

TRIMLINE®

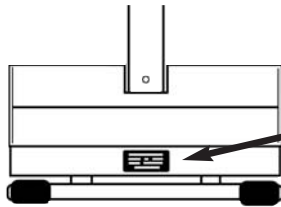
T523



SERIAL NO: _____

DATE OF PURCHASE: _____

WRITE THE SERIAL NUMBER IN THE SPACE ABOVE FOR REFERENCE.



SERIAL
NUMBER
DECAL

OWNER'S MANUAL

**ASSEMBLY • OPERATION • MAINTENANCE
WARRANTY • PART ORDERING**

CAUTION: *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.*

IMPORTANT: *Read all instructions carefully before using this product. Retain this owner's manual for future reference.*

NAUTILUS

World Headquarters • 16400 S.E. Nautilus Drive • Vancouver, WA 98683 • USA
Manufacturing Facility • 12032 Hwy. 155 N. • Tyler, TX 75708 • USA

(800) NAUTILUS • FAX (877) 686-6466

www.nautilusinc.com cstech@nautilus.com

MANUFACTURER'S LIMITED WARRANTY

WHAT DOES THIS WARRANTY COVER?

This warranty covers your fitness product against defect in material and workmanship when used for the purpose intended, under normal conditions provided it receives proper care. The warranty is extended only to the original owner and is not transferable.

HOW LONG DOES THE COVERAGE LAST?

- 30 YEARS ON DRIVE MOTOR AND FRAME
- 2 YEARS ON ALL OTHER PARTS
- 1 YEAR ON LABOR

WHAT DOES THIS WARRANTY NOT COVER?

This product is designed for home use. This warranty does not cover fitness products which are (1) used in a commercial environment; or (2) subject to misuse, neglect, accident, or unauthorized repairs and alterations; or (3) running belt and drive belt adjustments; and (4) normal maintenance functions. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

WARRANTY REGISTRATION (FOR THE US AND CANADA ONLY)

1. Complete the enclosed warranty card and send via US mail or Canada Post or
2. Register online at <http://www.nautilus.com> and click on "contact us".

REPAIR PARTS & SERVICE

All of the parts for this treadmill can be ordered from your local dealer. Dealers also have trained service personnel who can assist you with any service questions you may have.

If you would like to speak to a factory representative and live in the U.S. or Canada, please call:

(800) NAUTILUS or email cstech@nautilus.com or fax (877) 686-6466.

If you purchased your machine outside the U.S. or Canada and need to locate a distributor in your area for service, please email cstech@nautilus.com.

IMPORTANT SAFETY PRECAUTIONS

**THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY.
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL.**



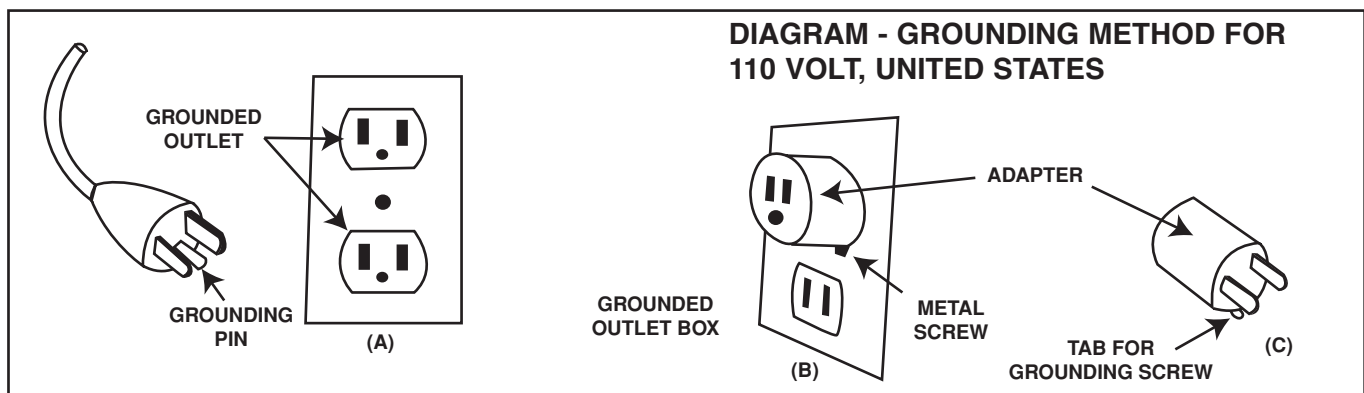
WARNING

1. Before starting any exercise program, it is recommended that you consult your physician. Stop exercising if you feel any unusual pain or dizziness.
2. To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.
3. To reduce the risk of burns, fire, electrical shock or injury to persons:

Plug the power cord of the treadmill directly into a dedicated grounded circuit carrying 15 amps (110 Volt model) or 7 amps (220 Volt model). We recommend the use of a surge protector.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, 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. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



4. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors. Treadmill mats can usually be purchased from your treadmill dealer. If the power cord is damaged, it must be replaced by a power cord from Nautilus, Inc. Please contact your dealer or Nautilus.
5. The minimum "clear" distance around the treadmill is 20 inches (.5 meters) on each side and 79 inches (2 meters) behind the machine
6. Position treadmill so that the wall plug is visible and accessible.
7. Inspect the treadmill prior to each use for worn or loose components and then correct, replace, or tighten prior to use. Do not use the treadmill if any area is found to be in need of service.
8. Read, understand, and test the Emergency Stop Procedures on Page 4 before use.
9. Read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in the owner's manual before using the treadmill.
10. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
11. Always attach the safety key rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the key is disengaged from the console.

IMPORTANT SAFETY PRECAUTIONS

12. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.
13. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the foot rails on the sides of the frame until the belt is moving. Care should be used when mounting or dismounting the treadmill.
14. This treadmill is for home use only. The T523 has a maximum user weight limit of 325 lbs. (147 kgs.).
Do not exceed the maximum user weight limits.
15. Keep children away from the treadmill during operation.
16. Keep the top surface of the walking belt clean.
17. Always unplug the power cord before removing the treadmill motor cover.
18. When the treadmill is not being used, the power cord should be unplugged and the safety key removed

EMERGENCY STOP PROCEDURES



IF THE SAFETY KEY IS REMOVED FROM THE TREADMILL WHILE IT IS IN USE, THE TREADMILL WILL STOP IMMEDIATELY .

This feature is meant to prevent serious harm and, when used properly, is an excellent way to protect your safety during your workout.

Your treadmill is equipped with a SAFETY KEY that can protect you from serious injury and inhibit children from playing with and/or being injured on the treadmill. If the Safety Key is not fully inserted, the treadmill will NOT power up.

ALWAYS CLIP THE SAFETY KEY CLIP TO YOUR CLOTHING DURING YOUR WORKOUT.

It is strongly advised that you remove the Safety Key from the treadmill when not in use to prevent children or other persons from using the treadmill unsupervised. ***Unless there is an emergency, do not remove the Safety Key when walking / running on the walking belt while in motion.***

NORMAL STOP PROCEDURES

1. Step off belt onto the plastic side rails.
2. Press **START/STOP**. The walking belt will stop.

NOTE: For an immediate stop, STEP OFF BELT and press **START/STOP** key or remove the safety key.

WARNING: THE BELT WILL STOP ABRUPTLY.

ASSEMBLY INSTRUCTIONS

TOOLS REQUIRED

$\frac{9}{16}$ " Wrench • $\frac{1}{2}$ " Wrench • Phillips Screwdriver • $\frac{3}{16}$ " Hex Key (provided)

LOCATE THE HARDWARE BAG SA2023 CONTAINING:

Part #	Description.	Qty.
HH2102	Button Head Bolt 5/16" X 1"	8
MM2105	Nylon Shoulder Washer	4
HH2168	Hex Head Bolt 5/16" X 1 1/2"	2
HH2154	Black Flat Washer	12
HH2095	3/8 Star Washer	4
HH2153	Hex Head Bolt 5/16" X 5"	2
HH2001	Hex Key Wrench	1
MM0087	Hex Key Clip	1
HH2217	Phillips Head screw	7

CAUTION: DO NOT PLUG IN POWER CORD UNTIL FINAL ASSEMBLY IS COMPLETE AND MOTOR COVER IS INSTALLED.

STEP 1

Remove contents from box: (1) upright assembly, (2) handrails, (1) hardware bag, (1) main base.

STEP 2

Remove motor cover to expose the motor (see Figure 1).

STEP 3

Install the upright assembly onto the upright brackets on the treadmill frame (see Figure 2). Caution: Use care not to damage the wires in the right upright.

STEP 4

Please note: the left upright is attached to the frame differently than the right upright. If you stand on the treadmill as if you were walking on it, your left hand is on the left side of the treadmill, your right hand is on the right side of the treadmill.

The left side is attached with clear nylon shoulder washers. The right side is attached with metal star washers.



FIGURE 1

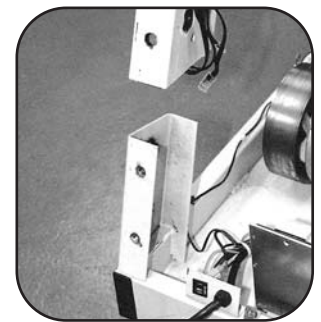
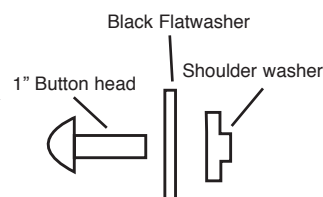


FIGURE 2

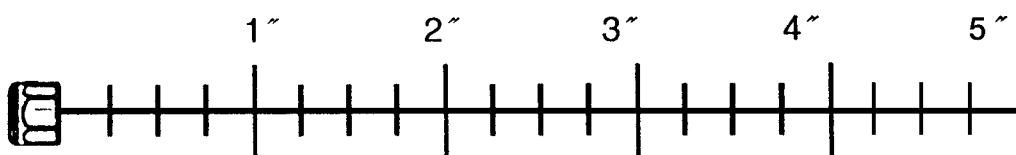
FIGURE 3



*Make sure that shoulder washers are seated into holes on upright tubes before tightening.



