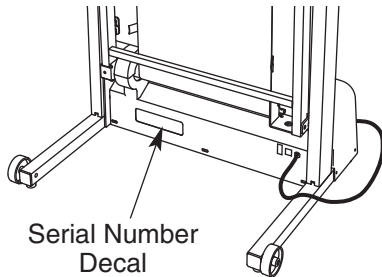


IMAGE[®] FREESTRIDE 16.0

Model No. IMTL41205.0

Serial No. _____



USER'S MANUAL

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.

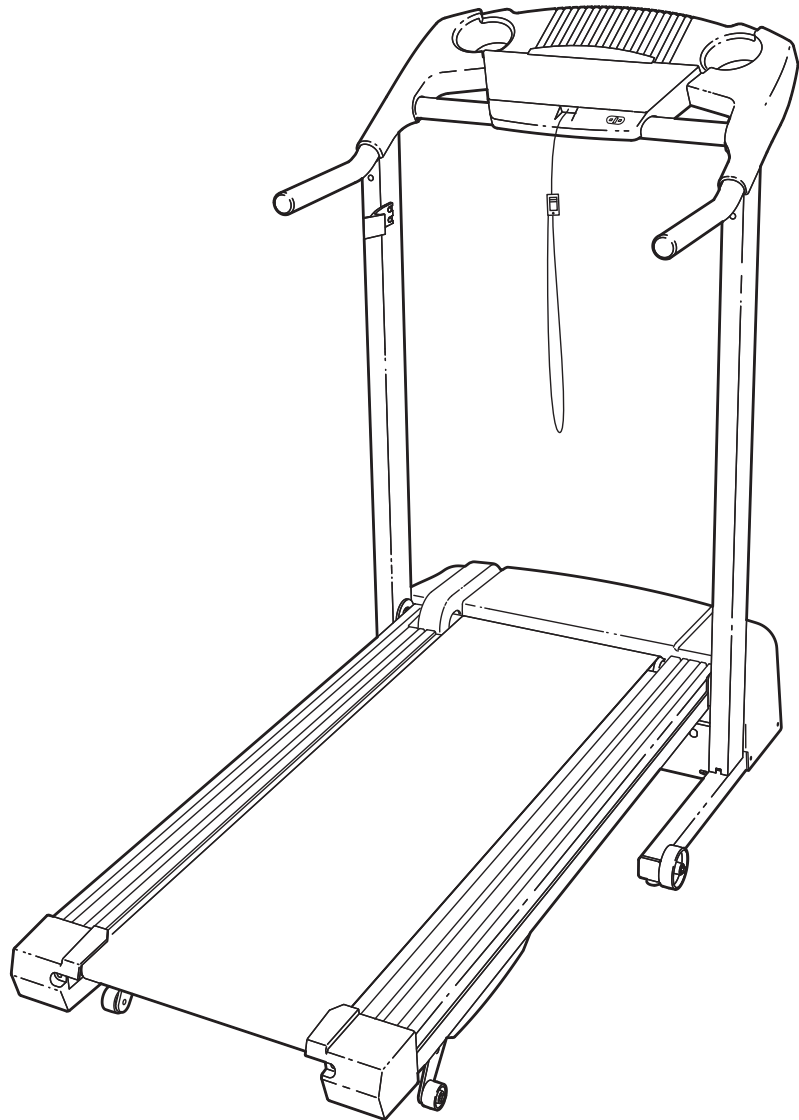
CALL TOLL-FREE:

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.



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

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local 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.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 13 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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 4 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 5, and HOW TO FOLD AND MOVE THE TREADMILL on page 12.)

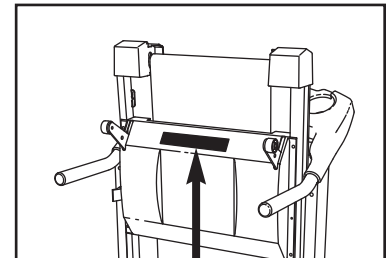
You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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 regularly.
21. Never 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. This treadmill is intended for in-home use only. Do not use this treadmill in a 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 decal shown here has been placed on the treadmill. If the decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠ WARNING:

