HEALTHRIDER®

H110i

Serial Number
Decal

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.
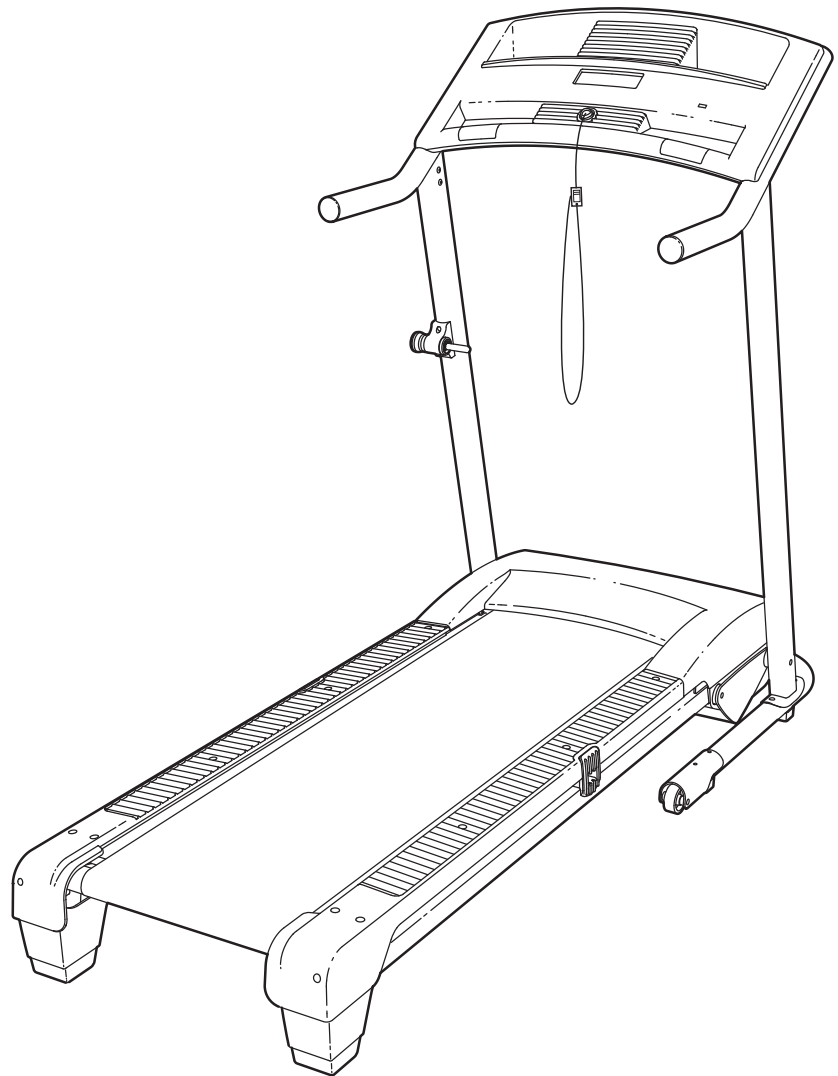
CALL TOLL-FREE:

1-888-922-4222

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.healthriderservice.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.healthrider.com

new products, prizes,
fitness tips, and much more!

HEALTHRIDER H110i

TABLE OF CONTENTS

HealthRider 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.

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

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

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

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

7. The treadmill should not be used by persons weighing more than 250 pounds.

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

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

10. When connecting the power cord (see page 11), 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 11. To purchase a surge suppressor, see your local HEALTHRIDER 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 MAINTENANCE AND TROUBLESHOOTING on page 18 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).

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

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

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

19. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6 and HOW TO FOLD AND MOVE THE TREADMILL on page 16.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

3

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

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

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

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

25. **DANGER:** **Always unplug the power cord immediately after use, before cleaning**

the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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

⚠**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 has been placed on the treadmill. If a 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. Note: The decals are not shown at actual size.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
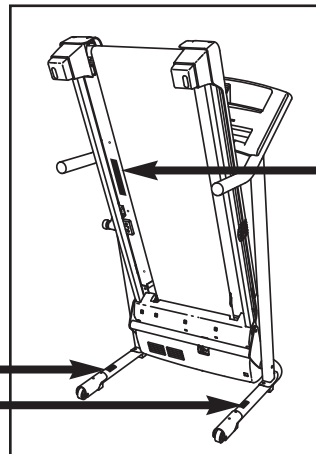
⚠WARNING:

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

- •Stand only on the side rails when starting or stopping treadmill.
- •Change speed in small increments.
- •Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- •Stop if you feel faint, dizzy, or short of breath.
- • Fully engage storage latch before treadmill is moved or stored.
- •Reduce incline to its lowest level before folding treadmill into storage position.
- •Never allow children on or around treadmill.
- •Remove key when not in use.
- •Keep clothing, fingers, and hair away from moving belt.
- •Never try to adjust or fix the belt while it is moving.
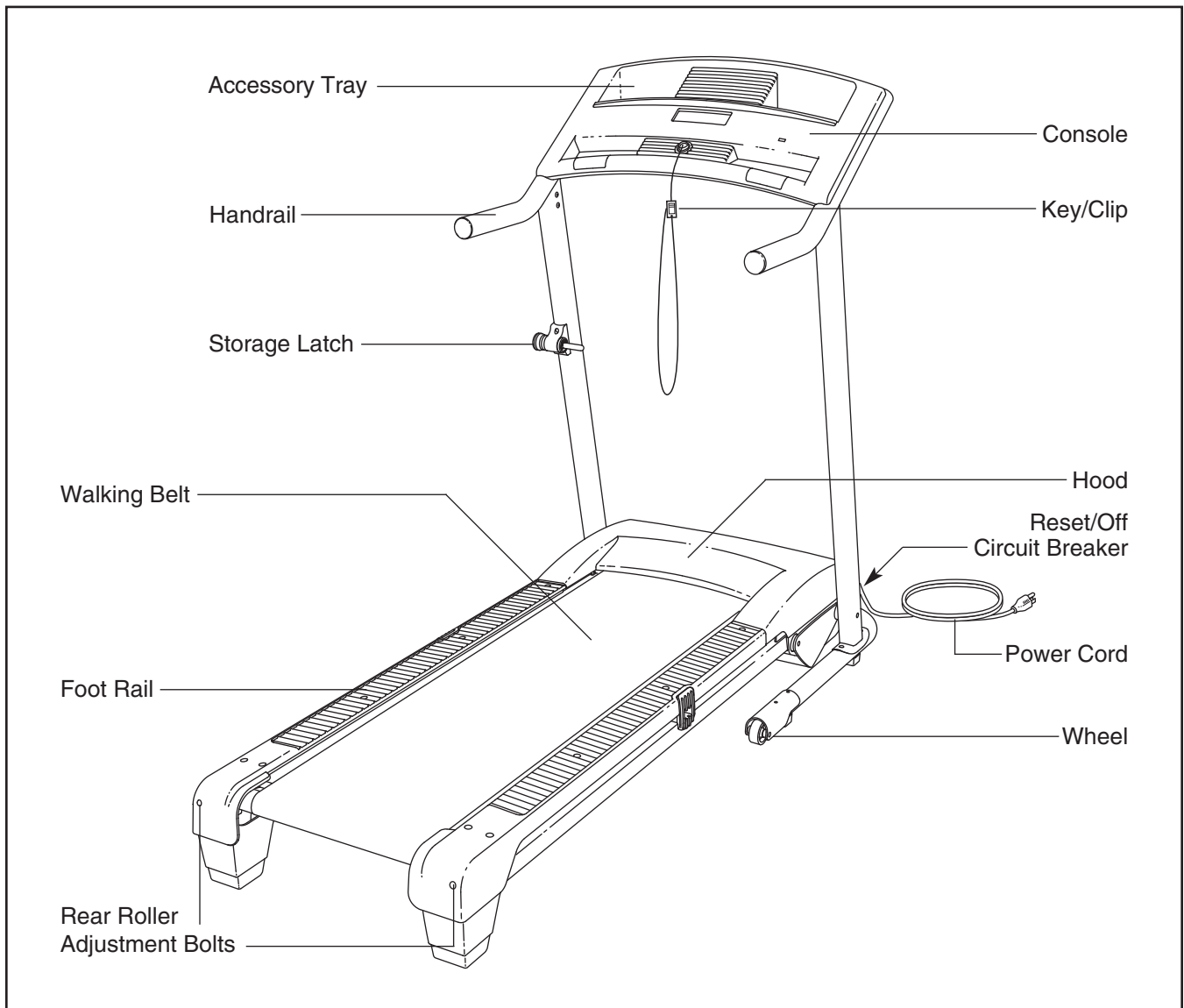- •Always wear athletic shoes while operating treadmill.

4

BEFORE YOU BEGIN

Thank you for selecting the HEALTHRIDER® H110i treadmill. The H110i 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 H110i 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 is found on the front cover of this manual. The serial number is found on a decal attached to the treadmill (see the front cover of this manual for the location of the decal).

