

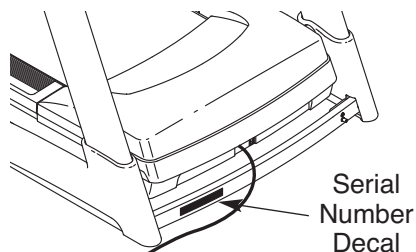
# FREEMOTION<sup>®</sup> XT<sup>r</sup>

[www.iconfitness.com](http://www.iconfitness.com)

Model No. SFTL18909.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

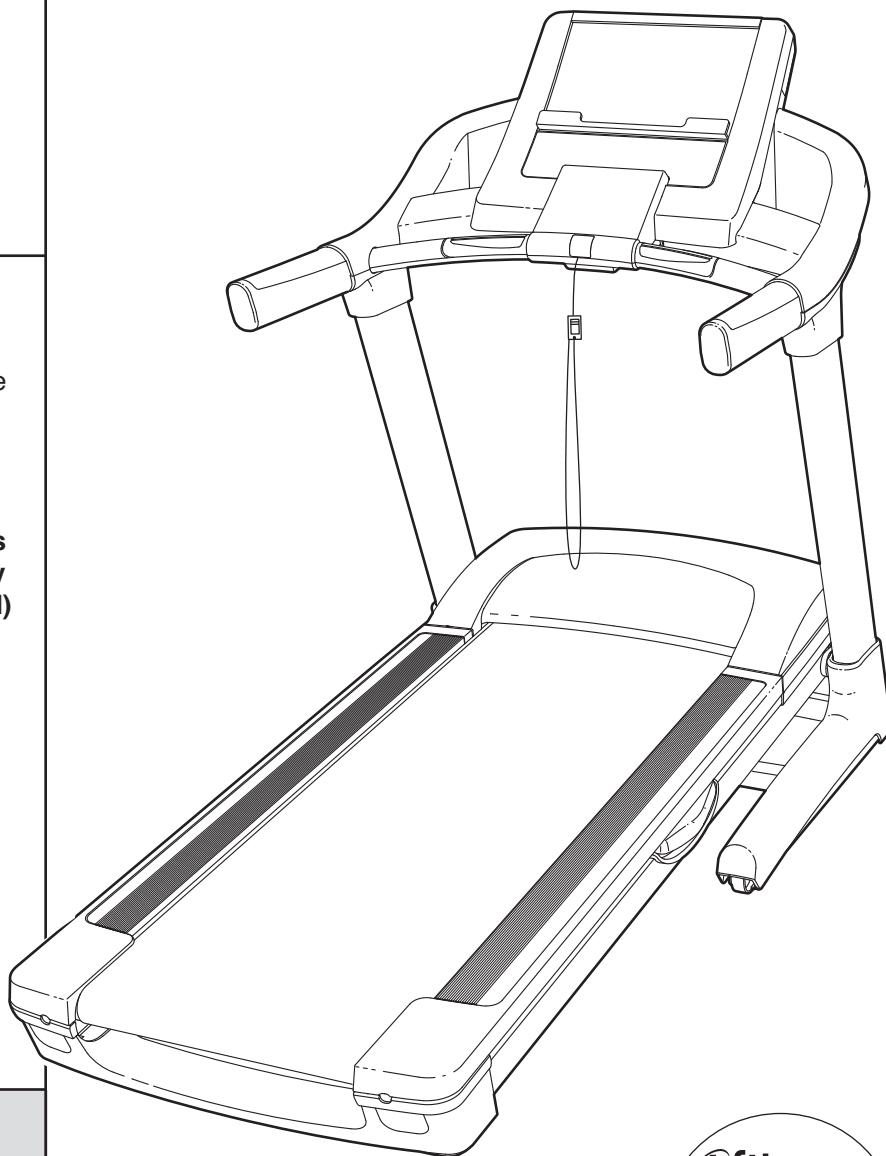
**1-866-362-4490**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.iconservice.com](http://www.iconservice.com)



## CAUTION

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

## USER'S MANUAL



# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....2

IMPORTANT PRECAUTIONS .....3

BEFORE YOU BEGIN .....5

ASSEMBLY .....6

OPERATION AND ADJUSTMENT .....12

HOW TO FOLD AND MOVE THE TREADMILL .....20

TROUBLESHOOTING .....21

EXERCISE GUIDELINES .....24

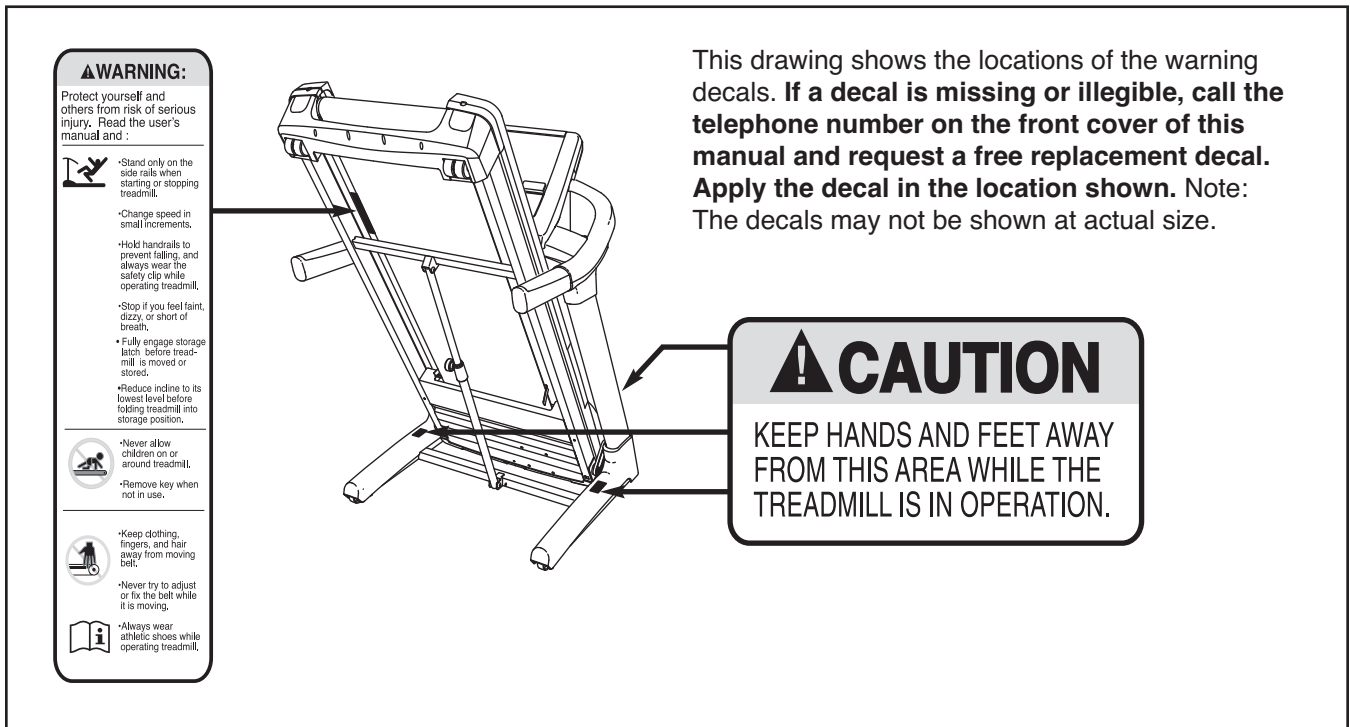
PART LIST .....25

EXPLODED DRAWING .....27

ORDERING REPLACEMENT PARTS .....Back Cover

LIMITED WARRANTY .....Back Cover

## WARNING DECAL PLACEMENT



# IMPORTANT PRECAUTIONS

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

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 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.
12. 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 FREEMOTION dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 21 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the "off" position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
21. 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 lbs. (20 kg) to raise, lower, or move the treadmill.
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 insert or drop 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. The treadmill is intended for in-home use only. Do not use the incline trainer in any commercial, rental, or institutional setting.
27. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

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This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.**

