WESLO®
Cadence CT 5.8

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:
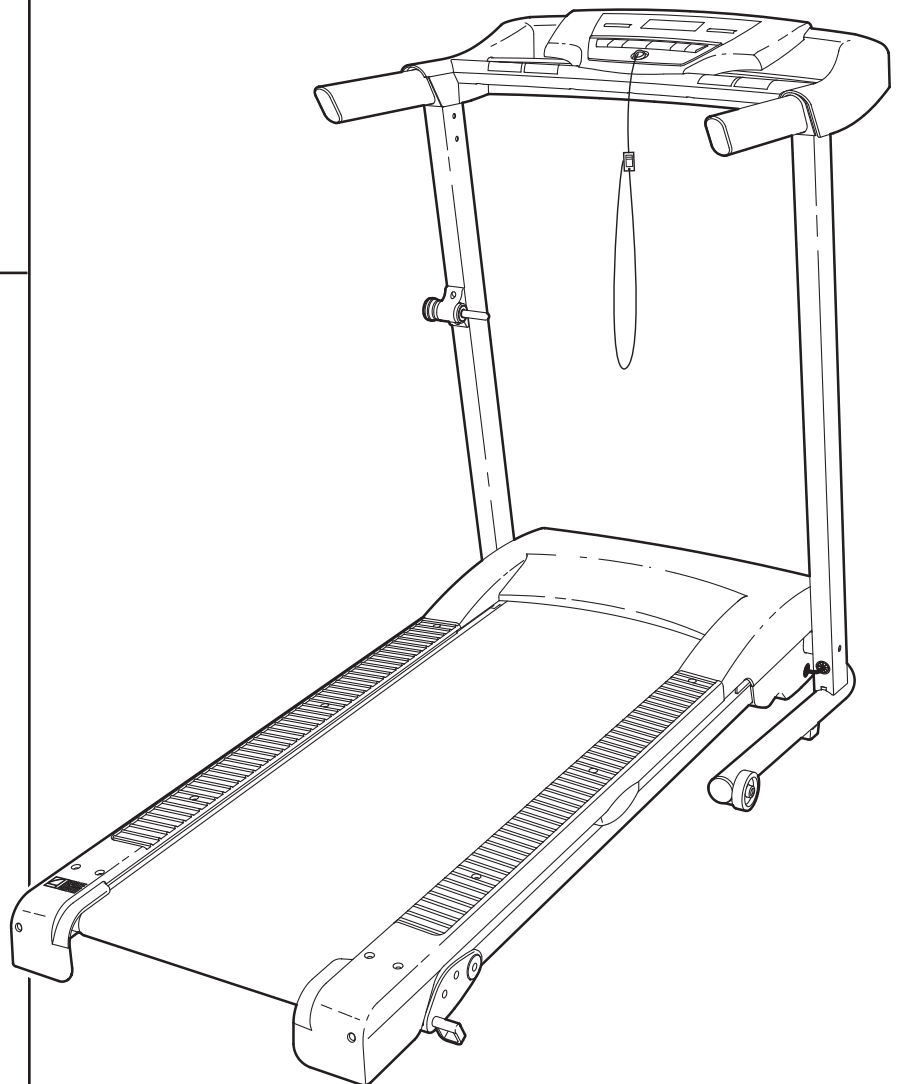
CALL TOLL-FREE:

1-866-699-3756
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.wesloservice.com

⚠ CAUTION

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

Visit our website at
www.weslo.com
new products, prizes,
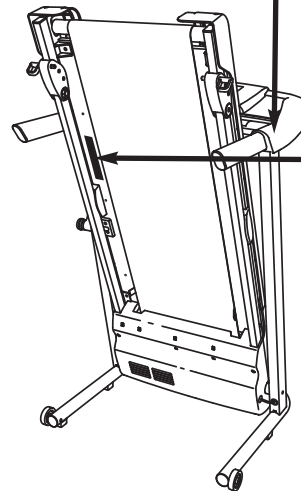fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

⚠️**WARNING**
• Hazardous Voltage
• Risk of Electric Shock
• Unplug Treadmill before Assembly /Disassembly.

(Placed on wire harness)

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

• Stand only on the side rails when starting or stopping treadmill.

• Change speed in small increments.

• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

• Stop if you feel faint, dizzy, or short of breath.

• Fully engage storage latch before treadmill is moved or stored.

• Reduce incline to its lowest level before folding treadmill into storage position.

• Never allow children on or around treadmill.

• Remove key when not in use.

• Keep clothing, fingers, and hair away from moving belt.

• Never try to adjust or fix the belt while it is moving.

• Always wear athletic shoes while operating treadmill.

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described.

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

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

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

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

8. The treadmill should not be used by persons weighing more than 250 lbs. (113 kg).

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

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

11. When connecting the power cord (see page 13), 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.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. To purchase a surge suppressor, see your local WESLO dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

13. 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 slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

14. Keep the power cord and the surge suppressor away from heated surfaces.

15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 20 if the treadmill is not working properly.)

16. Read, understand, and test the emergency stop procedure before using the treadmill (see page 15).

17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

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

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

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 18.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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

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

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

24. Never drop or insert any object into any opening on the treadmill.

25. **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.

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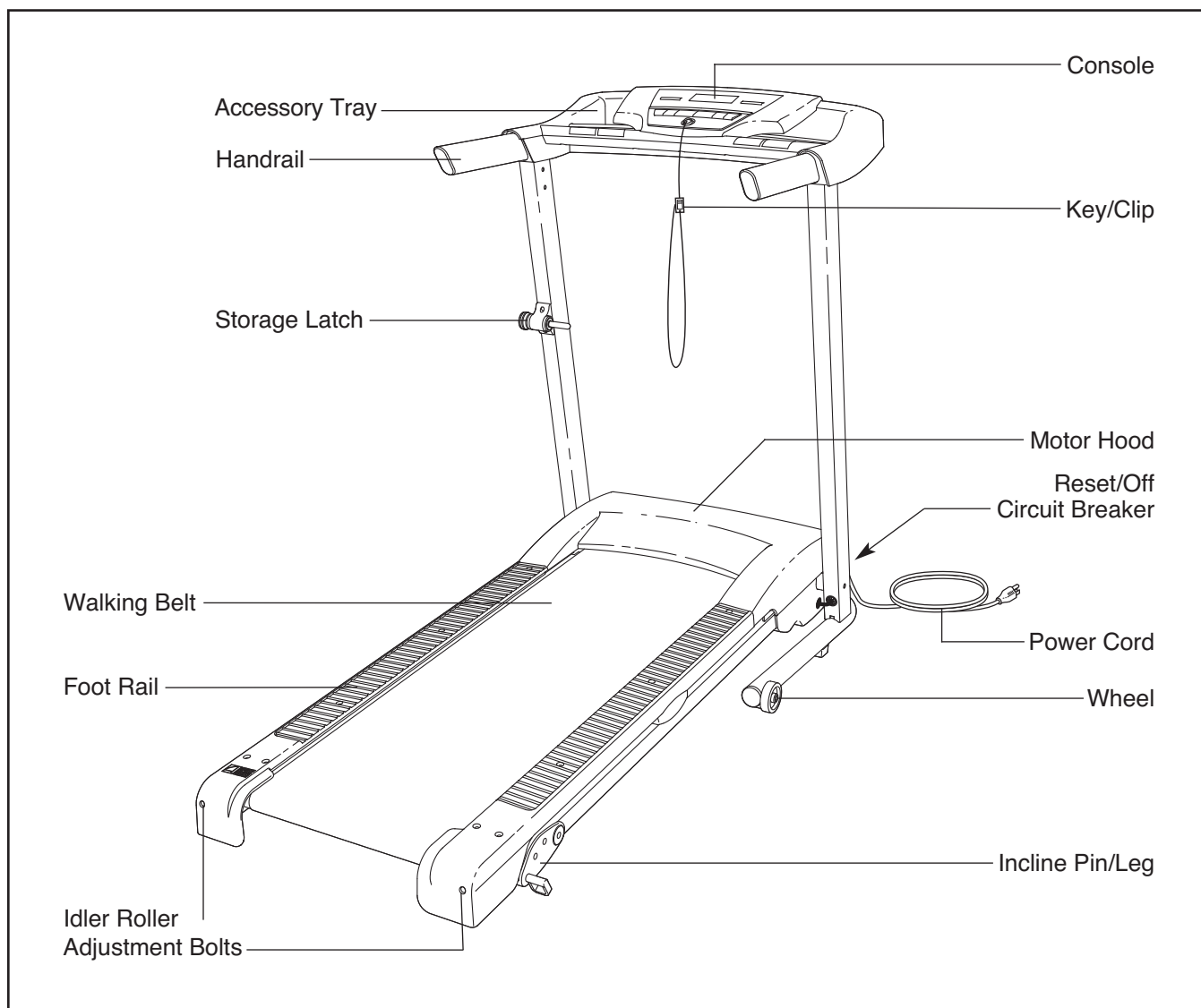
SAVE THESE INSTRUCTIONS

4

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE CT 5.8 treadmill. The CADENCE CT 5.8 treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique CADENCE CT 5.8 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this man-

ual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.wesloservice.com/registration.

