

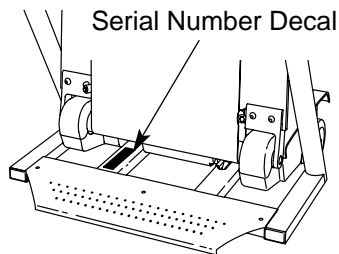
NordicTrack[®] **4500 R**

USER'S MANUAL

Model No. NTL20920

Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.



QUESTIONS?

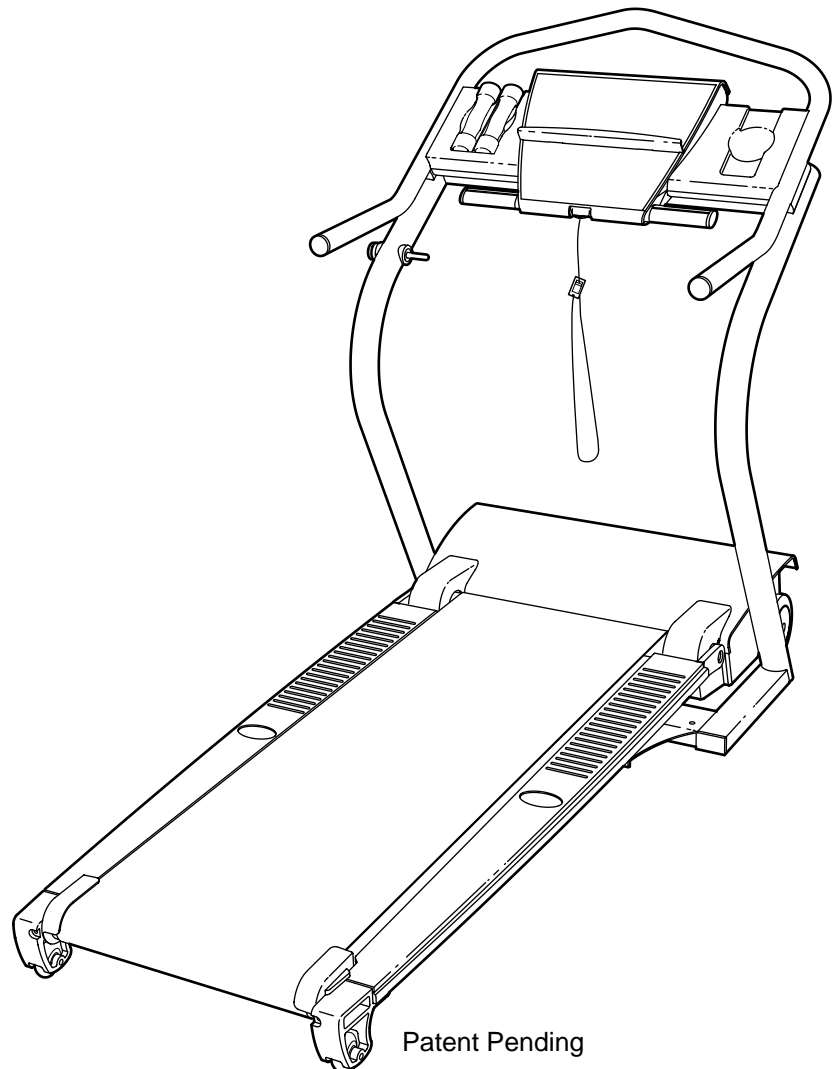
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-888-825-2588

Mon.–Fri., 6 a.m.–6 p.m. MST



⚠ CAUTION

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



Visit our website at

www.nordictrack.com

*new products, prizes,
fitness tips, and much more!*



NordicTrack[®]

4500 R

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	9
HOW TO FOLD AND MOVE THE TREADMILL	26
TROUBLESHOOTING	27
CONDITIONING GUIDELINES	29
PART LIST	30
ORDERING REPLACEMENT PARTS	31
LIMITED WARRANTY	Back Cover

Note: An EXPLODED DRAWING is attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

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. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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.
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. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 300 pounds.
8. Never allow more than one person on the treadmill at a time.
9. 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.*
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local NordicTrack dealer or call 1-800-806-3651 and order part number 146148.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor 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 **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Hand weights should be used only by experienced users.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off 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 26.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

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

22. When folding or moving the treadmill, make sure that the storage latch is fully closed.

23. When using iFIT.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

24. When using iFIT.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

25. Always remove iFIT.com CD's and videos

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

from your CD player or VCR when you are not using them.

26. Inspect and properly tighten all parts of the treadmill regularly.

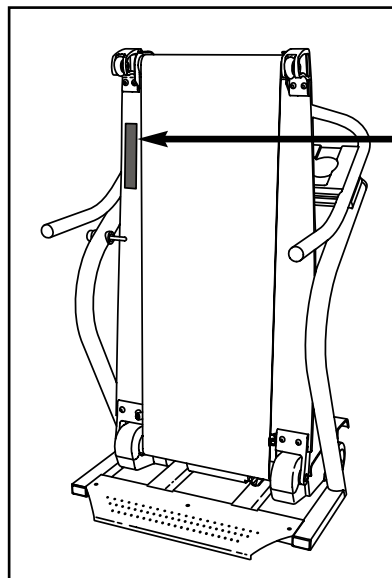
27. Never insert or drop any object into any opening.

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




SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on page 31). Apply the decal in the location shown. Note: The decal is not 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 treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  •Never allow children on or around treadmill.
- Remove key when not in use.
-  •Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

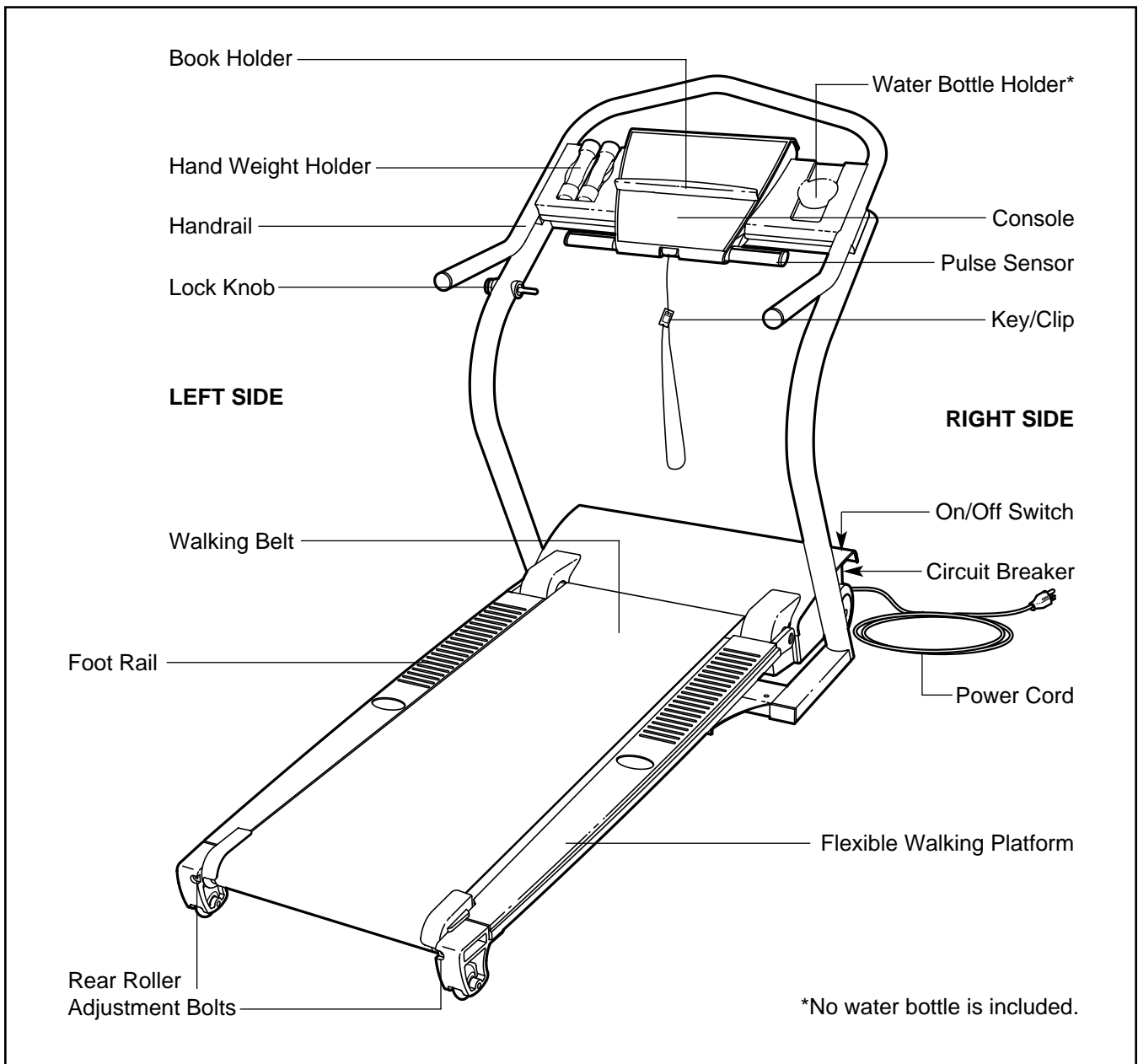
BEFORE YOU BEGIN

Thank you for selecting the revolutionary 4500 R treadmill from NordicTrack®. The 4500 R offers an impressive array of features to make your home workouts more enjoyable and effective. And when you're not exercising, the unique 4500 R can be folded up, requiring less than half the floor space of other treadmills.

