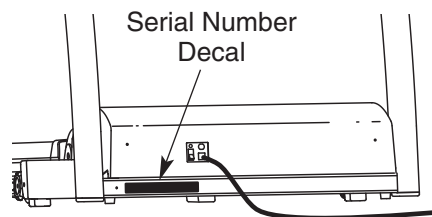


# PRO-FORM 755 XP

Model No. 831.294880

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

Write the serial number in the space above for future reference.

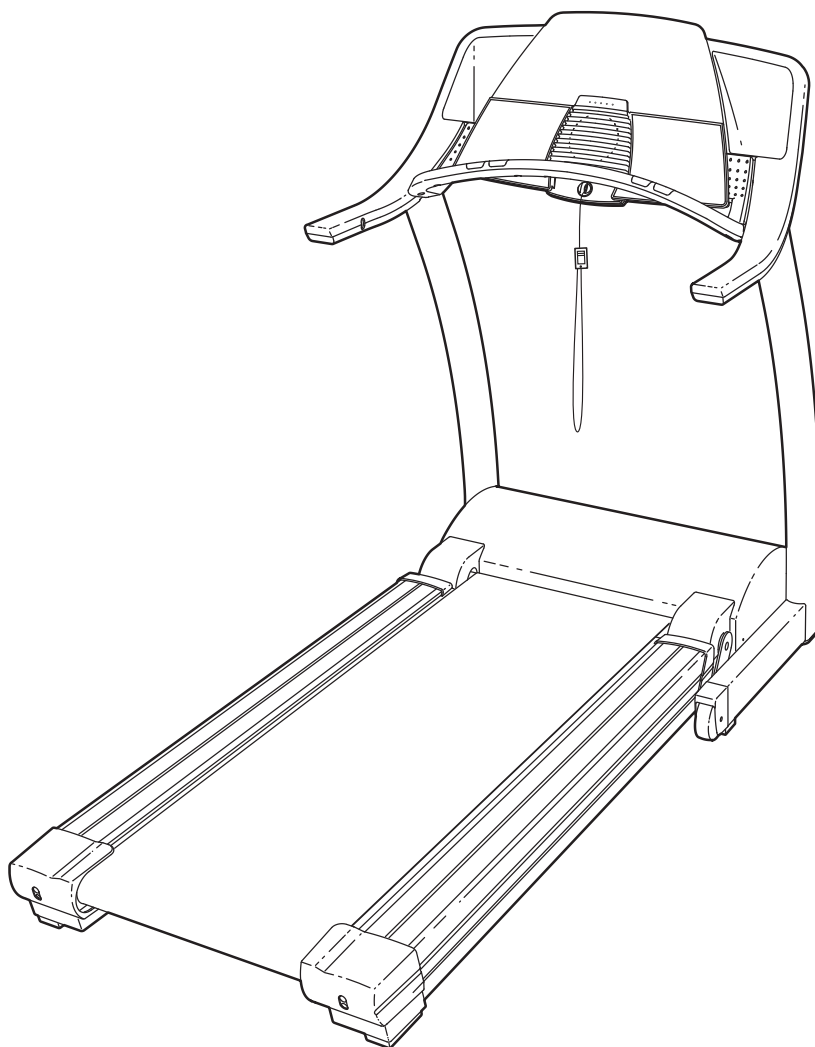


- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

## CAUTION

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

## TREADMILL EXERCISER User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

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## TABLE OF CONTENTS

|  |            |
|--|------------|
| IMPORTANT PRECAUTIONS .....              | .3         |
| BEFORE YOU BEGIN .....                   | .5         |
| ASSEMBLY .....                           | .6         |
| TREADMILL OPERATION .....                | .8         |
| HOW TO FOLD AND MOVE THE TREADMILL ..... | .22        |
| TROUBLESHOOTING .....                    | .24        |
| EXERCISE GUIDELINES .....                | .26        |
| PART LIST .....                          | .27        |
| HOW TO ORDER REPLACEMENT PARTS .....     | Back Cover |
| FULL ONE YEAR WARRANTY .....             | Back Cover |

Note: An EXPLODED DRAWING is attached in the center of this manual.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or oxygen is administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 275 pounds. Never allow more than one person on the treadmill at a time.
8. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
9. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local Sears or call 1-800-366-7278 and order part number 146148.
11. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 6, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 22.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
19. When folding or moving the treadmill, make sure that the storage latch is fully closed.

20. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

21. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

23. Inspect and properly tighten all parts of the treadmill every three months.

24. Never drop or insert any object into any opening.

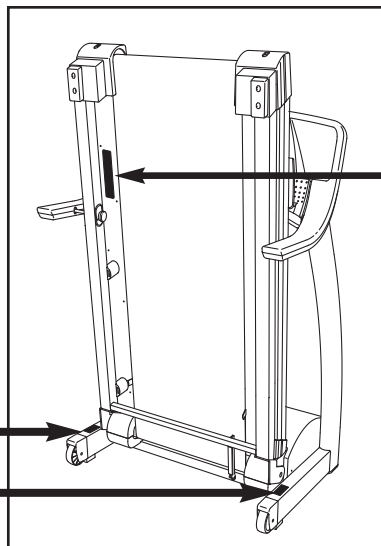
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.


## SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill. If a decal is missing, or if it is not legible, please call toll-free 1-888-533-1333 to order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



**⚠ WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

-  •Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  •Never allow children on or around treadmill.
- Remove key when not in use.
-  •Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

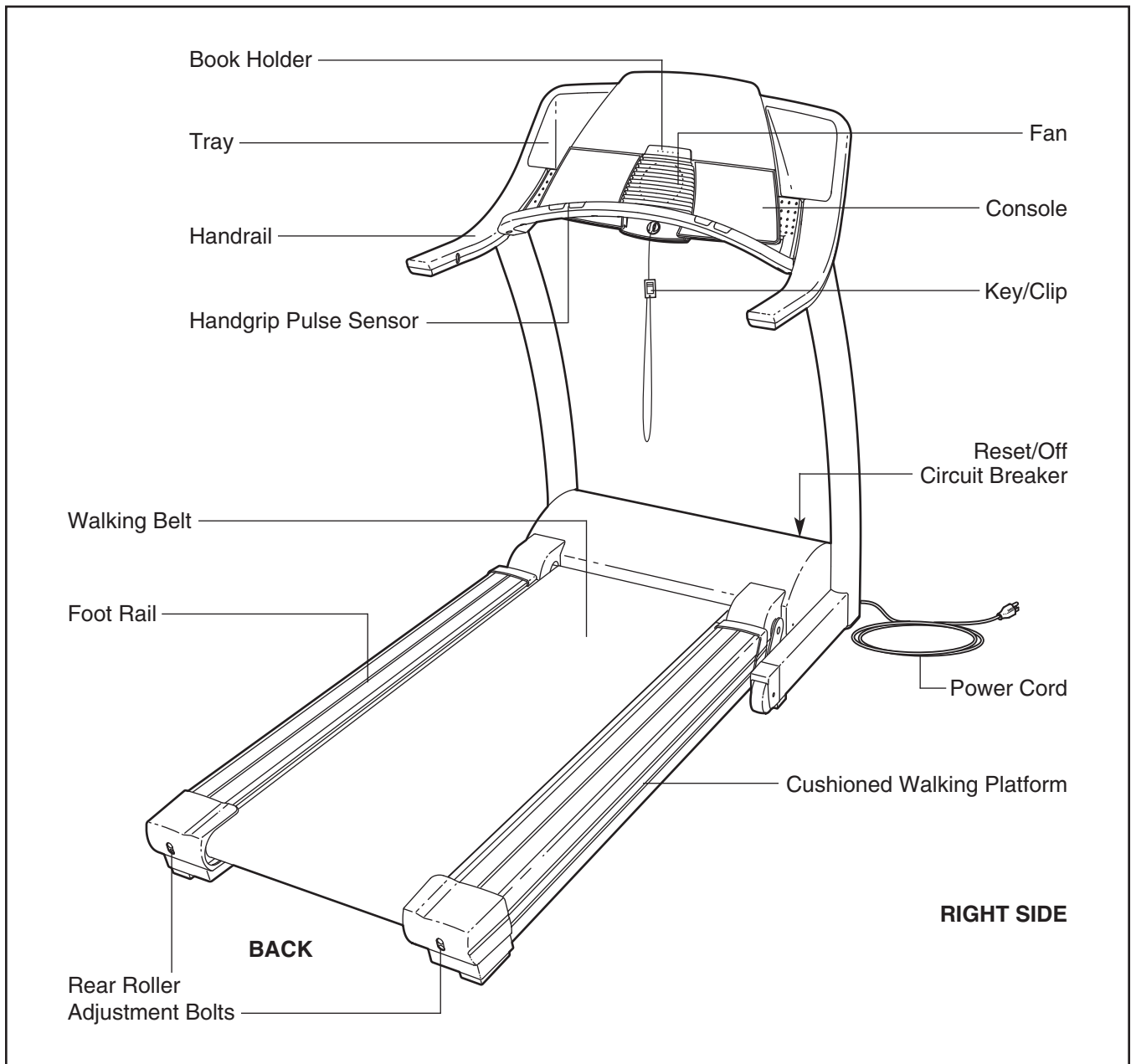
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 755 XP treadmill. The PROFORM 755 XP treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience and privacy of your home. And when you're not exercising, the unique PROFORM 755 XP treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before**

