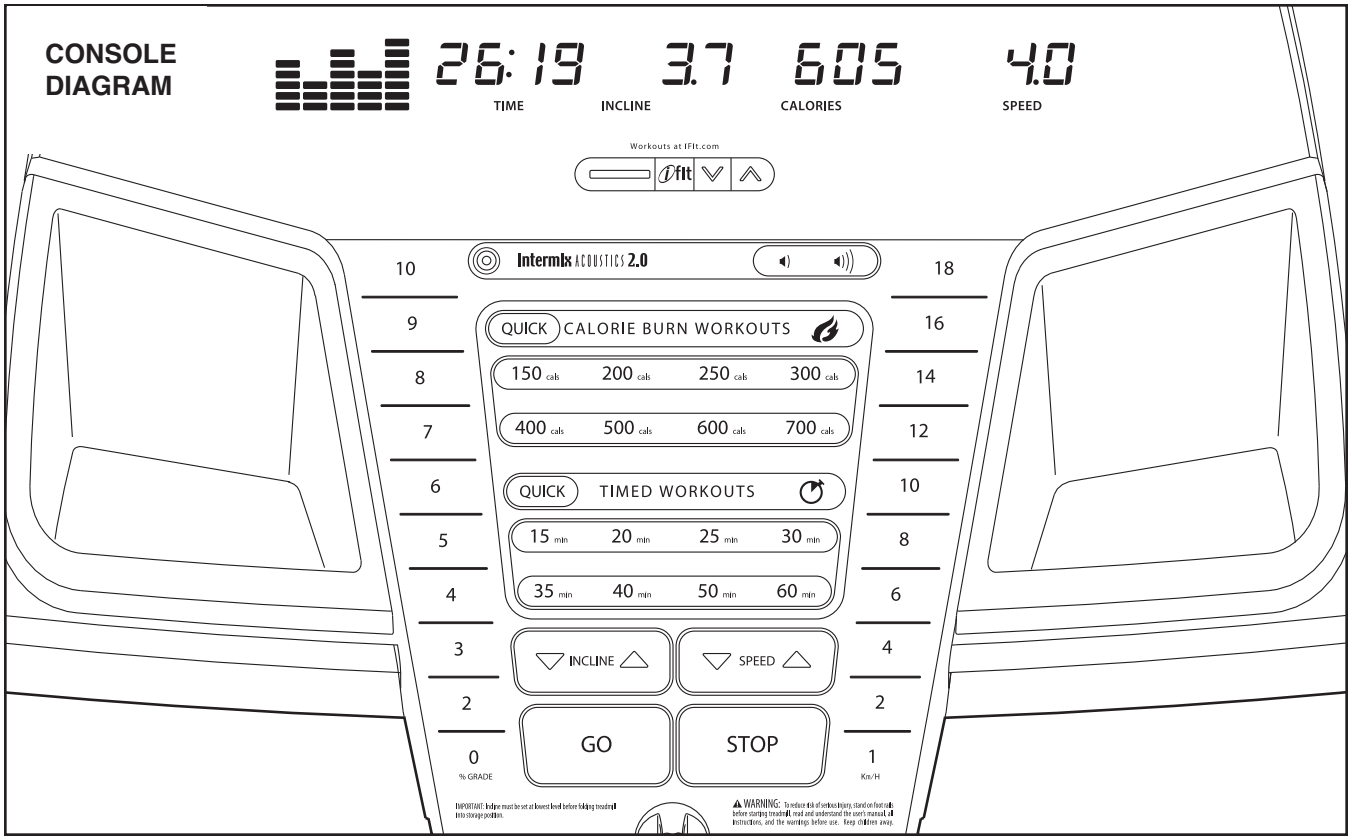
   If you are plugging in the power cord in the UK, first press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the screw is tightened into the adapter cover.**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



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



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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 pulse sensor or the optional chest pulse sensor.

In addition, the console offers sixteen preset workouts—eight quick calorie burn workouts and eight quick timed workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session.

