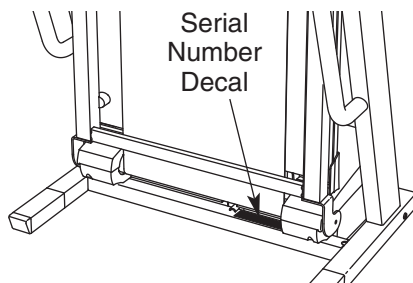


# **HR** HEALTHRIDER<sup>®</sup> *H 550i*

Model No. HRTL77105.0

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.

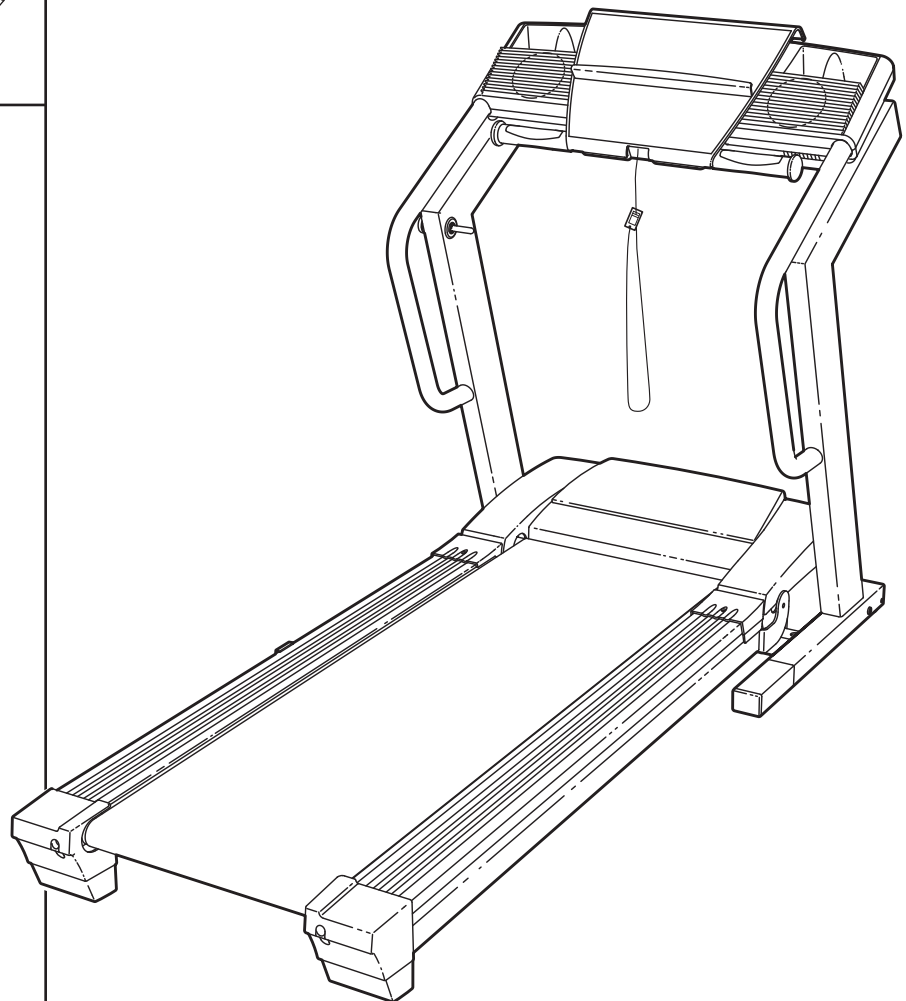
CALL TOLL-FREE:

**1-888-922-4222**

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

[www.healthriderservice.com](http://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](http://www.healthrider.com)

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



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Note: An EXPLODED DRAWING is 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 not be used by persons weighing more than 325 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 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local 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 TROUBLESHOOTING on page 22 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION and ADJUSTMENT).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.
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 20.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.

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

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

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

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the main-

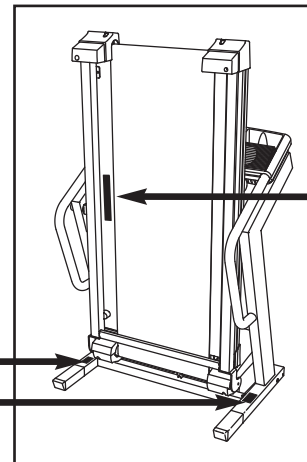
tenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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 have 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.



**⚠ 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.

# BEFORE YOU BEGIN

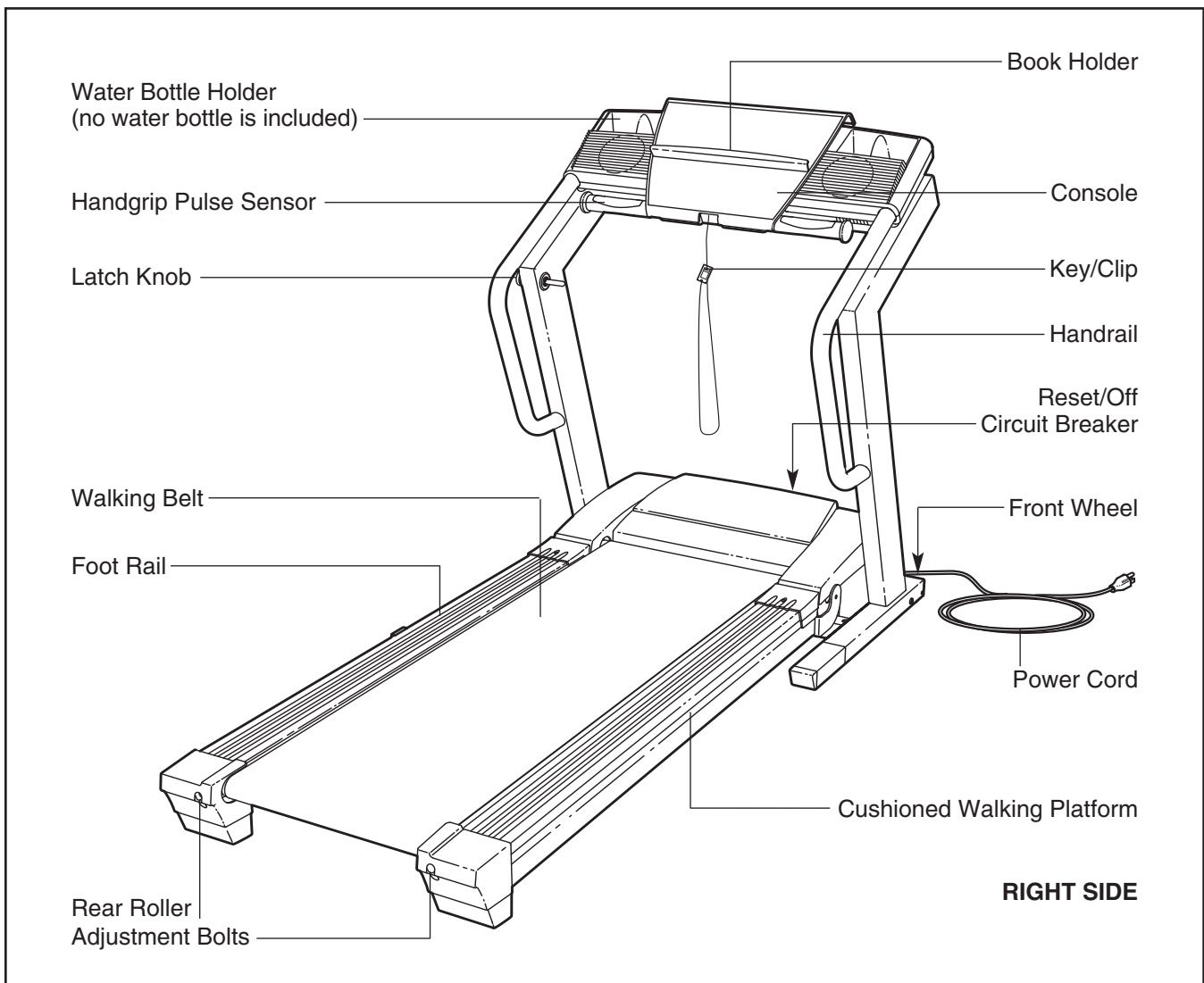
Thank you for selecting the new HealthRider® H 550i treadmill. The HealthRider H 550i treadmill offers an impressive array of features designed to help you achieve your fitness goals in the convenience of your home. And when you're not exercising, the unique H 550i treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before you use the treadmill.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before calling. The model number of the treadmill is HRTL77105.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

