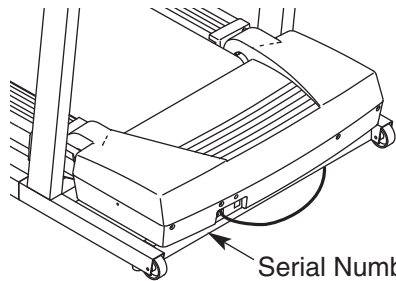# IMAGE® 15.0 R
MYTRACKS™ STEPCOUNTER

Model No. IMTL39105.0

Serial No. _____

Serial Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.
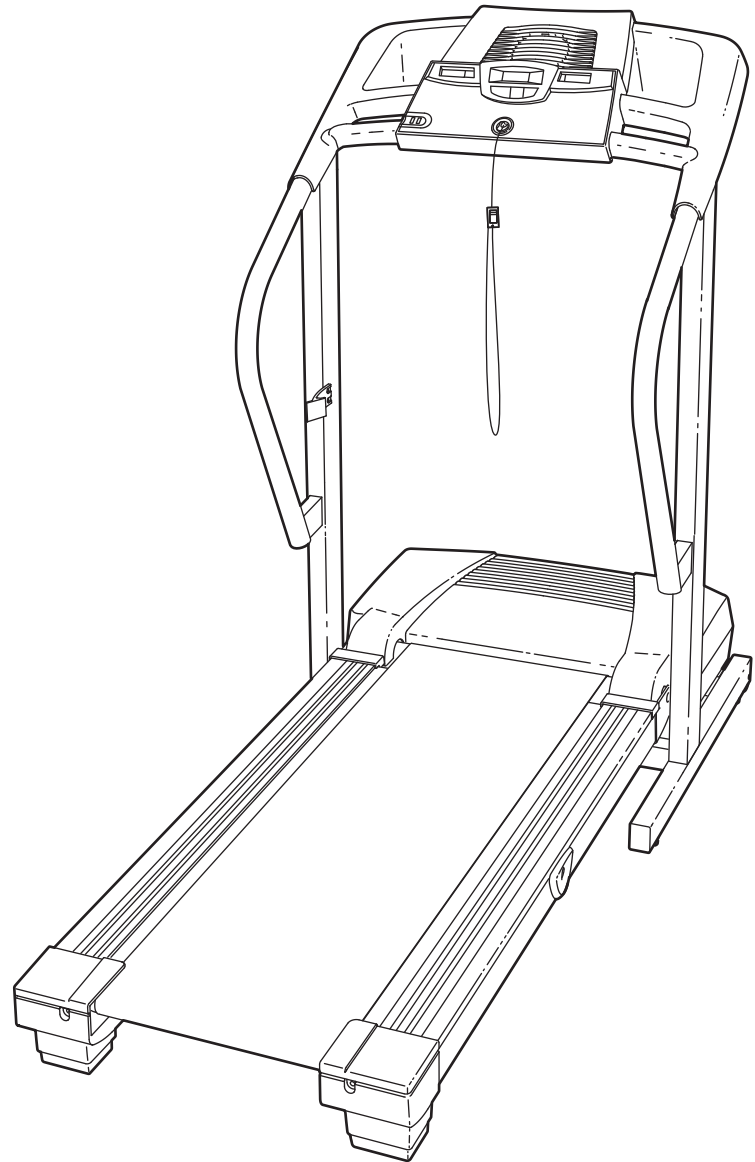
CALL TOLL-FREE:
1-800-753-4645
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.iconservice.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.imagefitness.com
new products, prizes,
fitness tips, and much more!

IMAGE® 15.0 R
MYTRACKS™STEPCOUNTER

TABLE OF CONTENTS

Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMAGE is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

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

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

2. Use the treadmill only as described in this manual.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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

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

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

7. The treadmill should not be used by persons weighing more than 275 pounds. Never allow more than one person on the treadmill at a time.

8. 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.*

9. When connecting the power cord (see page 10), 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.

10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local IMAGE dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

11. 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.

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

13. 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 17 if the treadmill is not working properly.)

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

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

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

17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move 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 circuit breaker.)

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

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

20. Inspect and properly tighten all parts of the treadmill every three months.

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

22. **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.

23. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Note: The decals are not shown at actual size.
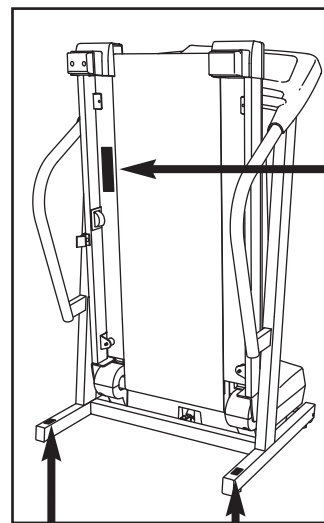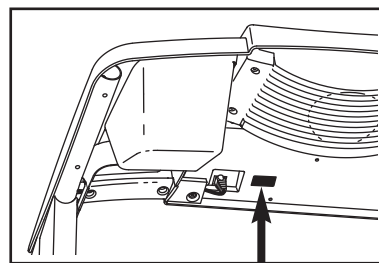
⚠**WARNING:**

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

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

• Change speed in small increments.

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

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

• Fully engage storage latch before tread-mill 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.