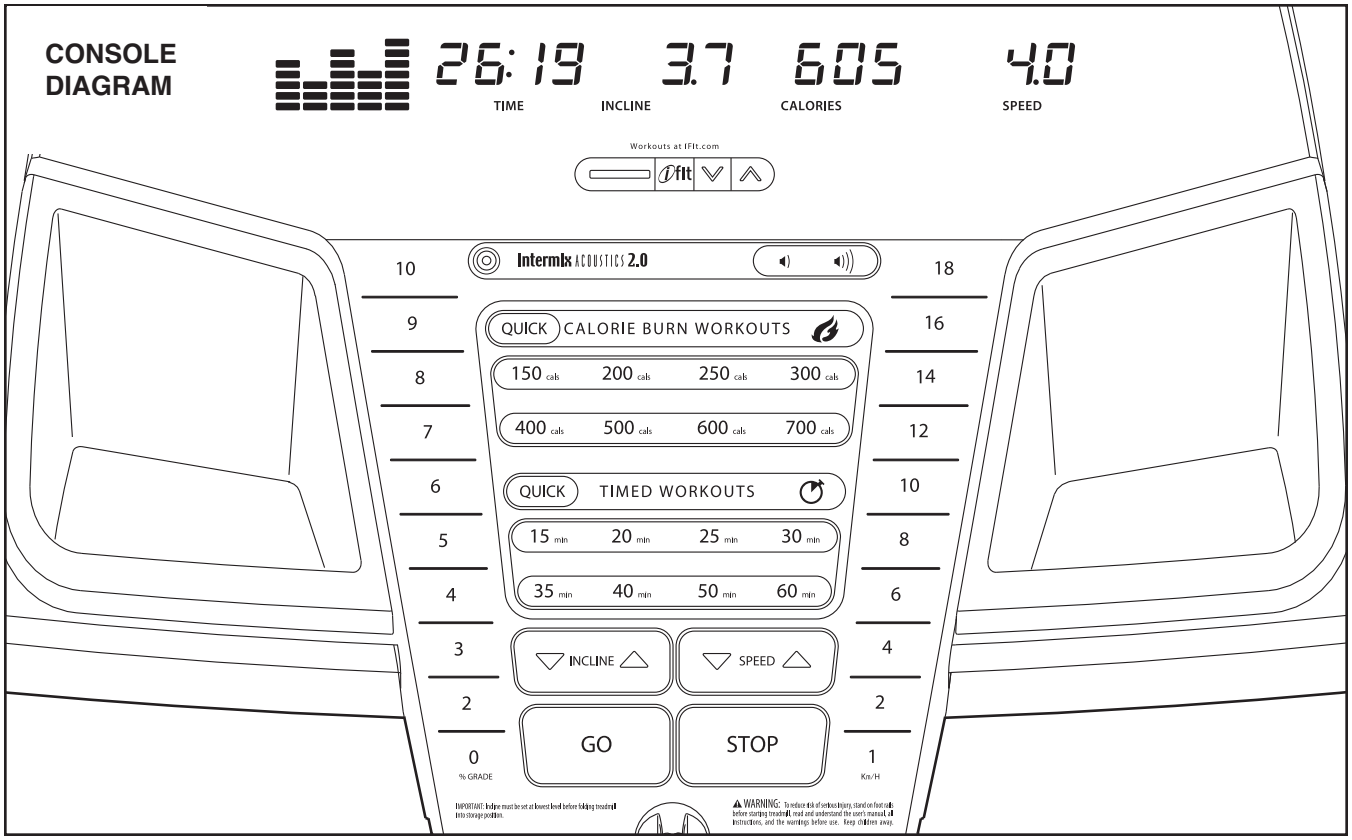
The console also features the iFit interactive workout system. The iFit system accepts iFit cards with workouts that help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts automatically control the treadmill. iFit cards are available separately. **To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

You can even listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To turn on the power, see page 18. **To use the manual mode,** see page 18. **To use a preset workout,** see page 21. **To use an iFit workout,** see page 22. **To use the information mode,** see page 23. **To use the stereo sound system,** see page 23.

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 27).

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FEATURES OF THE CONSOLE

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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 27).

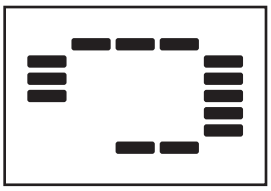
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4. **Change the incline of the treadmill as desired.**



To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline buttons. Each time you press the incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.

5. **Monitor your progress with the matrix and the displays.**



The matrix—When the manual mode is selected, the display will show a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



Time display—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout rather than the elapsed time.



Distance/Incline display—This display shows the distance that you have walked or run. This display will also show the incline setting for several seconds, each time the incline changes.



Calories/Pulse display—This display shows the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the volume level when you press the Volume increase or decrease button.



Speed display—This display shows the speed of the walking belt.

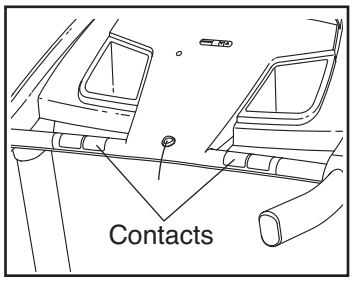
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

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

   Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. For information on the optional chest pulse sensor, see page 23.

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



   To use the handgrip pulse sensor, **stand on the foot rails** and hold the metal contacts for at least 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, 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 PRESET WORKOUT

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

   See HOW TO TURN ON THE POWER on page 18.

2. **Select a preset workout.**

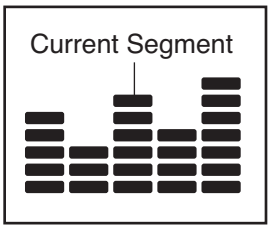
   To select a preset workout, press one of the Quick Calorie Burn Workouts buttons or one of the Quick Timed Workouts buttons.

   When a preset workout is selected, the workout duration, the maximum incline setting, and the maximum speed setting of the workout will appear in the displays. In addition, a profile of the speed settings of the workout will scroll across the matrix. If you select a quick calorie burn workout, the calorie goal will also appear in the display.

3. **Start the walking belt.**

   Press the Go 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.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a 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.

   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 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.

   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 Go button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Monitor your progress with the matrix and the displays.**

   See step 5 on page 19.

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

   See step 6 on page 20.

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

   See step 7 on page 20.

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HOW TO USE AN IFIT WORKOUT

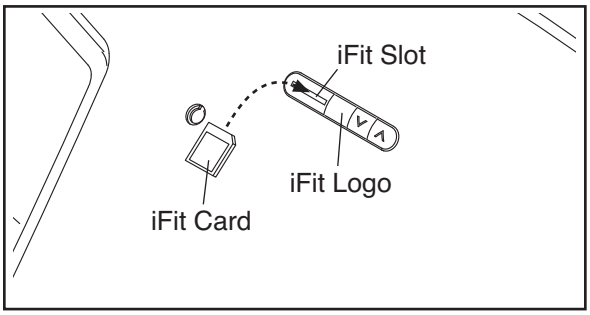
To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.