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

Accessory Tray

Handrail

Storage Latch

Walking Belt

Foot Rail

Rear Roller Adjustment Bolts

Console

Key/Clip

Hood

Reset/Off Circuit Breaker
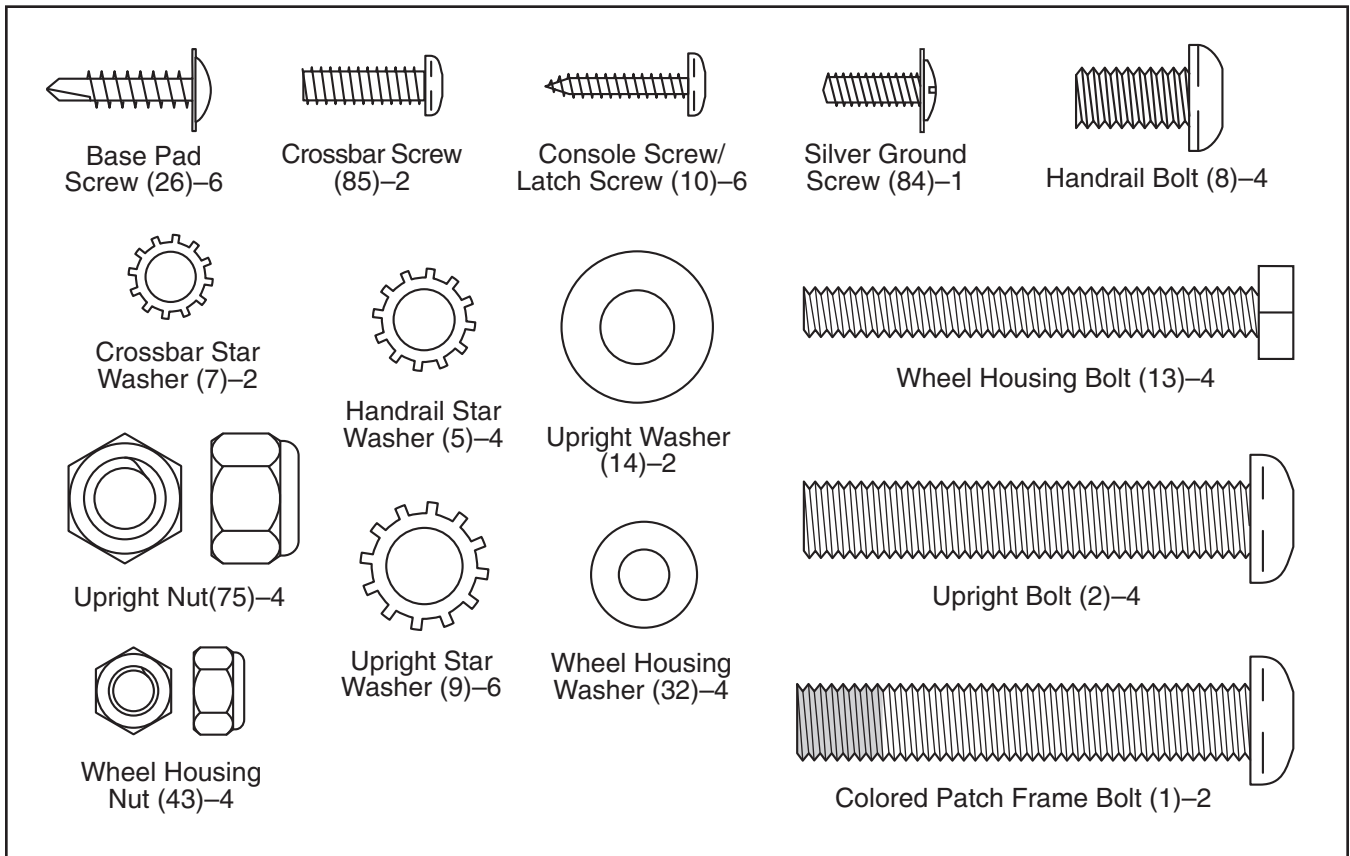
Power Cord

Wheel

5

ASSEMBLY

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

In addition to the included hex keys   , **assembly requires a phillips screwdriver**   , **an adjustable wrench**   , **and needlenose pliers**   .

Use the drawings below to identify the hardware used during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled.** Extra hardware may be included. **To avoid damaging plastic parts, do not use power tools for assembly.**

Base Pad Screw (26)–6

Crossbar Screw (85)–2

Console Screw/Latch Screw (10)–6

Silver Ground Screw (84)–1

Handrail Bolt (8)–4

Crossbar Star Washer (7)–2

Handrail Star Washer (5)–4

Upright Washer (14)–2

Wheel Housing Bolt (13)–4

Upright Nut(75)–4

Upright Star Washer (9)–6

Wheel Housing Washer (32)–4

Upright Bolt (2)–4

Wheel Housing Nut (43)–4

Colored Patch Frame Bolt (1)–2

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

   Have a second person hold the Base (52) in the position shown.

   Attach six Base Pads (63) to the Base (52) with six Base Pad Screws (26).

6
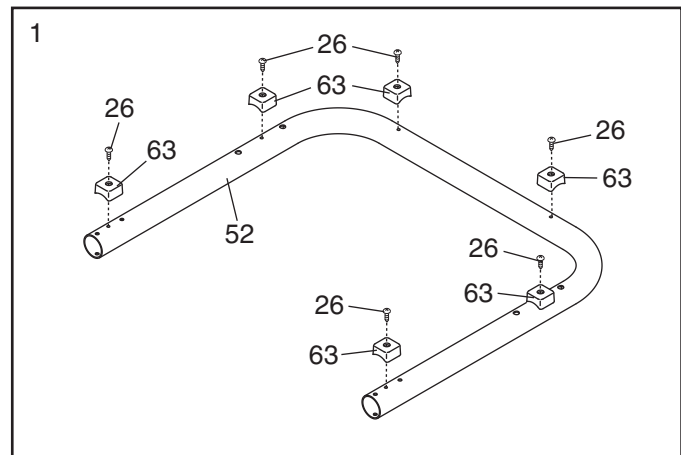
2. Have a second person hold the Base (52) in the position shown.

   Identify the Left Upright (53) (the Right Upright [54] has a large hole near the lower end).

   Hold the Left Upright (53) so the two small holes are on top as shown. Insert two Upright Bolts (2) into the bracket on the Left Upright. Attach the Left Upright to the Base (52) with the Upright Bolts, two Upright Star Washers (9) and two Upright Nuts (75). **Do not tighten the Upright Nuts yet.**

   Attach the Right Upright (54) to the Base (52) in the same way.
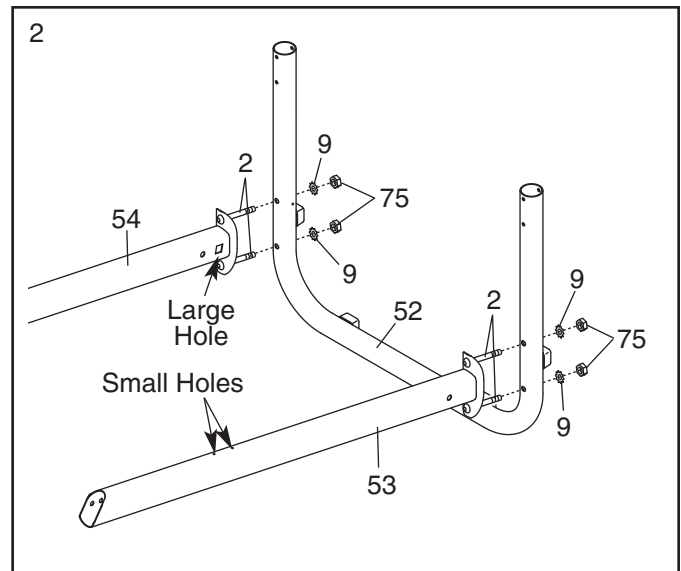
3. Slide the two Wheel Housings (45) onto the Base (52). Attach each Wheel Housing with two Wheel Housing Bolts (13), two Wheel Housing Washers (32), and two Wheel Housing Nuts (43).
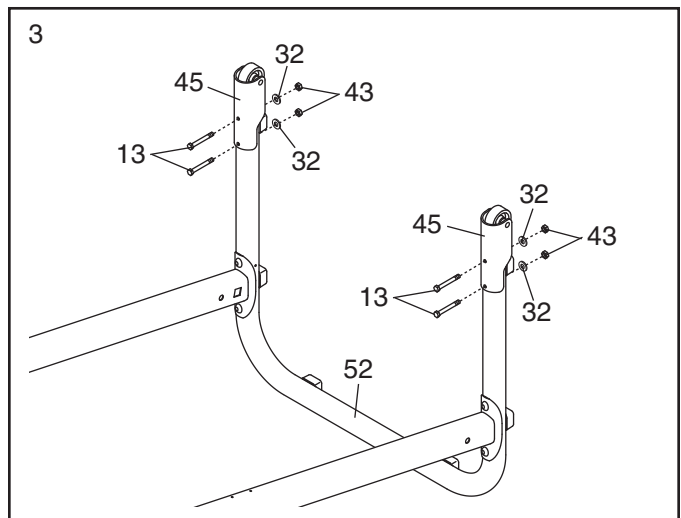
4. Position the Base (52) as close to the front of the treadmill as possible, as shown.

