NordicTrack®

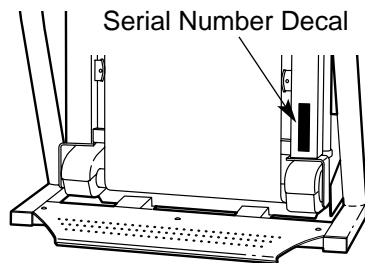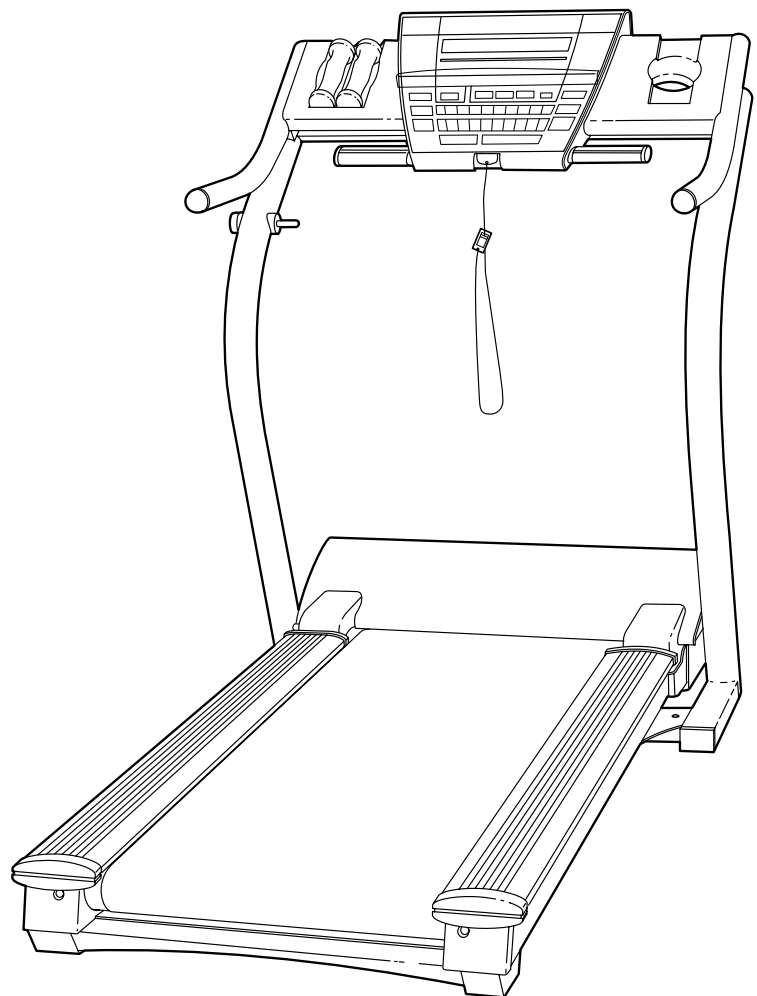## *APEX 4100i*

Patent Pending

Model No. NTTL18906
Serial No. _____

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

Serial Number Decal

USER'S MANUAL

QUESTIONS?

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

TO AVOID UNNECESSARY 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®
APEX 4100i

TABLE OF CONTENTS

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

NordicTrack is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read 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 8), 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 8. 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 25.) 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 CDs 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 CDs 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 CDs and videos from your CD player or VCR when you are not using them.

26. Inspect and 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.

⚠**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.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If A 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.

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

• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.

• Stand only on 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.

• 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.

Note: This decal is shown at 38% of actual size.

⚠**CAUTION**

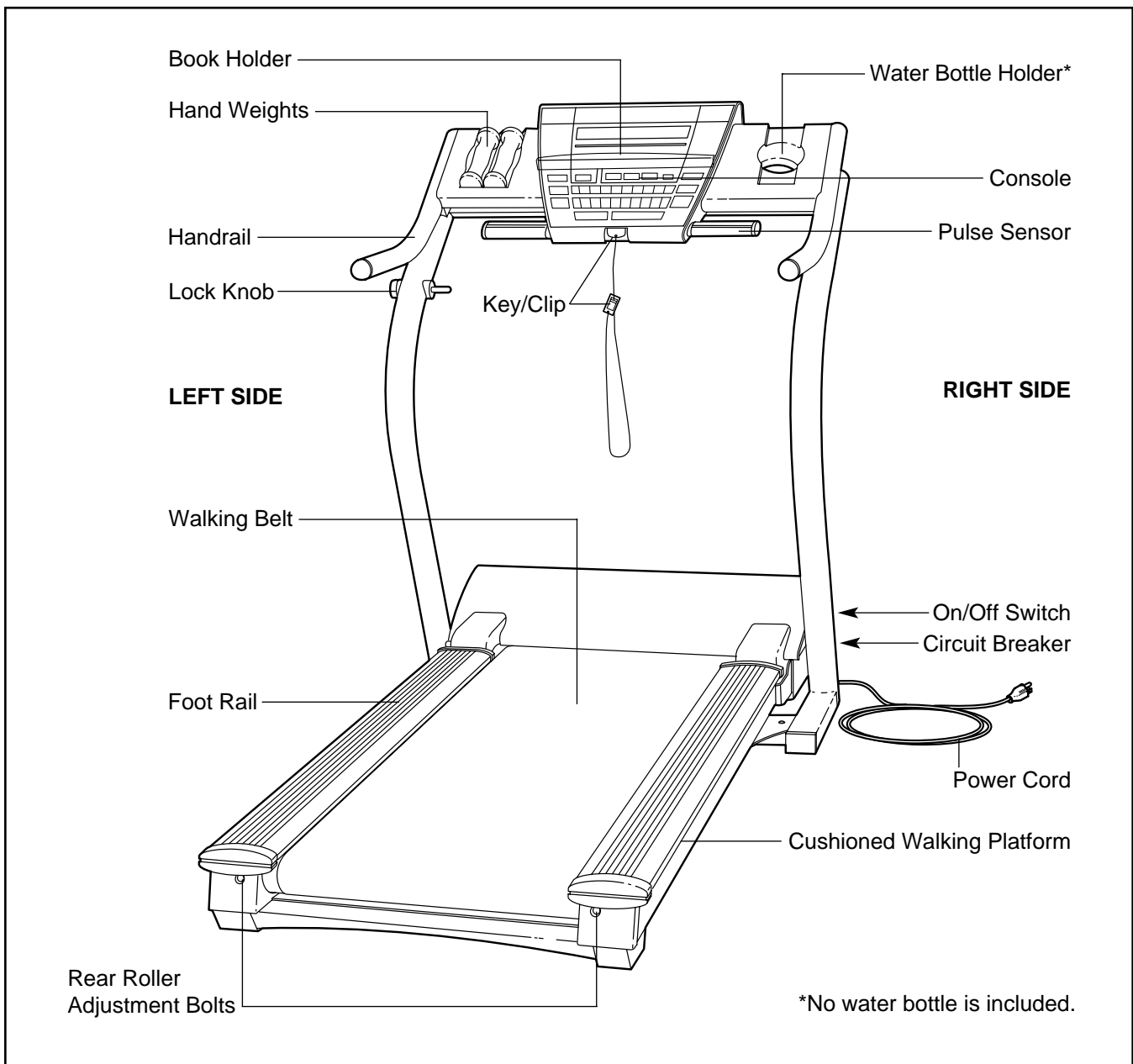**KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.**

4
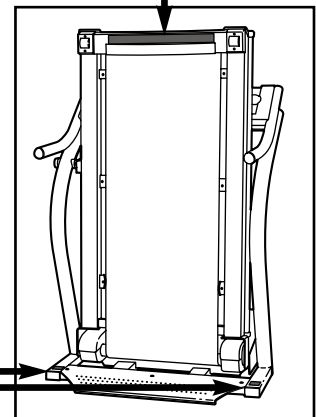
BEFORE YOU BEGIN

Thank you for selecting the revolutionary APEX 4100i treadmill from NordicTrack®. The APEX 4100i offers an impressive array of features to make your home workouts more enjoyable and effective. And when you're not exercising, the unique APEX 4100i can be folded up, requiring less than half the floor space of other treadmills.
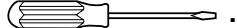
For your benefit, read this manual carefully before using the APEX 4100i treadmill. If you have additional questions, please call our Customer Service

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 NTTL18906. 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.

Book Holder

Hand Weights

Handrail

Lock Knob

Key/Clip

LEFT SIDE

Walking Belt

Foot Rail

Rear Roller
Adjustment Bolts

Water Bottle Holder*

Console

Pulse Sensor

RIGHT SIDE

On/Off Switch

Circuit Breaker

Power Cord

Cushioned Walking Platform

*No water bottle is included.