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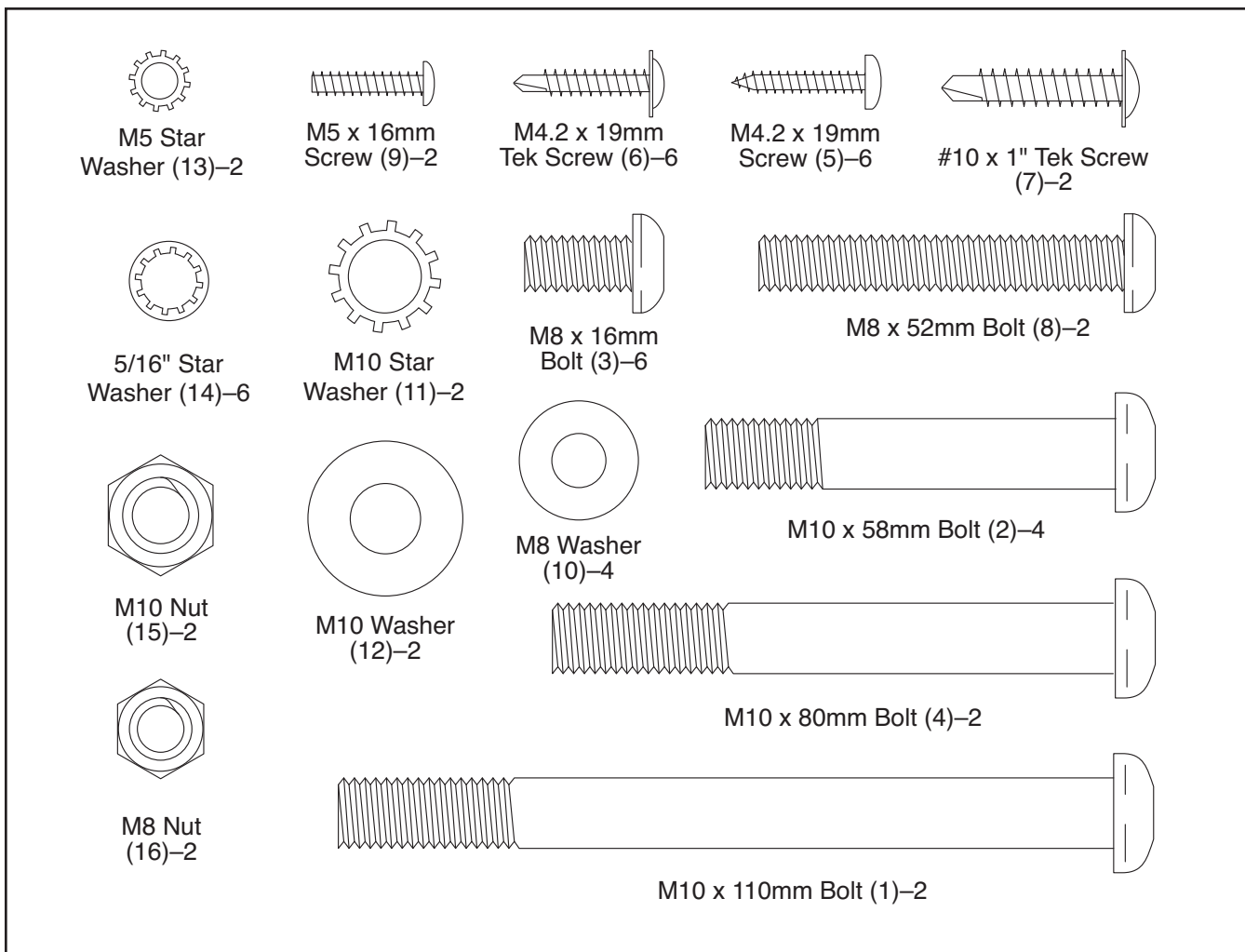

Console

Accessory Tray

Handrail

Key/Clip

Storage Latch

Motor Hood

Reset/Off Circuit Breaker

Walking Belt

Foot Rail

Power Cord

Wheel

Incline Pin/Leg

Idler Roller Adjustment Bolts

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ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.
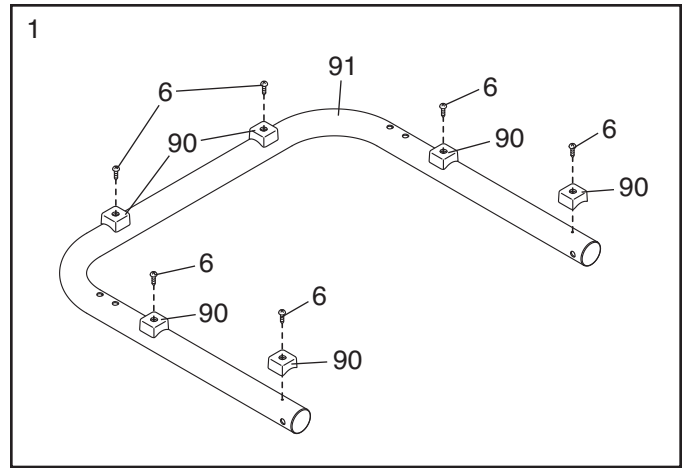
Assembly requires the included hex keys and your own Phillips screwdriver , adjustable wrench , and wire cutters .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

M5 Star Washer (13)–2

M5 x 16mm Screw (9)–2

M4.2 x 19mm Tek Screw (6)–6

M4.2 x 19mm Screw (5)–6

#10 x 1" Tek Screw (7)–2

5/16" Star Washer (14)–6

M10 Star Washer (11)–2

M8 x 16mm Bolt (3)–6

M8 x 52mm Bolt (8)–2

M10 Nut (15)–2

M10 Washer (12)–2

M8 Washer (10)–4

M10 x 58mm Bolt (2)–4

M8 Nut (16)–2

M10 x 80mm Bolt (4)–2
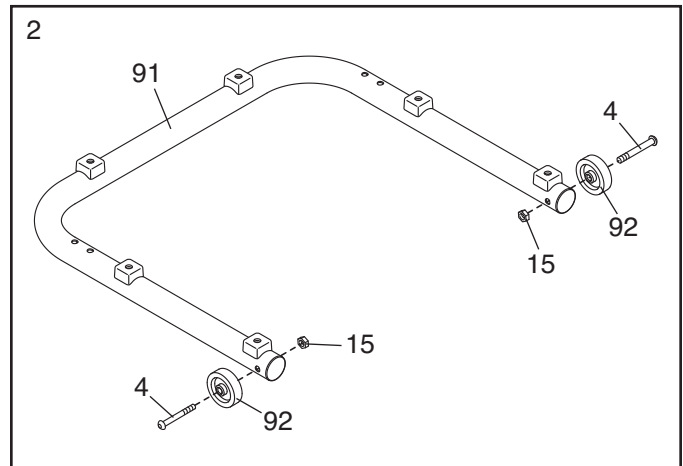
M10 x 110mm Bolt (1)–2

6

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

   Attach the six Base Feet (90) to the bottom of the Base (91) with six M4.2 x 19mm Tek Screws (6).

   ⚡ **⚠WARNING**
   • Hazardous Voltage
   • Risk of Electric Shock
   • Unplug Treadmill before Assembly /Disassembly.

2. Attach each Wheel (92) to the Base (91) with an M10 x 80mm Bolt (4) and an M10 Nut (15).

3. Have a second person hold the Base (91) in the position shown.

   Identify the Right Upright (87), which has a large hole near the lower end. **Orient the Right Upright as shown.** Attach the Right Upright to the Base (91) with two M10 x 58mm Bolts (2). **Do not tighten the Bolts yet.**

   Attach the Left Upright (86) to the Base (91) in the same way. Orient the small holes as shown.
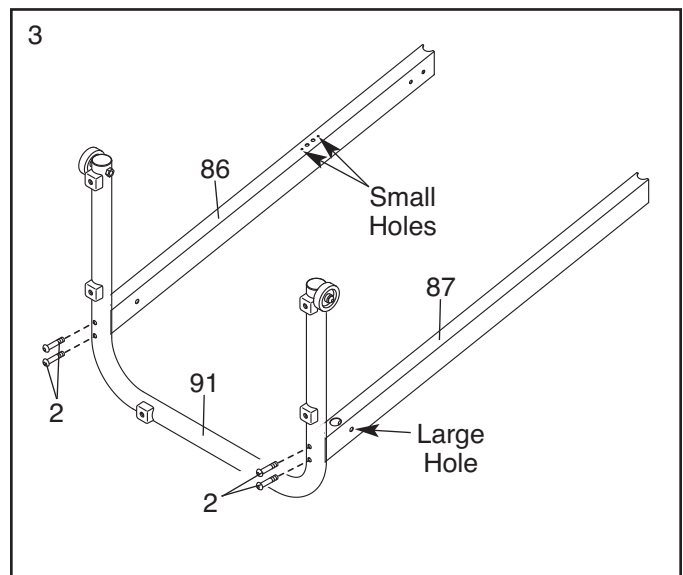
4. With the help of a second person, raise the Uprights (86, 87) so the Base (91) is flat on the floor as shown. Next, position the front of the Frame (61) between the Uprights.

