T684
NAUTILUS™

This product is compliant with the applicable CE requirements.

ASSEMBLY MANUAL / OWNER'S MANUAL

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To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local Nautilus distributor. To find your local distributor, go to: **www.nautilusinternational.com** or **www.nautilus.cn**

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ORIGINAL MANUAL - ENGLISH VERSION ONLY

When using an electrical appliance, basic precautions should always be followed, including the following:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Obey the following warnings:

Read and understand all warnings on this machine.

⚠DANGER Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.

⚠DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.

⚠WARNING To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the treadmill or pose a risk of injury to the user.
- Do not drop or put objects into any opening of the machine.
- Never operate this treadmill with the air openings blocked. Keep the air openings free of lint, hair and the like.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly earthed outlet only (see Earthing Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- This product contains magnets. Magnetic fields can interfere with the normal use of certain medical devices at a close range. Users may come into proximity of the magnets in the assembly, maintenance, and/or use of the product. Given the obvious importance of these devices, such as a pacemaker, it is important that you consult with your medical provider in connection with the use of this equipment. Please consult the "Safety Warning Labels and Serial Number" section to determine the location of the magnets on this product.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

Read and understand the complete Manual. Keep the Manual for future reference.

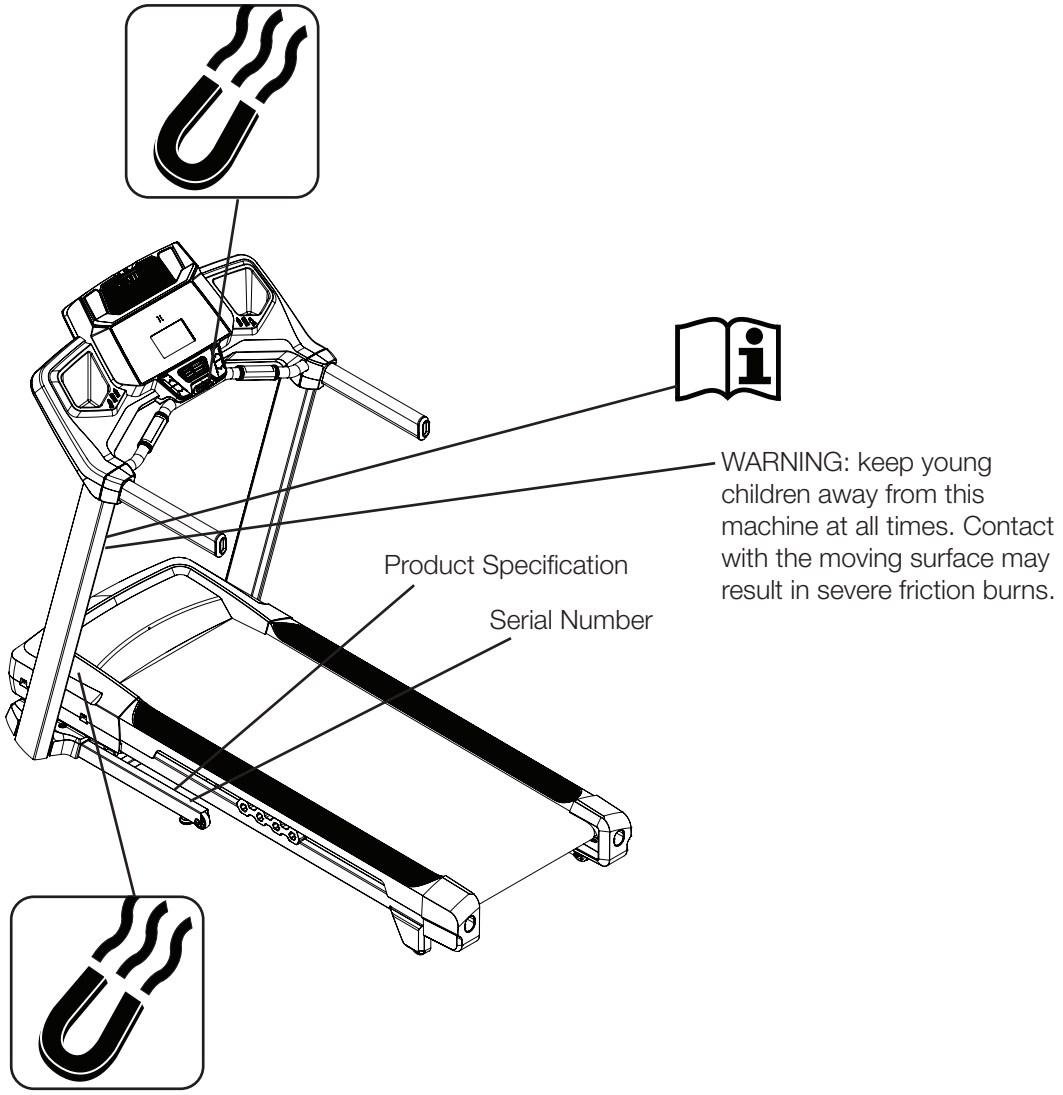
Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

⚠DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Maximum user weight limit: 136 kg (300 lbs.). Do not use if you are over this weight.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Use caution when you step on and off the machine. Use the supplied foot support platforms for stability before walking on the moving belt.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations.
- Keep at least 0.6 m (24") on each side of the machine and 2 m (79") behind the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Read, understand, and test the Emergency Stop Procedure before use
- Keep the walking belt clean and dry.
- Do not drop or put objects into any opening of the machine.
- Do not stand on machine motor cover or front trim cover.
- Keep power cord away from heat source and hot surfaces.
- This machine must be connected to an appropriate, dedicated electrical circuit. Nothing else must be connected to the circuit.
- Always connect the power cord to a circuit capable of handling at least 10 amperes with no other loads applied.
- Connect this machine to a correctly earthed outlet; consult a licensed electrician for assistance.
- Do not operate where aerosol products are being used.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- Do not remove the machine motor cover, dangerous voltages are present. The components are serviceable only by approved service personnel.
- The electrical wiring for the residence in which the machine will be used must obey the applicable local and provincial requirements.

- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in belt speed and incline angle of deck can occur during workouts, and be attentive in order to avoid loss of balance and possible injury
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

SAFETY WARNING LABELS AND SERIAL NUMBER



Earthing Instructions

This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

⚠DANGER The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

⚠ If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment (220-240V AC). Do not connect other appliances or devices to the surge protector in combination with this machine.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Emergency Stop Procedure

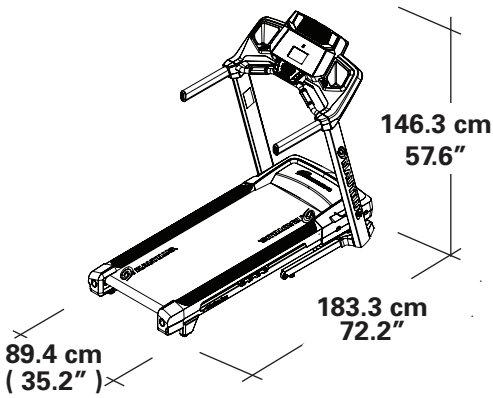
The Treadmill machine is equipped with a Safety Key that can prevent serious injury, as well as prevent children from playing with and/or being injured on the machine. If the Safety Key is not correctly inserted into the Safety Key Port, the belt will not operate.

⚠ Always attach the Safety Key Clip to your clothing during your workout.

When you use the machine, only remove the Safety Key in an emergency. When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

For safe storage of the machine, and to prevent unsupervised operation of the machine, always remove the Safety Key and disconnect the power cord from the wall outlet and the AC input. Place the power cord in a secure location.

The Console will display " + SAFETY KEY ", or add Safety Key, for a Safety Key fault. The Treadmill machine will not start a Workout, or will end and clear an active Workout, when the Safety Key is removed. Inspect the Safety Key and be sure it is connected to the Console correctly.



Maximum User Weight: 136 kg (300 lbs)

Total Surface Area (footprint) of equipment: 16387 cm^2

Power Requirements:
Operational Voltage: 220V - 240V AC, 50Hz
Operating Current: 8 A

Maximum Inclined Deck Height: 38.4 cm (15.1 inches)

Assembled Weight: Approx. 90.7 kgs (200 lbs)

Sound Emission: Less than 70 db average without load. Noise emission under load is higher than without load.

Complies with the following:

CE ISO 20957 Compliant SAA Compliant

DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

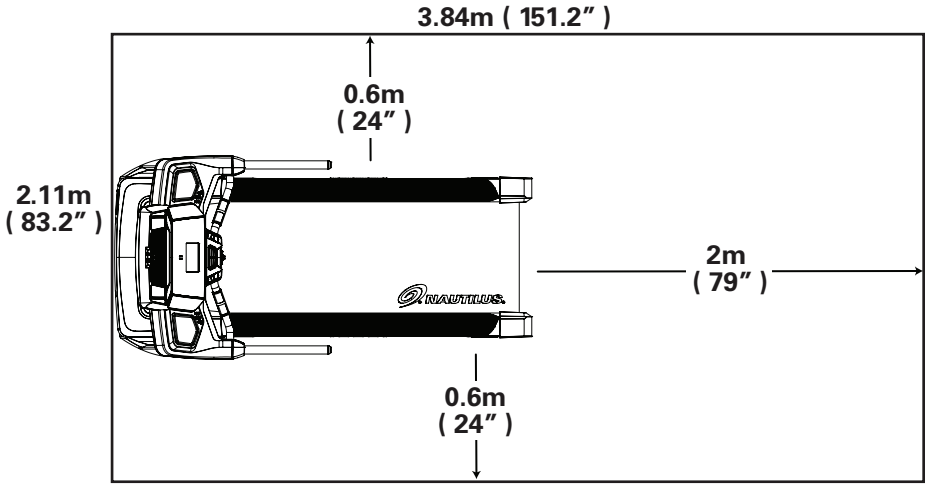
Before Assembly

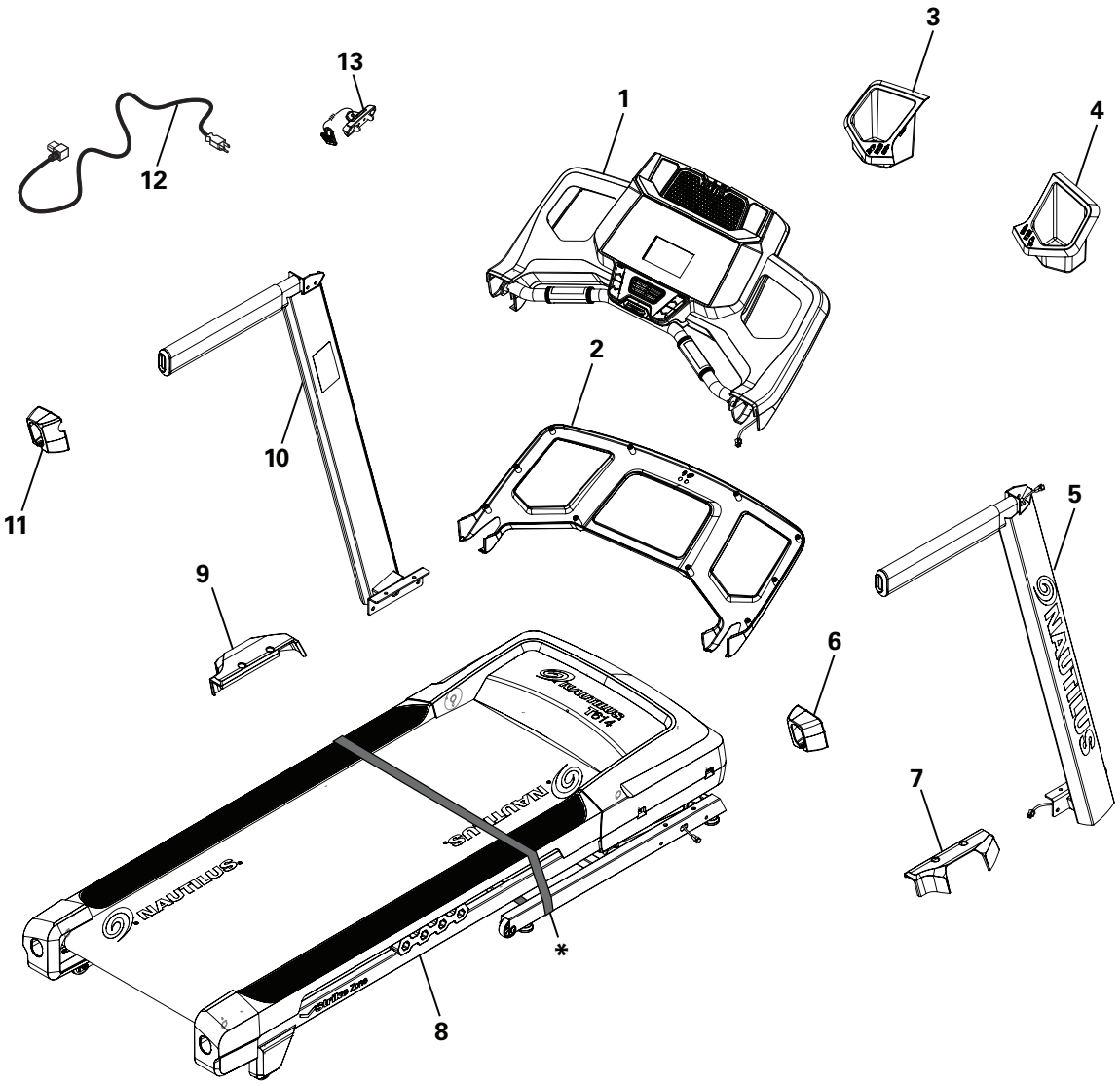
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 211.3 cm x 384 cm (83.2” x 151.2”). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the machine.

Basic Assembly Tips

Follow these basic points when you assemble your machine:

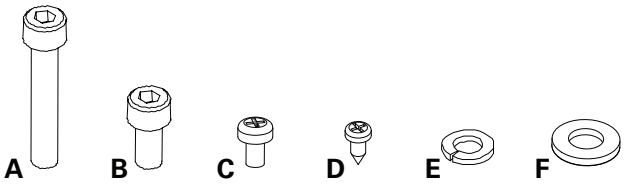
- Read and understand the “Important Safety Instructions” before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly can require 2 people.