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

   See HOW TO TURN ON THE POWER on page 18.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face-down and are inserted into the iFit slot. When the iFit card is correctly inserted, the iFit logo will light up.



   Next, select an iFit workout by pressing the iFit increase and decrease buttons next to the iFit slot. When an iFit workout is selected, the workout duration, the maximum incline setting, the name, and the maximum speed setting of the workout will appear in the displays. In addition, a profile of the speed settings of the workout will scroll across the matrix.

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

3. **Start the walking belt.**

   Press the Go 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.

   During the workout, the voice of a personal trainer will guide you through the workout.

   If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

4. **Monitor your progress with the matrix and the displays.**

   See step 5 on page 19.

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

   See step 6 on page 20.

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

   See step 7 on page 20.

   CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

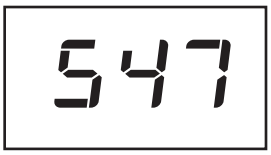
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THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total distance that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop 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.



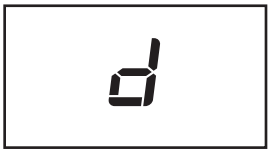
The Distance/Incline display will show the total number of miles (or kilometers) that the walking belt has moved.



An M for metric kilometers or an E for English miles will appear in the Calories/Pulse display. Press the Speed increase button to change the unit of measurement if desired.



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, a “d” will appear in the Speed display while the information mode is selected. To turn on or turn off the display demo mode, press the Speed decrease button.



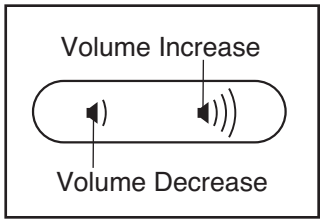
To exit the information mode, remove the key from the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console’s stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack.

To use the audio jack, locate the audio wire and plug it into the audio jack near the iFit slot. Then, plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

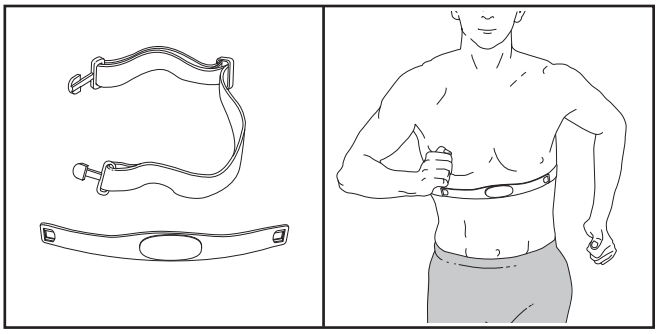
Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the Volume increase and decrease buttons on the console.



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

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



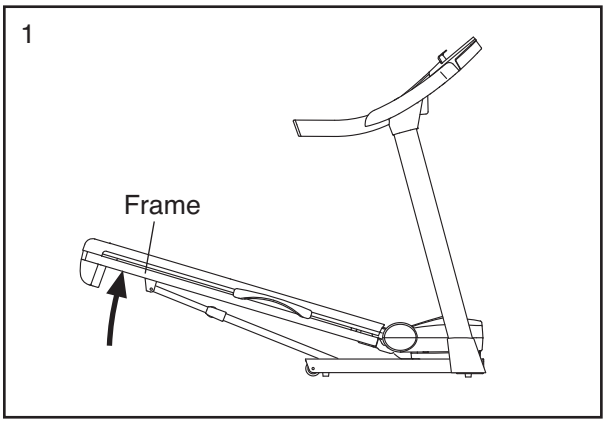
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HOW TO FOLD AND MOVE THE TREADMILL

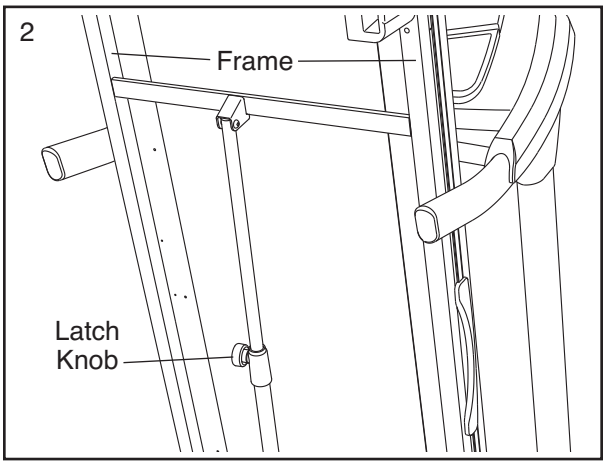
HOW TO FOLD THE TREADMILL

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

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



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

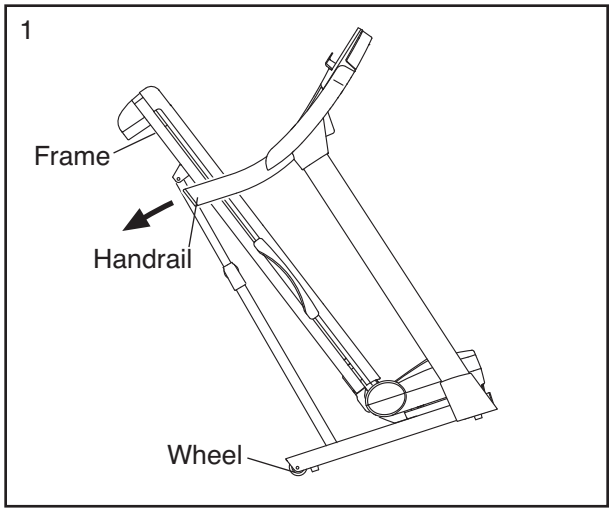


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

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

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



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

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

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

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TROUBLESHOOTING

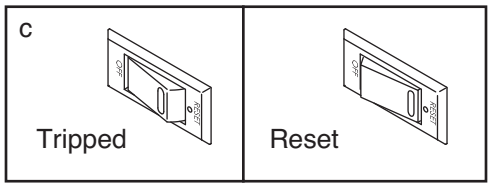
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 16). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 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 switch, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

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

c. Remove the key from the console. Reinsert the key into the console.