   See drawing 4a. Insert the wire tie and the connector on the end of the Wire Harness (39) into the square hole in the Right Upright (54). Then, insert the Wire Harness until the wire tie is extending from the upper end of the Right Upright. Secure the Wire Harness to the top of the Right Upright so that it will not fall inside.

   See drawing 4b. Attach the ground wire on the Wire Harness (39) to the indicated hole in the Base (52) with a Silver Ground Screw (84). Then, press the indicated Grommet (49) into the Right Upright (54).

7
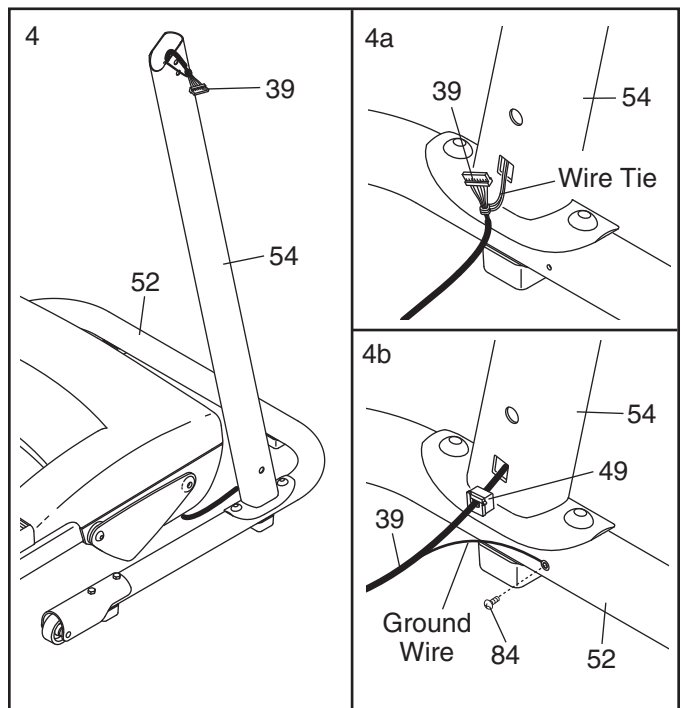
5. See the left inset drawing. Identify the two Frame Spacers (11). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

Hold a Frame Spacer (11) between the Right Upright (54) and the Lift Frame (104), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with a Colored Patch Frame Bolt (1), an Upright Washer (14), and an Upright Star Washer (9); **do not tighten the Colored Patch Frame Bolt yet.**
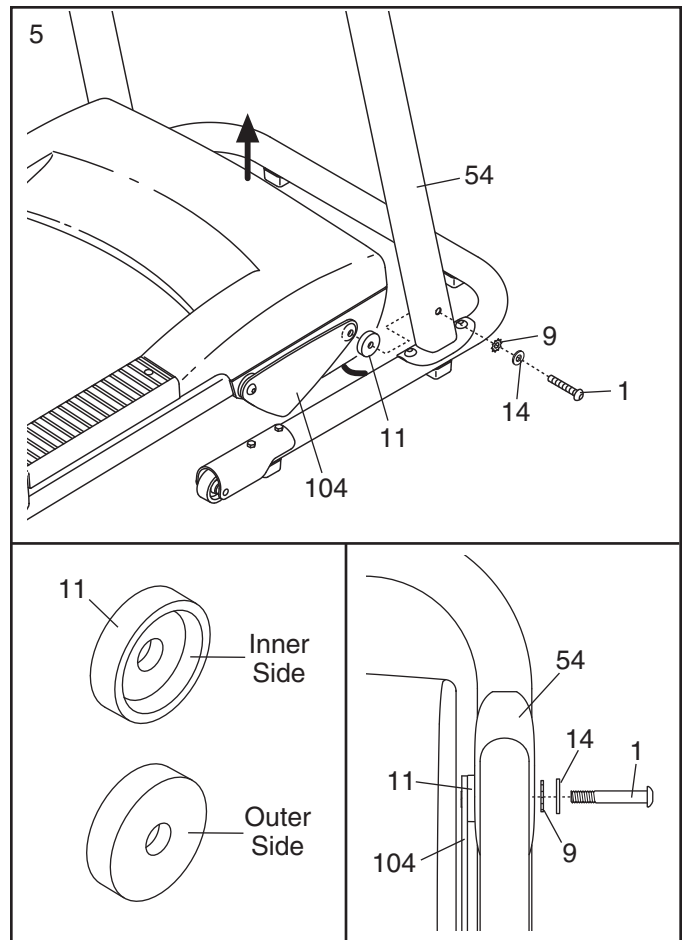
6. See the left inset drawing. Identify the outer side of the remaining Frame Spacer (11).

Hold the Frame Spacer (11) between the Left Upright (53) and the Lift Frame (104), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a Colored Patch Frame Bolt (1), an Upright Washer (14), and an Upright Star Washer (9); **do not tighten the Colored Patch Frame Bolt yet.**

8
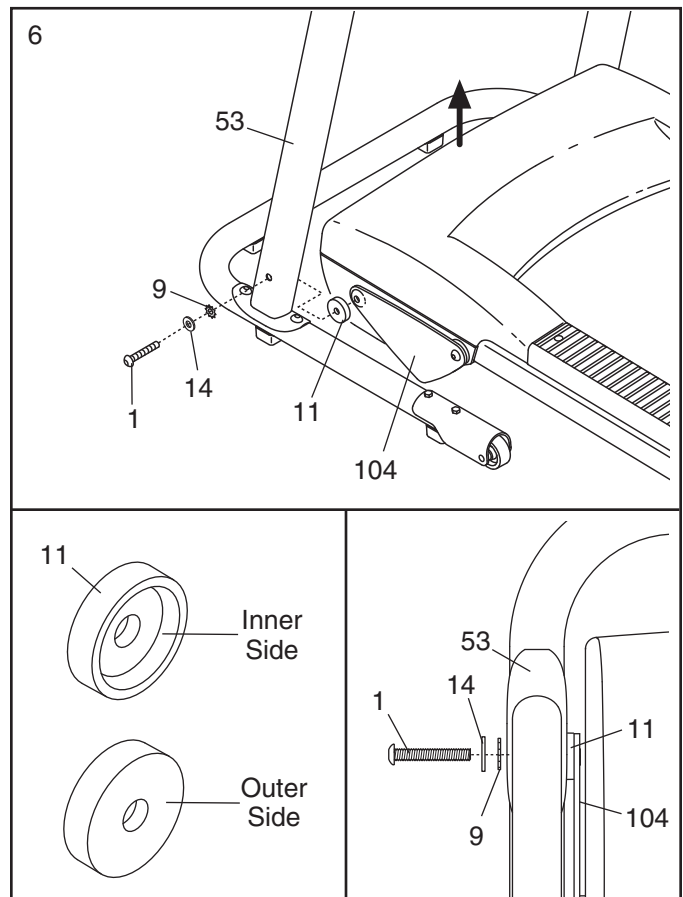
7. Set the Console Assembly (91) face-down on a soft surface to avoid scratching the Console Assembly. Hold the Right Handrail (33), which has a large hole in the location shown, near the Console.

Next, insert the console wire into the hole in the side of the Right Handrail (33). Using needlenose pliers, pull the console wire out of the hole near the bracket on the Right Handrail.