Item	Qty	Description	Item	Qty	Description
1	1	Console Assembly	9	1	Base Shroud, Left
2	1	Console Backing	10	1	Upright, Left
3	1	Tray, Left	11	1	Handlebar Shroud, Left
4	1	Tray, Right	12	1	Power Cord
5	1	Upright, Right	13	1	Safety Key
6	1	Handlebar Shroud, Right	14	1	Media Cable (not shown)
7	1	Base Shroud, Right	15	1	Silicone Lubricant, Bottle (not shown)
8	1	Base Assembly (*)			

⚠ WARNING DO NOT CUT the Shipping Strap on the Base Assembly until it has been placed face up as shown in the appropriate work space (*).



Item	Qty	Description	Item	Qty	Description
A	4	Socket Head Hex Screw, M8x50	D	10	Self Tapping Screw, M3.9x16
B	8	Socket Head Hex Screw, M8x16	E	12	Lock Washer, M8
C	2	Phillips Head Screw, M5x14	F	12	Flat Washer, M8

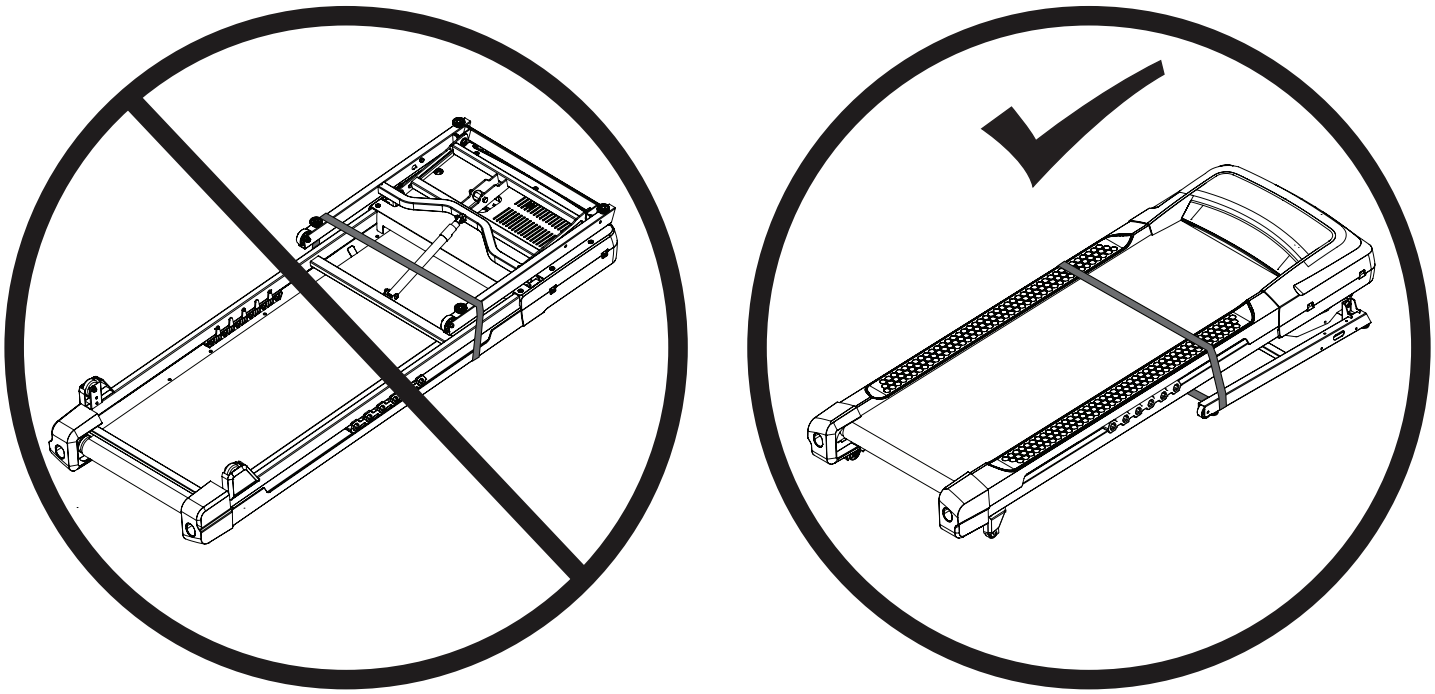
Tools

Included

#2
6 mm

6 mm

⚠ WARNING DO NOT CUT the Shipping Strap on the Base Assembly until it has been placed face up as shown in the appropriate work space.



1. Fold the Walking Deck on the Base Assembly

Cut the Shipping Strap on the Base Assembly. Make sure that there is safe clearance around, on and above your treadmill. Make sure there is no object to spill or cause blockage from the fully folded position. Be sure there is adequate height clearance for the raised deck.

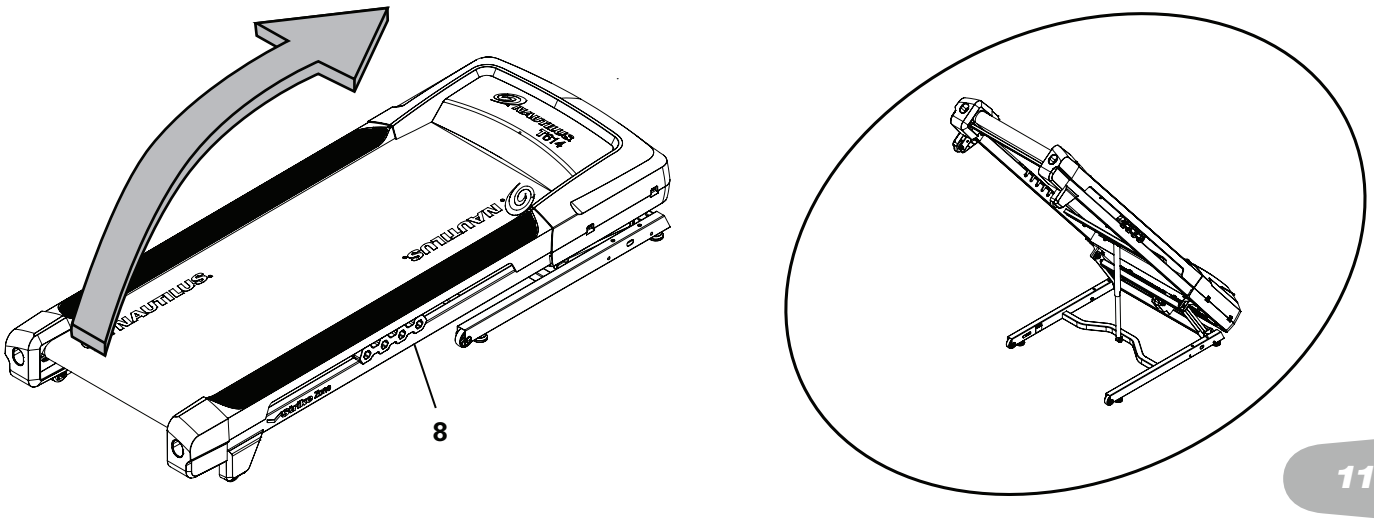
Using the support bar found below the rear of the walking belt, lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place.

⚠ Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

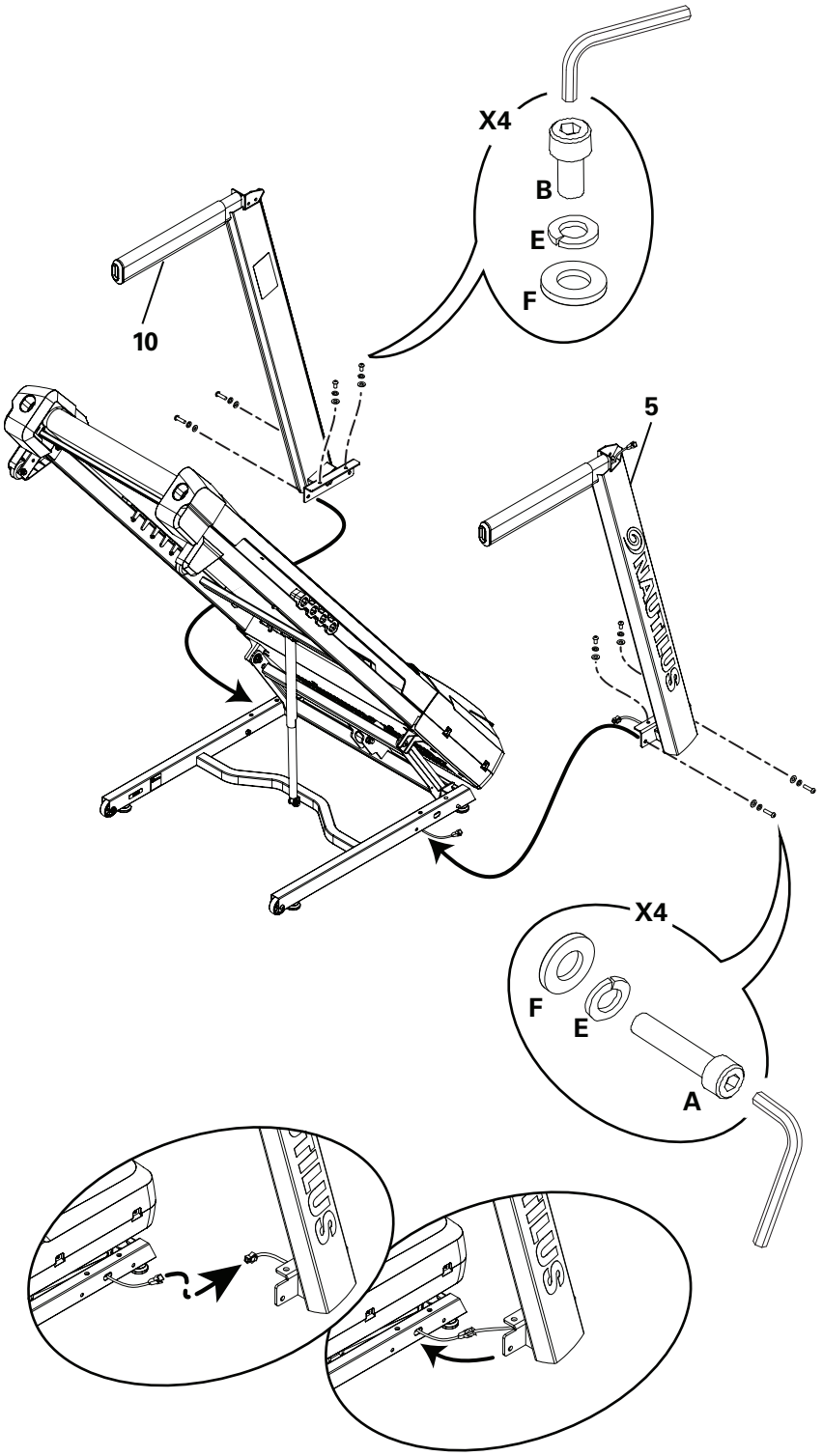
Make sure that the locking mechanism is engaged. Carefully pull back on the Walking Deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.



2. Connect the Input/Output (I/O) Cables and Attach the Uprights to Frame

Note: Do not crimp cables. Do not fully tighten Hardware until instructed.

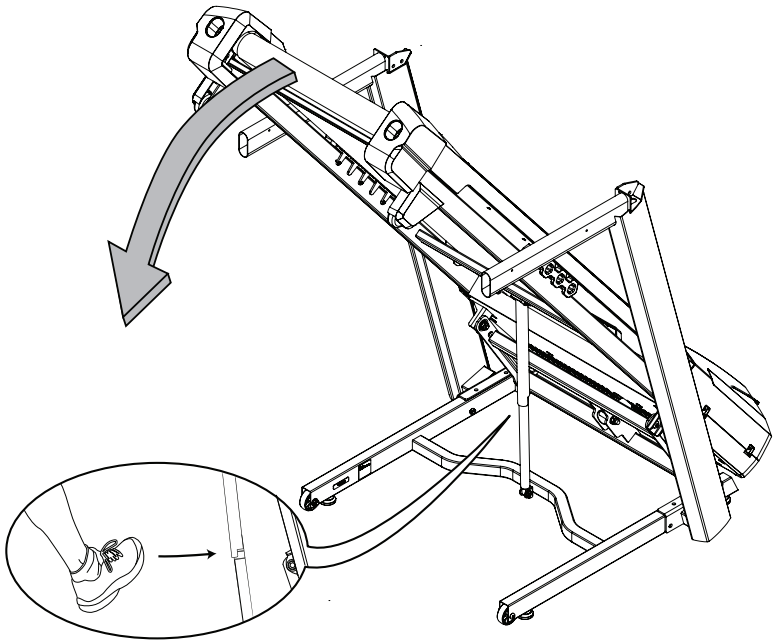


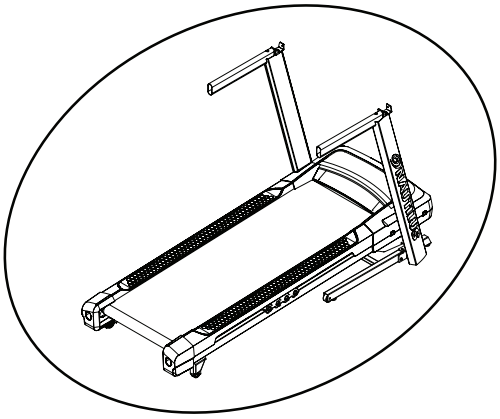
3. Unfold the Walking Deck

Slightly push the walking deck forward toward the front of the machine. With your left foot lightly push the top part of the hydraulic lift forward until the locking tube releases and you can pull the walking deck slightly toward the rear of the machine. Hold up the rear of the walking deck, and move to the side of the machine.

Keep clear of the movement path of the walking deck.