   See the inset drawing. Locate the wire tie inside of the lower end of the Right Upright (87). Secure the wire tie to the Wire Harness (83). Then, pull the upper end of the wire tie until the end of the Wire Harness is extending from the upper end of the Right Upright.
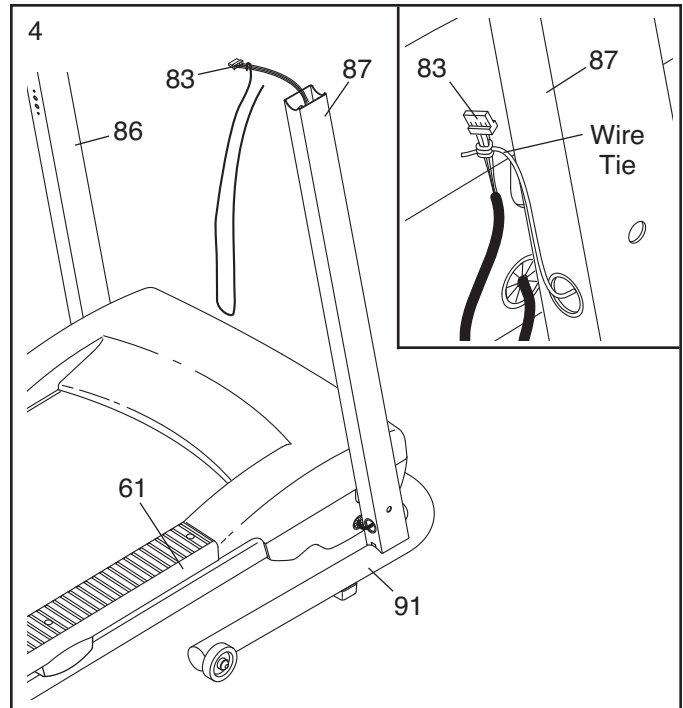

5. Have a second person lift and hold the front end of the Frame (61). Hold an Upright Spacer (88) between the Right Upright (87) and the Frame. Attach the Right Upright to the Frame with an M10 x 110mm Bolt (1), an M10 Washer (12), and an M10 Star Washer (11). **Do not tighten the Bolt yet.**

   Repeat this step on the left side of the treadmill.


8
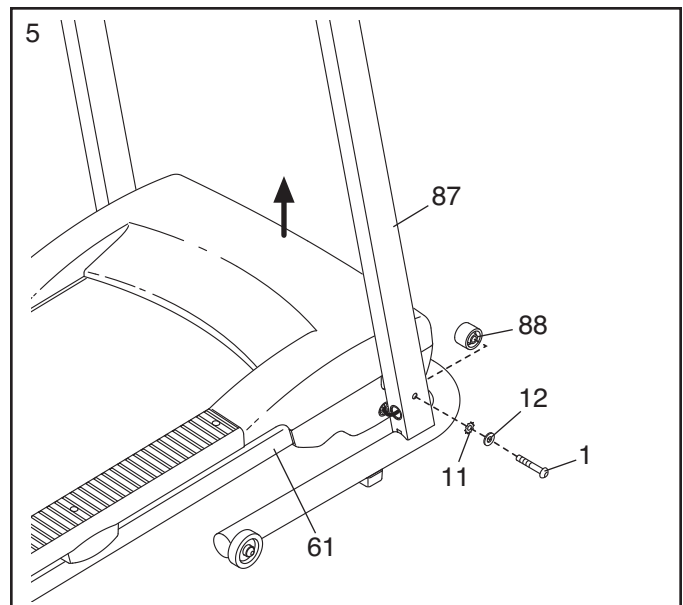
6. Identify the Left Handrail Cover (80) and the Right Handrail Cover (81). Insert the end of the Left Handrail (79) through the large hole in the Left Handrail Cover, and insert the end of Right Handrail (82) through the large hole in the Right Handrail Cover.

   Attach the Handrail Covers (80, 81) to the Handrails (79, 82) with two M4.2 x 19mm Screws (5) in the locations shown.
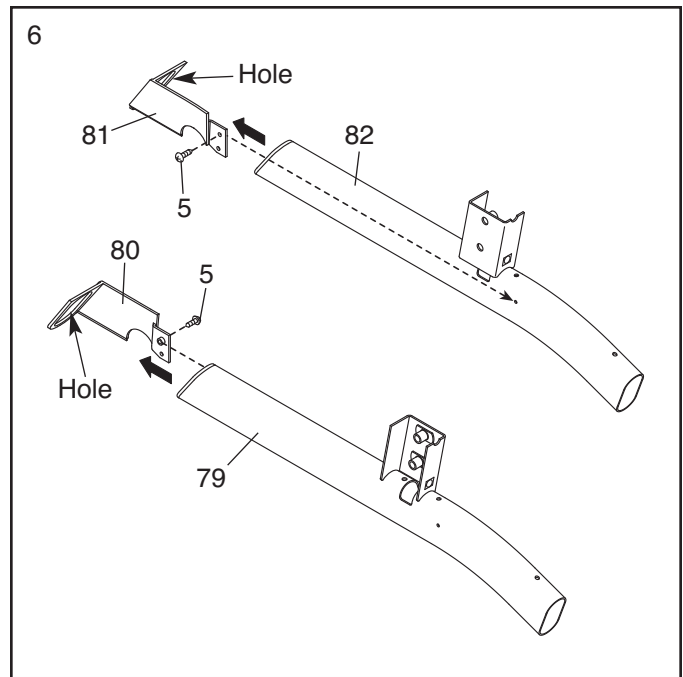
7. Set the Console (94) face down on a soft sur-face to avoid scratching the Console. Hold the Right Handrail (82) near the Console as shown. Insert the console wire into the large hole in the side of the Right Handrail and out of the hole in the top as shown.

9
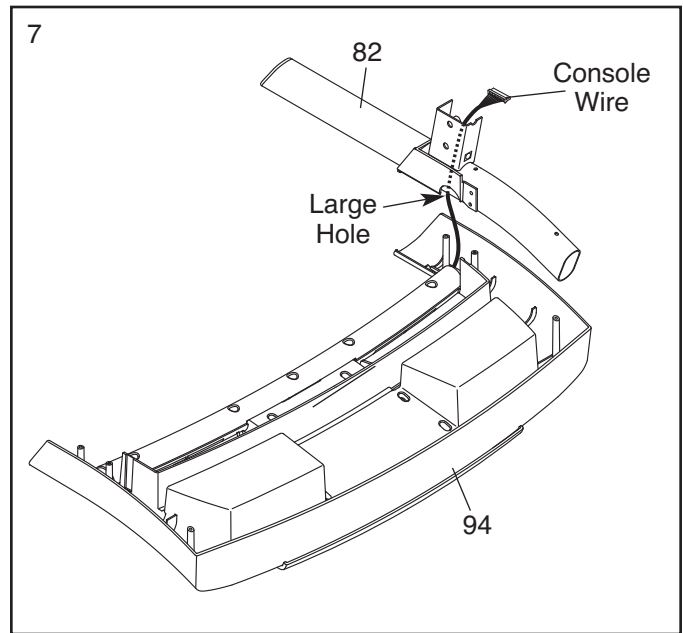
8. Attach the Right Handrail (82) to the Console (94) with an M5 x 16mm Screw (9), an M5 Star Washer (13), and two M4.2 x 19mm Screws (5). **Make sure that no wires are pinched. Start all three Screws before tightening any of them. Tighten the M5 x 16mm Screw and then tighten the M4.2 x 19mm Screws. Do not overtighten the Screws.**

   Attach the Left Handrail (79) to the other side of the Console (94) in the same way. Note: There are no wires on the left side of the Console.

   Remove the plastic ties from the Right Handrail (82) and the Left Handrail (79). If necessary, press the M8 Cage Nuts (41) into place.
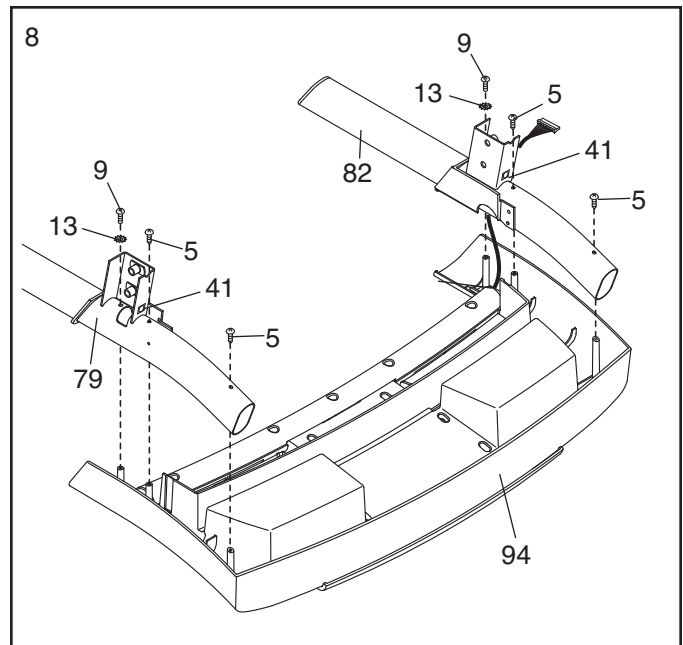
9. Have a second person hold the Console (94) near the Right Upright (87) and the Left Upright (not shown).