Then, set the Right Handrail (33) on the Console Assembly (91). **Make sure that no wires are pinched.** Finger tighten a Crossbar Screw (85) with a Crossbar Star Washer (7) into the Right Handrail, and then start two Console Screws (10) into the Right Handrail. **Tighten the Crossbar Screw and then the two Console Screws; do not overtighten the Screws.**
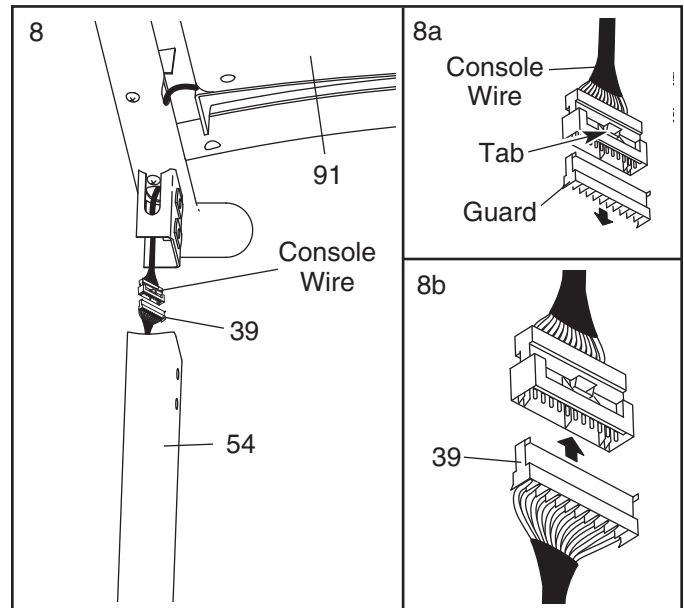
Attach the Left Handrail (not shown) to the Console Assembly (91) in the same way. Note: There are no wires on the left side.
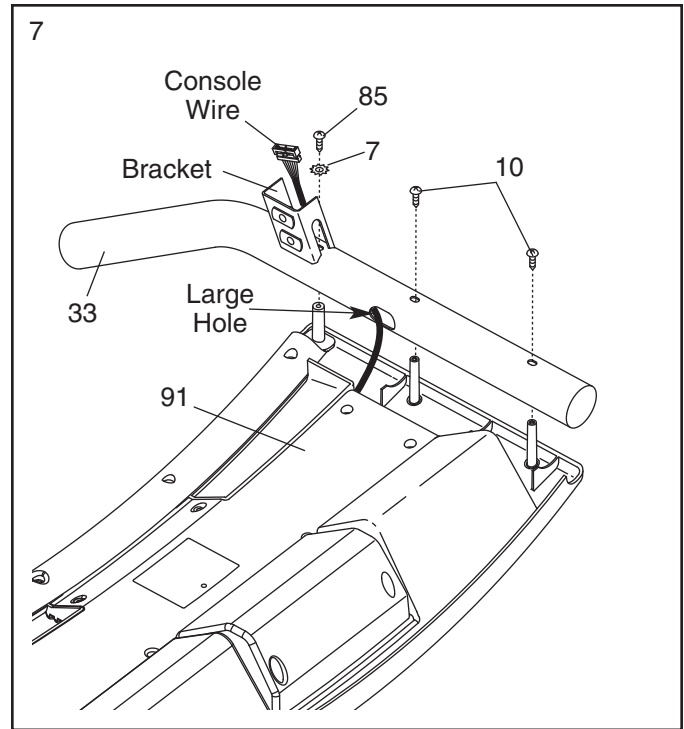
8. See drawing 8a. Press the indicated tab and re-move the guard from the console wire with needlenose pliers. Discard the guard.

With the help of a second person, hold the Console Assembly (91) near the Right Upright (54).

Remove the colored tie from the Wire Harness (39). Connect the Wire Harness to the console wire. **Make sure to connect the connectors properly (see drawing 8b). The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CON-NECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors and excess wire into the Right Upright (54).

9. Attach the Console Assembly (91) to the Right Upright (54) and the Left Upright (53) with four four Handrail Bolts (8) and four Handrail Star Washers (5). **Make sure that no wires are pinched. Start all four Handrail Bolts before tightening them.**

With the help of a second person, carefully lower the Uprights (53, 54) to the floor.

9
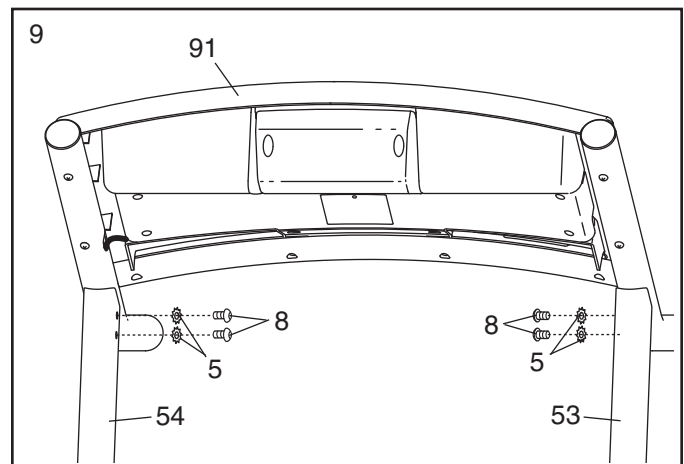
10. See the lower drawing. Position the Uprights (53, 54) so that the treadmill Frame (51) is centered between the Uprights.

    Firmly tighten the two Colored Patch Frame Bolts (1) and the four Upright Bolts (2). **Be careful not to overtighten the Colored Patch Frame Bolts.**

Top View
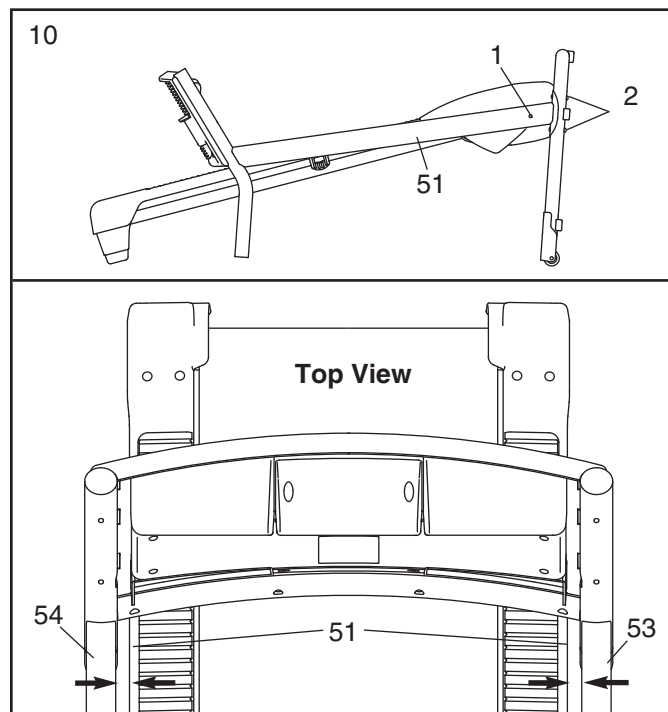
11. Attach the Latch Housing (48) to the Left Upright (53) with two Latch Screws (10); **start both Latch Screws before tightening them. Make sure that the large hole in the Latch Housing is on the indicated side.**

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Insert the pin into the Latch Housing (48). Then, tighten the knob onto the pin.

    Plug in the power cord (see OPERATION AND ADJUSTMENT on page 11). **Next, change the incline of the treadmill to the lowest level as described on page 13. If this is not done, the latch may not hold the treadmill in the storage position.**
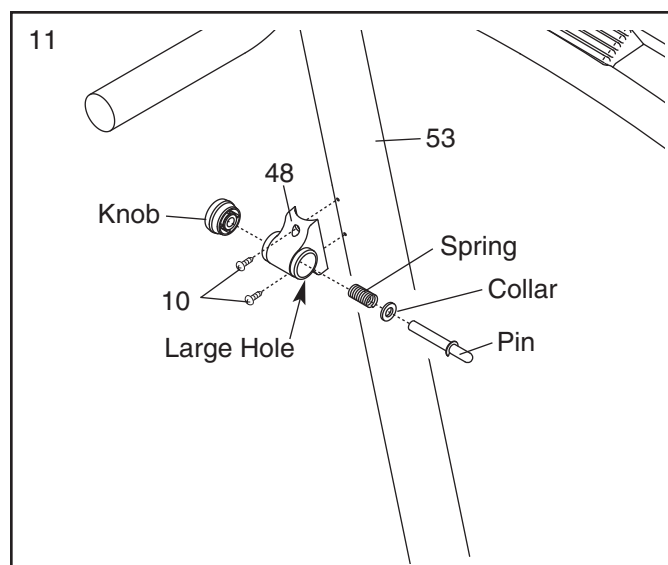
12. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 19). To protect the floor or carpet, place a mat under the treadmill.

10

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 HEALTHRIDER 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 electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.
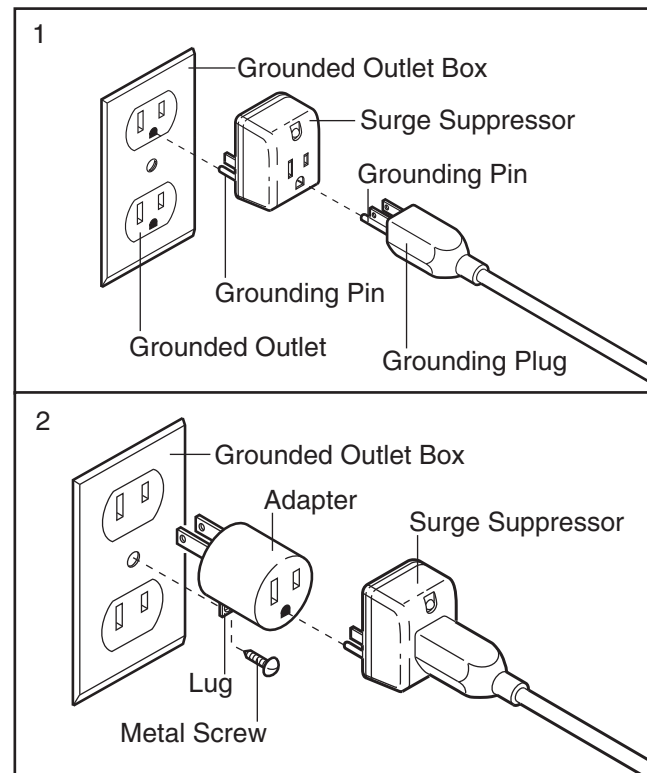
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM

Note: If there are sheets of clear plastic on the console, remove the plastic.