Left Upright



HARDWARE LENGTH SCALE

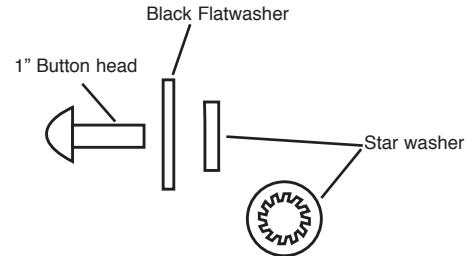
ASSEMBLY INSTRUCTIONS

LEFT SIDE – Install (4) 5/16" x 1" button head bolts with (4) black flat washers and (4) NYLON SHOULDER WASHERS into the left side of the upright (see Figure 3). Install bolts and washers by hand. Make sure shoulder washers are seated properly in the holes of the upright before tightening.

RIGHT SIDE – Install (4) 5/16" x 1" button head bolts with (4) black flat washers and (4) STAR WASHERS into the right side of the upright (see Figure 4). Install bolts and washers by hand.

Now tighten all bolts with the provided hex key. Tighten outside bolts first, then the bolts on the front of the unit.

FIGURE 4



STEP 5

Cut rubber band on the right upright leg to access the cable wires (see Figure 5). Insert cable wire connectors into their respective sockets on the power supply board (see Figure 6).

STEP 6

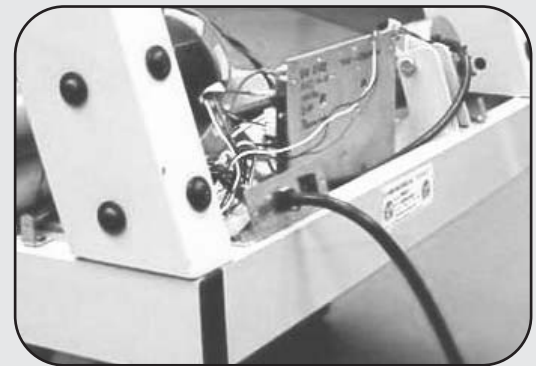
Fold up slack in the exposed cable wires and insert loose wires into the provided wire clips (see Figure 7). **CAUTION:** make sure when routing wires that they cannot come into contact with moving parts.

STEP 7

Reinstall motor cover using the (7) Phillips head screws.

STEP 8

Attach the top of the right handrail (marked with an "R") to the right side of the upright using the 5/16 x 5" long hex head bolt and flat washer. Hand tighten only. (see figure 8).



Right Upright

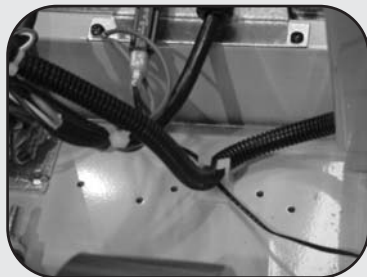


FIGURE 7

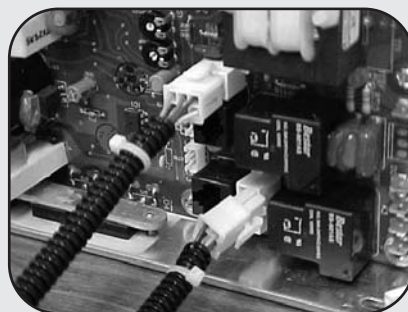


FIGURE 6



FIGURE 5

STEP 9

Attach handrail clamp to the bottom of the handrail using 5/16 x 1 1/2" hex head bolt and flat washer. (See Figure 9) Hand tighten only.

STEP 10

Tilt the unit on its side. With the treadmill on its side, position the handrail clamp to the frame rail. Secure hand rail clamp to the frame rail using (2) 5/16" x 1 1/2" hex head bolts, then tighten the bolts to the frame rail. Now tighten all bolts. (See Figure 10 & 11)

STEP 11

Repeat steps 8-10 for the left side handrail.

STEP 12

Remove protective backing from the hex key clip and place wherever you feel is convenient. We suggest on the end cap by the rear roller. Refer to "Taking Care of Your Treadmill" for hex key use.

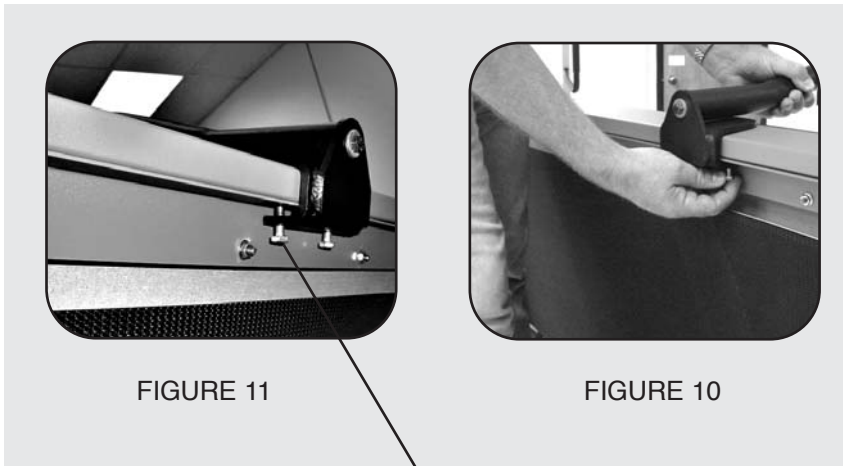


FIGURE 11

FIGURE 10

5/16" x 1 1/2"
Hex Head Bolt

STEP 13

ADJUSTMENT OF REAR FEET

If your treadmill sits unevenly you can adjust the rear feet with 9/16 wrench to make the treadmill stable on your floor.

CAUTION

- Treadmills are heavy pieces of exercise equipment and should be used with caution.
- Children should not be allowed to play on treadmill

If you have any questions about assembling or using this treadmill, please contact the store where you purchased the treadmill or telephone 800-NAUTILUS or (800) 628-8458 or fax (877) 686-6466 or e-mail cstech@nautilus.com

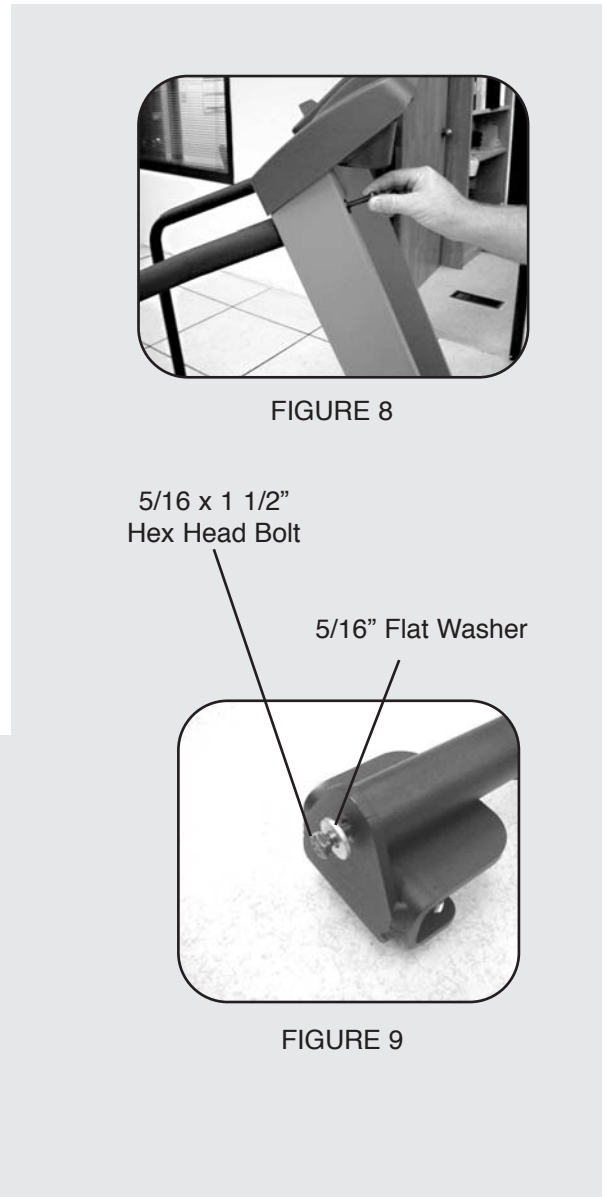
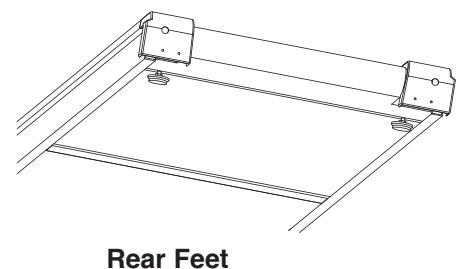


FIGURE 8

FIGURE 9



Rear Feet

USING YOUR TREADMILL

A BEGINNER'S GUIDE

Getting Started

If you are over 45, or have had health problems, and this is your first step towards fitness, check with your physician first.

Before you even get on your treadmill, stand along side it, and get used to the controls- raise and lower the speed and incline, and get a good feel for the controls. Then get on, straddling the belt with both hands on the handrails. Turn the machine on and set the speed at 1 or 2 MPH. Stand tall, look forward, and "paw" with just one foot several times. Then step onto the belt, and begin walking. After you feel comfortable, slowly increase the speed to 2 or 3 MPH. Stay at that speed for 10 minutes. Slowly bring the machine to a stop and step off.

Going Forward

Walk a mile at a steady pace, and record your time. It will probably take between 15 and 25 minutes. At 3 MPH, a mile will take about 20 minutes. After you can do this a few times fairly easily, you can gradually increase your speed and grade so you are getting a good workout that lasts 30 minutes. To begin a walking program, keep in mind that you are in no big hurry. This is for lifetime health, not overnight magic.

How Often?