   Connect the Wire Harness (83) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CON-NECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the wire tie from the Wire Harness. Insert the connectors and excess wire into the Right Upright (87).

   Next, insert the brackets on the Right Handrail (82) and the Left Handrail (not shown) into the Right Upright (87) and the Left Upright (not shown). **Make sure that no wires are pinched.**

10
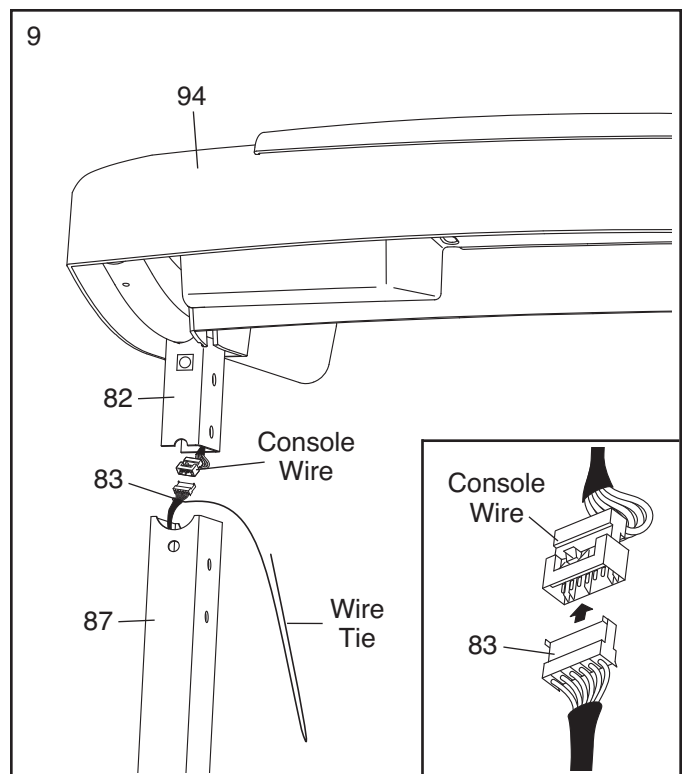
10. Attach the Console (94) to the Uprights (86, 87) with six M8 x 16mm Bolts (3) and six 5/16" Star Washers (14). **Start all six Bolts before tightening any of them.**
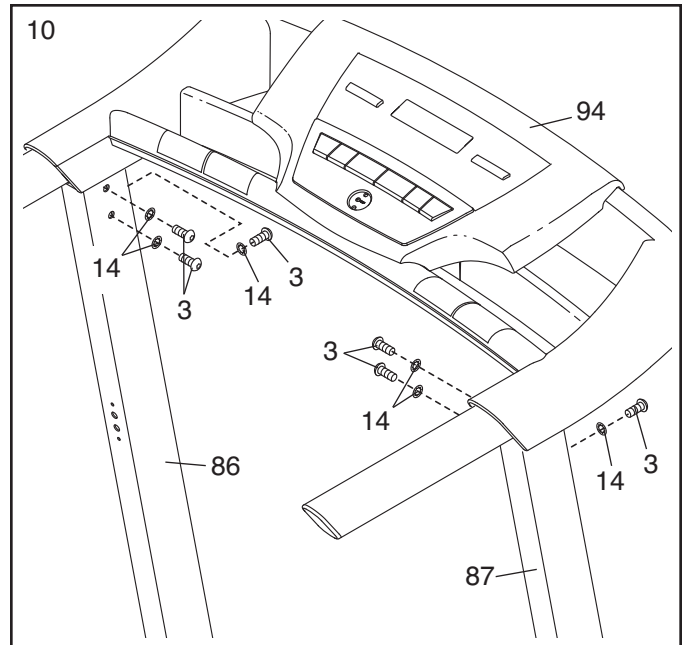
11. With the help of a second person, lower the Uprights (86, 87) as shown.

    See the lower drawing. Position the Uprights (86, 87) so that the Frame (61) is centered between the Uprights.

    Firmly tighten the M10 x 58mm Bolts (2) and the M10 x 110mm Bolt (1) on each side of the treadmill (only one is shown). **Do not overtighten the M10 x 110mm Bolts.**

Side View

View from Above

11
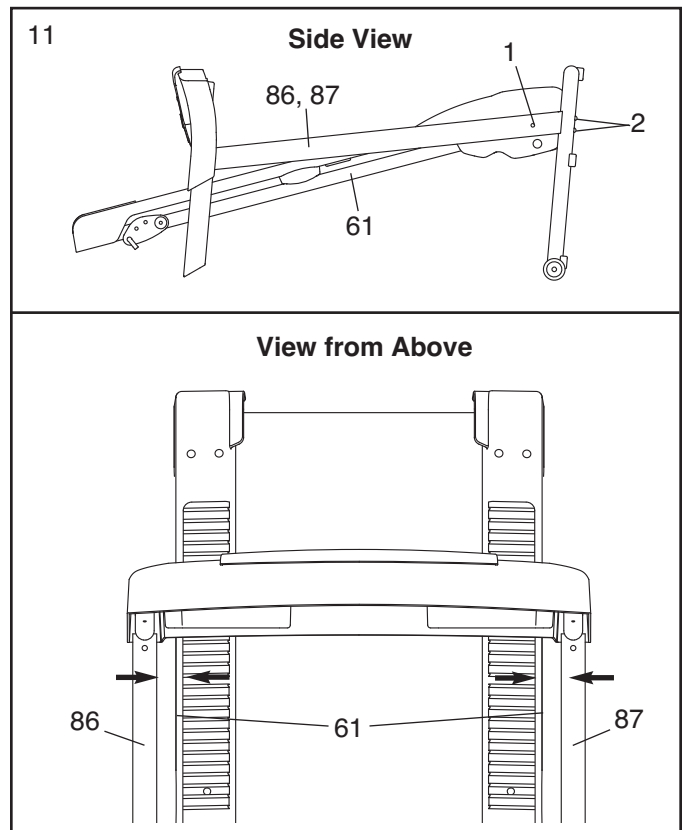
12. Attach the Latch Housing (85) to the Left Upright (86) with two #10 x 1" Tek Screws (7). **Make sure that the Latch Housing is oriented as shown.**

Locate the Latch Pin Assembly (84). Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (85), and tighten the knob back onto the pin.
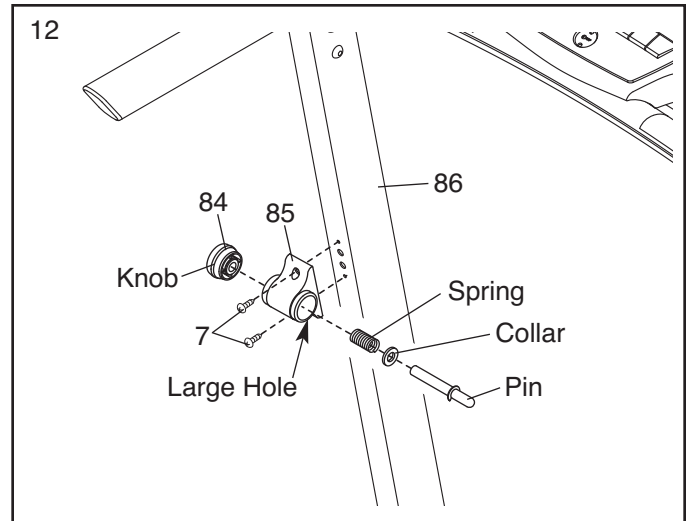
13. Attach each Incline Leg (63) to the Frame (61) with an M8 x 52mm Bolt (8), two M8 Washers (10), and an M8 Nut (16).
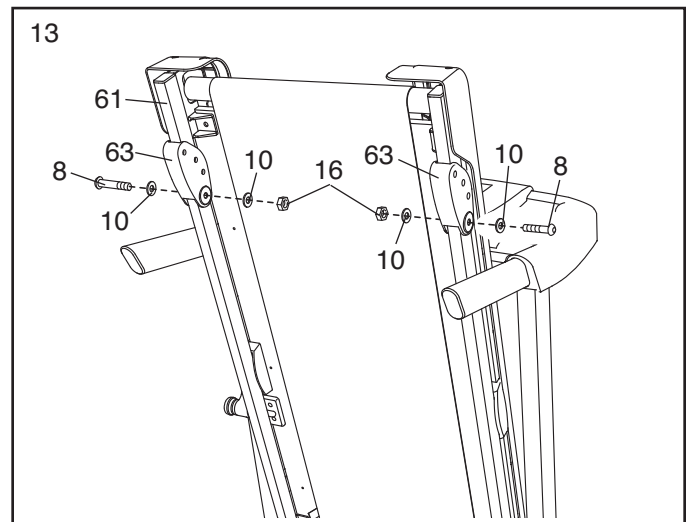
14. Insert the Incline Pins (62) at the desired incline level (see HOW TO CHANGE THE INCLINE OF THE TREADMILL on page 17).
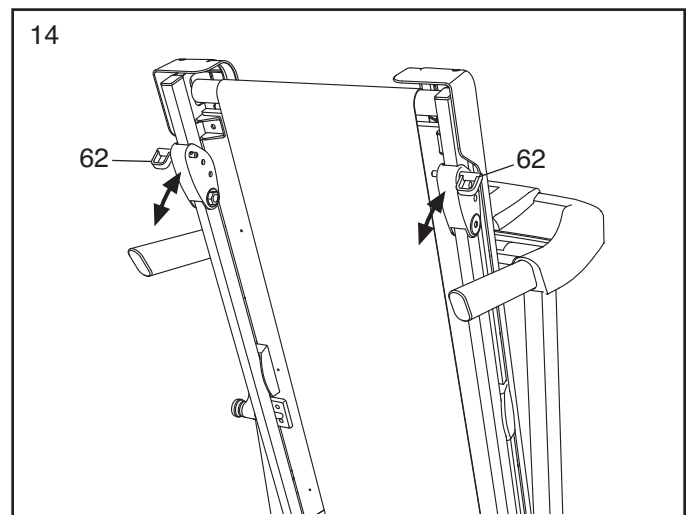
15. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. The large hex key is used to adjust the walking belt (see page 21). To protect the floor or carpet, place a mat under the treadmill.