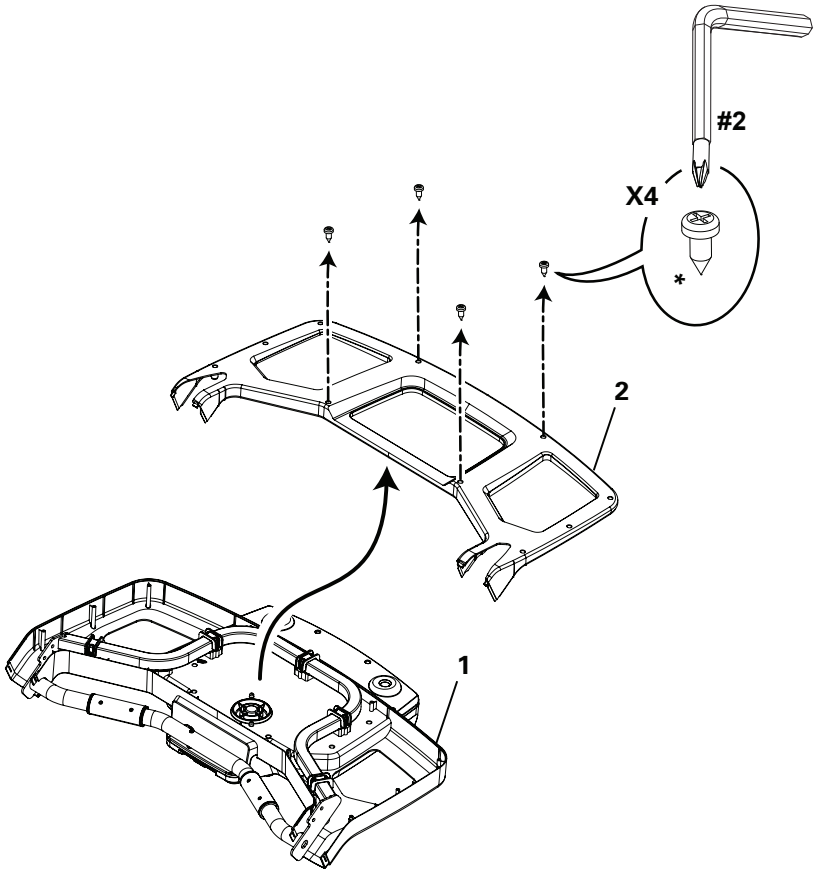
The hydraulic lift is set up to drop lightly. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. The walking deck can possibly drop quickly in the last part of the movement.





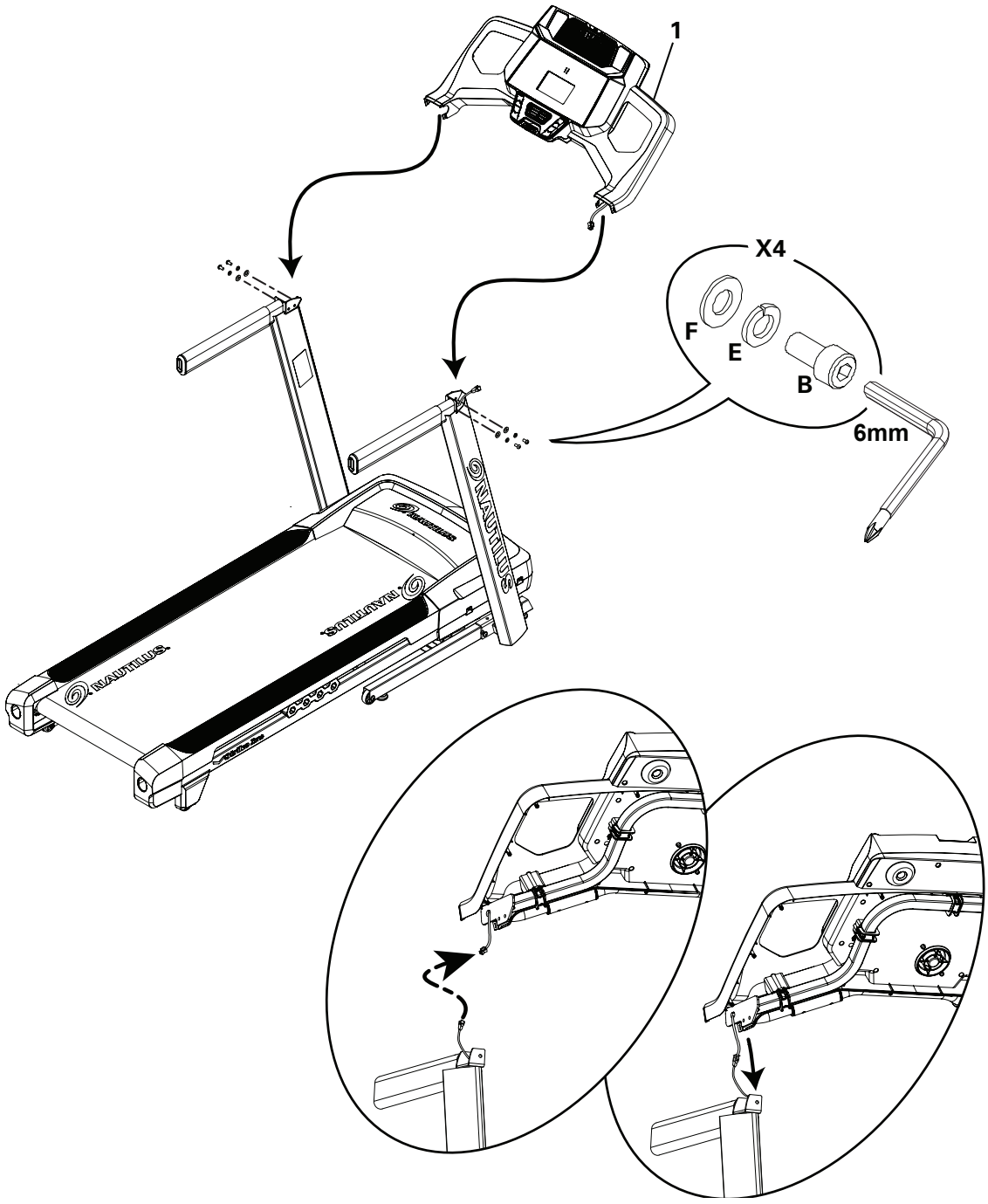
4. Remove the Console Backing from the Console Assembly

Note: Dispose of the pre-installed hardware.

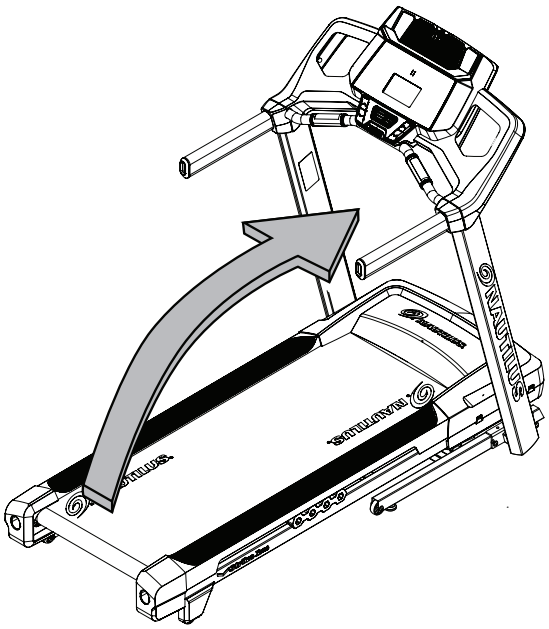


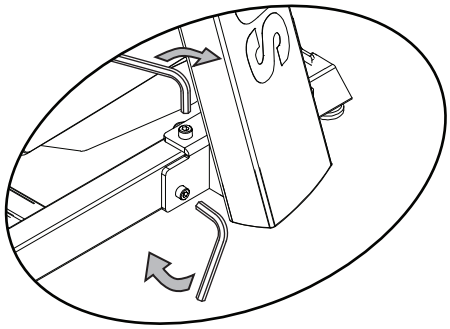
5. Connect the I/O Cables and Attach the Console to Frame Assembly

Note: Do not crimp the Cables.



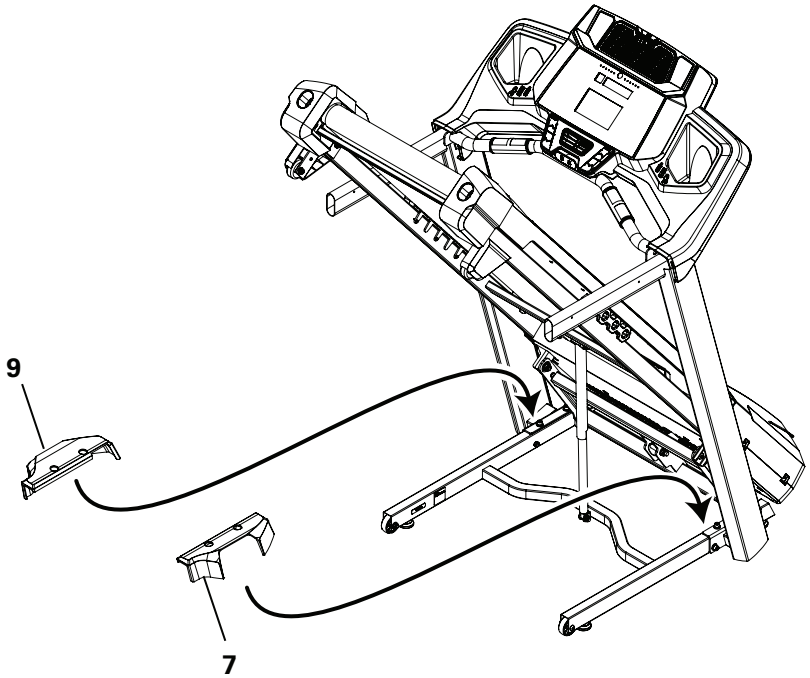
6. Fold the Walking Deck and tighten ALL Hardware from previous steps

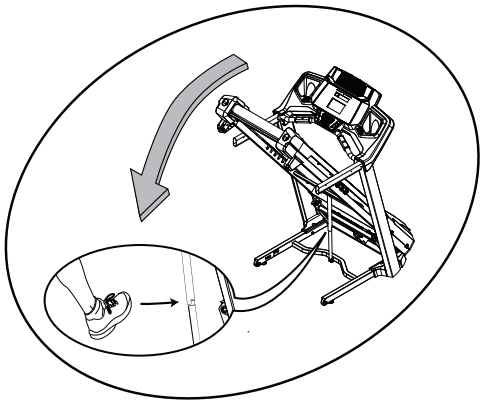




7. Place the Base Shrouds onto the Frame Assembly, and then unfold the Walking Deck

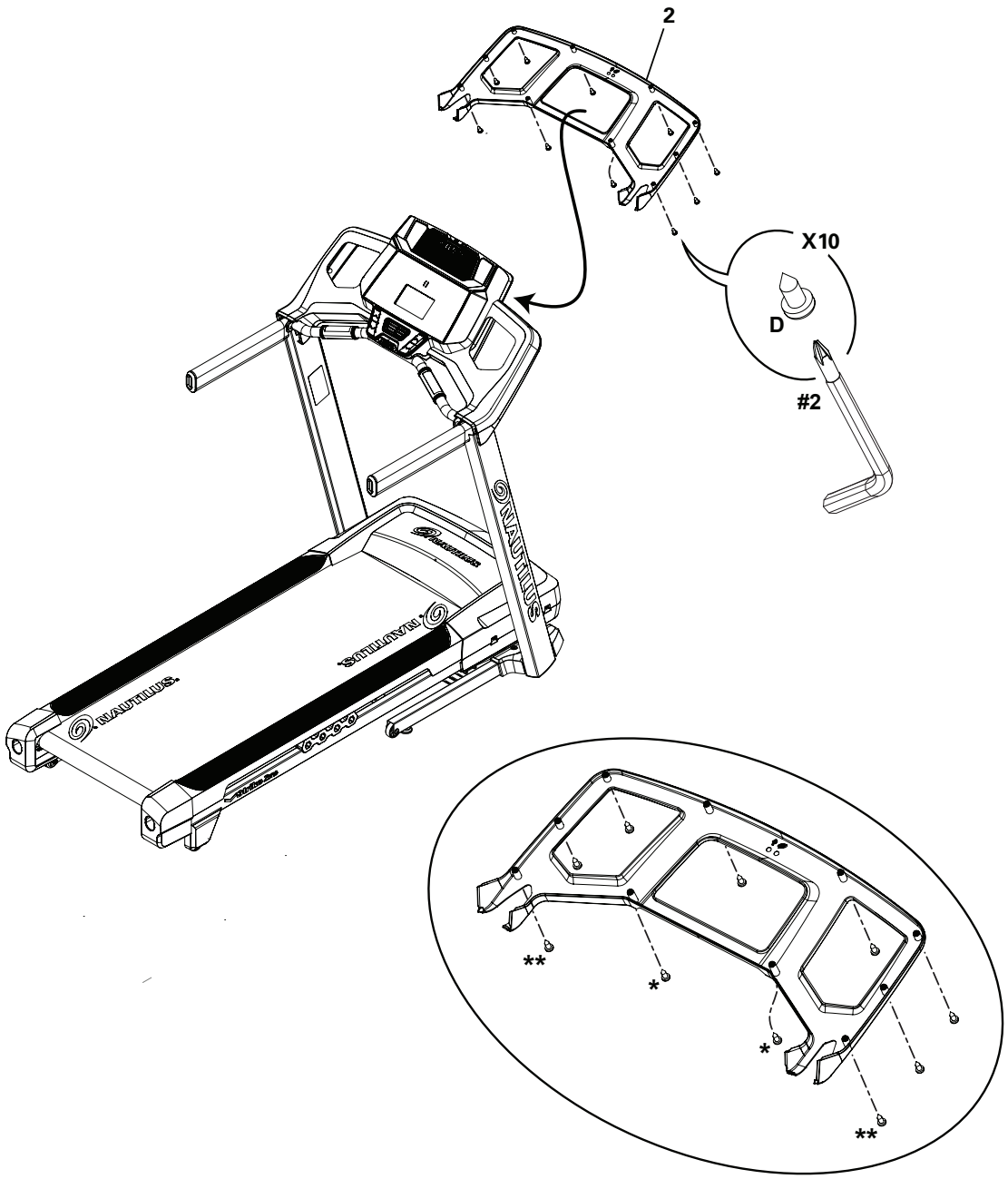
Note: Unfold the Walking Deck after the Base Shrouds have been placed onto the Frame Assembly. The Base Shrouds do not use hardware or snap onto the Frame Assembly.