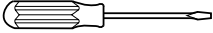


For your benefit, read this manual carefully before using the 4500 R treadmill. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-888-825-2588,

Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is NTL20920. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



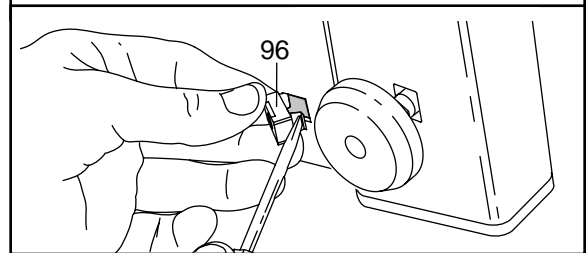
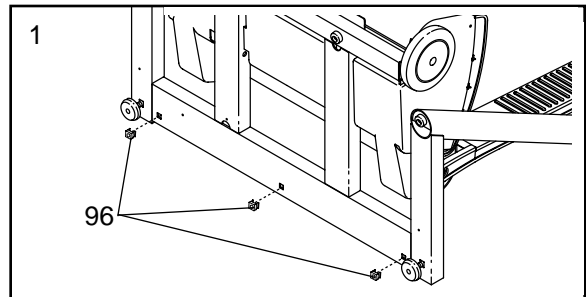
ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own flat-bladed screwdriver** , **wire cutters** , and **adjustable wrench** .

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the treadmill or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt or foot pads, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. Slide the treadmill out of the box. Insert the three Cage Nuts (96) into the three indicated holes in the treadmill.

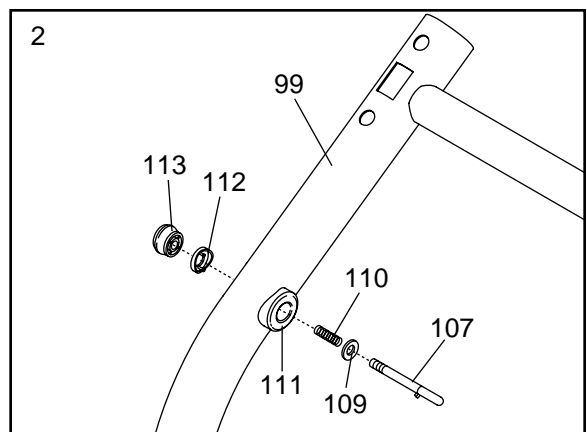
To insert each Cage Nut (96), first hook one side of the Cage Nut into the hole and then use a flat-bladed screwdriver to press the other side into the hole, as shown.



2. With the help of a second person, carefully raise both Uprights (99) to a vertical position. Press the Lock Knob Sleeve (111) and the Lock Knob Spacer (112) into the left Upright.

Remove the Lock Knob (113) from the Lock Pin (107). Make sure that the Lock Pin Collar (109) and the Spring (110) are on the Lock Pin. (Note: If there are two Lock Pin Collars, place one on each side of the Spring.) Insert the Lock Pin into the Lock Knob Sleeve (111) and the Left Upright (99).

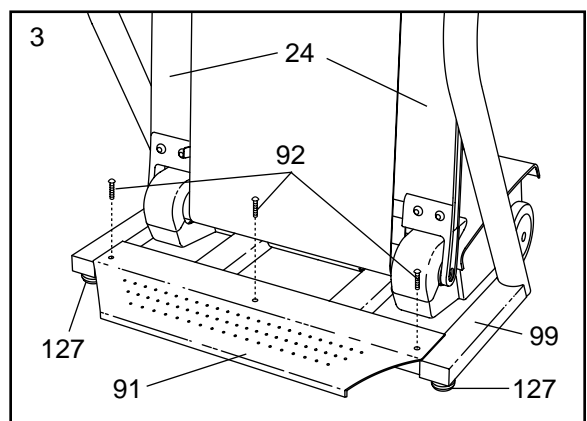
Tighten the Lock Knob (113) onto the Lock Pin (107).



3. With the help of a second person, raise the Walking Platform (24) to the storage position and make sure that the lock pin is engaged as described on page 26.

Position the Base Plate (91) on the treadmill as shown. Attach the Base Plate with the three Base Plate Screws (92). Note: It may be helpful if a second person tips the treadmill slightly as you tighten the Screws.

If the treadmill rocks slightly, turn one or both of the Leveling Feet (127) under the Uprights (99) until the rocking motion is eliminated. Carefully lower the Walking Platform (24) to the floor as described on page 26.



- See drawing 4a. While another person holds the Handrails (83), thread Handrail Bolts (104) two to three turns into the indicated holes in each Handrail. **Then, remove the Handrail Bolts.**

See drawing 4b. Pinch the tabs on the Grounding Bracket (115) so that the tabs will fit into the indicated hole in the left Upright (99). Then, insert the Grounding Bracket into the hole as far as possible.

Note: It may be helpful to set the Handrails (83) on the Uprights (99) and loosely thread a Handrail Bolt (104) into the left Upright and the left Handrail. Tip the Handrails, if necessary, to thread the Handrail Bolt. Have another person support the Handrails while you complete the remaining steps.

- Pull the Upright Wire Harness (119) up through a Handrail Spacer (116). Place the Handrail Spacer on the right Upright (99) as shown, with the cutout toward the treadmill (see inset drawing A).

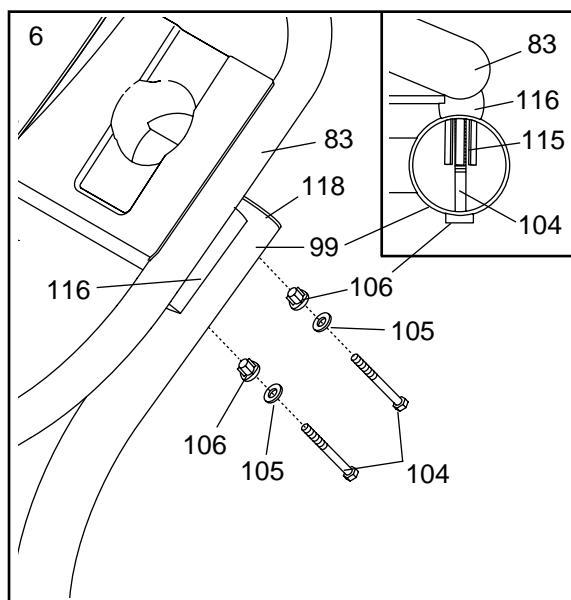
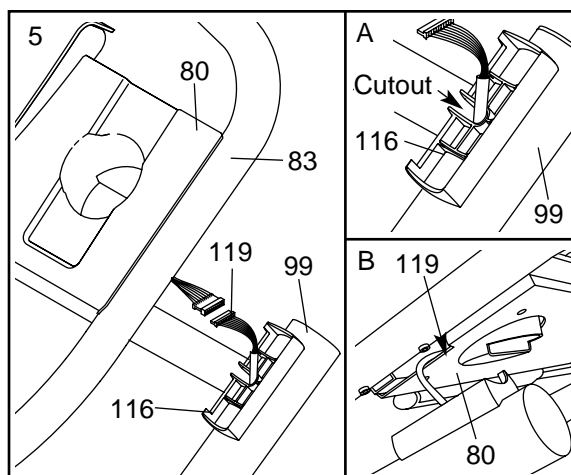
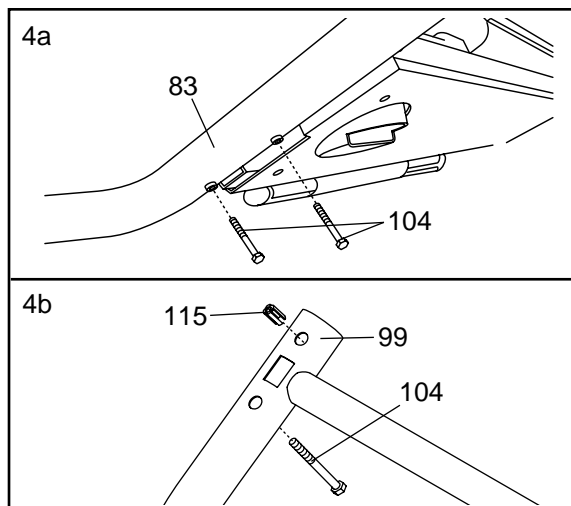
Connect the Upright Wire Harness (119) to the wires extending from the Console Base (80). **The connectors should slide easily and “snap” into place.** If the connectors do not slide easily and snap into place, turn a connector and try again. Insert the connectors and the Upright Wire Harness into the hole in the Console Base (see inset drawing B).

Set the Handrail (83) on the Handrail Spacer (116), being careful not to pinch the Upright Wire Harness (119).

- Insert two Handrail Bolts (104) with Handrail Washers (105) and Handrail Bushings (106) into the right Upright (99) and the right Handrail Spacer (116). Turn the Handrail Bushings so they fit against the Upright (see the inset drawing). Lift the right Handrail (83) slightly and align the Bolts with the holes in the Handrail. Loosely thread the Bolts into the Handrail. **Do not tighten the Bolts yet.**

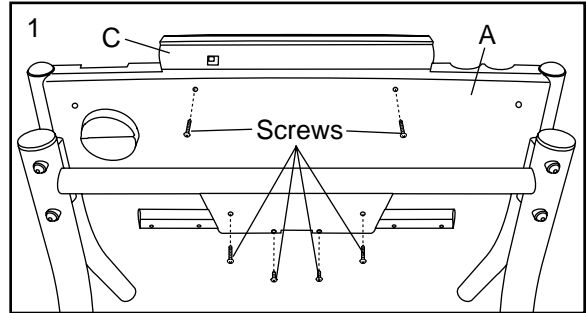
See the inset drawing. Remove the Handrail Bolt (104) used in step 4. Place the other Handrail Spacer (116) on the left Upright (99), with the cutout toward the treadmill. Reach inside the left Upright and spread the tabs on the Grounding Bracket (115) to allow a Bolt to pass through the Grounding Bracket. Attach the left Handrail (83) as described above. Make sure that the Handrail Bushings (106) are turned properly and that the Bolt goes through the Grounding Bracket. **Tighten all four Handrail Bolts.** Press an Upright Endcap (118) into each Upright.

- Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 28). **To protect the floor or carpet from damage, place a mat under the treadmill.**

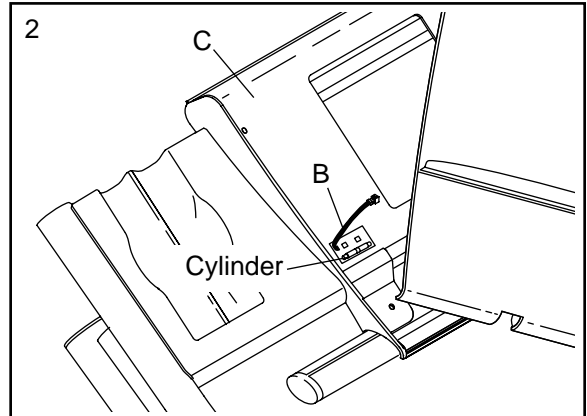


If you purchase the optional chest pulse sensor (see page 25), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

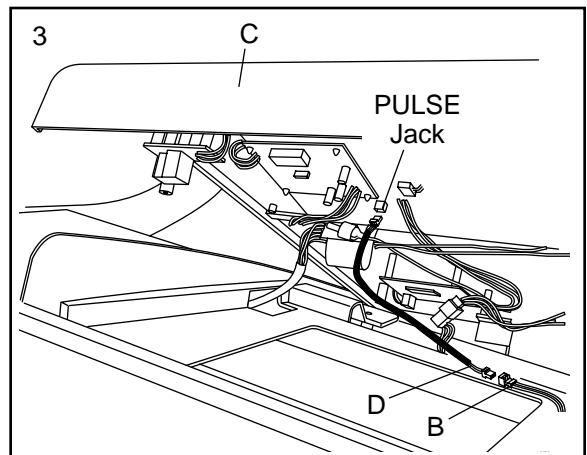
1. **Make sure that the power cord is unplugged.** Remove the indicated screws from the Console Back (A). **Important: The screws may be different lengths. Keep track of which screws were removed from which holes.** Remove the Console Back.



2. Peel the paper off the pad on the bottom of the Receiver (B). **Turn the Receiver so the cylinder is on the side shown,** and press the Receiver into the bottom of the Console Base (D) in the indicated location.



3. Connect the included Short Jumper Wire (E) to the wire on the Receiver (B). Connect the other end of the Short Jumper Wire to the PLS2 jack on the back of the Console (C). If there is a wire already plugged into the PLS2 jack, unplug it. Note: The other wires included with the receiver may be discarded. The wire tie can be used to tie wires, if needed.



Make sure that no wires are pinched. See step 1. Reattach the Console (C) with the screws. **Important: If the screws are not put back into the same holes from which they were removed, the Console will be damaged.**

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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

⚠ DANGER: Improper connection of the equipment-grounding 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 grounded. 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.

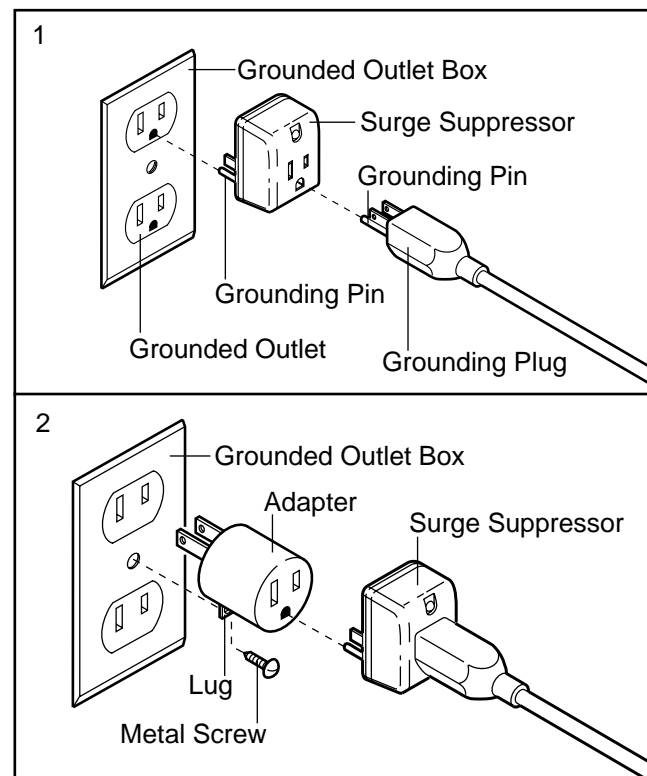
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local NordicTrack dealer or call 1-800-806-3651 and order part number 146148.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having

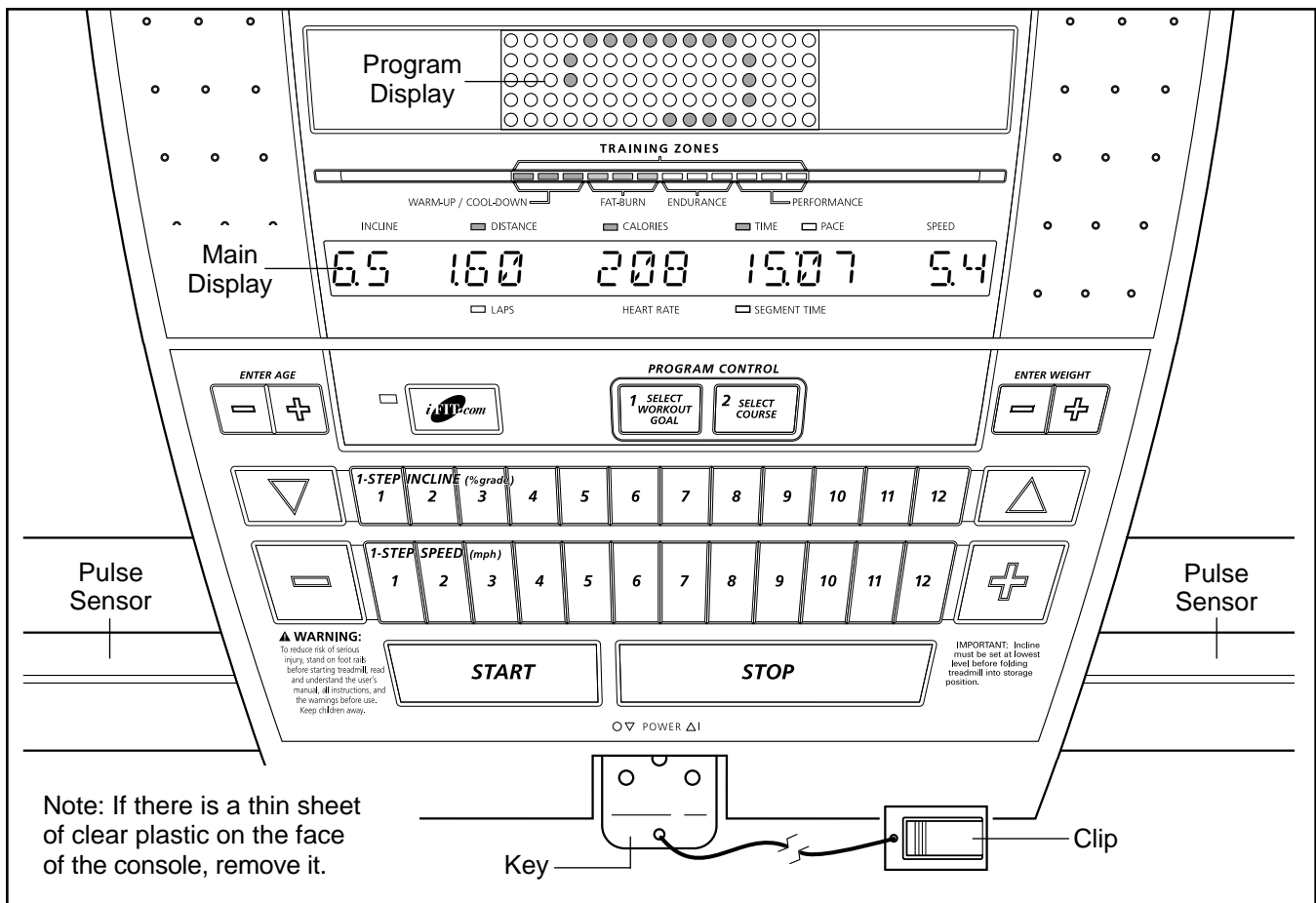
an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to help you get the most from your exercise.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. And for a total-body workout, the included hand weights can be used as you walk on the treadmill.

Twenty-seven preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. You can even create custom workout programs and store them in memory for future use.

In addition, the console offers a fitness test program that measures your relative fitness level, and a pulse-driven program that automatically adjusts the speed and incline of the treadmill to keep your heart rate near a target level during your workout. Note: The fitness test program and the pulse-driven program require the use of an optional chest pulse sensor (see page 25).

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a per-

sonal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768. For information about an optional chest pulse sensor, see page 25.

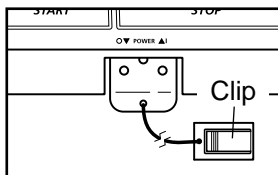
CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing below) while operating the treadmill.
- Adjust the speed in small increments in order to avoid sudden jumps in speed.
- 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.
- If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse-driven program. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.
- Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Hand weights should be used only by experienced users.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

GETTING STARTED

1 Attach the clip to the waistband of your clothes.

Stand on the foot pads of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

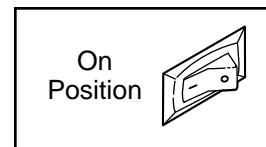


2 Plug in the power cord.

See HOW TO PLUG IN THE POWER CORD on page 9.

3 Move the on/off switch to the on position.

Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.

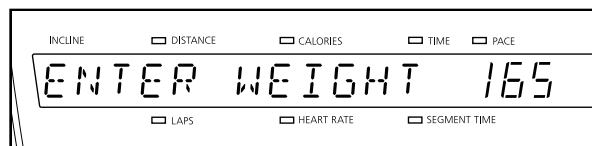


4 Insert the key fully into the console.

Stand on the foot pads of the treadmill. **Attach the clip securely to the waistband of your clothes.** Next, insert the key into the console. After a moment, various displays and indicators on the console will light. Note: When the key is inserted, the treadmill incline system may automatically calibrate itself—the treadmill will rise to the highest incline level and then return to the lowest incline level. During calibration, the left side of the main display will show two dashes (--) and the time indicator will flash.