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

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



- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

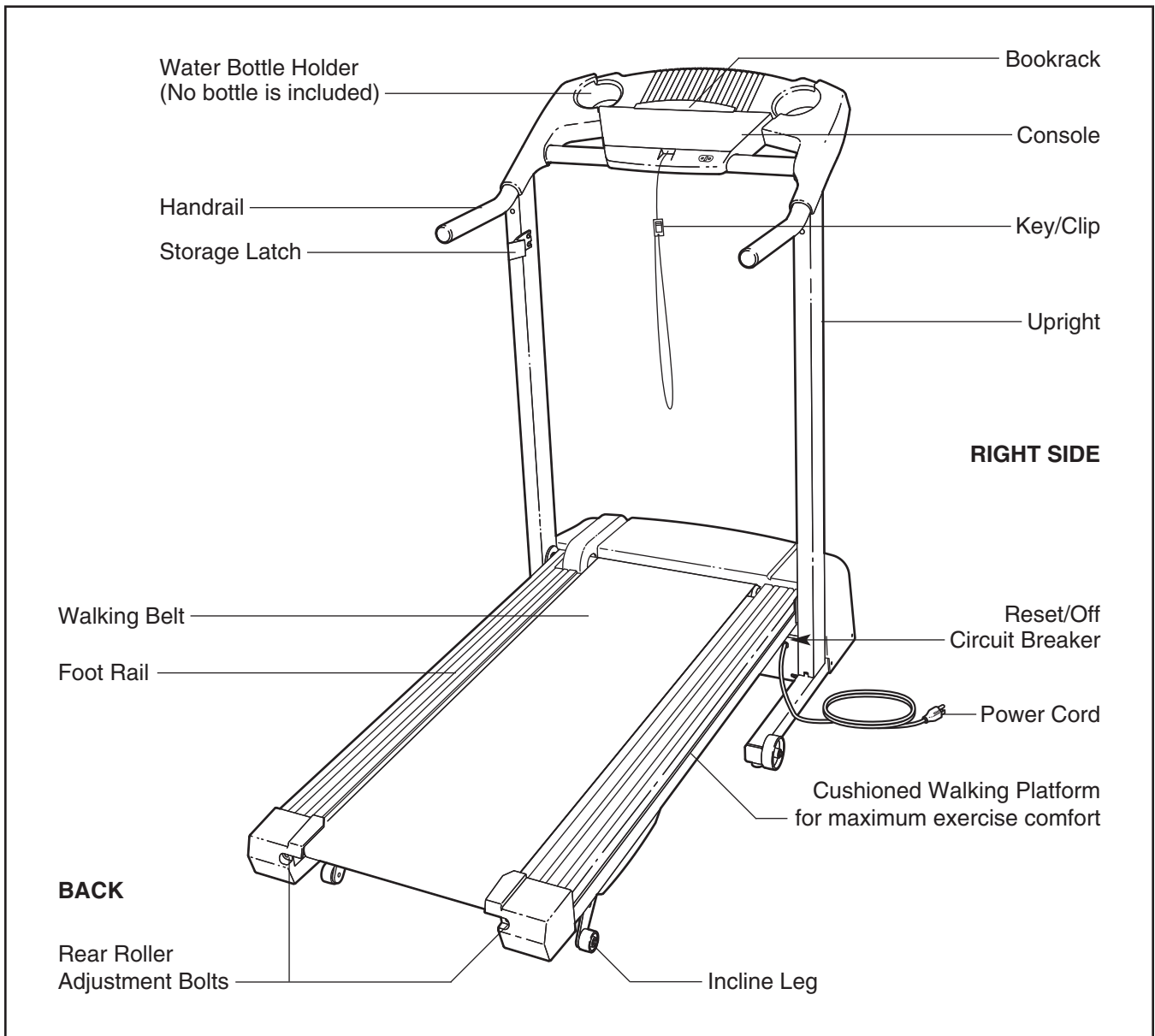
Thank you for selecting the IMAGE® FREESTRIDE 16.0 treadmill. The FREESTRIDE 16.0 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique FREESTRIDE 16.0 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 contacting us. The model number of the treadmill is IMTL41205.0. The serial number can be found on a decal attached to the treadmill (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.



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. Note: The underside of the 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.

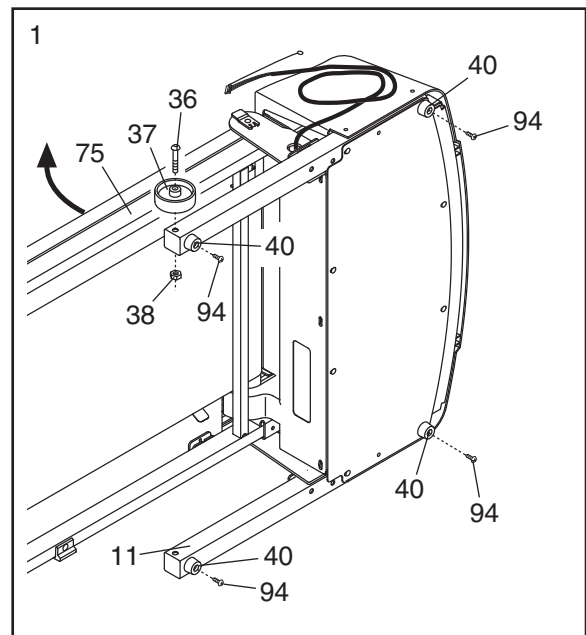
Assembly requires the included allen wrenches  and your own phillips screwdriver , wire cutters , adjustable wrench , and needlenose pliers .

To identify the assembly hardware, see the **PART IDENTIFICATION CHART** in the center of this manual.

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 (75) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

Attach four Base Pads (40) to the Base (11) with four 1" Tek Screws (94). Next, attach a Wheel (37) to the right side of the Base with a Wheel Bolt (36) and a Wheel Nut (38). **Do not overtighten the Wheel Bolt;** the Wheel should turn freely.