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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** .

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 walking belt 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, 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 (28) into the three indicated holes in the treadmill.

   To insert each Cage Nut (28), 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.
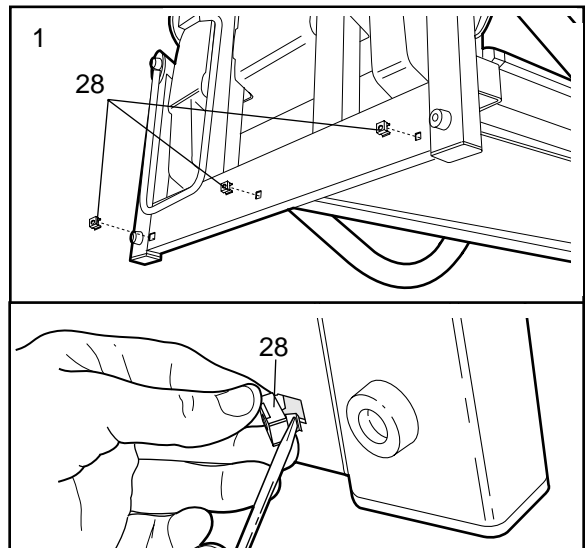
2. With the help of a second person, carefully raise both Uprights (83) to a vertical position. Make sure that the Lock Knob Sleeve (87) is in the left Upright.

   Next, make sure that the Lock Pin Collar (89) and the Spring (88) are on the Lock Pin (91). (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 (87) and the Left Upright (83).

   Press the Lock Knob Spacer (86) onto the left Upright (83). Tighten the Lock Knob (85) onto the Lock Pin (91).
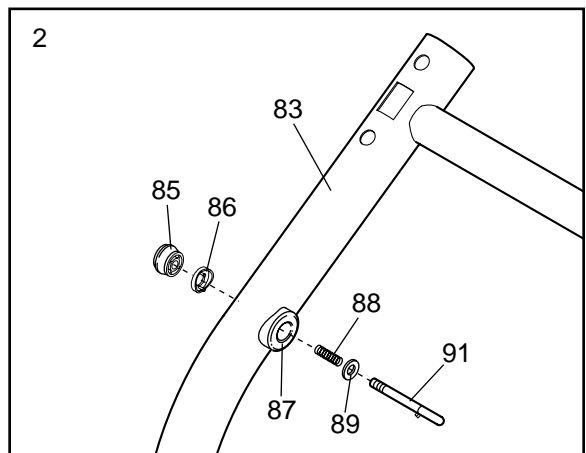
3. With the help of a second person, carefully raise the Frame (7) to the storage position and make sure that the lock pin is properly engaged as described on page 25.

   Position the Base Plate (115) on the treadmill as shown. Attach the Base Plate with the three Base Plate Screws (114). Note: It may be helpful if a second person tips the treadmill slightly as you tighten the Screws.

   Carefully lower the Frame (7) to the floor as described on page 25.

6
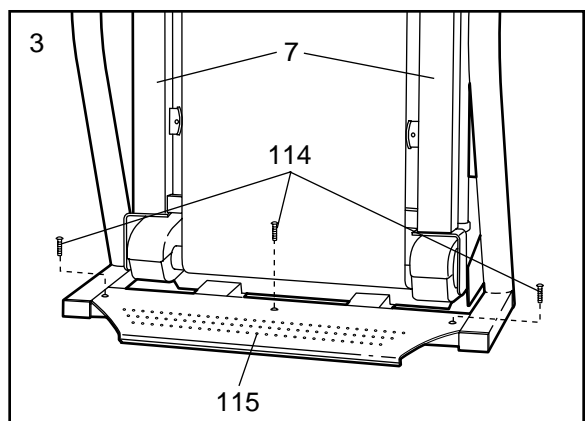
4. Slide the Grounding Bracket (136) onto one of the Handrail Spacers (92) in the location shown.

   See inset drawing A. Pinch the tabs on the Grounding Bracket (136) so that the tabs will fit into the hole in the Upright (83) (see inset drawing B).
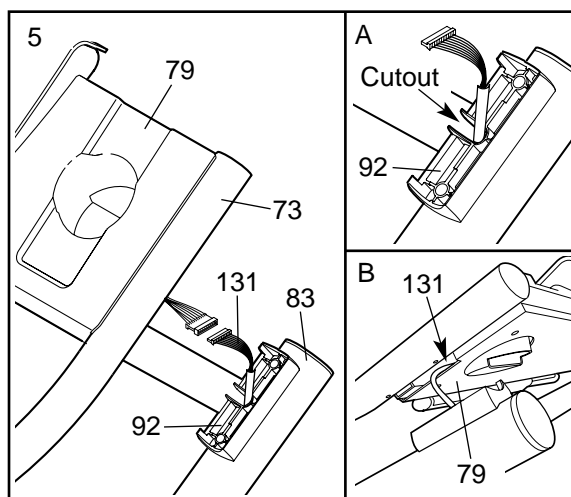
   See inset drawing B. Place the Handrail Spacer (92) on the left Upright (83) as shown, with the cutout on the indicated side. Note: Make sure that the tabs on the Grounding Bracket (136) (see inset drawing A) are inserted into the hole in the left Upright.
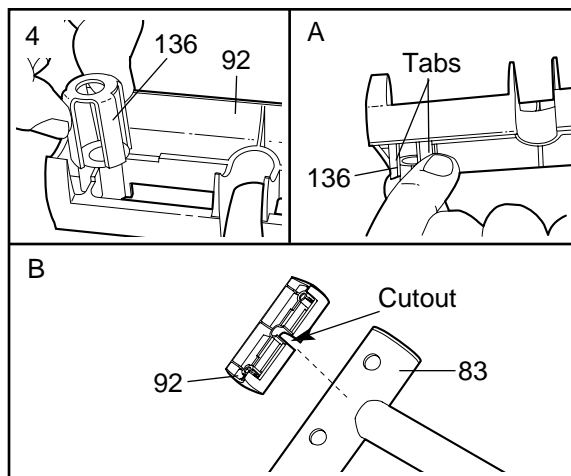
5. Place one of the Handrail Spacers (92) on the right Upright (83) as shown, with the cutout on the indicated side (see inset drawing A). Pull the Upright Wire Harness (131) up through the cutout. Place the other Handrail Spacer on the left Upright (not shown).

   Have a second person hold the Handrails (73) near the Uprights (83) as shown. Connect the Upright Wire Harness (131) to the wires extending from the right Handrail. Insert the connectors and the Upright Wire Harness (131) into the opening in the Console Base (79) (see inset drawing B).

   Set the Handrails (73) on the Handrail Spacers (92), being careful not to pinch the Wire Harness (131).

6. Insert two Handrail Bolts (96) with Handrail Washers (95) and Handrail Bushings (94) into the right Upright (83) and the right Handrail Spacer (92). Turn the Handrail Bushings (94) so they fit against the Upright as shown in the inset drawing. Lift up the right Handrail (73) and align the Bolts with the holes in the Handrail. Next, thread the Bolts into the Handrail. **Do not tighten the Bolts yet.**

   Attach the left Handrail (not shown) in the same way. Tighten all four Handrail Bolts (96).
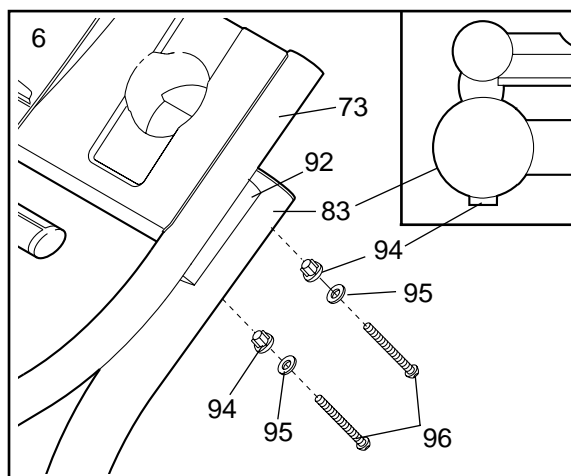
7. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 27). To protect the floor or carpet from damage, place a mat under the treadmill.

