TREADMILL USER'S GUIDE

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CONGRATULATIONS and **THANK YOU** for your purchase of this Freespirit treadmill!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a Freespirit treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-motor warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Freespirit Treadmills deliver.

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SAVE THESE INSTRUCTIONS

Read all instructions before using this treadmill. 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 manual, contact Customer Tech Support at the number listed on the back panel of this manual.

⚠ **WARNING** — Connect this exercise product to a properly grounded outlet only. See grounding instructions.

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.

⚠ **WARNING** — 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-volt circuit and has a grounding plug that looks like the illustration to the right. 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. It is recommended that the treadmill be used with a 20 amp circuit for optimal performance.

3-Pole Grounded Outlet

GROUNDED
TREADMILL
POWER CORD
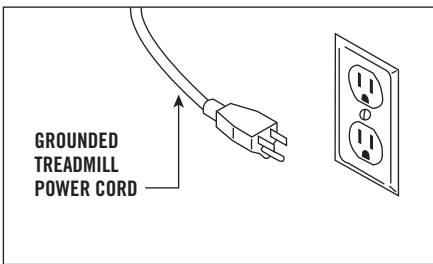
⚠ **WARNING** — To reduce the risk of burns, fire, electrical shock or injury to persons:

- 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.
- 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.
- Keep power cord away from heated surfaces.
- Do not insert or drop any object into any opening.
- Unplug treadmill before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- At no time should more than one person be on treadmill while in operation.
- The treadmill should not be used by persons weighing more than 325 pounds. Failure to comply will void the warranty.
- The 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 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.
- Use the treadmill only as described in this manual.

At NO time should pets or children under the age of 12 be closer to the treadmill than 10 feet.
At NO time should children under the age of 12 use the treadmill.
Children over the age of 12 should not use the treadmill without adult supervision.

OTHER SAFETY TIPS FOR YOUR TREADMILL

⚠ **WARNING** — **OPERATION**
To reduce the risk of damaging important components on your treadmill, it is strongly recommended that your treadmill is plugged into a dedicated 20 amp circuit, without the use of an additional extension cord and/or power strip. Failure to comply may void the warranty.

IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.

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.

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IMPORTANT: READ THESE SAFETY INSTRUCTIONS BEFORE USE!

⚠ WARNING

During the assembly process of the treadmill there are several areas 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 frame parts that are not tightened and will seem loose and may cause irritating noises. There should be no side-to-side play in the console masts or any forward and back play in the console assembly or handlebars. If there is any play in these areas, the treadmill has not been properly assembled. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.
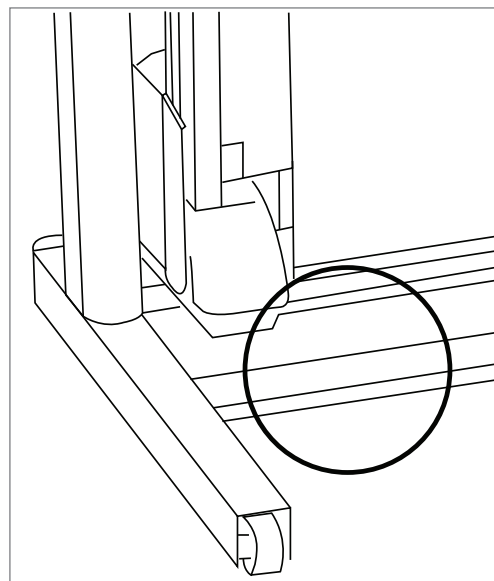
UNPACKING

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 the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill. FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

Before proceeding, find your treadmill's serial number and model name located under the deck on the frame crossbar and enter it in the space provided below.
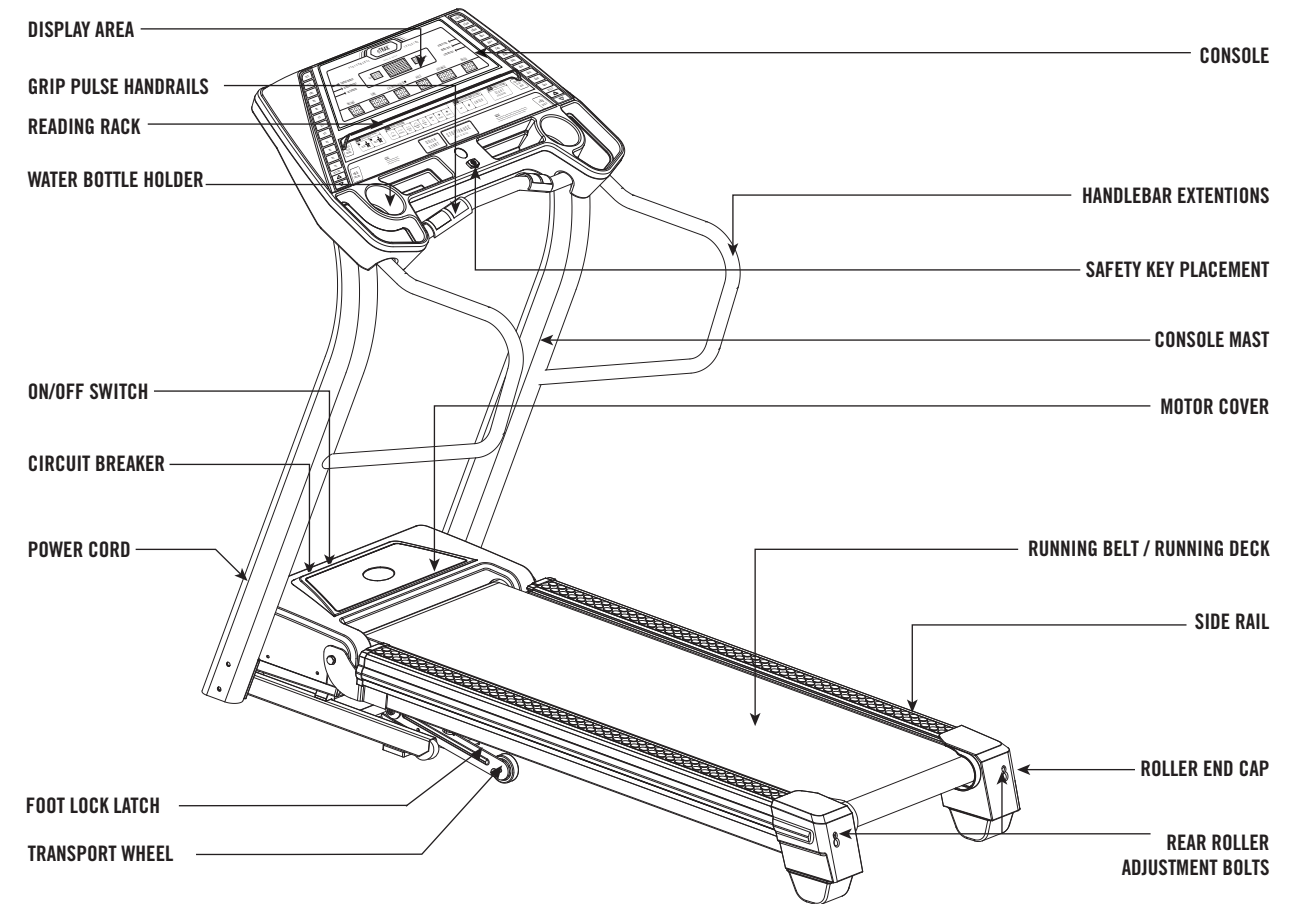
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME:

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

DISPLAY AREA

GRIP PULSE HANDRAILS

READING RACK

WATER BOTTLE HOLDER

ON/OFF SWITCH

CIRCUIT BREAKER

POWER CORD

FOOT LOCK LATCH

TRANSPORT WHEEL

CONSOLE

HANDLEBAR EXTENTIONS

SAFETY KEY PLACEMENT

CONSOLE MAST

MOTOR COVER

RUNNING BELT / RUNNING DECK

SIDE RAIL

ROLLER END CAP

REAR ROLLER
ADJUSTMENT BOLTS

TOOLS INCLUDED

☐ *5 mm Allen Wrench*

☐ *6 mm T-wrench*

☐ *Screwdriver*

PARTS INCLUDED

☐ *1 Safety Key*

☐ *1 Console Assembly (located under treadmill deck)*

☐ *1 Power Cord*

☐ *4 Hardware Bags*

☐ *2 Handlebar Extensions*

☐ *2 End Caps*

☐ *2 Console Masts*

☐ *1 Heart Rate Chest Strap*

If you have questions or if there are any missing parts, contact Sears. contact information is located on the back panel of this manual.

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Disassemble box and remove the cardboard packaging that is not beneath the treadmill. Do not attempt to lift the treadmill at this time. Remove plastic wrap from console masts.