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

⚠**CAUTION**
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
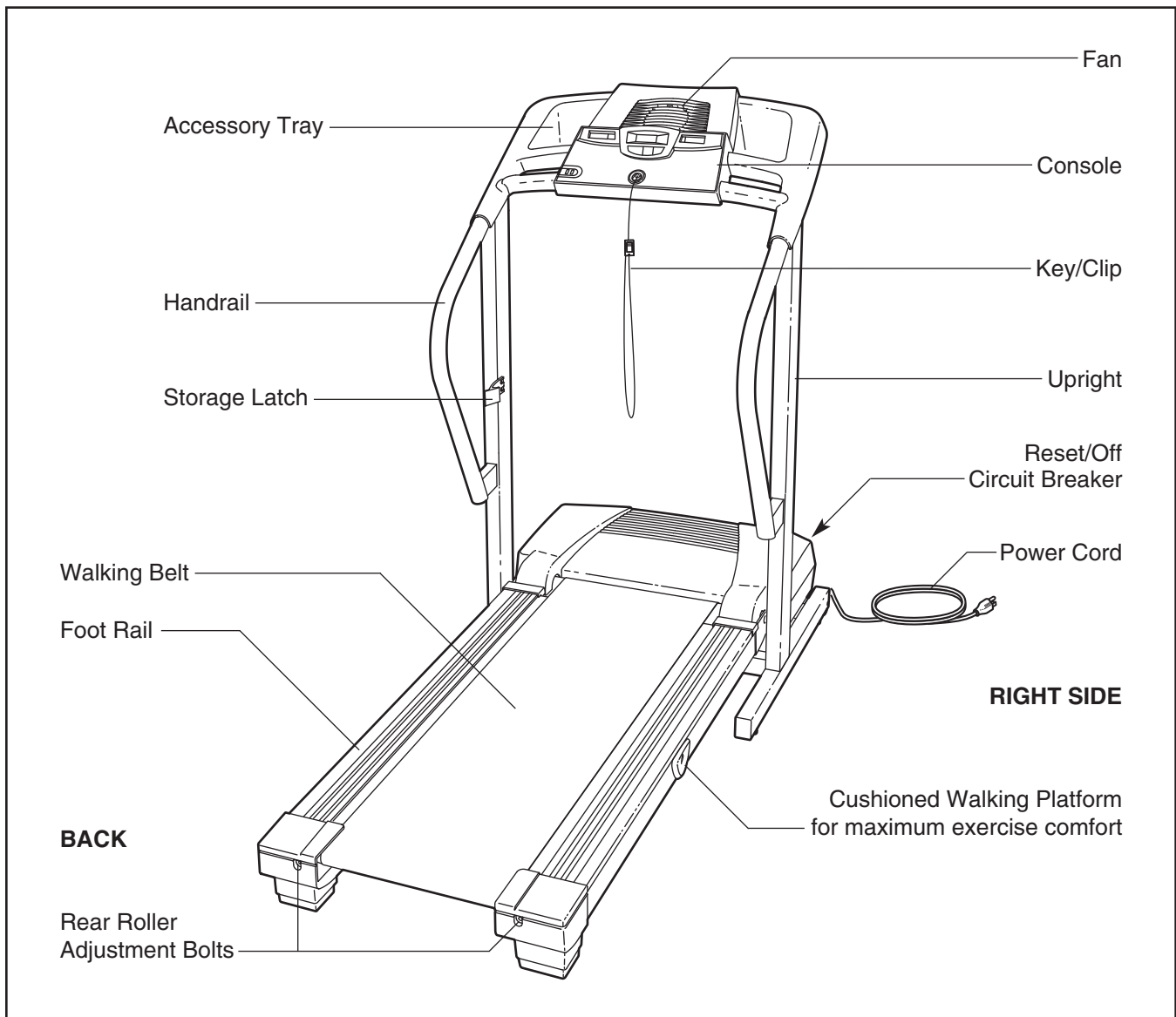
BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® 15.0 R tread-mill. The IMAGE 15.0 R treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not ex-ercising, the unique IMAGE 15.0 R treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number of the treadmill is IMTL.39105.0. The serial number can be found on a decal attached to the tread-mill (see the front cover of this manual for the location).

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

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

Accessory Tray

Handrail

Storage Latch

Walking Belt

Foot Rail

BACK

Rear Roller Adjustment Bolts

Fan

Console

Key/Clip

Upright

Reset/Off Circuit Breaker

Power Cord

RIGHT SIDE

Cushioned Walking Platform for maximum exercise comfort

ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.
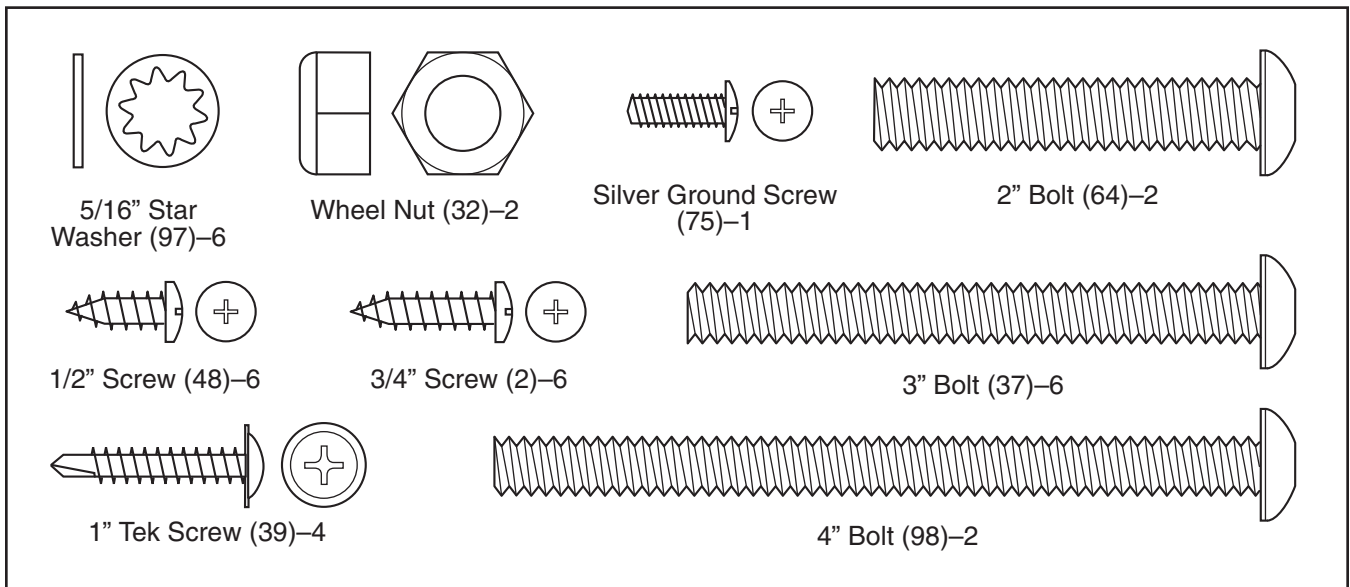
Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own Phillips screwdriver** ▭══▶ **and needlenose pliers** ✂ **.**

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

For help identifying assembly hardware, see the drawings below.

5/16" Star Washer (97)–6

Wheel Nut (32)–2

Silver Ground Screw (75)–1

2" Bolt (64)–2

1/2" Screw (48)–6

3/4" Screw (2)–6

3" Bolt (37)–6

1" Tek Screw (39)–4

4" Bolt (98)–2

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

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so that the treadmill is more stable. **IMPORTANT: Do not fully fold the treadmill until it is completely assembled.**

   Attach four Base Pads (57) (only three shown) to the bottom of the Base (69) with four 1" Tek Screws (39).

   Attach a Wheel (66) to the Base (69) with a 2" Bolt (64) and a Wheel Nut (32) as shown. **Do not overtighten the Wheel Nut;** the Wheel should turn freely.

6
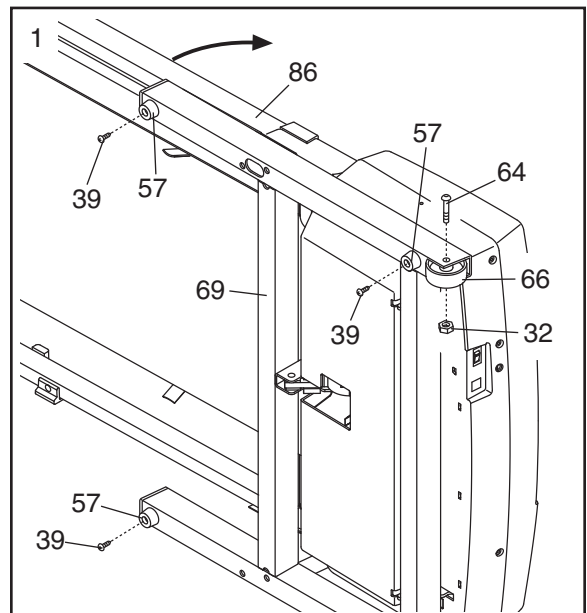
2. Identify the Right Upright (9) and the Left Upright (61).