**SAVE THESE INSTRUCTIONS**

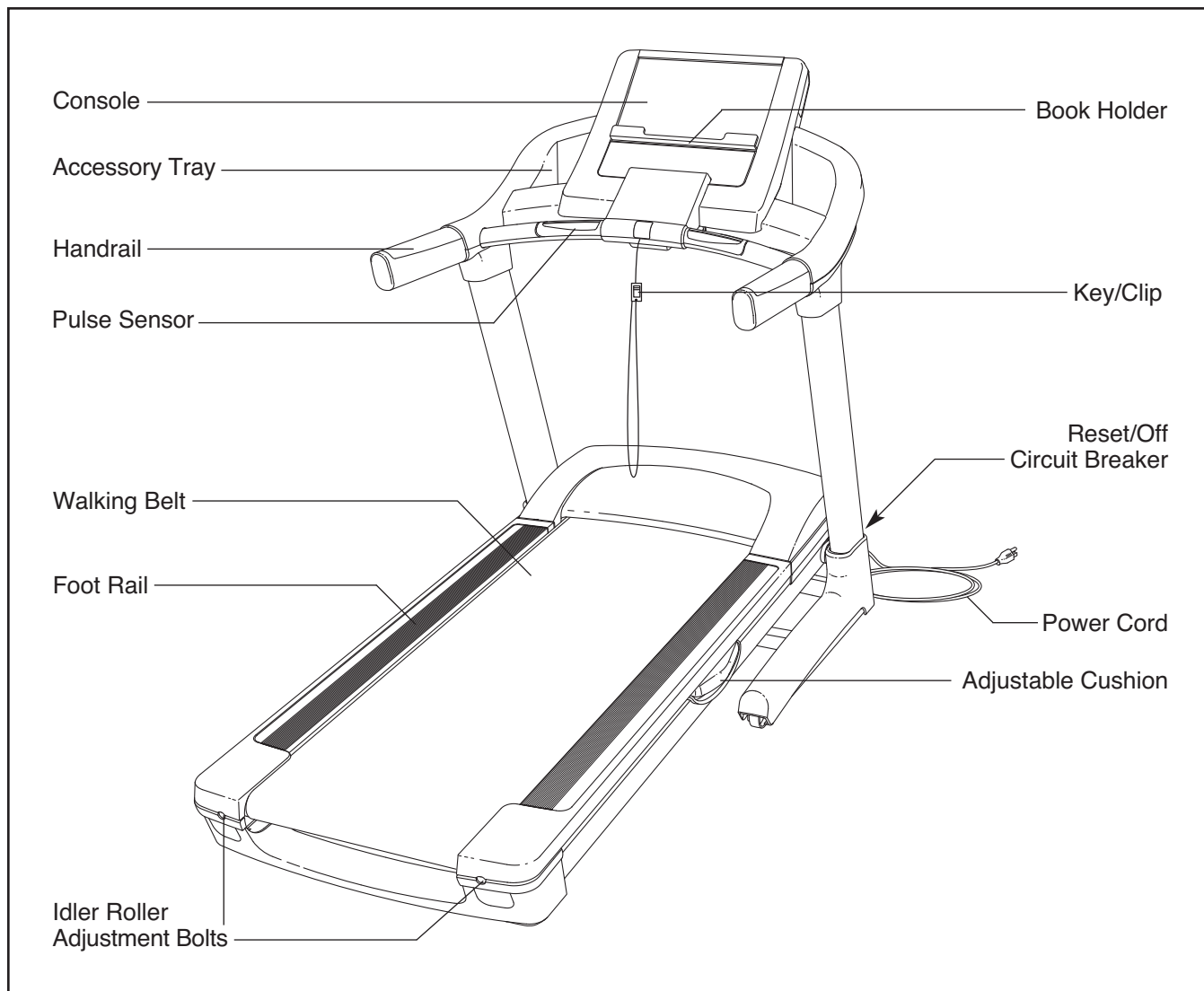
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® XTR treadmill. The XTR treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-




ing 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 and the location of the serial number decal are shown on the front cover of this manual.

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

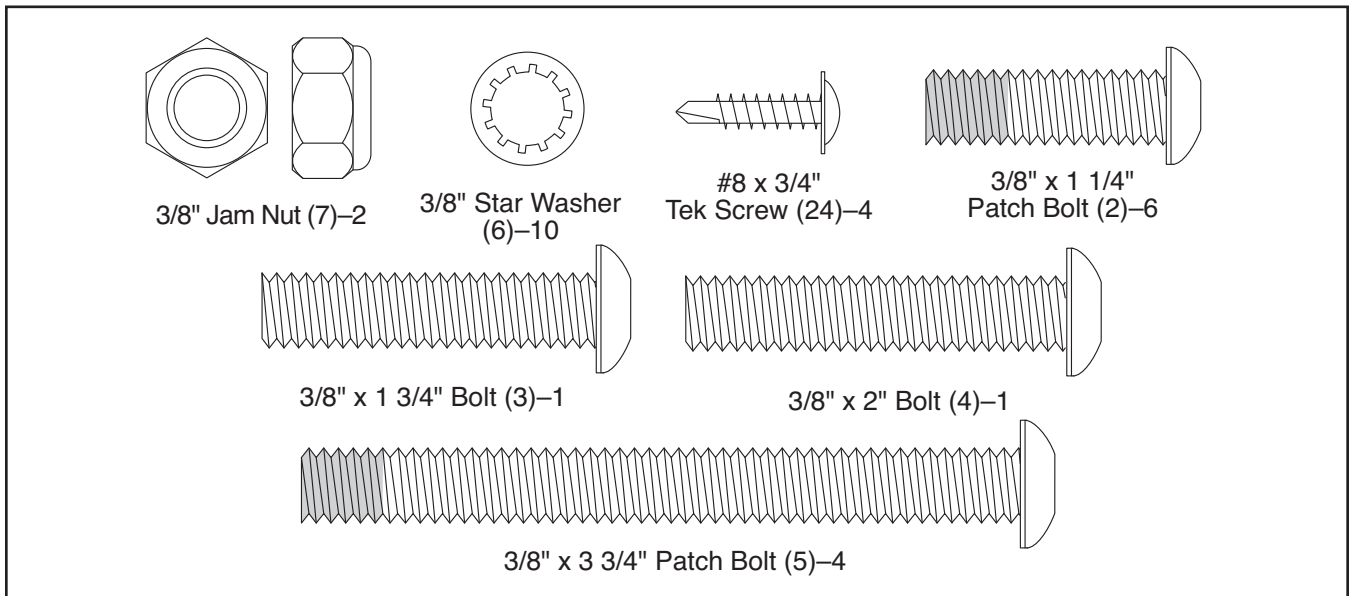


# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. To watch a video demonstration of the assembly procedure, go to [www.freemotionfitness.com/assembly](http://www.freemotionfitness.com/assembly). Assembly requires two persons. Set the incline trainer 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 incline trainer walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys  and your own Phillips screwdriver  and adjustable wrench .

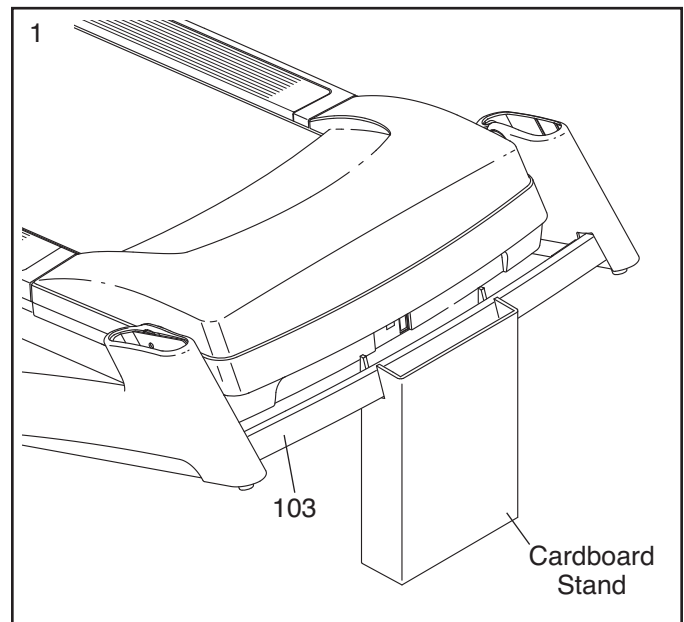
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check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



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

With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (103) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward until assembly step 3 is completed.**

**⚠ WARNING:** Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stand. A second person must hold the treadmill until assembly step 3 is completed to prevent the treadmill from moving, tipping, or falling.



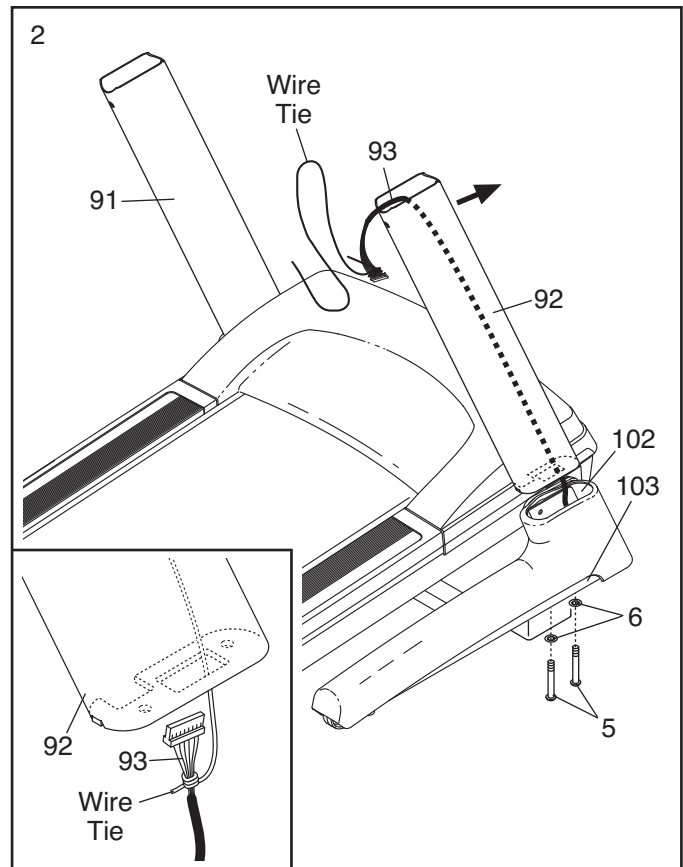
2. Identify the Right Upright (92) which is marked with a "Right" sticker.

Have a second person hold the Right Upright (92) near the Right Base Cover (102). **See the inset drawing.** Tie the wire tie in the lower end of the Right Upright securely around the end of the Upright Wire (93). Then, pull the other end of the wire tie up through the top of the Right Upright until the Upright Wire is routed completely through the Right Upright.