12

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

⚠ **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 WESLO dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

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, accelerate 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 elec-

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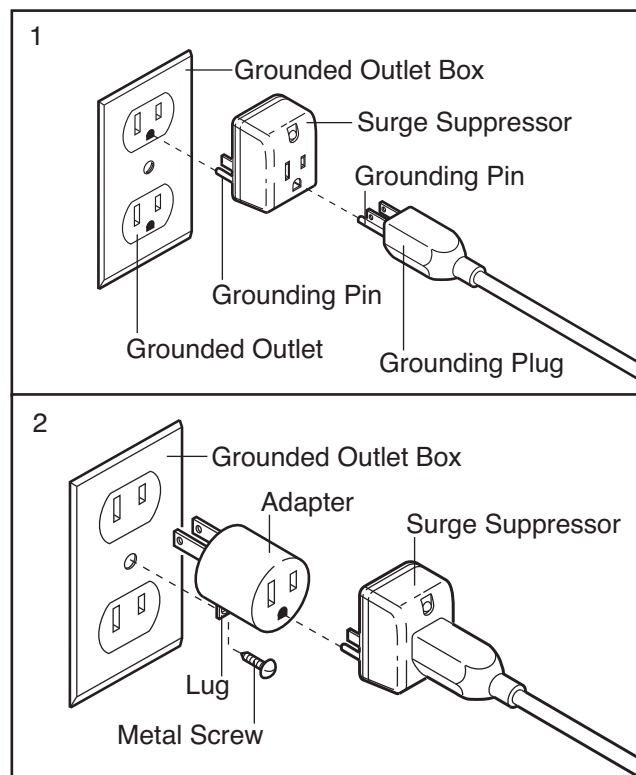
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**

CONSOLE DIAGRAM
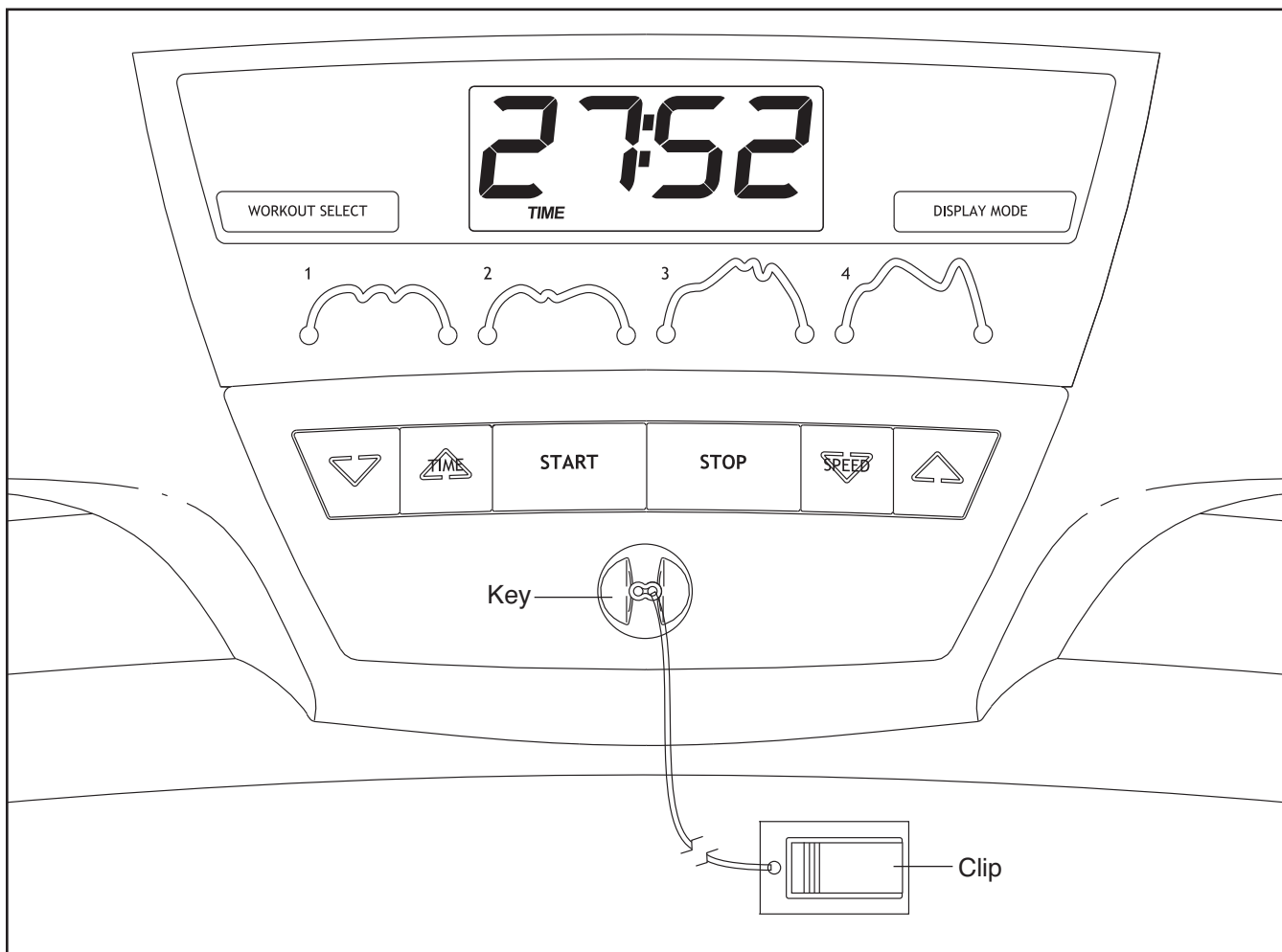
FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback.

The console also features four speed workouts. Each program controls the speed of the treadmill as it guides you through an effective exercise session.

To turn on the power, see page 15. **To use the manual mode,** see page 15. **To use a speed workout,** see page 17.

IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 21).

HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 13). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.

Reset Position
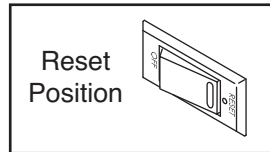
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 14) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If a speed workout has been selected, press

the Workout Select button repeatedly until only zeros appear in the display.

3. **Start the walking belt.**

   To start the walking belt, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph.

   To stop the walking belt, press the Stop button. If the time is shown in the display, the time will begin to flash. To restart the walking belt, press the Start button or the Speed increase button.

4. **Follow your progress with the display.**

   The display features five modes:

   - Speed—This mode displays the speed of the walking belt.

   - Time—This mode displays the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

   - Distance—This mode displays the distance you have walked or run.

   - Calories—This mode displays the approximate number of calories you have burned.

   - Scan—This mode displays the speed, time, distance, and calories modes, for a few seconds each, in a repeating cycle.

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Each time the key is inserted into the console, the Scan mode will be selected. The SCAN mode indicator will appear in the display, and

a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the Display Mode button to reselect the scan mode.

To select the Speed, Time, Distance, or Calories mode for continuous display, repeatedly press the Display Mode button. The mode

indicators will show which mode is selected. Make sure that the SCAN mode indicator does not appear.

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

The console can display speed and distance in either miles or kilometers (MPH or Km/H will appear

when the Speed mode is displayed). To change the unit of measurement, remove the key, hold down the Stop button while inserting the key

into the console, and then release the Stop button. An "E" for English miles or an "M" for metric kilometers will appear in the display. Press the Speed increase button to change the unit of measurement. Then, remove the key and reinsert it.

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

Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

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HOW TO USE A SPEED WORKOUT

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

   See HOW TO TURN ON THE POWER on page 15.

2. **Select a speed workout.**

   To select one of the four speed workouts, press the Workout Select button repeatedly until the number of the desired workout appears in the

   ```
   2
   ```

   display. The duration of the workout will then appear in the display. The profiles below the display show how the speed of the walking belt will change during the workouts.

3. **Select the duration of the workout if desired.**

   You can set the duration of the workout to a time between 15 and 45 minutes, in increments of 5 minutes. To set the duration of the workout press the Time increase or decrease button until the desired time is selected.

4. **Press the Start button or the Speed increase button to start the workout.**

   A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into 30 one-minute segments, unless you have changed the duration of the workout (see step 3). One speed setting is programmed for each segment. The same speed setting may be programmed for consecutive segments.

