AFG

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7.3AT

TREADMILL OWNER'S MANUAL
MANUEL DU PROPRIÉTAIRE DU TAPIS ROULANT
MANUAL DEL PROPIETARIO DE LA CAMINADORA

⚠ Read the TREADMILL GUIDE before using this OWNER'S MANUAL.
Lisez le guide du TAPIS ROULANT avant de vous référer au MANUEL DU PROPRIÉTAIRE.
Lea la GUÍA DE LA CAMINADORA antes de utilizar este MANUAL DEL PROPIETARIO.

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support at the number listed on the back cover of the OWNER'S MANUAL.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.

⚠ DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

⚠WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

• At NO time should children under the age of 13 or pets be within 10 feet of the machine.
• At NO time should children under the age of 13 use the treadmill.
• Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
• Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
• Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
• Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Contact Customer Tech Support at the number on the back cover to schedule service.
• Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
• Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
• To prevent electrical shock, never drop or insert any object into any opening.
• Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
• To disconnect, turn all controls to the off position, then remove plug from outlet.
• Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
• This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
• Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

⚠ WARNING

This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

⚠ DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. 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.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 20-amp circuit.

⚠ WARNING

3-POLE GROUNDED OUTLET
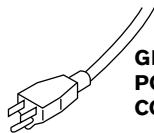
GROUNDED POWER CORD

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

ASSEMBLY

⚠ WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on a white barcode sticker on the base frame as shown in this image.

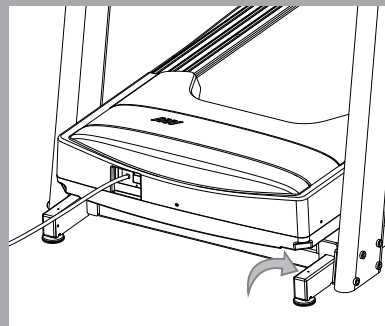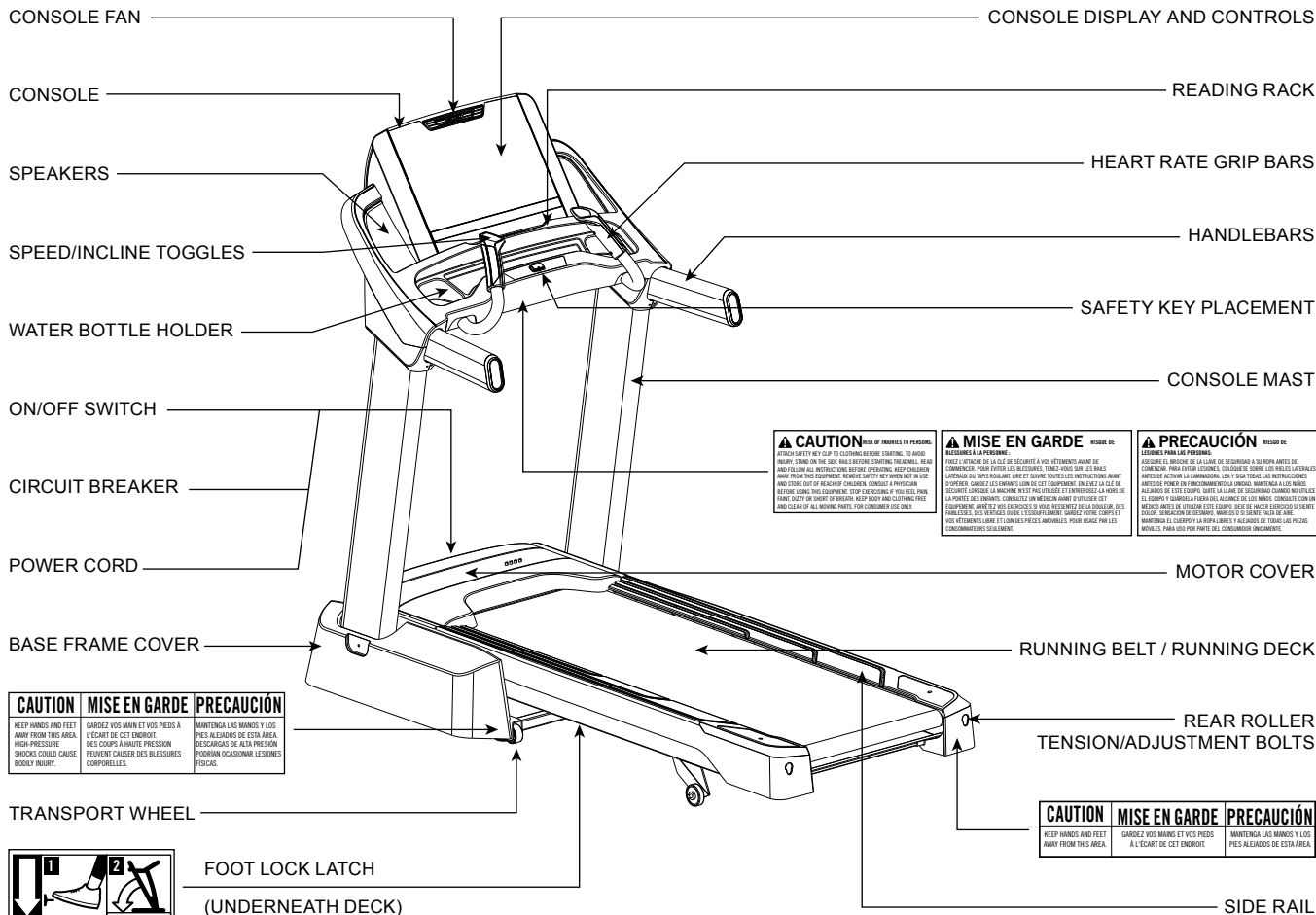ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

TM

MODEL NAME: **AFG** **TREADMILL**

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

SERIAL NUMBER LOCATION

CONSOLE FAN

CONSOLE

SPEAKERS

SPEED/INCLINE TOGGLES

WATER BOTTLE HOLDER

ON/OFF SWITCH

CIRCUIT BREAKER

POWER CORD

BASE FRAME COVER

TRANSPORT WHEEL

FOOT LOCK LATCH

(UNDERNEATH DECK)

CONSOLE DISPLAY AND CONTROLS

READING RACK

HEART RATE GRIP BARS

HANDLEBARS

SAFETY KEY PLACEMENT

CONSOLE MAST

MOTOR COVER

RUNNING BELT / RUNNING DECK

REAR ROLLER
TENSION/ADJUSTMENT BOLTS

SIDE RAIL

⚠ CAUTION RISK OF INJURIES TO PERSONS:
ATTACH SAFETY KEY CLIP TO CLOTHING BEFORE STARTING. TO AVOID INJURY, STAND ON THE SIDE RAILS BEFORE STARTING TREADMILL. READ AND FOLLOW ALL INSTRUCTIONS BEFORE OPERATING. KEEP CHILDREN AWAY FROM THIS EQUIPMENT. REMOVE SAFETY KEY WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN. CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT. STOP EXERCISING IF YOU FEEL PAIN, FAINT, DIZZY OR SHORT OF BREATH. KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. FOR CONSUMER USE ONLY.

⚠ MISE EN GARDE RISQUE DE BLESSURES À LA PERSONNE:
FIXEZ L'ATTACHE DE LA CLÉ DE SÉCURITÉ À VOS VÊTEMENTS AVANT DE COMMENCER. POUR ÉVITER LES BLESSURES, TENEZ-VOUS SUR LES RAILS LATÉRAUX DU TAPIS ROULANT. LIRE ET SUIVRE TOUTES LES INSTRUCTIONS AVANT D'OPÉRER. GARDEZ LES ENFANTS LOIN DE CET ÉQUIPEMENT. ENLEVEZ LA CLÉ DE SÉCURITÉ LORSQUE LA MACHINE N'EST PAS UTILISÉE ET ENTREPOSEZ-LA HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ UN MÉDECIN AVANT D'UTILISER CET ÉQUIPEMENT. ARRÊTEZ VOS EXERCICES SI VOUS RESSENTEZ DE LA DOULEUR, DES FAIBLESSES, DES VERTIGES OU DE L'ESSOUFFLEMENT. GARDEZ VOTRE CORPS ET VOS VÊTEMENTS LIBRE ET LOIN DES PIÈCES AMOVIBLES. POUR USAGE PAR LES CONSOMMATEURS SEULEMENT.