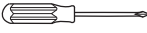


**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.healthriderservice.com/registration](http://www.healthriderservice.com/registration).**

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



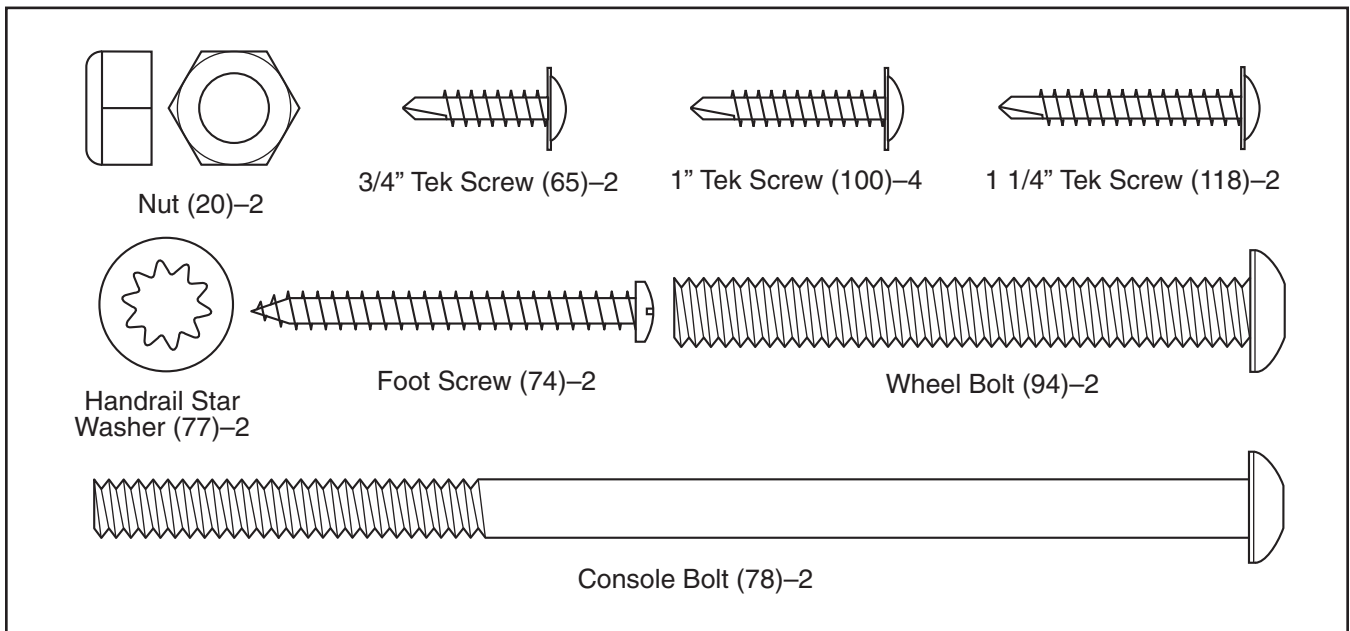
# ASSEMBLY

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. **Assembly requires the included allen wrench and your own phillips screwdriver** , **wire cutters** , and **rubber mallet** .

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

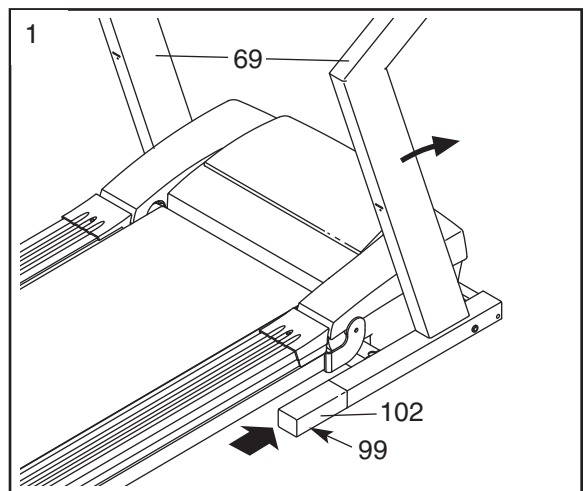
To identify small parts during assembly, use the part identification drawings below.



1. With the help of a second person, carefully raise the Uprights (69) to the position shown.

Next, insert one of the Extension Legs (102) into the base of the Uprights (69) as shown. **Make sure that the Extension Leg is turned so the Base Pad (99) is underneath it.** Note: It may be helpful to tip the Uprights forward and use a rubber mallet to fully insert the Extension Leg.

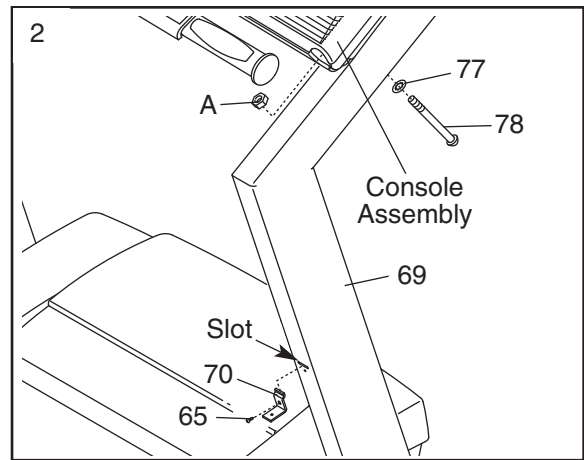
Insert the other Extension Leg (not shown) in the same way.



2. Insert the tab on one of the Handrail Brackets (70) into the indicated slot in the right Upright (69). Attach the Handrail Bracket with a 3/4" Tek Screw (65).

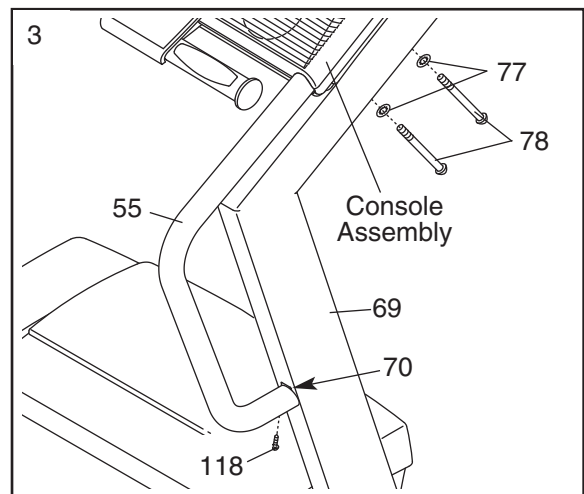
Attach the other Handrail Bracket (not shown) to the left Upright (not shown) the same way.

While a second person holds the console assembly, remove the Console Bolts (78), the Handrail Star Washers (77), and the Nuts (A) from both Uprights (69) and the console assembly. Discard the Nuts.