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

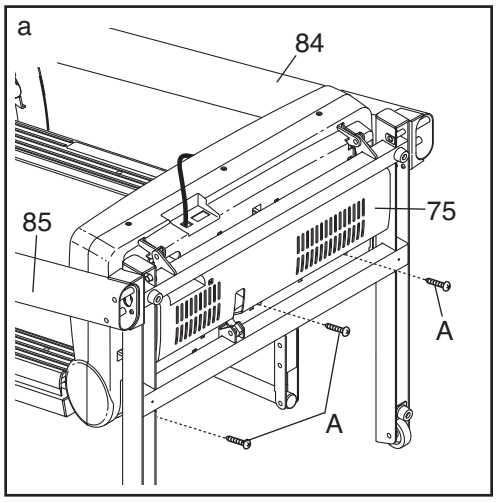
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 23 to turn off the demo mode.

PROBLEM: The displays of the console do not function properly

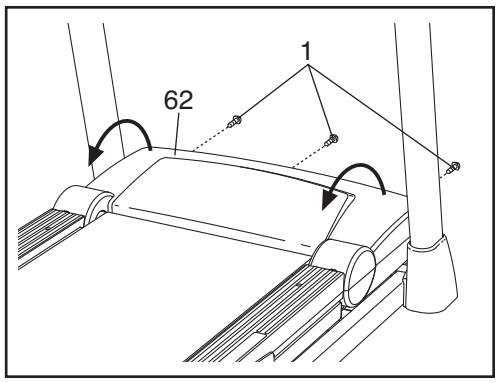
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip down the Uprights (84, 85). There may be three #8 x 2" Screws (A) in the bottom of the Belly Pan (75). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required.

Then, raise the Uprights (84, 85).

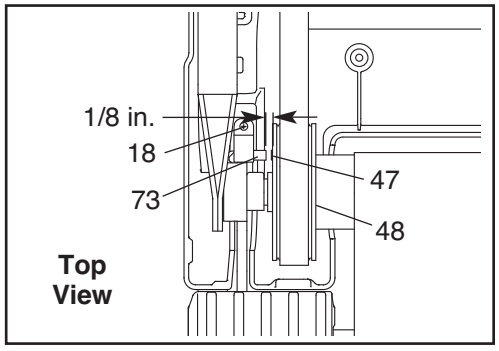


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Remove the three #8 x 3/4" Screws (1) and carefully pivot the Motor Hood (62) off.



Locate the Reed Switch (73) and the Magnet (47) on the left side of the Pulley (48). 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 (18), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) with the #8 x 3/4" Screws. Reattach the #8 x 2" Screws if necessary. Run the treadmill for a few minutes to check for a correct speed reading.



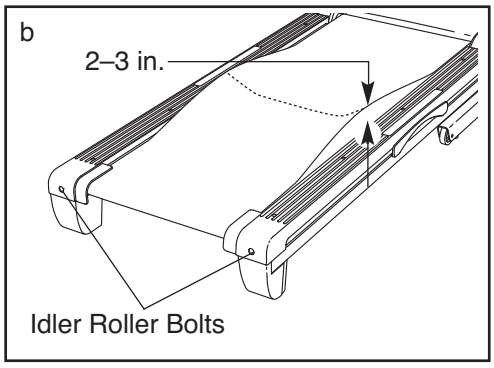
PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

SOLUTION: 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 bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

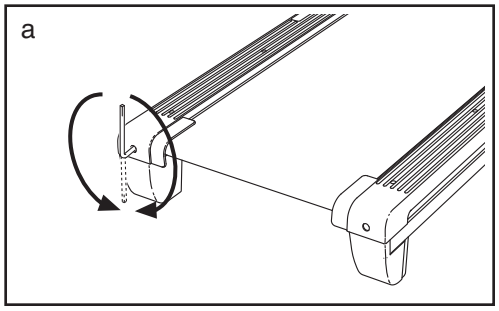


c. If the walking belt still slows when walked on, see the front cover of this manual.

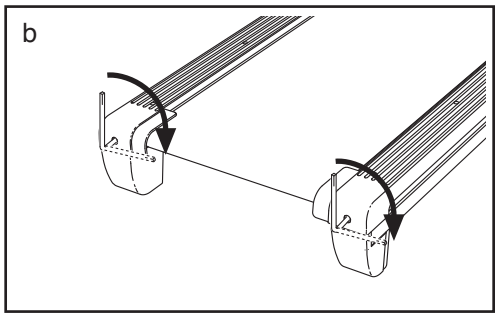
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PROBLEM: The walking belt is off-center or slips when walked on

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



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



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

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

EXERCISE INTENSITY

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

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
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.