5 Enter your weight.

Although you can use the console without entering your weight, the console will count your calorie expenditure more accurately if you enter your weight. To enter your weight, press either of the Enter Weight buttons. The words "ENTER WEIGHT" and the current weight setting will appear in the main



display. Press the Enter Weight buttons again to enter your weight. The buttons can be held down to enter your weight quickly. Four seconds after the buttons are last pressed, the weight setting will disappear from the display. Your weight will then be saved in memory.

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 13. **To create and use a custom program**, see pages 15 and 16. **To use the fitness test program**, see page 17. **To use the pulse-driven program**, see page 18. **To use an iFIT.com CD or video program**, see page 22. **To use an iFIT.com program directly from our Web site**, see page 24.

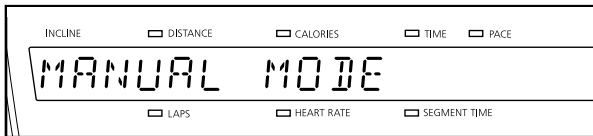
HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

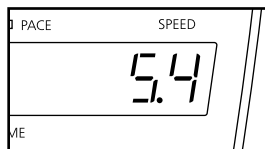
2 Select the manual mode.

When the key is inserted, the manual mode will automatically be selected. If a program has been selected, press the Select Workout Goal button repeatedly until the words "MANUAL MODE" appear in the main display.



3 Press the Start button or the Speed + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the 1-step Speed buttons. The speed range is 0.5 mph to 12 mph.

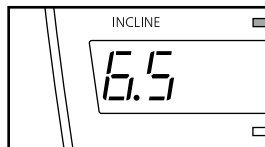


To stop the walking belt, press the Stop button. The time will begin to flash in the main display. To restart the walking belt, press the Start button or the Speed + button.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt and align it if necessary (see page 28).

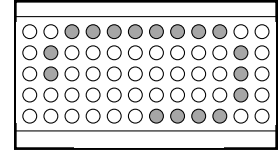
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline Δ and ∇ buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline quickly, press the 1-step Incline buttons. The incline range is 0% to 12%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

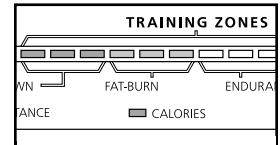


5 Follow your progress with the LED track, the Training Zone display, and the main display.

The LED track—When the manual mode or the iFIT.com mode is selected, the program display will show an LED track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until you have walked or run 1/4 mile. A new lap will then begin.



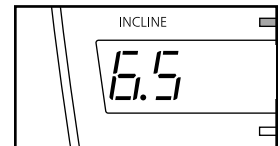
The Training Zone display—As you exercise, the Training Zone display will show the approximate intensity level of your exercise.



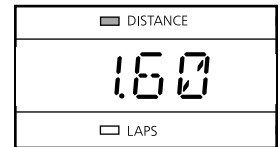
For example, if four to six indicators in the display are lit, your intensity level is ideal for fat burning.

The main display—The main display will show the following information:

Incline—The left side of the main display shows the incline level of the treadmill.



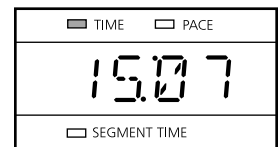
Distance/Laps—The next section of the main display shows the distance that you have walked and the number of 1/4-mile laps you have completed. The display will change from one number to the other as shown by the indicators.



Calories/Heart Rate—When you are not using the handgrip pulse sensor, the center of the main display will show the approximate number of calories you have burned. When you are using the handgrip pulse sensor, the display will show your heart rate (see step 6 on page 13).

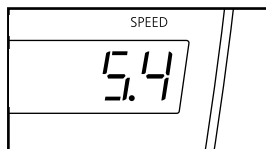


Time/Pace—When the manual mode or the iFIT.com mode is selected, the main display will show the elapsed time and your current pace (pace is measured in *minutes per mile*). The display will change from one number to the other

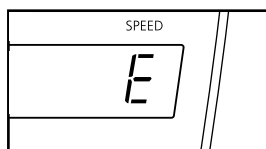


as shown by the indicators. When a different program is selected, the display will show the time remaining in the program, your current pace, and the time remaining in the current segment of the program. Note: During the fitness test program, the display will show the elapsed time, your current pace, and the time remaining in the current segment of the program.

Speed—The right side of the main display shows the speed of the walking belt.



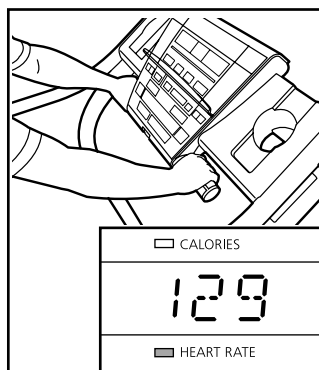
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear on the right side of the main display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**



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

6 Measure your heart rate, if desired.

To measure your heart rate, **stand on the foot pads** and place your hands on the metal contacts on the handrail. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—**avoid moving your hands**. When your pulse is detected, the Heart Rate indicator will flash, three dashes (— — —) will appear in the main display, 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, stop the walking belt and remove the key.

Step onto the foot pads, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 25 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE PRESET PROGRAMS

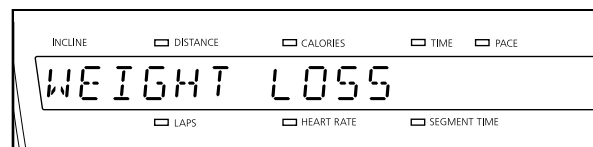
1 Insert the key fully into the console.

See GETTING STARTED on page 11.

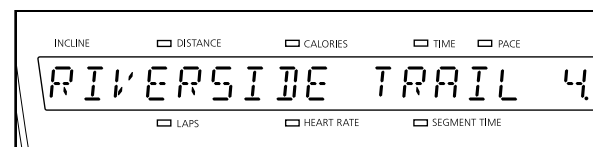
2 Select the desired preset program.

The console offers twenty-seven preset programs—nine programs that focus on weight loss, nine programs designed for aerobic exercise, and nine programs for high-performance conditioning.

When the key is inserted, the manual mode will automatically be selected. To select one of the preset programs, first press the Select Workout Goal button repeatedly until the words “WEIGHT LOSS,” “AEROBIC,” or “PERFORMANCE” appear in the main display.

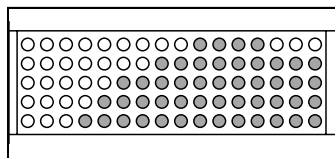


Next, press the Select Course button repeatedly to select one of the weight loss, aerobic, or performance programs. For example, if the words “WEIGHT LOSS” appear in the main display, you can select the Riverside Trail, Mountain Trail, Nature Path, Power Hike, Waterfall Canyon, Moose Tracks, Boulder Trek, Evergreen Path, or Meadow Trail program.



Three seconds after a preset program is selected, the name of the selected program, the maximum speed setting for the program, the maximum incline setting for the program, and the total program time will begin to scroll across the main display.

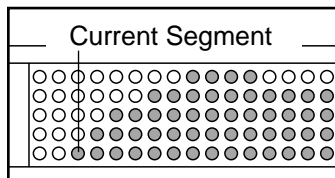
The program display will show the first thirteen speed settings for the program you have selected.



3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment is shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next thirteen segments will be shown in the thirteen columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a tone will sound. In addition, if the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the main display to alert you, and three tones will sound. When the first segment is completed, *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and no time remains in the program. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move to the left, *if all of the indicators in the Current Segment column are lit, the speed settings may move downward so that only the highest indicators in the columns will appear in the program display.* When the speed settings move to the left again and not all of the indicators in the Current Segment column are lit, the speed settings will move back up.

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 on the console. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column. If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well. Note: If you *manually* adjust the speed setting so that all of the indicators in the Current Segment column are lit, the speed settings in the program display will *not* move downward as described above. **Note: If you manually override the speed or incline setting for the current segment, when the segment ends the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.**

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 When the program has ended, remove the key.

Step onto the foot pads and **make sure that the incline of the treadmill is at the lowest level.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 25 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

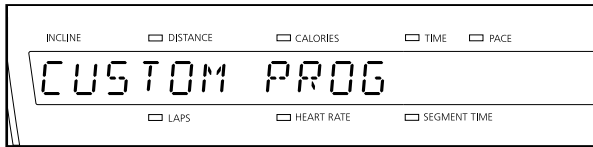
HOW TO CREATE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select one of the custom programs.

When the key is inserted, the manual mode will automatically be selected. To select one of the custom programs, first press the Select Workout Goal button repeatedly until the letters "CUSTOM PROG" appear in the main display.



Next, press the Select Course button repeatedly to select the Learn 1 or Learn 2 program.



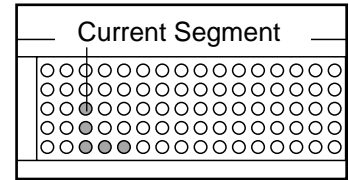
Three seconds after a custom program is selected, the name of the selected program and the total program time will begin to scroll across the main display.

Note: If the custom program has not yet been defined, three columns of indicators will be lit in the program display. If more than three columns of indicators are lit, see HOW TO USE CUSTOM PROGRAMS on page 16.

3 Press the Start button or the Speed + button and program the desired speed and incline settings.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

See the program display. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column.



When the first segment of the program is completed, the current speed setting and the current incline setting will be stored in memory. *The three columns of indicators will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above. Note: After the third segment is completed, the columns of indicators in the program display will no longer move to the left. Instead, each time a segment is completed, *the flashing Current Segment column will move one column to the right*. If the Current Segment column reaches the right side of the program display, when the current segment is completed *all columns of indicators in the program display will move three columns to the left*.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you programmed and the number of segments that you programmed will then be saved in memory.

4 When the program has ended, remove the key.

See step 6 on page 14.