Gently pull up on the Upright Wire (93) as you set the Right Upright (92) on the Base (103) inside the Right Base Cover (102). **Be careful not to pinch the Upright Wire.**

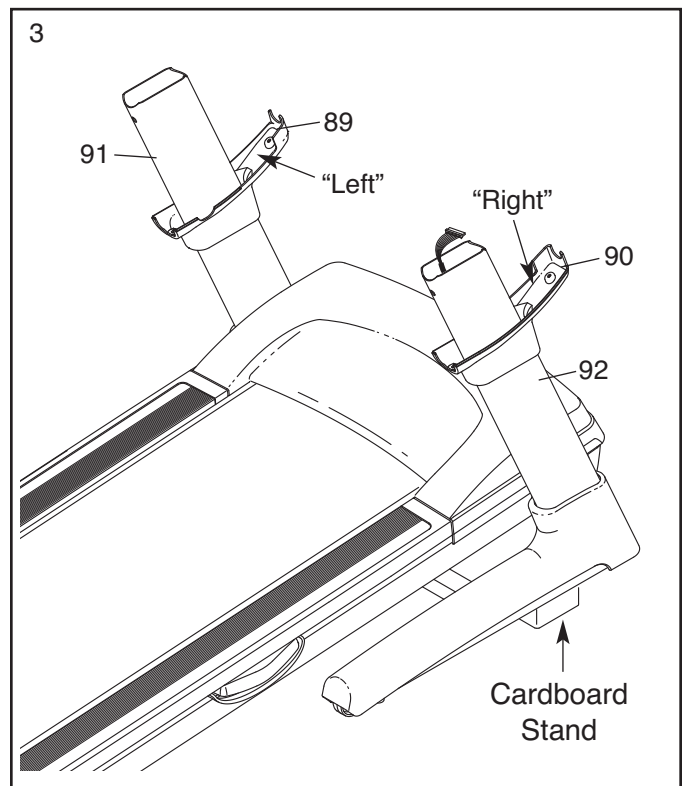
Attach the Right Upright (92) to the Base (103) with two 3/8" x 3 3/4" Patch Bolts (5) and two 3/8" Star Washers (6). Note: It may be necessary to tip the top of the Right Upright forward slightly as you thread the Patch Bolts into it. **Do not tighten the Patch Bolts yet.**

**Attach the Left Upright (91) in the same way.**  
Note: There are no wires on the left side.



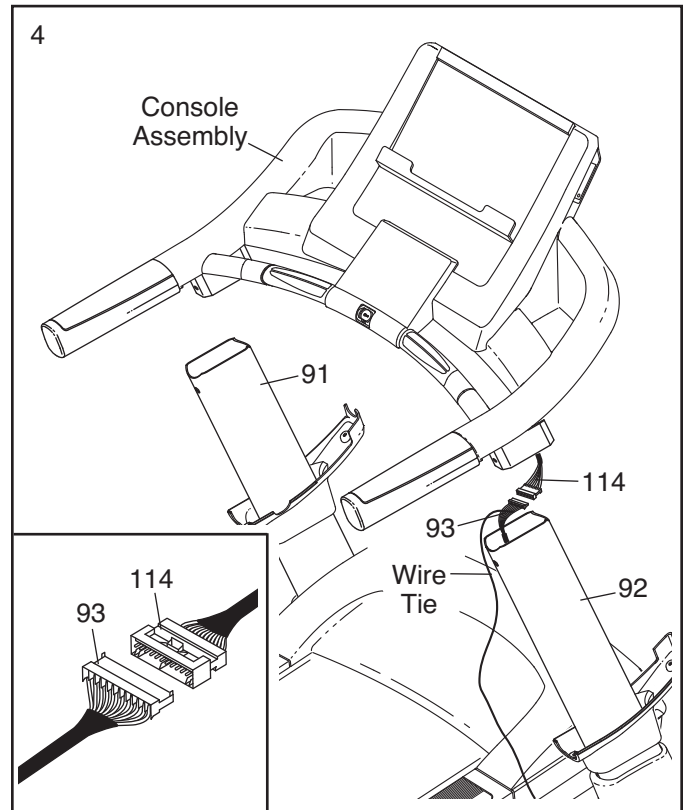
3. With the help of a second person, lower the treadmill off the cardboard stand. The stand will be used again in assembly step 9.

Identify the Right Upright Sleeve (90) and the Left Upright Sleeve (89); the Upright Sleeves are labeled "Right" and "Left." Slide the Right Upright Sleeve onto the Right Upright (92) and the Left Upright Sleeve onto the Left Upright (91).

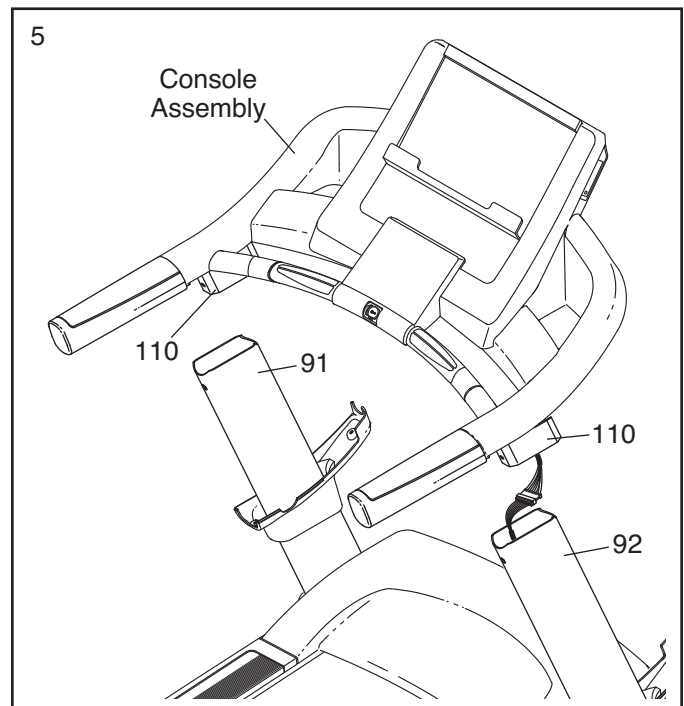


4. Have a second person hold the console assembly near the Uprights (91, 92).

Connect the Upright Wire (93) to the Console Wire (114). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the wire tie from the Upright Wire. Insert the connectors down into the Right Upright (92).



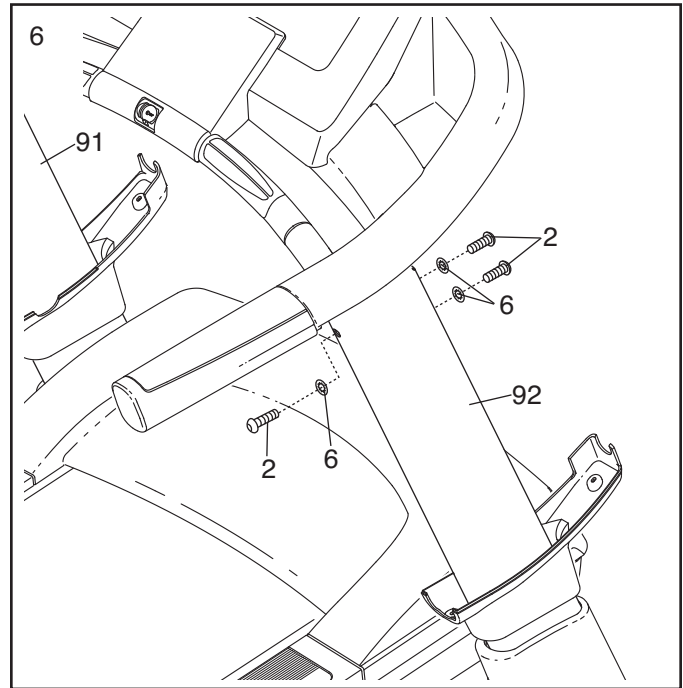
5. Next, insert the brackets on the Handrail (110) into the Uprights (91, 92). **Make sure that no wires are pinched.**





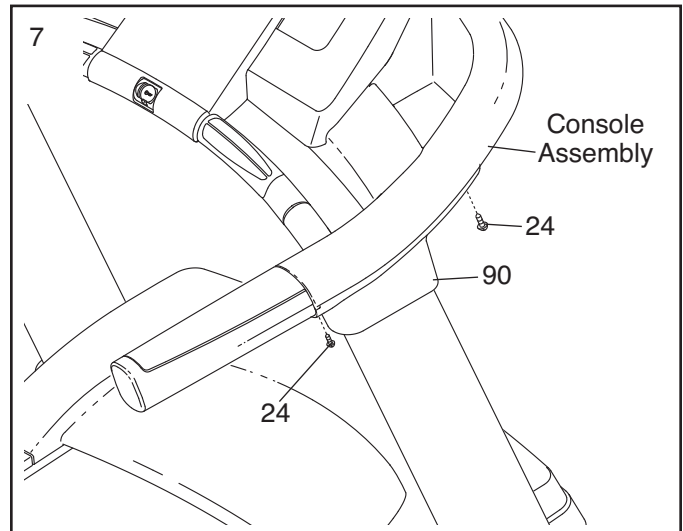
- Partially tighten three 3/8" x 1 1/4" Patch Bolts (2) with three 3/8" Star Washers (6) into the Right Upright (92); **do not fully tighten the Patch Bolts yet.**

**Repeat this step with the Left Upright (91).**  
Then, firmly tighten all six 3/8" x 1 1/4" Patch Bolts (2).



- Slide the Right Upright Sleeve (90) up against the console assembly. Attach the Right Upright Sleeve with two #8 x 3/4" Tek Screws (24).