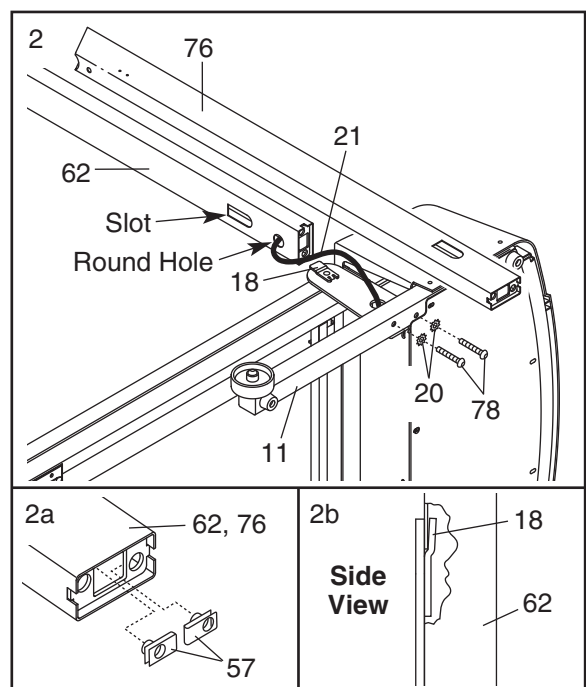


2. See drawing 2a. Make sure that there are two U-nuts (57) in the bottom of each Upright (62, 76).

Identify the Right Upright (62), which has a large round hole and a slot near the lower end. While a second person holds the Right Upright near the Wire Harness (21), insert the end of the Wire Harness into the round hole and out of the upper end of the Right Upright.

Slide the slot in the Right Upright (62) onto the Upright Lock Bracket (18) (see drawing 2b); slide the Right Upright down until it reaches the Base (11). **Make sure that the Wire Harness (21) is not pinched.** Attach the Right Upright with two 2 1/4" Bolts (78) and two 5/16" Star Washers (20).

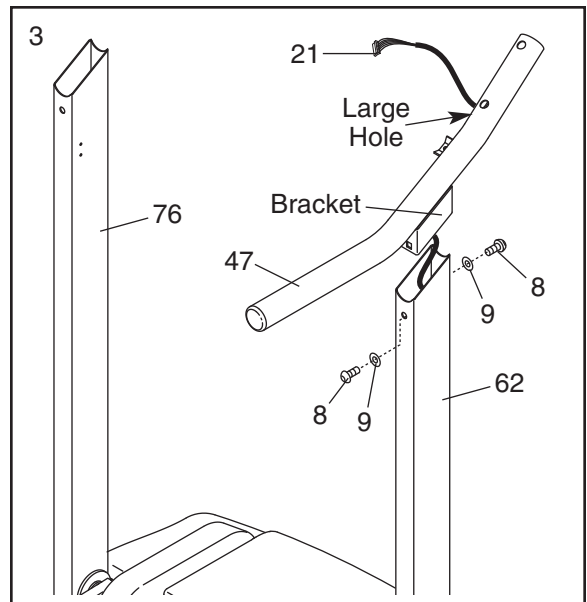
With the help of a second person, tip the treadmill onto its other side. Attach the Left Upright (76) as described above. (Note: There is not a wire harness on the left side.) Attach the other Wheel (not shown) to the Base (11) as described in step 1.



- With the help of a second person, position the treadmill with the Uprights (62, 76) in a vertical position as shown.

Route the Wire Harness (21) up through the bracket on the Right Handrail (47) and out the large hole in the side of the Right Handrail. Next, insert the bracket into the top of the Right Upright (62). Attach the Right Handrail with two 1" Bolts (8) and two 1/4" Star Washers (9) as shown. **Do not tighten the Bolts yet.**

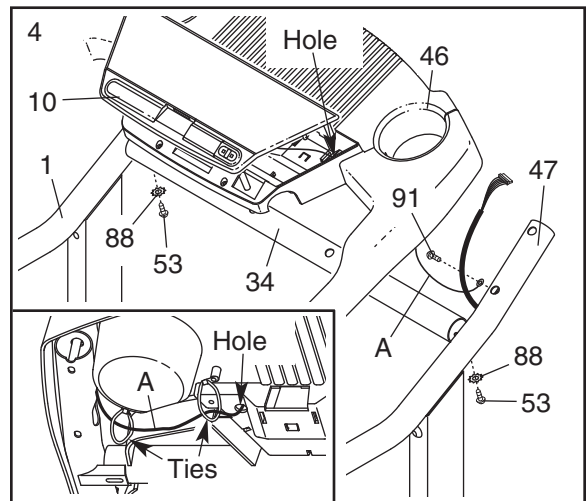
Attach the Left Handrail (not shown) as described above. Note: There is not a wire harness on the left side.



- Hold the Crossbar (34) between the Handrails (1, 47). Attach the Crossbar with two Crossbar Screws (53) and two Crossbar Star Washers (88). **Do not tighten the Crossbar Screws yet.**

Hold the Console (10) and the Console Base (46) near the Handrails (1, 47). **See the inset drawing.** Route the ground wire (A) from the Console down through the round hole in the bottom of the Console Base. Next, route the ground wire through the two indicated plastic ties on the Console Base.