⚠ PRECAUCIÓN RIESGO DE LESIONES PARA LAS PERSONAS:
ASEGURE EL BROCHE DE LA LLAVE DE SEGURIDAD A SU ROPA ANTES DE COMENZAR. PARA EVITAR LESIONES, COLÓQUESE SOBRE LOS RIELES LATERALES ANTES DE ACTIVAR LA CAMINADORA. LEA Y SIGA TODAS LAS INSTRUCCIONES ANTES DE PONER EN FUNCIONAMIENTO LA UNIDAD. MANTENGA A LOS NIÑOS ALEJADOS DE ESTE EQUIPO. QUITE LA LLAVE DE SEGURIDAD CUANDO NO UTILICE EL EQUIPO Y GUÁRDELA FUERA DEL ALCANCE DE LOS NIÑOS. CONSULTE CON UN MÉDICO ANTES DE UTILIZAR ESTE EQUIPO. DEJE DE HACER EJERCICIO SI SIENTE DOLOR, SENSACIÓN DE DESMAYO, MAREOS O SI SIENTE FALTA DE AIRE. MANTENGA EL CUERPO Y LA ROPA LIBRES Y ALEJADOS DE TODAS LAS PIEZAS MÓVILES. PARA USO POR PARTE DEL CONSUMIDOR ÚNICAMENTE.

CAUTION	MISE EN GARDE	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA. HIGH-PRESSURE SHOCKS COULD CAUSE BODILY INJURY.	GARDEZ VOS MAINS ET VOS PIEDS À L'ÉCART DE CET ENDROIT. DES COUPS À HAUTE PRESSION PEUVENT CAUSER DES BLESSURES CORPORELLES.	MANTENGA LAS MANOS Y LOS PIES ALEJADOS DE ESTA ÁREA. DESCARGAS DE ALTA PRESIÓN PODRÍAN OCASIONAR LESIONES FÍSICAS.

CAUTION	MISE EN GARDE	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THIS AREA.	GARDEZ VOS MAINS ET VOS PIEDS À L'ÉCART DE CET ENDROIT.	MANTENGA LAS MANOS Y LOS PIES ALEJADOS DE ESTA ÁREA.

TOOLS REQUIRED:

- ☐ T-Wrench
- ☐ L-Wrench
- ☐ Screwdriver (not included)

PARTS INCLUDED:

- ☐ 2 Console Masts
- ☐ 1 Console Assembly
- ☐ 2 Sets Console Mast Covers
- ☐ 2 Heart Rate Grip Bars
- ☐ 2 Base Frame Covers
- ☐ 1 Hardware Kit
- ☐ 1 Safety Key
- ☐ 1 Power Cord
- ☐ 1 Heart Rate Chest Strap
   (7.3AT only)
- ☐ 1 USB Cover
- ☐ 1 Rubber Pad For Media Players
- ☐ 1 Audio Adapter Cable
- ☐ 1 Bottle of Silicone Lubricant
   (for 2 applications)

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back cover of this manual.

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack and assemble the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

⚠ WARNING

- DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

- FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

⚠ IMPORTANT NOTES

- During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt.

- Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.
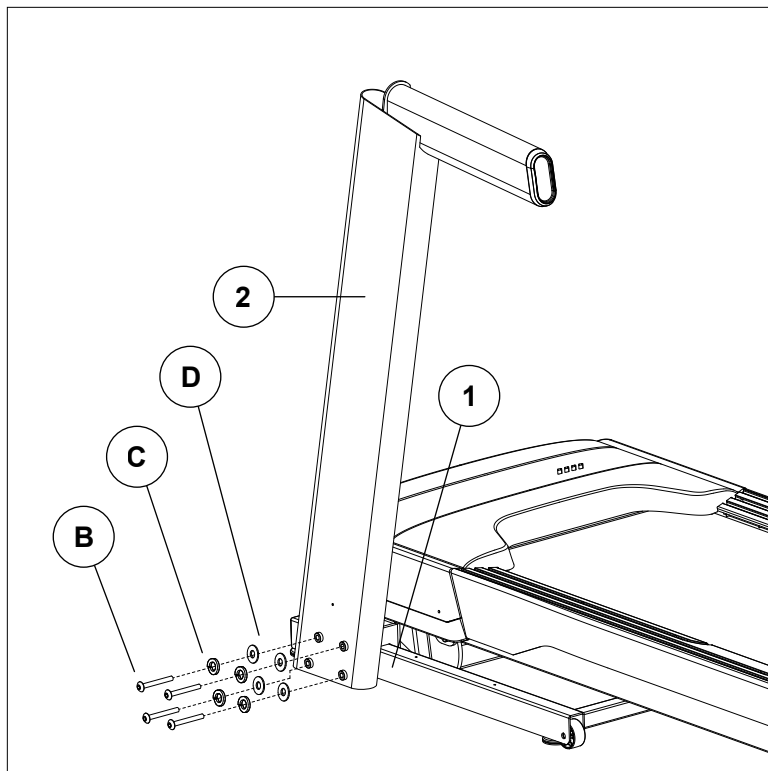
ASSEMBLY **STEP 1**
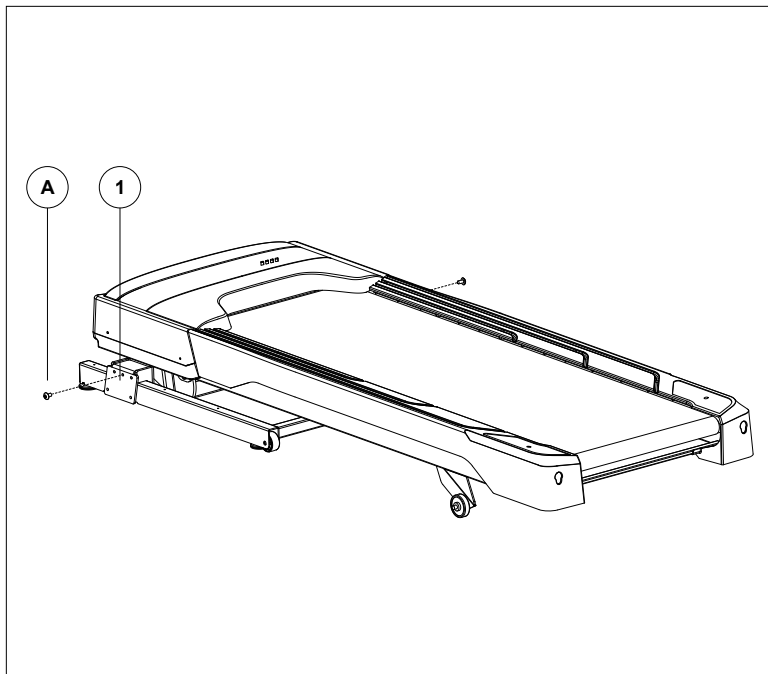
HARDWARE FOR STEP 1		
PART	**TYPE**	**QTY**
A	BOLT	2

A   Cut the yellow banding straps and lift the running deck upward to remove all contents from underneath the running deck.

B   Open **HARDWARE FOR STEP 1**.

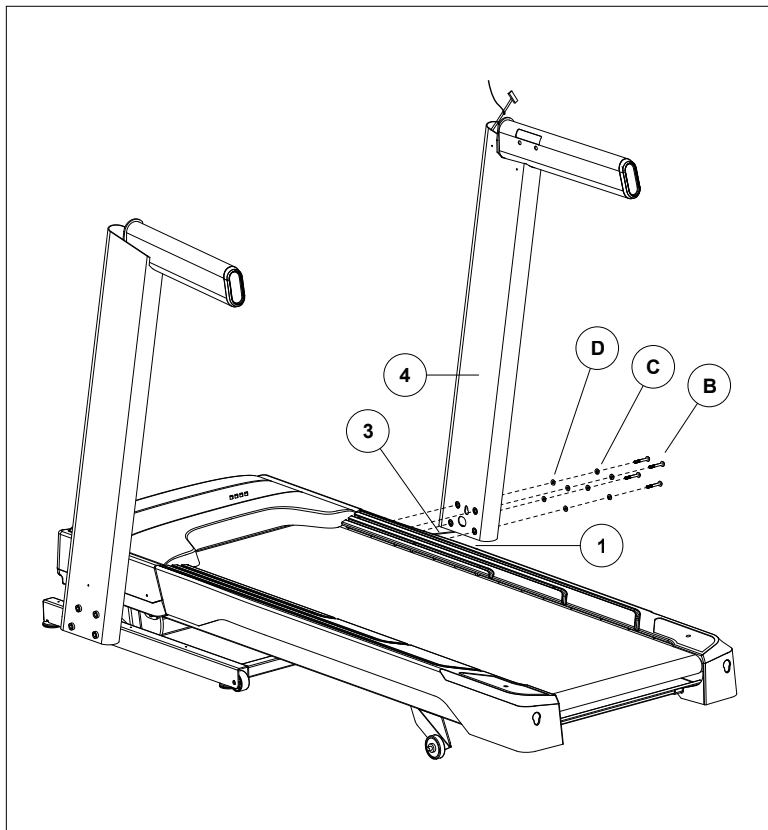C   Insert 2 **BOLTS (A)** into **MAIN FRAME BRACKETS (1)**.