Key — Clip

Pulse Sensor
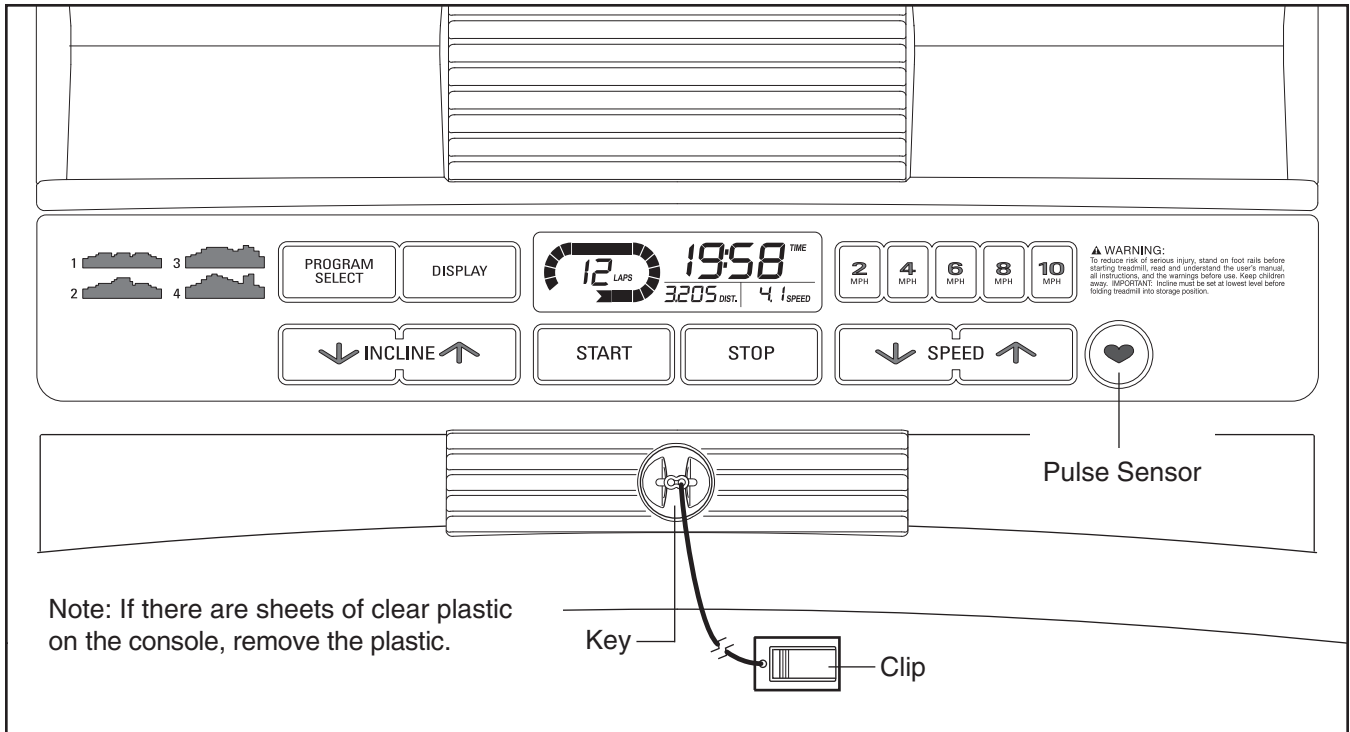
FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

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

To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 19).

HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). 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.

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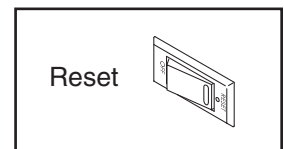
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **Important: In an emergency situation, the key can be pulled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

HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on page 12.

2 **Select the manual mode.**

When the key is inserted, the manual mode will be selected. If you have selected a speed program, reselect the manual mode by pressing the Program Select button repeatedly until only zeros appear in the displays.

3 **Start the walking belt.**

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

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

If one of the numbered speed buttons is pressed, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

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

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

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

The track—The track represents a distance of 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession. The center of the track will show the number of laps that you have completed.
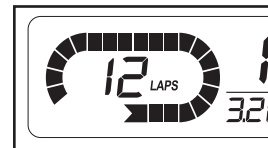
The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run.

The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned. The display also shows your heart rate when you use the pulse sensor (see step 6 on page 14).
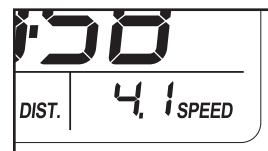
The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

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

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, first remove the key from the console. Next, hold down the Stop button, reinsert the key, wait until you hear a tone, and then release the Stop button. An "E" for English miles or an "M" for metric kilometers will appear in the upper display. Press the Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.
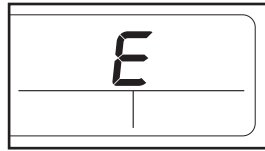
6 Measure your heart rate if desired.

To measure your heart rate, **stand on the foot rails** and place your thumb on the pulse sensor (see the drawing at the top of page 12). **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 lower 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 reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

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

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

Switch the reset/off circuit breaker to the "off" position and unplug the power cord.

14

HOW TO USE A SPEED PROGRAM

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

See HOW TO TURN ON THE POWER on page 12.

2 **Select one of the four speed programs.**

To select a speed program, press the Program Select button repeatedly; "P-1," "P-2," "P-3," or "P-4" will appear in the upper display for a few seconds to show which program is selected. The maximum speed setting of the selected program will also flash in one of the displays for a few seconds.
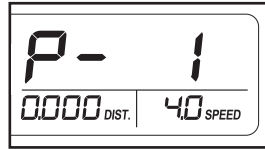
Each program consists of 30 one-minute periods. One speed setting is programmed for each period. Note: The same speed setting may be programmed for two or more consecutive periods. The profiles on the console show how the speed of the walking belt will change during the programs.

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

When you press either button, the treadmill will automatically adjust to the speed setting that is programmed for the first period of the program. Hold the handrails and begin walking.

When the first period ends, a series of tones will sound. If a different speed setting is programmed for the second period, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change.** The program will continue until all 30 periods are completed. The walking belt will then slow to a stop.

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. However, **when the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.**

To stop the program, press the Stop button. The time will begin to flash in one of the displays. 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 begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.

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

See step 4 on page 13.

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

See step 5 on pages 13 and 14.

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

See step 6 on page 14.

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

See step 7 on page 14.

15

HOW TO FOLD AND MOVE THE TREADMILL
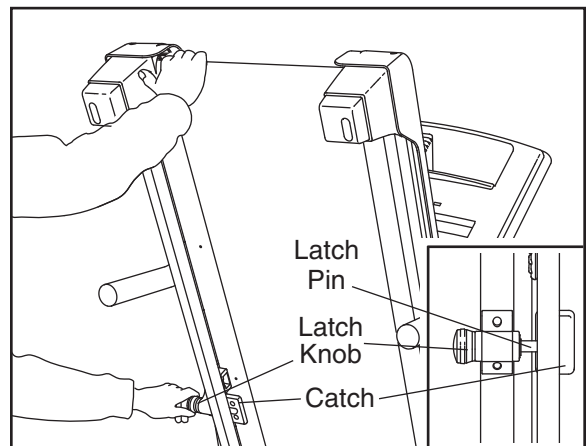
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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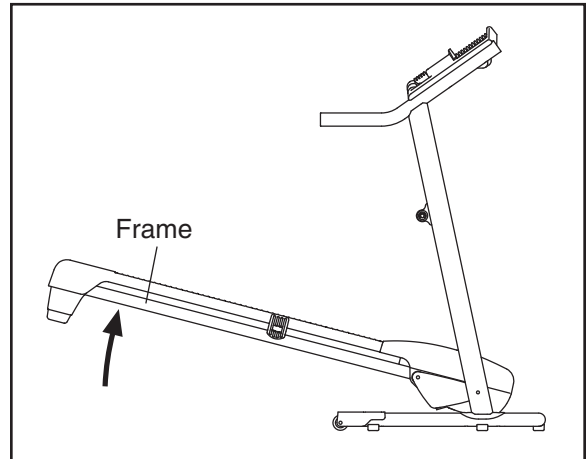
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the catch is resting against the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85°F (30°C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is resting against the latch pin.**

1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**

2. Tilt the treadmill backward until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is in the storage position.

16
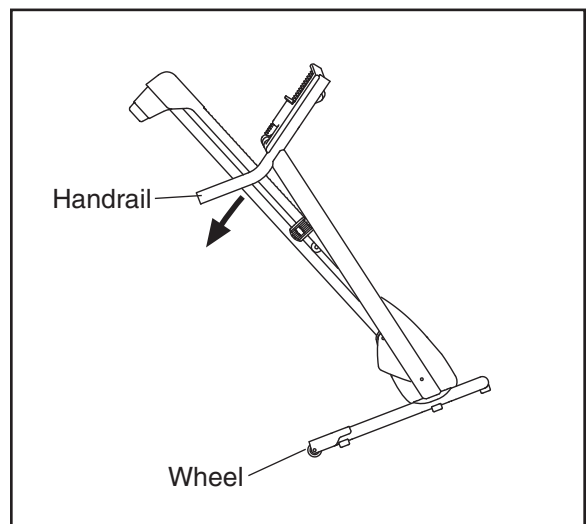
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.