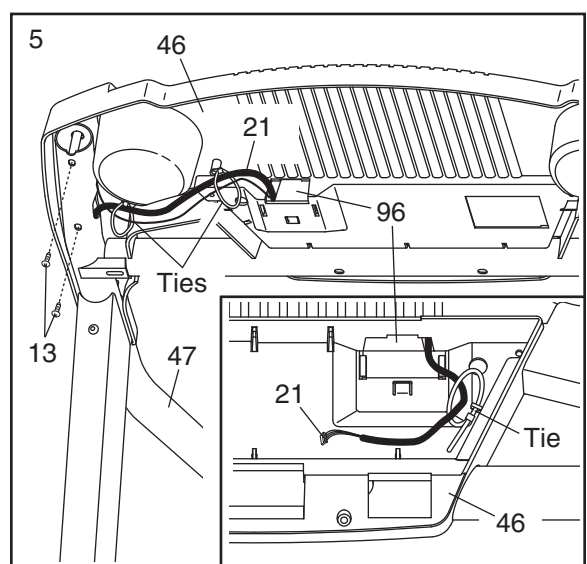
Attach the end of the ground wire (A) to the small hole in the side of the Right Handrail (47) with a Silver Ground Screw (91).



- Place the Console Base (46) on the Right Handrail (47) and the Left Handrail (not shown). Attach the Console Base with four 3/4" Screws (13) (only two Screws are shown). **Do not tighten the Screws yet.**

Insert the Wire Harness (21) through the two indicated plastic ties on the Console Base (46). Next, insert the Wire Harness up through the indicated opening in the Console Base. Make sure that the Console Cover (96) is securely attached to the Console Base.

See the inset drawing. Look at the top of the Console Base (46). Insert the Wire Harness (21) through the plastic tie on top of the Console Base.



6. **Touch the Right Upright (62) to discharge any static.** Insert the connector on the end of the Wire Harness (21) into the socket beneath the console. **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. **Make sure that the connectors and wires appear as shown in drawing 6a.**

Next, insert the excess Wire Harness (21) down through the opening in the Console Base (46). See the inset drawing in step 5. **Securely tighten the plastic tie on top of the Console Base to prevent the Wire Harness from slipping.** Then, cut off the end of the plastic tie. See drawing 6b.

Press the Bookrack (90) onto the Console Base (46) in the location shown.

Set the Console (10) on the Console Base (46). Insert the excess Wire Harness (21) into the large hole in the side of the Right Handrail (47). **Securely tighten the plastic ties on the bottom of the Console Base to prevent the Wire Harness from slipping.** Then, cut off the ends of the plastic ties.

Attach the Console (10) to the Console Base (46) with four 1/2" Screws (97) and two 3/4" Screws (13). **Start all six Screws before tightening any of them; do not over-tighten the Screws.**

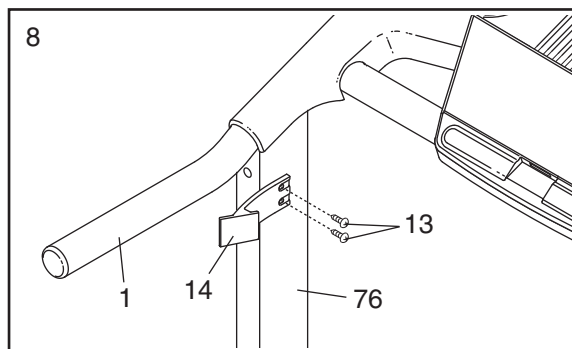
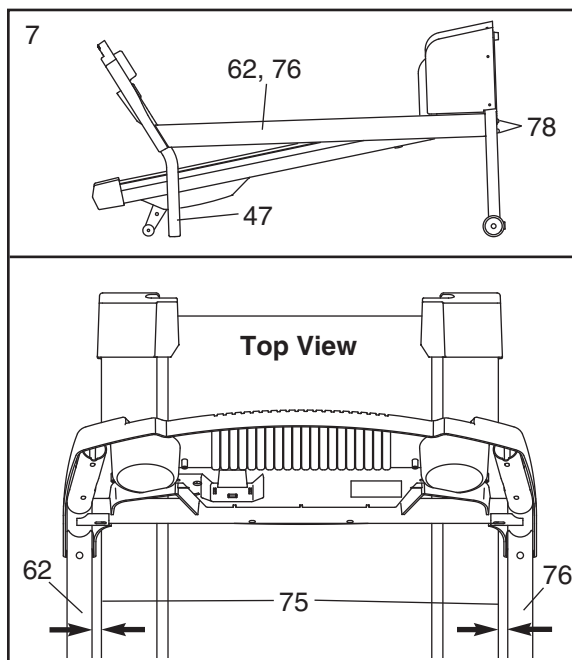
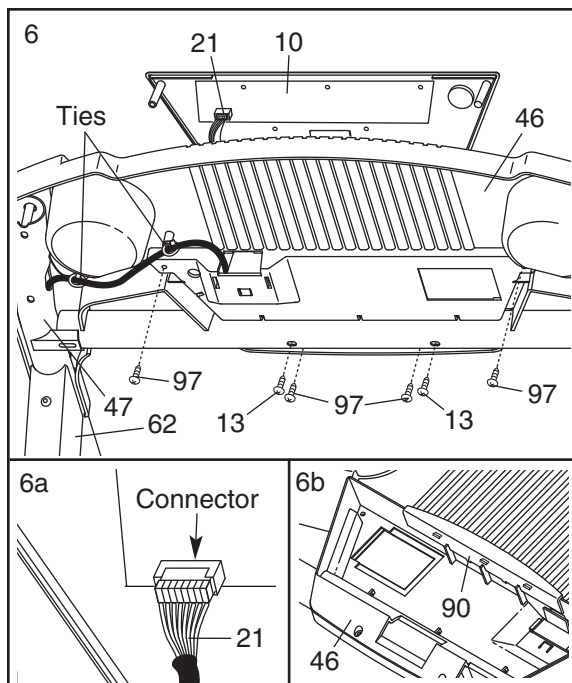
7. Lower the Uprights (62, 76) until the Handrails (47) are touching the floor.