3. While a second person holds the console assembly, insert the upper end of one of the Handrails (55) into the console assembly; make sure that the Handrail Bracket (70) is inside of the lower end of the Handrail. Tighten a 1 1/4" Tek Screw (118) into the bottom of the Handrail. Repeat with the other Handrail on the left side (not shown).

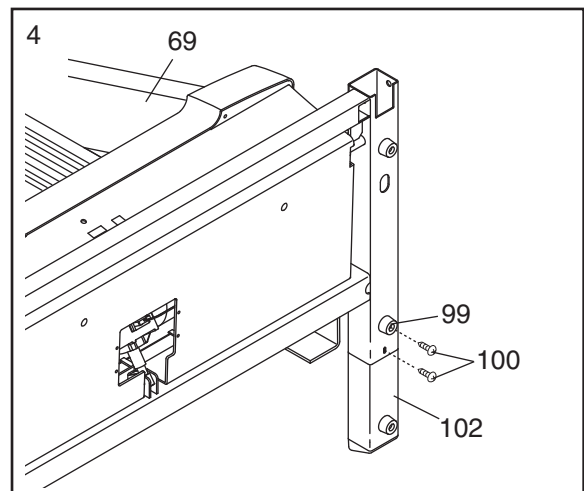
Next, insert two Console Bolts (78) with Handrail Star Washers (77) into the right Upright (69) and the Handrail (55). Finger tighten the Console Bolts; **do not fully tighten the Console Bolts yet**. Repeat with the Handrail on the left side (not shown). After all four Console Bolts have been started, tighten them.



4. With the help of a second person, carefully tip the Uprights (69) down as shown. **Make sure that the Extension Legs (102) remain in the Uprights.**

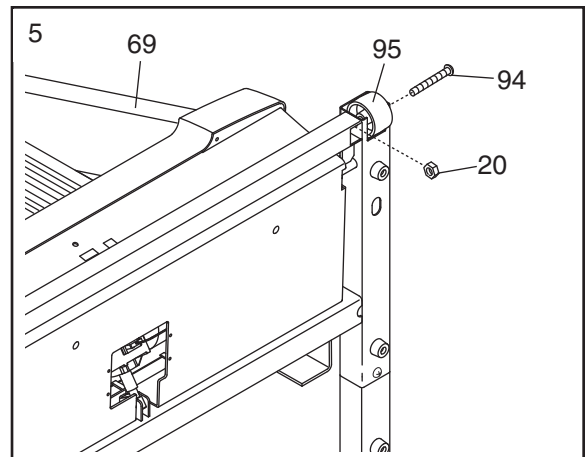
Attach each Extension Leg (102) with two 1" Tek Screws (100) and one Base Pad (99) as shown; **attach the lower Tek Screw, without the Base Pad, first**.

Note: One replacement Base Pad may be included. Use the Base Pad to replace any Base Pad that becomes worn.



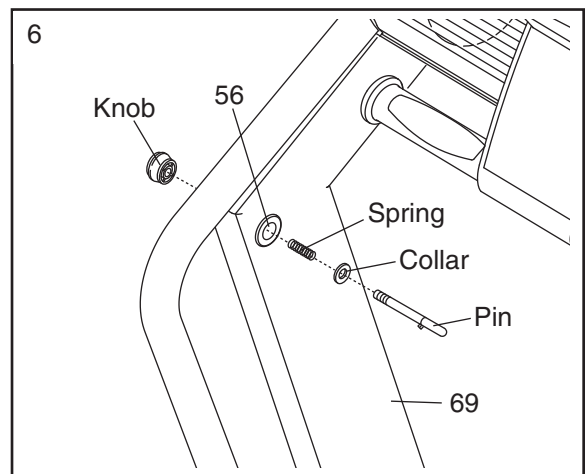
5. Attach a Wheel (95) to the base of the Uprights (69) with a Wheel Bolt (94) and a Nut (20). **Do not overtighten the Wheel Nut; the Wheel should turn freely.** Attach the other Wheel (not shown) in the same way.

With the help of a second person, carefully raise the Uprights (69) to a vertical position.



6. Press the Lock Knob Sleeve (56) into the left Upright (69). If necessary, use a rubber mallet to fully insert the Lock Knob Sleeve.

Remove the knob from the pin. **Make sure that the collar and the spring are on the pin.** Next, insert the pin into the Lock Knob Sleeve (56) and the left Upright (69), and tighten the knob back onto the pin.

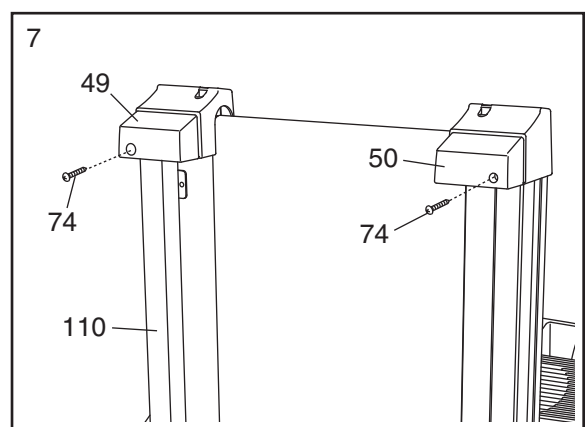


7. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 20).

Identify the Right Endcap Foot (50). Attach the Right Endcap Foot to the bottom of the Right Endcap (58) with a Foot Screw (74).

Next, attach the Left Endcap Foot (49) to the bottom of the Left Endcap (96) with a Foot Screw (74).

Lower the treadmill Frame (110) (see HOW TO LOWER THE TREADMILL FOR USE on page 21).



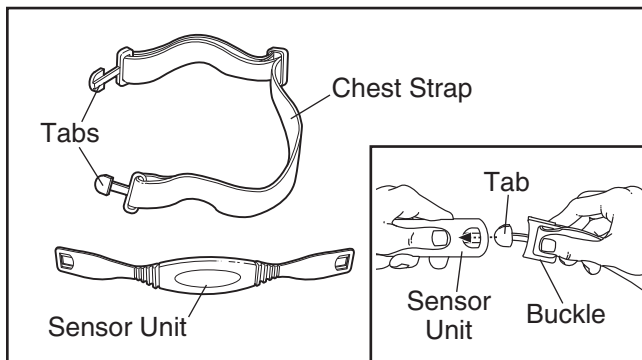
8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 23). To protect the floor or carpet from damage, place a mat under the treadmill.



# HOW TO USE THE CHEST PULSE SENSOR

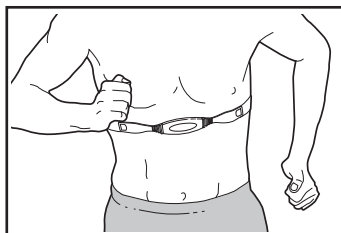
## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components—the chest strap and the sensor unit.



Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing above. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.

Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse



sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

## CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than nec-

essary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

## CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 24).

# 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.

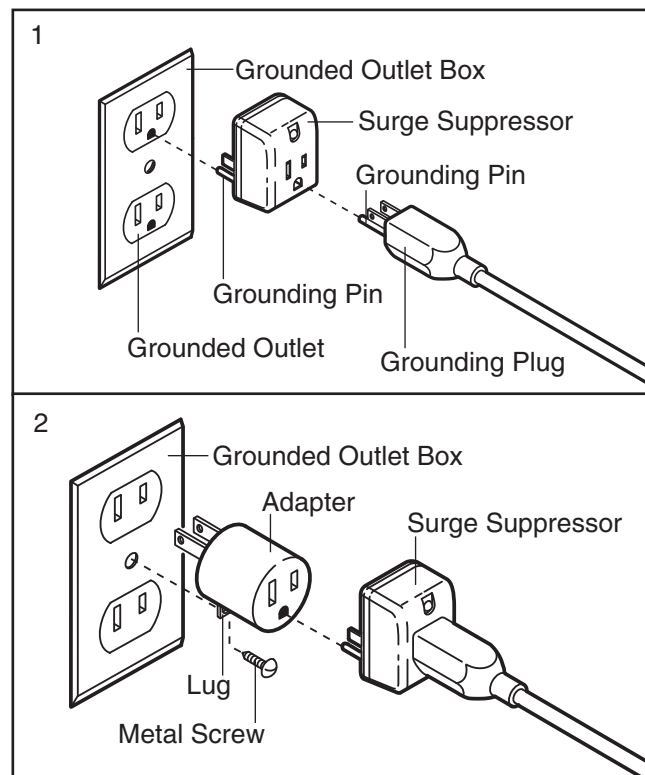
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

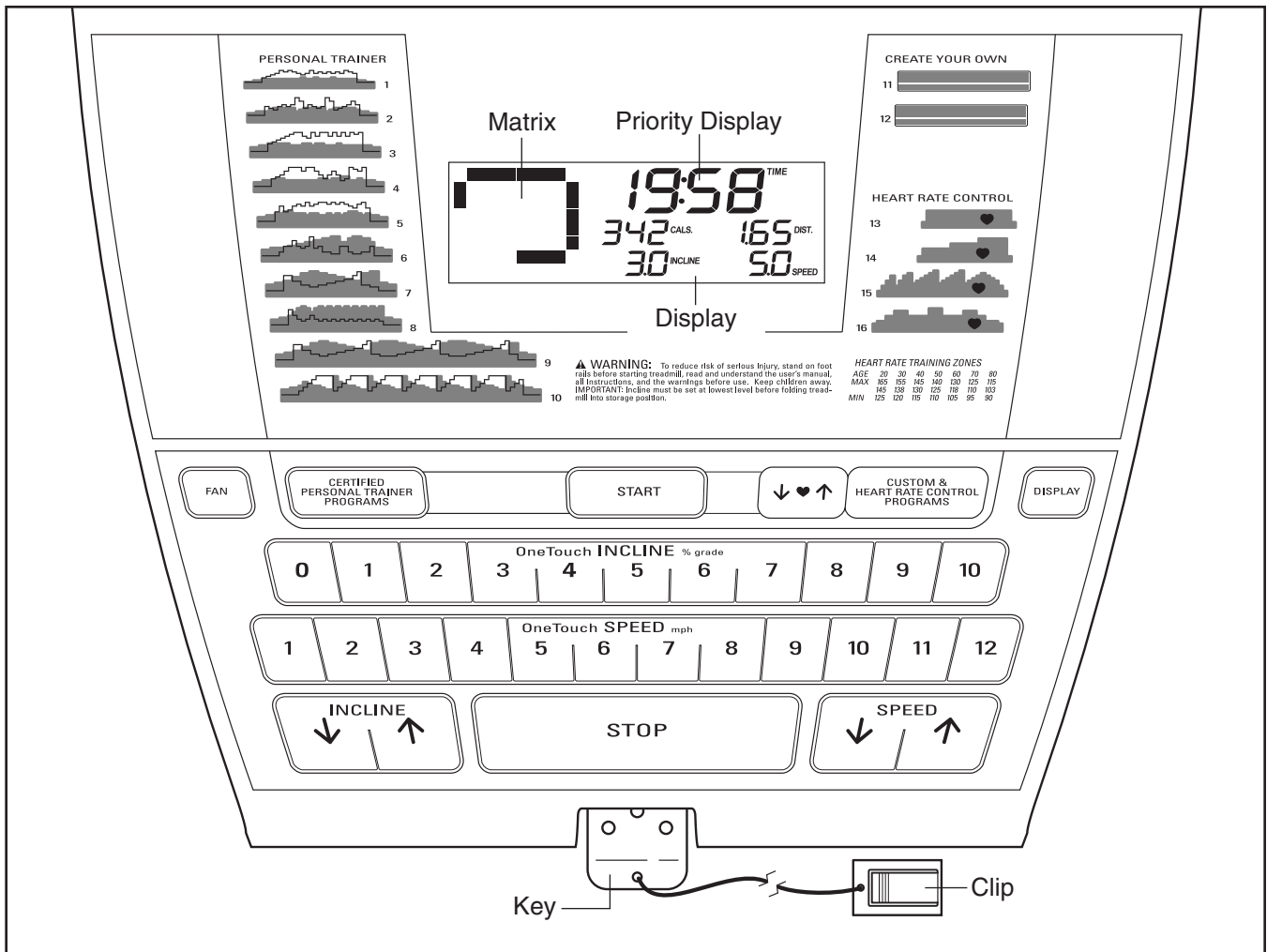
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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.**



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective. When the manual mode of the console is selected, 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 hand-grip pulse sensor or the chest pulse sensor.

In addition, the console features ten personal trainer programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom programs and store them in memory for future use.

The console also offers four heart rate programs that control the speed and incline of the treadmill to keep

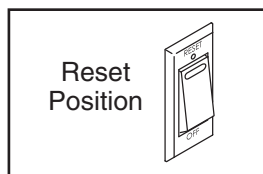
your heart rate near target heart rate settings during your workouts. Note: The heart rate programs require the use of the chest pulse sensor.

**To use the manual mode of the console**, follow the steps beginning on page 12. **To use a personal trainer program**, see page 14. **To create and use a custom program**, see pages 15 and 16. **To use a heart rate program**, see page 17.

**Note:** If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

## HOW TO TURN ON THE POWER

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



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11), and slide the clip onto the waistband of your clothes. Then, insert the key into the console; after a moment, the matrix and the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

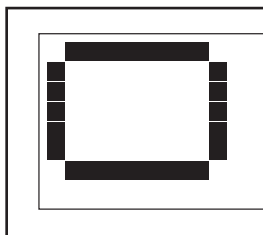
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2 Select the manual mode.

Each time the key is inserted, the manual mode will be selected and a track will appear in the matrix. If a program has been selected, reselect the manual mode by removing the key from the console and then reinserting it.



### 3 Start the walking belt.

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

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the

walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

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

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the twelve numbered buttons.

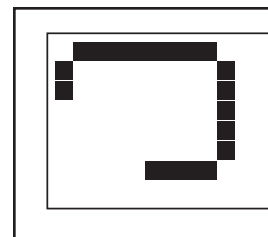
### 4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

### 5 Follow your progress with the matrix and the display.

When the manual mode is selected, the matrix will show a track representing 1/4 mile. 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.

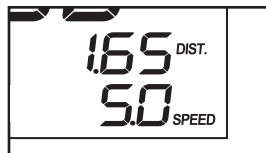


The lower left corner of the display will show the approximate number of calories you have burned and the incline level of the treadmill.

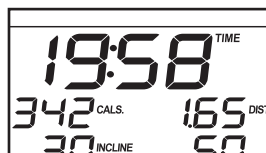


When you use the handgrip pulse sensor or the chest pulse sensor, the lower left corner of the display will also show your heart rate.

The lower right corner of the display will show the distance that you have walked or run, the elapsed time, your pace in minutes per mile, and the speed of the walking belt. Note: When a program is selected (except for custom programs and heart rate program 13), the lower right corner of the display will show the time remaining in the program instead of the elapsed time.



The center of the display is the priority display. Press the Display button repeatedly until the priority display shows the information that you want to view. Note: While information is displayed in the priority display, the same information will not be displayed in the lower left or right corner of the display.



Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 19. **Note: For simplicity, all instructions in this section refer to miles.**

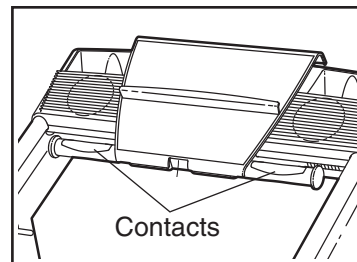
To reset the display, press the Stop button, remove the key, and then reinsert the key.

## 6 Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately.

To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

Next, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the lower left corner of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**



## 7 Turn on the fans if desired.

To turn on the fans, press the Fan button. To turn on the fans at high speed, press the button a second time. To turn off the fans, press the button a third time. Note: If the fans are left on when the walking belt is stopped, the fans will automatically turn off after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 19 and turn off the demo mode.**

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

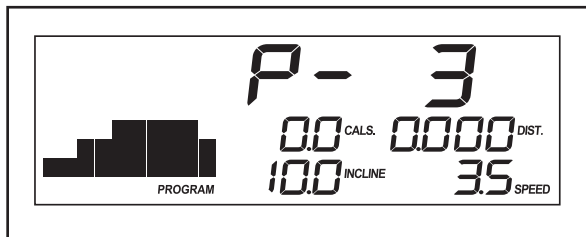
## HOW TO USE A PERSONAL TRAINER PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

### 2 Select one of the personal trainer programs.

To select a personal trainer program, press the Certified Personal Trainer Programs button repeatedly; "P-1," "P-2," "P-3," "P-4," "P-5," "P-6," "P-7," "P-8," "P-9," or "P-10" will appear in the priority display for a few seconds. In addition, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. A profile of the speed settings of the program will scroll across the matrix.



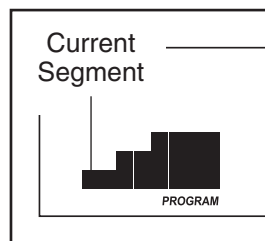
A few seconds after a personal trainer program is selected, the display will show how long the program will last.

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

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

Each program is divided into either 30 or 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed



settings for the next several segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column, and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all seven of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. 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 segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4 Follow your progress with the display.

See step 5 on page 12.

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

See step 6 on page 13.

**6 Turn on the fans if desired.**

See step 7 on page 13.

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

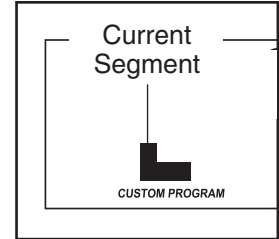
When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 19 and turn off the demo mode.**

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

**3 Press the Start button or the Speed increase button and program the desired speed and incline settings.**

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

Refer to the matrix. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.



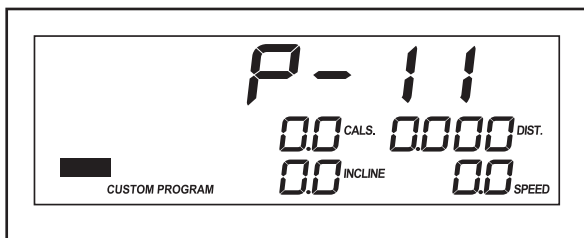
**HOW TO CREATE A CUSTOM PROGRAM**

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

See HOW TO TURN ON THE POWER on page 12.

**2 Select one of the custom programs.**

To select a custom program, press the Custom & Heart Rate Control Programs button repeatedly; “P-11” or “P-12” will appear in the priority display for a few seconds.



**Note: If the custom program has not yet been defined, three columns of indicators will scroll across the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 16.**

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

See step 7 on this page.

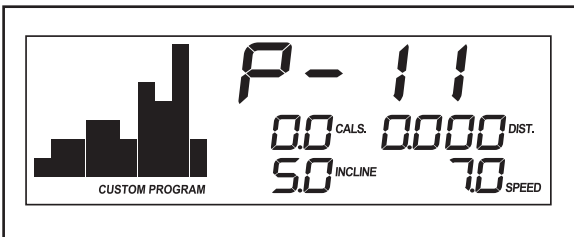
## HOW TO USE A CUSTOM PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

### 2 Select one of the custom programs.

To select a custom program, press Custom & Heart Rate Control Programs button repeatedly; "P-11" or "P-12" will appear in the priority display for a few seconds. In addition, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. A profile of the speed settings of the program will scroll across the matrix.



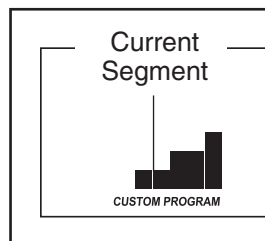
A few seconds after a custom program is selected, the display will show how long the program will last.

**Note:** If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 15.

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

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown



in the matrix.) The speed settings for the next four segments are shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and the speed setting and the incline setting will flash in the display. When the first segment ends, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column, and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button.

### 4 Follow your progress with the display.

See step 5 on page 12.

### 5 Measure your heart rate if desired.

See step 6 on page 13.

### 6 Turn on the fans if desired.

See step 7 on page 13.

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

See step 7 on page 15.



## HOW TO USE A HEART RATE PROGRAM

**⚠ CAUTION:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a heart rate program.

### 1 Put on the chest pulse sensor.

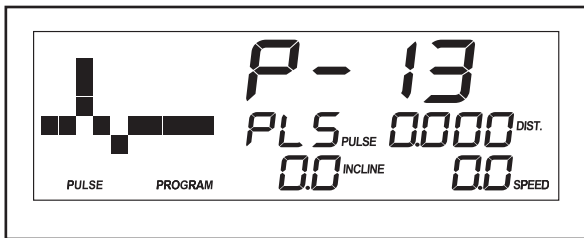
You must wear the chest pulse sensor to use a pulse program.

### 2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

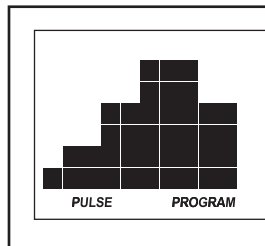
### 3 Select one of the heart rate programs.

To select a heart rate program, press the Custom & Heart Rate Control Programs button repeatedly; "P-13," "P-14," "P-15," or "P-16," will appear in the priority display for a few seconds.



If heart rate program 13 is selected, a pulse symbol will scroll across the matrix (see the drawing above).

If heart rate program 14, 15, or 16 is selected, a profile of the target heart rate settings of the program will scroll across the matrix.



### 4 Enter a target heart rate setting.

If heart rate program 13 is selected, the target heart rate setting for the entire program will flash in the priority display. If desired, press the increase and decrease buttons beside the Custom & Heart Rate Control Programs button to change the target heart rate setting (see EXERCISE INTENSITY on page 25).



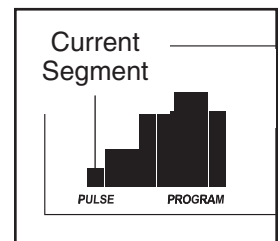
If heart rate program 14, 15, or 16 is selected, the maximum target heart rate setting of the program will flash in the priority display. If desired, press the increase and decrease buttons beside the Custom & Heart Rate Control Programs button to change the maximum target heart rate setting (see EXERCISE INTENSITY on page 25). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

### 5 Press the Start button or the Speed increase button to start the program.

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

Heart rate program 13 is divided into 100 one-minute segments. The same target heart rate setting is programmed for all segments. (For a shorter workout, simply stop the program before it ends.) Heart rate programs 14, 15, and 16 are divided into either 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

If heart rate program 14, 15, or 16 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound.



When the first segment ends, *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During each heart rate program, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting for the current segment, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, when the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters "PLS" will flash in the display and the speed of the treadmill may automatically decrease. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program at any time, press the Stop button. 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 console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

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

See step 5 on page 12.