NOTE: *During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt. NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.*
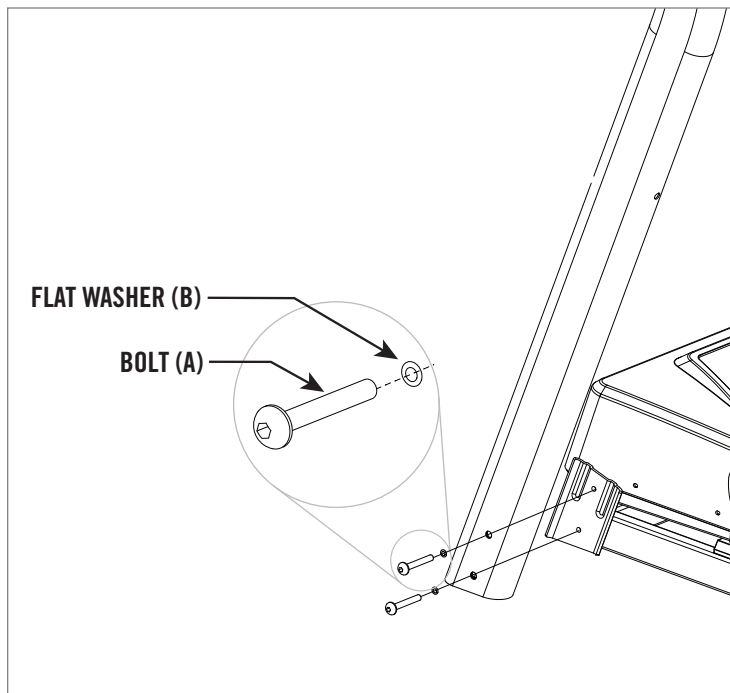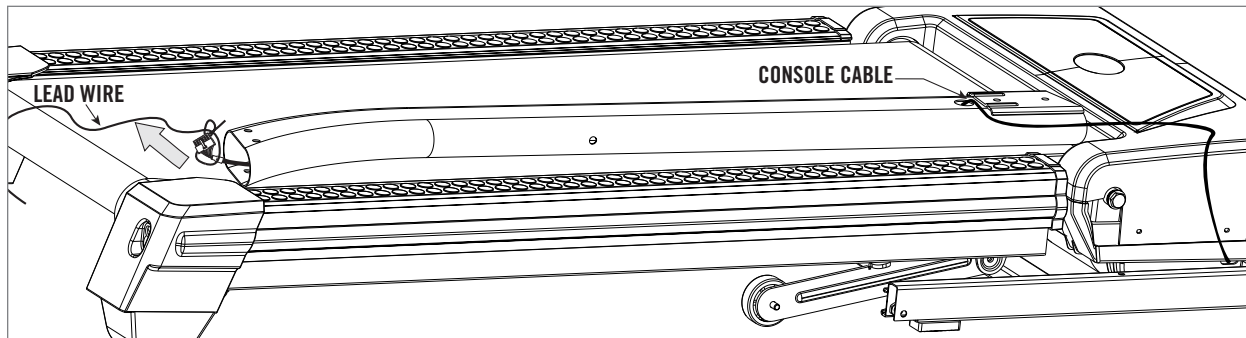
ASSEMBLY **STEP 1**

HARDWARE BAG 1 CONTENTS :
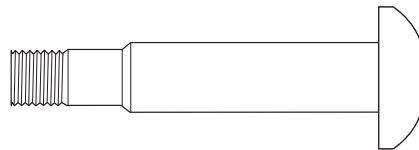
BOLT (A)
65 mm
Qty: 4

FLAT WASHER (B)
8 mm
Qty: 4

LEAD WIRE

CONSOLE CABLE

FLAT WASHER (B)

BOLT (A)
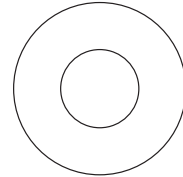
A Open **HARDWARE BAG 1**.

B Pull **LEAD WIRE** through **RIGHT CONSOLE MAST** to drag upward.

C Place **RIGHT CONSOLE MAST** into upright position using 2 **BOLTS (A)** and 2 **WASHERS (B)** and tighten. Be sure to hold the console mast firmly, as it will not stay in the upright position on its own.

D Repeat on the left side. **Note:** There is no wire in the **LEFT CONSOLE MAST**.

ASSEMBLY **STEP 2**

NOTE: There is no hardware bag for this step.
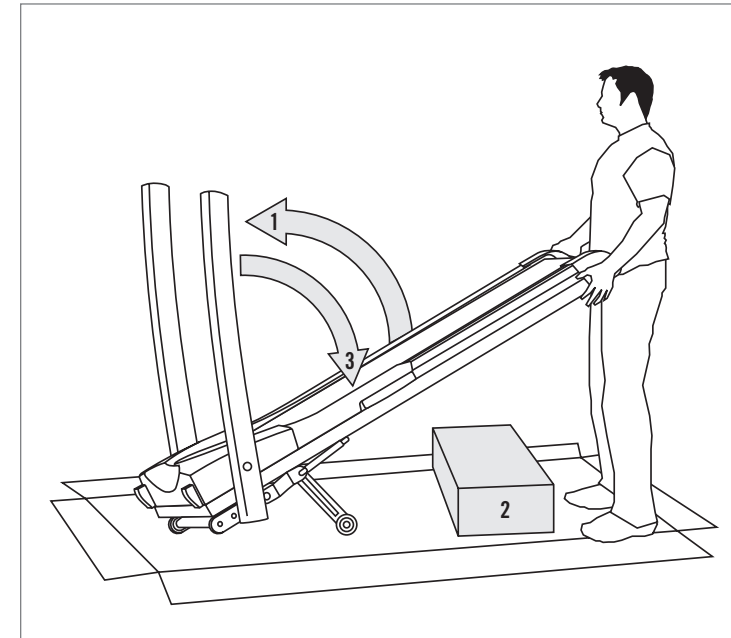
A Lift the **RUNNING DECK** until lock latch on side of treadmill is fully engaged.

B Remove **CONSOLE** from box and place out of the way.

C Lower the treadmill **RUNNING DECK** from the folded position by stepping on **LOCK LATCH** on the bottom left side of the deck.

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ASSEMBLY STEP 3

HARDWARE BAG 3 CONTENTS :

SCREW (C)
12 mm
Qty: 2
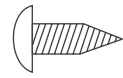
ROLLER END CAP
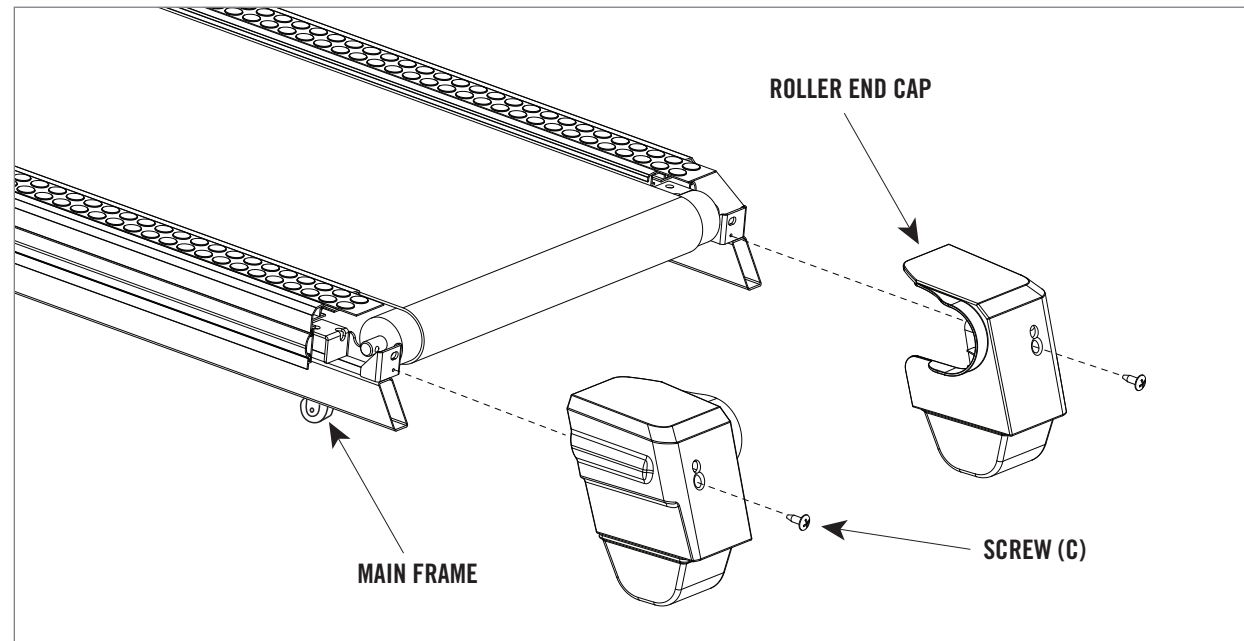
MAIN FRAME

SCREW (C)

A Open **HARDWARE BAG 3**.

B Slide left **ROLLER END CAP** onto **MAIN FRAME** and attach with **SCREW (C).**

C. Repeat on other side.
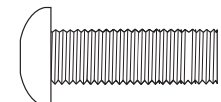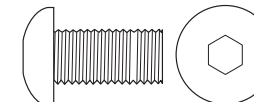
ASSEMBLY STEP 4

HARDWARE BAG 4 CONTENTS :

BOLT (F)
25 mm
Qty: 2
top view

BOLT (D)
15 mm
Qty: 6
top view

FLAT WASHER (E)
8 mm
Qty: 6

BOLT (F)
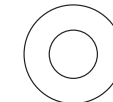
FLAT WASHER (E)
BOLT (D)
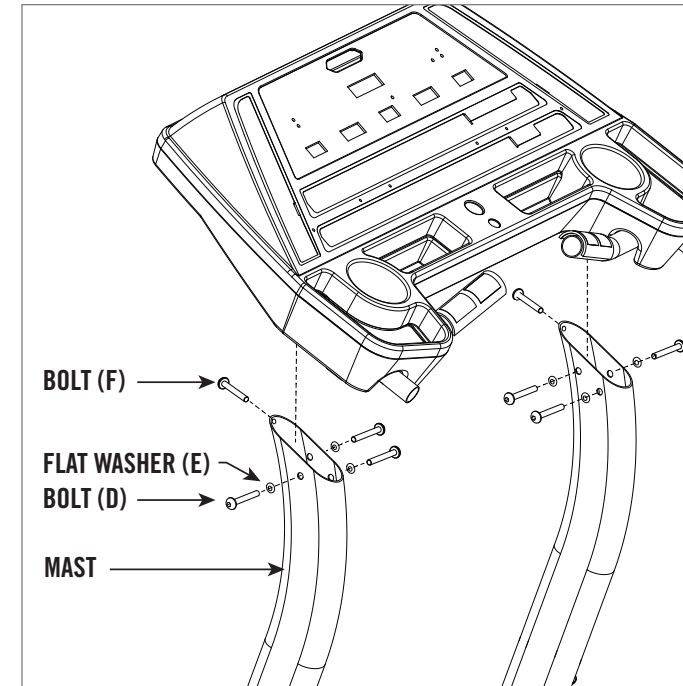
MAST

* Be sure to tighten bolts after all are lined up.