- **The goal- three to five times a week, for 15 to 60 minutes.**
- Schedule workouts in advance; workout even when you don't *want* to.
- Control intensity of workout by speed and/or by incline.
 - Start off with no elevation at first. As you want to increase workout intensity, begin to elevate the machine; it is very effective.

Suggested Workouts

The Quickie-

- 15 to 20 minute workout to get the most bang for the time.
 - Warm up for 2 minutes at 3 MPH.
 - Increase speed to 3.3 MPH then to 3.6 MPH (2 minutes each).
 - Add 0.2 MPH of speed every 2 minutes until you reach a speed where you're breathing hard, but not panting. Maintain this speed for as much time as you have, slowing by 0.2 MPH increments if you get out of breath. Leave 4 minutes at the end to slow down to 3 MPH for a cool down.
 - If you have a hard time reaching the breathe-hard intensity through speed increases, increase the machine's incline slightly. A small increase in incline will raise the intensity of your workout.

The Calorie Burner-

- This more intense workout helps you burn more calories.
 - Warm up for 5 minutes at 2.5 or 3 MPH.
 - Increase 0.2 MPH every 2 minutes until you find a challenging pace that you can maintain for 45 minutes.
 - To boost your workout, walk for the duration of an hour long TV show.
 - Increase the speed 0.2 MPH during every commercial break.
 - Go back to your regular speed until the next break.
 - This helps you increase the calorie burn during the ad and while your heart rate is elevated afterward.
 - Leave 4 minutes at the end to walk at 3 MPH for cooling down.

What to Wear

All you really need are a good pair of shoes. Running shoes are not very good for walkers; choose walking shoes with a firm heel counter- the hard piece at the back of the shoe that holds the heel in place- and plenty of room for toes so they can spread out as they push off. Wear loose, comfortable clothes.

Stretching

At any level of walking, a stretching session is a good idea. Warm muscles respond better to stretches than cold ones, so walk for five or ten minutes until you're warm. Then stop for the stretches listed below- fives times, 10 or more seconds each, for each leg. Repeat at the end of the walk.

- **Achilles Tendon and Calf-** With both hands against a wall, place one foot behind you. Keeping the rear leg straight and its heel on the ground, lean in toward the wall. Repeat for the other leg.
- **Quadriceps-** Put your left hand on a wall or table for balance. Then reach your right hand behind your back and grasp your right ankle, pulling it gently towards your buttocks until you feel tension along the front of your thigh. Repeat on other side.
- **Hamstring-** Stand on one leg and prop the other leg parallel to the ground on a table or cabinet top. Slide both hands toward the propped-up ankle as far as they'll go. Repeat on other side.

Walking and Running Resources

If you wish to obtain more information about starting a walking or a running program, please refer to the following websites:

- **Walking Websites-**
 - The Walking Site- <http://www.thewalkingsite.com>
This site has some useful information for beginning walkers. The "Beginner" section has a detailed walking plan to get you started.
- **Running Websites-**
 - Runner's World- <http://www.runnersworld.com>
This website has many useful links that give information such as "Beginning," "Training," and "Nutrition."
This site has information for runners of all levels- from beginners to experts.
 - American Running Association- <http://www.americanrunning.org>

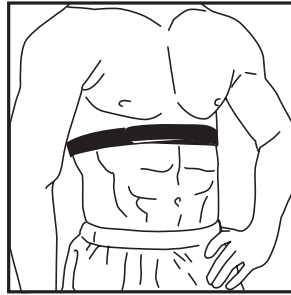
The above websites are just the beginning of the vast amount of fitness related information you can find on the internet.

If you don't have access to the internet, your local library will have fitness books. In addition, hiring a personal trainer can be beneficial because they are able to assemble a custom walking or running workout program for you.

Good luck in achieving your fitness goals! The best time to start is NOW!

Beginner's Guide To Using Heart Rate

HOW TO USE YOUR CHEST STRAP



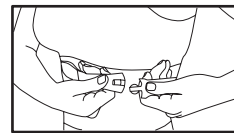
CHEST STRAP

Using your chest strap, you can monitor your heart rate at any time during your workout or you can use a pre-programmed heart rate program.

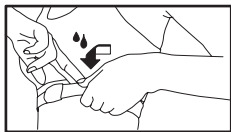
How to use the chest strap:



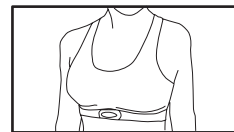
1. Attach the transmitter to the elastic strap.



2. Adjust the strap length to fit snugly and comfortably against your skin. Secure the strap around your chest, just below the chest muscles, and buckle it.



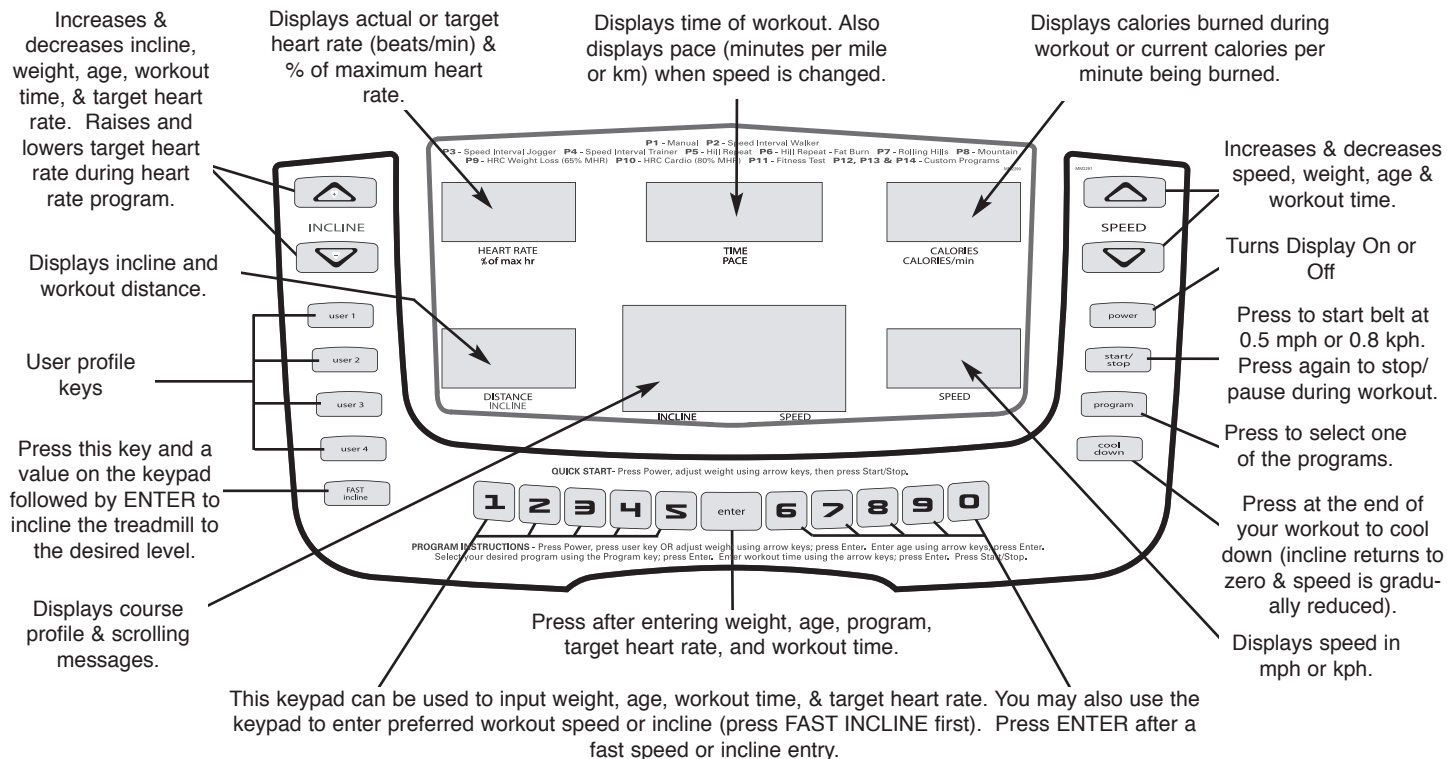
3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.



4. Check that the wet electrode areas are firmly against your skin.

- The chest strap will send your heart rate to the treadmill's receiver and your pulse will be displayed within a matter of several seconds.
- If your treadmill is equipped with heart rate programs, you will find an explanation of the heart rate programs on the following pages in this user's manual.

OPERATION GUIDE



BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Insert the safety key and attach the rope to your clothing. **Do not stand on the walking belt while starting or stopping the treadmill.** If you are a new user, begin walking at a slow speed and hold on to the handrails until you become comfortable.

LUBRICATE BELT MESSAGE

A lubricate belt message will be displayed for each 250 miles of belt travel. The message "Lub bELt" will be shown in the heart rate and time displays when the treadmill is turned on. Press any button to clear the message. Refer to "Taking Care of Your Treadmill" for belt lubrication. After lubrication, turn the power back on and your treadmill is ready for use.

QUICK START

1. Press **POWER**.
2. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**.
3. Press **START/STOP**. Walking belt begins to move at minimum speed. Time counts up.
4. Adjust speed and incline using the **ARROW** (+ or -) keys.

PROGRAM 1 – MANUAL MODE

1. Press **POWER**.
2. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
3. Enter age using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
4. Press **PROGRAM** key once to choose program 1 (P1).
5. Press **START/STOP**. Walking belt begins to move at minimum speed. Time counts up.
6. Adjust speed and incline using the **ARROW** (+ or -) keys.
7. End your workout by following the "TO STOP" section.

OPERATION GUIDE

NUMERIC KEYPAD

The treadmill is equipped with a numeric keypad. This keypad may be used to enter weight, age, workout time, and target heart rate. After entering any of these values, press **ENTER** to confirm and move to the next prompt. This keypad also enables you to enter speed and incline values during a manual (**P1 - MANUAL**) or user program (**P12-14**). See “**Fast Speed Entry**” and “**Fast Incline Entry**” sections for more information.

