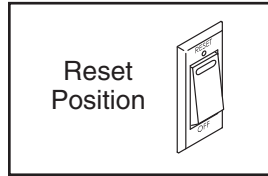


HOW TO TURN ON THE POWER

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



IMPORTANT: The console features a “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 circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, see **THE INFORMATION MODE** on page 17.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators 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.

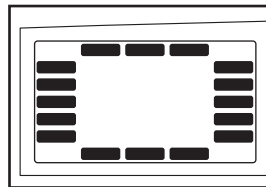
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected and a track will appear in the matrix. If a preset workout has been selected, remove the key and then reinsert it.



3 Start the walking belt.

To start the walking belt, press the Start button, the Go button, the speed increase button, or one of the speed buttons numbered 2 through 10.

If the Start button, the Go 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 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 start the walking belt, press the Start button, the Go button, the speed increase button, or one of the speed buttons numbered 2 through 10.

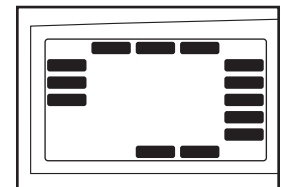
4 Change the incline of the treadmill as desired.

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



5 Monitor your progress with the matrix and the displays.

The matrix—When the manual mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



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 switch the console from miles to kilometers. In addition, the information mode allows you 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 shown:

An “E” for English miles or an “M” for metric kilometers will appear in the Calories/Pulse display. Press the speed increase button to change the unit of measurement if desired.



The Distance/Incline display will show the total number of miles (or kilometers) that the walking belt has moved.



The Time display will show the total number of hours the treadmill has been used.



IMPORTANT: If a “d” appears in the Speed display, the demo mode is turned on. The demo mode is intended 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 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. To turn on or turn off the demo mode, press the speed decrease button while the information mode is selected.

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