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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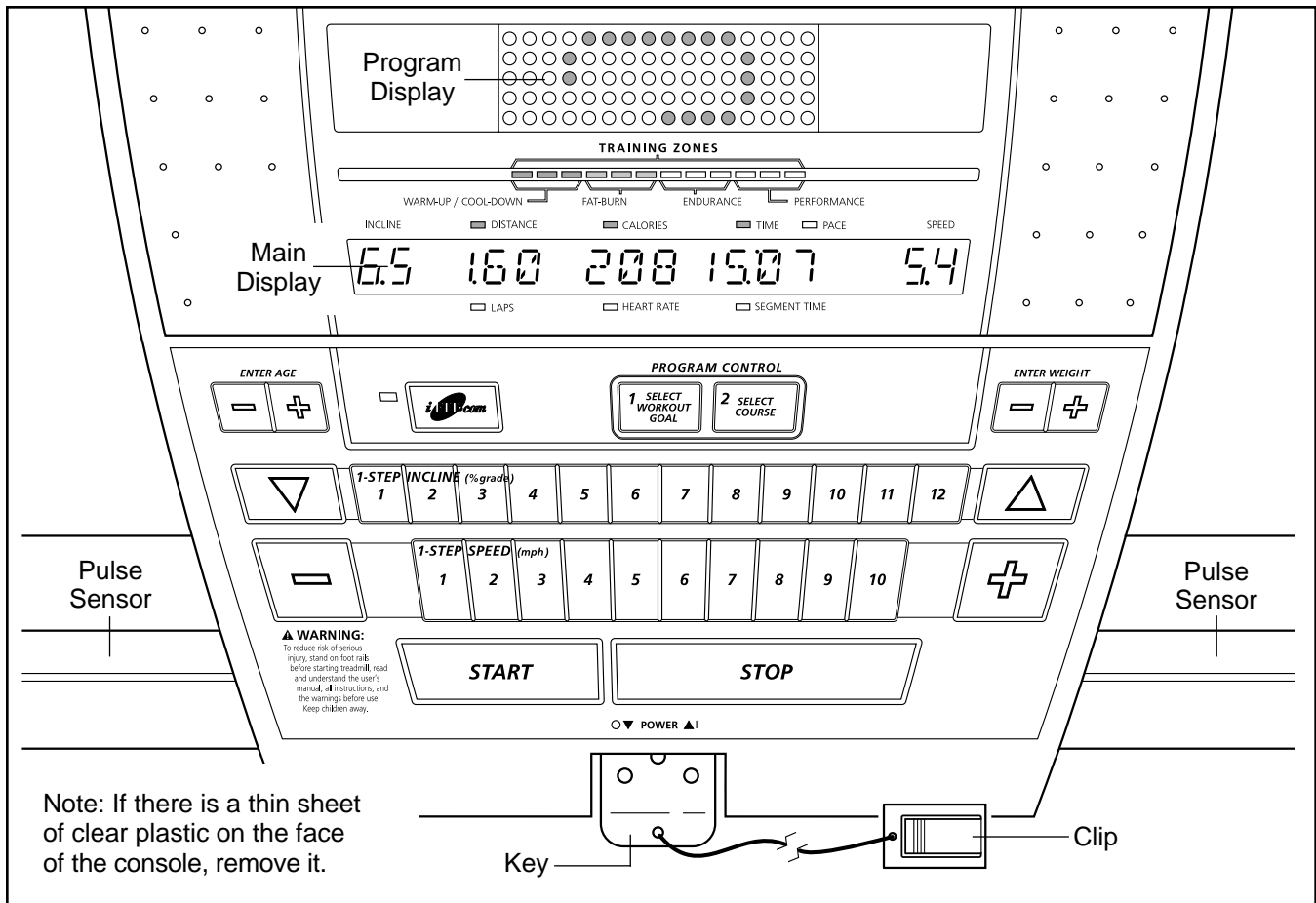 product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The 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.
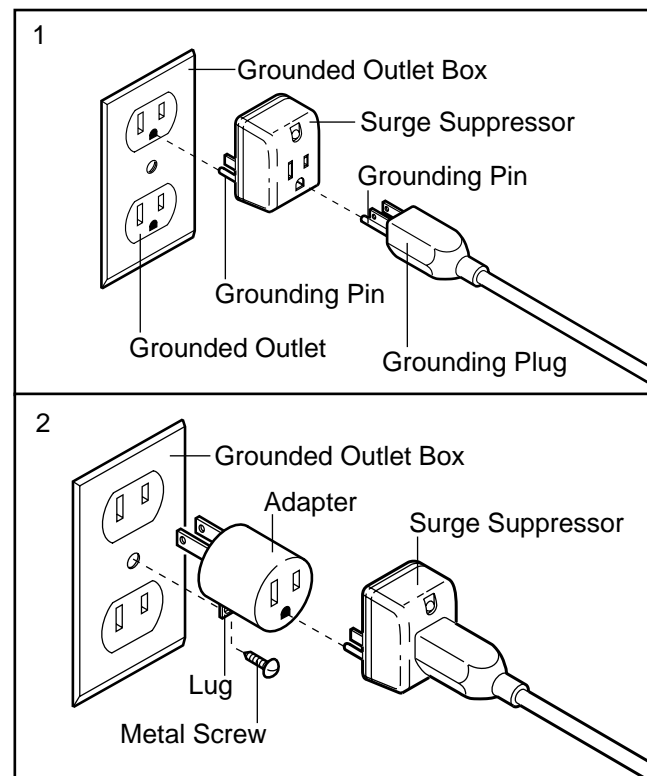
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**

8

Program Display

TRAINING ZONES

WARM-UP / COOL-DOWN   FAT-BURN   ENDURANCE   PERFORMANCE

INCLINE   DISTANCE   CALORIES   TIME   PACE   SPEED

Main Display   6.5   1.60   208   15.07   5.4

LAPS   HEART RATE   SEGMENT TIME

ENTER AGE   PROGRAM CONTROL   ENTER WEIGHT

iFIT.com   1 SELECT WORKOUT GOAL   2 SELECT COURSE

1-STEP INCLINE (%grade)
1 2 3 4 5 6 7 8 9 10 11 12

1-STEP SPEED (mph)
1 2 3 4 5 6 7 8 9 10

Pulse Sensor

Pulse Sensor

⚠ WARNING:
To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

START   STOP

○▼ POWER ▲।

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

Key

Clip

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 24).

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 (CDs 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 CDs or videocassettes, call toll-free 1-800-735-0768. For information about an optional chest pulse sensor, see page 24.
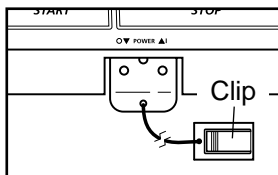
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⚠ CAUTION: Before operating the console, read the following precautions.

- **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 hart 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.**

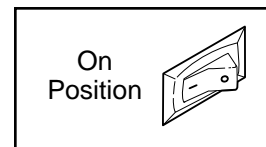Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the 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 8.

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.

On Position

4 **Insert the key fully into the console.**

Stand on the foot rails 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

INCLINE   ☐ DISTANCE   ☐ CALORIES   ☐ TIME ☐ PACE

ENTER WEIGHT 165

☐ LAPS   ☐ HEART RATE   ☐ SEGMENT TIME

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 11. **To use a preset program**, see page 12. **To create and use a custom program,** see pages 14 and 15. **To use the fitness test program,** see page 16. **To use the pulse-driven program,** see page 17. **To use an iFIT.com CD or video program**, refer to page 21. **To use an iFIT.com program directly from our Web site**, see page 23.
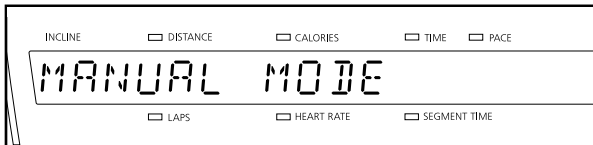
HOW TO USE THE MANUAL MODE

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

See GETTING STARTED on page 10.

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 10 mph.
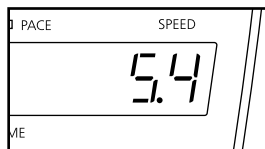

To stop the walking belt, press the Stop button. The time will begin to flash in the main display. To restart the walking belt, press the Start button or the Speed + button.

During the first few minutes that you use the treadmill, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 27).

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

To change the incline of the treadmill, press the Incline △ 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.
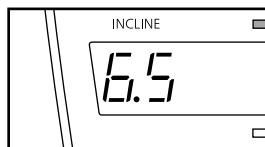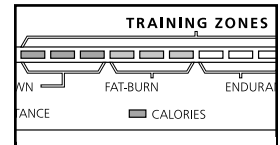

5 **Follow your progress with the LED track, the Training Zone display, and the main display.**

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.
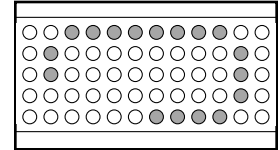

The Training Zone display—As you exercise, the Training Zone display will show the approximate intensity level of your exercise. For example, if four to six indicators in the display are lit, your intensity level is ideal for fat burning.