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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

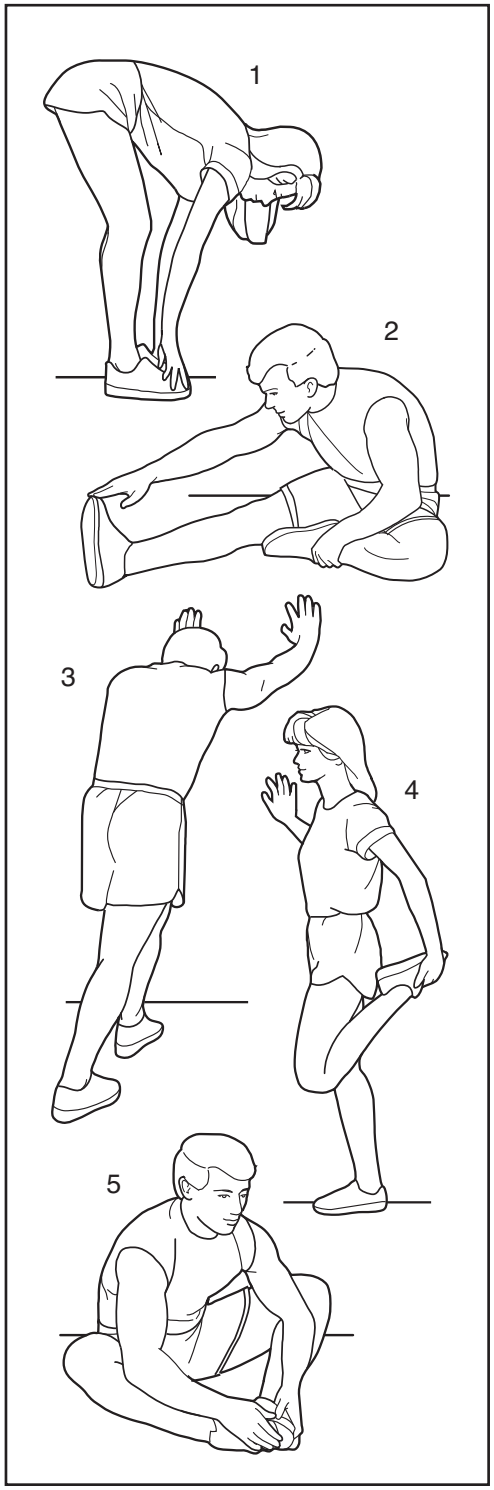
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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PART LIST—Model No. NETL81810.0

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

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

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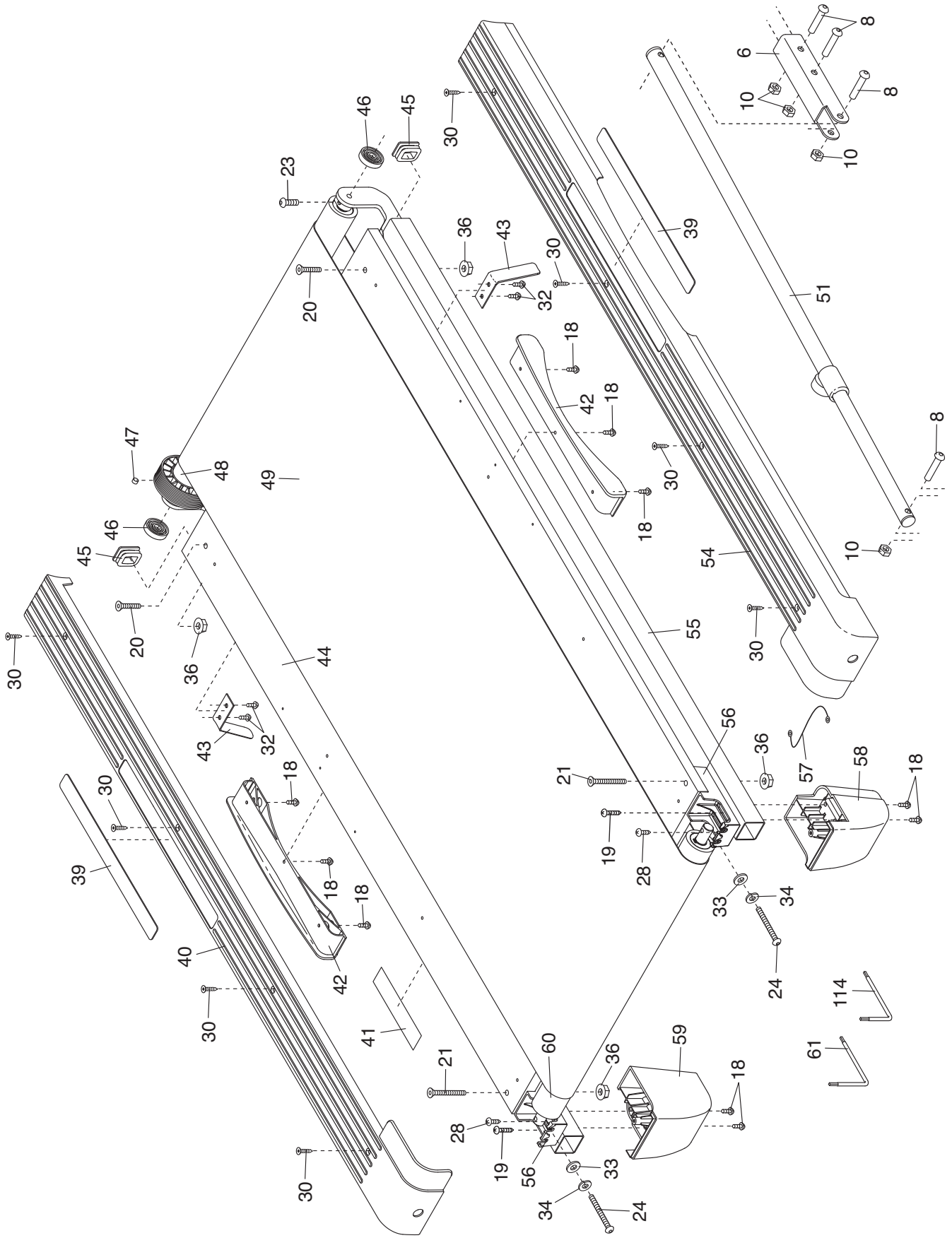
Key No.	Qty.	Description
101	1	Console
102	1	Console Frame
103	1	Left Tray
104	1	Right Tray
105	2	Console Clamp
106	1	Console Base
107	1	Crossbar
108	1	Access Door
109	1	Electronic Bracket
110	1	Filter
111	1	Transformer
112	2	Motor Bushing
113	1	Motor Isolator
114	1	5/32" Hex Key
*	–	User's Manual