See the lower drawing. Position the Uprights (62, 76) so the treadmill Frame (75) is centered between them.

Firmly tighten the four 2 1/4" Bolts (78) and all other bolts and screws used in assembly steps 3, 4, 5, and 6.

8. Attach the Storage Latch (14) to the left Upright (76) with two 3/4" Screws (13). **Be careful not to overtighten the Screws.**

9. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 14). To protect the floor or carpet, place a mat under the treadmill.



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.

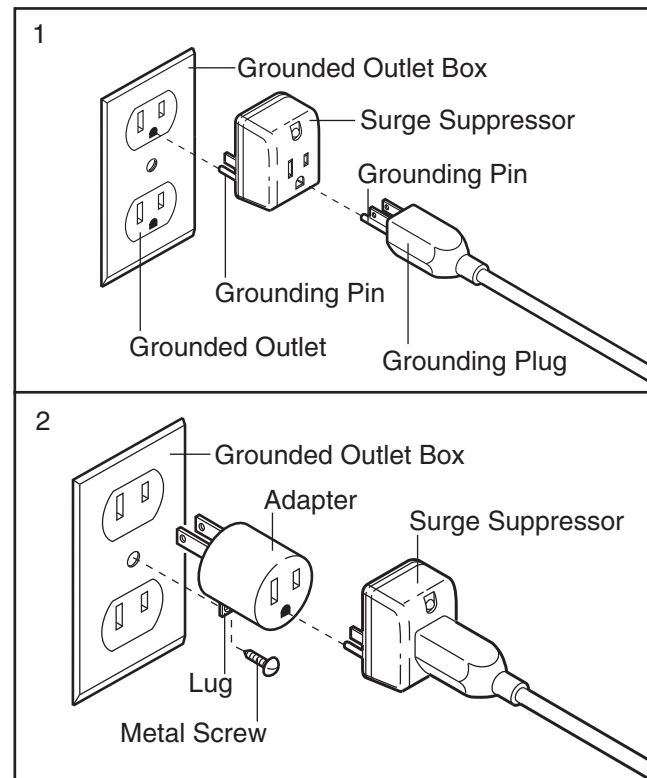
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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.**

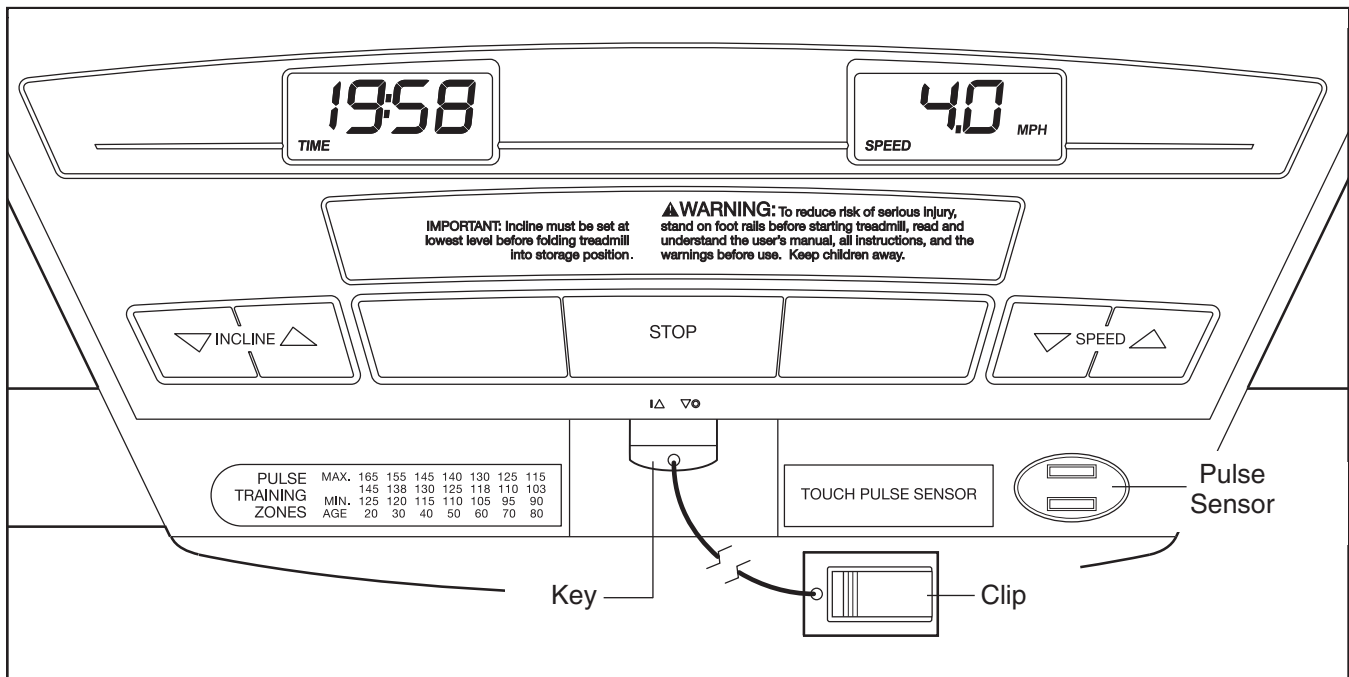
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if 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.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

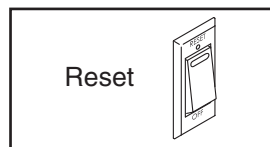
The treadmill console offers a selection of features designed to make your workouts more effective. During each workout, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback; you can even measure your heart rate using the built-in pulse sensor.