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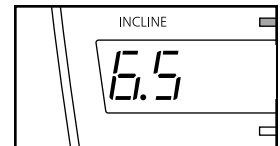
Distance/Laps—The next section of the main display shows the distance that you have walked and the number of 1/4-mile laps you have completed. The display will change from one number to the other as shown by the indicators.

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 12).


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


11
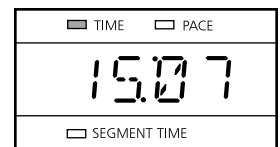
as shown by the indicators. When a different program is selected, the display will show the time remaining in the program, your current pace, and the time remaining in the current segment of the program. Note: During the fitness test program, the display will show the elapsed time, your current pace, 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.

SPEED

5.4
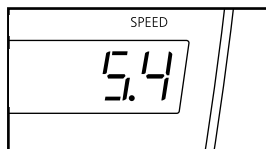
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An "E" for English miles or an "M" for metric kilometers will appear on the right side of the main display. 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.**

SPEED

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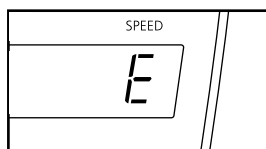
To reset the main display, press the Stop button, remove the key, and then reinsert the key.

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

To measure your heart rate, **stand on the foot rails** 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.**

□ CALORIES

129

■ HEART RATE
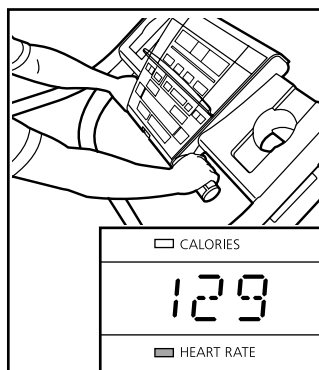
7 **When you are finished exercising, stop the walking belt and remove the key.**

Step onto the foot rails, 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. Refer to page 24 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 10.

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.

INCLINE □ DISTANCE □ CALORIES □ TIME □ PACE

WEIGHT LOSS

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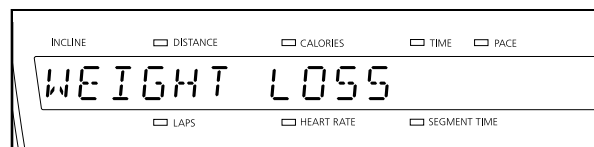
Next, press the Select Course button repeatedly to select one of the weight loss, aerobic, or performance programs. For example, if the words "WEIGHT LOSS" appear in the main display, you can select the Riverside Trail, Mountain Trail, Nature Path, Power Hike, Waterfall Canyon, Moose Tracks, Boulder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

INCLINE □ DISTANCE □ CALORIES □ TIME □ PACE

RIVERSIDE TRAIL 40

□ LAPS □ HEART RATE □ SEGMENT TIME

12

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.
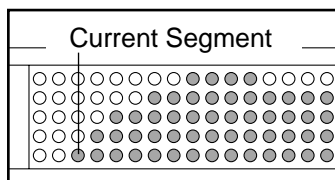
Current Segment

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 11.

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

See step 6 on page 12.

6 **When the program has ended, remove the key.**

Step onto the foot rails 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. Refer to page 24 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.

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HOW TO CREATE CUSTOM PROGRAMS

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

See GETTING STARTED on page 10.

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.
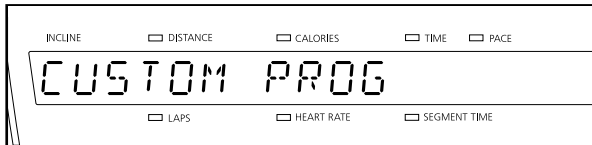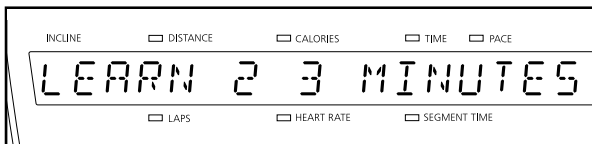
```
INCLINE      DISTANCE      CALORIES      TIME    PACE

CUSTOM  PROG

             LAPS          HEART RATE    SEGMENT TIME
```

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

```
INCLINE      DISTANCE      CALORIES      TIME    PACE

LEARN  2  3  MINUTES

             LAPS          HEART RATE    SEGMENT TIME
```

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, refer to HOW TO USE CUSTOM PROGRAMS on page 15.

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.

Refer to 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.
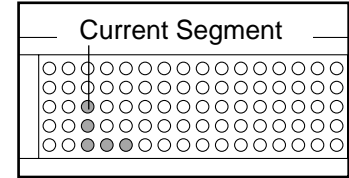
Current Segment

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 13.

HOW TO USE CUSTOM PROGRAMS

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

See GETTING STARTED on page 10.

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 (refer to the drawing below). **Note: If only three columns of indicators are lit in the program display, refer to HOW TO CREATE A CUSTOM PROGRAM on page 14.**

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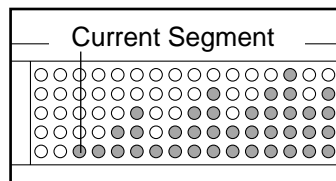
When only three seconds remain in the first segment of the program, both the Current Segment

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 11.

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

See step 6 on page 12.

6 **When the program has ended, remove the key.**

See step 6 on page 13.

15

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 24).** Follow the steps below to use the fitness test program.

**1** **Put on the chest pulse sensor.**

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

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

See GETTING STARTED on page 10.

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.

INCLINE	DISTANCE	CALORIES	TIME	PACE

HEART RATE

| | LAPS | HEART RATE | SEGMENT TIME |
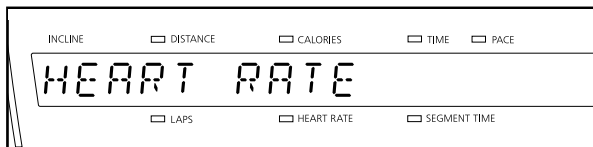
Next, press the Select Course button repeatedly until the words "FITNESS TEST" appear.

INCLINE	DISTANCE	CALORIES	TIME	PACE	S

FITNESS TEST ENT

| | LAPS | HEART RATE | SEGMENT TIME |
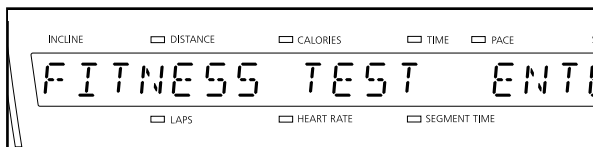
When the fitness test program is selected, the program display will show the first thirteen speed settings for the program.

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.

INCLINE	DISTANCE	CALORIES	TIME	PACE

ENTER AGE 28

| | LAPS | HEART RATE | SEGMENT TIME |

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 pro-

DISTANCE

L 1

| LAPS |

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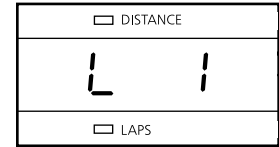
The fitness test program is divided into seven, four-minute levels. Each level consists of four, one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of

Current Segment

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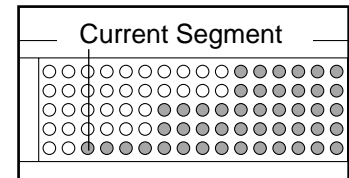
When only three seconds remain in the first one-minute segment of the program, both the Current Segment column and the column to the right will flash, a tone will sound, and all speed settings will move one column to the left. The speed setting for the second segment will then be shown in the flashing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

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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 begun. The incline will then adjust to 1% and the speed will decrease.

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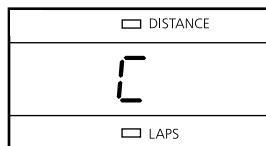
When the cool-down period is completed, the walking belt will slow to a stop. After the fitness test program is completed, your fitness level will be shown in the main display. There are ten fitness levels; fitness level 10 (FL:10) is the highest. Remember, the fitness program is intended only to indicate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

```
┌──────────────────┐
│  ⬚ TIME   ⬚ PACE │
│                  │
│    FL. 7         │
│                  │
│  ⬚ SEGMENT TIME  │
└──────────────────┘
```
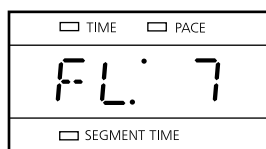
Note: The Speed and Incline buttons will not function while the fitness test program is selected. If your pulse is not detected during the program, the letters "PLS" will flash in the main display. If your pulse is not detected during the last thirty seconds of any four-minute level (after four minutes, 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 13.