**using the treadmill.** If you have questions after reading this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.294880. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



# ASSEMBLY

**Assembly requires two persons.** Place the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until the treadmill is assembled.

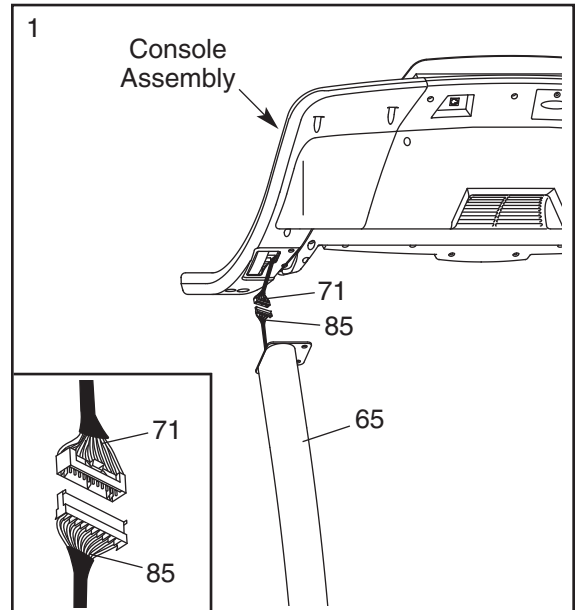
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt, the sides of the walking platform, or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt or on the sides of the walking platform, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included allen wrench**  **and your own phillips screwdriver** .

1. With the help of a second person, carefully raise the Uprights (65) to a vertical position.

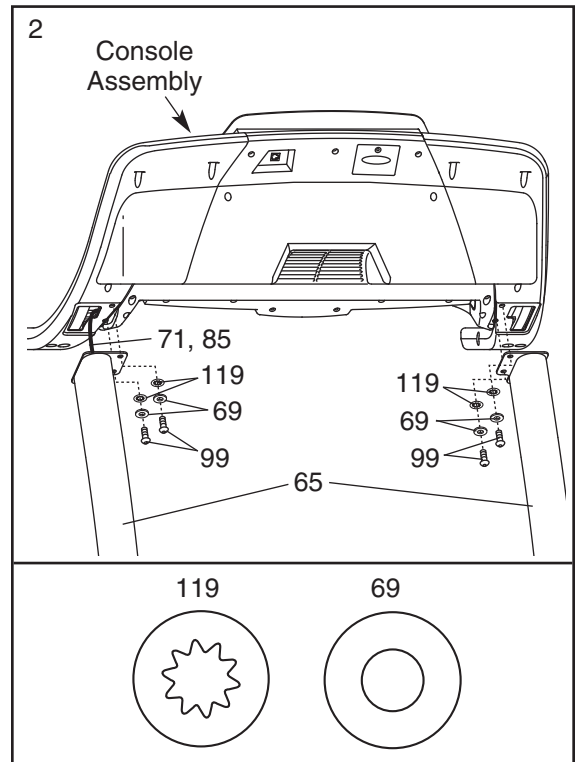
Have the second person hold the console assembly near the Uprights (65) as shown. Look under the console assembly and locate the Console Wire Harness (71).