Latch
Pin

Latch
Knob
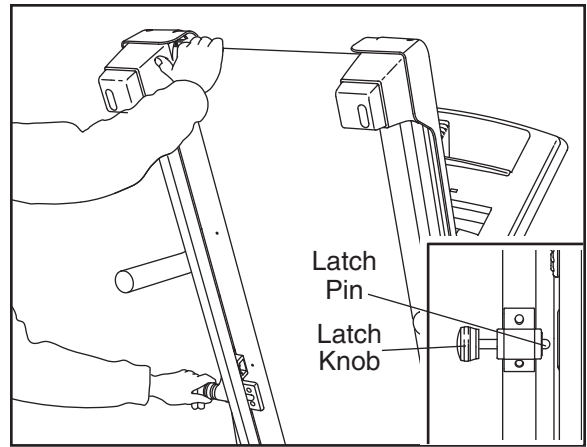
2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

Frame

17
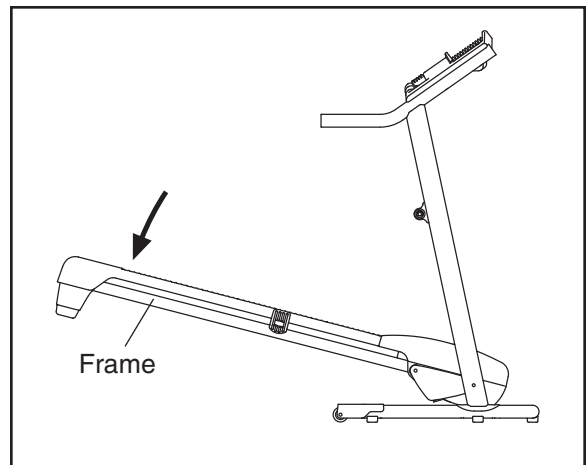
MAINTENANCE AND TROUBLESHOOTING

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 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. 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 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.
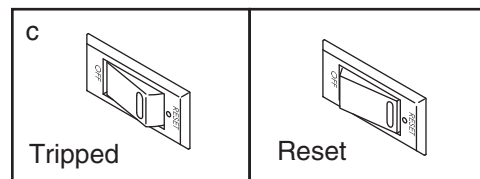
Tripped   Reset

PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

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

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

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the five indicated Screws (20). Then, carefully remove the Hood (65).
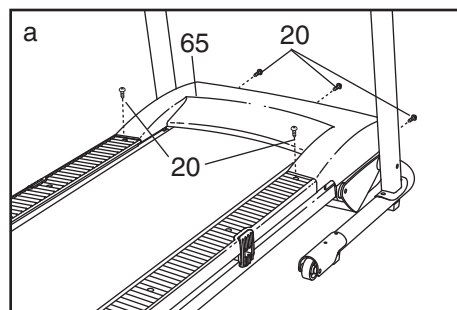
Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.

Top View

18
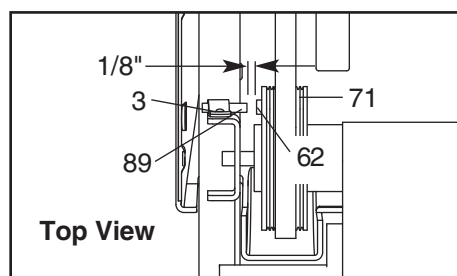
PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

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 hex key, 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
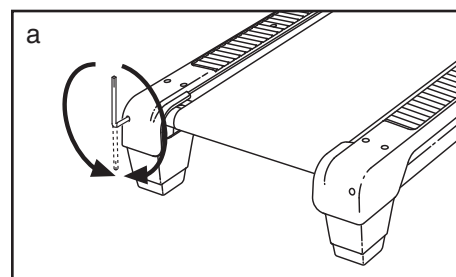belt centered. Then, plug in the power cord, insert the
key, and run the treadmill for a few minutes. Repeat
until the walking belt is properly tightened.
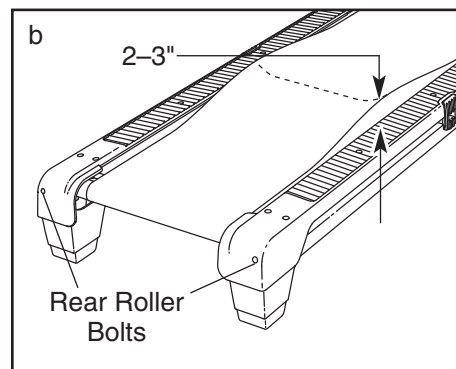
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

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

SOLUTION: a. If the walking belt slips when walked on, first remove
the key and **UNPLUG THE POWER CORD**. Using the
hex key, 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
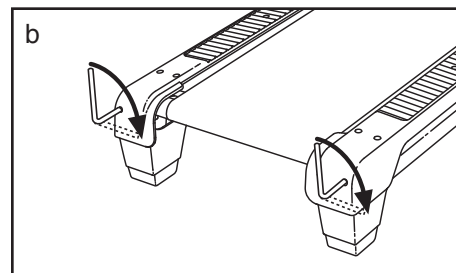for a few minutes. Repeat until the walking belt is
properly tightened.

19

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.

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

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

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body

uses easily accessible *carbohydrate calories* for 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.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
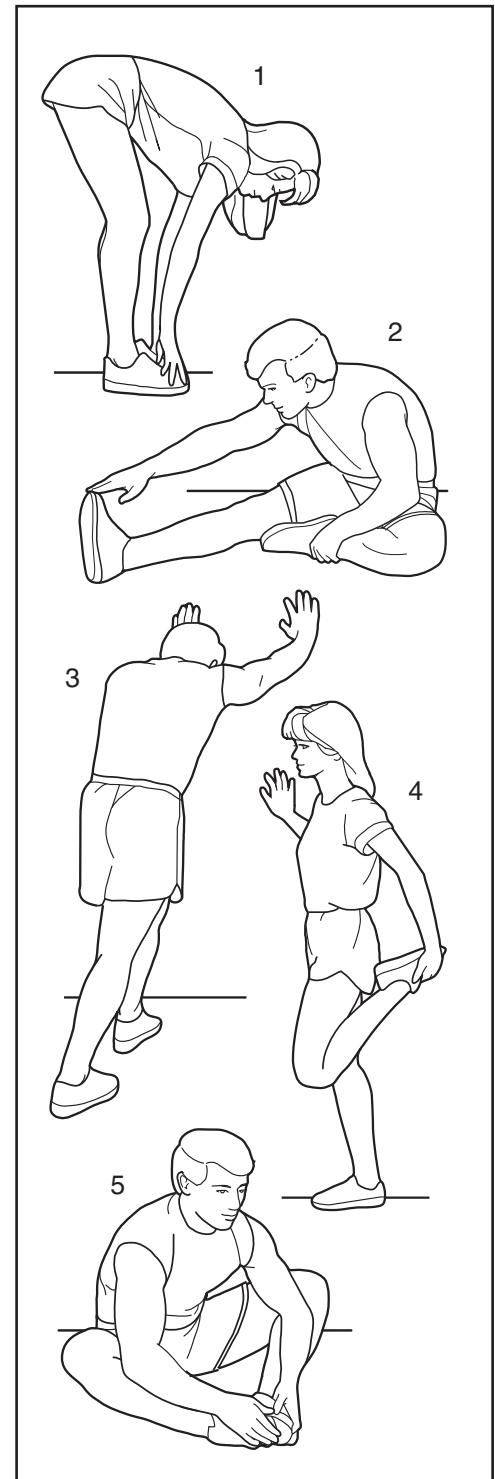
PART LIST—Model No. HRTL34306.1 R0806A