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 24).**

⚠ **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.

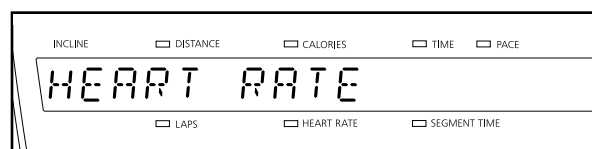**1** **Put on the chest pulse sensor.**

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

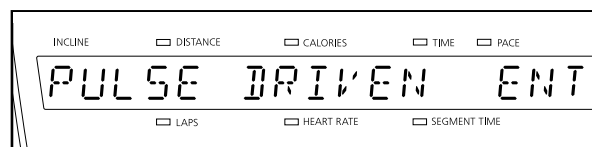**2** **Insert the key fully into the console.**

See GETTING STARTED on page 10.

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.

```
┌────────────────────────────────────────────────┐
│ INCLINE    ⬚ DISTANCE  ⬚ CALORIES  ⬚ TIME ⬚ PACE│
│                                                 │
│    HEART   RATE                                 │
│                                                 │
│       ⬚ LAPS     ⬚ HEART RATE   ⬚ SEGMENT TIME  │
└────────────────────────────────────────────────┘
```

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

```
┌────────────────────────────────────────────────┐
│ INCLINE    ⬚ DISTANCE  ⬚ CALORIES  ⬚ TIME ⬚ PACE│
│                                                 │
│    PULSE   DRIVEN      ENT         │
│                                                 │
│       ⬚ LAPS     ⬚ HEART RATE   ⬚ SEGMENT TIME  │
└────────────────────────────────────────────────┘
```

17

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.

```
INCLINE      DISTANCE        CALORIES         TIME      PACE

ENTER AGE 28

         LAPS            HEART RATE        SEGMENT TIME
```

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.
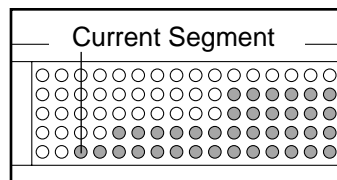
Current Segment

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 dis-

play. 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 the 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, refer to 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.**

**7** **When the program has ended, remove the key.**

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

To use iFit.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See this page and page 20 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 21 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 20 for connecting instructions.
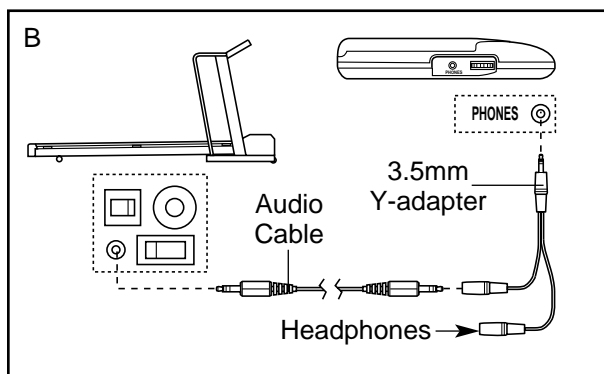
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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.
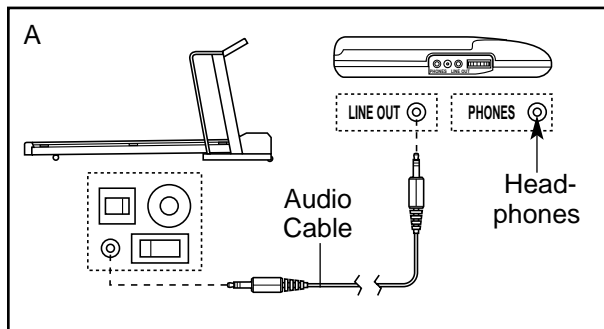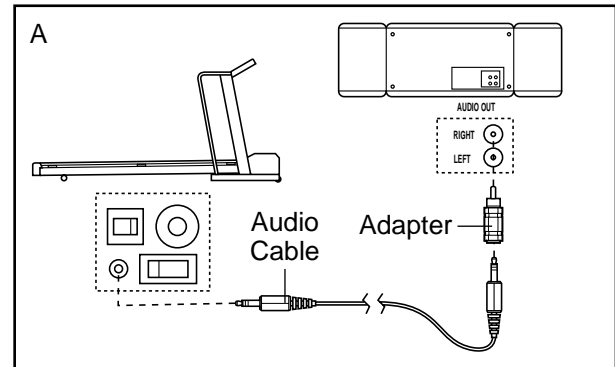

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
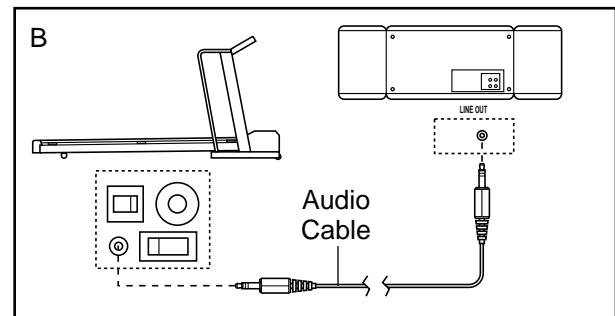

HOW TO CONNECT YOUR PORTABLE STEREO

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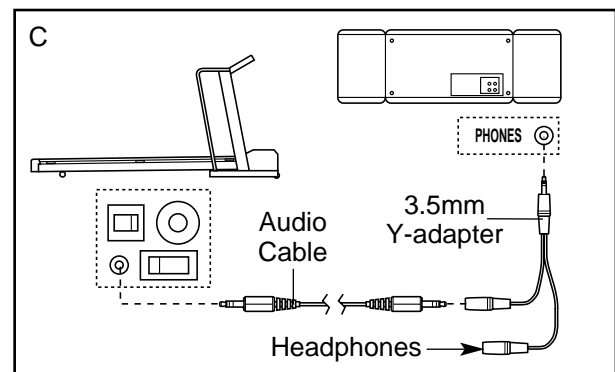
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

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.
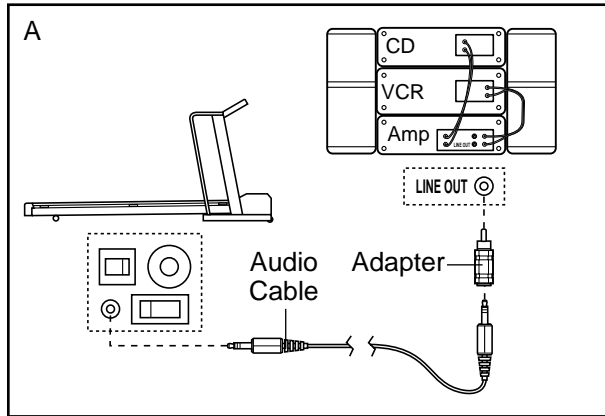

C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.


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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.
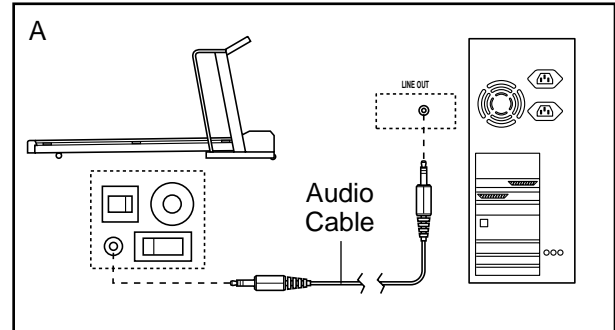

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack 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.
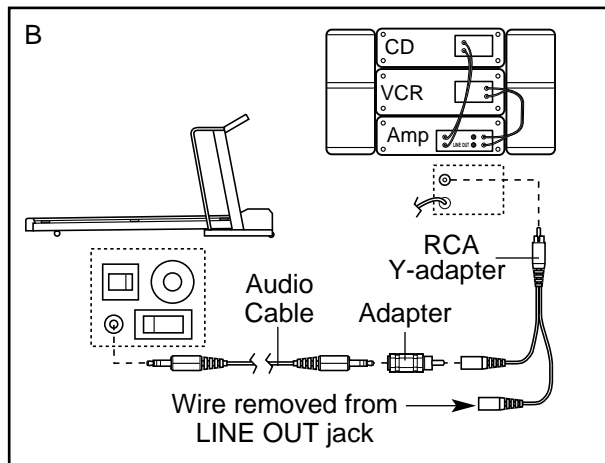
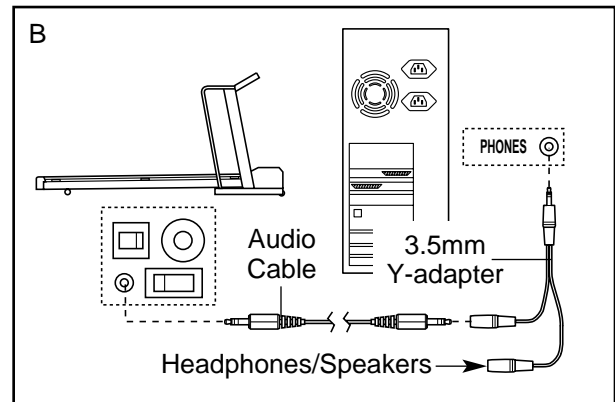## HOW TO CONNECT YOUR COMPUTER

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.