   At the end of each segment of the workout, a series of tones will sound. If a different speed setting is programmed for the next segment, the speed setting will flash in the display to alert you. When the next segment begins, the speed of the walking belt will automatically adjust to the speed setting for the next segment.

   The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

   If the speed setting for the current segment is too high or too low, you can manually override the set-

ting by pressing the Speed buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed setting for the next segment.**

To stop the workout temporarily, press the Stop button. If the time is shown in the display, the time will begin to flash. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed setting for the next segment.

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

   See step 4 on pages 15 and 16.

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

   See step 5 on page 16.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 18).

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired position, and then fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: Before using the treadmill, make sure that both incline legs are at the same height and that both incline pins are fully inserted into the incline legs.**
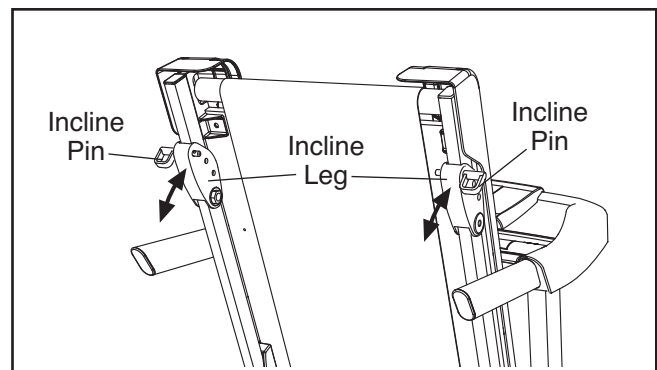

After you have adjusted the incline legs, lower the treadmill (see page 19).

HOW TO FOLD AND MOVE THE TREADMILL

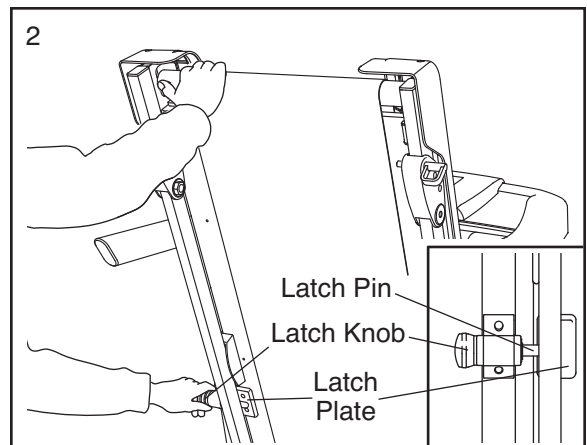### HOW TO FOLD THE TREADMILL FOR STORAGE

Unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.
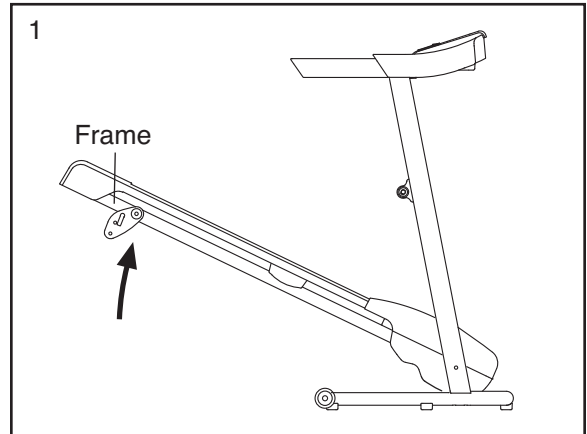
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the latch plate is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is fully inserted into the latch plate.**

   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° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the latch plate.**

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

2. Tilt the treadmill back until it rolls freely on the 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 against one of the wheels, and carefully lower the treadmill until it is in the storage position.

1

Frame

2

Latch Pin
Latch Knob
Latch Plate

Handrail

Wheel

18
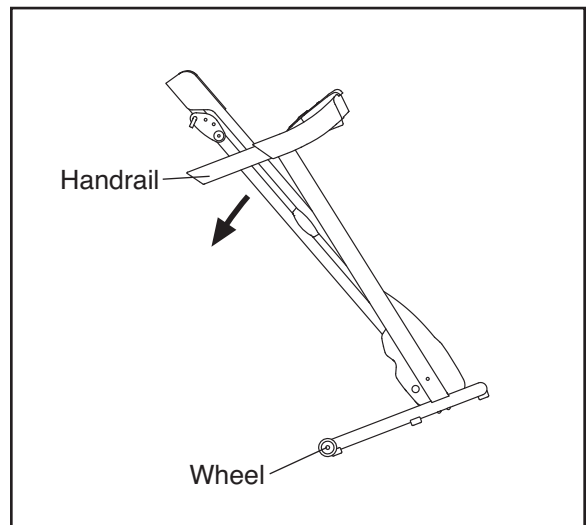
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin. Slowly release the latch knob.

Latch Pin

Latch Knob
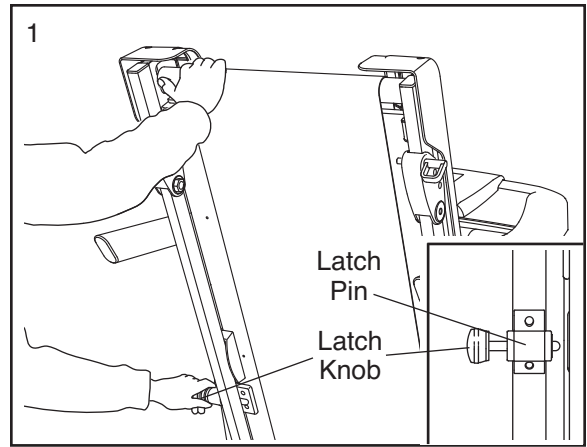
2. **Hold the metal frame firmly with both hands,** and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

Frame

19
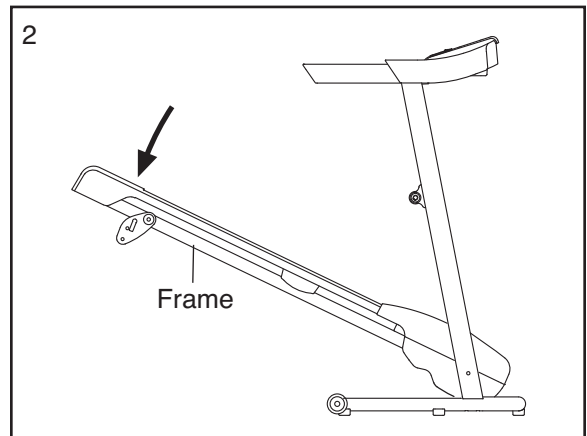
TROUBLESHOOTING

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

**PROBLEM: The power does not turn on**

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 13). Use only a single-outlet surge suppressor that meets all of the specifications described on page 13. **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 reset/off circuit breaker located on the treadmill frame 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.
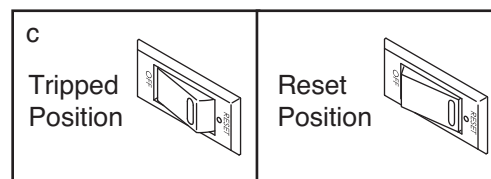
PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing 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.

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

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

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 three indicated M4.2 x 19mm Hood Screws (21) and the two M5.5 x 25mm Screws (24). Carefully remove the Motor Hood (68).
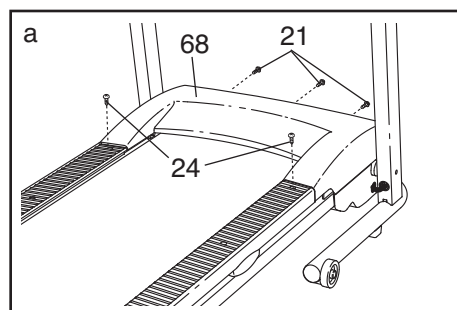
Locate the Reed Switch (53) and the Magnet (51) on the left side of the Pulley (55). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Tek Screw (20), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.
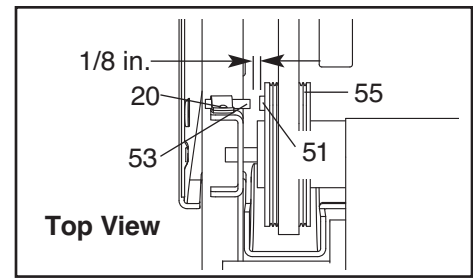

Top View

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 13.
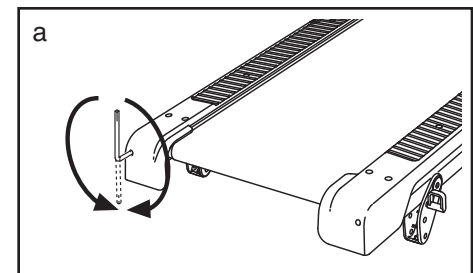
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

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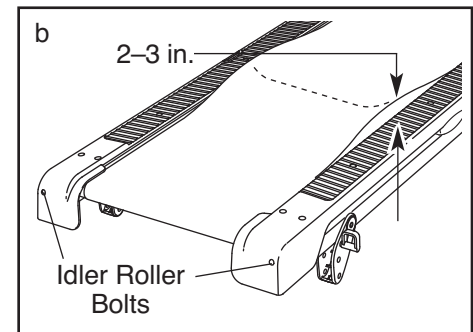
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