To locate the parts listed below, see the EXPLODED DRAWING on pages 24 to 27.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Colored Patch Frame Bolt	46	1	Motor Pivot Nut
2	6	Upright Bolt/Lift Frame Bolt	47	3	Hood Clip
3	2	Wire Tie Screw/Reed Switch Screw	48	1	Latch Housing
4	13	Console Back Screw	49	2	Grommet
5	4	Handrail Star Washer	50	2	Isolator Fastener
6	1	Warning Decal	51	1	Frame
7	2	Crossbar Star Washer	52	1	Base
8	4	Handrail Bolt	53	1	Left Upright
9	6	Upright Star Washer	54	1	Right Upright
10	16	Console Screw/Latch Screw	55	1	Rear Roller
11	4	Frame Spacer	56	1	Motor Belt
12	1	Console Back	57	1	Electronics Bracket
13	4	Wheel Housing Bolt	58	1	Incline Motor Bolt, Upper
14	2	Upright Washer	59	1	Motor Bracket
15	1	Key/Clip	60	1	Left Rear Roller Bracket
16	4	Nut	61	1	Right Rear Roller Bracket
17	1	6 mm Hex Key	62	1	Magnet
18	1	4 mm Hex Key	63	6	Base Pad
19	4	Roller Bracket Screw/	64	1	Latch Catch
		Front Platform Screw	65	1	Hood
20	3	Hood Screw	66	1	Belly Pan
21	6	Screw	67	1	Left Foot Rail
22	1	Left Handrail	68	1	Right Foot Rail
23	1	Lift Frame	69	4	Wheel Spacer
24	1	Latch Pin Assembly	70	2	Wheel
25	10	Foot Rail Screw	71	1	Front Roller/Pulley
26	6	Base Pad Screw	72	1	Incline Motor Bolt, Lower
27	2	Walking Platform Bolt	73	1	Access Door
28	4	Belt Guide Screw	74	1	Rear Foot, Left
29	2	Rear Roller Adj. Bolt	75	4	Upright Nut
30	2	Motor Bolt	76	1	Walking Belt
31	1	Motor Pivot Bolt	77	4	Handrail Endcap
32	4	Wheel Housing Washer	78	2	Platform Cushion
33	1	Right Handrail	79	1	Drive Motor
34	2	Motor Tension Bolt	80	2	Wire Tie
35	2	Wheel Bolt	81	9	8" Tie
36	2	Rear Roller Star Washer	82	1	Incline Motor Nut, Upper
37	1	Reset/Off Circuit Breaker	83	1	Reed Switch Clip
38	2	Motor Star Washer	84	1	Silver Ground Screw
39	1	Wire Harness	85	2	Crossbar Screw
40	1	Incline Motor	86	1	Walking Platform
41	4	Screw	87	1	Controller
42	5	Electronics Star Washer	88	1	Console Crossbar
43	4	Wheel Housing Nut	89	1	Reed Switch
44	2	Motor Tension Nut/Platform Nut	90	1	Power Cord
45	2	Wheel Housing	91	1	Console Assembly

| Key No.	Qty.	Description	Key No.	Qty.	Description
92	1	Incline Motor Nut, Lower	102	2	Controller Screw
93	2	Belt Guide	#	1	6" Red Wire, M/F
94	1	5 mm Hex Key	#	1	8" Black Wire, M/F
95	2	Frame Endcap	#	1	4" Blue Wire, 2F
96	1	Releasable Tie	#	1	10" Blue Wire, 2F
97	1	Rear Foot, Right	#	1	User's Manual
98	1	Filter Wire			
99	1	Power Cord Grommet			# These parts are not illustrated.
100	1	Incline Motor Wire			Specifications are subject to change without notice.
101	2	Front Roller Washer			

ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (HRTL34306.1)