Fast Speed Entry (Manual Mode, HRC, and User Programs ONLY)

During a manual program, heart rate control program, or user program, you may enter a speed on the numeric keypad. You must press **ENTER** to confirm the new speed. You may enter values up to 11 MPH. Valid speeds are one to three digits (to the tenth of a mile/hour). If you enter a speed that is not within this range, you will hear a reject tone and the treadmill will remain at the same speed.

Example: During your workout, if you press **5 ENTER**, the treadmill will run at 0.5MPH. If you press **72 ENTER**, the treadmill will run at 7.2MPH. If you press **103 ENTER**, the treadmill will run at 10.3MPH.

CAUTION: The treadmill will adjust to the new speed when the **ENTER** key is pressed.

Fast Incline Entry (Manual Mode and User Programs ONLY)

Fast incline entries will work in manual or user programs. During your workout, you may press **FAST INCLINE** and use the numeric keypad to enter an incline value. After pressing the desired incline level, you must press **ENTER** to confirm the new incline level. You may enter values up to 12%. Valid incline levels are one to three digits and should be entered in multiples of 0.5% (to the half of a percent). If you enter an incline level that is not within the range, you will hear a reject tone and the treadmill will remain at the same incline level.

Example: During your workout, if you press **FAST INCLINE 5 ENTER**, the treadmill will adjust the incline level to 0.5%. If you press **FAST INCLINE 15 ENTER**, the treadmill will adjust the incline level to 1.5%. If you press **FAST INCLINE 105 ENTER**, the treadmill will adjust the incline level to 10.5%. If you press **FAST INCLINE 50 ENTER**, the treadmill will adjust the incline level to 5.0%.

CAUTION: The treadmill will adjust to the new incline when the **ENTER** key is pressed.

TO STOP

1. Step off belt onto the plastic side rails.
2. Press **START/STOP**. The walking belt stops. The display enters the **RESULTS MODE**.
3. Press **POWER** to turn off the treadmill.

NOTE: For an immediate stop, STEP OFF BELT and press POWER key or remove the safety key.

CAUTION: THE BELT WILL STOP ABRUPTLY.

PROGRAMS 2-8 - PRESET PROGRAMS

1. Press **POWER**.
2. Adjust weight using **ARROW (+ or -)** keys or **Numeric Keypad**. Press **ENTER**.
3. Enter age using **ARROW (+ or -)** keys or **Numeric Keypad**. Press **ENTER**.
4. Press **PROGRAM** key to choose program 2, 3, 4, 5, 6, 7, or 8 (P2-P8). Press **ENTER**.
5. Adjust program time (10-99 minutes) using **ARROW (+ or -)** keys or **Numeric Keypad**. Press **ENTER**.
6. Press **START/STOP**. Walking belt begins to move at minimum speed. Time counts up. (See charts)

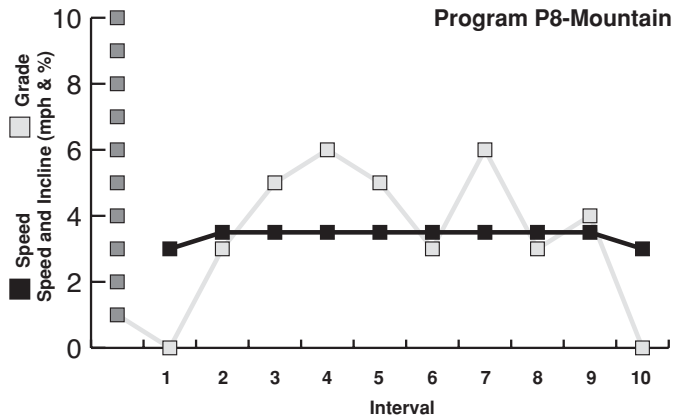
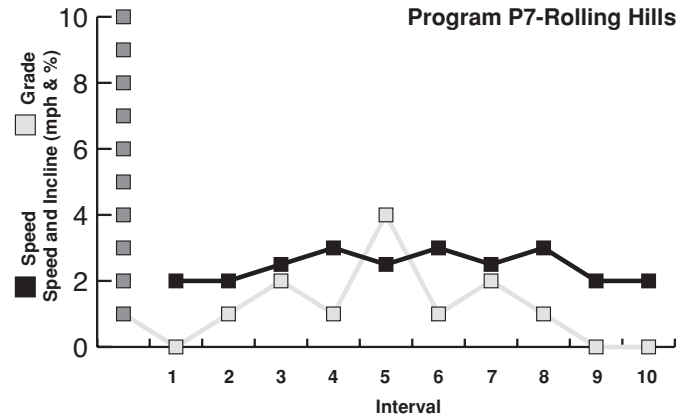
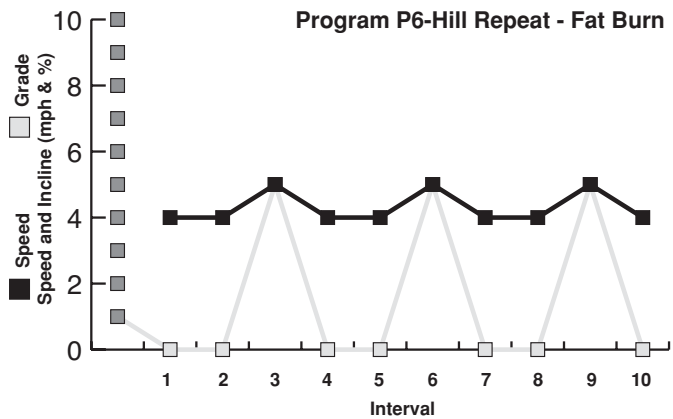
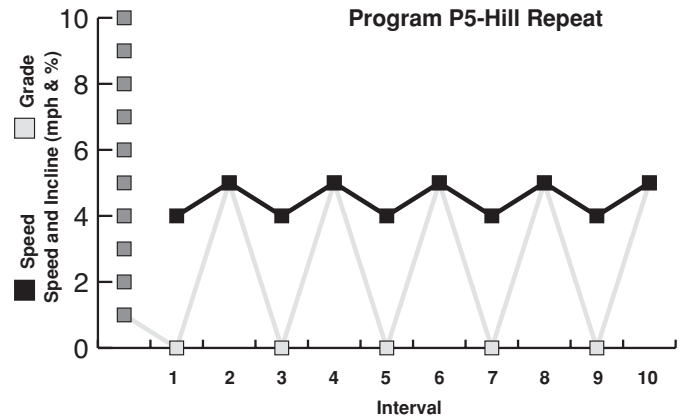
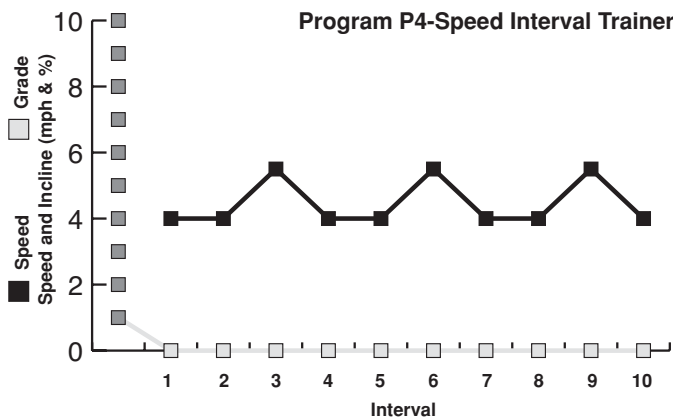
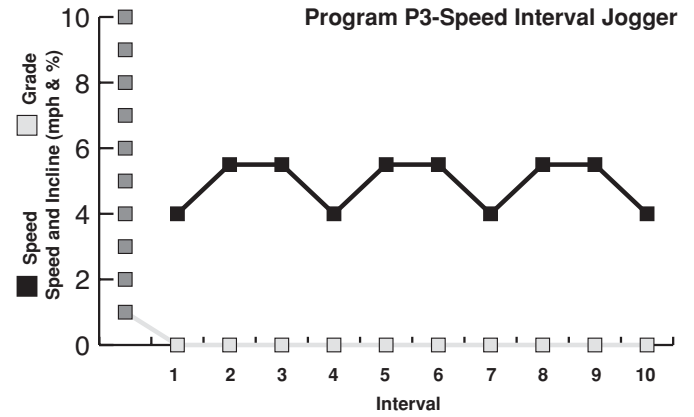
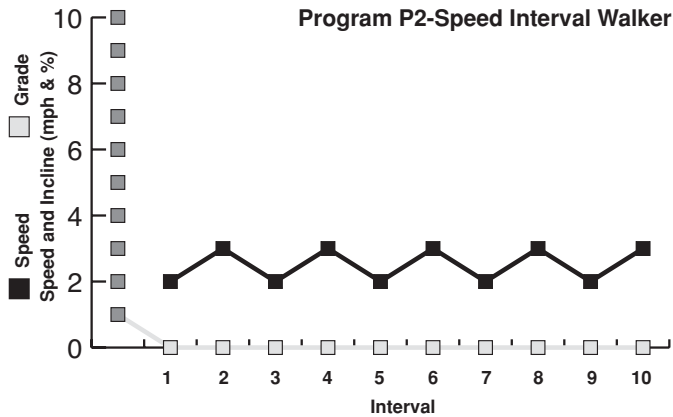
Programs 2, 5, 7, and 8 are divided into 10 segments. Divide the program time by 10 to compute the length of each segment. For example, if you choose a program time of 20 minutes, each segment will be 2 minutes long. The display gives a visual and an audible warning before each segment change if there is a change in speed or elevation. The segments of each program have a variety of speeds and inclines (See charts). To review your workout results, press **START/STOP**. The program repeats until you choose to end the workout by following the “**TO STOP**” section.

OPERATION GUIDE

Programs 3, 4, and 6 are divided into 9 segments. Divide the program time by 9 to compute the length of each segment. For example, if you choose a program time of 18 minutes, each segment will be 2 minutes long. The display gives a visual and an audible warning before each segment change if there is a change of speed or elevation. The segments of each program have a variety of speeds and inclines (See charts). To review your workout results, press **START/STOP**. The program repeats until you choose to end the workout by following the "**TO STOP**" section.