ASSEMBLED IN STEP 4-C
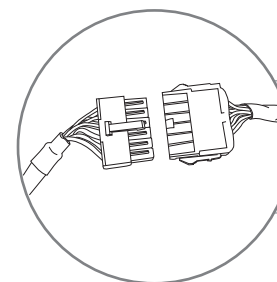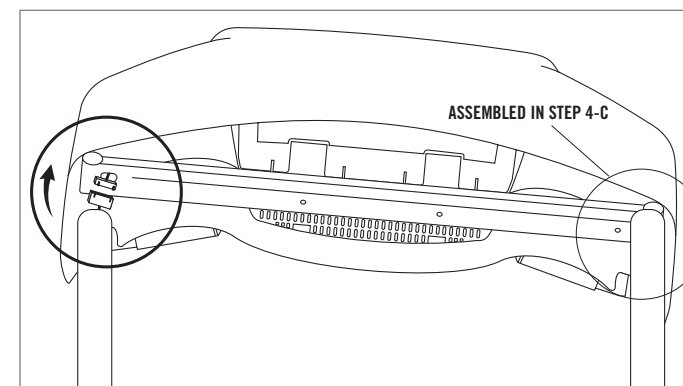
** **NOTE:** Be careful not to pinch any wires while assembling the masts.*

A. Open **HARDWARE BAG 4**

B. With running deck in lowered position, place **CONSOLE** on upright masts.

C. Secure console by partially inserting 3 **BOLTS (D)** and 3 **FLAT WASHERS (E)** into side of **LEFT** upright **MAST**. Remember to partially install these bolts.

D. Gently lift right side of the **CONSOLE** to connect the **CONSOLE CABLE**. Carefully tuck wires in mast to avoid damage. **NOTE**: Do not pinch console cable. Be sure the console cable prongs are aligned and the ends are tightly seated into each other.

E. Repeat step C above to assemble the right side upright mast and console.

F. Tighten all bolts completely.*

G. Once **BOLTS (D)** have been completely tightened, insert **BOLTS (F)** into the back of the mast and completely tighten.

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ASSEMBLY STEP 5

HARDWARE BAG 5 CONTENTS

BOLT (G)
12 mm
Qty: 2

top view

ARC
WASHER (H)
Qty: 2

BOLT (I)
115 mm
Qty: 2

CONSOLE FRAME

BOLT (G)

HANDLEBAR EXTENSION

BOLT (I)
ARC WASHER (H)

A Open **HARDWARE BAG 5**.

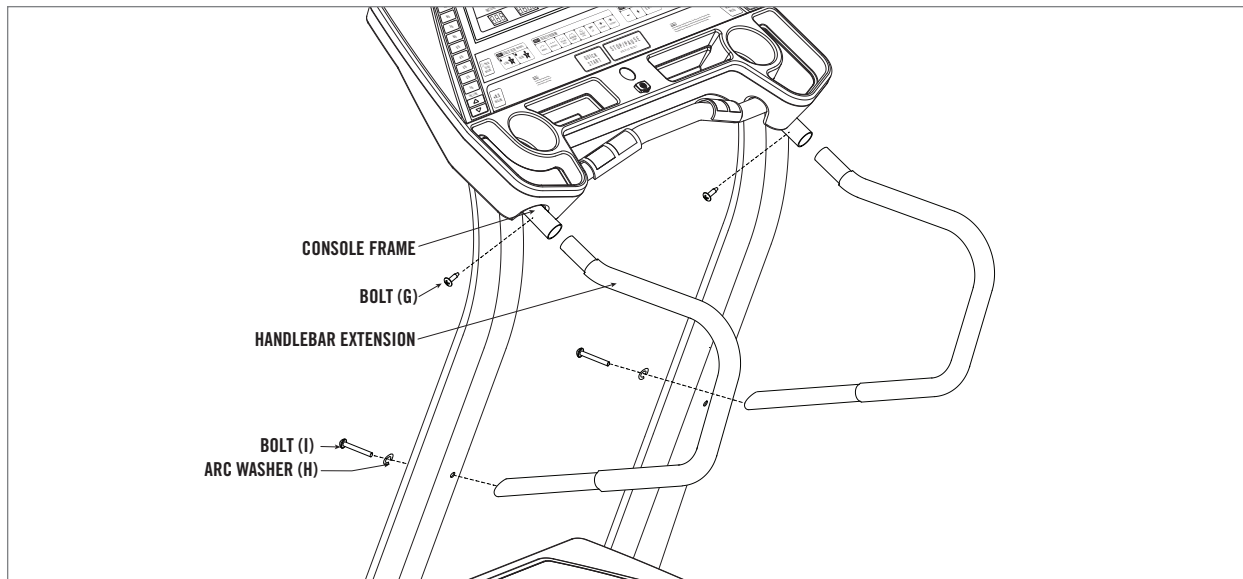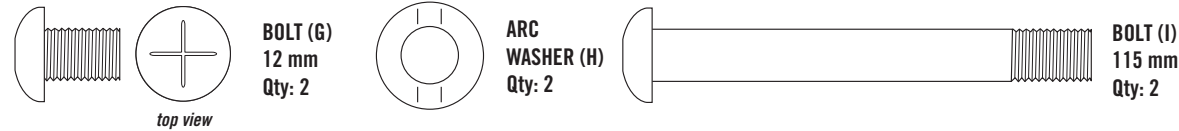**B** Slide left **HANDLEBAR EXTENSION** onto **CONSOLE FRAME**. Attach using **BOLT (G)**.

C Connect bottom of **HANDLEBAR EXTENSION** to the **CONSOLE MAST** using 2 **BOLTS (I)** and 2 **ARC WASHERS (H)**.

D Repeat on other side.

E. Connect power plug to the treadmill and connect the cord to a power outlet. The on/off switch is located next to the power cord. Flip this switch to the 'ON' position, so that the switch is lit. You will hear a beep and the console will light up.

YOU'RE FINISHED!

BEFORE YOU BEGIN

CONGRATULATIONS! on choosing your treadmill. You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:
• Weight Loss
• A Healthier Heart
• Improved Muscle Tone
• Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new treadmill will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your treadmill in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE TREADMILL

Place the treadmill on a level surface. There should be 6 feet of clearance behind the treadmill, 3 feet on each side and one foot in front for folding and the power cord. Do not place the treadmill in any area that will block any vent or air openings. The treadmill should not be located in a garage, covered patio, near water or outdoors.

1 foot

3 feet   3 feet

6 feet

⚠ WARNING
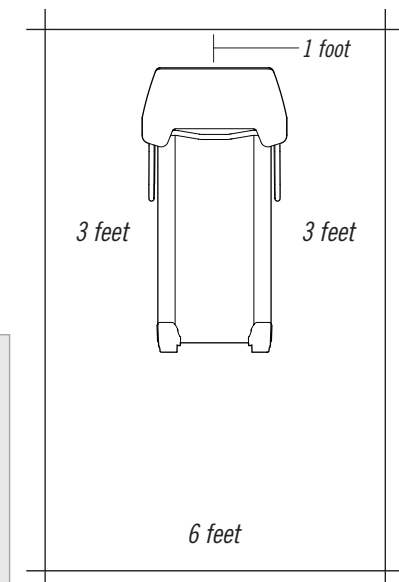
DO NOT STAND ON THE BELT

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

SAFETY KEY

Your treadmill will not start unless the safety key is placed in position. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. Check the operation of the safety key every 2 weeks.

⚠ WARNING

NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.

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PROPER USAGE

Your treadmill is capable of reaching high speeds. Always start off using a slower speed and adjust the speed in small increments to reach a higher speed level. Never leave the treadmill unattended while it is running. When not in use, remove the safety key, turn the on/off switch to off and unplug the power cord. Make sure to follow the MAINTENANCE schedule in this manual. Keep your body and head facing forward. Do not attempt to turn around or look backwards while the treadmill is running. Stop your workout immediately if you feel pain, faint, dizzy or are short of breath.

⚠ WARNING

Do not operate the treadmill if the power cord or plug is damaged.
If the treadmill appears to not be working properly, do not use the treadmill.
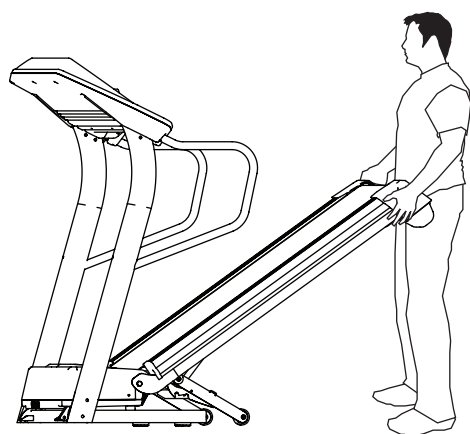
FOLDING

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck into the upright position until the foot lock latch engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. **NOTE: The foot lock latch is located on the bottom left side of the deck.**
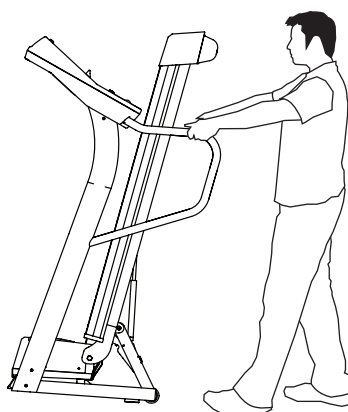
MOVING

Your treadmill has a pair of transport wheels built into the frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back and roll.