ASSEMBLY **STEP 2**

HARDWARE FOR STEP 2		
PART	**TYPE**	**QTY**
B	BUTTON HEAD BOLT	8
C	SPRING WASHER	8
D	FLAT WASHER	8

A   Open **HARDWARE FOR STEP 2**.

B   Attach **LEFT CONSOLE MAST (2)** so that **BOLT (A)** sits on the **NOTCHED HOLE** in the bottom of the **CONSOLE MAST**.

C   Attach **LEFT CONSOLE MAST (2)** to **MAIN FRAME BRACKET (1)** using **4 BOLTS (B)**, **4 SPRING WASHERS (C)**, and **4 FLAT WASHERS (D)**.

HARDWARE FOR STEP 2		
PART	**TYPE**	**QTY**
B	BUTTON HEAD BOLT	8
C	SPRING WASHER	8
D	FLAT WASHER	8

NOTE: Do not fully tighten bolts until step 5.

NOTE: Be careful not to pinch the console cable while attaching the right console mast.

A   Pull the **CONSOLE CABLE (3)** out of the treadmill base frame using the **LEAD WIRE**. Attach **CONSOLE CABLE** to the **CONSOLE CABLE** in the bottom of the mast. The other end of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRES**.

B   Align the RIGHT **CONSOLE MAST (4)** so that **BOLT (A)** sits in the **NOTCHED HOLE** in the bottom of the **CONSOLE MAST**.

C   Attach **CONSOLE MAST (4)** to **MAIN FRAME BRACKET (1)** using **4 BOLTS (B)**, **4 SPRING WASHERS (C)**, and **4 FLAT WASHERS (D)**.

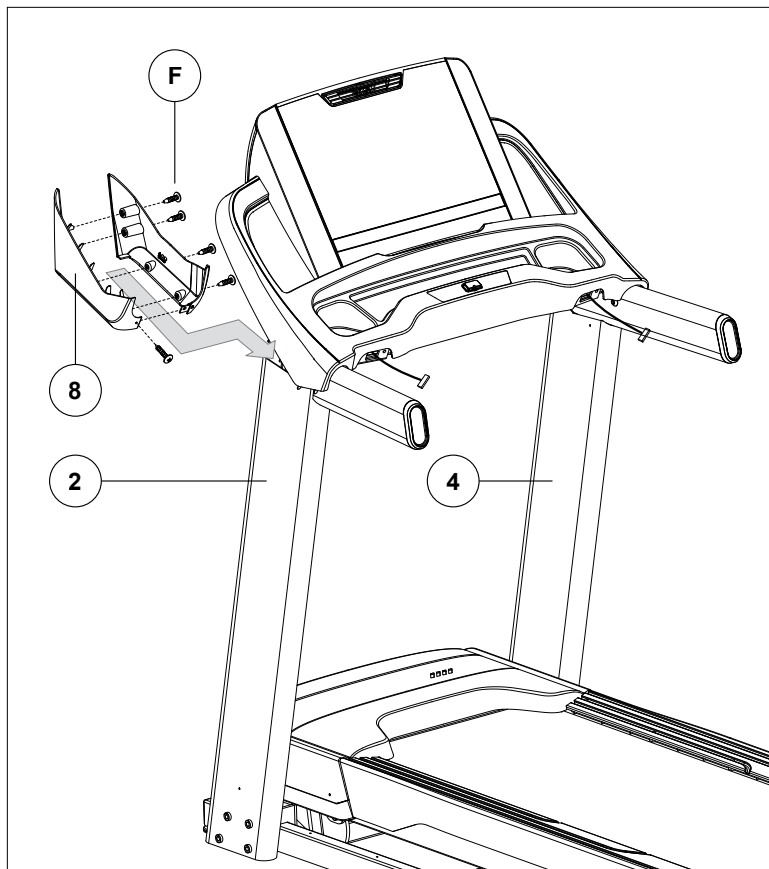# ASSEMBLY **STEP 3**
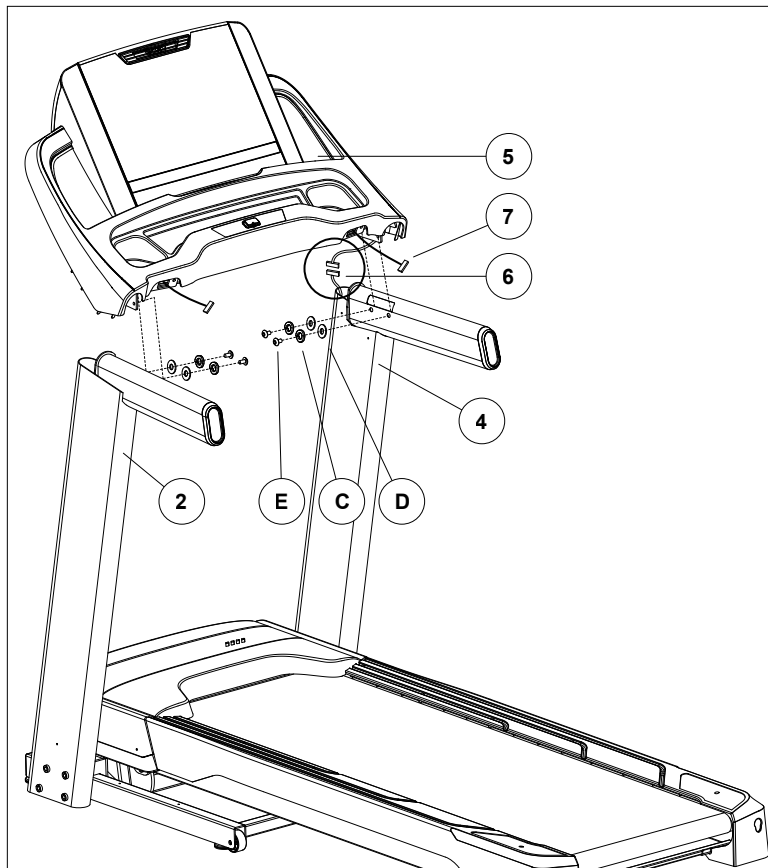
HARDWARE FOR STEP 3		
PART	**TYPE**	**QTY**
E	BUTTON HEAD BOLT	4
C	SPRING WASHER	4
D	FLAT WASHER	4

NOTE: Be careful not to pinch the console cables while attaching the console.

A   Open **HARDWARE FOR STEP 3**.

B   Gently place **CONSOLE (5)** on top of **CONSOLE MASTS (2 & 4)**.

C   Connect the **CONSOLE CABLES (6)** and tuck them inside the right **CONSOLE MAST (4)**. Do not connect the **HEART RATE CABLES (7)** until STEP 4.

D   Connect the **CONSOLE (5)** to the right **CONSOLE MAST (4)** using 2 **BOLTS (E)**, 2 **SPRING WASHERS (C)** and 2 **FLAT WASHERS (D)**.
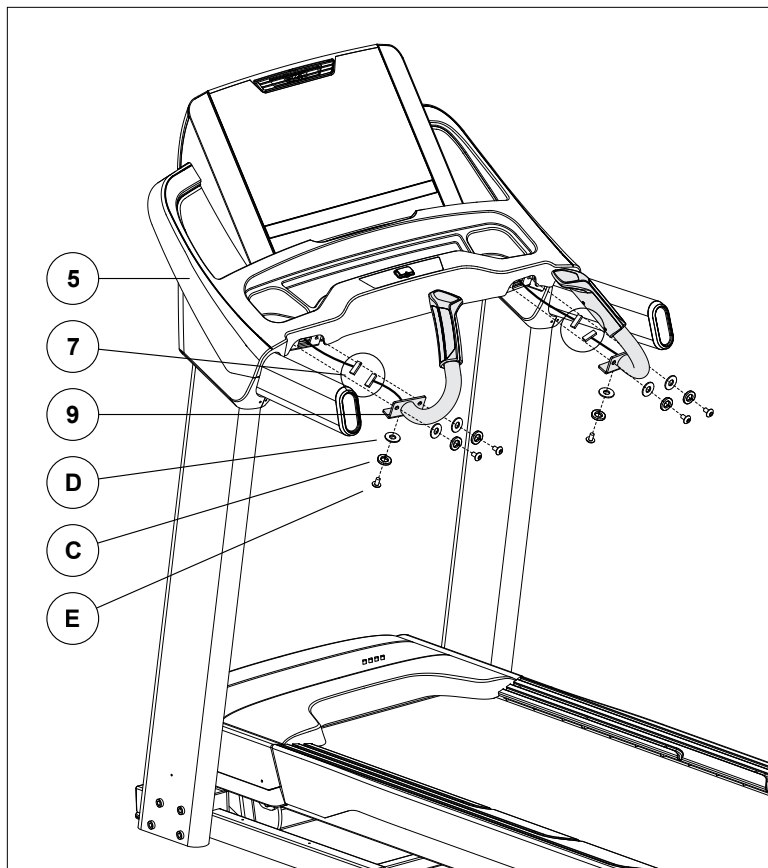
E   Repeat STEP D on other side.