HOW TO USE CUSTOM PROGRAMS

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select one of the custom programs.

When the key is inserted, the manual mode will automatically be selected. To select one of the custom programs, first press the Select Workout Goal button repeatedly until the letters "CUSTOM PROG" appear in the main display. Next, press the Select Course button repeatedly to select the Learn 1 or Learn 2 program.

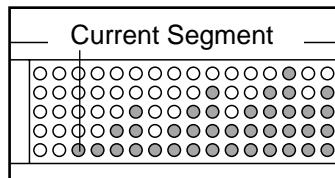
Three seconds after a custom program is selected, the name of the selected program and the total program time will begin to scroll across the main display.

The program display will show the first speed settings for the program you have selected (see the drawing below). **Note: If only three columns of indicators are lit in the program display, see HOW TO CREATE A CUSTOM PROGRAM on page 15.**

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each program is divided into several one-minute segments. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display. (The incline settings are not shown in the program display.) The speed settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment

column and the column to the right will flash, a series of tones will sound, the speed setting and the incline setting will flash in the main display, and *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and no time remains in the program. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using it. **To change the speed or incline setting during the current segment**, simply press the Speed or Incline buttons. When the current segment is completed, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. (Note: While you are adding segments to the program, the speed settings in the program display will not move to the left. Instead, each time a segment is completed, *the flashing Current Segment column will move one column to the right*. If the Current Segment column reaches the right side of the program display, when the current segment is completed *all columns of indicators in the program display will move three columns to the left*.) When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate, if desired.

See step 6 on page 13.

6 When the program has ended, remove the key.

See step 6 on page 14.

HOW TO USE THE FITNESS TEST PROGRAM

The fitness test program is designed to measure your relative fitness level. For the best results, the fitness test program should be used at a time when your energy level is high; the fitness test program should not be used if you have already exercised during the day.

Note: You must wear the optional chest pulse sensor to use the fitness test program (see page 25).

Follow the steps below to use the fitness test program.

1 Put on the chest pulse sensor.

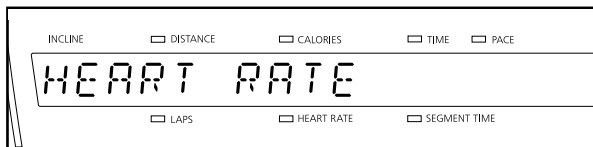
To put on the chest pulse sensor, see the instructions included with the chest pulse sensor.

2 Insert the key fully into the console.

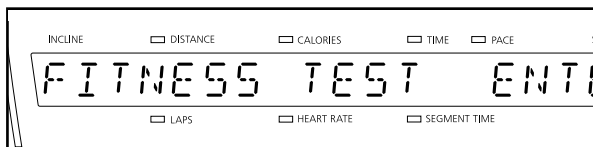
See GETTING STARTED on page 11.

3 Select the fitness test program.

When the key is inserted, the manual mode will automatically be selected. To select the fitness test program, first press the Select Workout Goal button repeatedly until the words "HEART RATE" appear in the main display.



Next, press the Select Course button repeatedly until the words "FITNESS TEST" appear.



When the fitness test program is selected, the program display will show the first thirteen speed settings for the program.

4 Enter your age.

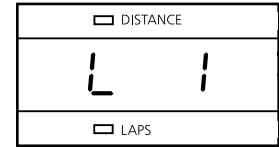
Three seconds after the fitness test program is selected, the words "ENTER AGE" and the current age setting will appear in the main display. You must enter your age to use the fitness test program.



If you have already entered your age, go to step 5. If you have not entered your age, press the Enter Age buttons to enter your age. The buttons can be held down to enter your age quickly. Once you have entered your age, it will be saved in memory.

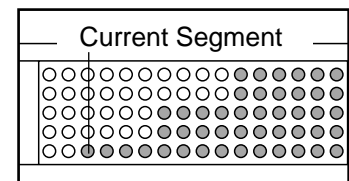
5 Press the Start button or the Speed + button to start the program.

When the button is pressed, the main display will show an "L 1" (level 1), indicating that the first four-minute level of the fitness test program has begun. The incline of the treadmill will automatically adjust to 3% and the walking belt will begin to move at 1.5 mph. Hold the handrails and begin walking.



The fitness test program is divided into seven, four-minute levels. Each level consists of four, one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the program display.

(The incline settings are not shown in the program display.) The speed settings for the next thirteen segments will be shown in the thirteen columns to the right.



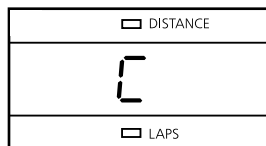
The speed settings for the next thirteen segments will be shown in the thirteen columns to the right.

When only three seconds remain in the first one-minute segment of the program, both the Current Segment column and the column to the right will flash, a tone will sound, and *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column.

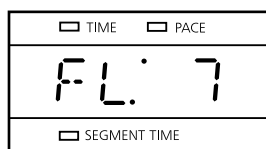
When the first four-minute level of the program is completed, both the Current Segment column and the column to the right will flash, a series of tones will sound, the speed setting and/or the incline setting will flash in the main display, and all speed settings will move one column to the left. The main display will then show an "L 2," indicating that the second four-minute level has begun. The incline will then adjust to 4% and the speed will increase to 2.5 mph.

At the beginning of each four-minute level, the speed and/or the incline of the treadmill will automatically increase. The fitness test program will continue in this way *until your heart rate reaches 70% of your estimated maximum heart rate, and the current four-minute level is completed. The fitness test program will then be completed, regardless of how many levels remain.*

When the fitness test program is completed, the letter "C" will appear in the main display and a two-minute cool-down period will begin. The incline will then adjust to 1% and the speed will decrease.



When the cool-down period is completed, the walking belt will slow to a stop. After the fitness test program is completed, your fitness level will be shown in the main display. There are ten fitness levels; fitness level 10 (FL:10) is the highest. Remember, the fitness program is intended only to indicate your relative fitness level.



Note: The Speed and Incline buttons will not function while the fitness test program is selected. If your pulse is not detected during the program, the letters "PLS" will flash in the main display. If your pulse is not detected during the last thirty seconds of any four-minute level (after four minutes, after eight minutes, etc.), the fitness test program will end and the main display will show a fitness level of 0 (FL: 0).

The fitness test program cannot be stopped temporarily and then restarted. However, the program can be stopped at any time by pressing the Stop button. The main display will then show an estimated fitness level.

6 When the program has ended, remove the key.

See step 6 on page 14.

HOW TO USE THE PULSE-DRIVEN PROGRAM

The pulse-driven program automatically adjusts the speed and incline of the treadmill to keep your heart rate near a target level during your workout. **Note: You must wear the optional chest pulse sensor to use the pulse-driven program (see page 25).**

CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse-driven program. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use the pulse-driven program.

1 Put on the chest pulse sensor.

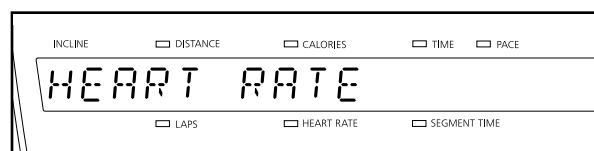
To put on the chest pulse sensor, see the instructions included with the chest pulse sensor.

2 Insert the key fully into the console.

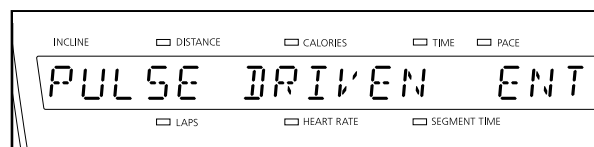
See GETTING STARTED on page 11.

3 Select the pulse-driven program.

When the key is inserted, the manual mode will automatically be selected. To select the pulse-driven program, first press the Select Workout Goal button repeatedly until the words "HEART RATE" appear in the main display.



Next, press the Select Course button until the words "PULSE DRIVEN" appear.



4 Enter your age.

Three seconds after the pulse-driven program is selected, the words "ENTER AGE" and the current age setting will appear in the main display. You must enter your age to use the pulse-driven program.

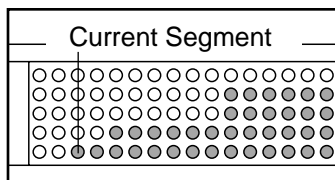


If you have already entered your age, go to step 5. If you have not entered your age, press the Enter Age buttons to enter your age. The buttons can be held down to enter your age quickly. Once you have entered your age, it will be saved in memory.

5 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

The pulse-driven program is divided into several time segments of different lengths. (The main display shows both the time remaining in the program and the time remaining in the current segment of the program.) One target heart rate setting is programmed for each segment. The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the program display. The target heart rate settings for the next thirteen segments will be shown in the thirteen columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and the speed setting and/or the incline setting will flash in the main display.

When the first segment is completed, all heart rate settings will move one column to the left. The heart rate setting for the second segment will then be shown in the flashing Current Segment column, and the speed and/or incline of the treadmill will change, if needed, to bring your heart rate closer to the heart rate setting for the second segment.

The program will continue until the target heart rate setting for the last segment is shown in the Current Segment column and no time remains in the program. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can adjust the setting with the Speed or Incline buttons. However, if you decrease the speed, the incline will automatically increase; if you increase the speed, the incline will decrease. If you increase the incline, the speed will decrease; if you decrease the incline, the speed will increase. The treadmill will always attempt to keep your heart rate near the target heart rate setting for the current segment. Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

If your pulse is not detected during the program, the letters "PLS" will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions included with the optional chest pulse sensor.

The pulse-driven program cannot be stopped temporarily and then restarted. However, the program can be stopped at any time with the Stop button.

6 Follow your progress with the displays.

See step 5 on page 12.

7 When the program has ended, remove the key.

See step 6 on page 14.