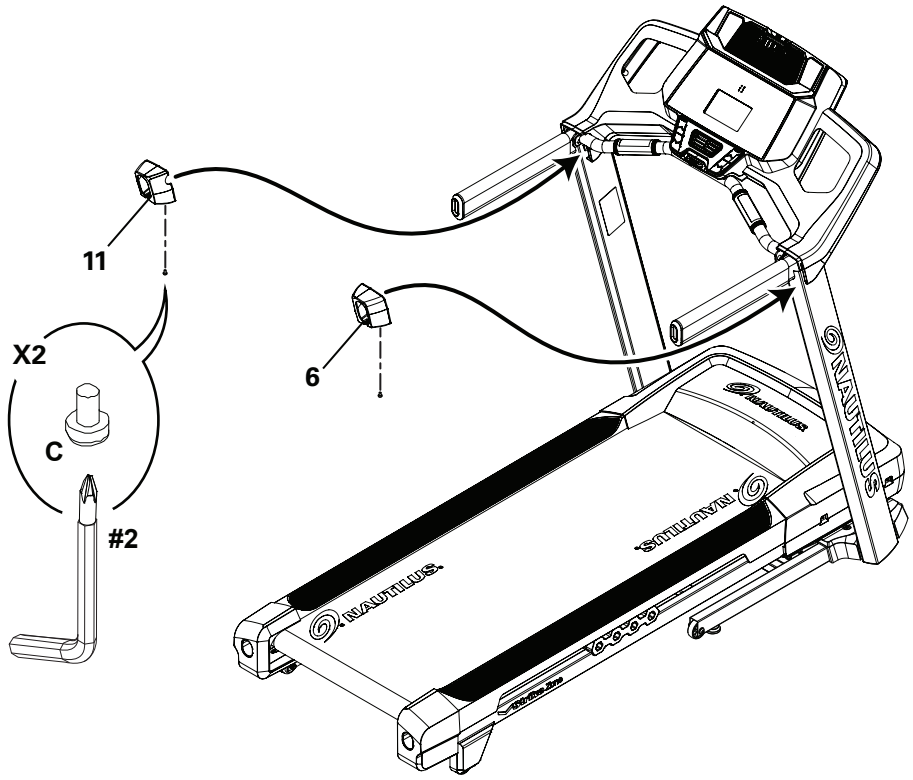
8. Attach the Console Backing to the Frame Assembly

NOTICE: Attach the hardware marked below with the (*) first, then the hardware with the (**), followed by the remaining hardware.



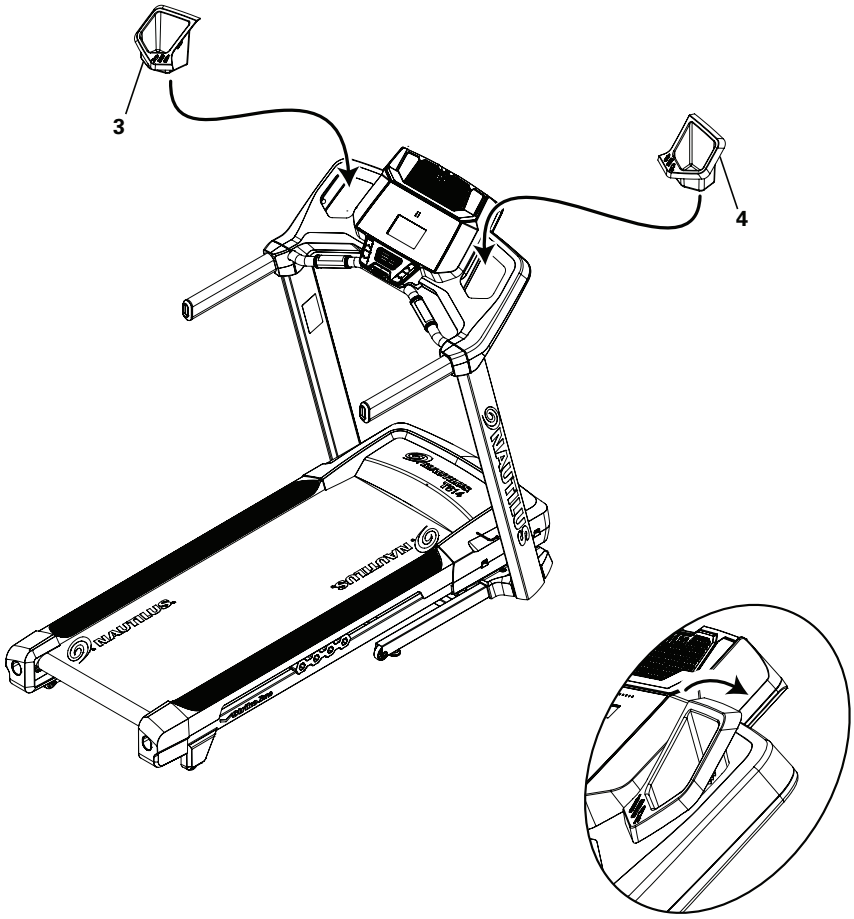
9. Attach the Handlebar Shrouds to the Frame Assembly

NOTICE: The parts have a right (“ R ”) and left (“ L ”) mark to assist with assembly.



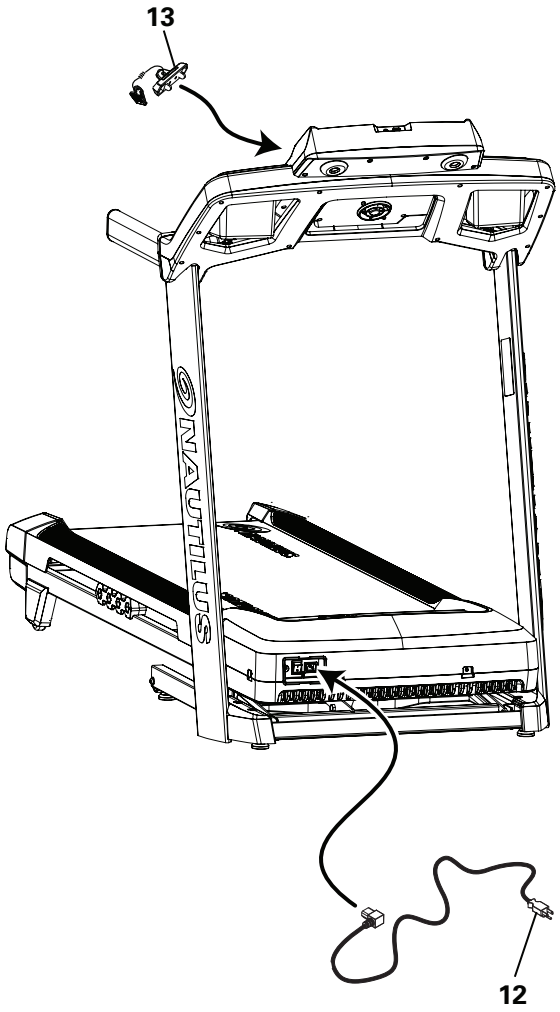
10. Snap the Trays into the Console Assembly

NOTICE: Tray edges should be flush with the face of Console.



11. Connect the Power Cord and Safety Key to the Frame Assembly

Connect this machine to a properly earthed outlet only (see Earthing Instructions).



12. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

Be sure to record the serial number in the field provided at the front of this manual.

Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Moving the Machine

The machine can be moved by one or more persons. Use caution when you move the machine. The treadmill is heavy and can be awkward. Make sure that your own physical strength is capable of moving the machine. Use a second person if necessary.

1. Make sure that the power switch is turned Off, and the power cord is disconnected.

Never lift the front of the machine for moving or transport. Rotating or moving parts can pinch, resulting in personal injury.

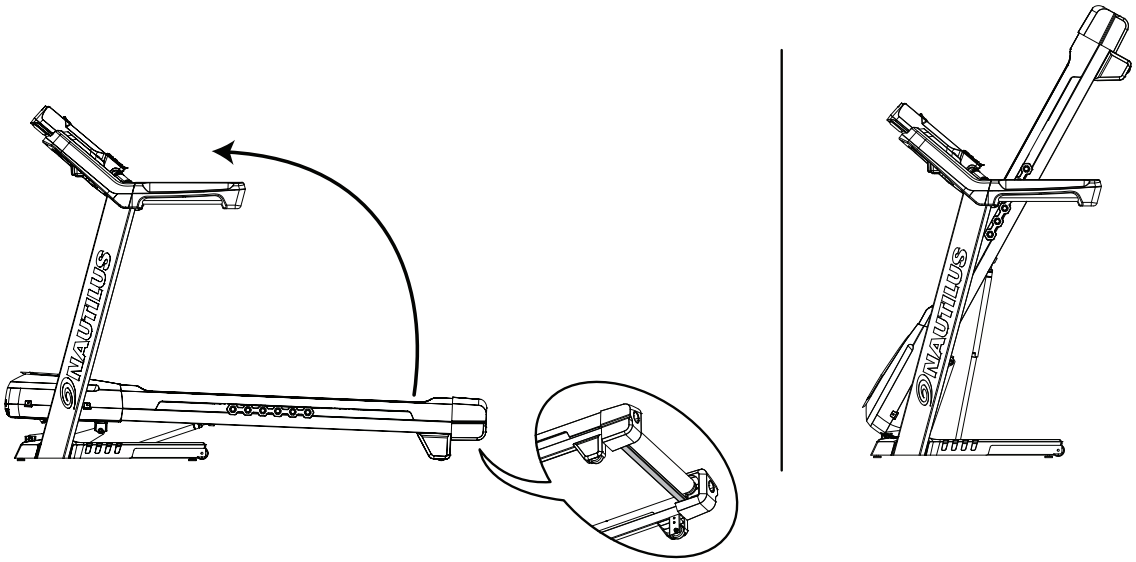
2. You must fold the treadmill before you move it. Never move the treadmill if it is not folded.
3. Make sure that there is safe clearance around, on and above your treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

Be sure there is adequate height clearance for the raised deck.

4. Using the support bar found below the rear of the walking belt, lift the wallking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place

Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



5. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Do not connect the power cord or try to operate the treadmill in the folded position.

6. Carefully tilt the base frame of the folded treadmill a small distance back on the transport wheels while grasping the support bar.

Do not use the Console, handlebars, or lifted walking deck to lift or move the treadmill. Damage to the treadmill can occur.

Keep clear of the movement path of the lifted walking deck.

7. Roll the machine on the transport wheels to its new location.

Do not put objects where the walking deck would be if lowered.

NOTICE: Move the machine carefully so that it does not hit other objects. This can damage the Console operation.

8. Prior to use, refer to the “Unfolding the Machine” procedure in this manual.

Unfolding the Machine

1. Make sure there is sufficient space to lower the walking deck.

Keep a minimum clearance behind the machine of 79” (2 m) and 24” (0.6 m) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

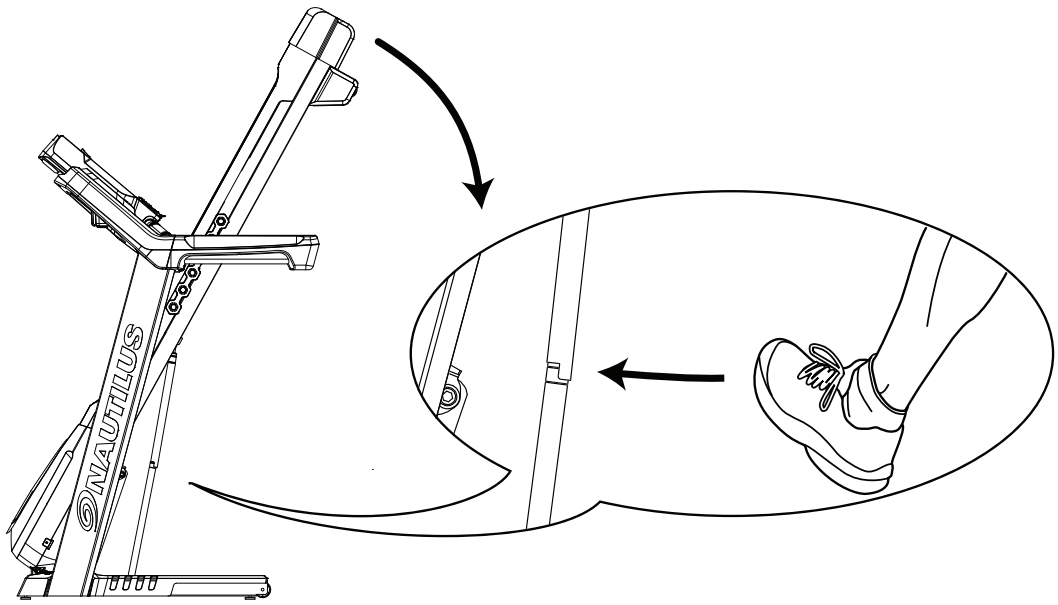
Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

2. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.
3. Slightly push the walking deck forward toward the console. With your left foot lightly push the top part of the hydraulic lift forward until the locking tube releases and you can pull the walking deck away from the console. Hold up the rear of the walking deck, and move to the side of the machine.

Keep clear of the movement path of the walking deck.

4. The hydraulic lift is set up to drop lightly. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. The walking deck can possibly drop quickly in the last part of the movement.



Leveling the Machine

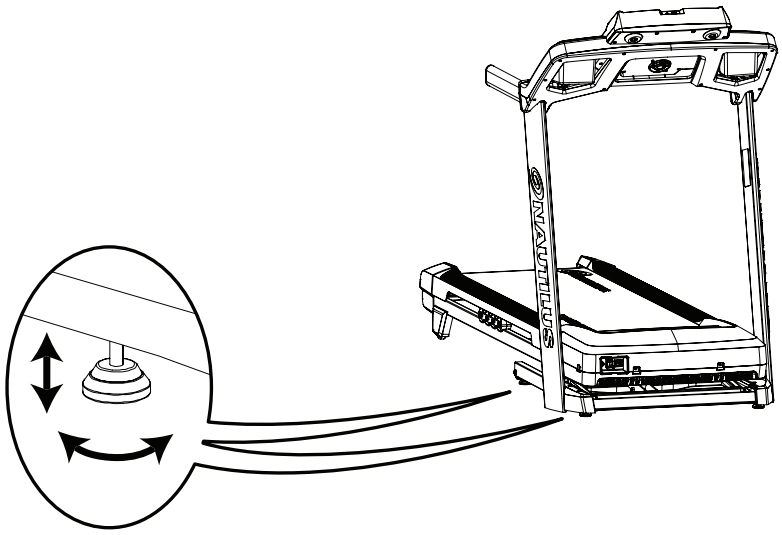
The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.
2. Adjust the levelers until they all contact the floor.

Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

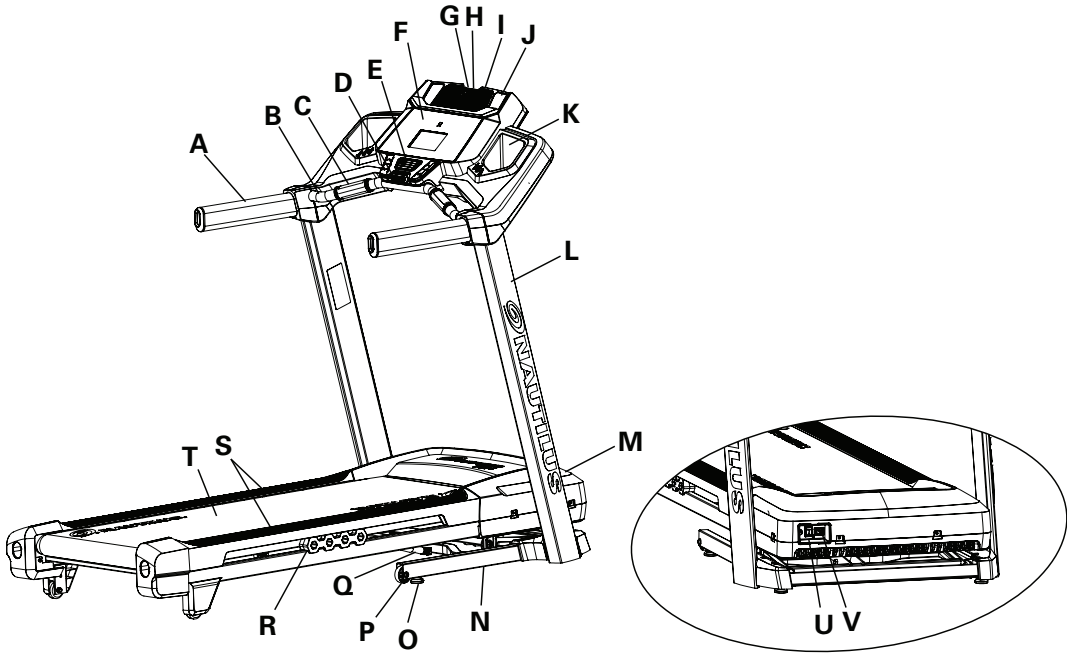
3. Adjust until the machine is level.

Make sure the machine is level and stable before you exercise.



Treadmill Belt

Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a “thumping” noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.

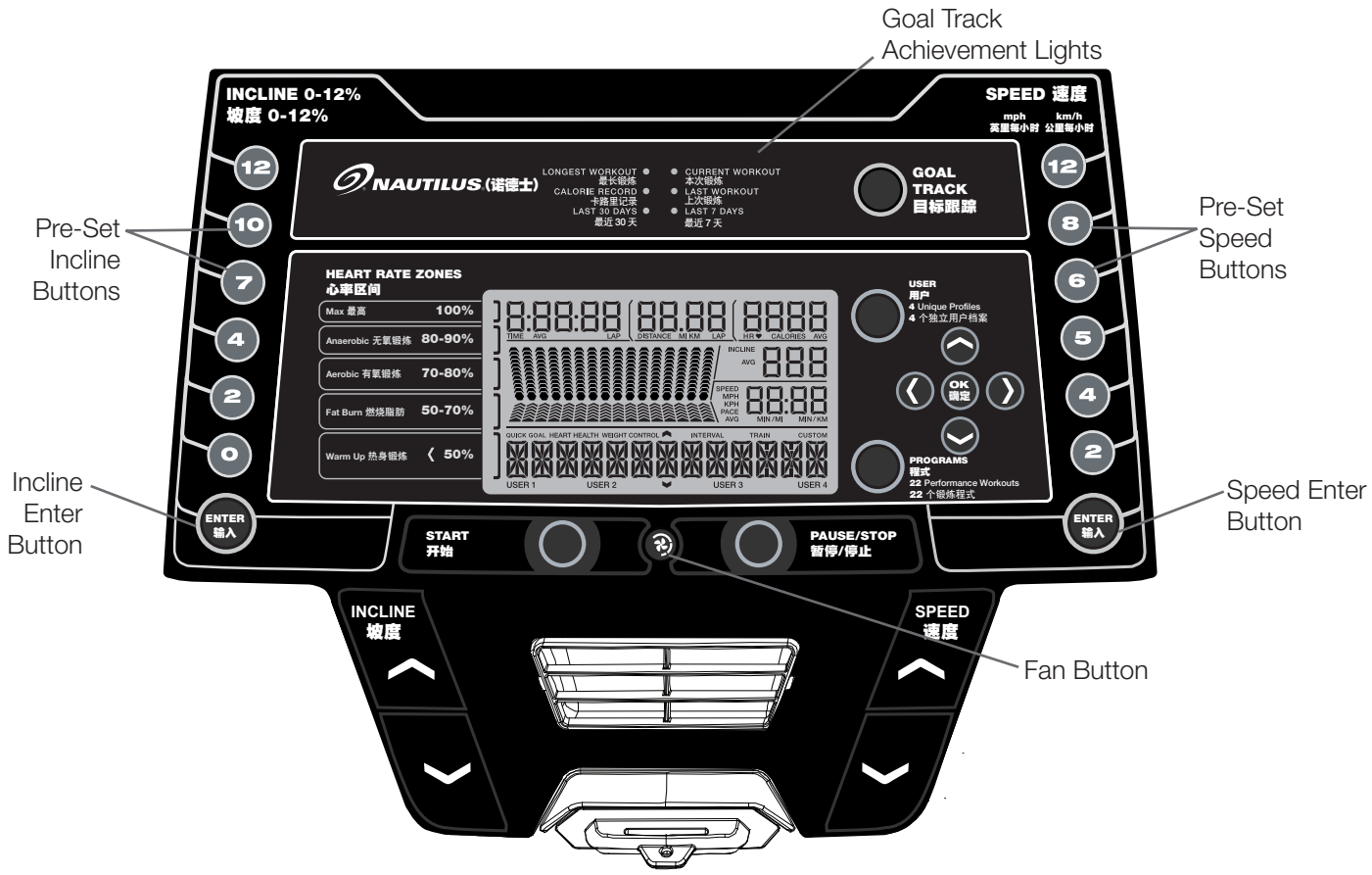


A	Handlebar	M	Motor Cover
B	Ergo Bar	N	Base
C	Contact Heart Rate (CHR) Sensors	O	Leveler
D	Emergency Safety Key Port	P	Transport Wheel
E	Fan	Q	Hydraulic Lift
F	Console	R	Dampener
G	USB Port	S	Side Foot Support Rails
H	MP3 Input	T	Walking Belt and Deck
I	Media Tray	U	Power Switch
J	Speaker	V	AC Inlet
K	Storage Tray	W	Telemetry Heart Rate (HR) Receiver (not shown)
L	Upright	X	Media Cable (not shown)

⚠ WARNING Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Console Features

The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console features touch control buttons to navigate you through the exercise programs.



Console Display

Goal Track Achievement Lights- when an achievement level is reached or a result is reviewed, the achievement indicator light will activate.

GOAL TRACK button- Displays the Workout Totals and Achievements for the selected User Profile

USER button- Push to select the desired User Profile. The Active User Display will adjust

Increase (▲) button- Increases the current value or moves through the options available

Left (◄) button- Shifts the currently active segment, and moves through options

OK button- Confirms information or a selection

Decrease (▼) button- Decreases the current value, or moves through the options available

Right (►) button- Shifts the currently active segment, and moves through options

PROGRAMS button- Selects a category of workout programs

Pre-Set Incline buttons- Selects an incline value for the Walking Deck. After pushing a Pre-Set Incline button, push the Incline Enter button within 12 seconds for the Walking Deck to be adjusted to the desired incline.

Incline Enter button- Activates the incline motor to adjust the Walking Deck to the selected Pre-Set Incline value.

START button- Begins a Quick Start workout, begins a Program Workout after customized for the User, or resumes a paused workout.

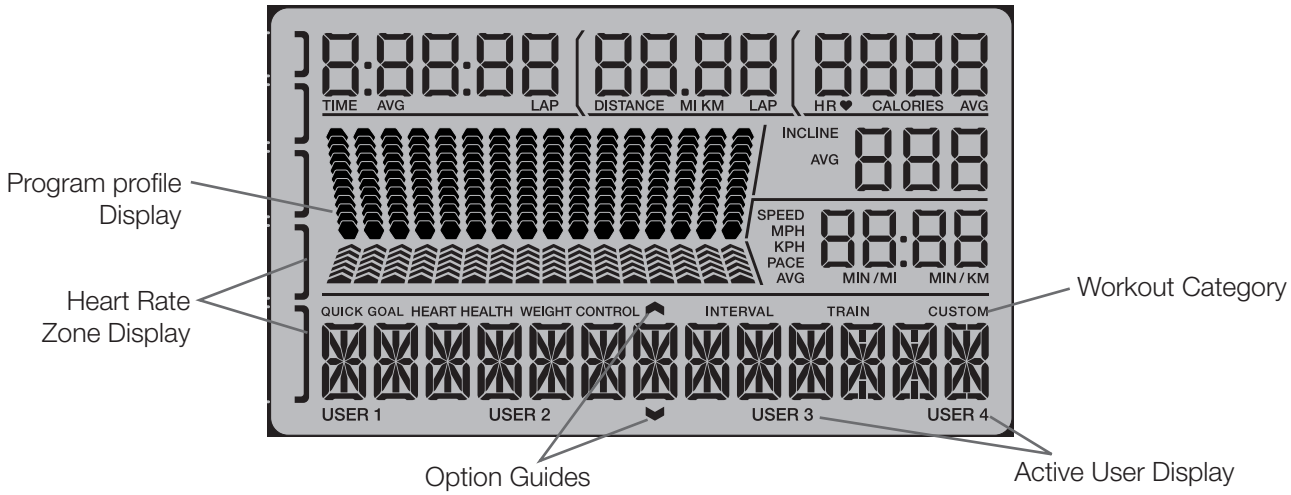
FAN button- Controls 3-speed fan

PAUSE / STOP button- Pauses an active workout, ends a paused workout, or exits to the previous menu

Pre-Set Speed buttons- Selects a speed value for the Walking Belt. After pushing a Pre-Set Speed button, push the Speed Enter button within 12 seconds for the Walking Belt to be adjusted to the desired speed.

Speed Enter button- Adjusts the speed of the Walking Belt to the selected Pre-Set Speed value.

LCD Display Data



Program Display
The Program Display shows the course profile for the workout program. A course profile has 16 columns, or segments. The course profile has two variables for each segment: incline (hexagons, upper) and speed (arrows, lower).

The more intense the incline or speed setting, the higher the level for that segment. The flashing segment shows your current interval.

Heart Rate Zone Display
The Heart Rate Zone shows which zone the current heart rate value falls into for the current User. These Heart Rate Zones can be used as a workout guide for a certain target zone (max, anaerobic, aerobic, fat burn, and warm up).

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

Note: If no heart rate is detected, the Heart Rate Zone display will be blank.

Option Guides
The Option Guides inform the User where they are in a list of options with the MORE and PREVIOUS Options.

If the MORE Options (decrease arrow) is active, then there are additional options that can be viewed by pushing the Decrease (▼) button. The MORE Options (decrease arrow) is active until the User reaches the end of the list. When the User is at the end of the options list, the MORE Options (decrease arrow) will deactivate and the Decrease (▼) button will not provide further options.

The PREVIOUS Options (increase arrow) is active as soon as the User begins moving through the list. Use the Increase (▲) button to see the previous options.

Active User Display
The Active User Display shows which User Profile is currently selected.

Time / Lap (Time)
The TIME display field shows the total time count of the workout, the average Time for the User Profile, or the total operational time of the machine.

Note: The maximum time for a Quick Start workout is 9 hours, 59 minutes and 59 seconds (9:59:59).

The Lap (Time) display shows the time count for the just completed Lap. During a workout, this workout value is only displayed when a Lap is completed.

Distance / Lap (Count)
The Distance display shows the distance count (miles or km) in the workout.

The Lap (Count) display shows the total number of Laps completed during the workout. During a workout, this workout value is only displayed when a Lap is completed, or during the Workout Results mode (completed Laps only, no decimals).

Note: The distance of a Lap can be customized for each User in the Edit User Profile mode. The default is 0.25 miles (0.4 km).

Heart Rate (HR) / Calories
The Heart Rate display shows the beats per minute (BPM) from the heart rate monitor. When a heart rate signal is received by the Console, the icon will flash.

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.

Calories
The Calories display field shows the estimated calories that you have burned during the workout.

Incline
The Incline display shows the current percent of Incline for the Walking Deck.

Speed / Pace
The Speed display field shows the belt speed in miles per hour (mph) or kilometers per hour (km/h).

The Pace display field shows the current time to complete a mile (or km) at the current Speed value.

Note: The maximum value for the Pace field is 99:59.

Export Workout Results to USB Flash Drive

This fitness machine is equipped with a USB Port and can export your Workout Results to a USB Flash Drive. With the Workouts exported from the fitness machine, connect the USB Flash Drive to a computer and upload the file to your Nautilus Connect™ account.

Note: USB Flash Drives must be formatted in FAT32 for proper functionality.

1. From the Power-Up screen, push the User button to select the desired User Profile.
2. Insert the USB Flash Drive into the USB Port on the Console.
3. The Console will display “SAVING TO USB”, and then “DO NOT REMOVE”. The current User Profile will begin to flash, showing the Workout Results are being exported to the USB Flash Drive. Do not remove the USB Flash Drive until the User Profile does not flash and the Console displays “REMOVE USB”.

   Note: If the Workout Results on the USB Flash Drive are current, the Console will not export the file again. As more workouts are completed, the Console will take longer to export all of the Workout Results. For longer exports, the Console will display an export status count (exported workouts / total number of workouts).
4. When the export is complete the User Profile will stop flashing, the Console will display “USB COMPLETE”, followed by the “REMOVE USB” prompt. It is now safe to remove the USB Flash Drive.
5. The Console will display the Power-Up Mode screen.

If a Workout is completed with a USB Flash Drive already inserted, the Console will not export the new Workout Results until the Console exits the Results mode and displays the Power-Up Mode screen.

Track Your Results at www.nautilusconnect.com

Take advantage of Nautilus Connect™ to see your progress over time and share your data with MyFitnessPal®. Review your workouts and results away from the machine when convenient for you. Nautilus Connect™ allows for a workout value to be selected and have it graphed for weekly, monthly, or yearly comparison review.

If using a USB Flash Drive to import workout results to Nautilus Connect™:

1. Insert the USB Flash Drive with your workout data into a device connected to the internet.
2. Sign in to Nautilus Connect™ at www.nautilusconnect.com.
3. Click the Upload button on the web site.
4. In the Upload File window, locate your USB Flash Drive. Select the workout data file from it, and click the upload button. Your workout data will upload into your account.

   Note: the name of the data file will either be the selected User (“ USER1.DAT “) or the name of the customized User (example- “ JOHN.DAT “), followed by the .DAT file format.
5. To sync your workout data with MyFitnessPal®, select the Menu option in the upper left corner of the web page and select the “Sync to MyFitnessPal® “ option.