ASSEMBLY **STEP 4**

HARDWARE FOR STEP 4		
PART	**TYPE**	**QTY**
F	SCREW	10

A   Open **HARDWARE FOR STEP 4**.

B   Slide both **CONSOLE MAST COVERS (8)** under the console around **CONSOLE MAST (2)**.

C   Attach **CONSOLE MAST COVERS (8)** using 4 **SCREWS (F)** from the inside and 1 **SCREW (F)** from the front.

D   Repeat on other side **(4)**.
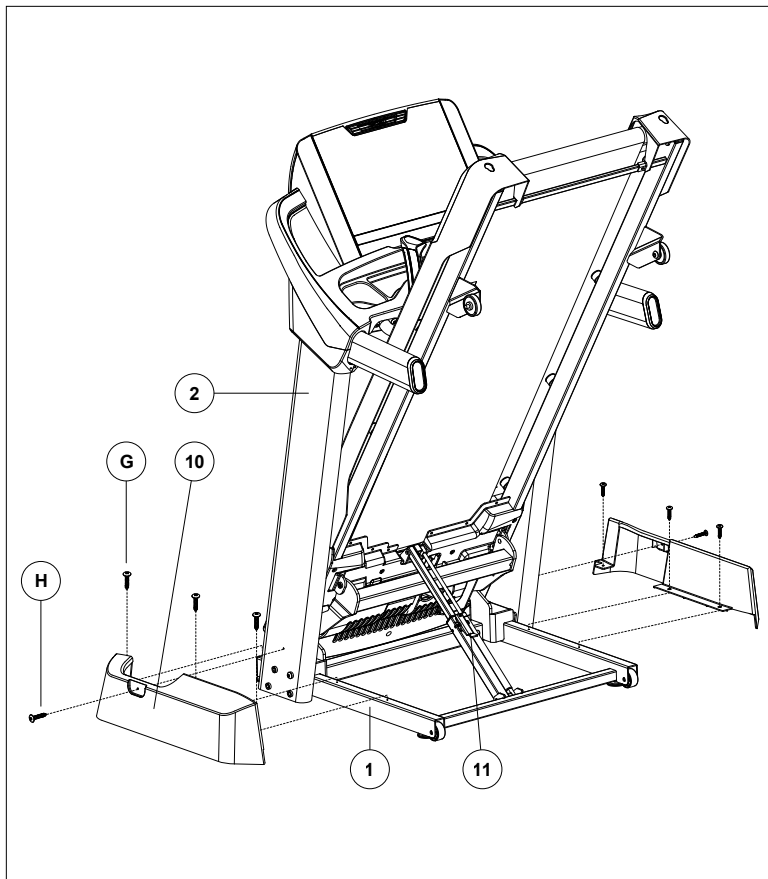
ASSEMBLY **STEP 5**

HARDWARE FOR STEP 5		
PART	**TYPE**	**QTY**
E	BUTTON HEAD BOLT	6
C	SPRING WASHER	6
D	FLAT WASHER	6

NOTE: Be careful not to pinch the console cables while attaching the console.

A   Open **HARDWARE FOR STEP 5**.

B   Connect the **HEART RATE CABLES (7)** and carefully tuck them inside the **CONSOLE (5).**

C   Attach **HEART RATE BAR (9)** to the **CONSOLE (5)** using 3 **BOLTS (E)**, 3 **SPRING WASHERS (C)** and 3 **FLAT WASHERS (D)**.

D   Repeat on other side.

HARDWARE FOR STEP 6		
PART	TYPE	QTY
G	SCREW	6
H	SCREW	2

A   Fold the deck into the upright position until the **FOOT LATCH (11)** engages.

B   Open **HARDWARE FOR STEP 6**.

C   Attach **BASE FRAME COVER (10)** to **CONSOLE MAST (2)** using 1 **SCREW (H)** from the side.

D   Attach **BASE FRAME COVER (10)** to **BASE FRAME (1)** using 3 **SCREWS (G)** from above.

E   Repeat on other side.

F   While holding the deck with both hands, press the **FOOT LATCH (11)** with your foot to lower the deck to the ground.

ASSEMBLY COMPLETE!

Before the first use, lubricate the treadmill deck by following the instructions in the MAINTENANCE section in the TREADMILL GUIDE.

TREADMILL OPERATION

This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**

- **USING THE SAFETY KEY**

- **FOLDING THE TREADMILL**

- **MOVING THE TREADMILL**

- **LEVELING THE TREADMILL**

- **TENSIONING THE RUNNING BELT**

- **CENTERING THE RUNNING BELT**

- **USING THE HEART RATE FUNCTION**
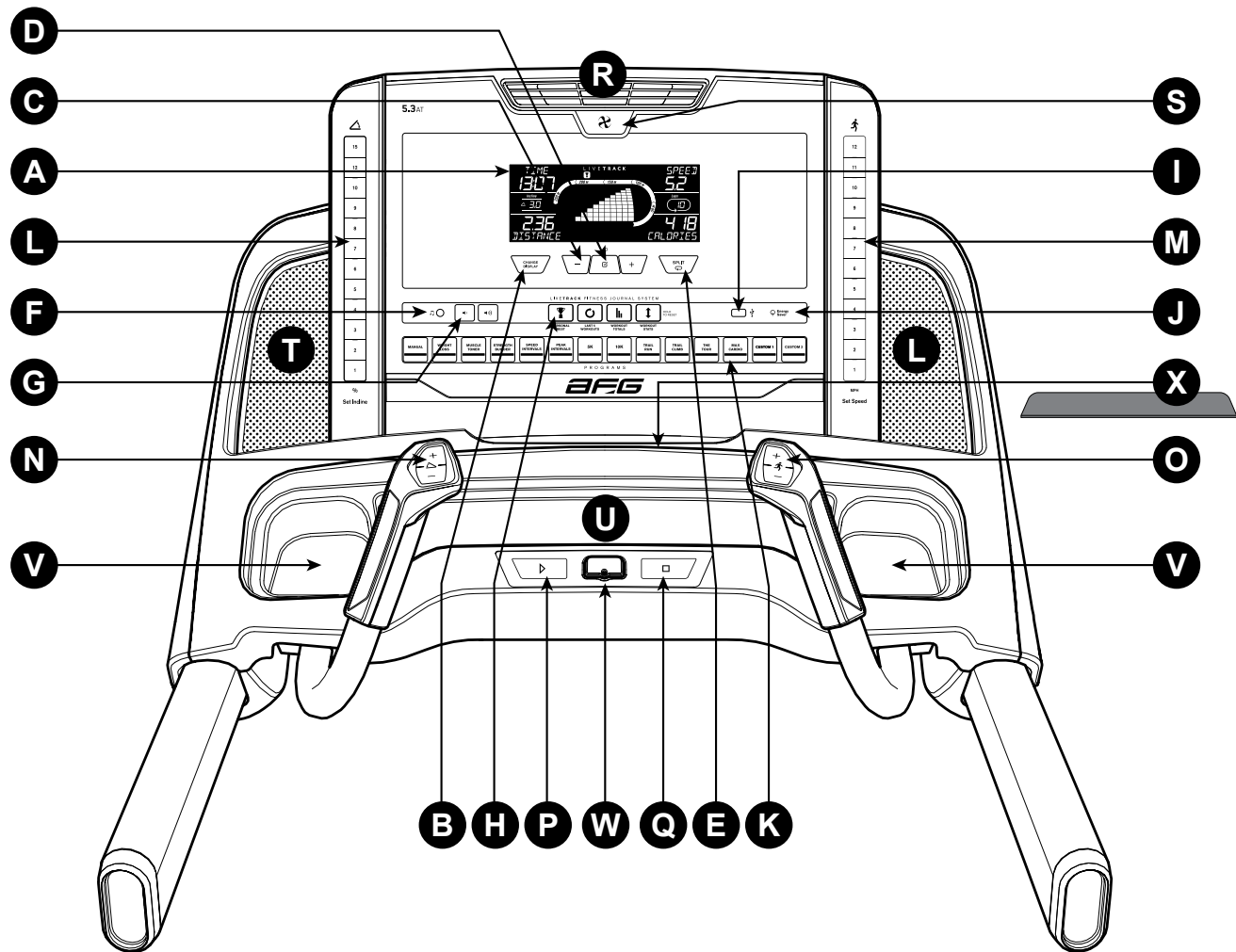
5.3AT CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) **LCD DISPLAY WINDOW:** time, incline, distance, LIVETRACK, speed, laps, calories, and heart rate.