Straighten the Upright Wire (42), and feed it into the lower end of the Right Upright (9) and out of the upper end. Next, hold the Right Upright against the right side of the Base (69); **make sure that the Right Upright is turned so that the upper end is angled in the direction shown.** Hand tighten two 3" Bolts (37) with two 5/16" Star Washers (97) into the Base and the Right Upright; **be careful not to damage the Upright Wire. Do not tighten the Bolts yet.**

With the help of a second person, carefully tip the treadmill onto its other side. Attach the other Wheel (not shown) as described in step 1, and then attach the Left Upright (61) as described above. **Make sure that the two small holes in the Left Upright are in the position shown.** Note: There is not an upright wire on the left side.
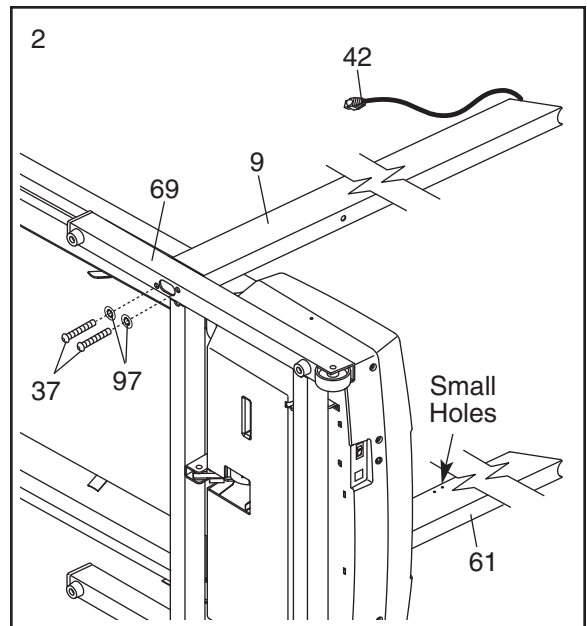
3. With the help of a second person, carefully tip the treadmill back to the upright position.

Identify the Right Handrail (72), which has a large hole in the left side. Feed the Upright Wire (42) into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Upright Wire out of the hole.

Attach the upper end of the Right Handrail (72) to the Right Upright (9) with a 3" Bolt (37); **do not tighten the Bolt yet.** Attach the lower end of the Right Handrail with a 4" Bolt (98) and a 5/16" Star Washer (97). **Then, tighten the 3" Bolt and the 4" Bolt.**

Attach the Left Handrail (71) in the same way. Note: There is not a wire harness on the left side.

7
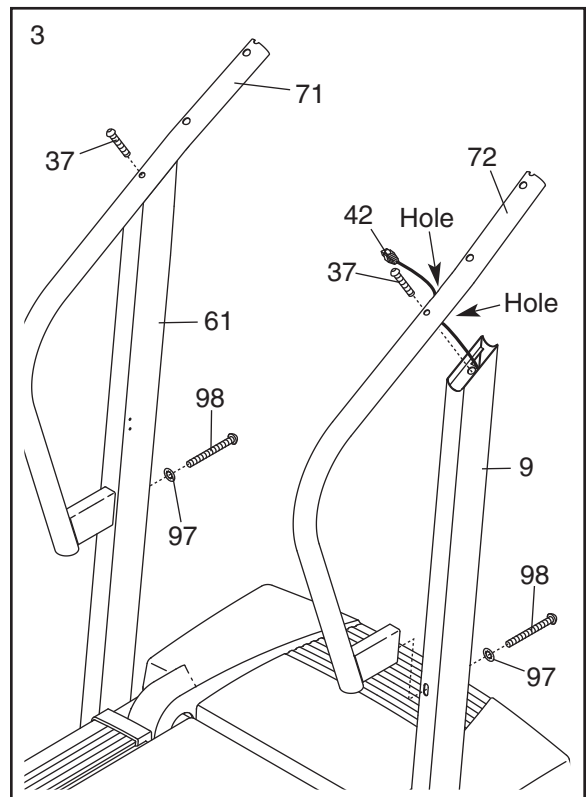
4. Hold the Console Base (47) near the Left Handrail (71). Attach the end of the ground wire on the Console Base to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).
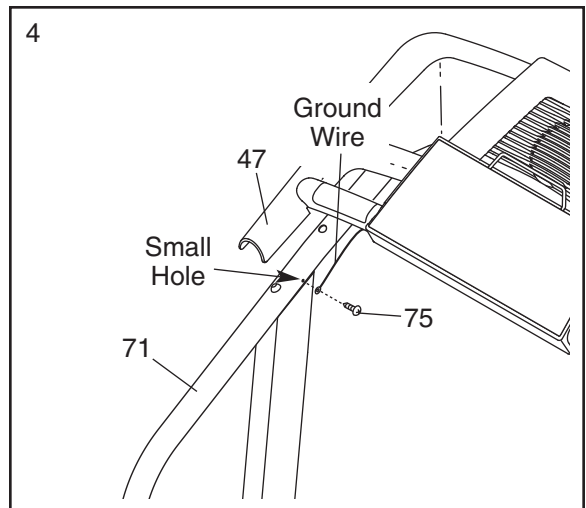
5. **Touch the Right Handrail (72) to discharge any static.** Slide the sleeve off the connector on the Upright Wire (42) as shown in the inset drawing. Next, press the end of the Upright Wire into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. Then, slide the sleeve back over the connector.
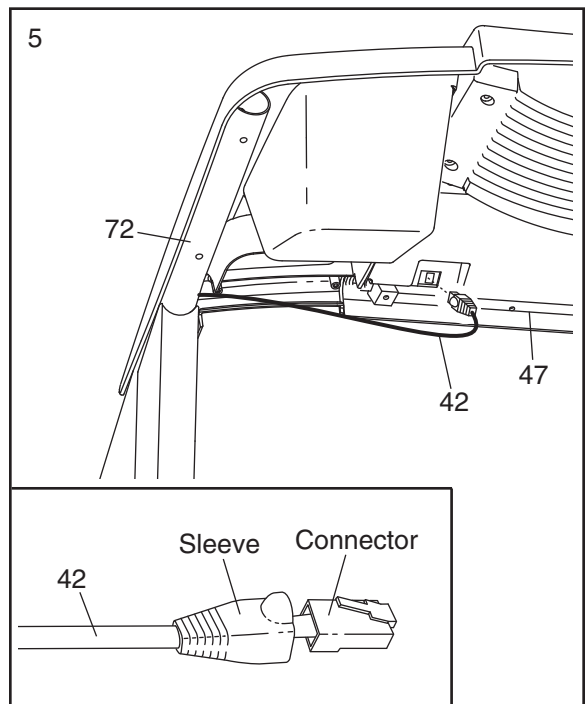
6. Set the Console Base (47) on the Handrails (71, 72). Attach the Console Base with four 3/4" Screws (2). **Start all four Screws before tightening them; do not over-tighten the Screws.**

   See the lower drawing. Make sure that the Upright Wire (42) is routed below the two indicated round posts (A). Next, press the Upright Wire into the slot between the square post (B) and the Console Base (47).