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.

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EXPLODED DRAWING A—Model No. NETL81810.0

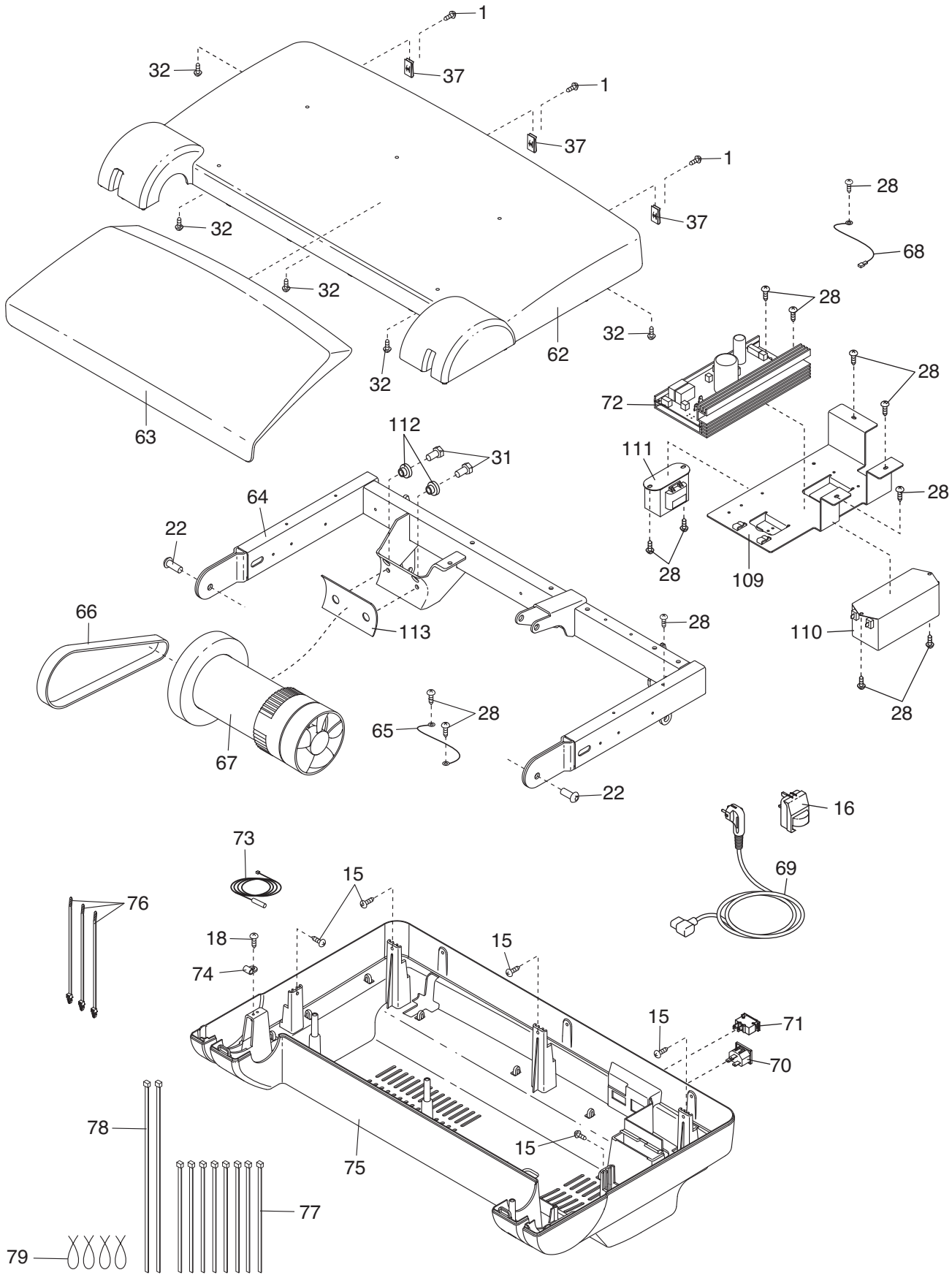