B) **CHANGE DISPLAY:** press to change display feedback during workout.

C) **PROGRAMMING – / + KEYS:** Used to cycle through programs and LIVETRACK workout statistics.

D) **ENTER:** used to confirm a selection.

E) **SPLIT:** shows split for last lap of workout.

F) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.

G) **VOLUME:** used to adjust volume up or down.

H) **LIVETRACK FITNESS JOURNAL SYSTEM:** see page 29 for more information.

I) **USB PORT:** insert USB stick for any software updates.

J) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.

K) **PROGRAM KEYS:** press to select workout.

L) **INCLINE QUICK KEYS:** used to reach desired incline quickly.

M) **SPEED QUICK KEYS:** used to reach desired speed quickly.

N) **INCLINE – / + KEYS:** used to adjust incline level.

O) **SPEED – / + KEYS:** used to adjust speed level.

P) **GO / PAUSE:** used to start workout, pause workout, and restart after pause.

Q) **STOP / HOLD TO RESET:** used to stop machine and also will reset machine when held down.

R) **FAN:** personal workout fan

S) **FAN KEY:** press to turn fan on and off.

T) **SPEAKERS:** plays music through speakers when connected to your media player.

U) **READING RACK:** holds reading material.

V) **STORAGE POCKETS:** holds personal items, i.e. water bottle, brought with you.

W) **SAFETY KEY:** enables treadmill when safety key is inserted.

X) **RUBBER PAD:** place rubber pad above reading rack to help secure your media player.

5.3AT DISPLAY
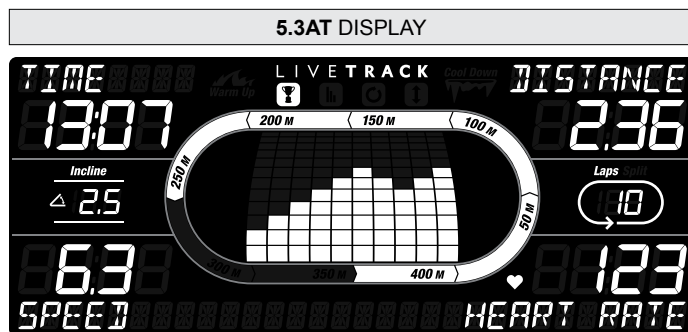
5.3AT ADDITIONAL FEATURES

• **WARM UP:** Lights up during warm up period of program.

• **COOL DOWN:** Lights up during cool down period of program.

• **SPLIT:** Shows recorded time for an interval or selected segment of time.

5.3AT DISPLAY WINDOWS

• **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

• **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.

• **SPEED:** Shown as MPH. Indicates how fast the belt is moving.

• **CALORIES:** Total calories burned during your workout.

• **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

• **INCLINE:** Shown as percent. Indicates the incline level of the running surface.

• **TRACK:** Follows progress around a simulated track. Segments light up with every 50 meters completed.

• **LAPS:** Shows how many 400 meter (¼ mile) laps have been completed.

• **LIVETRACK™:** When LIVETRACK is activated, the LIVETRACK information is displayed. See page 29.

GETTING STARTED

1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.

2) Plug in the power cord and turn the treadmill ON.

3) Stand on the side rails of the treadmill.

4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.

5) Insert the safety key into the safety keyhole in the console.

6) Select User 1, User 2, or Guest using **– / +** and press ENTER.

7) You have two options to start your workout:

A) QUICK START UP

Simply press the GO key to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A PROGRAM

8) Press desired PROGRAM BUTTON to select workout.

9) Set workout time using **– / +** and press ENTER.

10) Set workout level using **– / +** and press ENTER.

11) Press GO to begin workout.
NOTE: You can adjust the speed and incline during your workout.

FINISHING YOUR WORKOUT

When your workout is complete, the console will display "workout complete" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the stop button for 3 seconds.

SPLIT FEATURE

The display window track simulates running on a ¼-mile athletic track. Each track segment represents 50 meters. Each segment will flash until you complete the specific distance and then turn solid.

To use the split function:

1) Press the SPLIT button during your workout.

2) The display will show your Time, Distance, Pace, and Calorie information from the start of your workout until the button was pressed. The information will stay on the screen for five seconds.

3) Press the SPLIT button again to see your workout statistics from your first split to your second split.

4) The split function will track up to 19 splits.

5) At the end of your workout, your splits will cycle through showing your workout statistics for each split.

5.3AT PROGRAM INFORMATION

1) **MANUAL:** Adjust your speed and incline manually during your workout.

2) **WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.

Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
WEIGHT LOSS													
Time		4:00 MIN		Each segment is 30 seconds								4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8

3) **MUSCLE TONER:** Tones muscles by adjusting incline gradually while keeping you in your fat burning zone. Segments change every 30 seconds. Time based goal with 10 difficulty levels to choose from.

MUSCLE TONER - INCLINE ONLY

Segments	Warm Up				Program Segments - Repeat												Cool Down			
Time	4:00 MIN				Each segment is 30 seconds												4:00 MIN			
Level 1	0	0	0	1	1	1	2	2	1	1	2	2	1	1	2	2	1	0	0	0
Level 2	0	0	1	2	1	2	2	3	1	2	2	3	1	2	2	3	2	1	0	0
Level 3	0	1	1	2	2	2	3	3	2	2	3	3	2	2	3	3	2	1	1	0
Level 4	1	1	1	2	2	3	3	4	2	3	3	4	2	3	3	4	2	1	1	1
Level 5	2	2	2	2	3	3	4	4	3	3	4	4	3	3	4	4	2	2	2	2
Level 6	2	2	2	3	3	4	4	5	3	4	4	5	3	4	4	5	3	2	2	2
Level 7	3	3	3	3	5	5	6	6	5	5	6	6	5	5	6	6	3	3	3	3
Level 8	3	3	3	4	6	6	7	7	6	6	7	7	6	6	7	7	4	3	3	3
Level 9	3	3	4	4	7	7	8	9	7	7	8	10	7	7	10	10	4	4	3	3
Level 10	3	4	4	5	8	10	10	10	8	8	11	11	8	8	12	12	5	4	4	3

4) **STRENGTH BUILDER:** Time segments vary from 30 to 90 segments long to challenge your stamina and strength. Time based goal with 10 difficulty levels to choose from.

STRENGTH BUILDER - INCLINE ONLY

Segment	Warm Up				1	2	3	4	5	6	7	8	9	10	11	12	Cool Down			
Seconds	4:00 MIN				30	60	90	60	90	45	60	45	90	90	30	30	4:00 MIN			
Level 1	1	1	1	2	2	2	2	1	2	2	1	2	2	1	2	2	2	1	1	1
Level 2	1	1	1	2	3	2	3	2	2	3	2	2	3	2	2	3	2	1	1	1
Level 3	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
Level 4	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
Level 5	1	2	2	2	5	5	5	4	5	5	4	5	5	4	5	5	2	2	2	1
Level 6	1	2	2	3	6	5	6	5	5	6	5	5	6	5	5	6	3	2	2	1
Level 7	1	2	2	3	7	6	7	5	6	7	5	6	7	5	6	7	3	2	2	1
Level 8	1	1	1	2	9	8	9	8	8	9	8	8	9	8	8	9	2	1	1	1
Level 9	2	2	2	3	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
Level 10	2	3	4	5	12	12	12	11	12	12	11	12	12	11	12	12	3	2	2	1

5) **SPEED INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles. Speed changes and segments repeat 90 seconds and 30 seconds.