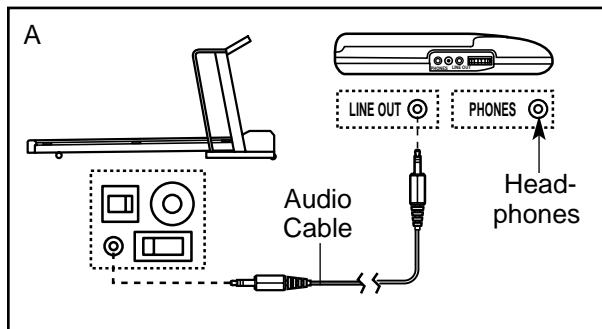
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFit.com CD's**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See this page and page 21 for connecting instructions. To use **iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 22 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 21 for connecting instructions.

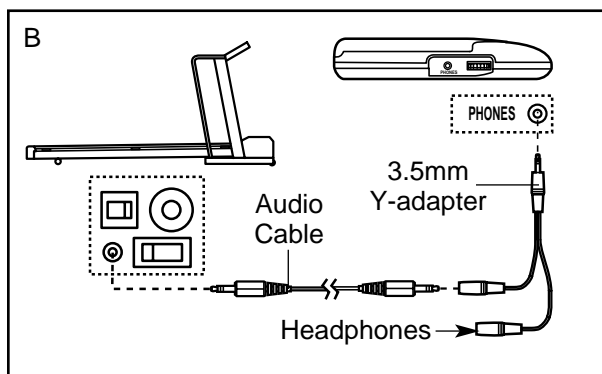
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



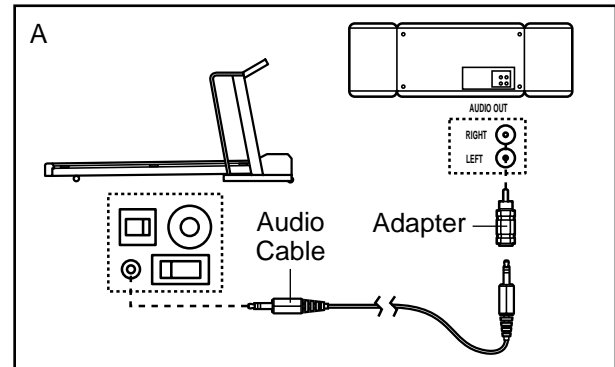
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



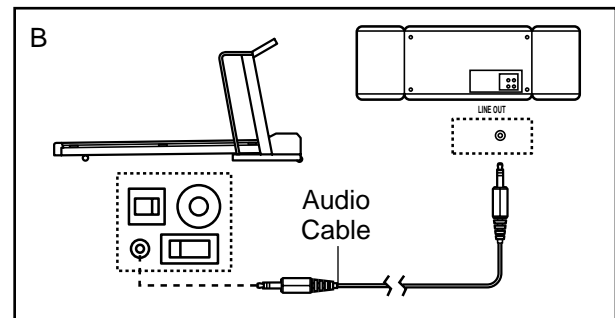
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

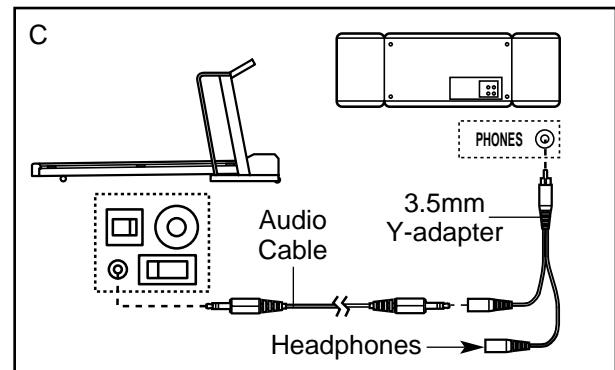
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



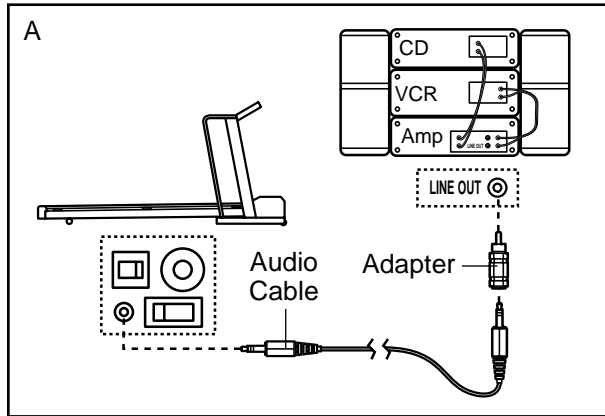
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



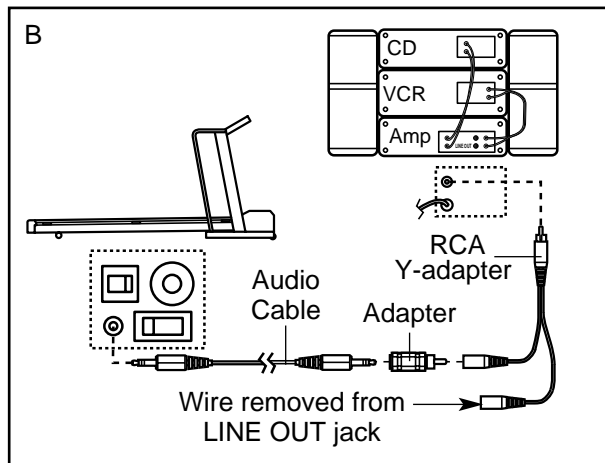
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



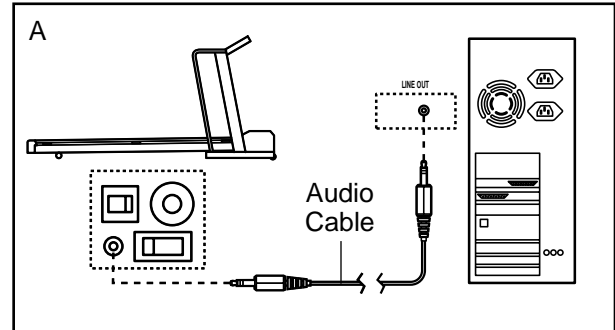
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **Y-adapter**. Plug the **Y-adapter** into the **LINE OUT** jack on your stereo.



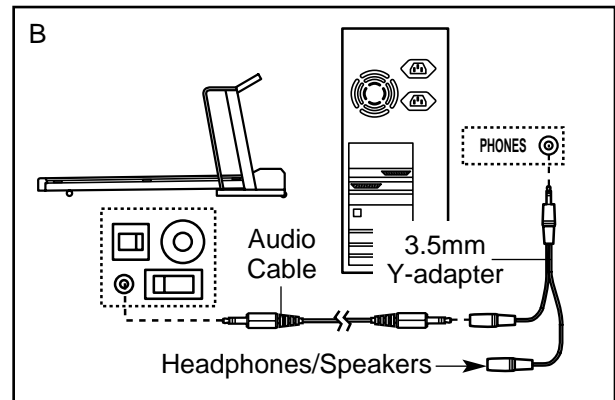
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



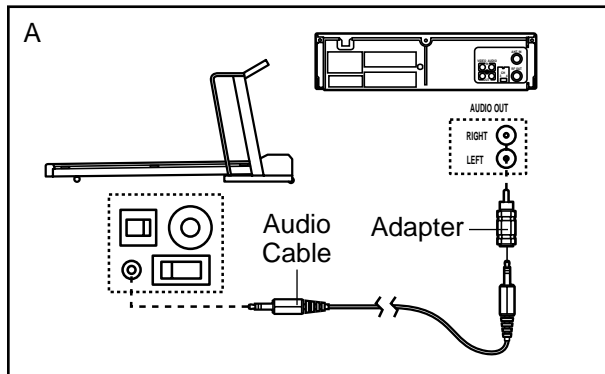
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



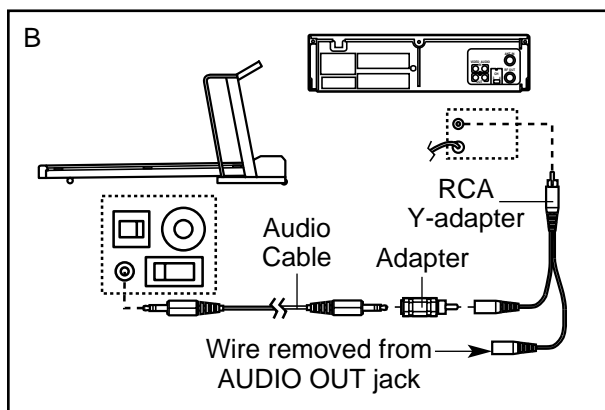
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 21.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on page 20. **Note:** To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768.

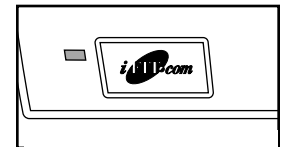
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will automatically be selected. To use an iFIT.com CD or video program, press the iFIT.com button. The indicator beside the button will light.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the main display, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program when the time is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the time will begin to flash in the main display. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 22.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:

- **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. If the time is flashing, press the Start button or the Speed + button on the console.**

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**
- **See the instructions near the bottom of page 28.**

5 Follow your progress with the LED track and the displays.

See step 5 on page 12.

6 Measure your heart rate, if desired.

See step 6 on page 13.

7 When the program is completed, remove the key.

See step 6 on page 14.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 21. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 Insert the key fully into the console.

See GETTING STARTED on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will automatically be selected. To use a program from our Web site, press the iFIT.com button. The indicator beside the button will light.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot pads. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the time will begin to flash in the time display. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the LED track and the displays.

See step 5 on page 12.

9 When the program has ended, remove the key.

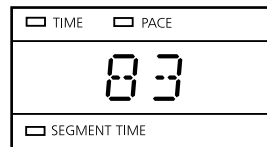
See step 6 on page 14.

THE INFORMATION MODE/DEMO MODE

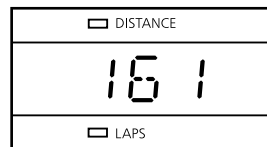
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the main display will show the following information:

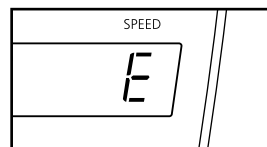
The right side of the main display will show the total number of hours that the treadmill has been used.