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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 20.

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.
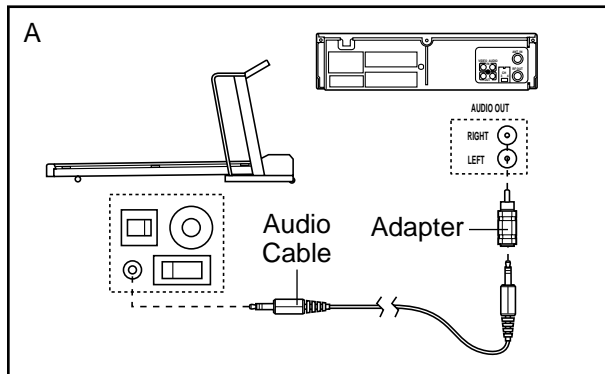

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack 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.
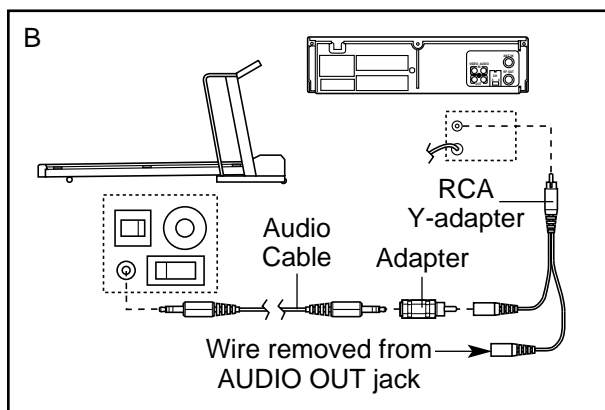
HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs 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 19. **Note: To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

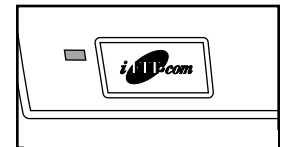Follow the steps below to use an iFIT.com CD or video program.

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

See GETTING STARTED on page 10.

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.**

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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 at 1 mph. **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 21.

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.**

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

See step 5 on page 11.

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

See step 6 on page 12.

7 **When the program is completed, remove the key.**

See step 6 on page 13.

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 20. 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.
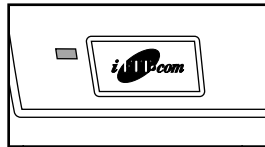
Follow the steps below to use a program from our Web site.

1 Insert the key fully into the console.

See GETTING STARTED on page 10.

2 Select the iFIT.com mode.

When the key is in-serted, 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 se-lect 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 count-down will begin.

7 Return to the treadmill and stand on the foot rails. 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 con-nected, 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 11.

**9 When the program has ended, remove the key.**

See step 6 on page 13.

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:
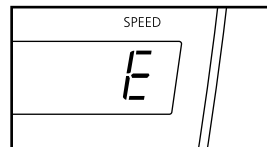
The right side of the main display will show the total number of hours that the treadmill has been used.
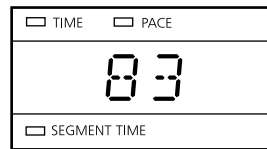
The left side of the main display will show the total number of miles that the walking belt has moved.
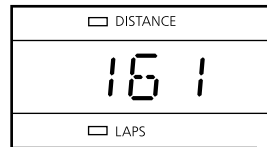
An "E" for English miles or an "M" for metric kilometers will appear on the right side of the main display. Press the Speed + button to change the unit of measurement.

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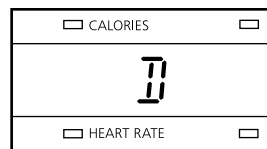
To exit the information mode, remove the key from the console.

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.**

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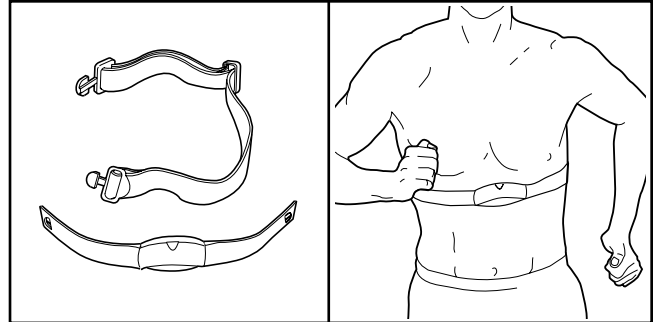
HOW TO FOLD AND MOVE THE TREADMILL

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.
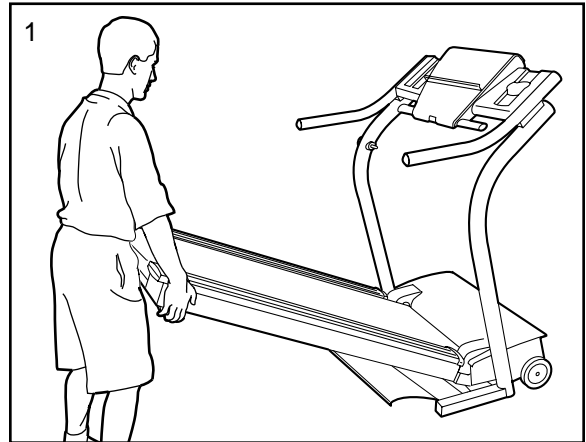
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the lock knob to the left and hold it. Raise the treadmill until the lock pin is aligned with the hole in the catch. Insert the lock pin into the catch. **Make sure that the lock pin is fully inserted into the catch.**

   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.
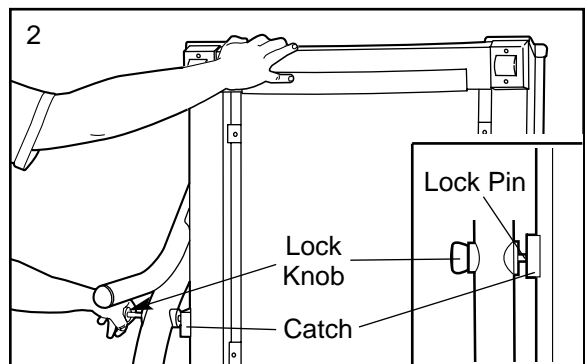
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is inserted into the slot in the catch.**

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. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, 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. Note: You may need to push the handrail to the side slightly.

2. Refer to 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.**

1

2

Lock Pin

Lock Knob

Catch

Base

Front Wheels

25

TROUBLE-SHOOTING

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 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. 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.
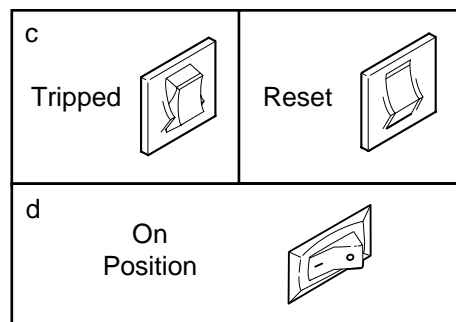
PROBLEM: The power turns off during use

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 (3) from the Hood (37). Carefully rotate and lift the Hood.