⚠ WARNING

Our Treadmills are heavy, use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in the upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.

TENSIONING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment.

CAUTION: Running belt should NOT be moving during tensioning. Over-tightening the running belt can cause excessive wear on the treadmill as well as its components. Never over-tighten the belt.

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, **TURN THE TREADMILL OFF** and tension **BOTH THE REAR ROLLER BOLTS** using the supplied Allen wrench, turning them 1/4 TURN to the right as shown. Turn the treadmill on and check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. Belt is properly tensioned when the slipping sensation is gone.

Belt is too far to the right side

Belt is too far to the left side
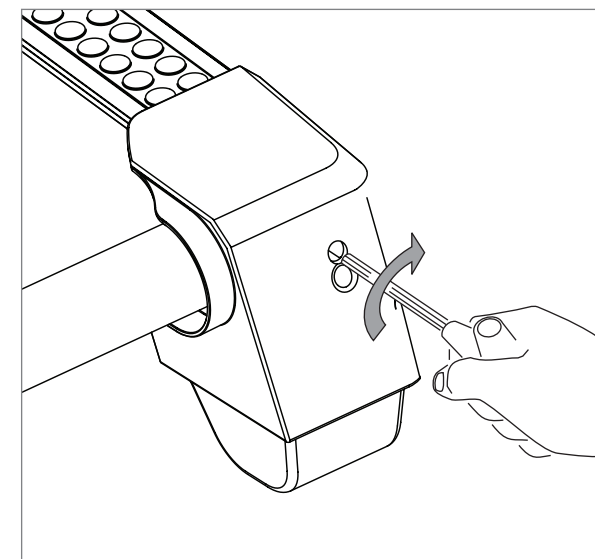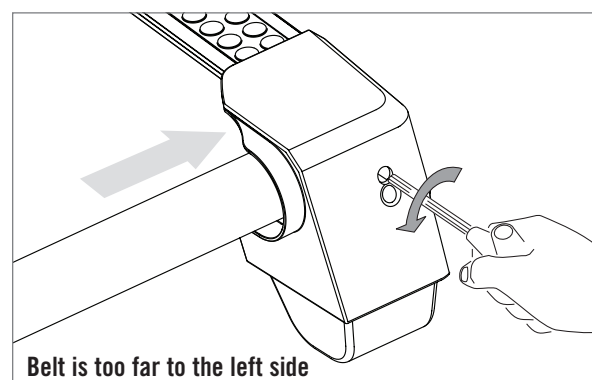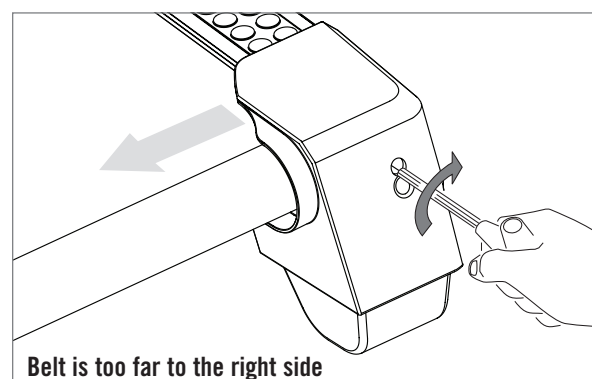
CENTERING THE RUNNING BELT

The running belt has been properly adjusted at the factory before it was shipped. At times the belt can move off-center during shipment. Before operating the treadmill, make sure the belt is centered and remains centered to maintain smooth operation.

CAUTION: Do not run belt faster than 1/2 mph while centering. Keep fingers, hair and clothing away from belt at all times.

If the running belt is too far to the right side:
With the treadmill running at 1/2 mph, turn the right adjustment bolt clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

If the running belt is too far to the left side:
With the treadmill running at 1/2 mph, turn the right adjustment bolt counter-clockwise 1/4 TURN at a time (using the supplied Allen wrench). Check the belt alignment. Allow belt to run a full cycle to gauge if more adjustment is needed. Repeat if necessary, until the belt remains centered during use.

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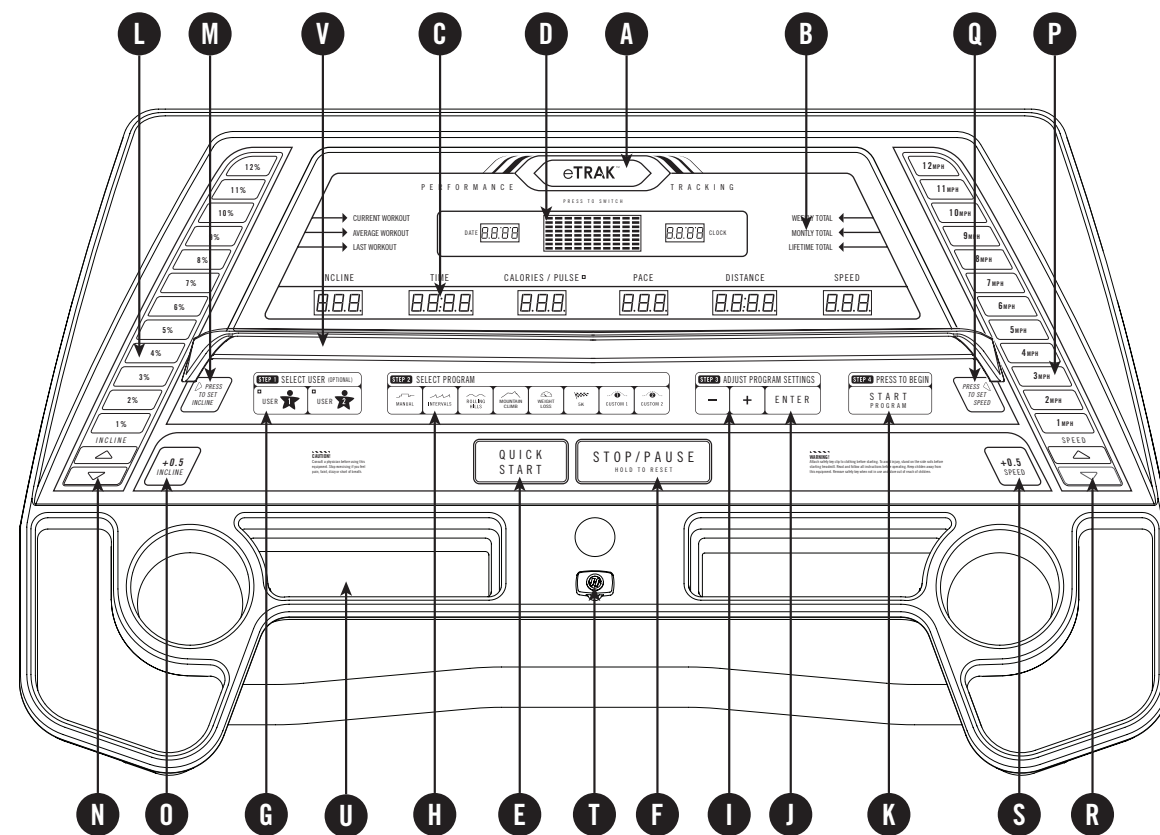
A) **eTRAK™ BUTTON:** Used to scroll through eTRAK™ display modes.

B) **eTRAK™ DISPLAY MODES:** Light indicates active eTRAK™ display mode.

C) **LED DISPLAYS:** Incline, Time, Calories, Pulse, Pace, Distance, Speed, Date, and Clock.

D) **MONITOR DISPLAY:** Shows Program Profiles.

E) **QUICK START:** Simply press to begin exercising.

F) **STOP:** Press to pause/end your workout. Hold for 3 seconds to reset the treadmill.

G) **USER KEYS:** Press to select user.

H) **QUICK PROGRAM KEYS:** Press to select program. Press enter to confirm selection.

I) **PROGRAM SETTING KEYS:** Press to adjust Time, Incline, Speed, and Level.

J) **ENTER:** Press to set Time, Incline, Speed, and Level.

K) **START PROGRAM:** Press to begin program.

L) **QUICK INCLINE KEYS:** Press to reach desired incline more quickly. Select before pressing **SET INCLINE** key.

M) **SET INCLINE:** Press to accept incline selected with quick incline keys.

N) **INCLINE ARROW KEYS:** Press to adjust incline (0.25% increments).

O) **+0.5 INCLINE:** Press to increase incline by 0.5%.

P) **QUICK SPEED KEYS:** Press to reach desired speed more quickly. Select before pressing **SET SPEED** key.

Q) **SET SPEED:** Press to accept speed selected with quick speed keys.

R) **SPEED ARROW KEYS:** Press to adjust speed (0.1 mph increments).

S) **+0.5 SPEED:** Press to increase speed by 0.5 mph.

T) **SAFETY KEY POSITION:** Enables treadmill operation when safety key is in place.

U) **WATER BOTTLE / CD / MP3 HOLDER:** Holds personal workout equipment.

V) **READING RACK:** Holds reading material.