   Note: Nautilus Connect™ will automatically sync your workouts with MyFitnessPal® after the initial syncing.

A User’s Guide for Nautilus Connect™ can be found online at www.nautilusconnect.com/how-to-use/.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. Contact Heart Rate (CHR) sensors are installed to send your heart rate signals to the Console. The Console can also read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

Note: The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

⚠ If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by completing a stress test than by using an age related formula.

Your at-rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, whereas highly trained runners may have readings of 40 BPM or lower.

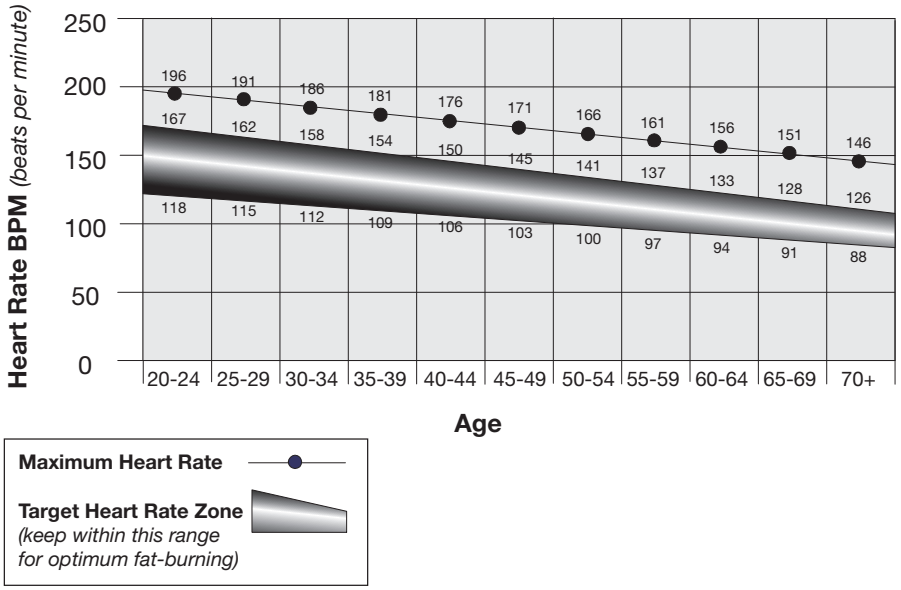
The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 50 – 70% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

FAT-BURNING TARGET HEART RATE



What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

How Often Should You Exercise

⚠ Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance and try to follow the schedule.
- Consider doing some warm-up stretches, which will help prepare your body, before your workouts.

Getting Started

⚠ Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

1. With the fitness machine in your workout area, inspect the walking belt to make sure it is centered and aligned. If necessary, refer to the "Aligning the Walking Belt" Procedure in the Maintenance section of this manual.

⚠ The edges of the Walking Belt should be under the Side Foot Support Rails. If an edge of the Walking Belt can be viewed do not operate the machine. Adjust the Walking Belt until the edges are not viewable and are below the Side Foot Support Rails. Refer to the Aligning the Walking Belt Procedure.

Note: This machine is for home use only.

2. Examine below the walking belt for any objects. Be sure it is clear below the machine.
3. Connect the Power Cord to a correctly earthed AC wall outlet.

⚠ Do not step on the power cord and plug.

Note: The machine is designed to plug directly into a properly wired and earthed 220V outlet.

4. If you use the Remote Heart Rate Monitor, follow the Chest Strap directions supplied with it.
5. Switch on the power. Power is now supplied to the machine.
6. Straddle the walking belt and stand on the Side Foot Support Platforms. Put the Safety Key into the Safety Key Port and clip the Safety Key cord to your clothing.

⚠ Care should be used when mounting or dismounting the machine.

• Examine the Safety Key and be sure it is connected to the Console correctly.

Note: if the Safety Key is not installed, the machine will allow the User to perform all activities except to activate the Walking Belts. The Console will display the reminder to insert the Safety Key (" + SAFETY KEY").

• Always attach the Safety Key Clip to your clothing during workouts.

• If there is an emergency, pull out the Safety Key to shut off the power to the Belt and Incline Motors. This will quickly stop the belt (brace yourself- this is an abrupt stop) and clear the workout. Push the PAUSE/STOP button to stop the belt and pause the program.

7. Push the USER button to select the desired User for the workout.
8. Select your workout using the PROGRAMS button and the Decrease/Increase buttons.
9. With your desired workout shown, push the OK button.
10. The Console will ask a series of questions to customize the workout. When the Console displays the “READY ?” prompt, push the START button. The Console will display “RAMPING UP” as the Walking Belt gets up to speed. Be sure to carefully step onto the walking belt.

The belt will only move after a 3 second, audible beep countdown.

Always use the handlebars to step on or off the treadmill, or when the incline or speed change.

If the Sound has been muted, the Console will display the “AUDIO OFF” prompt for a few seconds.

Note: Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a “thumping” noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.

Power-Up / Idle Mode

The Console will enter Power-Up / Idle Mode if it is plugged into a power source, the Power Switch turned on, and the Safety Key is properly installed.

Note: if the Safety Key is not installed, the machine will allow the User to perform all activities except to activate the Walking Belt. The Console will display the reminder to insert the Safety Key (“ + SAFETY KEY”). Once the Safety key is installed, the START button will need to be pushed again to begin the selected Workout.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off. The LCD display is off while in Sleep Mode.

To disconnect, turn all controls to the off position, then remove plug from outlet.

Initial Setup

During the first power-up, the Console should be set up with the date, time, and the preferred units of measurement.

1. Date: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
2. Push OK to set.
3. Time: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (AM or PM / hour / minute).
4. Push OK to set.
5. Units of Measurement: Push the Increase/Decrease buttons to adjust between “MILES” (Imperial English) or “KM” (metric).
6. Push OK to set. The Console goes to the Power-Up Mode screen.

Note: To adjust these selections, consult the “Console Set-Up Mode” section.

Quick Start (Manual) Program

The Quick Start (Manual) program lets you start a workout without entering any information.

During a Manual Workout, each column represents a 2 minute time period. The active column will advance across the screen every 2 minutes. If the workout lasts for more than 32 minutes, the active column is fixed on the farthest column on the right and pushes the previous columns off the display.

1. Stand on the Side Foot Support Platforms.
2. Push the User button to select the correct User profile. If you do not have a User profile set up, you can select a User profile that has no customized data (default values only).
3. Push the START button to start the Manual program.

   Note: The Safety Key must be installed for a workout to begin. if not installed, the Console will display ," + SAFETY KEY ". The Console will display "RAMPING UP" as the Walking Belt gets up to speed.
4. To change the Incline or Speed level, push the appropriate Increase or Decrease buttons. The time will count up from 00:00.

   Note: The maximum time for a Quick Start workout is 9 hours, 59 minutes and 59 seconds (9:59:59).
5. When done with your workout, push PAUSE/STOP to pause the workout. Push PAUSE/STOP again to end the workout.

   Note: The workout results are recorded to the current User Profile.

User Profiles

The Console lets you store and use 4 User profiles. The User profiles automatically record the workout results for each workout, and allow the workout data to be reviewed.

The User profile stores the following data:

- Name—up to 13 characters
- Weight
- Height
- Age
- Gender
- Lap Distance
- Scan
- Value (Customized Workout Display)

Select a User Profile

Every workout is saved to a User Profile. Be sure to select the proper User Profile before starting a workout. The last User that completed a workout will be the default user.

User Profiles are assigned the default values until they are customized by editing. Be sure to edit the User Profile for more accurate calorie and heart rate information.

Edit User Profile

1. From the Power-Up Mode screen, push the User buttons to select one of the User Profiles.
2. Push the OK button to select the User Profile.
3. The Console display shows the EDIT prompt and the current User Profile name. Push OK to start the Edit User Profile option.

   To exit the User Profile options, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.

4. The Console display shows the NAME prompt and the current User Profile name.

   Note: The User name will be blank if this is the first edit. The name of a User Profile is limited to 13 characters.

   The currently active segment will flash. Use the Increase/Decrease buttons to move through the alphabet and blank space (found between A and Z). To set each segment, use the Left(◄) or Right(►) buttons to shift between segments.

   Push the OK button to accept the displayed User name.

5. To edit the other User data (WEIGHT, HEIGHT, AGE, GENDER), use the Increase/Decrease buttons to adjust, and push OK to set each entry.

   Note: The User BMI is displayed on the HEIGHT prompt in the TIME display field.

The BMI Measurement is a useful tool that shows the relationship between weight and height that is associated with body fat and health risk. The table below gives a general rating for the BMI score:

Underweight	Below 18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obesity	30.0 and above

Note: The rating may overestimate body fat in athletes and others who have a muscular build. It may also underestimate body fat in older persons and others who have lost muscle mass.

⚠ Contact your doctor for more information about Body Mass Index (BMI) and the weight that is appropriate for you. Use the values calculated or measured by the machine's computer for reference purposes only.

6. The Console display shows the LAP DISTANCE prompt. This option controls the length of distance for a LAP during a workout. Use the Increase/Decrease buttons to adjust the LAP distance value. The default is "0.25" miles (or 0.4 km).

   Push the OK button to set the LAP distance value.

7. The Console display shows the SCAN prompt. This option controls how the workout values are displayed during a workout. The "ON" setting allows the Console to automatically display, or scan, between the workout values every 4 seconds. The "OFF" setting allows the user to push the RIGHT or LEFT buttons to view the other workout values when desired.

   The default is "ON".

   Push the OK button to set how the workout values are displayed.

8. The Console shows the workout display VALUE prompt. This option controls if a workout value is displayed during a workout. The "ON" setting allows the Console to display the workout value, an "OFF" setting disables the workout value during a workout.

   The Console flashes the active workout value (either Time, Lap (Time), Distance, Lap (Count), Heart Rate, Calories, or Pace) and states the current setting: "VALUE - ON" or "VALUE - OFF". Push the Increase(▲) or Decrease(▼) buttons to change the current setting, and push the Left(◄) or Right(►) buttons to shift the active workout value.

   Note: The Incline and Speed workout values cannot be disabled.

   The default is "VALUE - ON" for all workout values. When done with modifying which workout values are displayed, push the OK button to set the Console.

9. The Console display shows the WIRELESS HR prompt. If you are using the Console speakers at their higher settings and / or using a larger sized personal electronic device, the Console may show Heart Rate interference. This option allows the Telemetry Heart Rate Receiver to be deactivated blocking the interference.

   The Upper Display shows the current value setting: "ON" or "OFF". Push the Increase(▲) or Decrease(▼) buttons to change the value. The default is "ON".

   Push the OK button to set the Telemetry Heart Rate Receiver to active.

10. The Console will go to the Power-Up Mode screen with the user selected.

Reset a User Profile

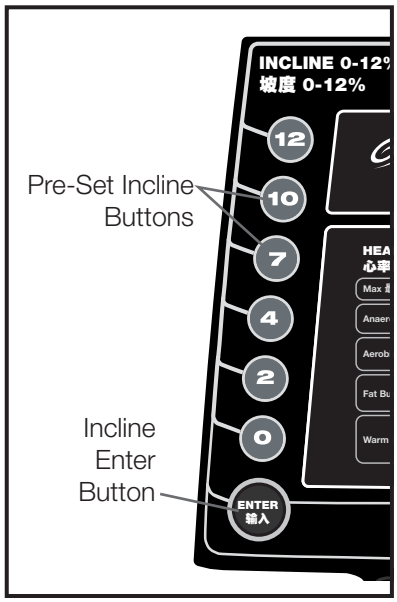
1. From the Power-Up Mode screen, push the User button to select one of the User Profiles.
2. Push the OK button to select the User Profile.
3. The Console display shows the EDIT prompt. Push the Decrease (▼) button to change the prompt.

   Note: To exit the User Profile options, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.
4. The Console display shows the RESET prompt and the current User Profile name. Push OK to start the Reset User Profile option.
5. The Console will now confirm the request to reset the User profile (the default selection is 'RESET - NO'). Push the Increase(▲) or Decrease(▼) buttons to adjust the selection.
6. Push OK to make your selection.
7. The Console will go to the Power-Up Mode screen.

Changing Incline Levels

Push the Incline Level Increase(▲) or Decrease(▼) buttons to change the incline angle of the Deck at any time with the Safety Key installed. To rapidly change the incline level push the desired Pre-Set Incline Button, and then the Incline Enter Button. The Deck will adjust to the selected incline level.

Note: After a Pre-Set Incline Button is pushed, the Incline Enter Button must be pushed within 12 seconds.



Be sure the area below the machine is clear before lowering the Deck. Fully lower the Deck after each workout.

Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in belt speed and incline angle of deck can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum height of the fully inclined Deck.

Changing Speed Levels

Push the Speed Level Increase(▲) or Decrease(▼) buttons to change the Belt Speed at any time in a workout program. To rapidly change the Speed level push the desired Pre-Set Speed Button, and then the Speed Enter Button. The Walking Belt will adjust to the desired speed.

Note: After a Pre-Set Speed Button is pushed, the Speed Enter Button must be pushed within 12 seconds.

Profile Programs

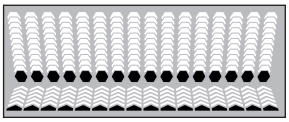
These programs feature different incline angles of the deck and belt speeds based on the maximum and minimum speed supplied by the user. The user can also manually adjust the incline and speed values at any time during a workout. The Profile Programs are organized into Categories (Quick Goal, Heart Health, Weight Control, Interval, Train, and Custom). Each Profile Program has 16 segments allowing for a variety of workouts.

During a Profile Program, the Console will make an audio beep if the next segment of the workout has a change in Incline or Speed. Be prepared for changes in Incline and Speed with each segment change.

The currently selected Category will be active on the Console, with the first Profile Program Workout within that Category displayed. Use the Increase(▲) or Decrease(▼) buttons to select the desired Profile Program Workout from the Category of Workouts. At the end of the available Workouts for that Category, the More Options Guide (decrease arrow) will deactivate, telling the User they have reached the end of the Category.