**Attach the Left Upright Sleeve (not shown) to the console assembly in the same way.**

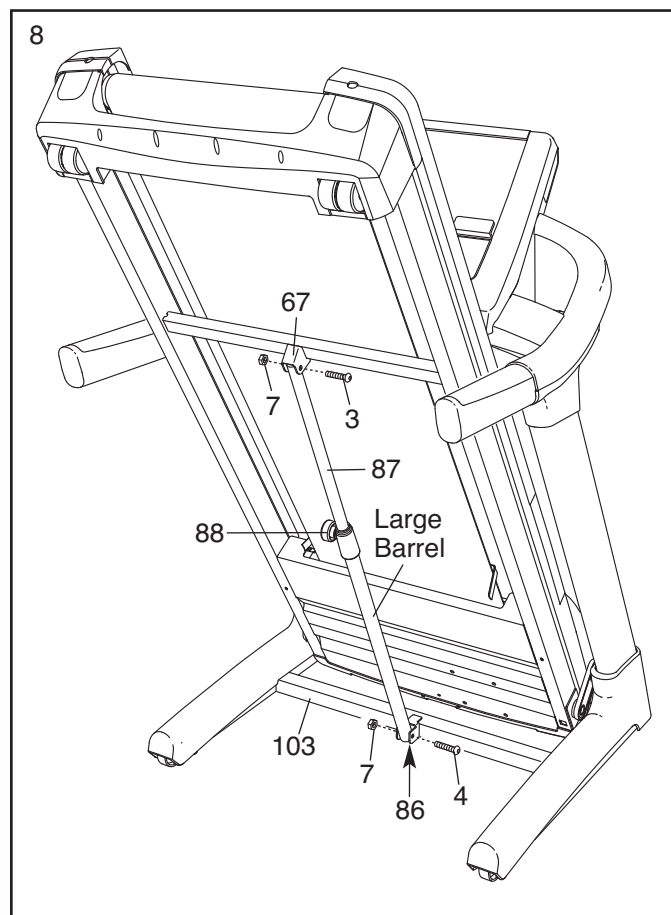


8. Orient the Storage Latch (87) so that the large barrel and the Latch Knob (88) are in the positions shown.

Remove the tie from the upper end of the Storage Latch (87). Attach the upper end of the Storage Latch to the bracket on the Frame (67) with a 3/8" x 1 3/4" Bolt (3) and a 3/8" Jam Nut (7).

Remove the tie from the lower end of the Storage Latch (87). Keep the holes in the Latch Cap (86) aligned with the holes in the Storage Latch. **Make sure to keep the Latch Cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Base (103) with a 3/8" x 2" Bolt (4) and a 3/8" Jam Nut (7). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

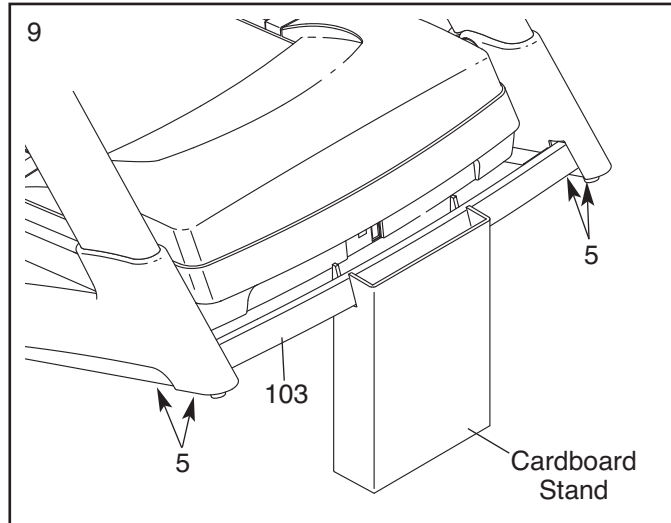
Lower the Frame (67) (see HOW TO LOWER THE TREADMILL FOR USE on page 20).



9. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (103) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

Firmly tighten the four 3/8" x 3 3/4" Patch Bolts (5).

With the help of the second person, lower the treadmill off the cardboard stand.



10. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 22 and 23). **To protect the floor or carpet from damage, place a mat under the treadmill. Extra hardware may be included.**

# 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.

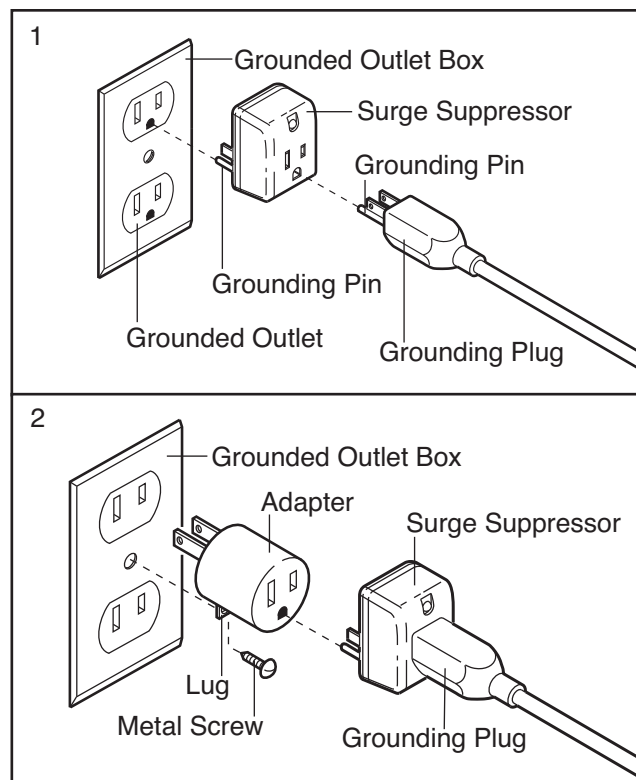
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your incline trainer being damaged, always use a surge suppressor with your incline trainer (see drawing 1 at the right).** To purchase a surge suppressor, see your local FREEMOTION dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, 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-

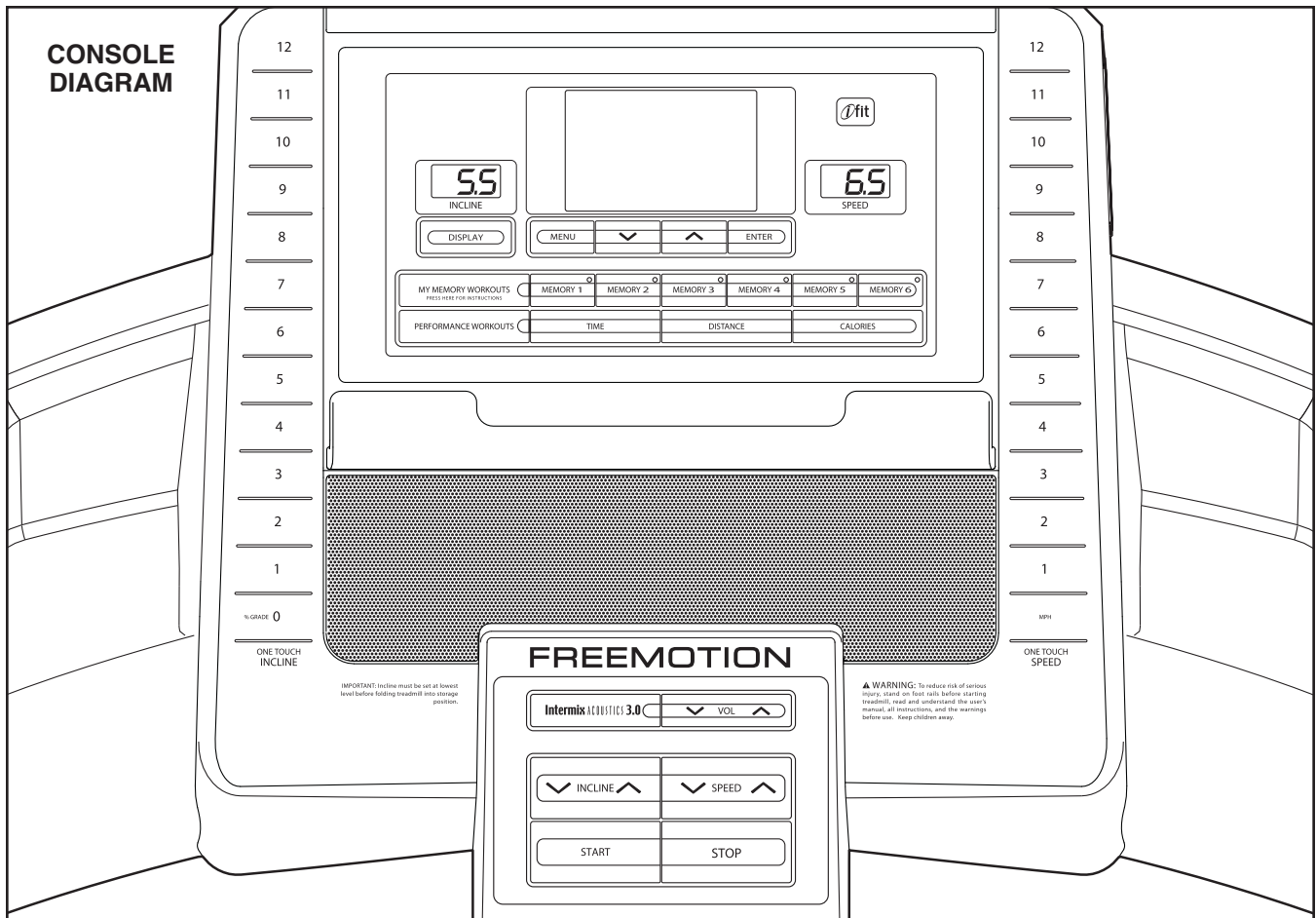
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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 and enjoyable. When you use 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 console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

In addition, the console features twenty-eight performance workouts—fourteen time workouts, six distance workouts, and four calorie workouts. Each performance workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even create your own workouts and save them for future use.

The console also features an iFit training mode that allows you to connect your treadmill to your wireless network through an optional iFit Live module. The iFit Live module allows you to download personalized workouts and to track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

You can even listen to your favorite workout music or audio books with the console's stereo sound system.

**To turn on the power, see page 13. To use the manual mode, see page 13. To use a performance workout, see page 15. To create and use a memory workout, see pages 16 and 17. To use the iFit training mode, see page 18. To use the information mode, see page 18. To use the stereo sound system, see page 19.**

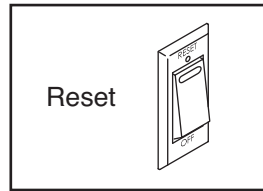
**IMPORTANT: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 22).**

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 18. **For simplicity, all instructions in this manual refer to miles.**

## HOW TO TURN ON THE POWER

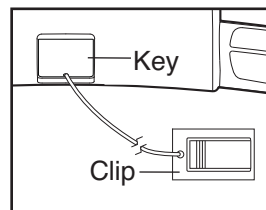
**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 11). 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.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the “reset” position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes.