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

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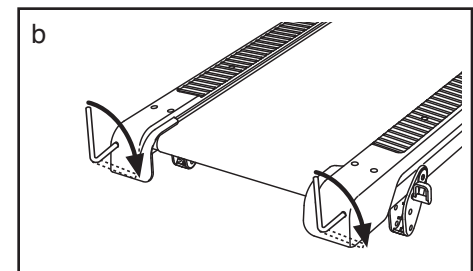

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EXERCISE GUIDELINES

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

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

EXERCISE INTENSITY

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

| 165 | 155 | 145 | 140 | 130 | 125 | 115 | ❤ |
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	❤
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.
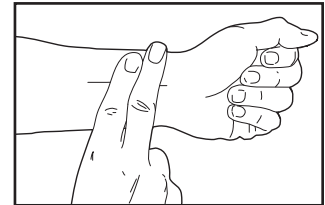
WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

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| Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	M10 x 110mm Bolt	53	1	Reed Switch
2	4	M10 x 58mm Bolt	54	1	Motor Belt
3	6	M8 x 16mm Bolt	55	1	Drive Roller/Pulley
4	2	M10 x 80mm Bolt	56	1	Walking Belt
5	12	M4.2 x 19mm Screw	57	1	Right Foot Rail
6	6	M4.2 x 19mm Tek Screw	58	1	Releasable Tie
7	2	#10 x 1" Tek Screw	59	4	8" Tie
8	2	M8 x 52mm Bolt	60	1	Walking Platform
9	2	M5 x 16mm Screw	61	1	Frame
10	4	M8 Washer	62	2	Incline Pin
11	2	M10 Star Washer	63	2	Incline Leg
12	2	M10 Washer	64	2	Frame Cap
13	2	M5 Star Washer	65	1	Right Roller Bracket
14	6	5/16" Star Washer	66	1	Left Roller Bracket
15	2	M10 Nut	67	1	Idler Roller
16	2	M8 Nut	68	1	Motor Hood
17	2	M8 x 35mm Screw	69	1	Drive Motor Bracket
18	4	M4.2 x 13mm Screw	70	1	Drive Motor
19	2	M4.2 x 16mm Screw	71	1	Controller
20	2	M4.2 x 13mm Tek Screw	72	1	Electronics Bracket