Note: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. The first time the treadmill is used, regularly inspect the alignment of the walking belt, and center the walking belt if necessary (see page 14).

HOW TO OPERATE THE CONSOLE

1 Insert the key into the console.

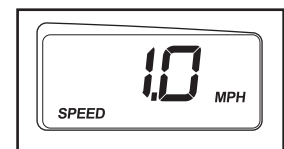
Plug in the power cord (see page 8). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.



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; a series of tones will sound and 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.**

2 Press the Speed increase button to start the walking belt.

When the Speed increase button is pressed, the walking belt will begin to move at 1 mph. While you exercise, change the speed of the walking belt as desired by pressing the Speed 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. Note: After a button is pressed, it may take a moment for the walking belt to reach the selected speed setting.



To stop the walking belt, press the Stop button. The elapsed time will begin to flash in the left display. To restart the walking belt, press the Speed increase button.

3 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button until the desired incline level is reached.

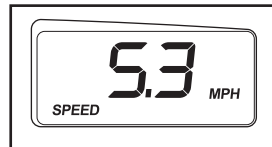
4 Follow your progress with the displays.

The left display—The left display will show the elapsed time and the distance that you have walked or run during your workout.



Note: The console can display distance and speed in either miles or kilometers, as shown by the letters MPH or Km/H in the right display. To change the unit of measurement, see THE INFORMATION MODE on page 11. **For simplicity, all instructions in this section refer to miles.**

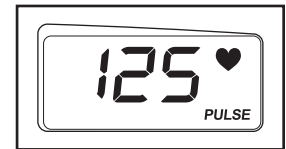
The right display—The right display will show the speed of the walking belt and the approximate number of calories you have burned during your workout. The right display will also show your heart rate when you use the pulse sensor (see step 5 on this page).



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

5 Measure your heart rate if desired.

To measure your heart rate, **stand on the foot rails** and place your right thumb on the pulse sensor (see the drawing at the top of page 9). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for at least 15 seconds.**



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

6 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 or the treadmill will become damaged when it is folded to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays remain lit, the console is in the “demo” mode. See page 11 and turn off the demo mode.**

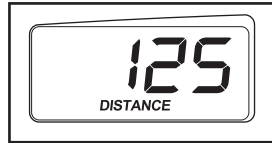
Then, switch the reset/off circuit breaker to the “off” position and **UNPLUG THE POWER CORD.**

THE INFORMATION MODE

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

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

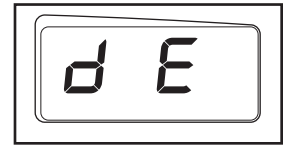
The left display will show the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been used.



The right display will show An "E" (for English miles) or an "M" (for metric kilometers). Press the Speed increase button to change the unit of measurement, if desired.



IMPORTANT: If a "d" appears in the right display, the console is in the "demo" mode. This mode is intended to be used only while a treadmill is displayed in a store. While 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; the buttons will not function. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**



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

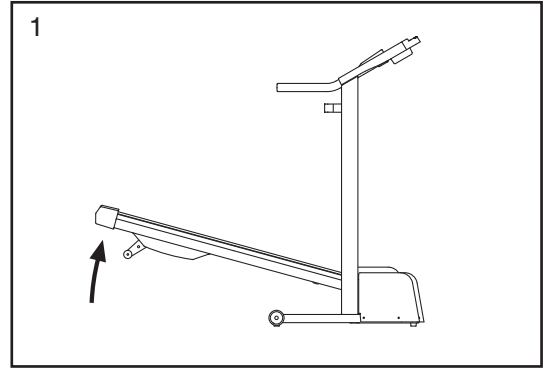
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, **UNPLUG THE POWER CORD.**

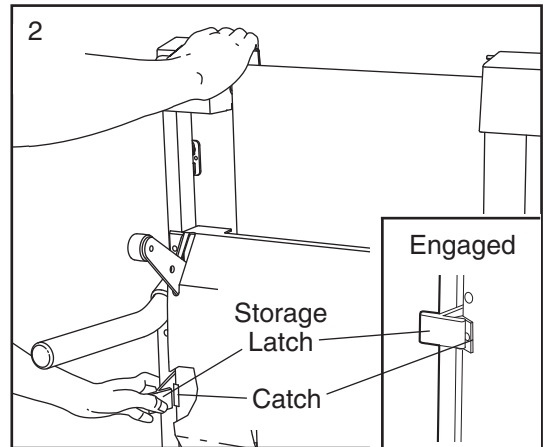
CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the location shown by the arrow at the right. **To decrease the possibility of injury, 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 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.**