Then, insert the key into the console. After a moment, the displays will light. **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.

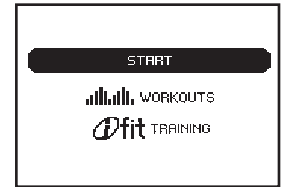
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

### 2. Select the manual mode.

Each time the key is inserted, the main menu will appear. To select the manual mode, use the increase and decrease buttons next to the Enter button and highlight



START. Press the Enter button. If you have selected a workout or the iFit training mode, press the Menu button to return to the main menu.

### 3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered One Touch 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 one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

If you press one of the numbered One Touch Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

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 numbered One Touch Speed buttons.

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

To change the incline of the treadmill, press the Incline increase or decrease button, or one of the One Touch Incline buttons numbered 0 to 12. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

#### 5. Select a display mode and monitor your progress with the display.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly press the Display button or the increase and decrease buttons next to the Enter button.

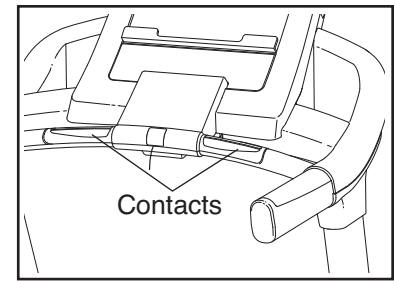
As you walk or run on the treadmill, the center display can show the following workout information:

- The incline level of the treadmill.
- The speed of the walking belt.
- The distance that you have walked or run.
- The elapsed time.
- Your pace in minutes per mile or minutes per kilometer.
- The approximate number of calories you have burned.
- Your heart rate (see step 6 on this page).

Regardless of which display mode you select, the speed and incline settings will appear in the speed and incline displays.

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

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



To measure your heart rate, **stand on the foot rails and hold the contacts—avoid moving your hands.** When your pulse is detected, several 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. 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 you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

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

## HOW TO USE A PERFORMANCE WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2. Select a performance workout.

If you have selected the manual mode, a workout, or the iFit training mode, press the Menu button to return to the main menu.

To select a performance workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, highlight PERFORMANCE and press the Enter button. Next, highlight the desired workout category and press the Enter button. You can also press the Time button, Distance button, or Calories button.

Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout. Note: When a distance workout is selected, the duration of the workout will not appear in the display.

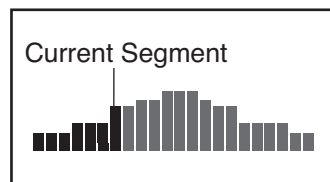
### 3. Start the workout.

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

Each performance workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The

flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.



At the end of each segment, a series of tones will sound. If a new speed and/or incline setting is programmed for the next segment, the treadmill will automatically adjust to the new speed and incline settings.

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

**Note: The calorie goal for each calorie workout is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.**

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Select a display mode and monitor your progress with the display.

See step 5 on page 14.

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

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO CREATE A MY MEMORY WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2. Select a my memory workout.

To select a my memory workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, highlight MEMORY and press the Enter button. You can also press the Memory buttons.

Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout.

**If the my memory workout has not yet been defined, the display will show a profile with segments of different heights. See HOW TO USE A MY MEMORY WORKOUT on page 17.**

Each my memory workout is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment.

### 3. Start the walking belt and program the desired speed and incline settings.

Press the Enter button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

To program a speed setting and an incline setting for the first one-minute segment of the workout, simply adjust the speed and incline of the treadmill as desired by pressing the speed and incline buttons.

When the first segment ends, a series of tones will sound and the current speed and incline settings will be saved in memory.

Program a speed setting and an incline setting for the second segment as described above. Continue programming speed and incline settings for up to 40 segments.

When you are finished with your workout, press the Stop button twice. The my memory workout will then be saved in memory.

### 4. Select a display mode and monitor your progress with the display.

See step 5 on page 14.

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

See step 6 on page 14.

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

See step 7 on page 14.



## HOW TO USE A MY MEMORY WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2. Select a my memory workout.

To select a my memory workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, highlight MEMORY and press the Enter button. You can also press the Memory buttons.

Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout.

**Note: If the display shows flat profile, see HOW TO CREATE A MY MEMORY WORKOUT on page 16.**

Each my memory workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment.

### 3. Start the walking belt.

Press the Enter button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.

At the end of the first one-minute segment of the workout, a series of tones will sound. If a different

speed and/or incline setting is programmed for the second segment, the speed and/or incline setting will appear in the display for a moment to alert you and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The workout will continue in this way until the small arrow reaches the right end of the profile. The walking belt will then slow to a stop.

If desired, you can redefine the workout 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 workout**, first wait until the workout ends. Then, press the Start button and program speed and incline settings for as many additional segments as desired; custom workouts can have up to 40 segments. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the workout**, press the Stop button twice when you want the workout to end.

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Select a display mode and monitor your progress with the display.

See step 5 on page 14.

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

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO USE THE IFIT TRAINING MODE

The optional iFit Live module allows you to connect your treadmill to your wireless network and unlocks exciting new features. For example, you can download personalized workouts and track and analyze workout information on the iFit Live website. **To purchase an iFit Live module at any time, go to [www.ifit.com](http://www.ifit.com) or call the telephone number on the front cover of this manual.**

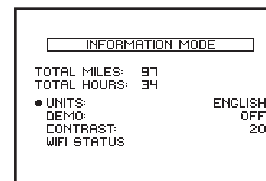
To select the iFit training mode, use the increase and decrease buttons next to the Enter button and highlight IFIT TRAINING. Press the Enter button. For more information on the iFit training mode, go to [www.ifit.com](http://www.ifit.com). Note: To use an iFit Live module, you must have your own wireless network and access to a computer with an internet connection. You must have an iFit Live module to use the iFit training mode.

## THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers to measure distance, and to turn on and turn off the display demo mode. You can also adjust the contrast level of the display and view the status of the optional iFit Live module.

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

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



The display will show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the "reset" position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word "ON" will appear in display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

The display will also show the contrast level of the display. Press the Incline increase and decrease buttons to adjust the contrast.

The display will show whether an accessory is plugged into the console. If the iFit Live module is plugged in, the display will show the words "WIFI STATUS." If a USB device is plugged in, the display will show the words "USB STATUS." If nothing is plugged in, the display will show the words "NO MODULE DETECTED."

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

## HOW TO USE THE STEREO SOUND SYSTEM

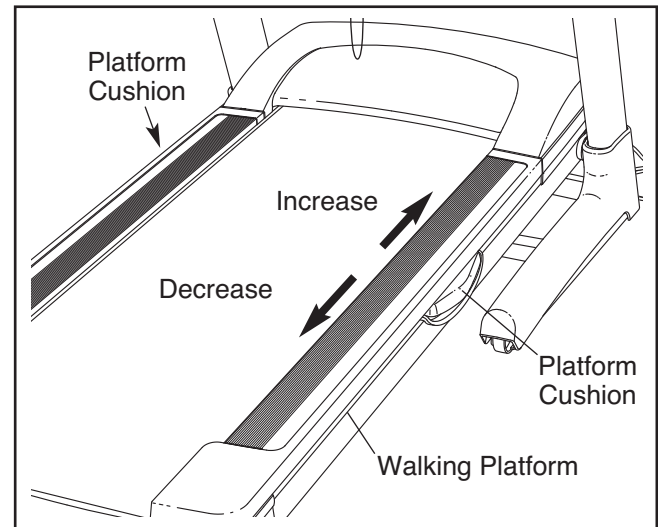
To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire and plug it into the audio jack on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player or press the Vol increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

## HOW TO ADJUST THE CUSHIONING SYSTEM

**Remove the key from the console and unplug the power cord.** The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**

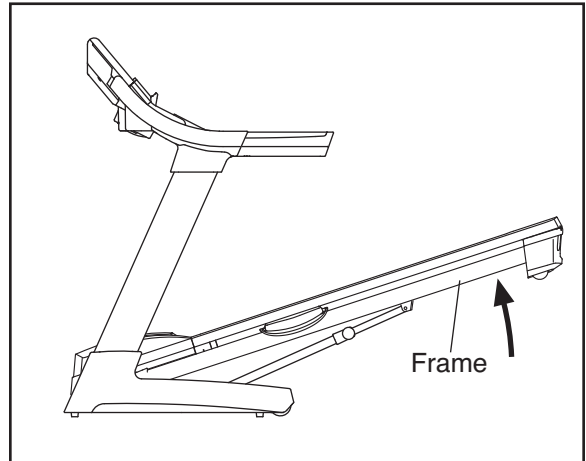


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

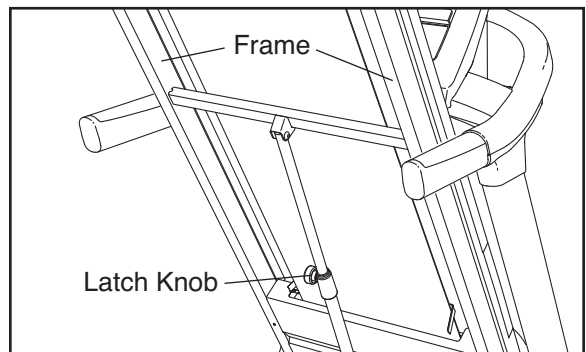
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

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. To raise the frame, bend your legs, keep your back straight, and lift with your legs. Raise the frame about halfway to the vertical position.