21	3	M4.2 x 19mm Hood Screw	73	1	Power Cord
22	5	M4.2 x 13mm Bright Screw	74	1	Power Cord Grommet
23	5	M4 x 10mm Ground Screw	75	1	Reset/Off Circuit Breaker
24	6	M5.5 x 25mm Screw	76	1	Belly Pan
25	4	M5.5 x 30mm Screw	77	1	Belly Pan Grommet
26	4	M8 x 30mm Bolt	78	2	Handrail Cap
27	4	M4.2 x 13mm Belt Guide Screw	79	1	Left Handrail
28	2	M6 x 70mm Bolt	80	1	Left Handrail Cover
29	2	1/4" Motor Bolt	81	1	Right Handrail Cover
30	1	M8 x 102mm Bolt	82	1	Right Handrail
31	2	M8 x 20mm Bolt	83	1	Wire Harness
32	1	M4.2 x 10mm Ground Screw	84	1	Latch Pin Assembly
33	2	M6 Star Washer	85	1	Latch Housing
34	2	M8.4 Star Washer	86	1	Left Upright
35	2	Cushion Fastener	87	1	Right Upright
36	4	M4.2 Star Washer	88	2	Upright Spacer
37	2	Drive Roller Washer	89	1	Upright Grommet
38	6	M8 Flange Nut	90	6	Base Foot
39	2	M10 Insert Nut	91	1	Base
40	1	M8 Nut	92	2	Wheel
41	2	M8 Cage Nut	93	2	Base Cap
42	3	Hood Clip	94	1	Console
43	1	6mm Hex Key	95	1	Console Crossbar
44	1	5mm Hex Key	96	1	Key/Clip
45	1	4mm Hex Key	97	1	Wire Tie
46	1	Left Foot Rail	98	1	Voltage Warning Decal
47	1	Warning Decal	99	1	Choke
48	2	Platform Cushion	*	–	4" White Wire, M/F
49	1	Latch Plate	*	–	4" Red Wire, M/F
50	2	Belt Guide	*	–	4" Blue Wire, 2F
51	1	Magnet	*	–	4" Black Wire, 2F
52	1	Reed Switch Clamp	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
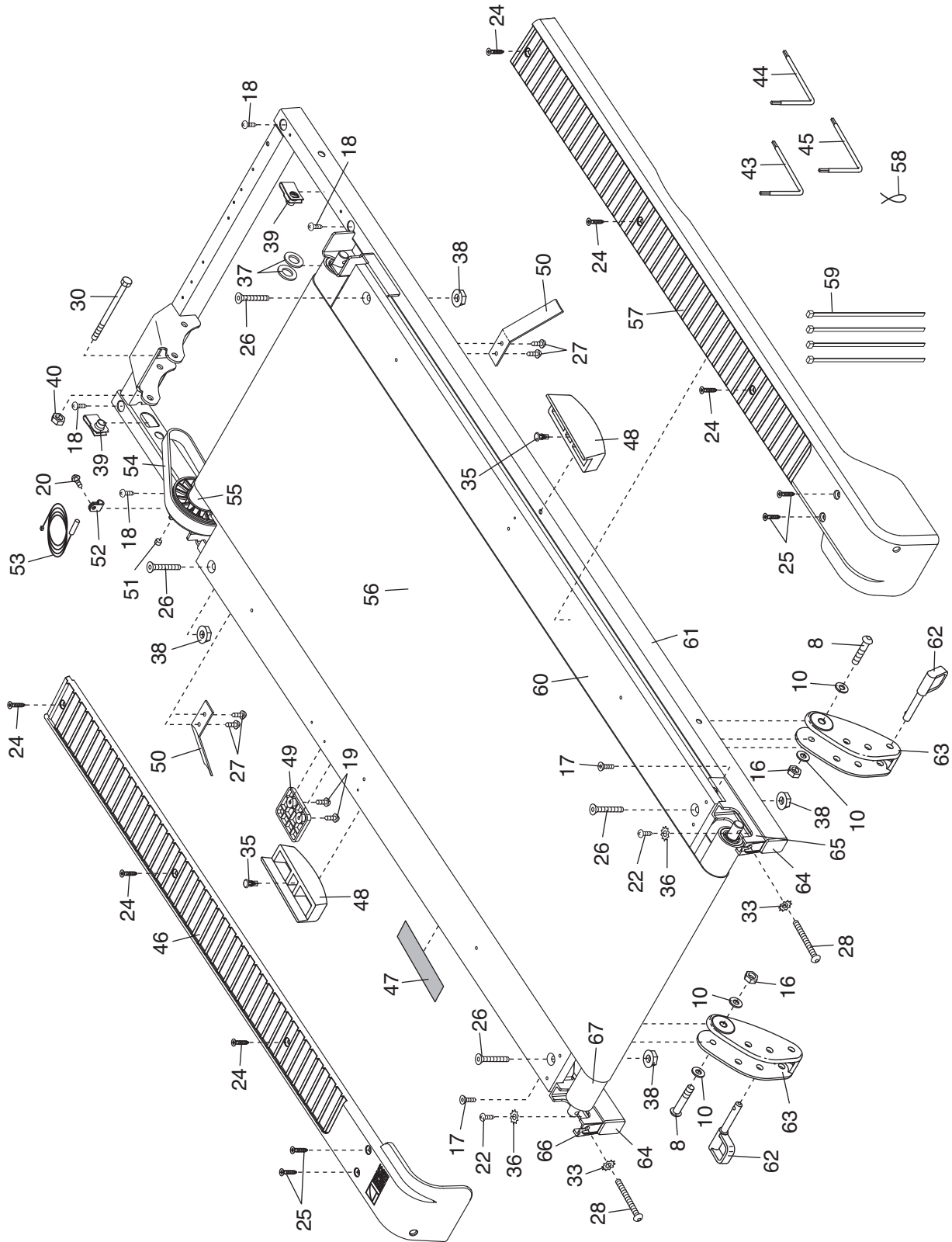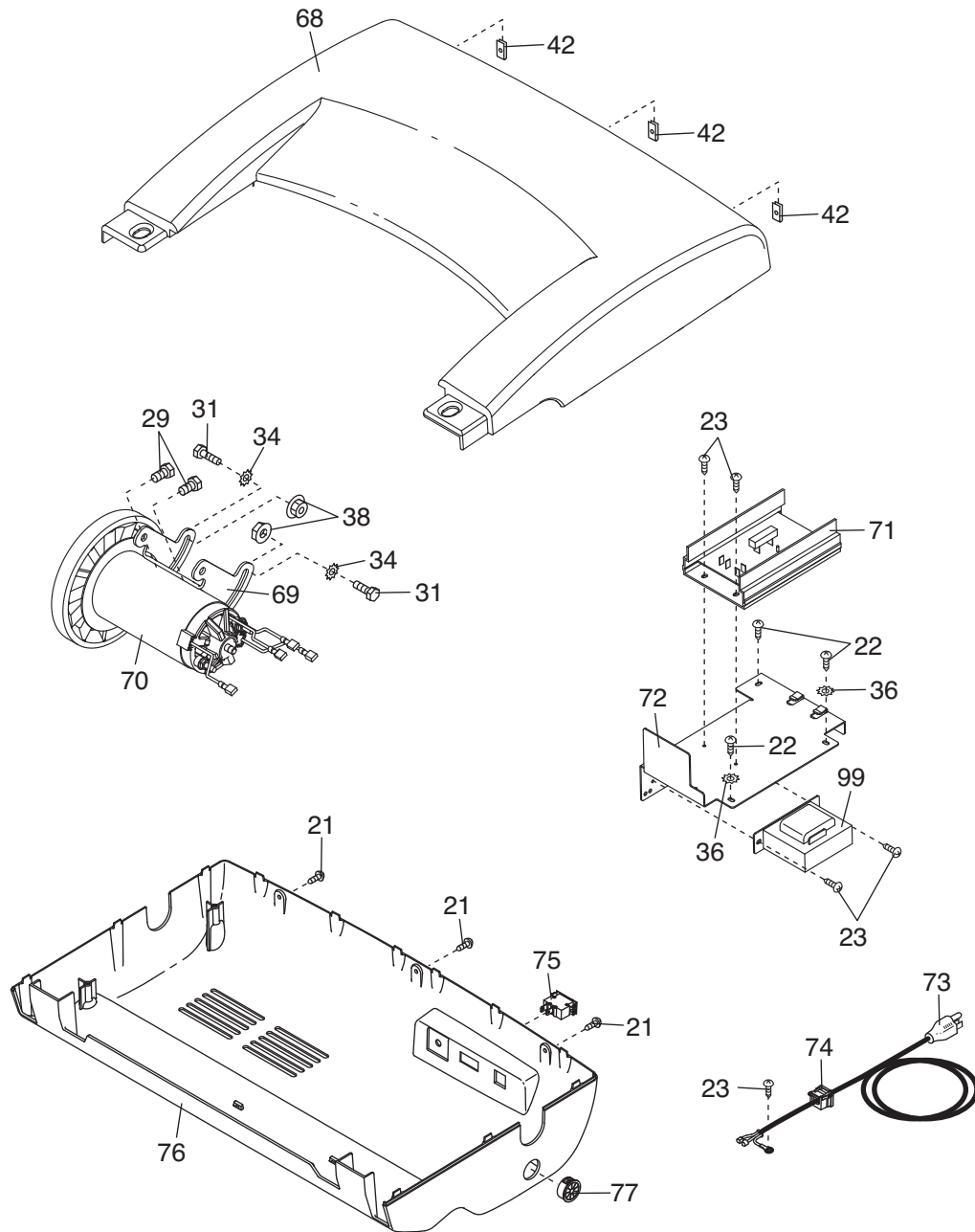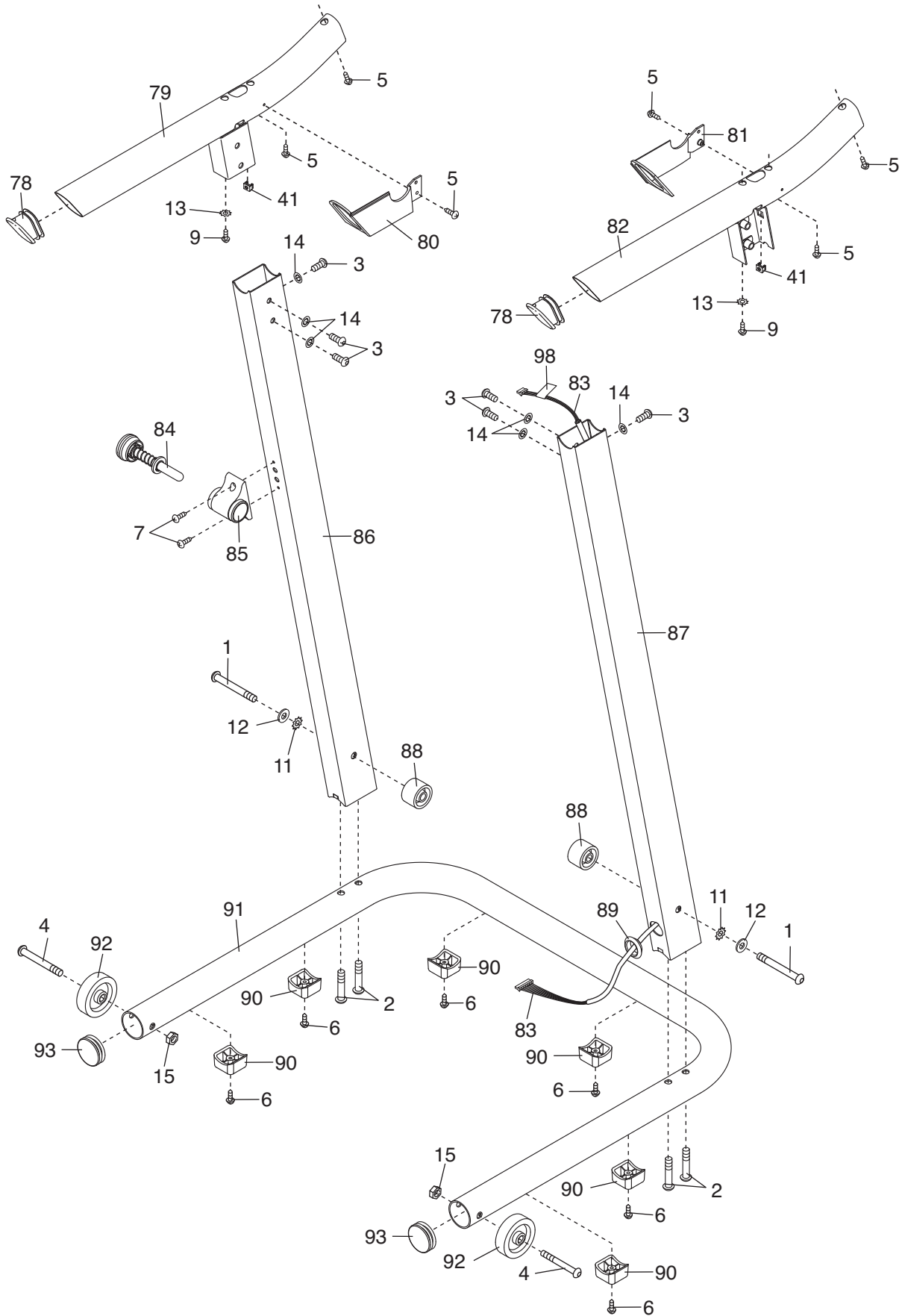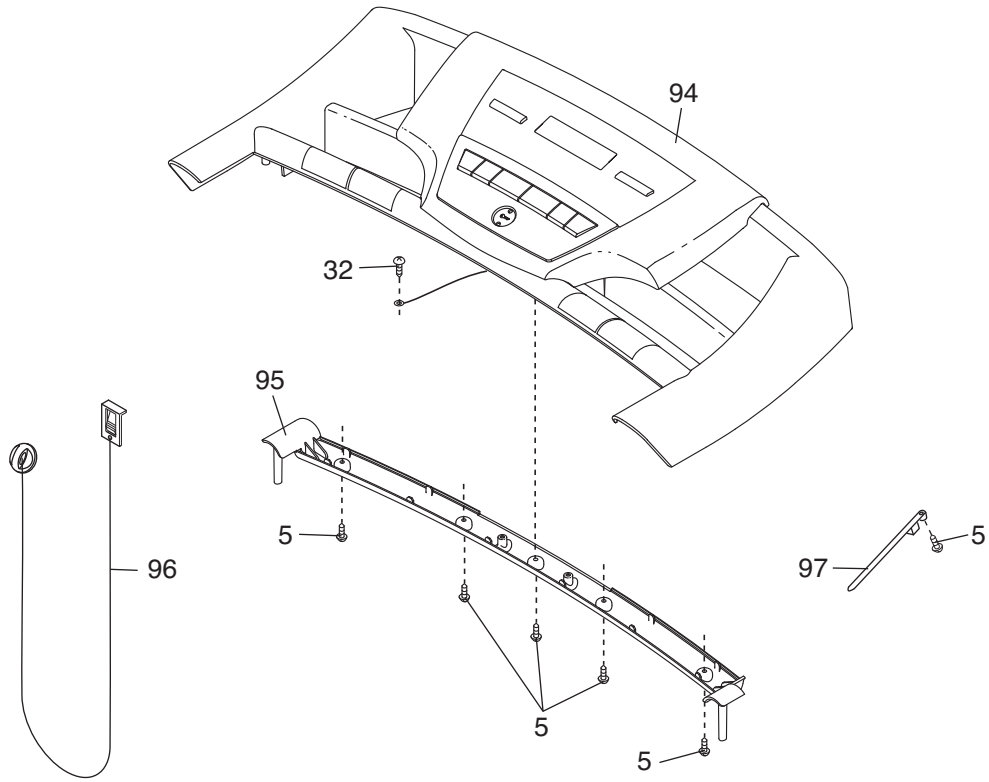
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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