8
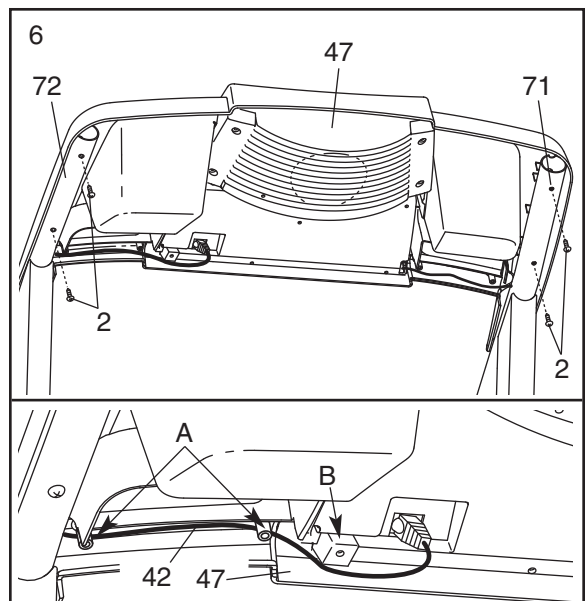
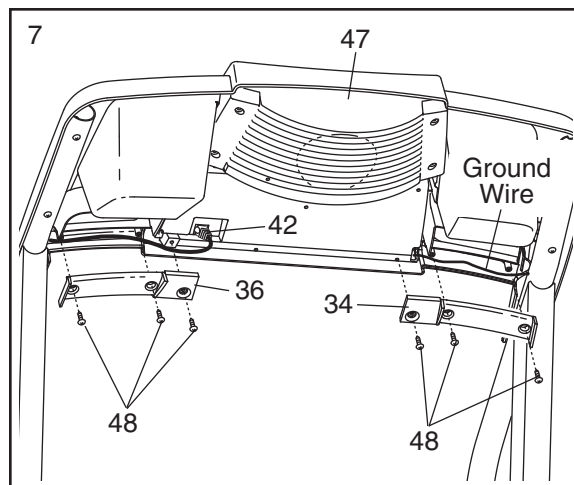7. Cover the Upright Wire (42) with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten three 1/2" Screws (48) into the Right Grip Plate and the Console Base.

   Attach the Left Grip Plate (34) over the ground wire and the other wires with three 1/2" Screws (48). **Be careful not to pinch any of the wires.**

8. Lower the Uprights (9, 61) until the handrails are touching the floor.

   See the lower drawing. Position the Uprights (9, 61) so that the treadmill Frame (86) is centered between them. See the upper drawing. Firmly tighten the four 3" Bolts (37). Then, raise the Uprights (9, 61) back to the vertical position.
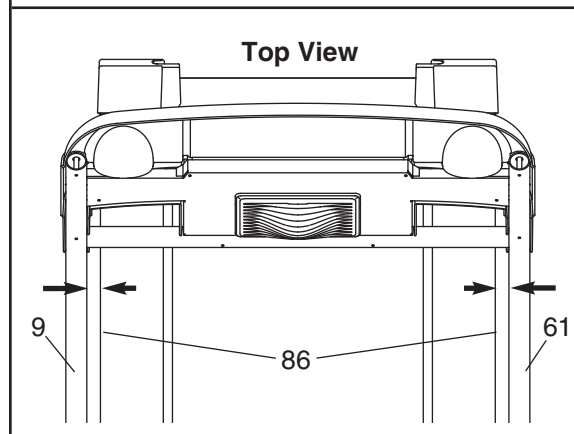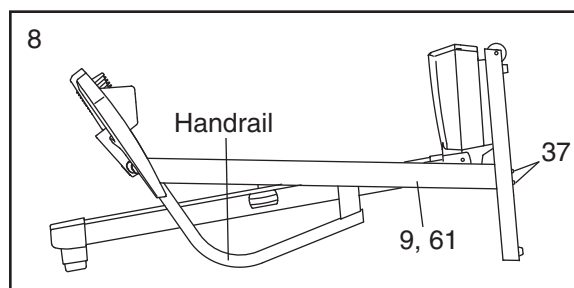
9. Attach the Storage Latch (29) and the Latch Spacer (44) to the Left Upright (61) with two 3/4" Screws (2) as shown. **Do not overtighten the Screws.**
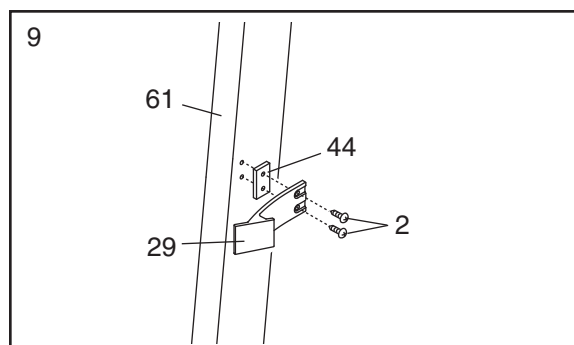
10. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 18). To protect the floor or carpet, place a mat under the treadmill.

9

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 IMAGE dealer or call the toll-free 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.
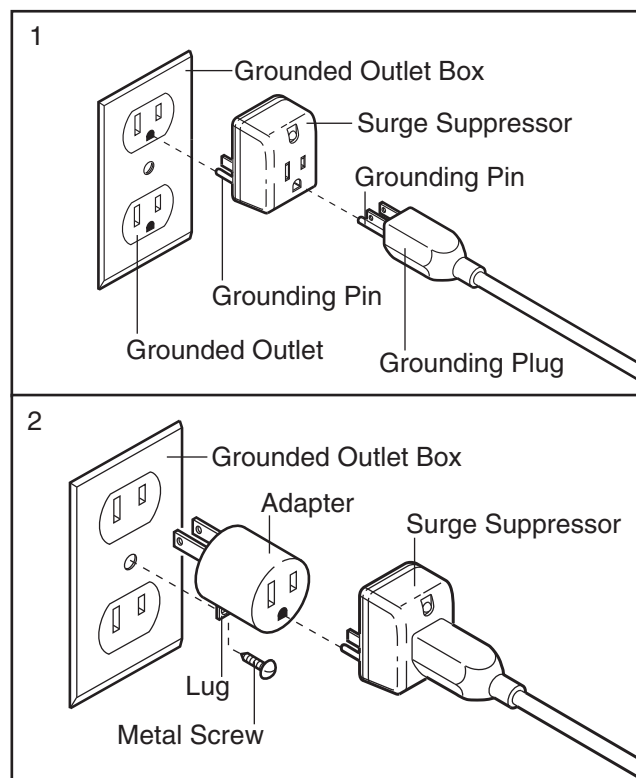
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**