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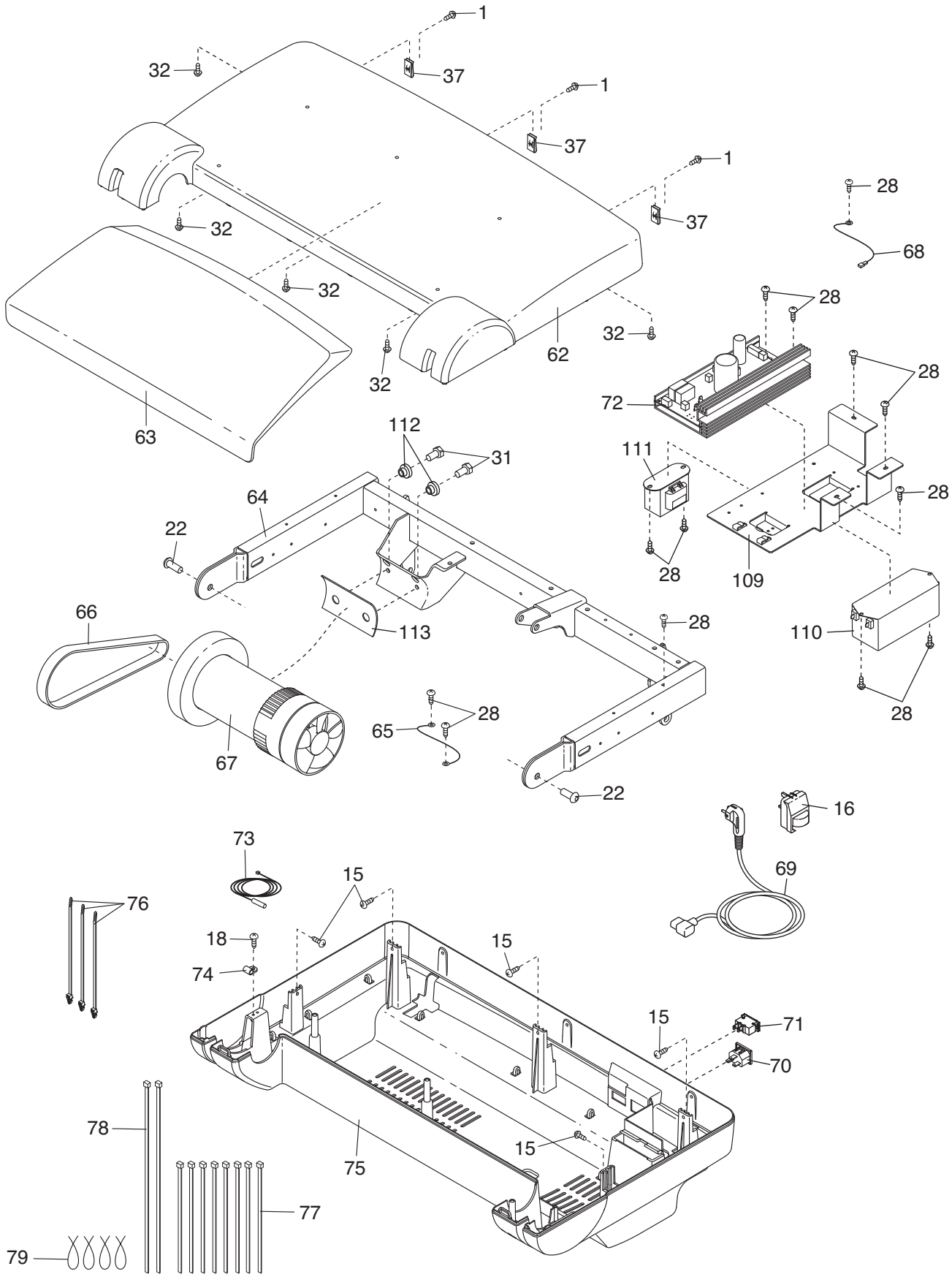
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