2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

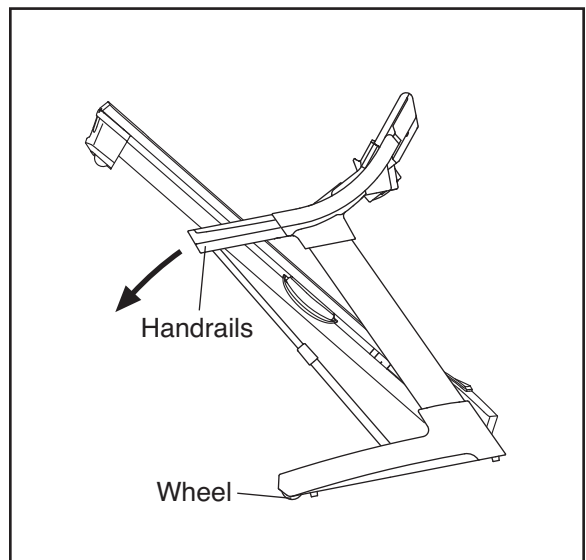
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold the handrails and place one foot against one of the wheels.
2. Tip the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 1.** Hold the upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and release the latch knob. Note: To release the latch knob, it may be necessary to push the frame forward as you pull the latch knob to the left.
2. **See drawing 1.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION:** To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.

# TROUBLESHOOTING

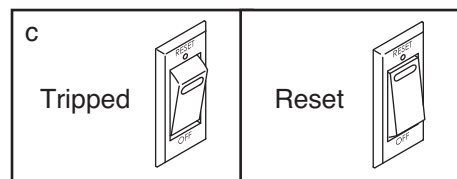
Most treadmill problems can be solved by following the steps below. Find the problem that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**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 to the reset position.



**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 to the reset position.

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 into the console.

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

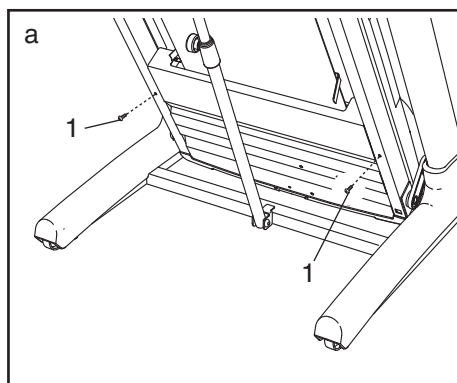
**PROBLEM: The console displays remain lit when you remove the key from the console**

**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

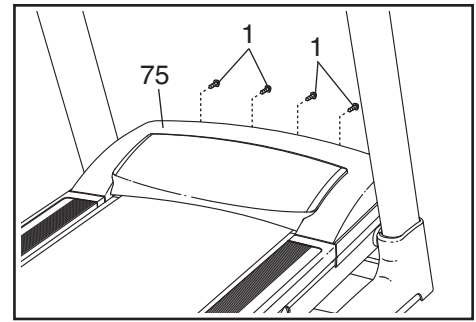
**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 20).

Next, remove the two indicated #8 x 3/4" Screws (1).

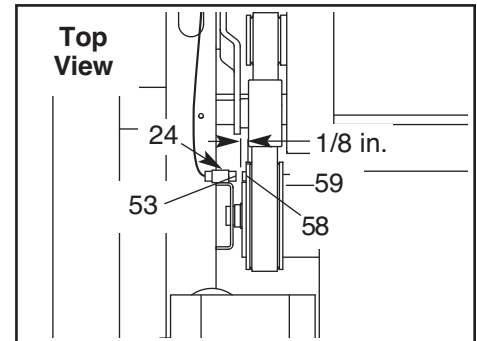


Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 20). Remove the four indicated #8 x 3/4" Screws (1), and remove the Motor Hood (75).



Next, locate the Reed Switch (53) and the Magnet (58) on the left side of the Pulley (59). Turn the Pulley until the Magnet is aligned with the Reed Switch.

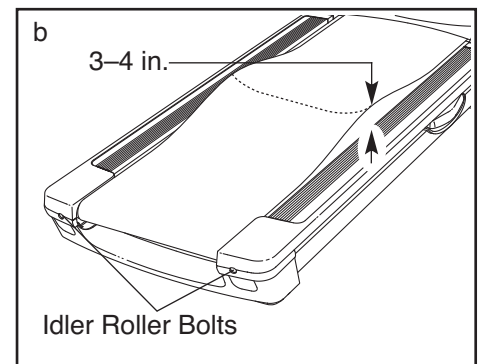
**Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated #8 x 3/4" Tek Screw (24), move the Reed Switch slightly, and then retighten the Screw. Then, reattach the Motor Hood (not shown) with the six #8 x 3/4" Screws (not shown), and 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 11.

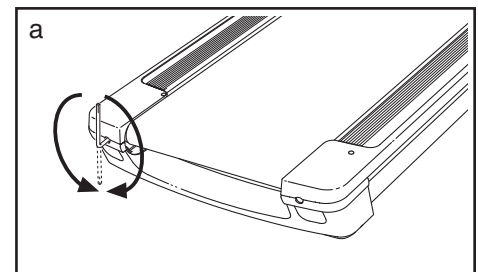
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



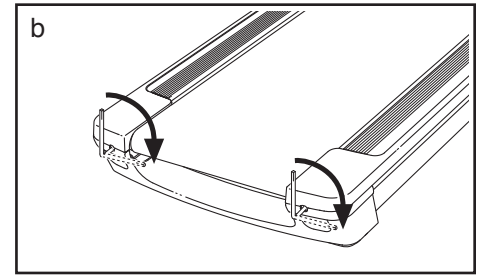
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

- SOLUTION:** a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button again, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors 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.

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

## EXERCISE INTENSITY

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

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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



# PART LIST—Model No. SFTL18909.0

R1209B

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

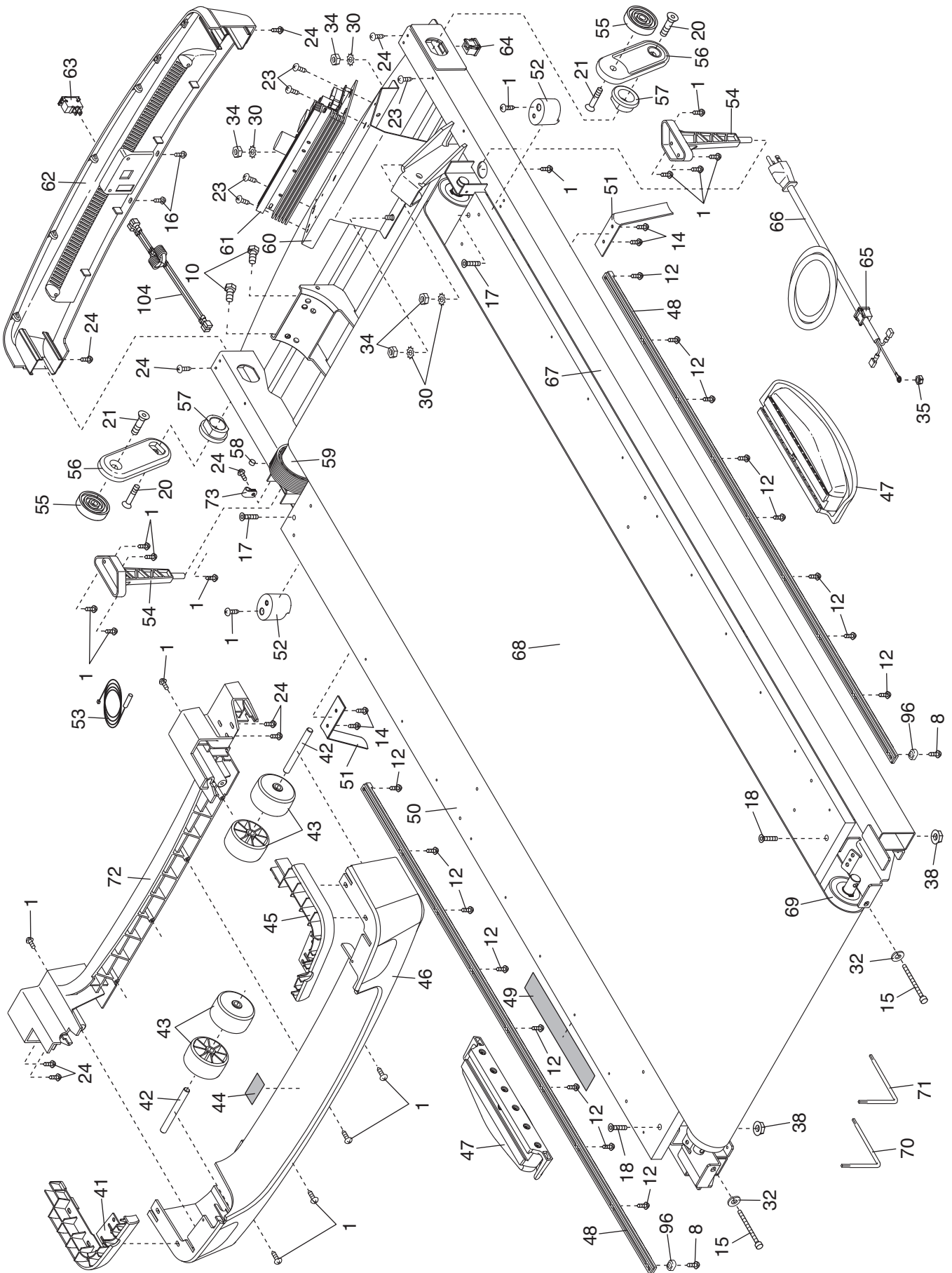
Key No.	Qty.	Description	Key No.	Qty.	Description
1	54	#8 x 3/4" Screw	51	2	Belt Guide
2	6	3/8" x 1 1/4" Patch Bolt	52	2	Isolator
3	1	3/8" x 1 3/4" Bolt	53	1	Reed Switch
4	1	3/8" x 2" Bolt	54	2	Hood Mount
5	4	3/8" x 3 3/4" Patch Bolt	55	2	Lift Arm Spacer
6	10	3/8" Star Washer	56	2	Lift Arm
7	8	3/8" Jam Nut	57	2	Incline Rod Spacer
8	2	#8 x 1" Screw	58	1	Magnet
9	2	#8 x 1/2" Screw	59	1	Drive Roller/Pulley
10	2	Drive Motor Bolt	60	1	Electronics Bracket
11	1	3/8" x 1 3/4" Hex Head Bolt	61	1	Controller
12	16	#8 x 3/4" Flat Head Screw	62	1	Front Cap
13	1	3/8" x 2" Hex Head Bolt	63	1	Reset/Off Circuit Breaker
14	4	#8 Belt Guide Screw	64	2	Upright Wire Grommet
15	2	1/4" x 2 1/2" Bolt	65	1	Power Cord Grommet
16	16	#8 x 1/2" Screw	66	1	Power Cord
17	2	1/4" x 1 1/4" Bolt	67	1	Frame
18	2	5/16" x 1 1/4" Bolt	68	1	Walking Belt
19	12	#12 x 1" Screw	69	1	Idler Roller
20	2	3/8" x 3/4" Bolt	70	1	Hex Key
21	2	3/8" x 1 3/4" Bolt	71	1	5/32" Hex Key
22	2	3/8" x 2 3/8" Bolt	72	1	Rear Foot Insert
23	7	#8 x 1/2" Washer Head Screw	73	1	Reed Switch Clamp
24	15	#8 x 3/4" Tek Screw	74	1	Incline Sensor Wire
25	4	#8 x 1" Screw	75	1	Motor Hood
26	8	#8 x 3/4" Pan Head Tek Screw	76	1	Incline Rod
27	1	Console	77	1	Incline Motor
28	4	#8 Star Washer	78	1	Incline Motor Wire
29	4	#8 x 1" Tek Screw	79	1	Stop Bracket
30	4	1/4" Star Washer	80	1	Stop Bracket Spacer
31	1	Right Pulse Grip	81	1	Drive Motor Belt
32	2	1/4" Lock Washer	82	1	Drive Motor
33	4	Base Pad Spacer	83	1	Left Rail Cover
34	4	1/4" Locknut	84	1	Left Foot Rail
35	1	#8 Locknut	85	1	Right Rail Cover
36	1	Access Door	86	1	Latch Cap
37	4	Hood Clip	87	1	Storage Latch
38	2	5/16" Flange Nut	88	1	Latch Knob
39	1	Left Pulse Grip	89	1	Left Upright Sleeve
40	4	Handrail Cover Fastener	90	1	Right Upright Sleeve
41	1	Left Foot Insert	91	1	Left Upright
42	2	Rear Wheel Axle	92	1	Right Upright
43	4	Rear Wheel	93	1	Upright Wire
44	4	Caution Decal	94	1	Key/Clip
45	1	Right Foot Insert	95	1	Right Foot Rail
46	1	Rear Foot	96	2	Cushion Stop
47	2	Platform Cushion	97	6	Releasable Tie
48	2	Cushion Track	98	2	Tie Clamp
49	1	Warning Decal	99	9	Plastic Tie
50	1	Walking Platform	100	1	Left Base Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Wheel	109	2	Handrail Cap
102	1	Right Base Cover	110	1	Handrail
103	1	Base	111	2	Handrail Grip
104	1	Filter Wire	112	2	Console Clamp
105	4	Base Pad	113	1	Speaker Cover
106	1	Console Base	114	1	Console Wire
107	2	Console Ground Wire	*	–	4" White Wire, M/F
108	1	Console Plate	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