10

CONSOLE DIAGRAM
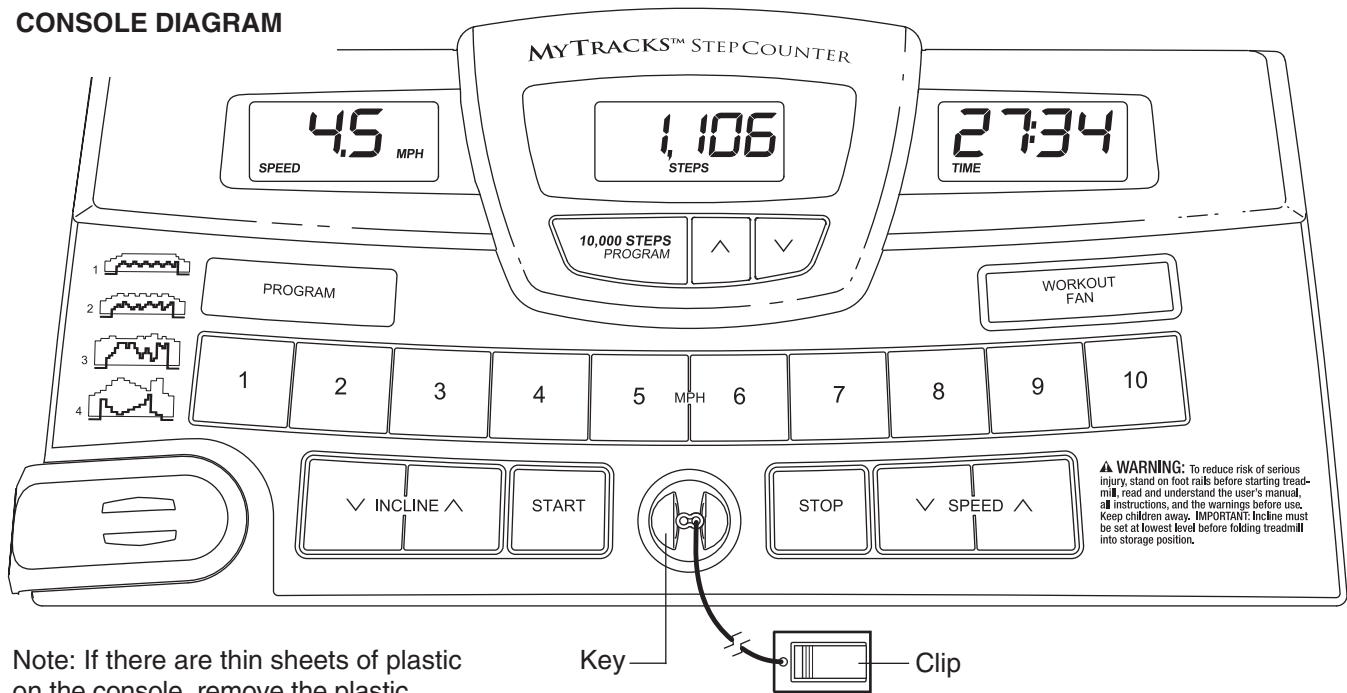
Note: If there are thin sheets of plastic on the console, remove the plastic.

Key — Clip

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

MyTracks™ StepCounter

Walking is one of the most popular exercises world-wide. Walking does not require advanced conditioning or special skills, yet it produces numerous benefits, such as increased calorie burning, a slimmer waist, toned muscles, enhanced energy and stamina, lower blood pressure, and reduced stress.

To track your walking exercise, the console features a new MyTracks™ StepCounter that counts the number of steps that you take during each workout. In addition, the console offers a MyTracks™ StepCounter program that allows you to enter the number of steps that you plan to walk, and counts down the steps as you exercise.

More reliable than conventional pedometers, the MyTracks™ StepCounter is highly accurate with most users. For the best results, try to maintain a steady pace, a uniform stride length, and a consistent position on the treadmill as you walk. Lighter users may also find it helpful to reduce the incline of the treadmill or to increase the speed of the walking belt.

Preset Programs

The console also features four preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 12. **To use the MyTracks™ StepCounter program**, see page 13. **To use a preset program**, see page 14.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker located on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

Reset
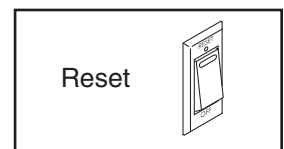
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

Note: To prevent damage to the walking platform, always wear clean shoes when using the treadmill.

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on page 11.

2 **Select the manual mode.**

When the key is in-
serted, the manual
mode will be selected.
If a program has been
selected, press the
Program button repeat-
edly until the right display shows a time of 0:00.
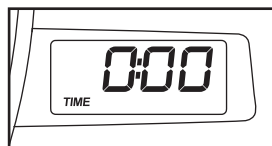
3 **Start the walking belt.**

To start the walking belt, press the Start button,
the Speed increase button, or one of the buttons
numbered 1 through 10.

If the Start button or
the Speed increase
button is pressed, the
walking belt will begin
to move at 1 mph. As
you exercise, change
the speed of the walking belt as desired by press-
ing the Speed increase and decrease buttons.
Each time a button is pressed, the speed setting
will change by 0.1 mph; if a button is held down,
the speed setting will change in increments of 0.5
mph.
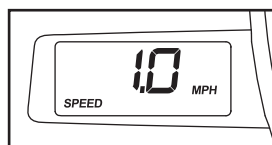
If one of the ten numbered buttons is pressed, the
walking belt will gradually increase in speed until it
reaches the selected speed setting. **Note: The
console can display speed and distance in ei-
ther miles or kilometers (see THE INFORMA-
TION MODE on page 15). For simplicity, all in-
structions in this section refer to miles.**

To stop the walking belt, press the Stop button.
The time will begin to flash in the right display. To
restart the walking belt, press the Start button, the
Speed increase button, or one of the ten num-
bered buttons.

Note: The first time you use the treadmill, periodi-
cally inspect the alignment of the walking belt, and
align it if necessary (see page 18).

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

To change the incline of the treadmill, press the
Incline increase and decrease buttons. Each time
a button is pressed, the incline setting will change
by 0.5%; if a button is held down, the incline set-
ting will change quickly.

5 **Follow your progress with the three displays.**

The left display—This
display will show the
speed of the walking
belt, the incline level of
the treadmill, and the
approximate number of
calories you have burned during your workout.
The display will change from one number to the
next every few seconds. This display will also
show your heart rate when you use the pulse sen-
sor (see step 6 on page 13).