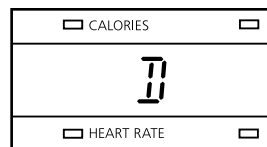
The left side of the main display will show the total number of miles that the walking belt has moved.



An "E" for English miles or an "M" for metric kilometers will appear on the right side of the main display. Press the Speed + button to change the unit of measurement.



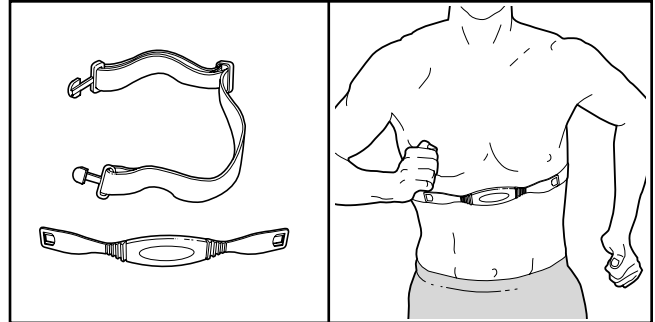
IMPORTANT: Make sure that there is not a letter "D" in the main display. If a "D" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. If a "D" appears in the display when the information mode is selected, press the Speed – button so the display is blank.



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

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**

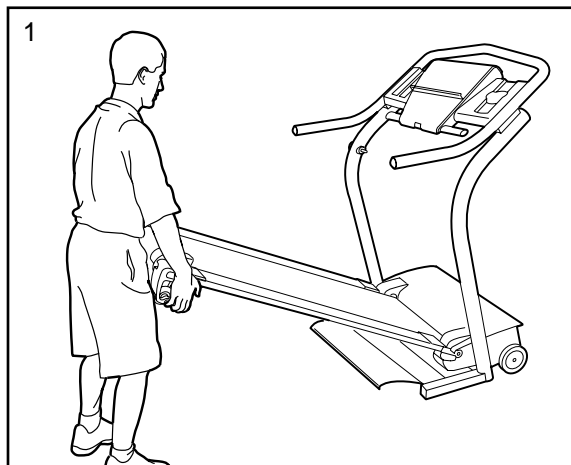


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

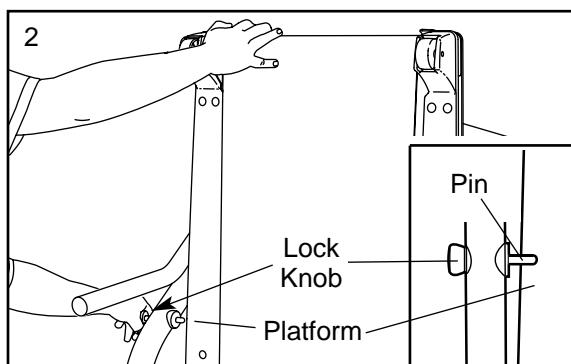
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Pull the lock knob to the left and hold it. Raise the treadmill until the platform passes the pin on the lock knob. Release the lock knob. **Make sure that the platform is resting against the pin as shown.**

To protect the floor or carpet from damage, 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° Fahrenheit.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch plate is resting against the pin on the lock knob.**

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Pull the lock knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the lock knob.
2. See drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

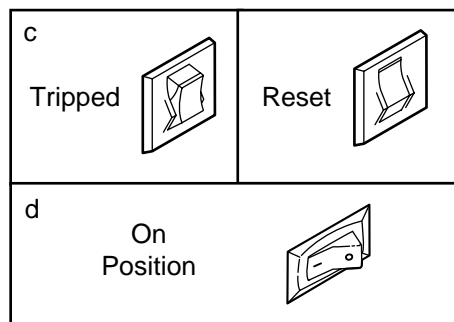
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker 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 fully into the console.

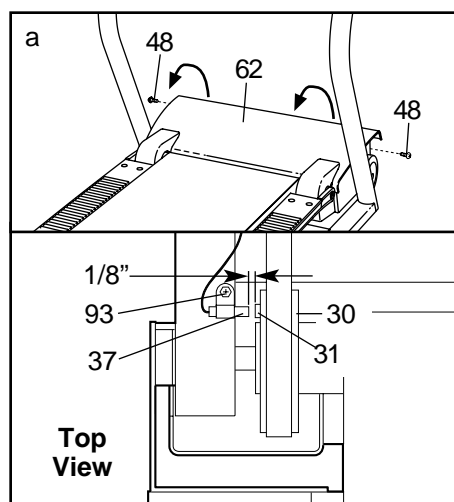
d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our Customer Service Department, toll-free.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **unplug the power cord**. Remove the indicated Screws (48) from the Hood (62). Carefully rotate and lift the Hood.

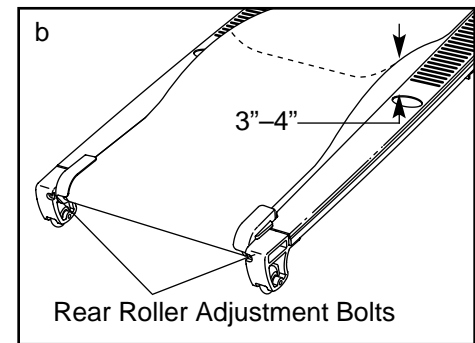
Locate the Reed Switch (37) and the Magnet (31) on the left side of the Pulley (30). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (93) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

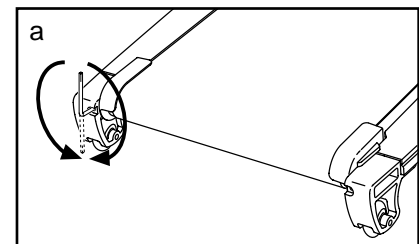
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



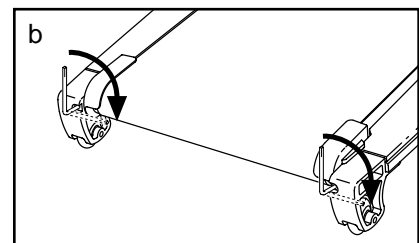
c. If the walking belt still slows when walked on, call our Customer Service Department, toll-free.

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 allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. 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 allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. 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.

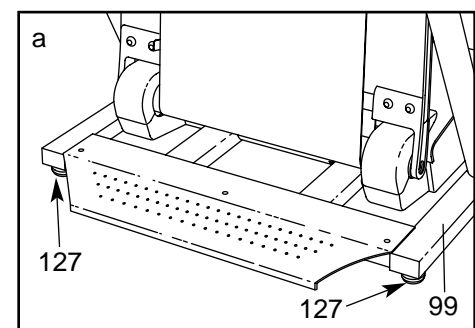


PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CD's and videos are played

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 treadmill rocks during use

SOLUTION: a. If the treadmill rocks slightly during use, turn one or both of the Leveling Feet (127) under the Upright (99) until the the rocking motion is eliminated. Note: If necessary, tip the treadmill forward and use a phillips screwdriver to turn the Leveling Feet.



CONDITIONING GUIDELINES

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

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

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTL20920

R0203A

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Allen Wrench	51	2	Incline Motor Bolt
2	2	Rear Wheel Bolt	52	1	Incline Motor Bracket
3	1	Rear Endcap (Left)	53	1	Front Roller Adj. Bolt
4	2	Roller Star Washer	54	1	Ground Wire Screw
5	2	Rear Roller Adj. Bolt	55	2	Motor Bolt
6	2	Rear Wheel	56	2	Large Cage Nut
7	2	Frame Pivot Nut	57	1	Lift Leg
8	4	Front Endcap Screw	58	4	Plastic Standoff
9	1	Roller Guard (Left)	59	1	Power Supply
10	1	Roller Guard (Right)	60	1	Power Supply Bracket
11	1	Rear Endcap (Right)	61	1	Front Endcap (Right)
12	6	Foot Rail Screw (Middle)	62	1	Motor Hood
13	14	Foot Rail Washer	63	2	Hood Clip
14	1	Rear Roller	64	1	Controller
15	1	Warning Decal	65	1	Controller Bracket
16	2	Foot Rail Cover	66	1	Motor Controller Wire
17	8	Electronic Screw	67	1	Power Cord
18	2	Belt Guide	68	1	Power Cord Grommet
19	4	Rear Endcap Screw	69	1	Circuit Breaker
20	2	Frame Pivot Bolt	70	1	12" Audio Wire
21	2	Frame Pivot Washer	71	1	Audio Wire Nut
22	1	Top Foot Rail (Left)	72	1	On/Off Switch
23	1	Walking Belt	73	2	Static Decal
24	1	Walking Platform	74	1	Belly Pan
25	1	Top Foot Rail (Right)	75	4	Tie Holder
26	1	Front Endcap (Left)	76	1	Belly Pan Bracket
27	1	Ground Wire	77	2	Support Bracket Screw
28	2	Support Bracket Screw	78	1	Filter Wire
29	1	Support Bracket	79	1	Console Ground Wire
30	1	Front Roller/Pulley	80	1	Console Base
31	1	Magnet	81	1	Console
32	1	Motor Belt	82	1	Book Holder
33	1	Motor	83	1	Handrail
34	2	Frame Pivot Bushing	84	2	Handrail Endcap
35	2	Frame Pivot Spacer	85	1	Hand Grip Pulse
36	1	Reed Switch Clip	86	4	Grip Pulse Screw
37	1	Reed Switch	87	8	Short Console Screw
38*	1	Idler Assembly	88	2	Long Console Screw
39	1	Idler Pulley Bolt	89	1	Console Back
40	1	Pulley Bushing	90	1	Base Plate Bumper
41	1	Idler Pulley	91	1	Base Plate
42	6	Lift Motor Nut/Idler Nut	92	3	Base Plate Screw
43	2	Tension Washer	93	11	Base Screw
44	1	Tension Bolt	94	1	Wire Track
45	1	Idler Arm Bearing	95	6	Base Pad
46	1	Idler Arm	96	3	Cage Nut
47	1	Idler Spring	97	2	Upright Endcap
48	9	Hood Mount Screw	98	1	Key/Clip
49	5	Hood Mount	99	1	Upright
50	1	Incline Motor	100	2	Front Wheel Bolt