You may override the speed or incline of any segment by using the **ARROW** (+ or -) keys. The change lasts for your current workout. The next time you run the program, it returns to the original settings. If you make a change in speed or incline during your present workout, the same change is made to every other segment in the program. For example, if you are in Segment 3 and override the speed by increasing it 2mph (or kph) the speed in all other segments is increased 2mph (or kph).

OPERATION GUIDE



The program profiles on this page are in % when referencing incline and mph when referencing speed. To convert mph to kph, use the chart.

Charts are in % and mph To convert:

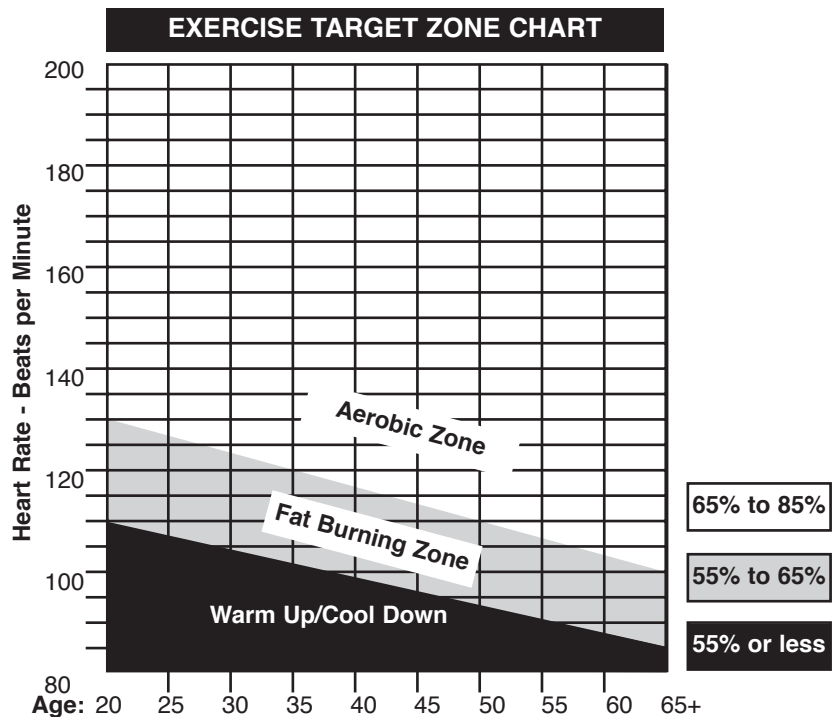
mph	kph
1.0	1.6
2.0	3.2
3.0	4.8
4.0	6.4
5.0	8.0
6.0	9.7
7.0	11.3
8.0	12.9
9.0	14.5
10.0	16.1

OPERATION GUIDE

PROGRAMS 9-10 – HEART RATE PROGRAMS

(HEART RATE CHEST STRAP MUST BE WORN)

1. Press **POWER**.
2. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
3. Enter age using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
4. Press **PROGRAM** key to choose program 9 or 10 (P9 – P10). Press **ENTER**.
5. A suggested target heart is displayed in the **TIME/PACE** window. You may change the target heart rate by using the **ARROW** (+ or -) keys or **Numeric Keypad**.
6. Press **START/STOP**. Walking belt begins to move at minimum speed. Time counts up.
7. Adjust the speed using the **SPEED ARROW** (+ or -) keys.
8. You may adjust the target heart rate at any time during the workout. Press the **INCLINE ARROWS** (+ or -).
9. End your workout by following the “**TO STOP**” section.
10. Program 9 (P9- Weight Loss HRC program) adjusts the treadmill’s incline to help you reach and maintain your heart rate. Program 10 (P10- Cardiovascular HRC program) controls both incline and speed to keep you near your target heart rate. Please review the information below for exact details on how P9 and P10 control your heart rate.



HEART RATE CONDITIONING USING THE HEART RATE PROGRAMS

Here’s a simple way to get into heart rate conditioning. What is your primary exercise goal?

WEIGHT LOSS PROGRAM - Use Program 9 (P9)

CARDIOVASCULAR PROGRAM – Use Program 10 (P10)

These programs calculate suggested target heart rate values and are designed to aid you in reaching your fitness goals. However, before starting any exercise program, you should consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate zone), and time appropriate for your particular age and condition.

WEIGHT LOSS PROGRAM (P9)

This program is for those whose primary fitness goal is weight loss or fat reduction. The target heart rate is computed as:

$$(220 - \text{age}) \times 65\%$$

For example, the weight loss target heart rate for a 45-year old person is $(220 - 45) \times 65\%$. This equals a target heart rate of 114 beats per minute.

We recommend this program for a first time user. If the workout is too strenuous, lower the target heart rate by pressing the **INCLINE DOWN ARROW** during the workout.

The weight loss program keeps you at your target heart rate by doing the following:

- There is an initial adjustment in incline when you begin the workout. The amount of adjustment is based on your target heart rate value.

OPERATION GUIDE

- If your heart rate is 26 beats per minute (bpm) or more below the target, there is no additional adjustment in incline. This allows for a warm-up period. Raise your speed to increase your heart rate.
- If your heart rate is 3 to 25 bpm below the target, the incline increases. When you are below the target zone, a **green heart** flashes on the dot matrix display. **This reminds you that you are below your target zone.**
- If your heart rate is within 2 bpm of the target, there is no adjustment in incline. When you are within 3 bpm of the target, an **orange heart** flashes on the dot matrix display. **This reminds you that you are in your target zone.**
- If your heart rate is 3 or more bpm above the target, the incline decreases. If the treadmill reaches minimum incline and your heart rate is still above the target, a “decrease speed” message scrolls across the display. When you are above the target zone, a **red heart** flashes on the dot matrix display. **This reminds you that you are above your target zone.**

NOTE: The treadmill gives a visual and an audible warning before a change is made to your incline.

CARDIOVASCULAR PROGRAM (P10)

This program is for those whose primary fitness goal is to improve their aerobic fitness level and to improve sports performance. The target heart rate is computed as:

$$(220-\text{age}) \times 80\%$$

For example, the cardiovascular target heart rate for a 45 -year old person is $(220-45) \times 80\%$. This equals a target heart rate of 140 beats per minute.

If the workout is too strenuous, lower the target heart rate by pressing the **INCLINE DOWN ARROW** during the workout.

The cardiovascular program keeps you at your target heart rate by doing the following:

- You will control your speed until you reach your target heart rate zone, which is + or – 3 beats per minute (bpm) of your target heart rate. When you are below the target zone, a **green heart** flashes on the dot matrix display. **This reminds you that you are below your target zone.**
- Once the target zone of + or – 3 bpm of the target heart rate has been reached or exceeded, the heart rate control algorithm begins to control both your speed and your incline.
- If your heart rate is within 2 bpm of the target, there are no speed or incline adjustments made. When you are within 2 bpm of the target, an **orange heart** flashes on the dot matrix display. **This reminds you that you are in your target zone.**
- If your heart rate falls below the target zone, a green heart flashes on the dot matrix display. Your speed is automatically increased by 0.2 MPH every 15 seconds until you have reached your target zone.
- If the treadmill has increased your speed by **1 MPH*** and you are still not within 2 bpm of your target, the treadmill begins to raise the incline by 1% every 15 seconds.
- If your heart rate is 3 or more bpm above the target, the speed decreases by 0.2 MPH every 15 seconds until you reach your target zone. When you are above the target zone, a **red heart** flashes on the dot matrix display. **This reminds you that you are above your target zone.**
- If the treadmill has decreased your speed by **1 MPH*** and you are still not within 2 bpm of your target, the treadmill begins to decrease in incline by 1% every 15 seconds. If you are still above your target zone, lower your speed.

NOTE: The treadmill gives a visual and an audible warning before a change is made to your incline.

* The treadmill will only adjust your speed by 1 MPH maximum.

OPERATION GUIDE

FITNESS TEST (P11)

The Fitness Test program measures the user's baseline cardiopulmonary fitness level. Upon completion of the fitness test, the user's fitness scores will be given. This score can be used to compare the user's fitness level progression as performance improves.

To use the program, the user must wear the included heart rate transmitter strap. It is important that the user enter their correct age. The user's age is used to calculate the target heart rate during the fitness test according to the following formula:

PROGRAM INSTRUCTIONS

1. Press **POWER**.
2. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
3. Enter age using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
4. Select **FITNESS TEST** program 11 (P11) using **PROGRAM** or **ARROW** (+ or -) keys. Press **ENTER**.
5. The Target Heart Rate will be displayed in the **HEART RATE** window.
6. Set speed using **SPEED ARROW** (+ or -) keys.*
7. Press **START/STOP**.
8. The test begins when your Target Heart Rate is achieved, and will continue for three minutes.
9. At the conclusion of the test, read your Fitness Score in main display window.
10. Reference Table 1 to determine your fitness level.

*** If you are an experienced treadmill user, pick the speed at which you normally walk or run for an extended period of time.**

$$\text{TARGET HEART RATE} = (220 - \text{age}) * 0.6 * 1.15$$

After you begin, you have a one-minute warm-up. The program then adjusts the incline level of the treadmill in a similar fashion as used in the Heart Rate Control programs. Once the user reaches their target heart rate +/-5 bpm, the **TIME** window starts a countdown from three minutes. During the three-minute period, measurements of incline, speed and heart rate are used to calculate the user's fitness score. The test is concluded at the end of the three-minute period and the user's score is displayed, along with total elapsed time for the test, heart rate, speed and incline at the conclusion of the test. Using the displayed fitness score, reference Table 1 to determine your fitness level.

Note - different user's fitness scores cannot be directly compared without the use of Table 1.