**The MyTracks™
StepCounter
display**—When the
manual mode or a
preset program is
selected, this display
will show the number of steps you have walked or
run during your workout. When the MyTracks™
StepCounter program is selected, this display will
show the number of steps still to be taken.

Note: For the treadmill to count your steps accu-
rately, correct walking form is important. As you
walk, try to maintain a steady pace, a uniform
stride length, and a consistent position on the
treadmill. Lighter users may also find it helpful to
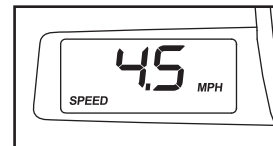reduce the incline of the treadmill or to increase
the speed of the walking belt. **IMPORTANT:
Always walk at a speed that is comfortable for
you.**

The right display—
This display will show
the elapsed time, the
distance that you have
walked or run during
your workout, and your
pace (pace is shown in minutes per mile). Note:
When a preset program is selected, the right dis-
play will show the time remaining in the program
instead of the elapsed time.

To reset the displays, press the Stop button, re-
move the key, and then reinsert the key.

12

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

To measure your heart rate, **stand on the foot rails** and place your left thumb on the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** When your pulse is detected, a heart-shaped indicator in the left display will flash each time your heart beats, and then your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for 15 seconds.**
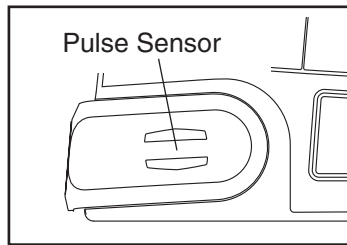
Pulse Sensor

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

7 **Turn on the workout fan if desired.**

To turn on the workout fan at low, medium, or high speed, press the Workout Fan button once, twice, or three times. To turn off the fan, press the button a fourth time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 **When you are finished exercising, remove the key.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position, or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays remains lit after the key is removed, the console is in the "demo" mode. See page 15 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

HOW TO USE THE MYTRACKS™ STEPCOUNTER PROGRAM

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

2 **Select the MyTracks™ StepCounter program.**

Press the 10,000 Steps Program button; a goal of 10,000 steps will appear in the MyTracks™ StepCounter display. Note: If the walking belt is moving when the 10,000 Steps Program button is pressed, the walking belt will slow to a stop.

10,000 TARGET

Depending on your fitness level, you may desire to walk fewer than or more than 10,000 steps. To change the goal, press the increase and decrease buttons beside the 10,000 Steps Program button. Each time a button is pressed, the goal will change by 500 steps. Note: The goal can be changed either before or after the program is started.

Note: To find an appropriate starting goal, walk on the treadmill with the manual mode selected (see page 12), and note the number of steps that you walk during your workout. Then, round that number up to the nearest 500 steps. This can be a starting goal. As your fitness level improves, you can increase the goal by 500 steps every few weeks. **IMPORTANT: Always exercise at an intensity level and for a length of time that is comfortable for you.**

3 **Press the Start button or the Speed increase button to start the program.**

A moment after the button is pressed, the walking belt will begin to move at 2 mph. Hold the handrails and begin walking.

As you exercise, adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons.

During the program, the MyTracks™ StepCounter display will show the number of steps still to be taken. When only ten steps remain, the MyTracks™ StepCounter display will flash and a tone will sound repeatedly until you reach the goal. The walking belt will then slow to a stop.

13

To stop the program temporarily, press the Stop button. The time will begin to flash in the right display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 mph. To end the program, press the Stop button, remove the key, and then reinsert the key.

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

See step 5 on page 12.

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

See step 6 on page 13.

6 **Turn on the workout fan if desired.**

See step 7 on page 13.

7 **When the program is completed, remove the key from the console.**
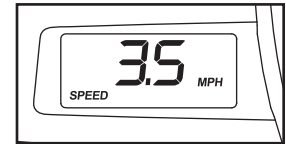
See step 8 on page 13.

HOW TO USE A PRESET PROGRAM

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

See HOW TO TURN ON THE POWER on page 11.

2 **Select a preset program.**

To select a preset program, press the Programs button repeatedly. When a preset program is selected, the left display will flash the maximum speed setting of the program for a few seconds, and the right display will show how long the program will last. Note: If the walking belt is moving when the Programs button is pressed, the walking belt will slow to a stop.

3 **Press the Start button or the Speed increase button to start the program.**

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

Each program is divided into several time periods of different lengths. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.

When only three seconds remain in the first period of the program, the left display will flash and a series of tones will sound. The treadmill will then automatically adjust to the speed and incline settings for the second period.

Note: If the speed setting and/or incline setting for the current period is too high or too low, you can manually override the setting by pressing the speed and incline buttons. However, **when the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next period.**

The program will continue until no time remains in the right display. The walking belt will then slow to a stop.

14

To stop the program temporarily, press the Stop button. The time will begin to flash in the right display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next period. To end the program, press the Stop button, remove the key, and then reinsert the key.

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

See step 5 on page 12.

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

See step 6 on page 13.

6 **Turn on the workout fan if desired.**

See step 7 on page 13.

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

See step 8 on page 13.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An "E" (for English) or an "M" (for metric) will appear in the left display. Press the Speed increase button to change the unit of measurement, if desired. **IMPORTANT:** If a "d" appears in the left display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays will remain lit, although the buttons will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

The MyTracks™ StepCounter display will show the total number of steps taken by all users of the treadmill. Note: If the total number exceeds 99,999, a "K" will appear in the display and the display will show the number of **thousands** of steps taken.

The right display will show the total number of hours that the treadmill has been used and the total number of miles (or kilometers) that the walking belt has moved.
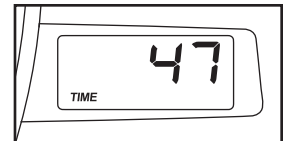
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