- the NAME of the product (HEALTHRIDER H110i 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 on pages 22 to 27)
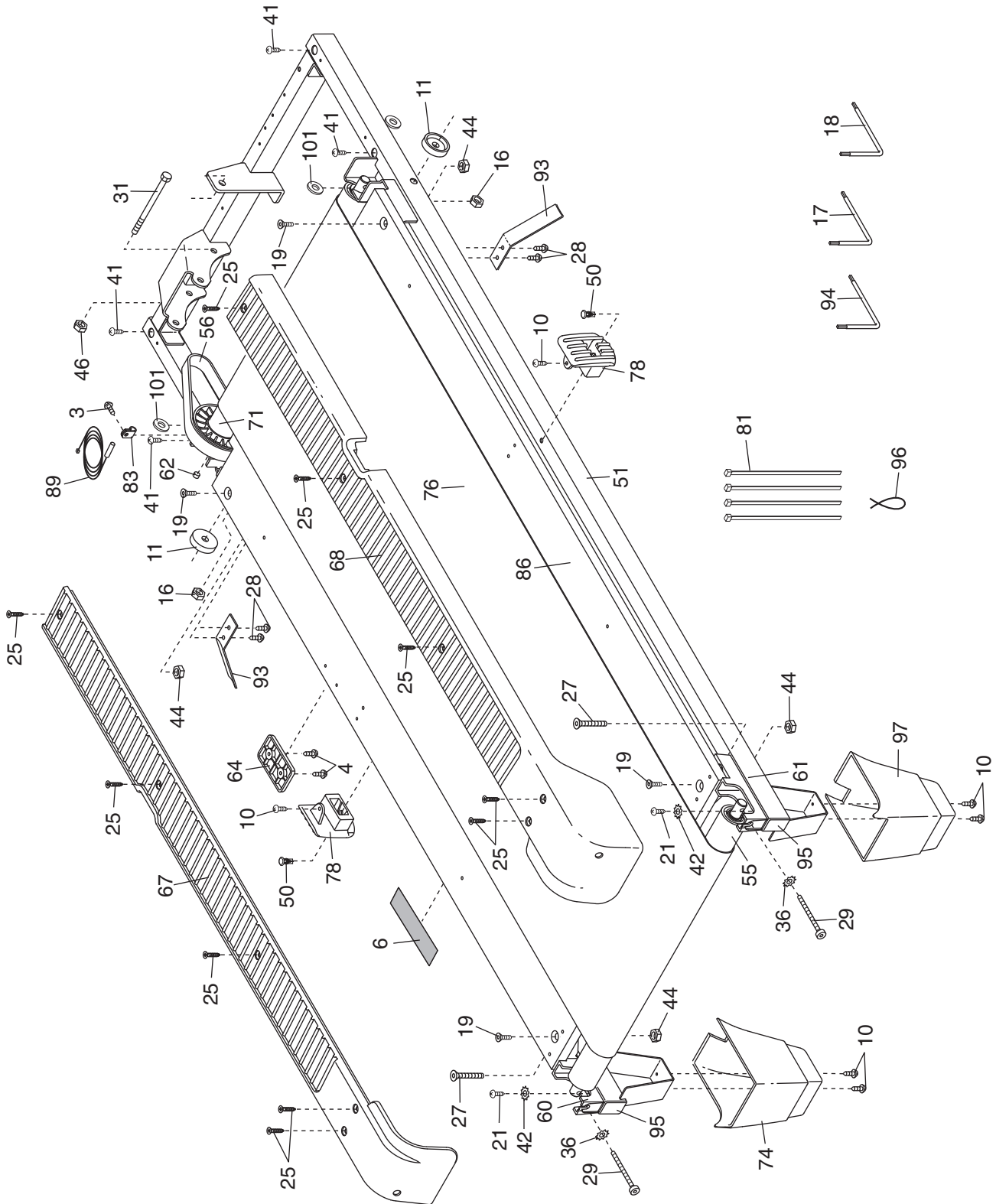
26
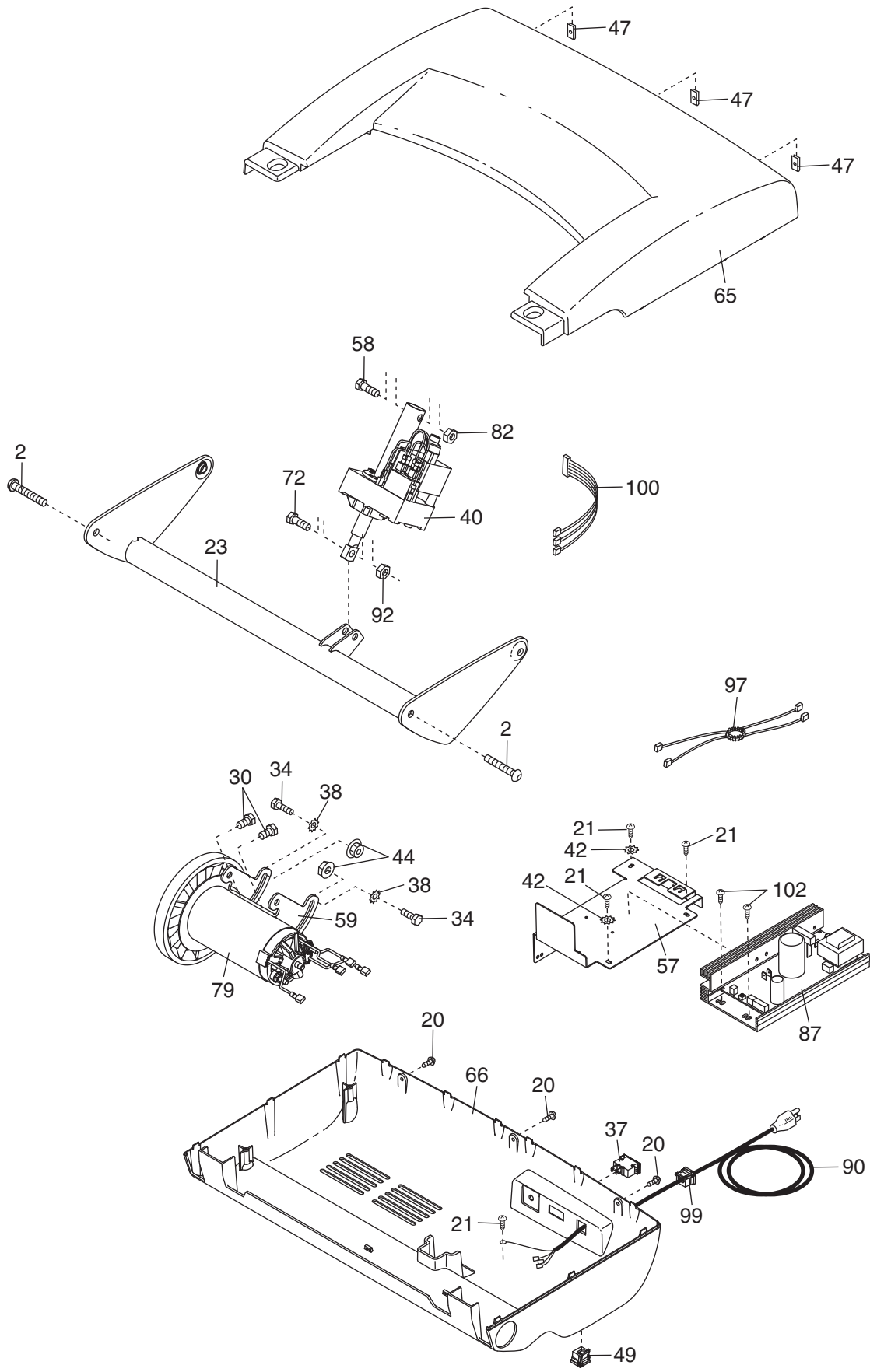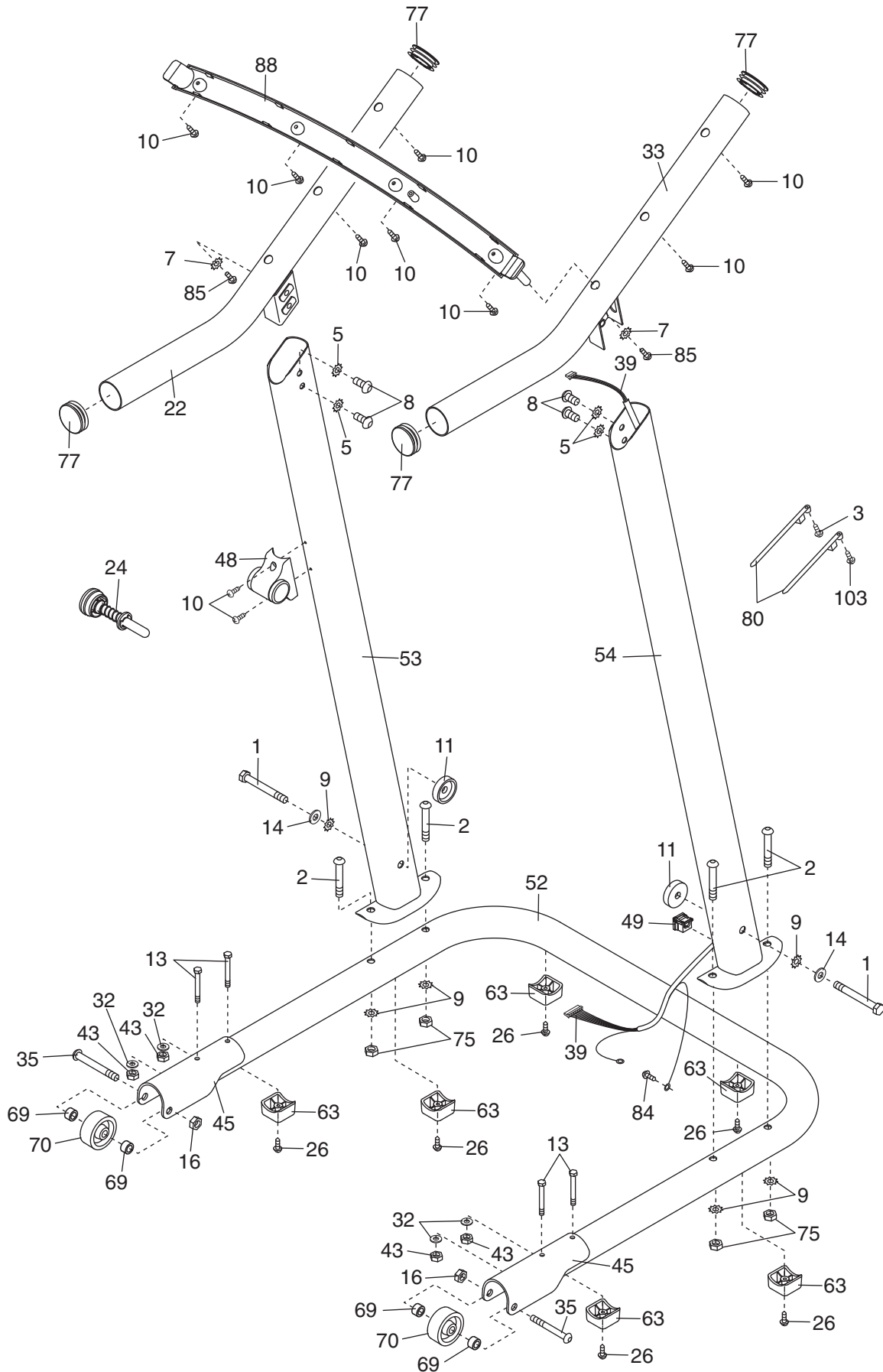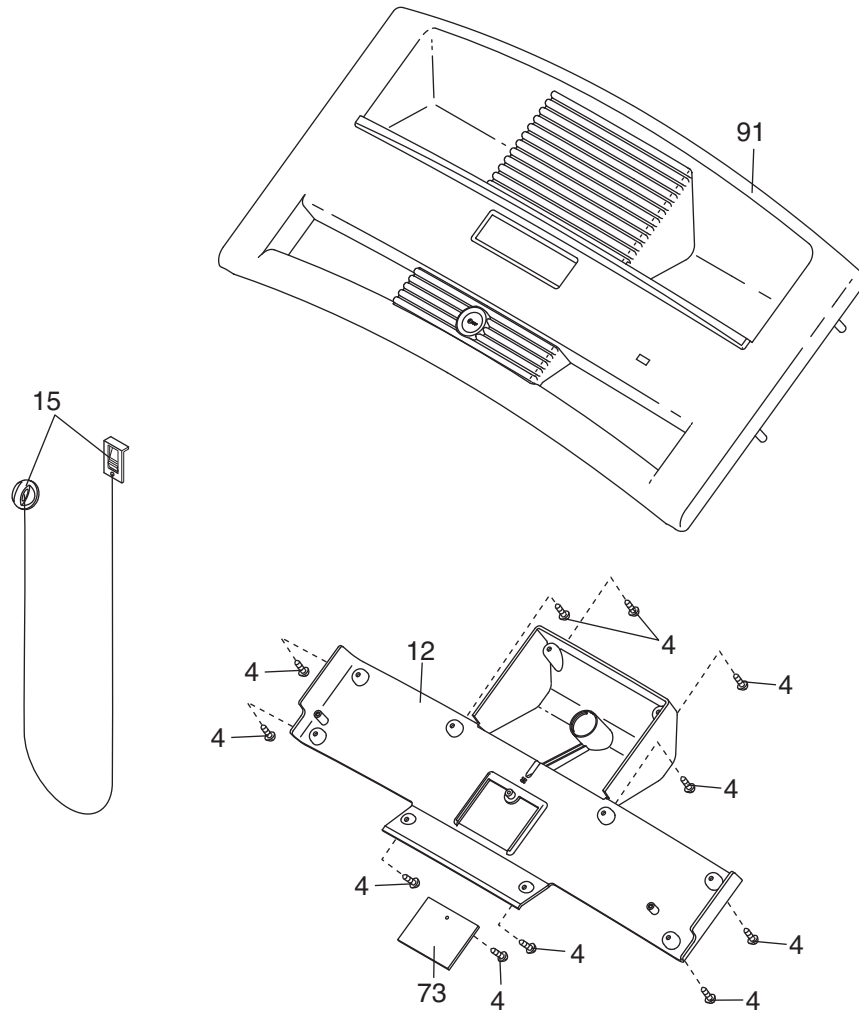
LIMITED WARRANTY

WHAT IS COVERED—The entire HealthRider H110i treadmill ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the drive motor for 3 years. Parts and labor are warranted for 90 days from the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual"). This warranty does not extend to products used for commercial or rental purposes.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-922-4222 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

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

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

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

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

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