SPEED INTERVALS

Segment	Warm Up		1	2	Cool Down	
Time	4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	1.0	1.5	2.0	4.0	1.5	1.0
Level 2	1.0	1.5	2.0	4.5	1.5	1.0
Level 3	1.3	1.9	2.5	5.0	1.9	1.3
Level 4	1.3	1.9	2.5	5.5	1.9	1.3
Level 5	1.5	2.3	3.0	6.0	2.3	1.5
Level 6	1.5	2.3	3.0	6.5	2.3	1.5
Level 7	1.8	2.6	3.5	7.0	2.6	1.8
Level 8	1.8	2.6	3.5	7.5	2.6	1.8
Level 9	2.0	3.0	4.0	8.0	3.0	2.0
Level 10	2.0	3.0	4.0	8.5	3.0	2.0

PEAK INTERVALS

Segment		Warm Up		1	2	Cool Down	
Time		4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	Speed	1.0	1.5	2.0	4.0	1.5	1.0
	Incline	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	Speed	1.0	1.5	2.0	4.5	1.5	1.0
	Incline	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	Speed	1.3	1.9	2.5	5.0	1.9	1.3
	Incline	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	Speed	1.3	1.9	2.5	5.5	1.9	1.3
	Incline	2.0	3.0	4.0	8.0	3.0	2.0
Level 5	Speed	1.5	2.3	3.0	6.0	2.3	1.5
	Incline	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	Speed	1.5	2.3	3.0	6.5	2.3	1.5
	Incline	2.5	3.5	4.5	9.0	3.5	2.5
Level 7	Speed	1.8	2.6	3.5	7.0	2.6	1.8
	Incline	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	Speed	1.8	2.6	3.5	7.5	2.6	1.8
	Incline	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	Speed	2.0	3.0	4.0	8.0	3.0	2.0
	Incline	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	Speed	2.0	3.0	4.0	8.5	3.0	2.0
	Incline	3.0	4.5	6.0	10.0	5.0	3.0

6) **PEAK INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed and incline throughout your workout to involve your heart and other muscles. Speed and Incline changes, segments repeat 90 seconds and 30 seconds.

5.3AT PROGRAM INFORMATION

7-8) 5K/10K: Programs that allow you to set and work toward a distance goal. Treadmill automatically adjusts incline to simulate running on an actual course. Incline changes and all segments are 0.16 Km.

Segment	Warm Up	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Cool Down
5K / 10K - INCLINE ONLY																	
Incline	4:00 MIN	Each segment is 0.16 KM															4:00 MIN
Level 1	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0 / 0.5 / 0.0
Level 2	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0 / 0.5 / 0.0
Level 3	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5 / 1.0 / 0.5
Level 4	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5 / 1.0 / 0.5
Level 5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0 / 1.5 / 1.0
Level 6	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0 / 1.5 / 1.0
Level 7	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5 / 2.0 / 1.5
Level 8	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5 / 2.0 / 1.5
Level 9	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0 / 2.5 / 2.0
Level 10	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0 / 2.5 / 2.0

9) TRAIL RUN: Simulates climbing mountains by increasing and decreasing the incline. Time-based goal with 10 difficulty levels to choose from.

TRAIL RUN - INCLINE CHANGES

Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	4:00 MIN				30	60	60	30	30	60	30	60	60	30	30	60	4:00 MIN			
Level 1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1
Level 2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1
Level 3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1
Level 4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1
Level 5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1
Level 6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1
Level 7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1
Level 8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1
Level 9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2
Level 10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2

10) TRAIL CLIMB: This high-intensity ascending cardio program gives you a solid and varied workout with 10 different challenge levels.

TRAIL CLIMB - INCLINE ONLY

Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	4:00 MIN				30	60	60	30	30	60	30	60	60	30	30	60	4:00 MIN			
Level 1	1	1	2	3	5	5	6	6	6	6	6	6	6	7	7	7	3	2	1	1
Level 2	1	1	2	4	5	6	6	6	6	6	7	7	7	8	8	8	4	2	1	1
Level 3	1	1	1	1	6	6	6	7	8	8	7	8	7	8	7	8	1	1	1	1
Level 4	1	1	1	1	6	6	6	6	7	8	8	9	9	9	9	9	1	1	1	1
Level 5	1	1	1	2	5	6	6	6	7	8	9	9	9	9	10	10	1	2	2	1
Level 6	2	2	2	3	5	6	6	6	7	8	9	9	10	10	10	10	2	1	1	1
Level 7	2	3	3	4	6	6	6	6	7	8	9	9	10	11	11	12	2	2	1	1
Level 8	2	3	4	4	6	6	6	7	7	8	8	9	9	10	11	11	3	2	1	1
Level 9	2	4	4	5	7	7	7	8	8	9	9	9	10	11	12	12	3	2	1	1
Level 10	3	4	5	6	7	7	8	8	9	9	9	10	11	11	12	12	4	2	1	1

11) **THE TOUR:** Get the ultimate cardio workout as you gradually build to a high pace and elevation with 10 challenge levels. Time-based goal.

Segment	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	4:00 MIN				60	60	60	60	60	60	60	60	60	60	60	60	4:00 MIN			
Level 1	1	1	1	1	3	3	3	3	4	4	4	4	3	3	3	3	2	2	1	1
Level 2	1	1	2	2	4	4	4	4	5	5	5	5	4	4	4	4	2	2	1	1
Level 3	1	1	2	2	4	4	6	6	6	6	6	6	6	6	4	4	2	2	1	1
Level 4	1	1	3	3	5	5	6	6	7	8	8	7	6	6	5	5	2	2	1	1
Level 5	2	2	2	2	6	6	7	7	8	8	8	8	7	7	6	6	3	3	2	2
Level 6	2	2	3	3	6	6	8	8	8	9	9	8	8	8	6	6	3	3	2	2
Level 7	3	3	3	3	7	7	8	9	9	9	9	9	8	8	7	7	3	3	3	3
Level 8	3	3	3	3	8	8	9	9	9	10	10	9	9	9	8	8	3	3	3	3
Level 9	3	3	3	3	8	8	9	9	10	11	12	10	9	9	8	8	3	3	3	3
Level 10	3	3	3	3	9	9	10	10	11	12	12	12	10	10	9	9	3	3	3	3

THE TOUR - INCLINE ONLY

12) **MAX CARDIO:** Keep burning fat long after your workout with high- and low-intensity intervals that keep the heart rate up while improving endurance and conditioning.

Segment	Warm Up				Program Segments - Repeat								Cool Down			
Seconds	4:00 MIN				90	30	90	30	90	30	90	30	4:00 MIN			
Level 1	1	1	1	1	2	3	3	4	4	5	6	6	2	2	1	1
Level 2	1	1	1	1	1	2	1	2	1	4	1	4	2	2	1	1
Level 3	1	1	2	2	1	3	1	3	1	4	1	4	2	2	1	1
Level 4	1	1	2	2	2	4	2	4	2	5	2	5	2	2	1	1
Level 5	1	1	3	3	3	6	3	6	3	6	3	6	3	3	2	2
Level 6	2	2	2	2	4	7	4	7	4	8	4	8	3	3	2	2
Level 7	2	2	3	3	5	8	5	8	6	9	6	9	3	3	3	3
Level 8	3	3	3	3	6	9	6	9	6	9	6	9	3	3	3	3
Level 9	3	3	3	3	6	9	6	9	7	10	7	10	3	3	3	3
Level 10	3	3	3	3	8	10	8	10	8	11	8	11	3	3	3	3

MAX CARDIO - INCLINE ONLY

CUSTOM PROGRAM INFORMATION

Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

1) Press the CUSTOM program button and press ENTER.

2) Set the workout time using the **– / +** and press ENTER.

3) Use **– / +** to set the speed for each segment. Press ENTER to confirm the speed setting for each segment of the workout.

4) Use **– / +** to set the incline for each segment. Press ENTER to confirm the incline setting for each segment of the workout.

5) Press GO to begin workout.

DATE AND CLOCK SETUP

1) Enter setup mode: Press and hold 1 & 2 SPEED QUICK KEYS for 3-5 seconds.

2) Use **– / +** to change settings and press ENTER to confirm settings.

3) Settings include: MONTH, DAY, YEAR, HOUR, MINUTE, and AM/PM.

4) Review settings: You can review your settings at any time while in setup mode.
Use the ENTER button to scroll through settings.

5) Exit setup mode: To confirm the DATE and TIME, press and hold ENTER for 3 seconds.

6) To reset simply reenter setup mode and adjust DATE and TIME to the correct setting.

LIVETRACK™ FITNESS JOURNAL SYSTEM

The integrated LIVETRACK software allows you to track your fitness progress over time without the need for paper journals or logs. With LIVETRACK, you can easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to see the progress you've made.

SETUP

To activate LIVETRACK fitness journal system a user MUST be chosen before the program begins. To select a USER 1 or 2, use **– / +** and press **ENTER** to confirm. All workout data will accumulate only for the user that is chosen. NOTE: If no user is selected data will not be tracked.

RESET

Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the **WORKOUT STATS/HOLD TO RESET** key for 10 seconds. NOTE: This step is permanent and will delete ALL previously accumulated data for the chosen user.

ACCUMULATED DATA

Once LIVETRACK is activated, you can scroll through your accumulated data in multiple formats by pressing the LIVETRACK buttons. A workout is saved when: the program ends, the console is paused and not resumed within 5 minutes, or the STOP button is held to reset the console.