MONITOR DISPLAY

DATE `07.10`   `10:30` CLOCK
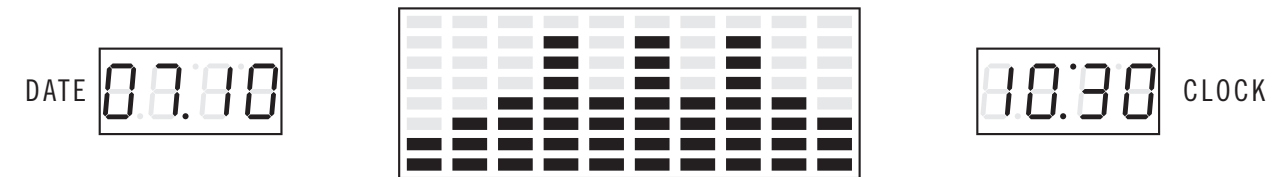
DATE • Date format is month: day.

PROGRAM PROFILES • Represents the profile of the program being used (speed during speed based programs and incline during incline based programs).

CLOCK • The clock displays the time in the 12-hour system.

INCLINE   TIME   CALORIES / PULSE □

`5.0`   `21:00`   `126`

INCLINE • Shown as Percent. Indicates the incline of your walking or running surface.

TIME • Shown as Minutes:Seconds. View the time remaining or the time elapsed in your workout.

CALORIES • Total Calories burned during your workout.

PULSE • Shown as Beats Per Minute. Used to monitor your heart rate (displayed when contact is made with both pulse grips, or when the wireless transmitter is worn).

PACE   DISTANCE   SPEED

`7.5`   `4.06`   `8.0`

PACE • Shown as Minutes. Tenths of a Minute. Indicates the time to run a mile at the current speed.

DISTANCE • Shown as Miles. Indicates distance traveled during your workout.

SPEED • Shown as MPH. Indicates how fast your walking or running surface is moving.

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HEART RATE

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WIRELESS CHEST TRANSMITTER

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. **NOTE:** The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout. **WARNING!** The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.

GETTING STARTED / SELECTING A PROGRAM

1) Check to make sure nothing is on or 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.

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 **START** key to begin working out. OR...

B) SELECT A PROGRAM
Select a **PROGRAM** using the **PROGRAM +/-** or **QUICK PROGRAM** keys.
Once a **PROGRAM** has been chosen, press **ENTER**.

SELECT A LEVEL
Select a **PROGRAM LEVEL** using the **PROGRAM +/-** keys.
Once a **PROGRAM LEVEL** has been chosen, press **ENTER**.

SELECT A TIME
Select a Time using the **PROGRAM +/-** keys or use the default time.
Once a **TIME** has been chosen, press **START.**

FINISHING YOUR WORKOUT

When your workout is complete, the **MONITOR DISPLAY** will flash and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

CLEAR CURRENT SELECTION

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

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PROGRAM INFORMATION

PROGRAM: MANUAL

Allows 'On The Fly' manual **SPEED** and **INCLINE** changes. Time-based goal.

PROGRAM: INTERVALS

Walk or run a series of alternating **SPEED** levels. Time-based goal with 10 difficulty levels to choose from.

INTERVALS PROGRAM SEGMENTS
(peak segments last 30 seconds, valley segments last 90 seconds)

MPH	WARM-UP		1	2	3	4		COOL DOWN	
Level 1	1.0	1.5	2.0	4.0	2.0	4.0	SEGMENTS ARE REPEATED UNTIL SELECTED TIME IS REACHED	1.5	1.0
Level 2	1.0	1.5	2.0	4.5	2.0	4.5		1.5	1.0
Level 3	1.3	1.9	2.5	5.0	2.5	5.0		1.9	1.3
Level 4	1.3	1.9	2.5	5.5	2.5	5.5		1.9	1.3
Level 5	1.5	2.3	3.0	6.0	3.0	6.0		2.3	1.5
Level 6	1.5	2.3	3.0	6.5	3.0	6.5		2.3	1.5
Level 7	1.8	2.6	3.5	7.0	3.5	7.0		2.6	1.8
Level 8	1.8	2.6	3.5	7.5	3.5	7.5		2.6	1.8
Level 9	2.0	3.0	4.0	8.0	4.0	8.0		3.0	2.0
Level 10	2.0	3.0	4.0	8.5	4.0	8.5		3.0	2.0

(WARM-UP and COOL-DOWN last 4:00 minutes each and are included in program times)

PROGRAM: ROLLING HILLS

Motivates with different combinations of **SPEED**. Time-based goal with 10 difficulty levels to choose from.

ROLLING PROGRAM SEGMENTS (all segments last 30 seconds)

MPH	WARM-UP		1	2	3	4	5	6	7	8		COOL-DOWN	
Level 1	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	SEGMENTS ARE REPEATED UNTIL SELECTED TIME IS REACHED	2.3	1.5
Level 2	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	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	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	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	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	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	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	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	3.3	4.9	6.5	7.5	7.5	8.0	8.5	8.0	7.5	7.0		5.6	3.8

(WARM-UP and COOL-DOWN last 4:00 minutes each and are included in program times)

PROGRAM: MOUNTAIN CLIMB

Simulates climbing and descending a mountain by automatically varying incline. 10 difficulty levels to choose from.

Level	WARM -UP		1	2	3	4	5	6	7	8	9	10	COOL-DOWN	
						Incline								
1	0.0	0.0	1.0	1.5	2.0	2.5	3.0	3.0	2.5	2.0	1.5	1.0	0.0	0.0
2	0.0	0.0	1.5	2.0	2.5	3.0	3.5	3.5	3.0	2.5	2.0	1.5	0.0	0.0
3	0.0	1.0	2.0	2.5	3.0	3.5	4.0	4.0	3.5	3.0	2.5	2.0	1.0	0.0
4	0.0	1.5	2.5	3.0	3.5	4.0	4.5	4.5	4.0	3.5	3.0	2.5	1.5	0.0
5	0.0	1.5	3.0	3.5	4.0	4.5	5.0	5.0	4.5	4.0	3.5	3.0	1.5	0.0
6	0.0	1.5	3.5	4.0	4.5	5.0	5.5	5.5	5.0	4.5	4.0	3.5	1.5	0.0
7	0.0	1.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0	1.5	0.0
8	0.0	2.0	4.5	5.0	5.5	6.0	6.5	6.5	6.0	5.5	5.0	4.5	2.0	0.0
9	0.0	2.0	5.0	5.5	6.0	6.5	7.0	7.0	6.5	6.0	5.5	5.0	2.0	0.0
10	0.0	2.0	5.5	6.0	6.5	7.0	7.5	7.5	7.0	6.5	6.0	5.5	2.0	0.0

(WARM-UP and COOL-DOWN last 4:00 minutes each and are included in program times)

PROGRAM: WEIGHT LOSS

Challenges with various combinations of hills and valleys (**INCLINE & SPEED** levels). Time-based goal with 10 difficulty levels to choose from.

WEIGHT LOSS PROGRAM SEGMENTS (all segments last 30 seconds)

		WARM-UP		1	2	3	4	5	6	7	8		COOL-DOWN	
Level 1	Elevation	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	SEGMENTS ARE REPEATED UNTIL SELECTED TIME IS REACHED	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	Elevation	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	Elevation	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	Elevation	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	4.5	4.5	5.0	5.5	5.0	4.5	4.5		3.4	2.3
Level 5	Elevation	1.5	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	Elevation	1.5	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	Elevation	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	7.5	6.5	6.0	5.5		4.5	3.0
Level 8	Elevation	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	Elevation	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	Elevation	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	8.5	7.5	7.0		5.6	3.8

(WARM-UP and COOL-DOWN last 4:00 minutes each and are included in program times)

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PROGRAM: 5k

Walk a series of alternating INCLINE levels. Distance based goal with 10 difficulty levels to choose from.

Segments equal 0.16 km

Level	Warm Up		Segments 1-15 repeated until selected distance is reached.															Cool Down	
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
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
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
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
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
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
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
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
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
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
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

NOTE: WARM-UP AND COOL-DOWN ARE NOT INCLUDED IN THE 5K DISTANCE.

PROGRAM: CUSTOM 1 & 2

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. Once the **CUSTOM 1** or **2** program has been chosen, press **ENTER.**

2. Choose the desired **TIME** using the **PROGRAM +/- KEYS** and press **ENTER**.

3. Choose the desired **SPEED** for each segment, using the **PROGRAM +/- KEYS** and press **ENTER**. Note: You will need to press **ENTER** after each segment.

4. Choose the desired **INCLINE** for each segment, using the **PROGRAM +/- KEYS** and press **ENTER**. Note: You will need to press **ENTER** after each segment.

5. Press **START** to begin your program. At this time, your program has been successfully saved into memory, and can be used for future workouts.

• To **RESET** your program information and delete it from memory, press and hold the **ENTER** key for 5 seconds (after you have selected the CUSTOM 1 or 2 program).

• While using your saved program, you are able to adjust the speed or incline, but any changes will not be saved.

PROGRAM INFORMATION

USING eTRAK™ PERFORMANCE TRACKER

INTRODUCTION

Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new treadmill is equipped with the exclusive eTRAK™ Performance Tracker, you've taken an important step towards achieving your fitness goals. Congratulations!

eTRAK™ is an innovative new software, integrated into your treadmill console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. eTRAK™ allows you to easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like time of workout or calories burned during previous workouts, you'll be able to quickly and easily see the progress you've made. Read further to learn about how eTRAK™ can help motivate you to enhance your performance.

DATE & CLOCK SETUP

1) Enter Setup Mode: Press and hold MANUAL and INTERVALS program buttons for 3 seconds.
2) Once in setup mode, use the PROGRAM SETUP +/- KEYS to scroll through settings.
3) Use the ENTER button to confirm settings.
4) Settings include: MONTH, DAY, YEAR, HOUR, MINUTE, and AM/PM.
5) Review Settings: You can review your settings at any time while in Setup Mode. Use the ENTER button to scroll through settings.
6) Exit Setup Mode: To confirm the Date and Time, press and hold ENTER for 5 seconds.
7) To Reset: Simply reenter Setup Mode and adjust Date and Time to the correct setting.