If inexperienced or unsure of the most comfortable speed for the test, please refer to the following guidelines for suggested speed:

- 0 - 1.9 mph – deconditioned individual
- 2.0 - 2.9 mph – sedentary or new to exercise
- 3.0 - 3.9 mph – average walker
- 4.0 - 4.9 mph – accelerated walker
- 5.0 - 5.9 mph – easy paced jogger
- 6.0 - 7.9 mph – moderate paced jogger
- 8.0 - 9.9 mph – experienced runner
- 10.0 -11.0 mph – elite runner

*** It is important for the test that walkers use speeds of 4.9 mph or less and runners use speeds of 5.0 mph or more.**

OPERATION GUIDE

RESULTS

TABLE 1 FITNESS LEVELS

WOMEN

Age	Low	Fair	Average	Good	High	Athletic	Olympic
20-29	<28	29-34	35-43	44-48	49-53	54-59	60+
30-39	<27	28-33	34-41	42-47	48-52	53-58	59+
40-49	<25	26-31	32-40	41-45	46-50	51-56	57+
50-65	<21	22-28	29-36	37-41	42-45	46-49	50+

MEN

Age	Low	Fair	Average	Good	High	Athletic	Olympic
20-29	<38	39-43	44-51	52-56	57-62	63-69	70+
30-39	<34	35-39	40-47	48-51	52-57	58-64	65+
40-49	<30	31-35	36-43	44-47	48-53	54-60	61+
50-65	<25	26-31	32-39	40-43	44-48	49-55	56+
60-69	<21	22-26	27-35	36-39	40-44	45-49	50+

FITNESS SAFEGUARDS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

OPERATION GUIDE

USER PROFILES 1-4

Your treadmill is equipped with four user profiles. Using this feature offers the following benefits to a user:

- **Quicker entry into programs-** Each user profile stores previously entered values. User weight and age are always remembered. In the preset programs, the treadmill remembers your workout time.
- **Storage of cumulative workout data-** Many users are interested in their fitness progress. Your treadmill displays the following cumulative values for each user in a user profile: Total elevation gain, distance, calories burned, and workout time.
- **Storage of 3 personal programs-** Each user profile contains three Personal Programs P12, P13, and P14. These custom programs remember your preferred speed and incline settings for 10 segments. Each user (1, 2, 3 and 4) may store up to three unique programs in their profile.

USING PROFILES 1-4

1. Press **POWER**.
2. Press **USER 1**, **USER 2**, **USER 3**, or **USER 4** key to select user 1, 2, 3, or 4.
3. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
4. Enter age using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
5. Select any program using the **PROGRAM** key.
6. At this point, the manual program, preset programs, heart rate programs, and fitness test work as described earlier.
7. The next time you use a user profile, the treadmill remembers previously entered values such as weight, age, and workout time (preset and personal programs). You may change the stored weight, age, and workout time values using the **ARROW** (+ or -) keys or **Numeric Keypad**. However, if you wish to confirm the current values, you may press **START/STOP** after selecting your desired program.
8. To view workout and user data, press **START/STOP** during your workout. The dot matrix lists the following information:
 - Workout elevation gain (how many feet or meters you have climbed during your workout based on your incline settings)
 - Total treadmill odometer (cumulative treadmill miles or kilometers)
 - Total user elevation gain (in feet or meters)
 - Total user distance traveled (in miles or kilometers)
 - Total user calories burned
 - Total user workout time (in hours and minutes)
9. End your workout as described in the **"TO STOP"** section.

Any of the user profiles may be completely reset. To reset a profile, press and hold the desired user key for 5 seconds while **"ENTER WEIGHT OR SELECT USER PROFILE"** is scrolling across the dot matrix (just after powering on the treadmill). When the user profile has been reset, the treadmill will give an audible confirmation. Please note that if a user profile is reset, all cumulative data is reset and workout preferences are restored back to factory default values.

Please note that Manual Mode (P1), Preset Programs (P2-P8), Heart Rate Programs (P9-P10), and the Fitness Test (P11) may all be used as described with out logging into a user profile. However, Personal Programs P12-P14 may not be accessed unless a user is logged into a user profile.

OPERATION GUIDE

PROGRAMS 12-14 – USER PERSONAL PROGRAMS

You must be logged into a user profile (see above) to use a personal program. A personal program allows the user to design their own program with their choice of speed and incline for each of 10 segments.

To preprogram the custom programs:

1. Press **POWER**.
2. Press **USER 1**, **USER 2**, **USER 3**, or **USER 4** key to select user 1, 2, 3, or 4.
3. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
4. Enter age using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
5. Press **PROGRAM** key to choose program 12, 13, or 14 (P12-P14). Press **ENTER**.
6. Adjust program time (10-99 minutes) using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
7. Set the incline and speed for segment one (S1) using **ARROW** (+ or -) keys. Press **ENTER**.
8. Set the incline and speed for segment two (S2) in the same way. Press **ENTER**. Continue this process for each of the remaining segments (there are 10 segments total).
9. Press **START/STOP** to save the program. To immediately use this program, see step 7 in the “**To use your preprogrammed personal program**” section below.

To use your preprogrammed personal program:

1. Press **POWER**.
2. Press **USER 1**, **USER 2**, **USER 3**, or **USER 4** key to select user 1, 2, 3, or 4.
3. Adjust weight using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
4. Enter age using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
5. Press **PROGRAM** key to choose program 12, 13, or 14 (P12-P14). Press **ENTER**.
6. Adjust program time (10-99 minutes) using **ARROW** (+ or -) keys or **Numeric Keypad**. Press **ENTER**.
7. Press **START/STOP**. The treadmill begins at the speed and elevation of segment one. The program time you choose is divided equally between the 10 segments. For example, if you chose 20 minutes for your program time, then each segment is 2 minutes long. This display gives a visual and an audible warning before each segment change.
8. The program continues to repeat until you choose to end the workout by following the “**TO STOP**” section.

You may revise your custom program by:

1. Repeating the steps to preprogram a personal program

OR,

2. While using a personal program, you may change the incline and speed as you go along. At the end of your workout, press the **START/STOP** key and these new settings are saved for the next time you use this program.

OPERATION GUIDE

RESULTS MODE/PAUSE

You may pause your workout for up to four minutes during your workout. During your pause, the treadmill's display enters **RESULTS MODE**. **RESULTS MODE** works in manual mode and in any program or user profile. To pause your workout, step off the walking belt and onto the side rails. Press **START/STOP**. The walking belt stops. You may review your workout data during the four minute pause. If you wait more than four minutes, the treadmill shuts off automatically. During the pause, you may end the workout by pressing **POWER**.

Not logged into a user profile- If your workout exceeded one minute, the display shows your workout results:

TOTAL WORKOUT TIME- This is shown in the **TIME/PACE** window.

AVERAGE HEART RATE- This is shown in the **HEART RATE/% MAX HEART RATE** window.

AVERAGE SPEED- This is shown in the **SPEED** window.

TOTAL DISTANCE- This is shown in the **DISTANCE/INCLINE** window.

WORKOUT ELEVATION GAIN- This is shown in the dot matrix display. Elevation gain is how many feet/meters you climbed during your workout. You will have no elevation gain if you workout at 0% incline.

TOTAL TREADMILL ODOMETER- This shows how many miles or kilometers have been placed on the treadmill. This is shown in the dot matrix display along with your workout elevation gain.

Logged into a user profile- If your workout exceeded one minute, the display shows your workout results as listed above. In addition, the dot matrix display scrolls the following cumulative user 1, 2, 3, or 4 statistics:

USER ELEVATION GAIN, USER DISTANCE, USER CALORIES, and USER WORKOUT TIME.

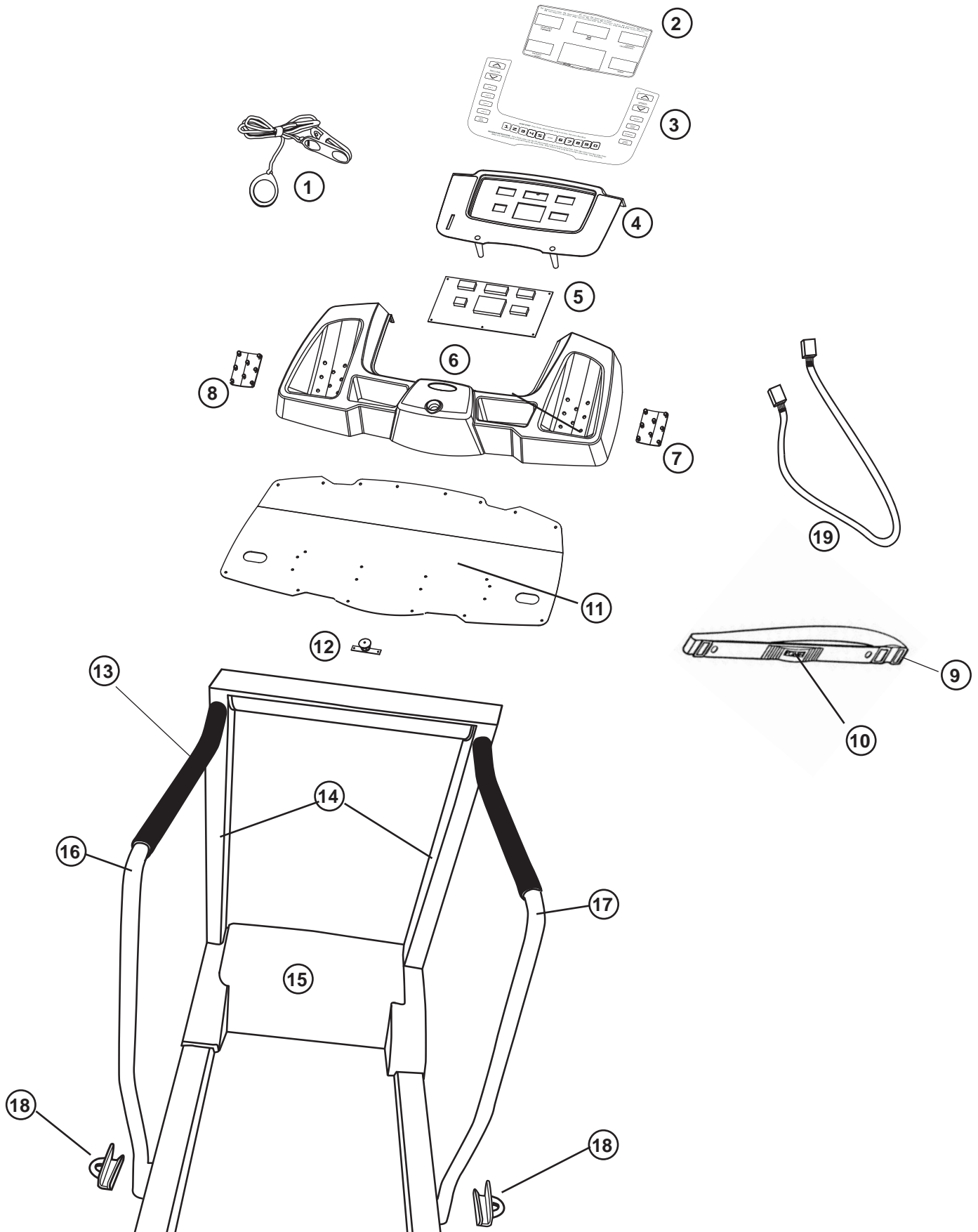
These values continue to accumulate for each user and may be reset (see "USING PROFILES 1-4").