Locate the Reed Switch (20) and the Magnet (107) on the left side of the Pulley (10). 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 (109) 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.
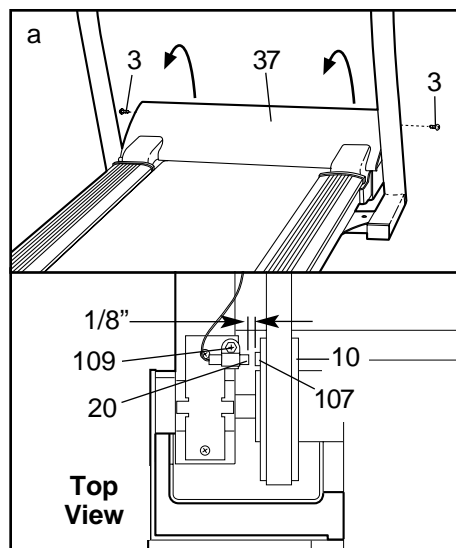
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

b. If the walking belt is overtightened, treadmill perfor-
mance may decrease and the walking belt may be-
come 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, in-
sert the key and run the treadmill for a few minutes.
Repeat until the walking belt is properly tightened.

b

3"–4"

Rear Roller Adjustment Bolts

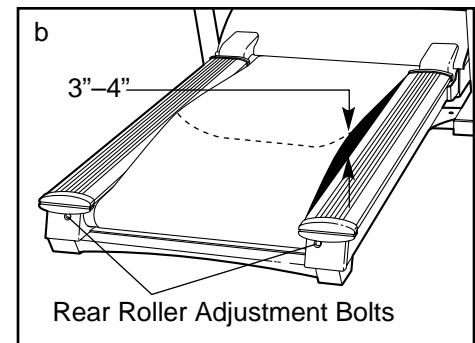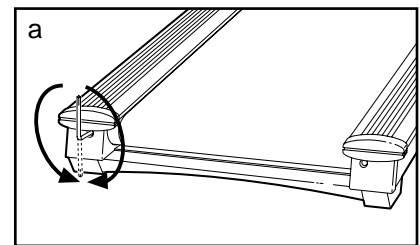c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-
free.

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.

a

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

b
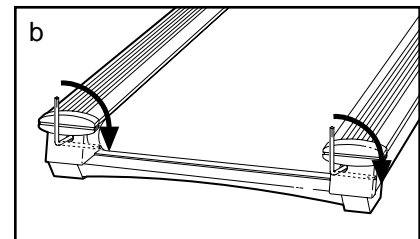
**PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com
CDs and videos are played**

SOLUTION: a. With the key in the console, press one of the incline buttons. **While the incline is changing, re-
move 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.

27

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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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

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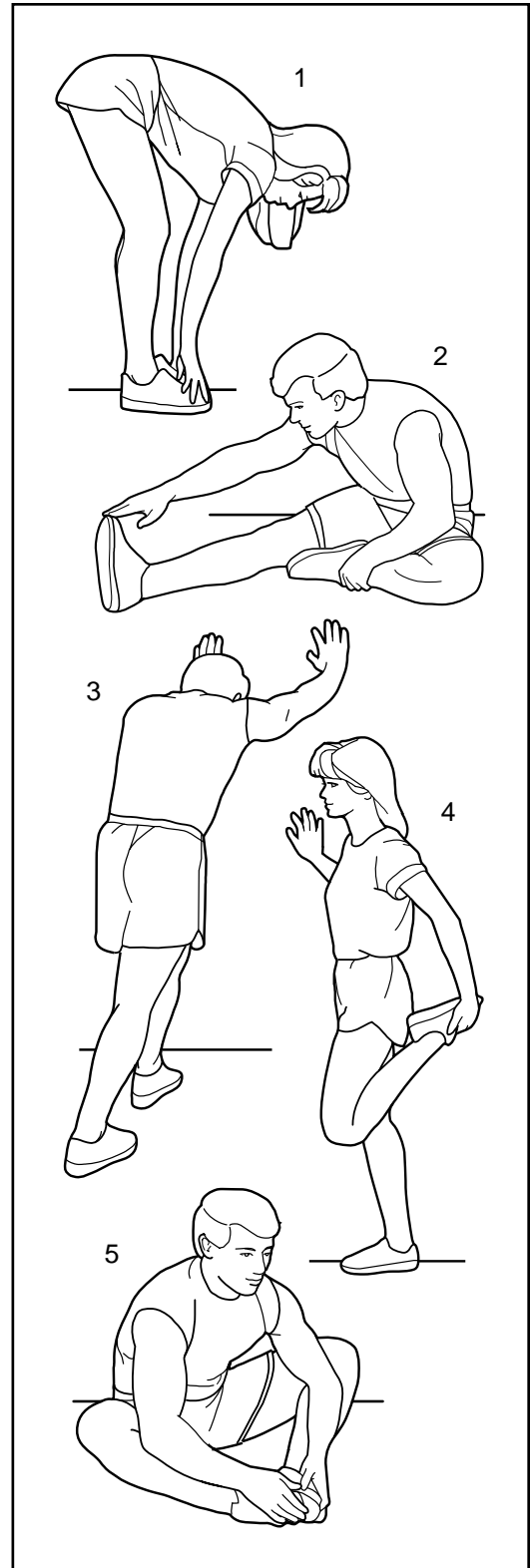
PART LIST—Model No. NTTL18906

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	51	2	Static Decal
2	1	Left Foot Rail	52	1	On/Off Switch
3	1	Grounding Bracket	53	1	Power Cord
4	1	Left Foot Rail Endcap	54	1	Power Cord Grommet
5	4	Endcap Screw	55	1	Circuit Breaker
6	2	Rear Platform Screw	56	1	Belly Pan Bracket
7	1	Frame	57	2	Rear Wheel Spacer
8	1	Walking Belt	58	6	Wheel Block Screw
9	1	Walking Platform	59	1	Right Wheel Block (Bottom)
10	1	Front Roller/Pulley	60	2	Rear Wheel
11	1	Motor Belt	61	1	Right Wheel Block (Top)
12	1	Motor/Pulley/Flywheel/Fan	62	3	Roller Adj. Washer
13	2	Roller Bushing (Bottom)	63	2	Rear Roller Adj. Bolt
14	2	Roller Bushing (Top)	64	1	Front Roller Adj. Bolt
15	2	Bushing Plate	65	1	Rear Endcap
16	8	Bushing Plate Screw/Isolator Screw	66	1	Rear Endcap
17	1	Lift Frame	67	1	Left Wheel Block (Top)
18	1	Reed Switch Clip	68	1	Rear Roller
19	4	Platform Screw	69	12	Screw
20	1	Reed Switch/Sensor Wire	70	1	Catch
21*	1	Belt Tension Assembly	71	14	Deck Rail Screw
22	1	Tension Bolt	72	1	Pivot Spacer
23	1	Idler Pulley Bolt	73	1	Handrail
24	2	Tension Washer	74	4	Handrail Cap
25	1	Idler Arm Bearing	75	2	Hand Grip Pulse
26	1	Idler Arm	76	2	Walking Board Bracket
27	3	Electronics Bracket Screw	77	4	Insert Nut
28	3	Cage Nut	78	1	Right Foot Rail Endcap
29	1	Pulley Bushing	79	1	Console Base
30	1	Idler Pulley	80	1	Console
31	2	Hood Clip	81	1	Book Holder
32	1	Idler Spring	82	1	Key/Clip
33	1	Power Supply w/Clips	83	1	Upright/Base
34	4	Plastic Stand-Off	84*	1	Latch Assembly
35	1	Power Supply Bracket	85	1	Lock Knob
36	2	Power Supply Bracket Screw	86	1	Lock Knob Spacer
37	1	Motor Hood	87	1	Lock Knob Sleeve
38	2	Motor Bolt	88	1	Lock Knob Spring
39	2	Motor Bolt Star Washer	89	1	Lock Pin Collar
40	6	Lift Motor Nut/Idler Nut	90	1	Pin Clip
41	1	Lift Motor Bolt	91	1	Lock Pin
42	1	Lift Motor Bracket	92	2	Handrail Spacer
43	1	Lift Motor	93	2	Upright Endcap (Round)
44	1	Lift Motor Bolt (Bottom)	94	4	Handrail Bushing
45	4	Isolator	95	4	Handrail Washer
46	1	Electronics Bracket	96	4	Handrail Bolt
47	1	Controller	97	1	Left Wheel Block (Bottom)
48	8	Belly Pan Screw	98	1	iFIT.com Audio Cable
49	1	Allen Wrench	99	1	Jack
50	1	Belly Pan	100	1	Latch Warning Decal

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	12" Audio Wire	125	2	Hand Weights
102	1	Shock	126	1	Motor Controller Wire
103	2	Front Wheel Bolt	127	1	Right Foot Rail
104	2	Front Wheel Bushing	128	5	Hood Mount (Large)
105	2	Front Wheel	129	2	Hood Mount
106	2	Front Wheel Spacer	130	1	Ground Wire
107	1	Magnet	131	1	Upright Wire Harness
108	6	Base Pad	132	8	Platform Bracket Screw
109	20	Base Pad Screw/Misc. Screw	133	1	Split Pivot Spacer
110	2	Warning Decal	#	1	10" Green Wire, 2 Ring
111	2	Upright Endcap	#	1	8" Green Wire, F/Ring
112	2	Belt Guide	#	1	7" Green Wire, M/Ring
113	1	Wire Track	#	1	4" Green Wire, F/Ring
114	3	Base Plate Screw	#	1	20" Blue Wire, 2F
115	1	Base Plate	#	1	8" Blue Wire, 2F
116	1	Base Plate Bumper	#	1	20" White Wire, 2F
117	8	1" Console Screw	#	1	20" White Wire, M/F
118	3	3/4" Console Screw	#	1	4" Black Wire, 2F
119	1	Audio Wire Nut	#	1	20" Wire Harness
120	1	Console Back	#	1	User's Manual
121	1	Releaseable Tie			
122	1	Filter Wire			
123	4	Cable Tie			* Includes all parts shown in the box
124	4	8" Cable Tie			# 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 (NTTL18906)

• The NAME OF THE PRODUCT (NordicTrack® APEX 4100i 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).

LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack® APEX 4100i 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 models.

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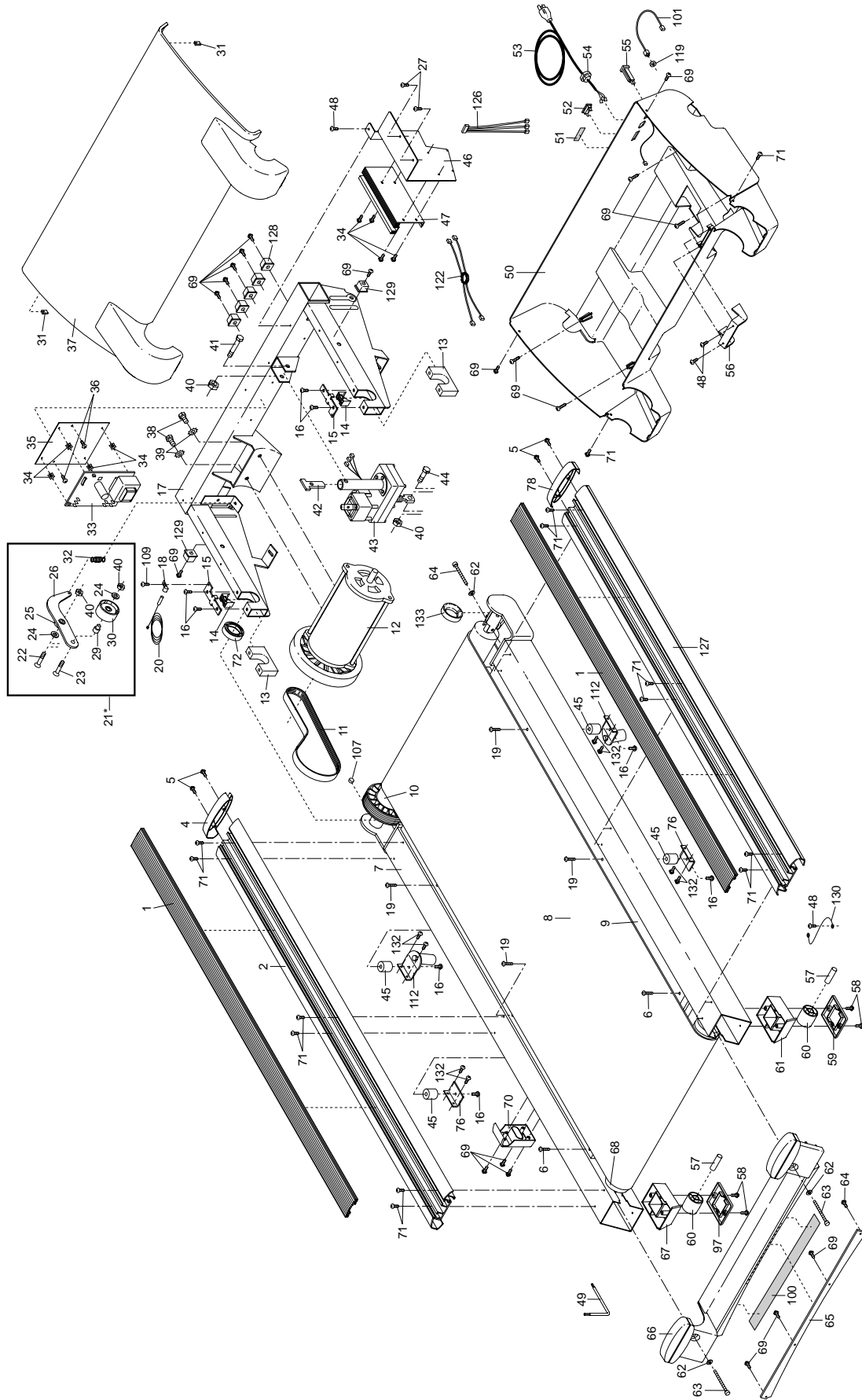
No one is authorized to change, modify or extend the terms of this limited warranty.

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

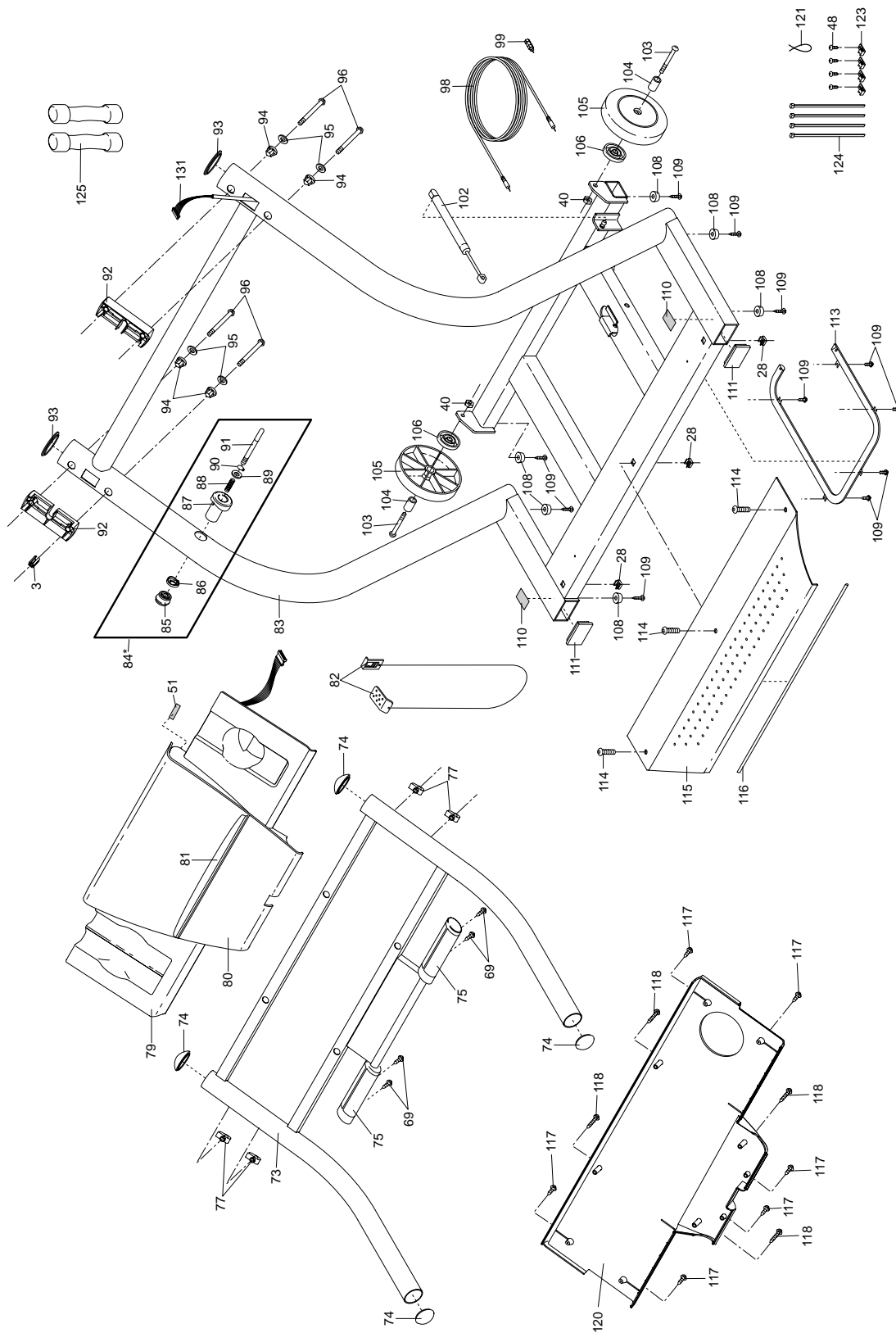**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

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