**7 Turn on the fans if desired.**

See step 7 on page 13.

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

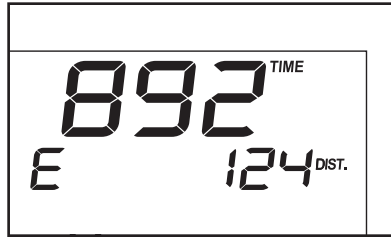
See step 7 on page 15.

## THE INFORMATION MODE/DEMO MODE

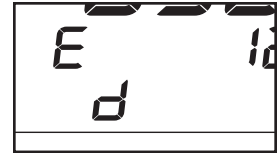
The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

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

The priority display will show the total number of hours that the treadmill has been operated. The lower right corner of the display will show the total number of miles or kilometers that the walking belt has moved. An "E" for English miles or an "M" for metric kilometers will appear in the lower left corner of the display. Press the Speed increase button to change the unit of measurement if desired.



**IMPORTANT:** If a "d" appears in the lower left corner of the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**



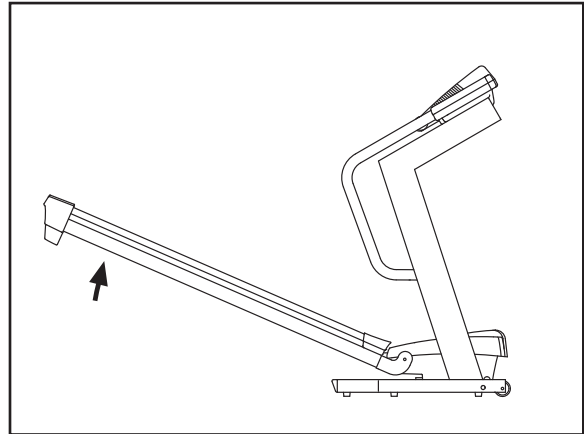
To exit the information mode, remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

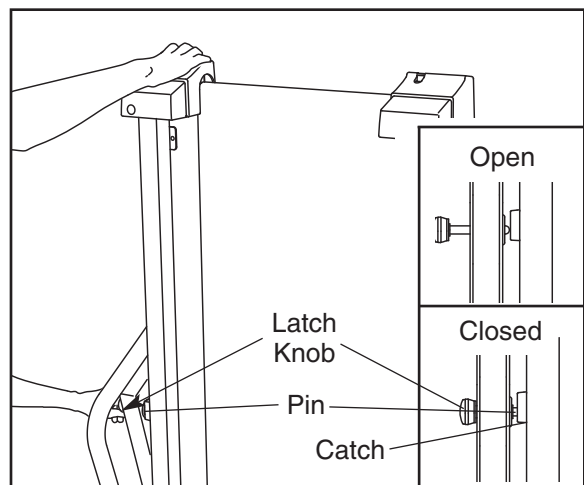
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown by the arrow. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill 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 treadmill until the catch is aligned with the pin on the latch knob. Slowly release the latch knob. **Make sure that the pin is fully inserted into the catch.**

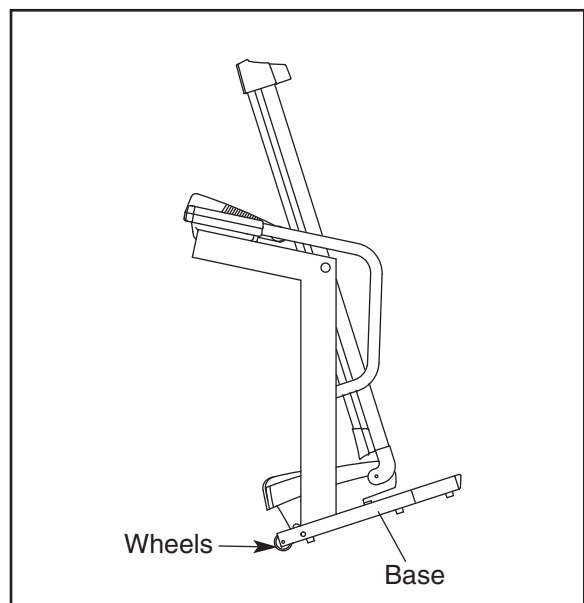
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

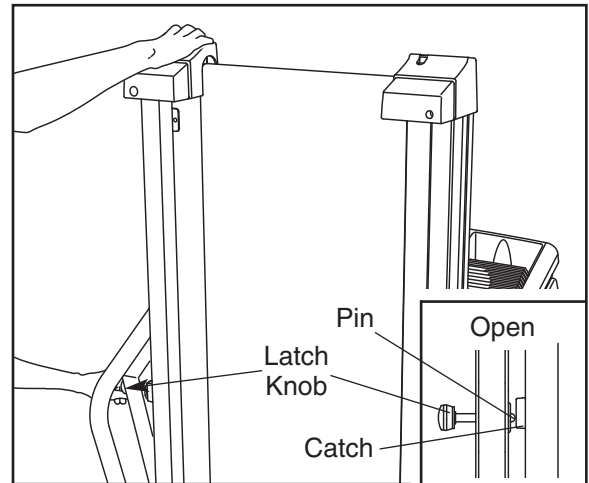
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the latch knob is fully inserted into the catch.**

1. Hold the uprights 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. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill to the storage position.

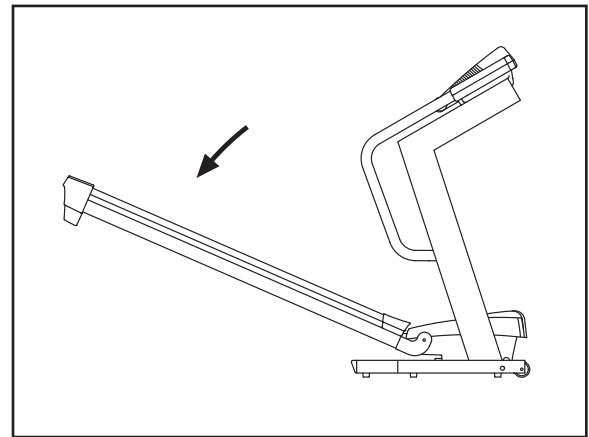


## HOW TO LOWER THE TREADMILL FOR USE

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. Pivot the treadmill down until the frame is past the pin on the lock knob. Slowly release the latch knob.



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



# TROUBLESHOOTING

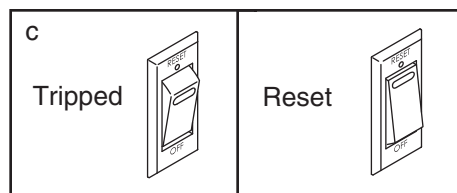
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

**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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the circuit breaker located on the treadmill 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 circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

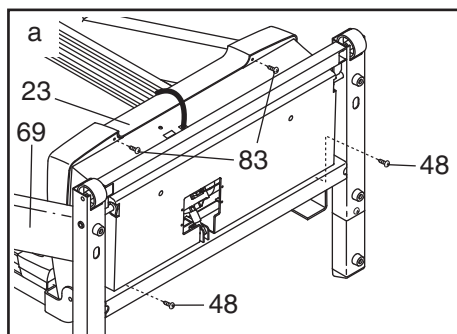
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

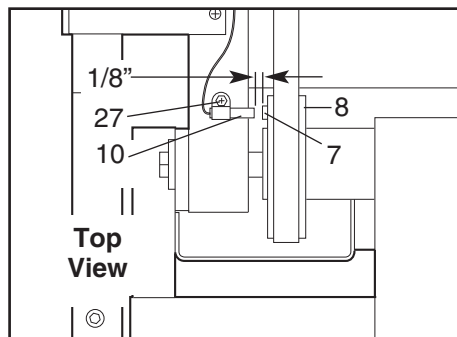
d. If the treadmill still will not run, see the front cover of this manual.