1) **PERSONAL BEST:** allows user to scroll through and view 5 personal bests for all previous workouts. They are:
   - Best Mile – fastest time in which the user has completed a mile
   - Best 5K – fastest time in which the user has completed a 5K
   - Longest Workout – (time)
   - Longest Workout – (distance)
   - Calories Burned – most calories user has burned in one workout

2) **LAST 5 WORKOUTS:** allows you to view data from your previous 5 workouts. The following data from these 5 workouts can be scrolled through and viewed by pressing the **WORKOUT STATS** key:
   - Time – total time of selected workout
   - Distance – total distance of selected workout

   - Calories – total calories burned during selected workout
   - Pace – average pace during selected workout
   - Elevation Gain (feet) – total elevation climbed, in feet, during selected workout

3) **WORKOUT TOTALS:** allows you to view the total accumulated workout data. Pressing the **WORKOUT TOTALS** key will allow you to scroll through the following totals:
   - Total Workouts
   - Total Distance
   - Total Calories
   - Total Time
   - Elevation Gain – total elevation climbed in feet
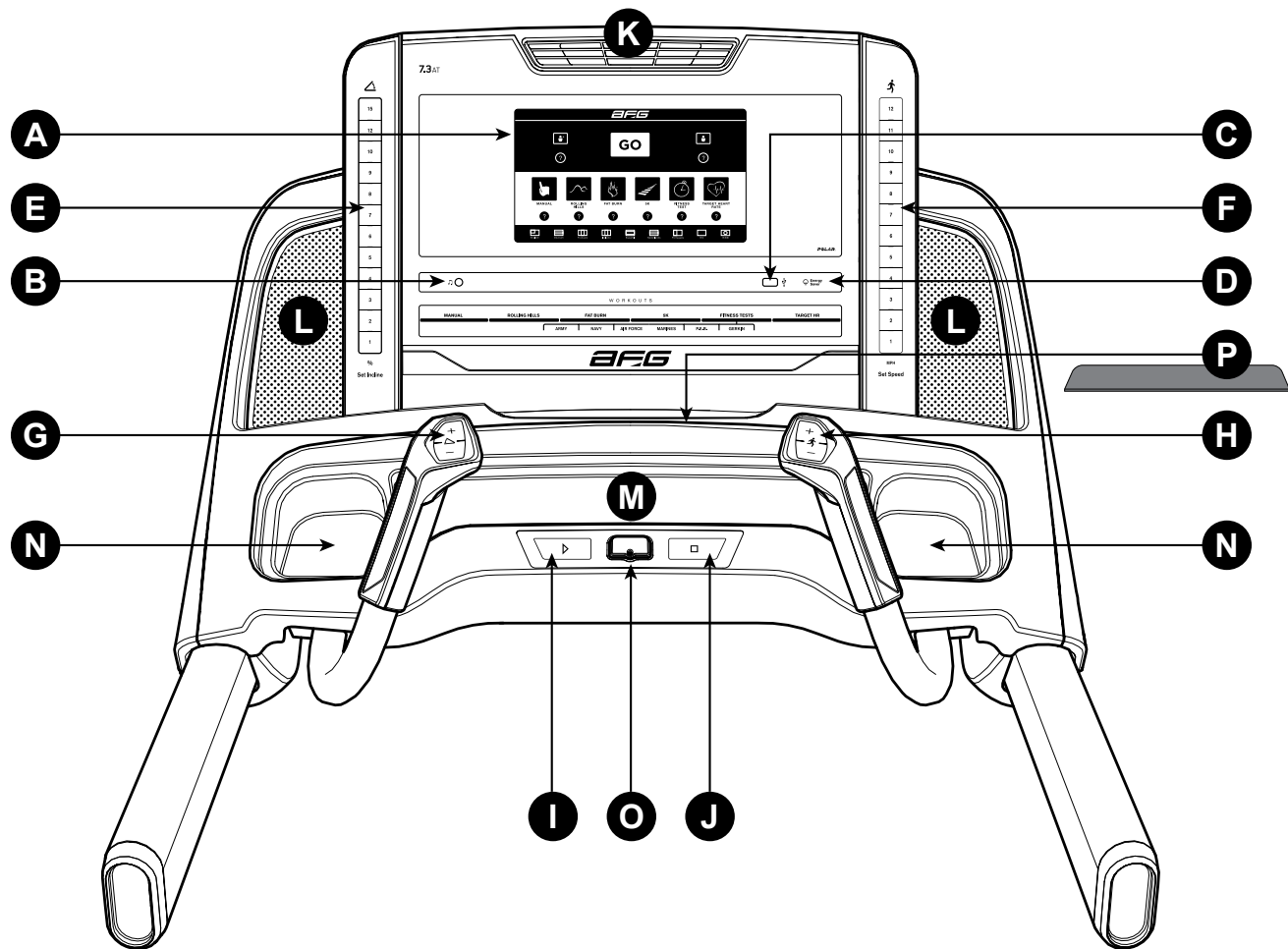
7.3AT CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) **TOUCHSCREEN:** see page 32 for more information.

B) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.

C) **USB PORT:** insert USB stick for any software updates.

D) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.

E) **INCLINE QUICK KEYS:** used to reach desired incline quickly.

F) **SPEED QUICK KEYs:** used to reach desired speed quickly.

G) **INCLINE – / + KEYS:** used to adjust incline level.

H) **SPEED – / + KEYS:** used to adjust speed level.

I) **GO:** used to start workout.

J) **STOP:** used to stop machine.

K) **FAN:** personal workout fan.

L) **SPEAKERS:** plays music through speakers when connected to your media player.

M) **READING RACK:** holds reading material.

N) **STORAGE POCKETS:** holds personal items, i.e. water bottle, brought with you.

O) **SAFETY KEY:** enables treadmill when safety key is inserted.

P) **RUBBER PAD:** place rubber pad above reading rack to help secure your media player.

7.3AT HOMESCREEN

7.3AT SIMPLE RUNSCREEN
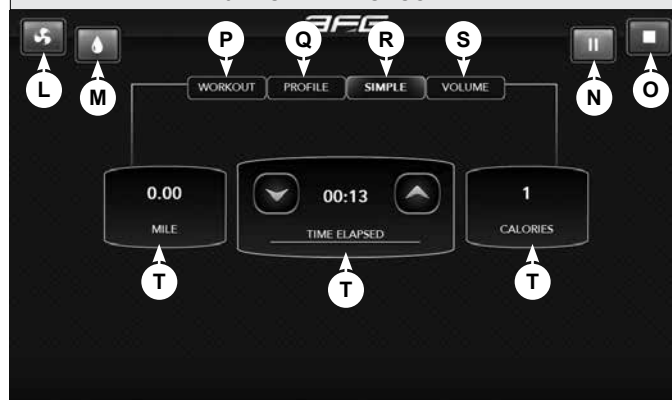
7.3AT SETUP SCREEN

7.3AT PROFILE RUNSCREEN

7.3AT DISPLAY OPERATION

The 7.3AT has a fully integrated touchscreen display on which all information required for various workouts is explained. On-screen prompts will guide you through program set-up, but you should first identify what each button/icon means (below). Exploration of the interface is highly recommended because, as with all touchscreen interfaces, the best way to learn how our touchscreen works is to use it (before using the treadmill).

A) **GO BUTTON:** Press for quick start.

B) **USER SETUP:** Press to add, edit or remove a user.

C) **USER LOGIN:** Press to login as one of 4 preset users or as Guest.

D) **? BUTTON:** Press to see description of program or feature.

E) **PROGRAMS BUTTONS:** Press a button to select a workout. You can select a program before or during your workout.

F) **LANGUAGE SELECTION:** Press to change language.

G) **JUMP FUNCTION:** By touching along the black area, the value will jump to the specified feedback value. NOTE: You may need to press OK to confirm.

H) **ARROWS:** Press to adjust value up or down incrementally.

I) **DISPLAY WINDOW:** Shows current feedback value.

J) **HOME BUTTON:** Press to return to the homescreen.

K) **GO BUTTON:** Press to start the program.

L) **FAN BUTTON:** Press to turn fan on/off.

M) **COOL DOWN:** Press to begin Cool Down mode. Cool Down time is dependent on the length of the workout.

N) **PAUSE BUTTON:** Press to pause workout. After 5 minutes, the console will reset.

O) **STOP BUTTON:** Press to end workout and show workout summary data.

P) **WORKOUT TAB:** Press to select a new program and adjust your program settings mid-workout.

Q) **PROFILE TAB:** Press to display profile runscreen. The blue line represents your speed and the yellow line represents your elevation level.

R) **SIMPLE TAB:** Press to display simple runscreen.

S) **VOLUME TAB:** Press to adjust volume.