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Front Wheel Bushing	122	1	iFIT.com Audio Cable
102	2	Front Wheel	123	1	Jack
103	2	Front Wheel Spacer	124	1	Releaseable Tie
104	4	Handrail Bolt	125	1	Catch
105	4	Handrail Washer	126	1	Idler Arm Bushing
106	4	Handrail Bushing	127	2	Leveling Foot
107	1	Lock Pin	128	2	Endcap Spring
108	1	Pin Clip	129	4	Walking Board Nut
109	1	Lock Pin Collar	130	4	1" Console Screw
110	1	Lock Knob Spring	131	2	Roller Adj. Washer
111	1	Lock Knob Sleeve	132	2	Latch Catch Screw
112	1	Lock Knob Spacer	#	1	12" Green Wire, F/Ring
113	1	Lock Knob	#	1	10" Green Wire, 2 Ring
114*	1	Latch Assembly	#	1	4" Green Wire, F/Ring
115	1	Grounding Bracket	#	1	8" Blue Wire, 2F
116	2	Handrail Spacer	#	1	20" White Wire, 2F
117	2	Hand Weights	#	1	4" Black Wire, 2F
118	2	Upright Endcap (Round)	#	1	User's Manual
119	2	Wire Harness			
120	2	Hood Mount (Side)			
121	4	8" Cable Tie			

* Includes all parts shown in the box

These parts are not illustrated

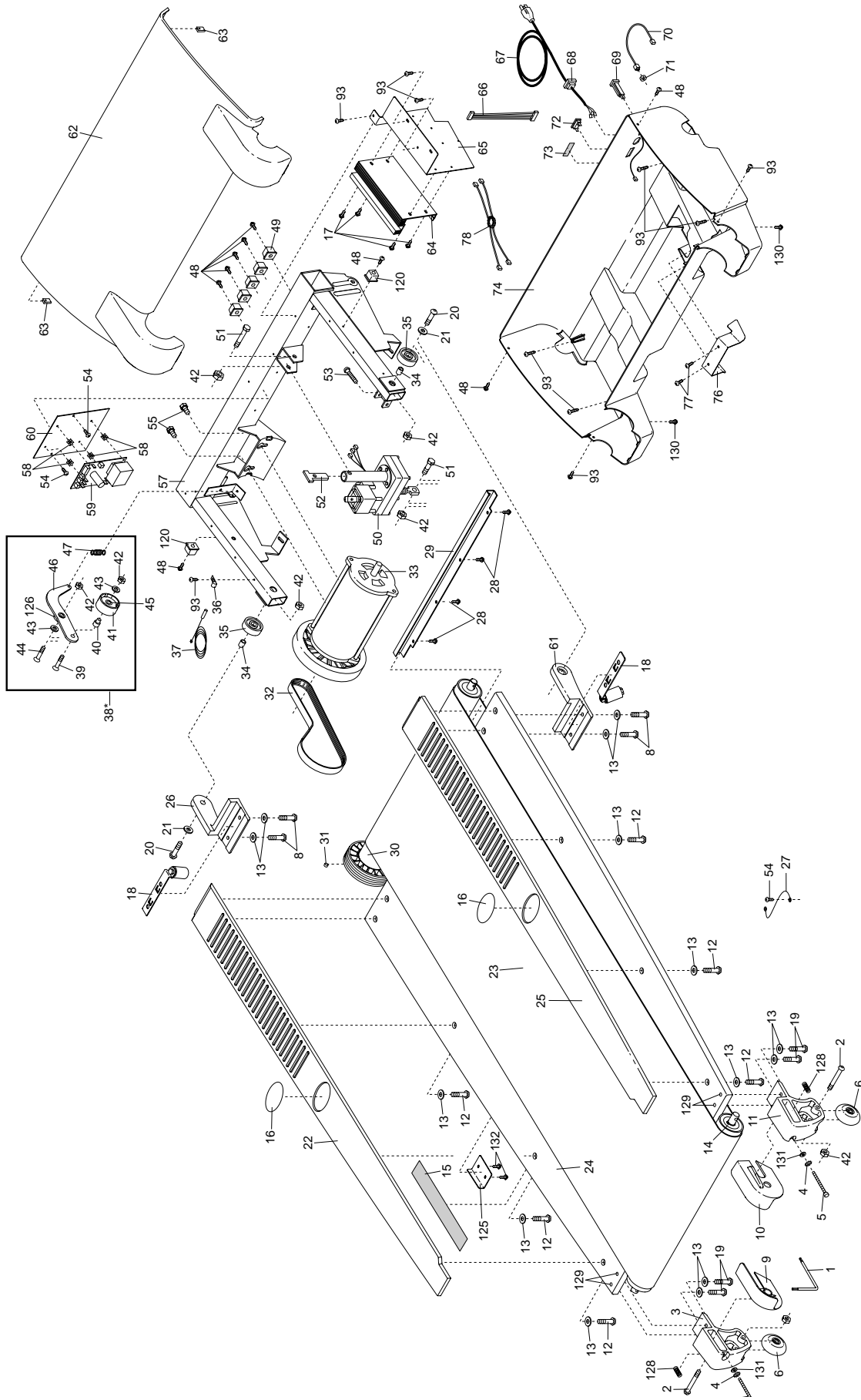
ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (NTL20920)
- The NAME OF THE PRODUCT (NordicTrack® 4500 R treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 30 and 31 and the EXPLODED DRAWING attached in the center of this manual)

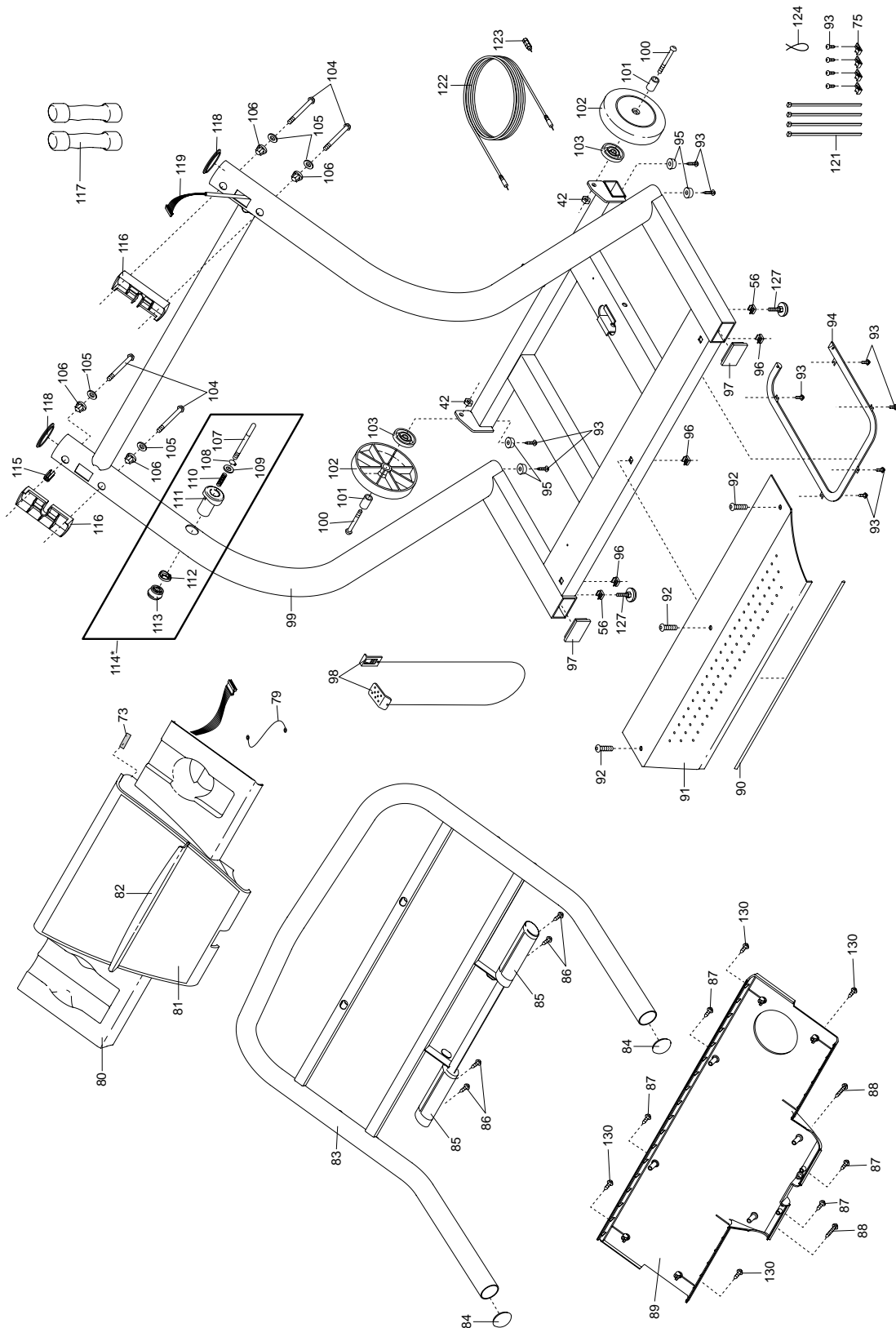
EXPLODED DRAWING—Model No. NTL20920

R0203A



EXPLODED DRAWING—Model No. NTL20920

R0203A



LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® 4500 R treadmill (“Product”) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. (“ICON”), warrants the motor for three years after the date of purchase. The belt and deck are covered for two years after the date of purchase. All mechanical components are covered for two years after the date of purchase. All electrical components are covered for two years after the date of purchase. Labor is covered for one year. The hood, covers, belly pan, and decals are covered for six months after the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”). This warranty does not extend to products used for commercial or rental purposes or to products used as store display modules.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER’S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>