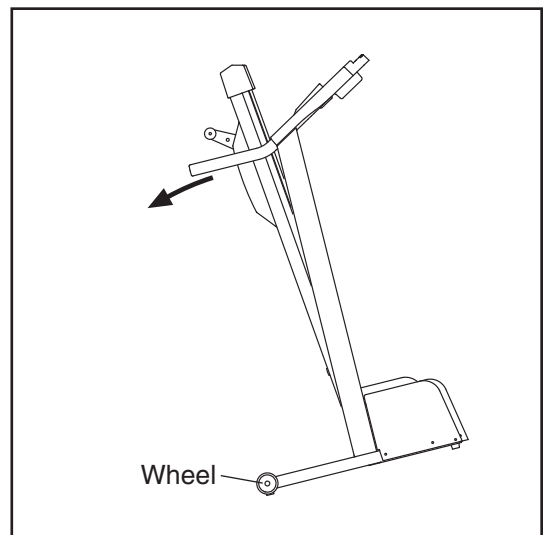
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



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 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. Using your left thumb, press the storage latch to the left. Pivot the frame down until the frame and the foot rail are past the storage latch.
2. See drawing 1 above. Hold the treadmill firmly with both hands, and lower the frame to the floor. **Do not drop the frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLESHOOTING

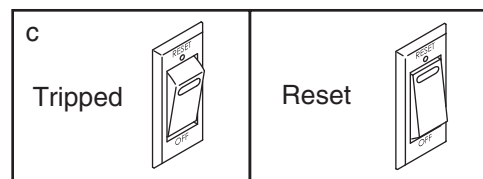
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the 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 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.

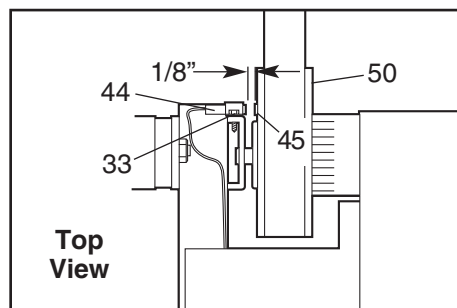
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will 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 from the hood, and carefully remove the hood.

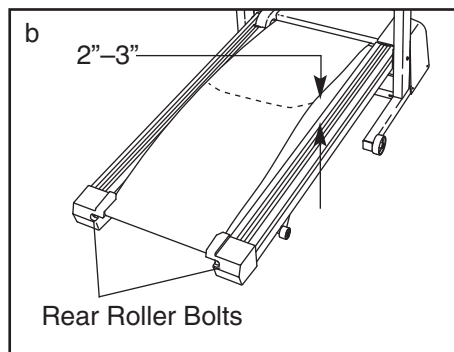
Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (33), move the Reed Switch slightly, and then retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

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

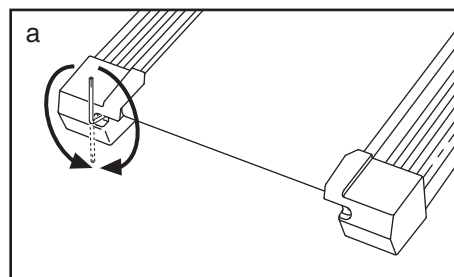
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches 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.



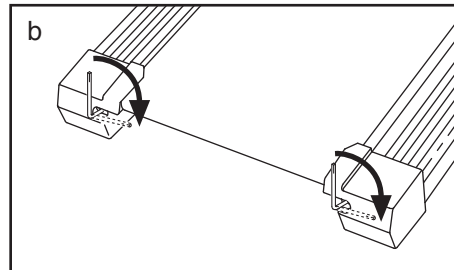
c. If the walking belt still slows when walked on, see the front cover of this manual.

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 bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. 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 allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches 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.



CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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 energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal

is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

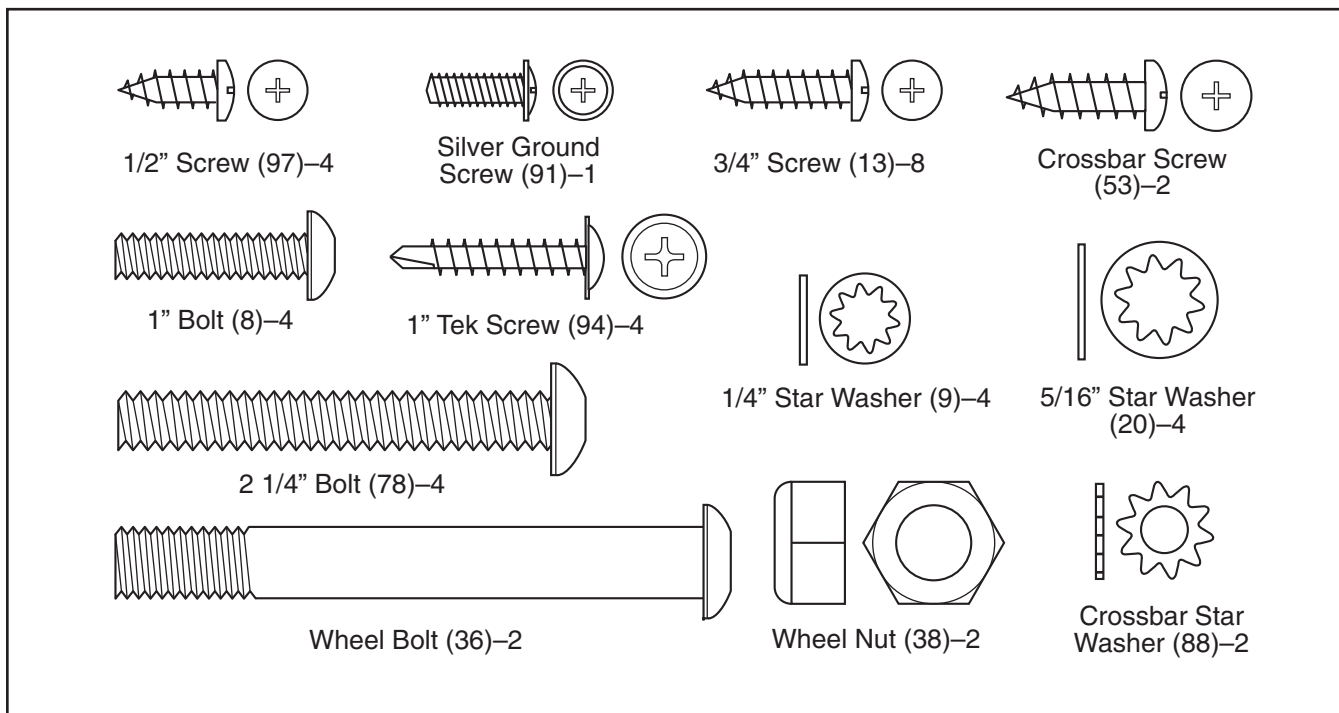
EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



PART LIST—Model No. IMTL41205.0

R0905A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	56	1	Reset/Off Circuit Breaker
2	1	Key/Clip	57	4	U-nut
3	2	Incline Leg Pivot Bolt	58	2	Base Washer
4	1	Cover	59	1	Latch Decal
5	1	Left Foot Rail	60	1	Motor Belly Pan
6	1	Lift Motor	61	2	Center Platform Screw
7	1	Rear Roller	62	1	Right Upright
8	4	1" Bolt	63	3	Releasable Tie
9	4	1/4" Star Washer	64	1	Choke
10	1	Console	65	2	Belt Guide
11	1	Base	66	4	Belly Pan Fastener
12	1	Motor Belt	67	1	Walking Belt
13	13	3/4" Screw	68	1	Walking Platform
14	1	Storage Latch	69	1	Belly Pan
15	2	Frame Spacer	70	8	Electronics Screw
16	7	8" Cable Tie	71	1	Incline Wire Harness
17	1	Motor Nut	72	1	Upright Grommet
18	2	Upright Lock Bracket	73	2	Isolator Screw
19	1	Motor Assembly	74	1	5/32" Allen Wrench
20	4	5/16" Star Washer	75	1	Frame
21	1	Wire Harness	76	1	Left Upright
22	4	Belt Guide Screw	77	2	Incline Wheel Bolt
23	1	Motor Hood	78	4	2 1/4" Bolt
24	1	Hood Shield	79	4	Incline Wheel Nut
25	9	Screw	80	2	Base Endcap
26	1	Controller	81	2	Hood Screw, Front
27	1	Motor Swivel Bolt	82	1	Incline Leg
28	1	Motor Tension Nut	83	2	Rear Roller Adj. Bolt
29	1	Motor Star Washer	84	1	Left Rear Endcap
30	1	Motor Tension Washer	85	1	Right Rear Endcap
31	2	Motor Tension Bolt/Incline Motor Bolt	86	1	Incline Motor Bolt
32	1	Incline Stop Bracket	87	2	Belly Pan Screw
33	8	Belly Pan Screw	88	2	Crossbar Star Washer
34	1	Crossbar	89	1	Motor Belt Shield
35	4	Cage Nut	90	1	Bookrack
36	2	Wheel Bolt	91	1	Silver Ground Screw
37	2	Wheel	92	1	Warning Decal
38	6	Wheel Nut/Lift Nut	93	1	Right Foot Rail
39	5	Washer	94	4	1" Tek Screw
40	4	Base Pad	95	2	Plastic Tie
41	2	Handrail Cap	96	1	Console Cover
42	1	Latch Catch	97	4	1/2" Screw
43	1	Reed Switch Clip	98	3	Roller Star Washer
44	1	Reed Switch	99	1	Hole Plug
45	1	Magnet	100	1	Bumper
46	1	Console Base	101	1	Allen Wrench
47	1	Right Handrail	102	1	Frame Pivot Bolt
48	4	Platform Screw	#	1	4" Black Wire, 2F
49	2	Isolator	#	1	4" Blue Wire, 2F
50	1	Front Roller/Pulley	#	1	4" White Wire, M/F
51	1	Front Roller Adj. Bolt	#	1	8" Green Wire, F/Ring
52	2	Incline Wheel	#	1	User's Manual
53	2	Crossbar Screw			
54	1	Power Cord			
55	1	Power Cord Grommet			

These parts are not illustrated. Specifications are subject to change without notice.

ORDERING 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 (IMTL41205.0)
- the NAME of the product (IMAGE FREESTRIDE 16.0 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

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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 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; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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