T) **STACKABLE DISPLAY WINDOW:** Windows with the hand icon ☝ can be pressed to change display feedback options .

U) **TIME ADJUSTMENT ARROWS:** Press to change the duration of your workout.

V) **LAST BUTTON:** press to toggle back to previous setting.

W) **CALENDAR:** The calendar is available to act as a workout tracking function. Press a day on the calendar to see your workout history for that day.

7.3AT CALENDAR

7.3AT GETTING STARTED

1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.

2) Plug in the power cord and turn the treadmill ON.

3) Stand on the side rails of the treadmill.

4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.

5) Insert the safety key into the safety keyhole in the console.

6) You have two options to start your workout:

A) QUICK START UP

Simply press the GO button to begin working out.
Time, distance, and calories will all count up from zero. OR...

B) SELECT A PROGRAM

7) Press desired PROGRAM BUTTON to select workout.

8) Use ARROWS to and follow the on-screen prompts set workout settings.

9) Press GO to begin workout.
NOTE: You can adjust the speed and incline during your workout.

FINISHING YOUR WORKOUT

When your workout is complete, your workout information will stay displayed on the console for 5 minutes and then return to the homescreen. All workout information is automatically saved to the user profile.

DATE AND CLOCK SETUP

1) Enter engineering mode: press and hold the incline (up)/speed (down) buttons for 3-5 seconds. A home screen will appear.

2) Press the REGION button on the left side of the screen to set location-related information.

3) Settings include: DATE, TIME, UNITS and TIME FORMAT.

4) Touch the setting you wish to change. A keypad or drop-down menu will appear for you to enter the information. Press CONFIRM to set the information and return to the main screen.

5) Press HOME to exit engineering mode and return to the home screen.

7.3AT PROGRAM INFORMATION

1) **MANUAL:** A workout that allows you to manually adjust the speed and incline values at any time.

2) **ROLLING HILLS:** A level-based workout that automatically adjusts the speed to simulate walking or running up hills.

3) **FAT BURN:** Fat burn is a level-based workout that is designed to help users burn fat through various speed and incline changes.

4) **5K:** A workout with a fixed distance of 5 kilometers (3.1 miles). Incline is adjusted automatically throughout the workout. You control the speed.

5) **FITNESS TEST PROGRAM:** A workout based on the Gerkin protocol. This test has various stages increasing treadmill speed and incline until your maximum heart rate is reached. Your score is based on your gender, age and time needed to complete the test.

7.3AT PROGRAM INFORMATION
FITNESS TEST PROGRAM:

The Gerkin protocol was developed by Dr. Richard Gerkin of the Phoenix (Arizona) Fire Department. It is a sub-maximal graded treadmill evaluation used by many Fire Departments across the United States to assess the physical condition of the firefighters. The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged. The workout operates as follows:

WARM-UP: 3 minutes long at 1.0–3.0 mph (1.6–4.8 kph) and 0% incline.

1) **STAGE 1**: 1 minute long at 4.5 mph (7.2 kph) and 0% incline.

2) **STAGE 2**: 1 minute long at 4.5 mph (7.2 kph) and 2% incline.

3) **STAGE 3**: 1 minute long at 5.0 mph (8.0 kph) and 2% incline.

4) **STAGES 4 THROUGH 15**: After every odd minute, the incline will increase by 2%. After every even minute, the speed will increase by 0.5 mph (0.8 kph). Once the user's heart rate exceeds the target heart rate (85% of maximum as determined by the equation [220 – age] × [0.85] = target heart rate), the evaluation ends and the final evaluation stage is recorded.

5) **COOL-DOWN**: The test is completed when user's heart rate exceeds the target or the users completes all 15 stages, whichever occurs first. Then the treadmill will enter cool down for 3 minutes.

FITNESS TEST SCORES (Estimated V02 MAX (ML/KG/MIN) per age category)

MEN		AGE				WOMEN		AGE			
	Percentile	20-29	30-39	40-49	50-59		Percentile	20-29	30-39	40-49	50-59
EXCELLENT	99	> 58.8	> 58.9	> 55.4	> 52.5	EXCELLENT	99	>53.0	>48.7	>46.8	>42.0
	95	54.0	52.5	50.4	47.1		95	46.8	43.9	41.0	36.8
GOOD	90	53.9	52.4	50.3	47.0	GOOD	90	46.7	43.8	40.9	36.7
	80	48.2	46.8	44.1	41.0		80	41.0	38.6	36.3	32.3
AVERAGE	70	48.1	46.7	44.0	40.9	AVERAGE	70	40.9	38.5	36.2	32.2
	60	44.2	42.4	39.9	36.7		60	36.7	34.6	32.3	29.4
FAIR	50	44.1	42.3	39.8	36.6	FAIR	50	36.6	34.5	32.2	29.3
	40	41.0	38.9	36.7	33.8		40	33.8	32.3	29.5	26.9
POOR	30	40.9	38.8	36.6	33.7	POOR	30	33.7	32.2	29.4	26.8
	20	37.1	35.4	33.0	30.2		20	30.6	28.7	26.5	24.3
VERY POOR	10	37.0	35.3	32.9	30.1	VERY POOR	10	30.5	28.6	26.4	24.2
	5	31.6	30.9	28.3	25.1		5	25.9	25.1	23.5	21.1

Note: Changing the speed or incline during the test will end the test and enter cool-down. Press stop to end the test at any time and see results.

7.3AT PROGRAM INFORMATION

6) TARGET HEART RATE

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 bpm and 90% max HR is 190 × 0.9 = 171 bpm.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

TARGET HEART RATE NOTES:

• Warm-up and cool-down each last 5 minutes.

• After 5 minutes, the speed or incline will automatically adjust to bring you near your specified heart rate.

• The profile window shows your heart rate during exercise. The green line represents your target heart rate (THR) and the red line represents your current heart rate. If you are working out beneath your THR, the treadmill will adjust speed or incline accordingly to bring you near your target.

• If there is no heart rate detected, the unit will not change the speed or incline.

• If your heart rate is 25 beats over your target zone the program will shut down.

USING YOUR MEDIA PLAYER

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your media player.

2) Use your media player buttons to adjust song settings.

3) Remove the AUDIO ADAPTOR CABLE when not in use.

ENERGY SAVER (STANDBY MODE)

This machine has a special feature called Energy Saver™ mode. This mode is NOT automatically activated. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console. This feature can be turned on or off in the engineering menu.

5.3AT: To enter the engineering menu, press and hold the + **INCLINE** key and **– SPEED** key for 3-5 seconds. Use the **– / +** keys to navigate through the menu to ENG3. Press **ENTER** to select. Use **– / +** keys to select ENRGY SVE ON or OFF. Press and hold **STOP** for 3-5 seconds to exit ENG3. Press and hold **STOP** again for 3-5 seconds to exit the engineering menu.

7.3AT: Press and hold the **+ INCLINE** and **– SPEED** keys for 3-5 seconds to enter engineering mode. A home screen will appear. Press the **SETTINGS** button on the left side of the screen. You will see the words ENERGY SAVER in the middle of the screen. Touch and select the **ON** or **OFF** prompt to control your preference. Then press the **HOME** icon in the top right corner to exit engineering mode.

LIMITED HOME-USE WARRANTY

WEIGHT CAPACITY = 350 lbs (159 kilograms)

FRAME = LIFETIME

Warranty on the frame against defects in workmanship and materials for a lifetime period of the buyer from the date of purchase, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not included any parts that can be removed.)

DRIVE MOTOR/ELEVATION MOTOR = LIFETIME

Warranty on the drive/elevation motors against defects in workmanship and materials for a lifetime period of the buyer from the date of purchase, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty.

ELECTRONICS & PARTS = 5 YEARS

Warranty on the electronic components, finish and all original parts for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR = 2 YEARS

Warranty shall cover the labor cost for the repair of the device for the period specified above from the date of the original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

• The original owner and is not transferable.

What IS covered:

• Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

• Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.

• Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the manufacturer.

• Incidental or consequential damages. The manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair

or maintenance of the equipment. The manufacturer does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the manufacturer for coverage.

- Equipment owned or operated outside the US and Canada.

- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.

- Any attempt to repair this equipment creates a risk of injury. The manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and the manufacturer shall have no liability for any injury to the person or property arising from such repairs.

- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).

- All returns must be pre-authorized by the manufacturer.

- The manufacturer's obligation under this warranty is limited to replacing or repairing, at the manufacturer's option, the same or comparable model.

- The manufacturer may request defective components be returned to the manufacturer upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.

- Replacement units, parts and electronic components reconditioned to as-new condition by the manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.

- This warranty gives you specific legal rights, and your rights may vary from state to state.