**PROBLEM: The speed display on the console does not function properly**

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Carefully tip the treadmill down as shown at the right. Remove the 1" Screws (48) and the 2" Screws (83) from the Hood (23). Then, raise the Uprights (69) and carefully remove the Hood.



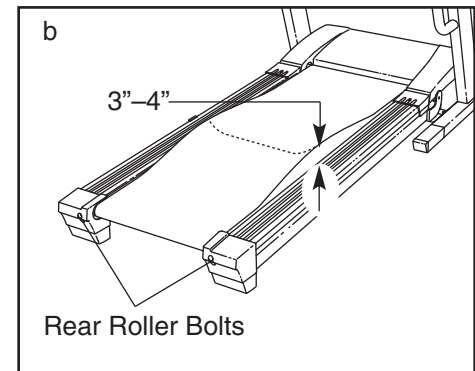
Next, locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (27), move the Reed Switch slightly, and then retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

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

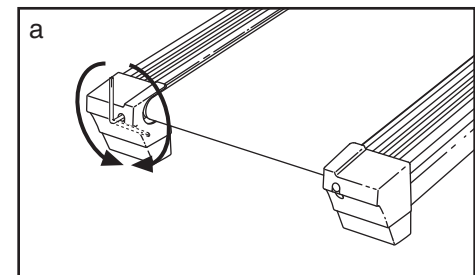
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should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



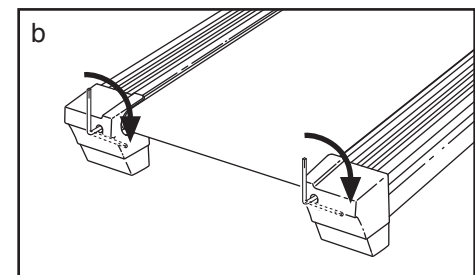
c. If the walking belt still slows when walked on, see the front cover of this manual.

**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 3 to 4 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.



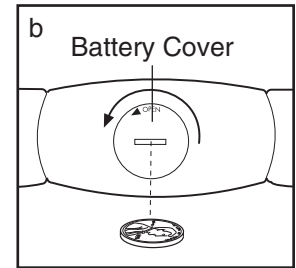
**PROBLEM: The incline of the treadmill does not change correctly**

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

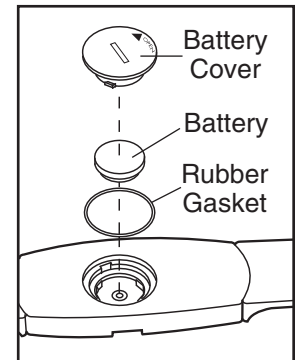
**PROBLEM: The chest pulse sensor does not function properly**

**SOLUTION:** a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the “open” position. Remove the cover.



Remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.





# 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 sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids 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 LIST—Model No. HRTL77105.0

R1005A

To identify the parts listed below, see the EXPLODED DRAWING in the center of this manual.

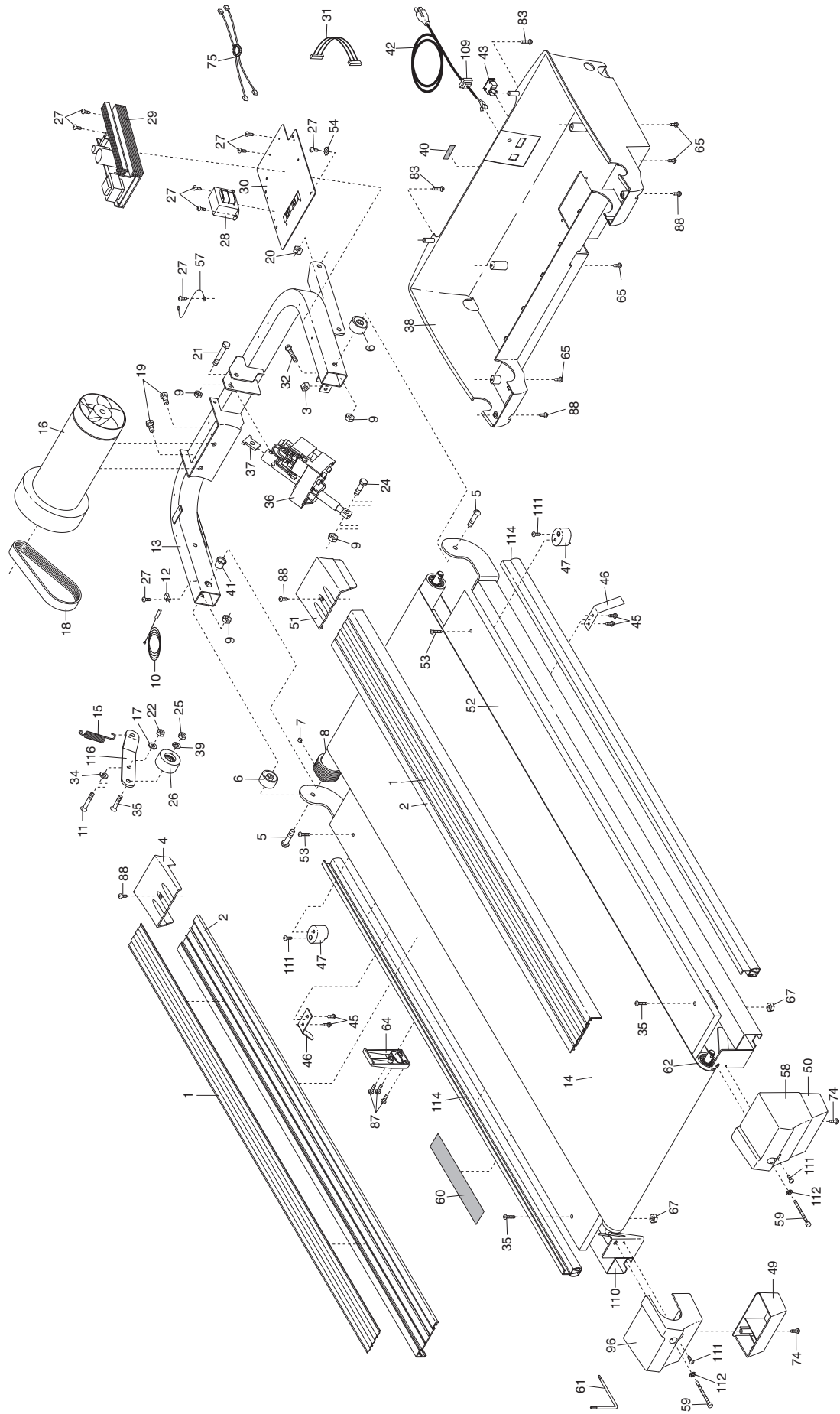
<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
1	2	Foot Rail Insert	51	1	Right Foot Rail Cap
2	2	Foot Rail	52	1	Walking Platform
3	1	Front Roller Nut	53	2	Front Platform Screw
4	1	Left Foot Rail Cap	54	1	Electronic Bracket Star Washer
5	2	Frame Pivot Bolt	55	2	Handrail
6	2	Frame Pivot Spacer	56	1	Lock Knob Sleeve
7	1	Magnet	57	1	Ground Wire
8	1	Front Roller/Pulley	58	1	Rear Endcap, Right
9	4	Frame Pivot Nut	59	2	Rear Roller Adj. Bolt
10	1	Reed Switch/Sensor Wire	60	1	Warning Decal
11	1	Idler Arm Bolt	61	1	Allen Wrench
12	1	Reed Switch Clip	62	1	Rear Roller
13	1	Lift Frame	63	4	Pulse Base
14	1	Walking Belt	64	1	Catch
15	1	Idler Spring	65	10	3/4" Tek Screw
16	1	Drive Motor	66	1	Console Frame
17	1	Idler Washer	67	2	Platform Nut
18	1	Motor Belt	68	1	Latch Pin Assembly
19	2	Motor Bolt	69	1	Upright
20	4	Nut	70	2	Handrail Bracket
21	1	Incline Motor Bolt, Top	71	1	Pulse Receiver
22	1	Idler Arm Nut	72	1	Chest Pulse Sensor
23	1	Hood	73	1	Sensor Strap
24	1	Incline Motor Bolt	74	2	Foot Screw
25	1	Idler Pulley Nut	75	1	Filter Wire
26	1	Idler Pulley	76	2	Pulse Grip
27	7	Screw	77	4	Handrail Star Washer
28	1	Transformer	78	4	Console Bolt
29	1	Controller	79	2	Upright Endcap
30	1	Electronics Plate	80	1	Console Base, Bottom
31	1	Motor Controller Wire	81	1	Console
32	1	Front Roller Adj. Bolt	82	1	Console Base, Top
33	4	2" Console Screw	83	2	2" Screw
34	1	Idler Pivot Washer	84	1	Key/Clip
35	3	Idler Pulley Bolt/Platform Bolt	85	4	Pulse Plate
36	1	Incline Motor	86	1	Console Ground Wire
37	1	Incline Motor Stop	87	14	Screw
38	1	Motor Belly Pan	88	88	Console Screw
39	1	Idler Pulley Washer	89	1	Releaseable Tie
40	1	Static Decal	90	4	1" Screw
41	1	Front Roller Bushing	91	2	Cable Tie Clamp
42	1	Power Cord	92	5	8" Cable Tie
43	1	Reset/Off Circuit Breaker	93	2	Lift Pivot Bolt
44	2	Short Hood Cover Screw	94	2	Wheel Bolt
45	4	Belt Guide Screw	95	2	Wheel
46	2	Belt Guide	96	1	Rear Endcap, Left
47	2	Isolator	97	1	Grommet
48	1	Pulse Wire	98	1	Upright Wire Harness
49	1	Left Endcap Foot	99	6	Base Pad
50	1	Right Endcap Foot	100	16	1" Tek Screw