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

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

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.
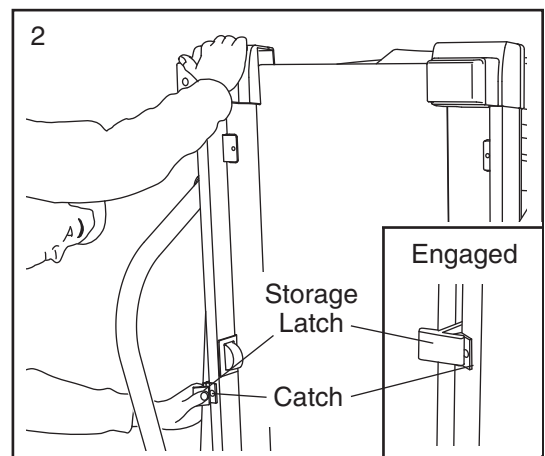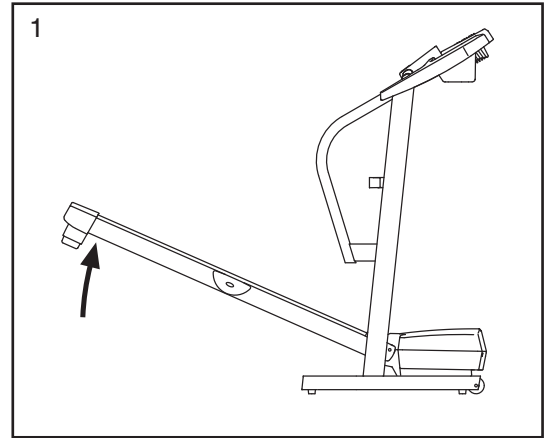
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is fully engaged over the catch.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.
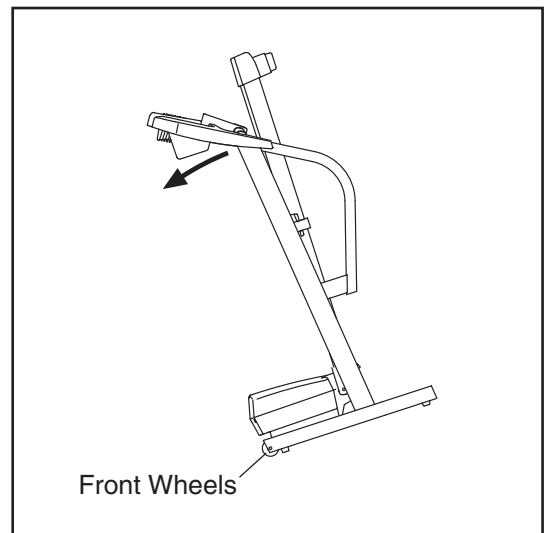
HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the upper end of the treadmill with your right hand. Press the storage latch to the left. Pivot the treadmill down until the frame and the foot rail are past the storage latch.

2. See drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill. To decrease the possibility of injury, bend your legs and keep your back straight.**

16

TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on 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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. 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.

Tripped   Reset
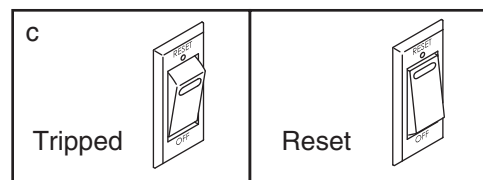
PROBLEM: **The power turns off during use**

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

d. If the treadmill still does not run, 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 Screws (49) from the Hood (1), and carefully pivot the Hood off.

Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (49), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.

17
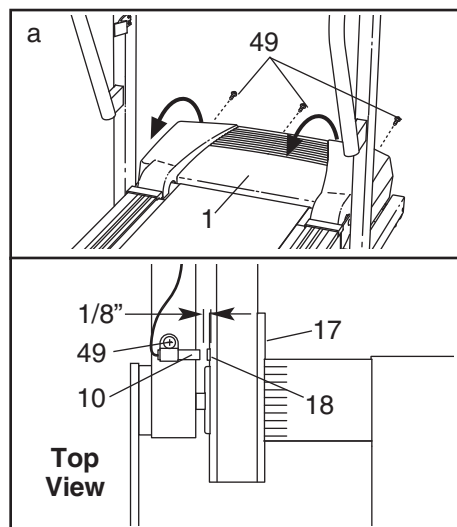
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

b. If the walking belt is overtightened, treadmill perfor-
mance may decrease and the walking belt may be-
come damaged. Remove the key and **UNPLUG THE
POWER CORD**. Using the allen wrench, turn both
rear roller bolts counterclockwise, 1/4 of a turn. When
the walking belt is properly tightened, you should be
able to lift each side of the walking belt 2 to 3 inches
off the walking platform. Be careful to keep the walk-
ing belt centered. Plug in the power cord, insert the
key, and run the treadmill for a few minutes. Repeat
until the walking belt is properly tightened.

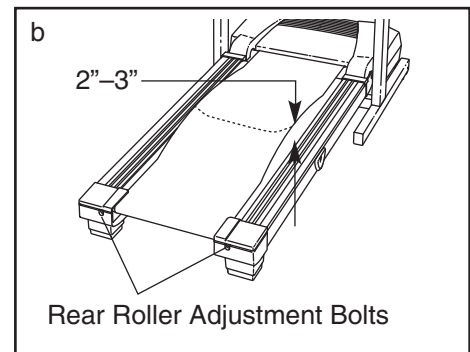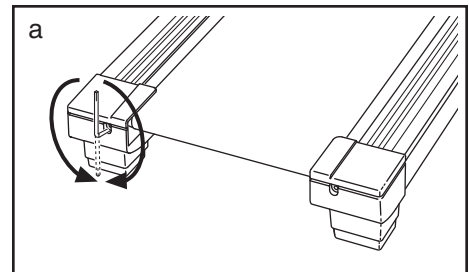c. If the walking belt still slows when walked on, see the front cover of this manual.

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

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

b. If the walking belt slips when walked on, first remove
the key and **UNPLUG THE POWER CORD**. Using
the allen wrench, turn both rear roller bolts clockwise,
1/4 of a turn. When the walking belt is correctly tight-
ened, you should be able to lift each side of the walk-
ing belt 2 to 3 inches off the walking platform. Be
careful to keep the walking belt centered. Plug in the
power cord, insert the key, and carefully walk on the
treadmill for a few minutes. Repeat until the walking
belt is properly tightened.
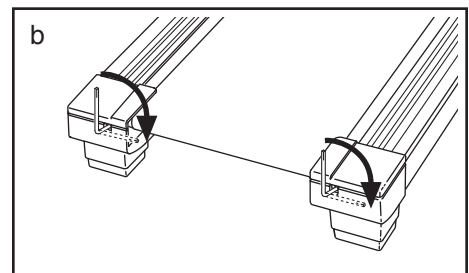
PROBLEM: The treadmill does not count your steps accurately

SOLUTION: a. For the treadmill to count your steps accurately, correct walking form is important. As you walk,
try to maintain a steady pace, a uniform stride length, and a consistent position on the treadmill.
Lighter users may also find it helpful to reduce the incline of the treadmill or to increase the speed
of the walking belt. **IMPORTANT: Always walk at a speed that is comfortable for you.** Note:
The treadmill, like pedometers and other step counting devices, may not count your first few
steps each time you begin walking and may occasionally not count a step while you are walking.