COOL DOWN

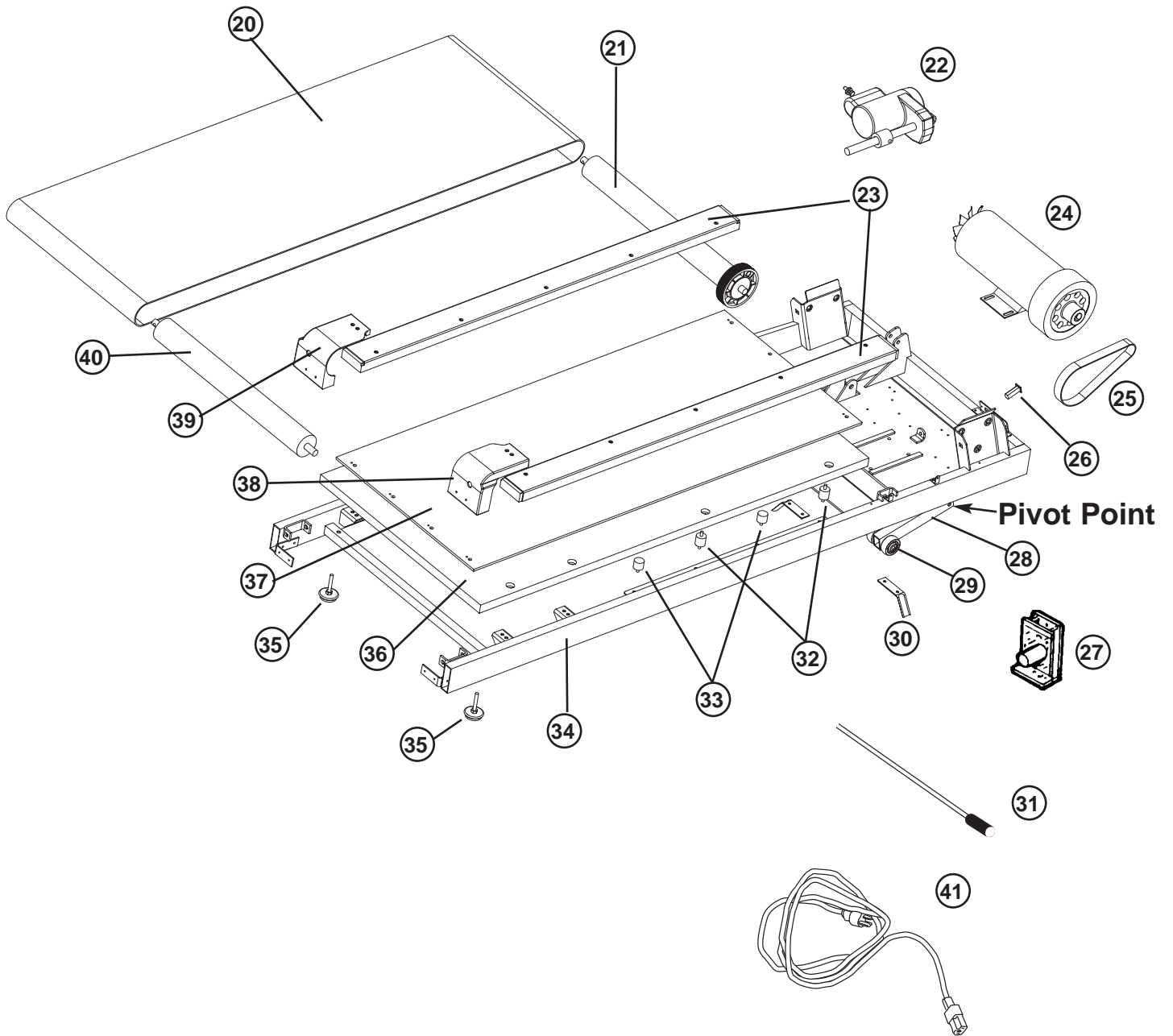
You may use the **COOL DOWN** feature at any time during your workout. When you press the **COOL DOWN** key, the treadmill exits the current program and the incline returns to zero. The speed is reduced to 80% of the current speed every minute, for three minutes. This slowly reduces your speed to half of what it was during the workout. The treadmill continues at this speed until you choose to end our workout by following the "TO STOP" section.

This treadmill is compatible with most major chest strap brands, including brands that employ coded chest strap technology. Consult your dealer for additional information.

EXPLODED VIEW



EXPLODED VIEW



PARTS LIST

MAIN ASSEMBLY PARTS

<u>Key #</u>	<u>Part #</u>	<u>Description</u>	<u>Key #</u>	<u>Part #</u>	<u>Description</u>
1	KK2834	Safety Key Magnetic w/36" Cord	21	KK2572	Roller, Front
2	MM2290	Overlay	22	KK2511	Motor, Elevation
3	MM2291	Membrane	23	KK2838	Side Rail
4	KK2836	Console Top	24	KK2678	Motor, Drive
5	QQ2288	Electronic Board	25	KK2134	Belt, Drive
6	MM2293	Rubber Pad Right	26	HH2065	Circuit Breaker
7	MM2292	Rubber Pad Left	27	QQ2245	Combo Board
8	KK2837	Console Bottom	28	502124	Elevation Assembly
9	QQ2198	Heart Rate Chest Strap	29	MM2037	Wheel
10	QQ2005	Heart Rate Transmitter	30	LL2002	Belt Guide
11	502297	Console Plate	31	QQ1513	Speed Pickup
12	QQ2289	Kill Switch	32	MM2219	Isolator, Tall
13	JJ2018	Rubber Grip	33	MM2220	Isolator, Short
14	502171	Upright Assembly	34	502133	Frame Assembly
15	KK2835	Motor Cover	35	HH2191	Rear Feet
16	372148	Handrail, Left	36	KK2496	Board
17	372147	Handrail, Right	37	KK2596	Deck
18	372154	Handrail Clamp	38	KK2840	End Cap, Right
19	QQ2277	Cable	39	KK2839	End Cap, Left
20	KK2575	Belt, Walking	40	KK2573	Roller, Rear
			41	HH2067	Power Cord

PARTS LIST

COMMON ASSEMBLY PARTS

COMMON ASSEMBLY PARTS

<u>Part #</u>	<u>Description</u>
348177	Reinforcement Bracket
FF2969	Owner's Manual
HH0032	Screw #8 x 3/4
HH2549	Phil Truss Screw # 8 x 3/4
HH0239BK	Screw Drill Quick #8 x 5/8
HH1206	Nylock Nut 1/4-20
HH1267	Flange Lock Nut 5/16
HH1318	Hex Head Bolt 3/8x2 3/4
HH1380	Tension Spring
HH1996	Flange Lock Nut 1/4-20
HH2035	SMS Black #10 x 5/8
HH2041	Jumper 16" 1/4 F x 1/4 F
HH2049	Ground Jumper 10"
HH2054	Hex Head Bolt 5/16 18 x 1
HH2066	Hi-Lo Screw #4 x 1/4
HH2075	Shoulder Washer
HH2084	Washer Stainless Steel
HH2091	Hex Head Bolt 5/16-18 x 2 1/4
HH2095	Star Washer 3/8
HH2125	T-Nut 1/4-20 x 9/16
HH2129	Button Head Bolt 5/16-18 x 3
HH2138	Actuator Pin
HH2148	E-Clip
HH2150	Hex Head Bolt 1/4-20 x 1
HH2151	Cage Nut 5/16
HH2154	Washer 5/16
HH2160	Phil Truss Screw # 8 x 1 1/4
HH2167	Screw Truss #8 x 1 1/2
HH2168	Hex Head Bolt 5/16 x 1 1/2
HH2169	Nylock Nut 3/8
HH2200	Nut 3/8-16
HH2318	Nylock Nut 5/16
HH2362	Hex Head Screw #10 x 3/4
HH2584	Eyebolt 1/4 - 20 x 5"
HH2387	Clevis Pin
HH2388	Clevis Clip
HH2429	Bushing
HH2524	Screw #6 x 1/2"
HH2549	Screw #8 x 3/4
HH2584	Eye Bolt 1/4 - 20 x 6
HH2602	Washer 1/4"
LL2051	End Cap Bracket
LL2053	Cord Bracket

<u>Part #</u>	<u>Description</u>
LL2260	Speed Bullet Bracket
MM1528	Cable Clip
MM2058	Grommet
MM2099	Belt Guide Spacer 1/2"
MM2107	Lexan Strips
MM2204	Plug 1 x 3
MM6501	Strain Relief
QQ2014	Elevation Jumper
QQ2026	Speed Jumper
QQ2073	Heart Rate Receiver
QQ2296	Wire 3/16 F Red/Black
QQ0031	Replacement Potentiometer for Hubbell Elevation Motor
QQ2150	Replacement Potentiometer for Jaeger Elevation Motor

TAKING CARE OF YOUR TREADMILL

Just like changing the oil in your car or replacing a filter in your home's heating and cooling system, a little preventive maintenance will insure your treadmill will operate smoothly and quietly for years to come.