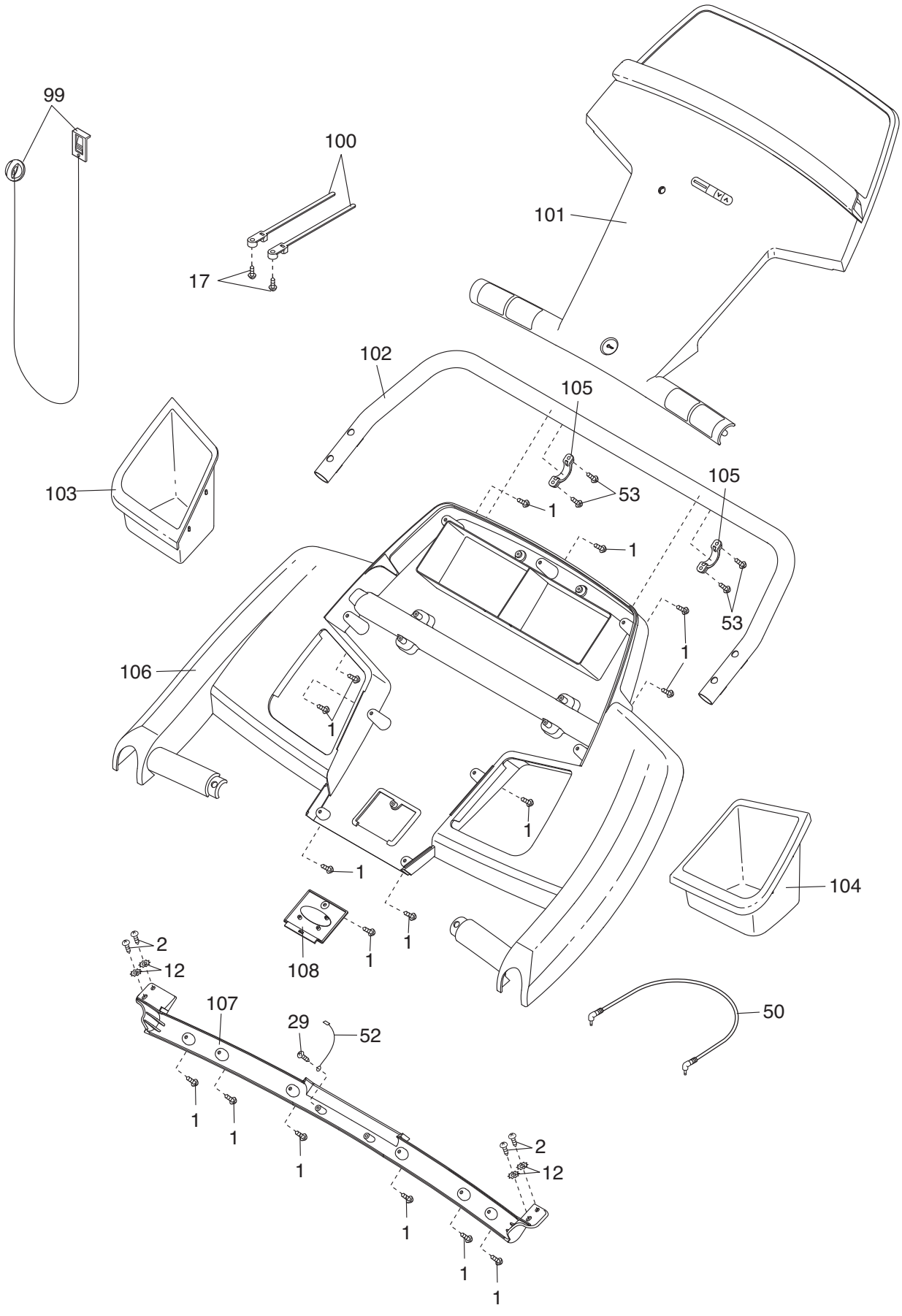
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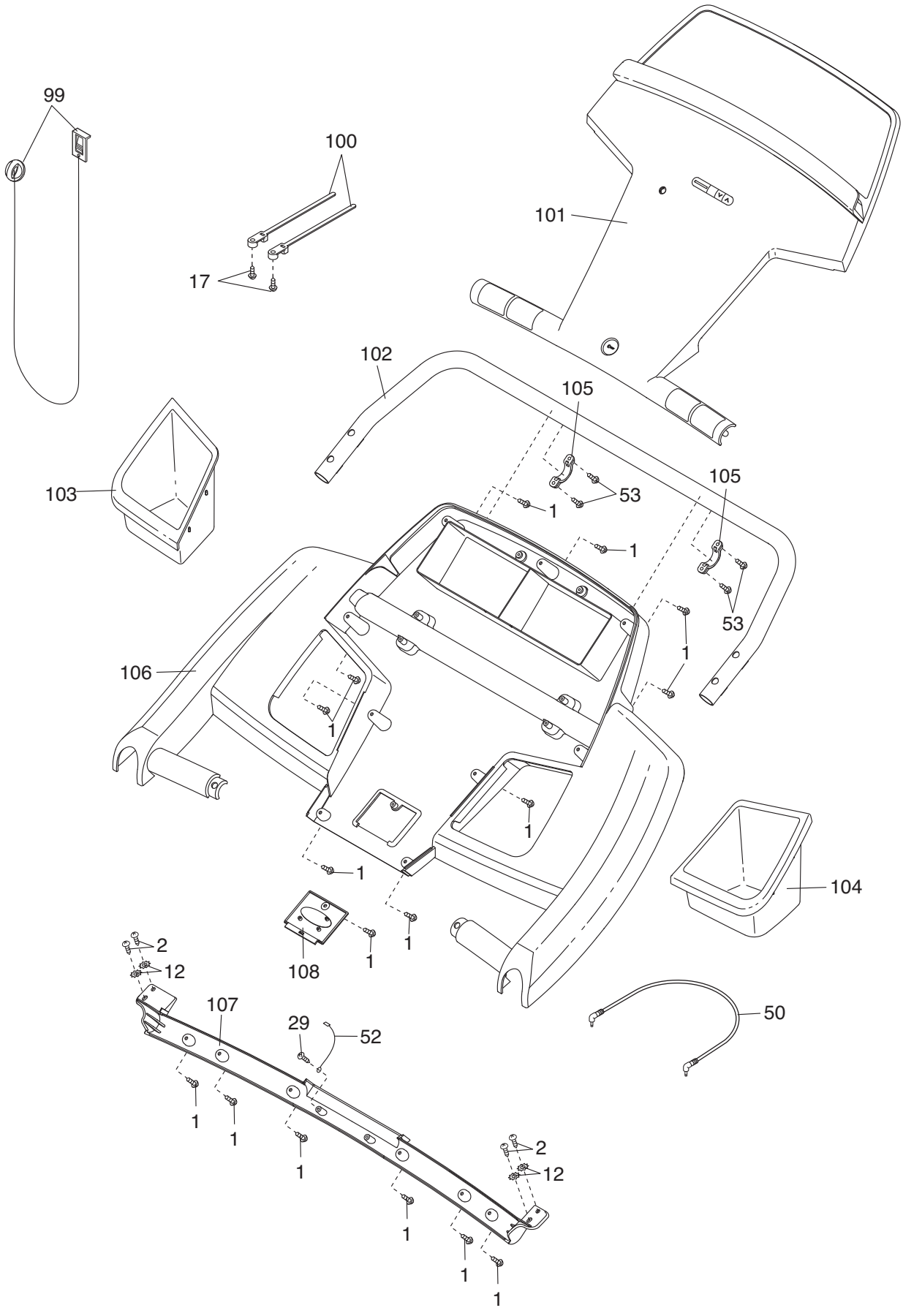
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