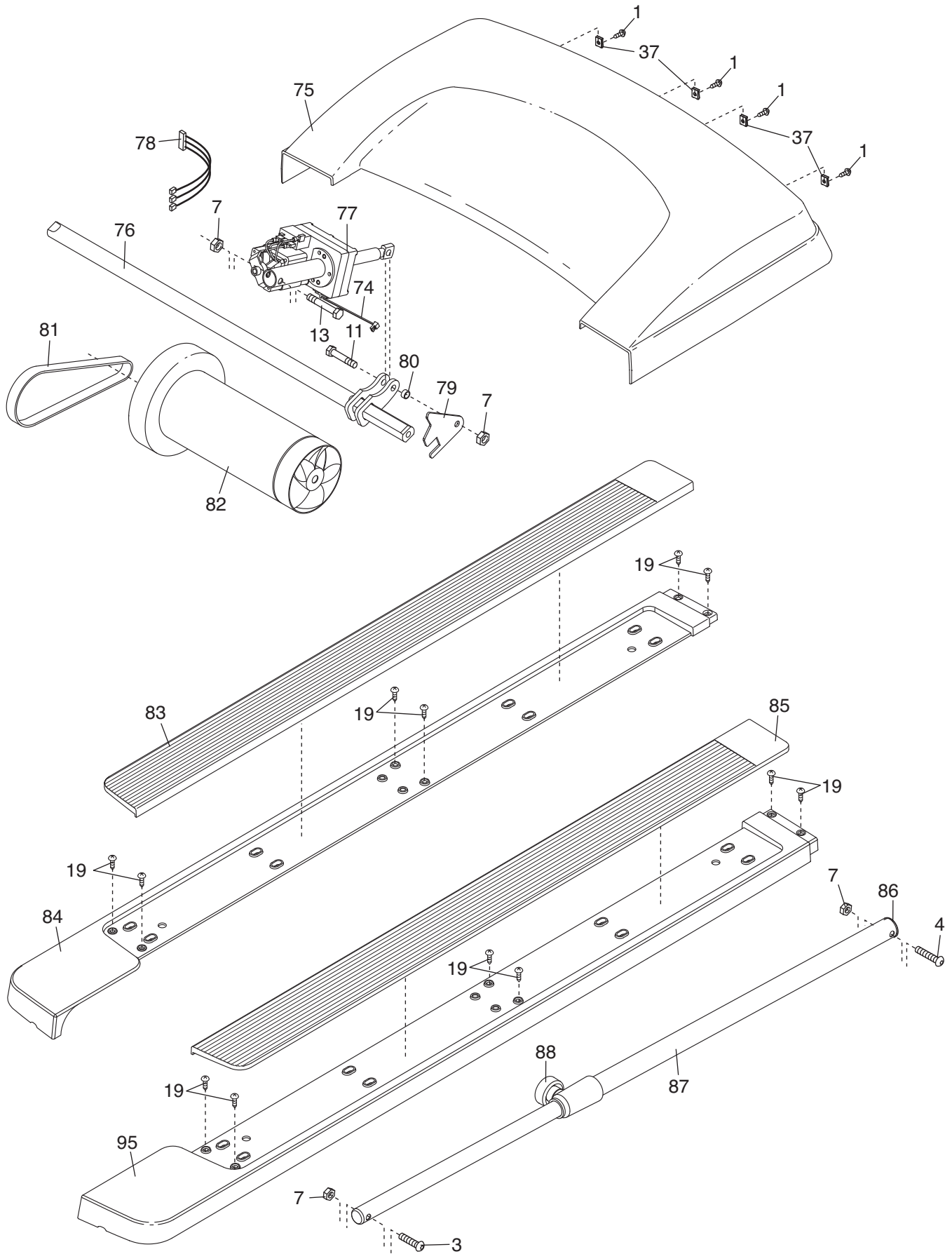
# EXPLODED DRAWING A—Model No. SFTL18909.0

R1209B



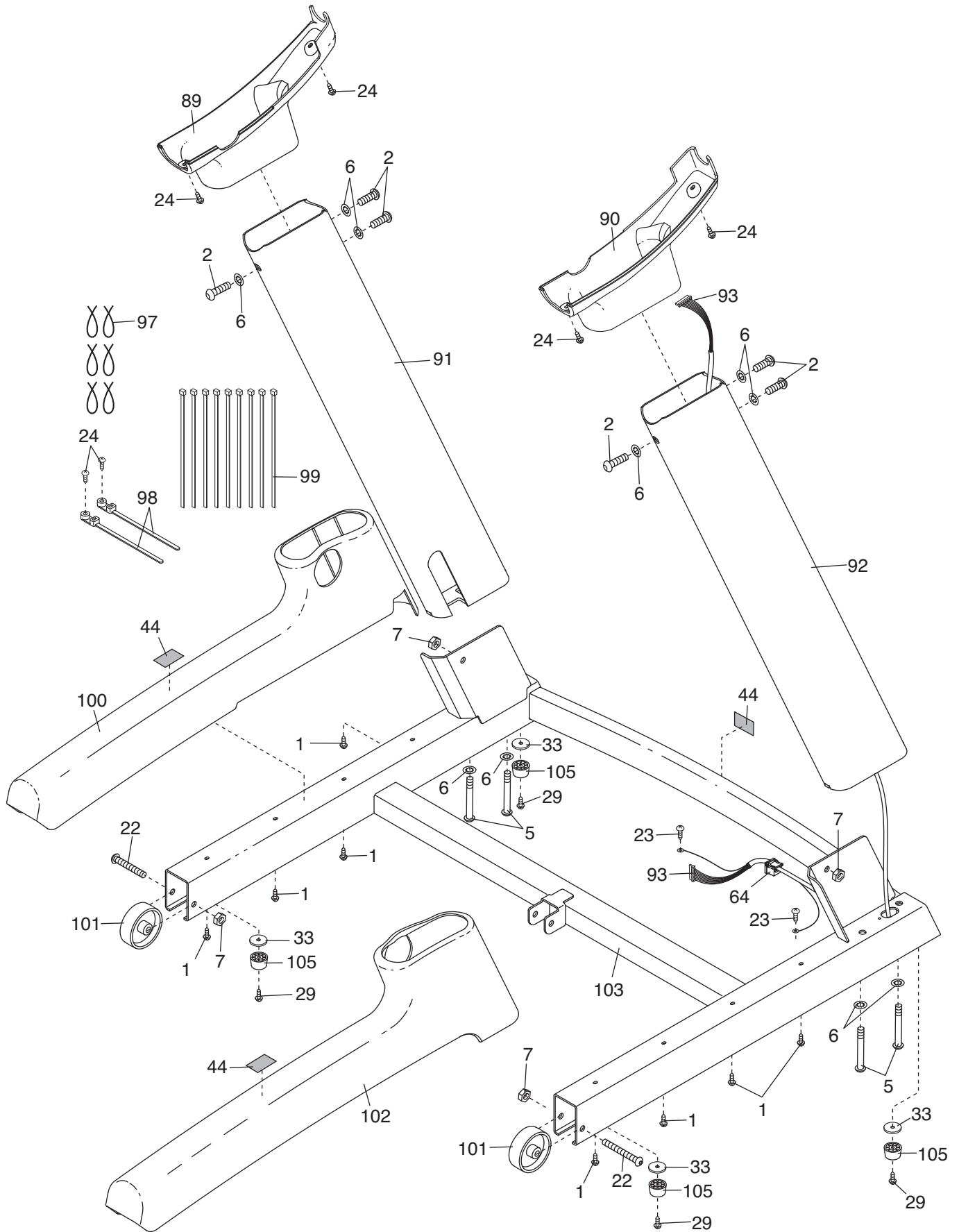
# EXPLODED DRAWING B—Model No. SFTL18909.0