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eTRAK™ OPERATION

SETUP: *To activate eTRAK™ a user MUST be chosen before the program begins. To select a user, simply press the User 1 or User 2 button. To deselect a user, press User button again. All accumulated data specifically relates to the user that is chosen. Note: If no user is selected, no data will be tracked.*

RESET: *Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the user button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.*

ACCUMULATED DATA: *Once eTRAK™ is activated, you can scroll through your accumulated data in multiple formats by pressing the eTRAK™ button. A workout is saved when: the program ends, the consile is paused and not resumed within 10 minutes, or the STOP button is held to reset the console.*

1) **CURRENT WORKOUT:** *The console automatically defaults to Current Workout, displaying your progress in real time.*

2) **AVERAGE WORKOUT:** *This option allows you to see your average accumulated data for the last 100 workouts. The following information will be shown in each display window:*
   INCLINE - Average incline level.
   TIME - Average workout time.
   CALORIES - Average calories burned.
   PACE - Average pace of workout.
   DISTANCE - Average workout distance.
   SPEED - Average speed of workout.

3) **LAST WORKOUT:** *This option allows you to view your accumulated data from your last workout. The Current Workout becomes the Last Workout once a program has ended or the console has been reset. The following information will be shown in each display window:*
   INCLINE - Average incline of last workout.
   TIME - Total time of last workout.
   CALORIES - Total calories burned during last workout.
   PACE - Average pace of last workout.
   DISTANCE - Total distance of last workout.
   SPEED - Average speed of last workout.

eTRAK™ OPERATION

4) **WEEKLY TOTAL:** *View your accumulated data from the last Sunday to the present day. Note: This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:*
   INCLINE - Average incline of weekly workout.
   TIME - Total time of workout.
   CALORIES - Average calories burned.
   PACE - Average pace of of weekly workout.
   DISTANCE - Total distance of workout.
   SPEED - Average speed of weekly workout.
Note: If the Date and Clock are not set, Weekly Total will default to the Last Workout data.

5) **MONTHLY TOTAL:** *View your accumulated data from the 1st day of the month to the present day. Note: This data is based on month to date NOT the previous thirty days. For instance, if you have not used the machine since the 1st of the month, the console will read zeros. The following information will be shown in each display window:*
   INCLINE - Average incline of monthly workout.
   TIME - Total time of monthly workout.
   CALORIES - Average calories burned.
   PACE - Average pace of monthly workout.
   DISTANCE - Total distance of workout.
   SPEED - Average speed of monthly workout.
Note: If the Date and Clock are not set, Monthly Total will default to equal the Last Workout data.

6) **LIFETIME TOTAL:** *This option allows you to view the the total accumulated data from your first workout to your last saved workout. The following information will be shown in each display window:*
   INCLINE - Average incline.
   TIME - Total accumulated time. Note: If time is greater than 99:59, the time will no longer display minutes and will display hours only.
   CALORIES - Average calories burned.
   PACE - Average pace.
   DISTANCE - Total accumulated distance.
   SPEED - Average speed.

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ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your treadmill to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars or the wireless chest transmitter), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.
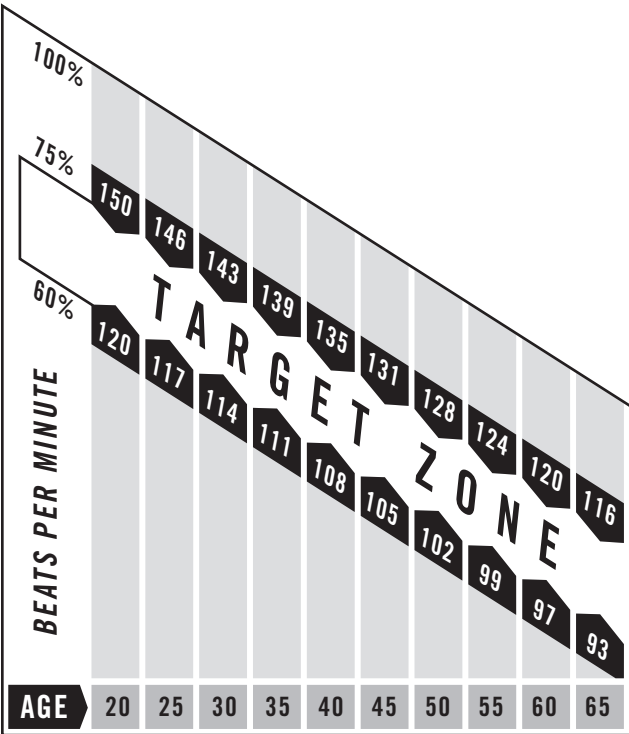
TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.


EXAMPLE:

For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

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TIPS ✓ STRETCHING

STRETCH FIRST

Before using your product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.
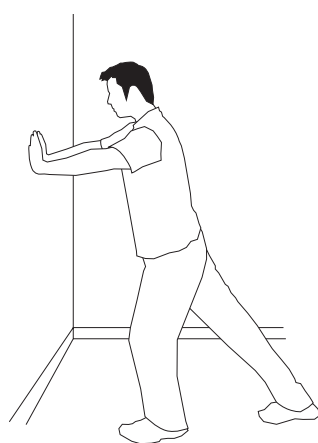
1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of tour left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.
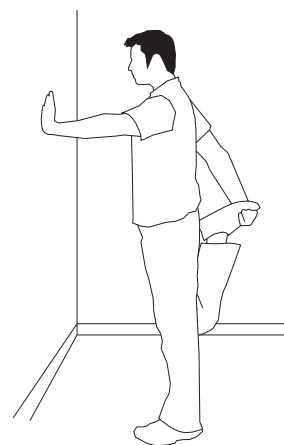
2. STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.
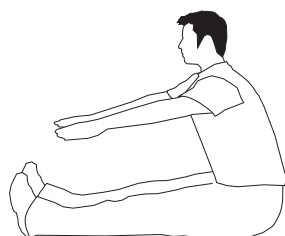
3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

TIPS ✓ THE IMPORTANCE OF WARM UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

TIPS ✓ ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

• Weight Loss - lower intensity, longer duration workouts
• Improve Body Shape and Tone - interval workouts, alternate between hi and low intensities
• Increased Energy Level - more frequent daily workouts
• Improved Sports Performance - high intensity workouts
• Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages.

As your fitness improves, you can look back and see how far you've come!

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WEEKLY LOG SHEETS

WEEK #_____ WEEKLY GOAL _____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____ WEEKLY GOAL _____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #_____ WEEKLY GOAL _____

DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

MONTHLY LOG SHEETS

MONTH_____ MONTHLY GOAL _____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH_____ MONTHLY GOAL _____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

MONTH_____ MONTHLY GOAL _____

WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS :			

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TROUBLESHOOTING

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?
All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I PURCHASED LOUDER THAN THE ONE AT THE STORE?
All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?
As long as the sounds your treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise.

TROUBLESHOOTING - TREADMILL
Your treadmill is designed to be reliable and easy to use. However, if you experience a problem, please reference the troubleshooting guide listed below.

PROBLEM: The console does not light up and/or the belt does not move.
SOLUTION: Verify the following:
DOES THE RED LIGHT ON THE ON/OFF SWITCH LIGHT UP?
IF YES:
- Double check that all connections are secure, especially the console cable. Unplug and reconnect the console cable to verify.
- Make sure the console cable is not pinched or damaged in any way.
- Turn the power off, unplug the power cable and wait 60 seconds. Remove motor cover. Wait until all red LED lights have gone off on the motor control board before proceeding. Next, verify that none of the wires connected to the lower board are loose or disconnected.

IF NO:
- Verify that the outlet the machine is plugged into is functional. Double check that the breaker has not tripped, it is on a dedicated 20-amp circuit, it is not on a GFCI equipped outlet, and it is not plugged into a power strip/surge protector or extension cord.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position.

PROBLEM: The treadmill circuit breaker trips during a workout.
SOLUTION: Verify the following:
- Make sure the treadmill is plugged into a dedicated 20-amp circuit.
- Verify that you do not have the machine on an extension cord or surge protector.
- Confirm that the machine is not plugged into a GFCI-equipped outlet or on a circuit that has a GFCI-equipped outlet on it.

PROBLEM: The running belt does not stay centered during a workout.
SOLUTION: Verify the following:
- Make sure the treadmill is on a level surface.
- Verify that the belt is properly tightened and centered (Refer to the Adjustment section for detailed directions).

PROBLEM: Operating speed appears inaccurate.
SOLUTION: Auto-calibrate the treadmill:
- Power on the treadmill and have the safety key in position on the console. Press and hold the elevation "+" and speed "-" buttons for approximately 5 seconds to enter the Engineering Mode. The console will beep and "ENG0" appears in the display.
- Press the Speed "+" or "-" button until "ENG2" appears in the display.
- Press, "ENTER" to select. Press, "START" to begin. The treadmill running belt will begin to move automatically and the auto-calibration sequence will properly set and store the speed values.
- Upon successful calibration, the treadmill will beep several times. The console will automatically exit Engineering Mode and return to the start-up screen.

⚠ WARNING

DO NOT stand on running belt while calibrating – stand on the guide rails. Treadmill will fluctuate between low and high speeds for several minutes until calibration is complete.

TROUBLESHOOTING - HEART RATE
Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:
- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palm is especially thick.

If the above troubleshooting section does not remedy the problem, discontinue use and turn the power off.

PLEASE CALL SEARS AT THE NUMBER ON THE BACK PANEL.