101	1	Left Fan Grill	115	1	Hood Cover
102	2	Extension Leg	116	1	Idler Arm
103	2	Extension Cap	117	4	U-nut
104	2	Incline Warning Decal	118	2	1 1/4" Tek Screw
105	2	Console Fan	#	1	12" White Wire, M/F
106	1	Right Cup Holder	#	1	8" White Wire, 2F
107	1	Left Cup Holder	#	1	4" Blue Wire, 2F
108	1	Book Holder	#	1	4" Black Wire, 2F
109	1	Power Cord Grommet	#	1	12" Green Wire, 2 Ring
110	1	Frame	#	1	4" Green Wire, F/2 Ring
111	6	3/4" Screw	#	1	8" Red Wire, M/F
112	2	Roller Star Washer	#	1	User's Manual
113	1	Right Fan Grill			
114	2	Isolator Strip			

# These parts are not illustrated

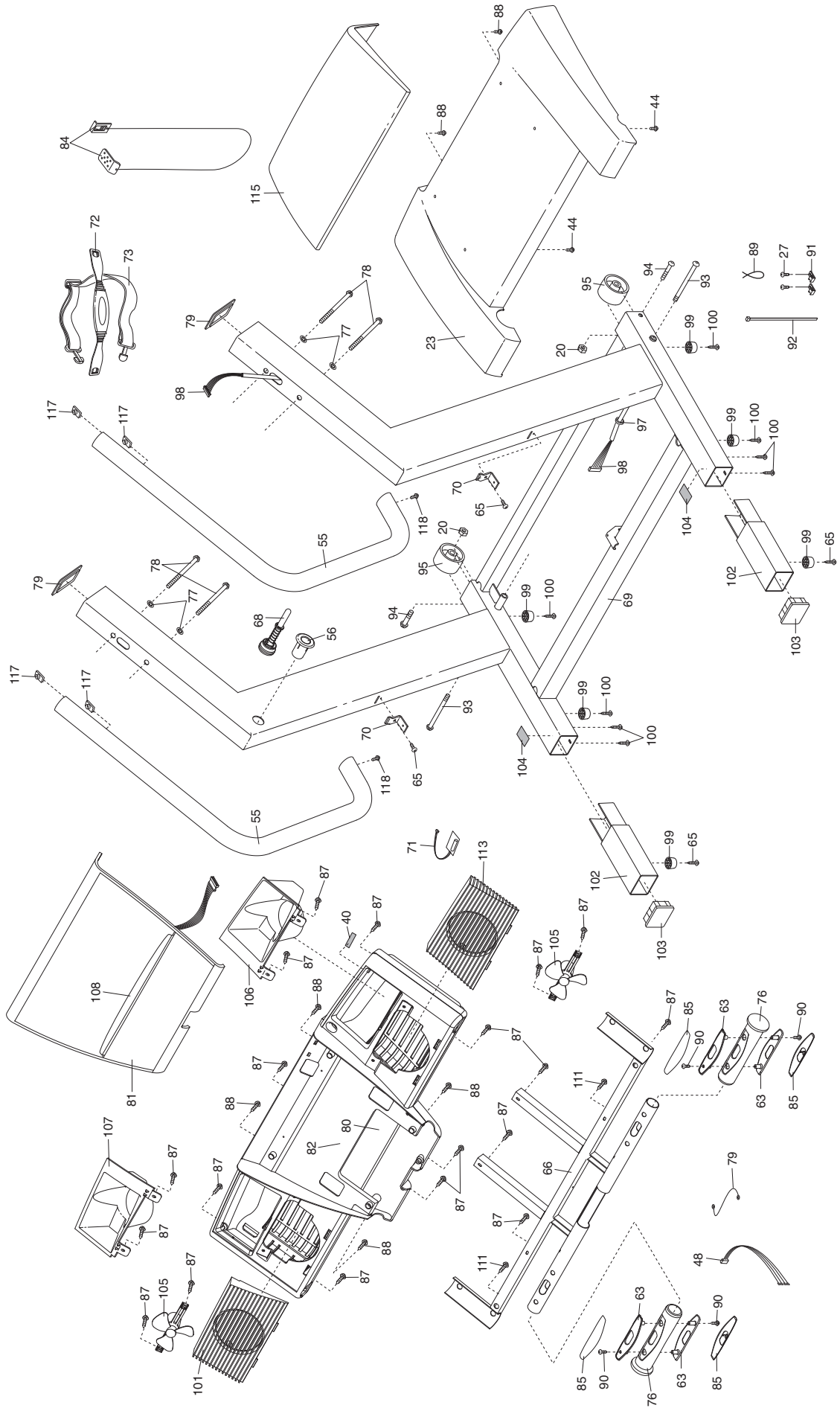
# EXPLODED DRAWING—Model No. HRTL77105.0

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# EXPLODED DRAWING—Model No. HRTL77105.0

R1005A



## LIMITED WARRANTY

**WHAT IS COVERED**—The entire HealthRider® H550i 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”), extends a twelve (12) year warranty on the drive motor after the date of purchase. The belt and deck are covered for one (1) year after the date of purchase. All mechanical components are covered for one (1) year after the date of purchase. All electrical components are covered for one (1) year after the date of purchase. Labor is covered for one (1) year.

**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 or to products used as store display modules.

**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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

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