R1209B



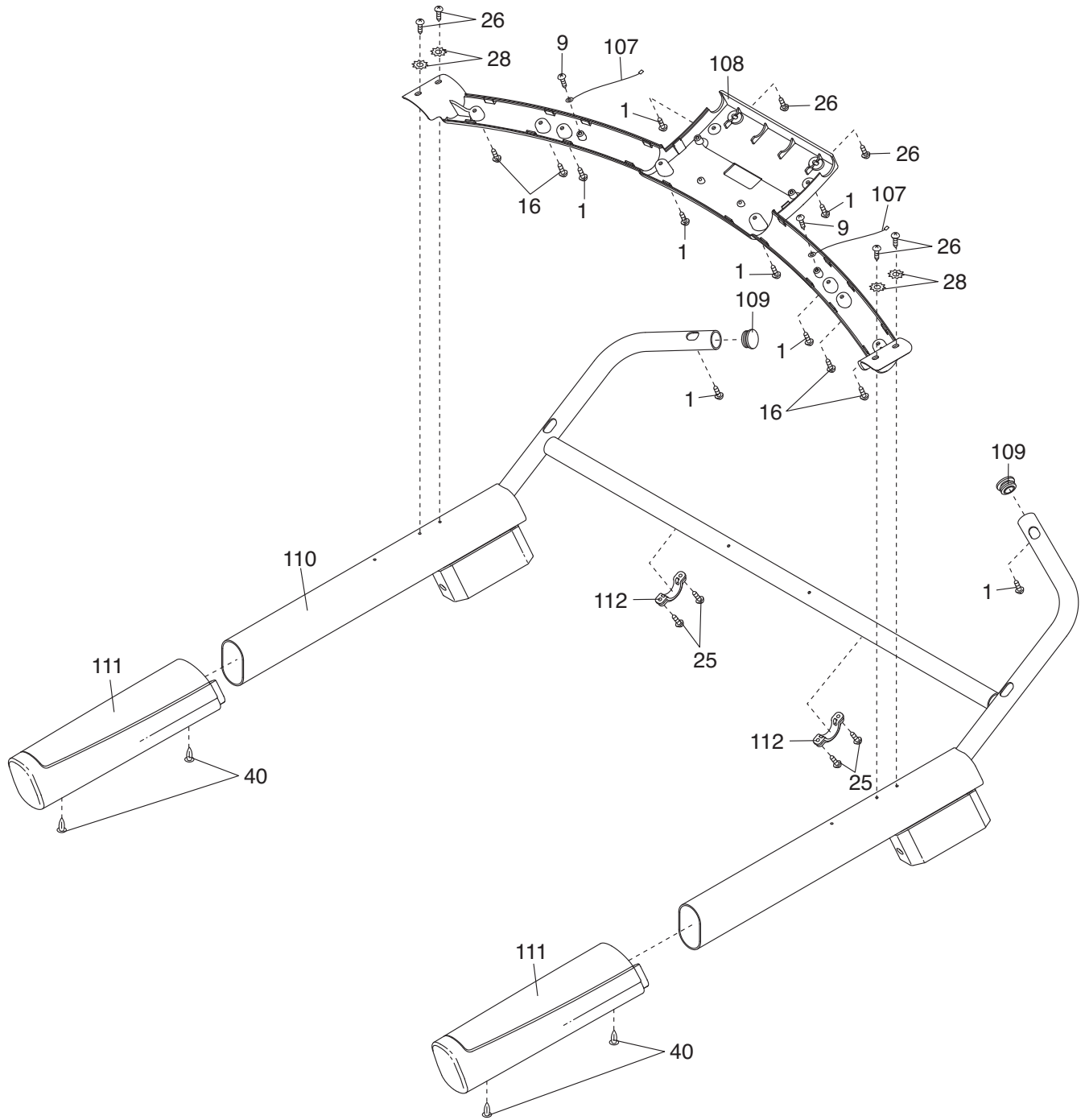
# EXPLODED DRAWING C—Model No. SFTL18909.0

R1209B



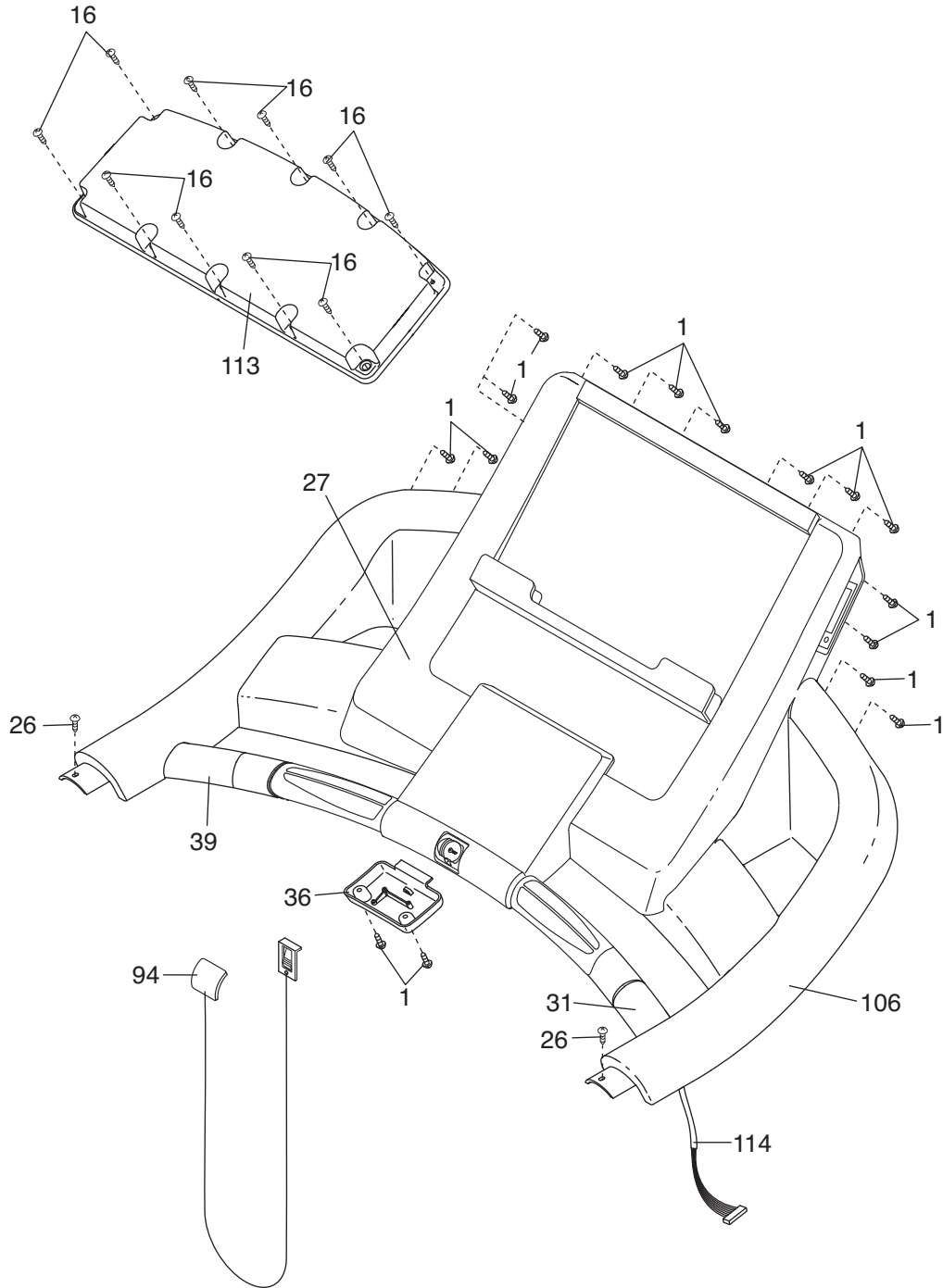
# EXPLODED DRAWING D—Model No. SFTL18909.0

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# EXPLODED DRAWING E—Model No. SFTL18909.0

R1209B



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# ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.iconservice.com/registration](http://www.iconservice.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

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

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

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their 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.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**