The following information may be asked of you when you call. Please have these items readily available:
- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for a technician to service your treadmill they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:
- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been lubricated and maintained per the maintenance schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Freespirit treadmill running again!

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MAINTENANCE

Cleanliness of your treadmill and its operation environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)
Clean and inspect, following these steps:
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
- Inspect the power cord. If the power cord is damaged, contact Horizon Fitness.
- Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
- Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK
Clean underneath the treadmill, following these steps:
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Fold the treadmill into the upright position, making sure that the lock latch is secure.
- Move the treadmill to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
- Return the treadmill to its previous position.

EVERY MONTH - IMPORTANT!
- Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
- Inspect all assembly bolts of the machine for proper tightness.
- Turn off the treadmill and wait 60 seconds.
- Remove the motor cover. Wait until ALL LED lights turn off.
- Clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.
- Vacuum and wipe down the belt with a damp cloth. Vacuum any black/white particles that may accumulate around the unit. These particles may accumulate from normal treadmill use.

EVERY 6 MONTHS OR 150 MILES
It is necessary to lubricate your treadmill running deck every six months or 150 miles to maintain optimal performance of your treadmill. Once the treadmill reaches 150 miles, the console will prompt you to lubricate the treadmill. Only use lubricant provided by Horizon Fitness!

- **TURN OFF THE TREADMILL** with the on/off switch, then unplug the power cord at the wall outlet.
- Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position). Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, insert the safety key, start the treadmill and walk on the belt for two minutes to spread the lubricant.
- Lubricate the air shocks with Teflon based spray.
- Once lubrication is complete, reset the console by pressing and holding 'STOP' and Speed '+' buttons for 5 seconds.

Please contact Horizon Fitness with questions about applying lubricant to your treadmill.
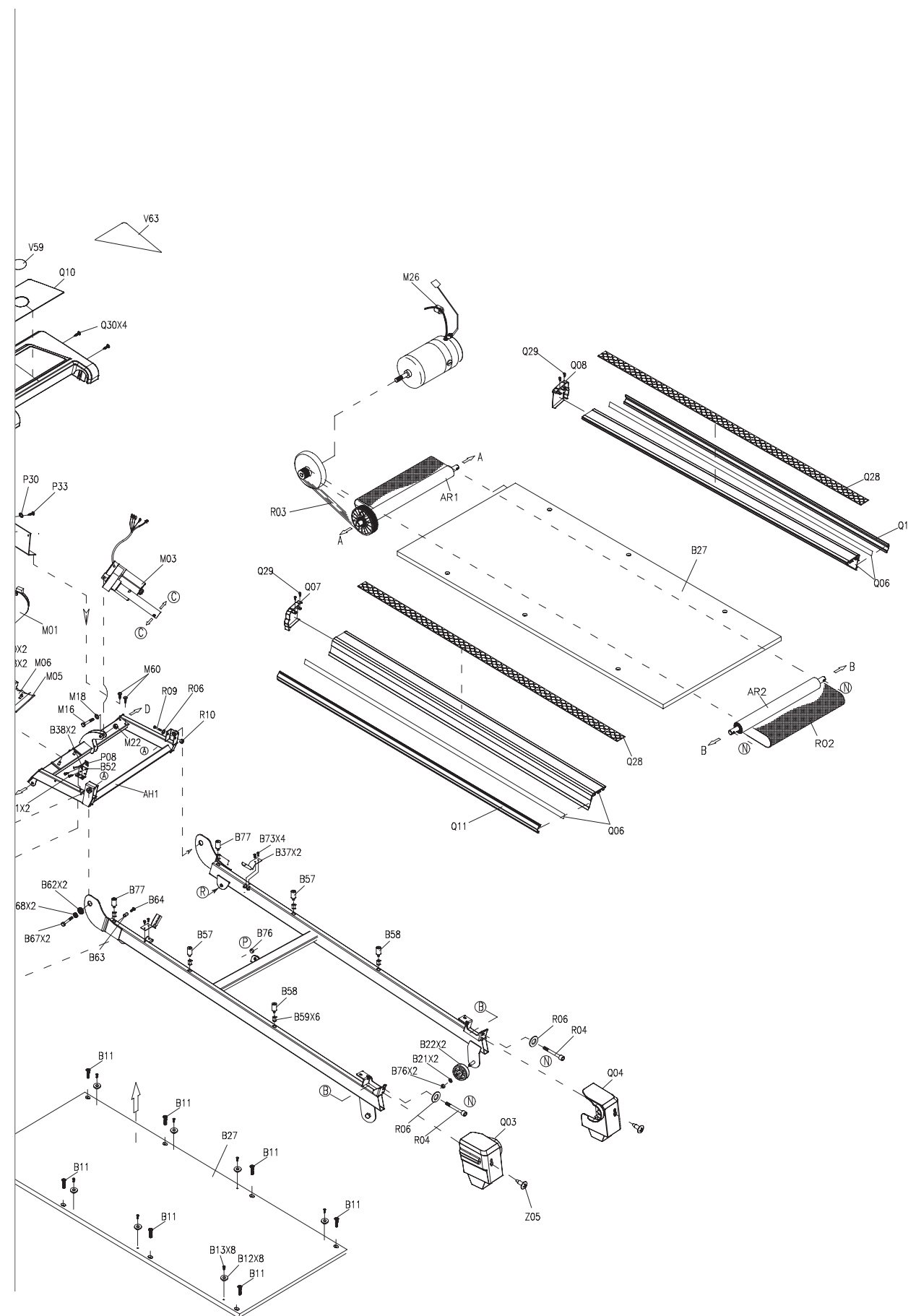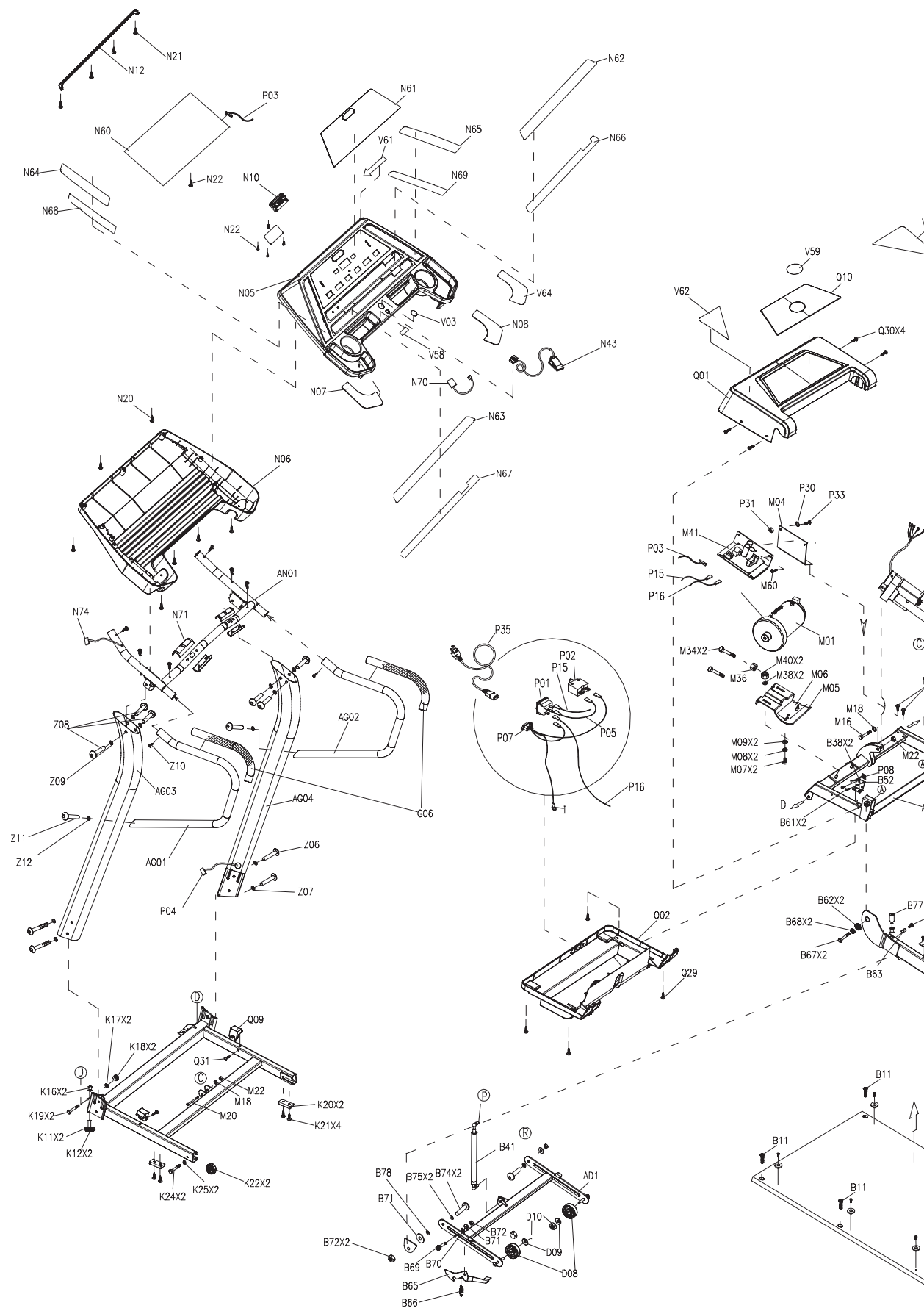
LUBRICATION

RUNNING BELT

RUNNING DECK
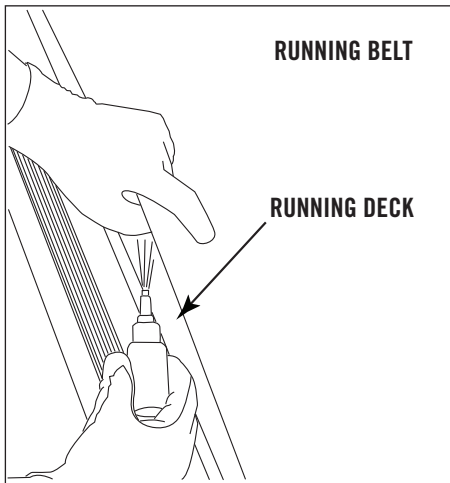
PARTS LIST

Please refer to EXPLODED DRAWING on next page.