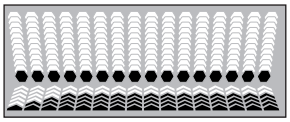
QUICK GOAL

DISTANCE, TIME, CALORIES



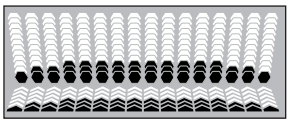
HEART HEALTH

RECOVERY TEST, HEALTHY- 55%, FAT BURN - 65%, AEROBIC - 75%, ANAEROBIC - 85%

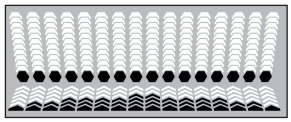


WEIGHT CONTROL

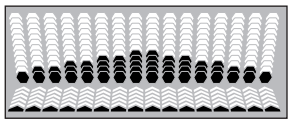
FAT BURN 1



SPEED BURN

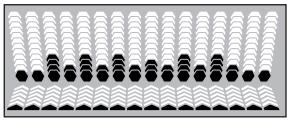


INCLINE BURN

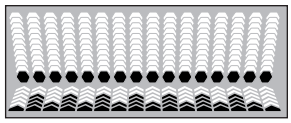


INTERVAL

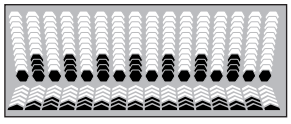
LOW IMPACT (Incline)



HIIT (High-Intensity Interval-Training) /SPEED

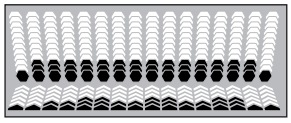


INCLINE+SPEED

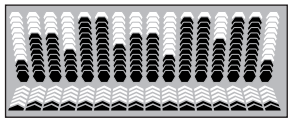


TRAIN

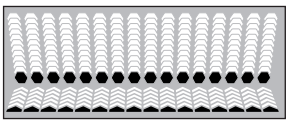
ENDURANCE



PERFORMANCE

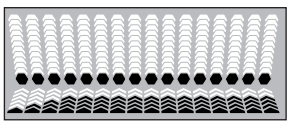


1 MILE PACER, 5K PACER, 10K PACER

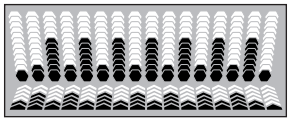


CUSTOM

HR (Heart Rate) TARGET



USER DEFINED



Workout Profile and Goal Program

The Console lets you select the Profile Program and type of Goal for your workout (Distance, Time or Calories), and set the Goal value.

Note: For certain Profile Programs, the Goal can not be adjusted (example: the 5K Pacer workout has a Distance Goal of 5K).

1. Stand on the Side Foot Support Platforms.
2. Push the User button to select the desired User profile.
3. Push the Programs buttons to select a Category of Workout.
4. Push the Increase(▲) or Decrease(▼) buttons to select a Profile Workout, and push OK.

   If the selected Workout is Heart Rate Target, the Console will request the desired Beats Per Minute (BPM) for the Workout. Use the Increase(▲) or Decrease(▼) buttons to adjust, and push OK.

   If the selected Workout Program has Incline and/or Speed Profile customization, the Console will prompt, “EDIT INCLINE” screen. Push the Increase(▲) or Decrease(▼) buttons to change the current setting, and push the Left(◄) or Right(►) buttons to shift the active Profile segment. Push OK to accept the Incline Profile.

   Note: The “EDIT SPEED” screen operates the same way.
5. Use the Increase(▲) or Decrease(▼) buttons to adjust the Minimum Speed of the Belt, and push OK. The Profile Program will adjust so the Minimum Speed value is the lowest Speed of the Profile Program when accepted.
6. Use the Increase(▲) or Decrease(▼) buttons to adjust the Maximum Speed of the Belt, and push OK. The Profile Program will adjust so the Maximum Speed value is the highest Speed of the Profile Program when accepted.

⚠ During a Workout, the User can directly adjust the speed of the belt above the Maximum Speed setting if desired.

7. Use the Increase(▲) or Decrease(▼) buttons to select a type of Goal (Distance, Time or Calories), and push OK.
8. Use the Increase(▲) or Decrease(▼) buttons to adjust the workout value, and push OK.
9. The Console will display the “READY ?” prompt.
10. Push START to begin the goal-oriented workout. The workout will begin after a three second, audible countdown.

    Note: The Console will display “RAMPING UP” as the Walking Belt gets up to speed.

Heart Rate Control Workout Programs

The Heart Rate Control programs let you set a heart rate goal for your workout. The program monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) sensors on the machine or from a Heart Rate Monitor (HRM) chest strap, and adjusts the incline during a workout to keep your heart rate in the selected zone.

Note: The console must be able to read the heart rate information from the CHR sensors or HRM for the Heart Rate Control program to work correctly.

The Target Heart Rate programs use your age and other User information to set the Heart Rate Zone values for your workout. The console display then gives prompts for you to set up your workout:

1. Push the PROGRAMS button until the HEART HEALTH Category is selected.
2. Push the Increase(▲) or Decrease(▼) buttons to select the percentage of maximum heart rate: HEALTHY 55%, FAT BURN 65%, AEROBIC 75%, ANAEROBIC 85%.

⚠ Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

3. Push the Increase(▲) or Decrease(▼) buttons to set the Minimum Speed, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the Maximum Speed, and push OK.
5. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
6. Push the Increase(▲) or Decrease(▼) buttons to set the goal value for the workout, and push OK.

   Note: Be sure to allow time for your heart rate to reach the desired heart rate zone when setting the goal. The Console will display the heart rate value based on the current User settings.
7. Push START to begin the workout.

A User can also set a Heart Rate Target value by selecting the HR TARGET program in the CUSTOM Category. The Console will adjust the incline during a workout to keep the User in the desired Heart Rate zone.

1. Push the PROGRAMS button until the CUSTOM Category is selected.
2. The Console shows the HR TARGET workout. Push OK.

⚠ Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

3. Push the Increase(▲) or Decrease(▼) buttons to set the Heart Rate (HR) value for the workout, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the Minimum Speed, and push OK.
5. Push the Increase(▲) or Decrease(▼) buttons to set the Maximum Speed, and push OK.
6. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
7. Push the Increase(▲) or Decrease(▼) buttons to set the goal value for the workout, and push OK.

   Note: Be sure to allow time for your heart rate to reach the desired heart rate zone when setting the goal. The Console will display the heart rate value based on the current User settings.
8. Push START to begin the workout.

The RECOVERY TEST program uses your age and other User information to see how your heart rate adjusts from a selected heart rate zone to a casual pace. The program supplies a score that can be used to track how your heart adjusts to physical conditions.

1. Push the PROGRAMS button until the HEART HEALTH Category is selected.

2. The Console shows the RECOVERY TEST workout. Push OK.

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

3. Push the Increase(▲) or Decrease(▼) buttons to select the Heart Rate Zone (HR Zone), and push OK.
4. The program begins with a 2 minute period at a causal pace. The Console will display the selected zone and the heart rate value to start the test.
5. After two minutes, the Console will request the heart rate, "GRASP SENSORS", if one is not detected.

   If the heart rate is not in the zone, the Incline of the walking deck will be increased and the heart rate will be checked again in one minute. This will continue until the heart rate is in the zone.
6. With the heart rate in the selected zone, the User must continue at this workout setting for three minutes.
7. After three minutes, the Incline will adjust to zero. The Console will begin a one minute cool down. The Recovery Test value will be presented after the final heart rate reading at the end of the cool down period.

   Note: Recovery Test values should only be compared to your previous values and not to other User Profiles.

Pausing or Stopping

The Console will go into Pause Mode if the user pushes PAUSE/STOP during a workout.

1. Push the PAUSE/STOP button to pause your workout. The Console will display " PAUSED ".
2. To continue your workout, push the START button.

   To stop the workout, push the PAUSE/STOP button. The Console will go into Results / Cool Down mode.

Results / Cool Down Mode

All workouts except Quick Start and the Heart Rate Control programs have a 3-minute Cool Down period. During this Cool Down period, the Console shows the Workout Results. The Console will cycle through the workout results every 4 seconds.

During the Cool Down period, the speed of the walking belt will adjust to 3.2 km/h (2 mph) and the incline setting will adjust to zero. The User can adjust the belt speed and deck incline during the Cool Down period.

Push PAUSE/STOP to end the Results / Cool Down period and go back to Power-Up Mode. If there is no input to the Console for 5 minutes, the Console automatically goes into Sleep Mode.

GOAL TRACK Statistics (and Achievements)

The statistics from every workout are recorded to a User Profile.

To view the GOAL TRACK statistics of a User Profile:

1. From the Power-Up screen, push the User button to select a User Profile.
2. Push the Goal Track button to enter the Goal Track mode.

   Note: To exit the Goal Track mode, push the Goal Track button and the console will go back to the Power-Up Mode screen.
3. The Console will display the "LONGEST WORKOUT", the workout values and activate the corresponding Achievement light. After 4 seconds, the Console will display the name of the workout, and then the date it was performed (except for "LAST 7 DAYS" and "LAST 30 DAYS").

   Note: To exit the GOAL TRACK statistics, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.

4. Push the Decrease(▼) button to move to the next GOAL TRACK statistic, “CALORIE RECORD”. The Console will display the workout results with the most Calories value. The Console will cycle between the workout results, the name of the workout profile, and the date of the workout every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
5. Push the Decrease(▼) button to move to “LAST 30 DAYS”. The Console will display the total values for the previous thirty days. The Console will cycle between the workout results every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
6. Push the Decrease(▼) button to move to the “LAST 7 DAYS”. The Console will display the calories burned on the display (50 calories per segment) for the previous seven days, along with the workout value totals. The Console will cycle between the workout results every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
7. Push the Decrease(▼) button to move to the “LAST WORKOUT”. The Console will display the workout values from the last workout. The Console will cycle between the workout results, the name of the workout profile, and the date of the workout every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
8.. When done viewing workout statistics, push the PAUSE/STOP button. The Console will display the Power-Up Mode screen.

When a User performs a workout that surpasses the “LONGEST WORKOUT” or “CALORIE RECORD” of the previous workouts, the Console will congratulate with an audible sound and tell the User the new achievement. The corresponding Achievement Indicator Light will also be active.

The Console Setup Mode lets you control the sound settings (on/off), adjust the date and time, or see maintenance statistics (Total Run Hours and Software Version– for service technician use only).

1. Hold down the PAUSE/STOP button and Right button together for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.

   Note: Push PAUSE/STOP to exit the Console Setup Mode and return to the Power-Up Mode screen.

2. The Console display shows the Date prompt with the current setting. To change, push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
3. Push OK to set.
4. The Console display shows the Time prompt with the current setting. Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (AM or PM / hour / minute).
5. Push OK to set.
6. The Console display shows the UNITS prompt with the current setting. Push the Increase/Decrease buttons to change between “MILES” and “KM”.
7. Push OK to set.
8. The Console display shows the Sound Settings prompt with the current setting. Push the Increase/Decrease buttons to change between “ON” and “OFF”.

If the Sound has been muted, the Console will display the “AUDIO OFF” prompt before a Workout starts as a reminder.

9. Push OK to set.
10. The Console display shows the TOTAL RUN HOURS for the machine.
11. For the next prompt, push the OK button.
12. The Console display shows the Software Version code.
13. For the next prompt, push the OK button.
14. The Console display shows the LOG prompt.
15. For the next prompt, push the OK button.
16. The Console will display the Power-Up Mode screen.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

⚠ Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

⚠DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage, except for the Walking Deck. The Walking Deck is designed for wear on both sides of it. If only one side of the Walking Deck is worn, a replacement Deck is not required. It is recommended that a qualified service technician is used to flip the Walking Deck. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

⚠ With the Walking Deck lowered, if an edge of the Walking Belt can be seen adjust it until the edge is not viewable.

Note: Avoid excessive moisture on the Console.

Weekly: Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime.

⚠ Do not remove the Motor Control Board (MCB) Cover, dangerous voltages and moving parts are present. The components are serviceable only by approved service personnel.

Note: Do not use petroleum based products.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary.

Quarterly: Or after 25 hours—Lubricate the walking belt with a silicone-based lubricant.

NOTICE: Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

Cleaning

⚠DANGER To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.

Wipe the treadmill down after each use to keep the treadmill clean and dry. It may be necessary to use a mild detergent at times to remove all dirt and salt from the belt, painted parts and the display.

NOTICE: To prevent damage to the finish of the machine or Console, do not clean with a petroleum based solvent. Do not apply too much moisture to the Console.

Adjusting the Belt Tension

If the walking belt starts to slip during use, it is necessary to adjust the tension. Your treadmill has tension bolts at the rear of the treadmill.

1. Before you adjust the belt tension, start the treadmill by pushing the START button.

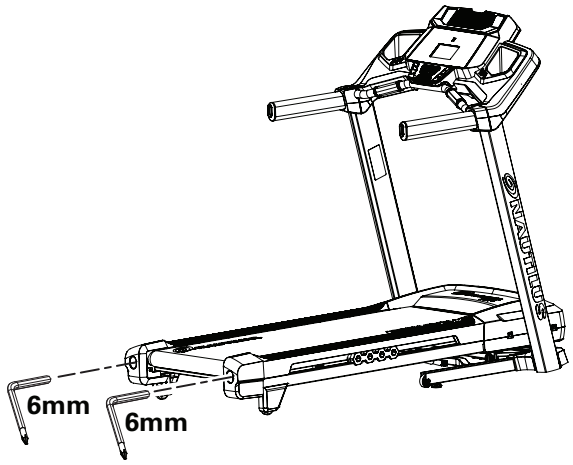
⚠ Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

2. Use a 6 mm hex key to turn the right and left belt adjustment bolts clockwise a 1/2 turn, first one bolt and then the other bolt until the belt does not slip.
3. After you adjust each side the 1/2 turn, do a test to see if the belt stopped slipping. If the belt still slips, do steps 2 and 3 again.

If you turn one side more than the other, the belt will move away from that side of the treadmill and may need realignment.

NOTICE: Too much tension on the belt causes unnecessary friction and wears the belt, motor and electronics.

4. Push PAUSE/STOP twice to stop the walking belt and end the Quick Start workout.



Aligning the Walking Belt

The walking belt should be centered on your treadmill at all times. Running style and a non-level surface can cause the belt to move off center. Minor adjustments to the 2 bolts at the rear of the treadmill are necessary when the belt is off center.

⚠ The edges of the Walking Belt should be under the Side Foot Support Rails. If an edge of the Walking Belt can be viewed, be sure to adjust the Walking Belt until the edges are not viewable and are below the Side Foot Support Rails.

1. Push the START button to start the walking belt.

⚠ Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

2. Stand at the rear of the treadmill to see which direction the belt moves.
3. If the belt moves to the left, turn the left belt adjustment bolt 1/4 turn clockwise and the right belt adjustment bolt 1/4 turn counterclockwise.