WALKING BELT TENSION

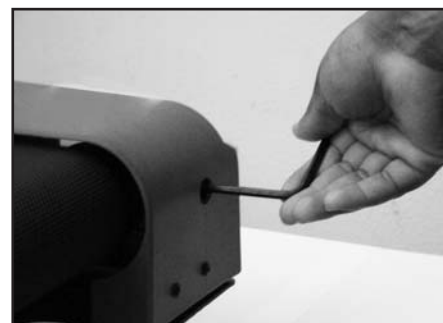
As walking belts tend to stretch slightly with use, the walking belt may occasionally need to be tightened. If the walking belt is too loose, you may find the belt stops while running or walking, while the motor continues to run. **DO NOT OVERTIGHTEN THE BELT.** This will cause reduced motor performance and roller damage.

When properly tensioned, you should be able to lift the side of the belt about 2-3 inches (5-7.5 centimeters). A quick test for belt tension: you should be able to fit three fingers under the edge of the belt.



To tighten belt:

Use the hex key provided with the treadmill (or a 3/16 inch hex wrench). Place the hex key in the hole in left end cap and into the socket of the adjustment screw. Turn key one full turn clockwise. Then place hex key in hole in right end cap and turn key one full turn clockwise. Check the tension of the belt. Continue back and forth until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment.



WALKING BELT CENTERING

The walking belt may occasionally need to be centered.

First be certain that belt is tensioned properly (see above).

Run the treadmill at about 3.5 mph (6 kph)

Place the hex key through the hole in the left end cap and into the socket of the adjustment screw.

If belt has moved to the right:

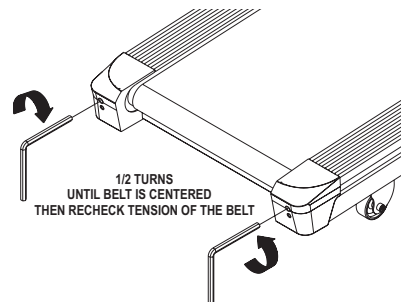
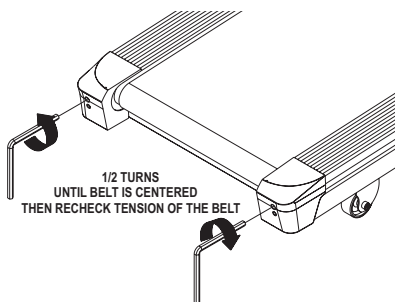
Turn the right adjustment screw 1/2 turn clockwise, then turn the left adjustment screw 1/2 turn counterclockwise.

If belt does not move, repeat until belt is centered.

If the belt has moved to the left:

Turn the right adjustment screw 1/2 turn counterclockwise, then turn the left adjustment screw 1/2 turn clockwise.

If belt does not move, repeat until belt is centered.



Then recheck tension of the belt (see above).

TAKING CARE OF YOUR TREADMILL



WARNING

ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING, LUBRICATING, OR SERVICING THE UNIT.

CLEANING

General cleaning of the treadmill will prolong the life of the treadmill and improve performance.

Keep the unit clean by dusting regularly. Be sure to dust the exposed part of the deck on either side of the walking belt and also the side rails.

For best performance, we recommend your treadmill be placed on a treadmill mat. Along with reducing noise, a treadmill mat will help to keep dust debris away from your treadmill's critical components.

Clean the top of the belt with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt.

Dust and lint can accumulate under the motor cover and should be vacuumed out at least once a year. To do so, **FIRST UNPLUG THE UNIT**. Then, remove the motor cover and carefully vacuum under the cover and around the machinery. **REPLACE THE COVER BEFORE PLUGGING THE UNIT BACK INTO THE OUTLET.**

WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated deck and belt system. The deck and belt friction may affect the function and life of your treadmill; we recommend periodic lubrication. We also recommend a periodic inspection of the deck surface under the walking belt. If the deck appears worn, contact our service department at **800-NAUTILUS (800-628-8458)** or e-mail **cstech@nautilus.com**.

Use the following timetable as a guide to lubricate the deck:

- | | |
|---------------------------------------|--------------------|
| • Light user (less than 3 hours/week) | annually |
| • Medium user (3-5 hours/week) | every six months |
| • Heavy user (more than 5 hours/week) | every three months |

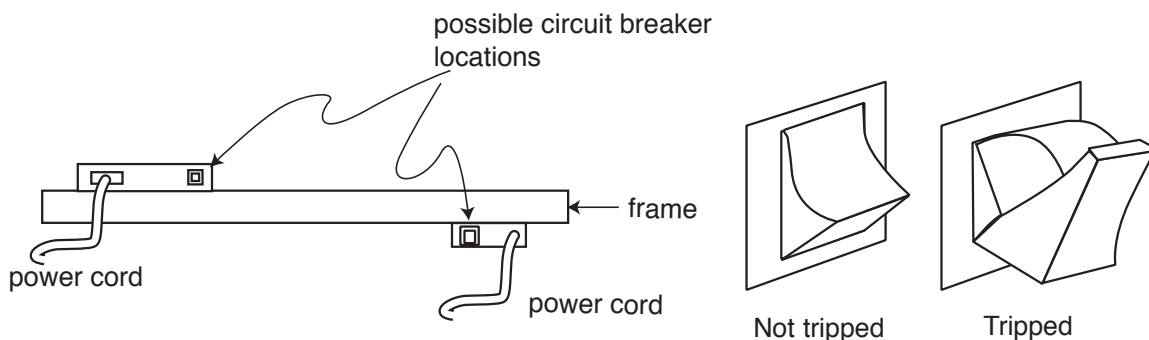
We recommend that you use the following:

- Lube-N-Walk™ Treadmill Lubrication Kit, available from JAD Fitness, Inc. (800-877-3486 or www.jadfitness.com) or your local specialty fitness dealer
- NAPA® 8300 Silicone Spray, available at most NAPA® Auto Parts stores

TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CORRECTION
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in. 2. Safety pull pin not inserted. 3. Treadmill circuit breaker tripped. 	<ol style="list-style-type: none"> 1. Plug into three prong grounded outlet. 2. Insert safety pull pin. 3. Reset circuit breaker
Elevation not accurate	<ol style="list-style-type: none"> 1. Out of calibration. 	<ol style="list-style-type: none"> 1. Recalibrate unit (See Calibration Instructions).
Speed not accurate.	<ol style="list-style-type: none"> 1. Out of calibration. 2. Set in wrong units (kilometers or miles) 	<ol style="list-style-type: none"> 1. Recalibrate unit (See Calibration Instructions) 2. Change units (See Calibration Instructions)
Walking belt slips	<ol style="list-style-type: none"> 1. Walking belt loose. 	<ol style="list-style-type: none"> 1. Adjust walking belt tension (See "Taking Care of Your Treadmill")
Walking belt not centered.	<ol style="list-style-type: none"> 1. Walking belt tension not centered across the rear roller. 	<ol style="list-style-type: none"> 1. Adjust walking belt tension (See "Taking Care of Your Treadmill")
Heart rate not displayed (using chest strap)	<ol style="list-style-type: none"> 1. Transmitter not making good contact with skin. 2. Electromagnetic interference. 	<ol style="list-style-type: none"> 1. Moisten skin contact area on the chest strap, or turn chest strap upside down. 2. Turn off any television, microwave, or computer within 6 feet (2 meters) of treadmill
Treadmill squeaks	<ol style="list-style-type: none"> 1. Pivot points need lubrication. 	<ol style="list-style-type: none"> 1. Lubricate pivot points. (See Exploded View)

LOCATING THE CIRCUIT BREAKER ON YOUR TREADMILL near the front of the treadmill, near the power cord



CALIBRATION PROCEDURE

**WARNING: DURING THE ENTIRE CALIBRATION PROCESS, STAND ON THE PLASTIC SIDE RAILS ONLY!
DO NOT STAND ON TREADMILL WALKING BELT!**

CALIBRATION

1. Turn off treadmill.
2. Simultaneously press **PROGRAM**, **ENTER**, and **START/STOP** for about 3 seconds.
3. Maximum speed will be shown in the **TIME/PACE** display followed by an "E" for English units or an "N" for metric units. Press **START/STOP** to change from English units to metric units.
4. Press **ENTER**.
5. Press **START/STOP**. Incline and speed will calibrate simultaneously.
6. When successfully completed, **TIME/PACE** display will show **CAL PASS**.
7. Press **POWER**. Your treadmill is ready for use.

CONVERSION TO METRIC

In order to convert to miles or kilometers, do the following:

1. Press and hold the **ENTER** key for 5 seconds or until "SI" is displayed in **TIME/PACE** window.
2. Release **ENTER** key.
3. Repeat steps 1 - 2 to convert miles per hour.
4. If the treadmill is in kilometers per hour mode, you will see a "SI" in the **TIME/PACE** window when you press and hold the **ENTER** key.
5. If the treadmill is in miles per hour mode, you will see a "ENG" in the **TIME/PACE** window when you press and hold the **ENTER** key.

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES:

E-mail: cstech@nautilus.com

•TECHNICAL/CUSTOMER SERVICE

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Fax: (877) 686-6466

INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

•INTERNATIONAL CUSTOMER SERVICE

NORTH AMERICA OFFICE

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Fax: (877) 686-6466
E-mail: customerservice@nautilus.com

•GERMANY OFFICE

Nautilus GmbH
Tel: 02204 61027
Fax: 02204 62890

•ITALY OFFICE

Nautilus Italy s.r.l.
Tel: 031 51 10 86
Fax: 031 34 24 97

•SWISS OFFICE

Nautilus International S.A.
Rue Jean Prouve 6
1762 Givisiez / Switzerland
Tel: + 41 26 460 77 77
Fax: + 41 26 460 77 70

•UNITED KINGDOM OFFICE

Nautilus UK Ltd
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