Part #:		Description:
AD1	SP0017031AA	Fold Frame Set
AG01	SP0006072AA	Left Handlebar, with Foam Grip
AG02	SP0006073AA	Right Handlebar, with Foam Grip
AG03	SR0002006AA	Console Mast - Left
AG04	SR0002007AA	Console Mast - Right
AH1	SP0019090AA	Elevation Frame
AN01	SZTM209CNS	Console Frame Set, with Foam and Grip Pulse
AR1	SM0907042A	Front Roller Set
AR2	SM0908016A	Rear Roller
B11	MZE0105005	Bolt
B12	MB0643001	Rail Lock
B13	ME0103014B	Screw - 15mm
B21	ME0502163	Washer, Flat
B22	MB0103040CA	Mobile Wheel
B27	MD0701096A	Running Deck
B37	MJ1060004C	Belt Guide
B38	MZE0107013	Screw, Self-tapping
B41	ML0211077AX	Air Shock
B52	MJ1040005C	Bracket, Speed Sensor
B57	MB0502016D	Elastomer - Orange
B58	MB0502017D	Elastomer - Blue
B59	ME0301014	Brass Insert
B61	ME0107010	Screw
B62	MJ3023025A	Washer
B63	MJ3025011B	Sleeve-Frame
B64	ME0102082	Bolt
B65	MJ1027035B	Foot Lock Latch
B66	ME1113006A	Spring for foot lock latch
B67	ME0112127AB	Bolt
B68	ME0502057	Washer
B69	ME0112263A	Bolt
B70	ME0502026	Washer, Flat
B71	ME0505055A	Washer, Teflon
B72	MZE0204005	Nut, Nylon
B73	ME0107036	Screw
B74	ME0112024	Bolt
B75	ME0502200A	Washer
B76	ME0204025	Nut, Self-locking
B77	MB0502018A	Elastomer
B78	ME0502027	Washer,Flat
D08	MB0103030BC	Mobile Wheel
D09	ME0502240	Washer, Flat
D10	ME0204008AB	Nut, Nylon
G06	MB0401225AA	Foam Grip
K11	MB0302002	Level Washer
K12	MB0301002	Leveler
K16	MZE0301009	Brass Insert
K17	ME0505023	Washer, Teflon
K18	MZE0204027	Nut, Nylon
K19	ME0112119	Bolt
K20	MB0307002B	Pad underneath base frame
K21	ME0107031	Screw
K22	MB0103042C	Mobile Wheel, Base Frame Stabilizer
K24	ME0112025	Screw
K25	ME0502240	Washer, Flat
KIT	MF0821002A	Bottle of Silicon for Deck Lubrication
KIT	SM0039261A	Hardware Pack
KIT	SZTM265CNS	Console Set
KIT	MC0608007	Chest Strap
KIT	MH0207330AX	Owner's Manual/Assembly Guide
KIT	MZE1005011A	Phillips Screwdriver
KIT	MZE1002003	6mm T-wrench for Rear Roller adjustment
KIT	SM0011024A	Polar Receiver
M01	SZTM115MTR	Drive Motor Set - 2.5hp
M03	SCB402017	Elevation Motor Set
M04	MJ1121009A	Bracket, Motor Control Board
M05	SP0026050AA	Bracket, Drive Motor
M06	MB0607001B	Cushion, Drive Motor
M07	MZE0104112	Bolt
M08	ME0502126	Washer, Flat
M09	MZE0501007	Washer, Spring
M16	ME0106026B	Screw, Hex Head
M18	MZE0502197A	Washer, Flat
M20	MZE0106018	Bolt, Incline Motor
M22	MZE0204013	Nut- 17mm
M26	MC0704005	Ferrite Core
M34	ME0104073	Screw, Round Hex Socket

Part #:		Description:
M36	MZE0201005	Nut
M38	ME0502149	Washer
M40	MZE0204005	Nut, Nylon
M41	SJED08089ED	Motor Control Board - 2.25/2.5HP - Digital
M60	MZE0107022	Screw
N05	MB0617138AA	Console Shell - Front
N06	MB0618079AA	Console Shell - Rear
N07	MB0401216AA	Tray Pad - Left
N08	MB0401217AA	Tray Pad - Right
N10	MB0633063AA	eTRAK Button, Console
N12	MB0608019AA	Reading Rack
N20	MZE0107023	Screw
N21	MZE0107005	Screw, Oval-tapping
N22	MZE0107021AB	Screw
N43	SZTM209SKS	Safety Key Set
N60	SJED01245AAX	Upper Control Board with soldered heart rate receiver
N61	MC0601754AX	Overlay
N62	MC0601738AX	Overlay - Programs
N63	MC0601790AX	Overlay, Start/Stop
N64	MC0601740AX	Overlay, Left - Incline
N65	MC0601741AX	Overlay, Right - Speed
N66	MC0602293A	Membrane Key - Programs
N67	MC0602302A	Membrane Key - Start/Stop
N68	MC0602303A	Membrane Key, Incline - Left
N69	MC0602304A	Membrane Key, Speed - Right
N70	MC0403015A	Reed Switch
N71	MC0712067A	Grip Pulse
N74	MC0516189B	Pulse Grip Wires
P01	MC0701002	Power Switch
P02	MC0702011	Breaker
P03	MC0501179A	Console Cable
P04	MC0502060B	Console Cable - Mast
P05	MC0503001B	Connecting Cable - Socket/Breaker
P07	MC0703023	Power Socket
P08	MC0510031D	Speed Sensor, Front Roller
P15	MC0525026A	Power Cable, Control Board - Black
P16	MC0525027A	Cable for Control Board - White
P30	MZE0504014	Washer
P31	MZE0201010	Nut
P33	ME0102042	Screw - 25mm
P35	MC0504054A	Power Cord
Q01	MB0236082AA	Motor Cover
Q02	MB0236083AA	Bottom Motor Cover
Q03	MB0665033CA	End Cap, Foot Rail-L
Q04	MB0666032CA	End Cap, Foot Rail-R
Q06	SZTM265RAL	Side Rail Set With Decal - L/R
Q07	MB0678817BA	Side Rail Cap,Front - Left
Q08	MB0678818BA	Side Rail Cap,Front - Right
Q09	MB0630008AA	Cover-Base Frame
Q10	MG0102222A	Acrylic Plate
Q11	MG0229087A	Accent Piece for Side Rail
Q28	MB0674020CA	Grip, Side Rail
Q29	MZE0121004	Screw, Self-tapping
Q30	ME0121007A	Screw
Q31	ME0121002	Screw
R02	MD0610140A	Running Belt
R03	MD0602001	Drive Belt
R04	MZE0104203	Bolt
R06	MZE0502025	Washer, Flat
R09	ME0104085	Bolt
R10	MZE0201005	Hex Nut
V03	MG0272031AX	Decal, Console
V58	MG0239022AX	E-Track Sticker-Console
V59	MG0102255AX	Decal,Free Spirit-Motor Cover
V61	MG0205153AX	Decal, POP-Console
V62	MG0204376AX	Decal, Left Side of Motor Cover, POP Info
V63	MG0204377AX	Decal, Right Side of Motor Cover, POP Info
V64	MG0204378AX	Decal, POP-Console
Z05	ME0121003	Screw
Z06	ME0112055AB	Bolt
Z07	ME0502030	Washer
Z08	ME0112034	Bolt
Z09	ME0502030	Washer
Z10	ME0102012	Screw
Z11	ME0112258A	Bolt
Z12	ME0503010	Washer

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WARRANTY

LIMITED HOME-USE WARRANTY

FRAME • 10 YEARS
Sears warrants the frame against defects in workmanship and materials for a period of ten years from the date of purchase, so long as the device remains in the possession of the original owner.

DRIVE MOTOR/ELEVATION • 3 YEARS
Sears warrants the drive/elevation motors against defects in workmanship and materials for a period of three years from the date of purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS • 1 YEAR
Sears warrants the electronic components, finish and all original parts for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR
Sears shall cover the labor cost for the repair of the device for a period of one year 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 Sears.
• Incidental or consequential damages. Sears 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.
• Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Sears 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. Sears 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 Sears shall have no liability for any injury to the person or property arising from such repairs.

SERVICE/RETURNS

• All returns must be pre-authorized by Sears.
• Sears' obligation under this warranty is limited to replacing or repairing, at Sears' option, the equipment at one of its authorized service centers.
• A Sears authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
• Parts and electronic components reconditioned to As New Condition by Sears or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.
• This warranty gives you specific legal rights, and your rights may vary from province to province.

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(1-800-469-4663)

24 hours a day, 7 days a week

For the repair of major brand appliances in your own home...
no matter who made it, no matter who sold it!

For your nearest **Sears Parts & Service** location,
to bring in products like vacuums, lawn equipment and electronics.

For **Sears Parts & Service**, to order the replacement parts,
accessories and owner's manuals that you need to do-it-yourself.

www.sears.ca

To purchase or inquire about a Sears Maintenance Agreement, call:

1-800-361-6665

9 a.m.-11 p.m. Mon.-Fri. EST, 9 a.m.-4 p.m. Sat.

Pour service en francais:

1-800-LE-FOYER MC
(1-800-533-6937)

www.sears.ca

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