   If the belt moves to the right, turn the left adjustment bolt 1/4 turn counterclockwise and the right adjustment bolt 1/4 turn clockwise.
4. Monitor the path of the belt for approximately 2 minutes. Continue to adjust the bolts until the walking belt is centered.
5. Push PAUSE/STOP twice to stop the walking belt and end the Quick Start workout.

Lubricating the Walking Belt

Your treadmill is equipped with a low maintenance deck and belt system. Belt friction can affect the function and life of the machine. Lubricate the belt every 3 months or every 25 hours of use, whichever comes first. Even if the treadmill is not in use, silicone will dissipate and the belt will dry out. For the best results lubricate the deck periodically with the silicone lubricant supplied with the machine, using the following instructions:

1. Turn off the power to the machine with the power switch.
2. Unplug the treadmill fully from the wall outlet, and remove the power cord from the machine.

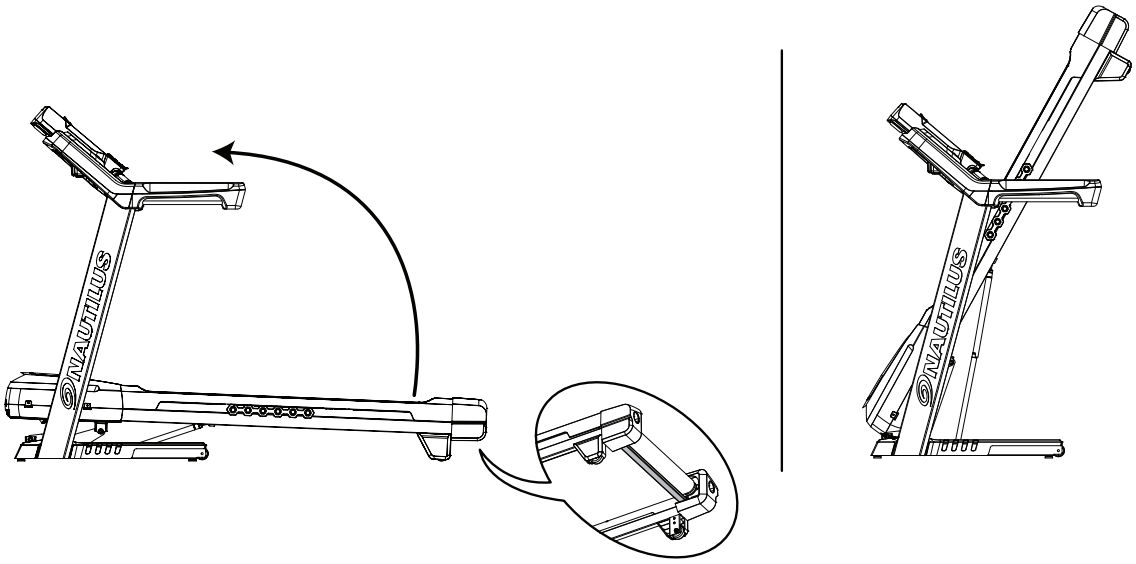
⚠DANGER To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

Note: Make sure the treadmill is located on a surface that is easy to clean.

3. Fold the treadmill. Refer to the "Moving the Machine" procedure in this manual. Be sure that the hydraulic lift is correctly locked in place

⚠ Use proper safety precautions and lifting techniques. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.



4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

⚠ Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Do not connect the power cord or try to operate the treadmill in the folded position.

5. Apply a few drops of the lubricant to the inner surface of the belt for the entire width of the belt. A very thin layer of silicone lubricant on the entire deck below the belt is desired.

NOTICE: Always use a silicone-based lubricant such as the lubricant supplied with the machine. Do not use a degreaser like WD-40® as this could seriously impact performance. We can recommend that you use the following:

- 8300 Silicone Spray, available at most Hardware and Auto Parts stores.
- Lube-N-Walk® Treadmill Lubrication Kit, available from your local distributor or your local specialty fitness dealer.

6. Manually rotate the belt 1/2 of the length of the belt and apply lubricant again.
7. Unfold the machine. Refer to the "Unfolding the Machine" procedure in this manual.

⚠ Keep clear of the movement path of the walking deck. Hold onto the walking deck until approximately 2/3 of the movement down. The walking deck can possibly drop quickly in the last part of the movement.

If you used spray lubricant, wait 5 minutes before turning on power to the machine to allow the aerosol to dissipate.

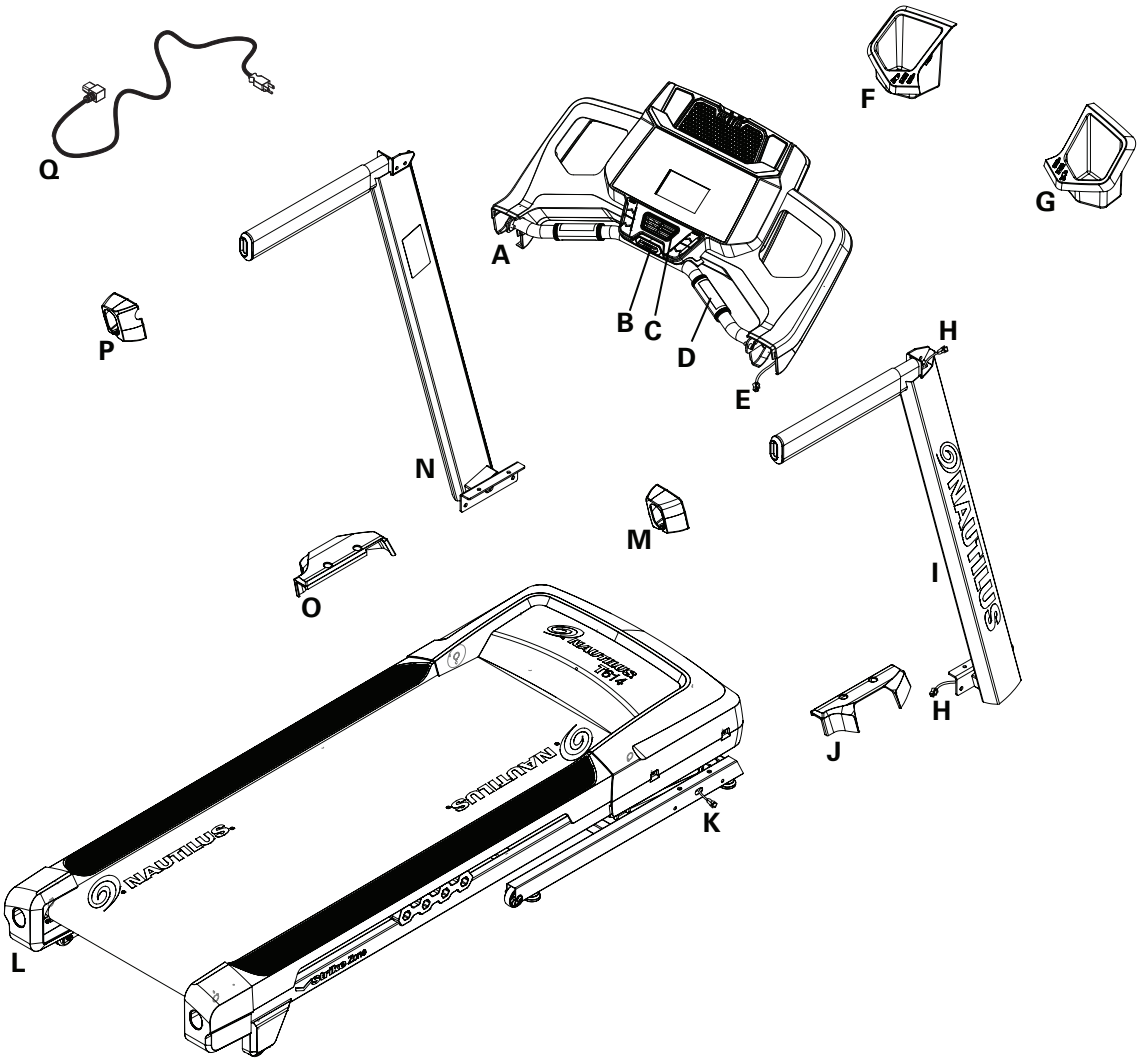
8. Connect the power cord back into the machine and then into the wall outlet.
9. Turn on the power to the machine with the power switch.
10. Stay to one side of your machine and start the belt at the slowest speed. Let the belt operate for approximately 15 seconds.

⚠ Be sure not to touch the walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

11. Switch off your machine.
12. Take care to clean up any excess lubricant from the deck.

⚠ To decrease the possibility of slipping, be sure the deck area is free from grease or oil. Clean off any excess oil from the machine surfaces.

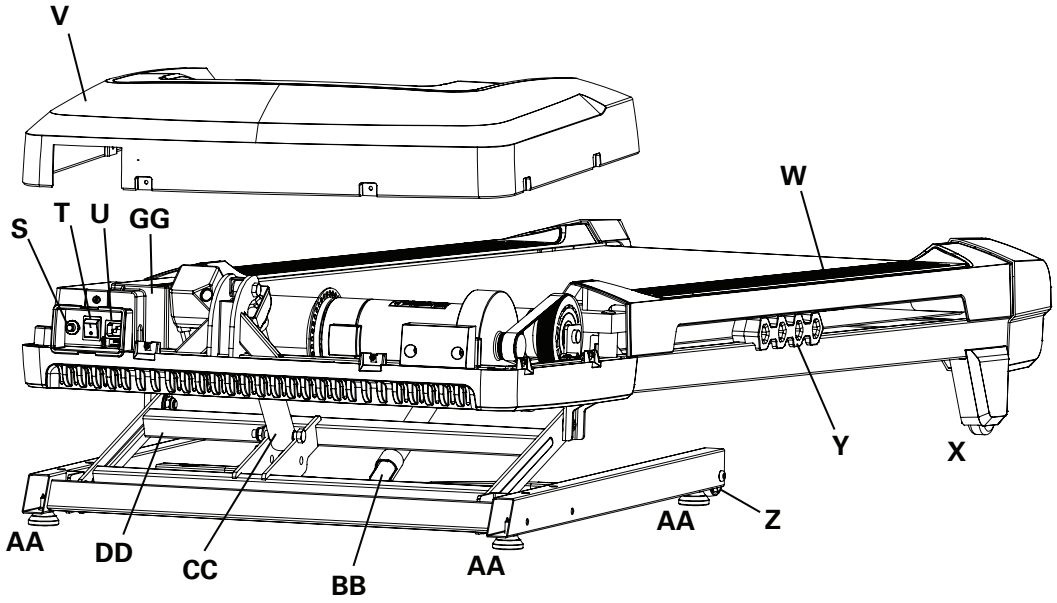
Maintenance Parts



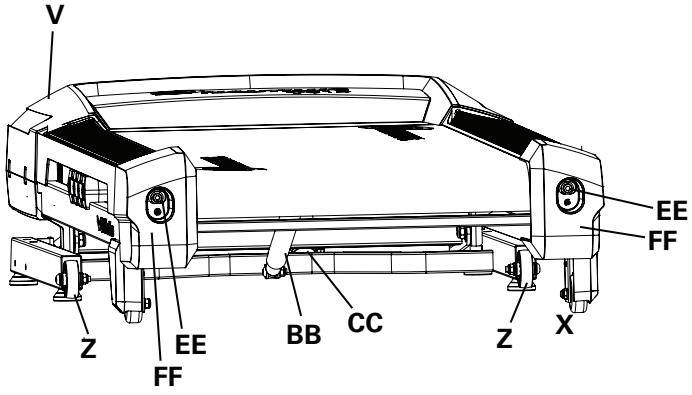
A	Console Assembly	G	Tray, Right	M	Handlebar Shroud, Right
B	Safety Key Port	H	Right Upright Cable	N	Upright, Left
C	Fan	I	Upright, Right	O	Base Shroud, Left
D	Contact Heart Rate Sensor	J	Base Shroud, Right	P	Handlebar Shroud, Left
E	Console Cable	K	Base Cable	Q	Power Cord
F	Tray, Left	L	Base Assembly		

Maintenance Parts (Frame)

Front



Back



S	Fuse	X	Base Support	CC	Incline Adjuster
T	Power Switch	Y	Deck Cushioners	DD	Pivot Assembly
U	Power Input	Z	Transport Wheel	EE	Belt Tensioner
V	Motor Cover	AA	Leveler	FF	Rear Roller Cover
W	Side Foot Support Rails	BB	Lifting Cylinder	GG	Motor Control Board (MCB) Cover

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet. Test the outlet with a known functioning device such as a lamp.
	Check connection at front of unit	Connection should be secure and undamaged. Replace power cord or connection at unit if either are damaged.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Unit operates but Contact HR not displayed	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
		If tests reveal no other issues, contact your local distributor for further assistance.
Unit operates but Telemetric HR not displayed	Chest Strap (optional)	Strap should be “POLAR®” compatible and uncoded. Make sure strap is directly against skin and contact area is wet.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, contact your local distributor for further assistance.
Unit operates but Telemetric HR displayed incorrectly	Interference	Make sure that the HR receiver is not blocked by a personal electronic device in the left side of the media tray.
Speed display is not accurate	Display set to wrong unit of measure. (English/Metric)	Change display to show correct units.

Condition/Problem	Things to Check	Solution
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet. Test the outlet with a known functioning device such as a lamp.
	Check connection at front of unit	Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Fan will not turn on or will not turn off	Reset machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.
Thumping sound when belt operates	Walking belt	Walking belt needs to be used for wear in period. Sound will go away after the wear in period.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Walking belt not aligned	Machine leveling	Make sure the machine is level. Refer to the procedure for leveling the machine in this manual.
	Walking belt tension and alignment	Make sure the walking belt is centered and tension is correct. Refer to the procedures for adjusting tension and aligning the belt in this manual.
Motor sounds strained	Silicone lubrication on walking belt	Apply silicone to the inner surface of the walking belt. Refer to the belt lubrication procedure in this manual.
Hesitation or walking belt slips when in use	Belt tension	Adjust the belt tension at the rear of the machine. Refer to the procedure for adjusting belt tension in this manual.
Belt stops moving while in use	Safety key	Plug Safety Key into Console. (See Emergency Stop Procedure in the Important Safety Instructions section.)
	Motor overload	Unit may be overloaded and draw too much current, which causes power to turn off to protect motor. Refer to maintenance schedule for belt lubrication. Make sure the walking belt tension is correct, and start unit again.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.

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