PROBLEM: The incline of the treadmill does not change correctly

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

CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

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

PART LIST—Model No. IMTL39105.0

To locate the parts listed below, see the EXPLODED DRAWING.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	37	2	3" Bolt	74	1	Left Foot Rail Endcap
2	19	3/4" Screw	38	2	Washer	75	1	Silver Ground Screw
3	1	Motor Belt	39	4	1" Tek Screw	76	2	Handrail Endcap
4	1	Motor Tension Bolt	40	4	Fan Cover Screw	77	4	Wire Tie
5	5	3/8" Washer	41	1	Small Star Washer	78	1	Reset/Off Switch
6	2	Motor Star Washer	42	1	Upright Wire	79	1	Power Cord
7	1	Flywheel	43	1	Console	80	1	Power Cord Grommet
8	1	Drive Motor	44	1	Latch Spacer	81	1	Belly Pan
9	1	Right Upright	45	2	Isolator	82	2	Belt Guide
10	1	Reed Switch	46	1	Photo Switch	83	4	Belt Guide Screw
11	1	Latch Warning Decal	47	1	Console Base	84	1	Fan
12	2	Frame Spacer	48	10	1/2" Screw	85	1	Rear Roller
13	7	Frame Pivot Nut/Motor Nut	49	14	Hood Screw/ Deck Rail Screw	86	1	Frame
14	2	Frame Pivot Bolt	50	1	Key/Clip	87	1	Walking Platform
15	4	Walking Platform Screw	51	1	Incline Motor	88	1	Warning Decal
16	2	Foot Rail	52	1	Incline Bracket	89	1	Cable Tie Clamp
17	1	Front Roller/Pulley	53	1	Incline Motor Bolt (lower)	90	1	Inlet Plate
18	1	Magnet	54	3	Incline Pivot Bolt	91	1	Sensor Clip
19	1	Motor Pivot Bolt	55	1	Motor Mount Bracket	92	2	Roller Adjustment Bolt
20	2	Motor Bracket Bolt	56	1	Motor Controller Wire	93	1	Right Rear Endcap
21	1	Right Foot Rail Endcap	57	4	Base Pad	94	1	Allen Wrench
22	3	Belly Pan Clip	58	11	3/4" Tek Screw	95	1	Left Rear Endcap
23	1	Optic Disk	59	1	Controller	96	1	Walking Belt
24	4	Isolator Screw	60	1	Lift Frame	97	6	5/16" Star Washer
25	5	Ground Screw	61	1	Left Upright	98	2	4" Bolt
26	2	Platform Nut	62	2	Warning Decal	99	1	Filter Wire
27	1	Fan Grill, Back	63	2	Isolator Cushion	100	1	Inlet Plate Screw
28	2	Motor Tension Nut	64	2	2" Bolt	#	1	8" Black Wire, R/R
29	1	Storage Latch	65	2	Base Endcap	#	1	6" Black Wire, R/R
30	1	Latch Catch	66	2	Wheel	#	1	4" Black Wire, F/F
31	2	Rear Endcap Pad	67	4	U-nut	#	1	4" Black Wire, M/F
32	2	Wheel Nut	68	4	8" Cable Tie	#		4" Blue Wire, F/F
33	2	Static Decal	69	1	Base	#	1	4" Red Wire, M/F
34	1	Left Grip Plate	70	1	Grommet	#	1	8" Green Wire, F/R
35	1	Small Nut	71	1	Left Handrail	#	1	User's Manual
36	1	Right Grip Plate	72	1	Right Handrail			
			73	1	Small Nut			#These parts are not illustrated.

EXPLODED DRAWING—Model No. IMTL39105.0

R0605A
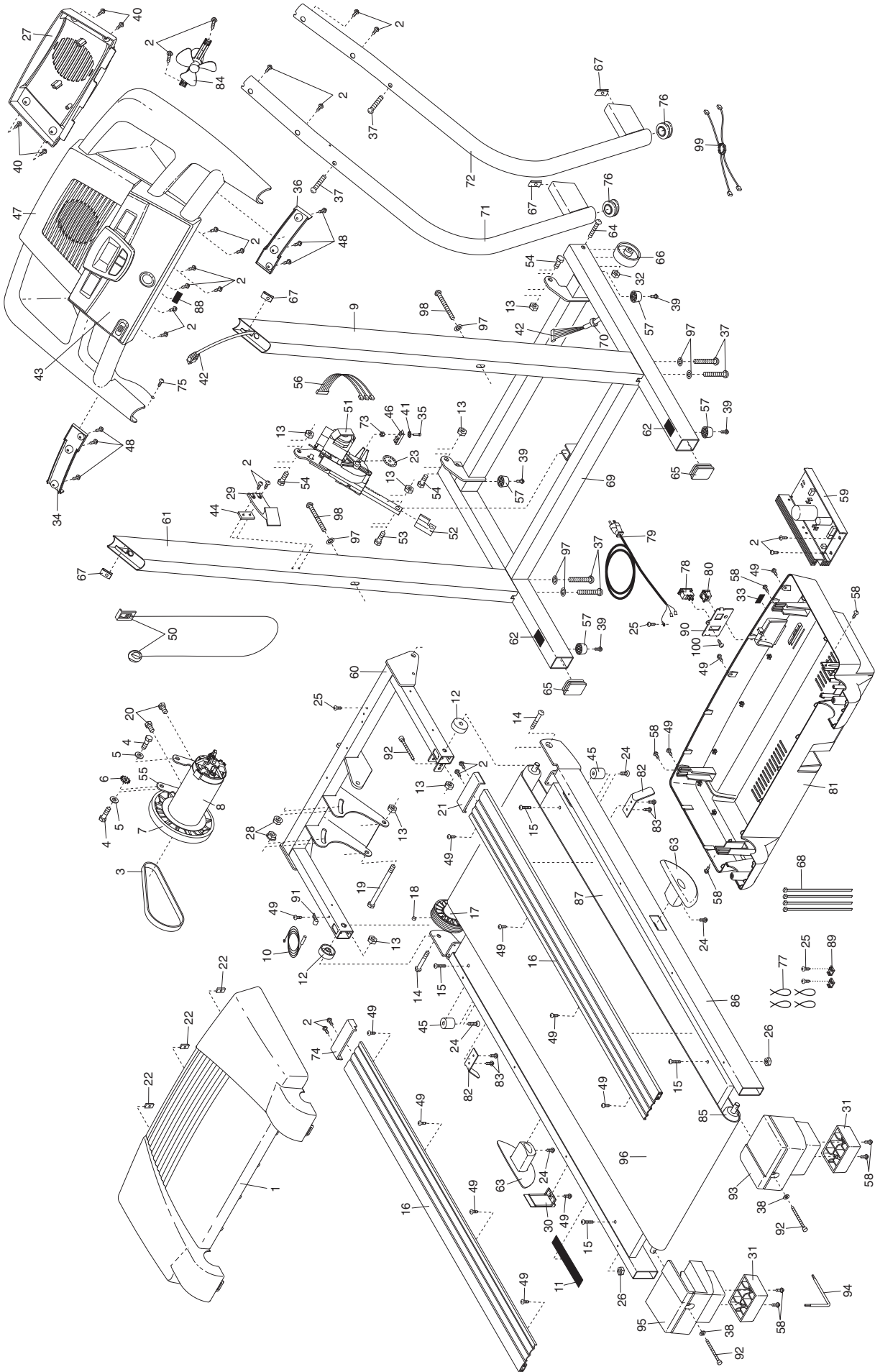
HOW TO ORDER REPLACEMENT PARTS

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

• the MODEL NUMBER of the product (IMTL39105.0)

• the NAME of the product (IMAGE 15.0 R treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING in the center 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. The motor is warranted for three (3) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or 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.

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

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

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