Cut the plastic ties securing the Upright Wire Harness (85) to the right Upright (65). Connect the Upright Wire Harness to the Console Wire Harness (71). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



2. Insert the excess Wire Harness (71, 85) into the right Upright (65).

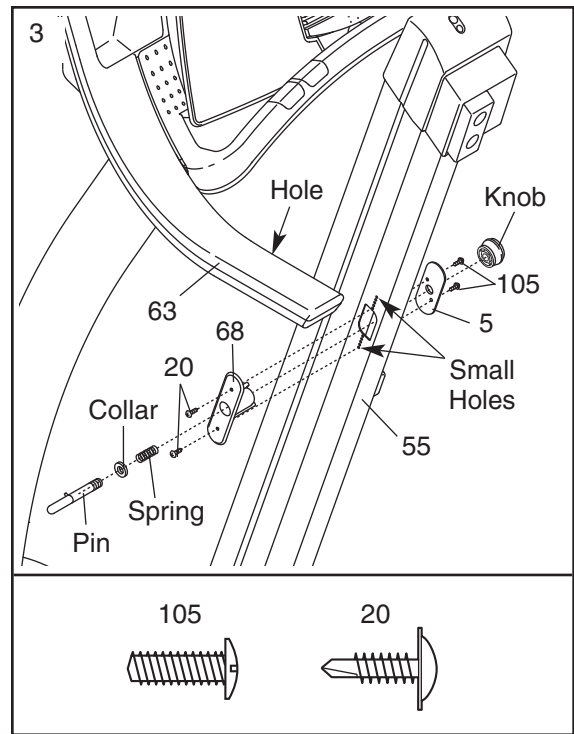
Set the console assembly on the Uprights (65). While a second person holds the console assembly, attach the console assembly with four Console Bolts (99), four Console Washers (69), and four Console Star Washers (119) as shown. **Firmly tighten the Console Bolts.**



- With the help of a second person, raise the treadmill Frame (55). Hold the Latch Housing (68) and the Latch Housing Cover (5) against the Frame as shown. Loosely thread the two blunt-tipped 1/2" Screws (105) into the Latch Housing Cover and the Latch Housing as shown. **Do not tighten the Screws yet.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. The collar should be on the indicated side of the spring. Insert the pin into the Latch Housing (68), and tighten the knob back onto it.

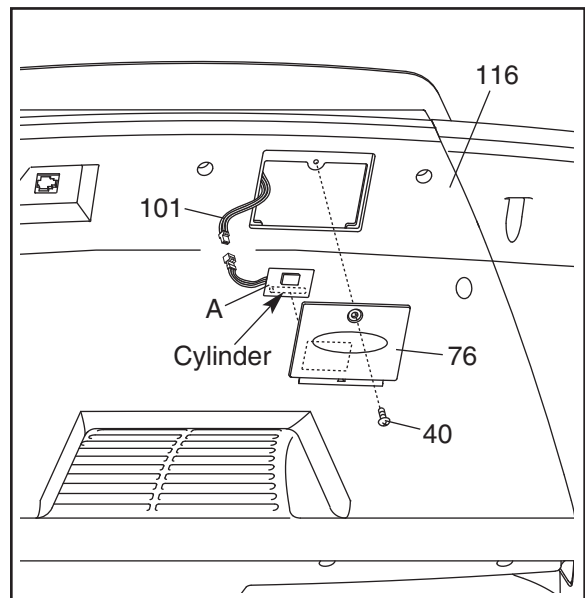
Align the pin with the hole in the Left Handgrip (63) by sliding the Latch Housing (68) up or down. Make sure that the pin can be inserted fully into the hole. Hold the Latch Housing in place as you tighten two 1/2" Tek Screws (20) into the Latch Housing and the Frame (55). Then, tighten the 1/2" Screws (105). Note: It may be necessary to pull on the knob to access and tighten the Screws.



- Make sure that all parts are properly tightened before you use the treadmill. Place a mat beneath the treadmill to protect the floor or carpet.** For your benefit, we recommend that you familiarize yourself with the TROUBLESHOOTING section on pages 24 and 25.

**If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the chest pulse sensor.**

- Make sure that the power cord is unplugged.** Remove the indicated Screw (40) and the Access Door (76).
- Remove the paper from the adhesive pad on the back of the receiver (A). **Orient the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console Back (116) as shown.** Firmly press the receiver onto the indicated corner of the Access Door (76). Connect the wire on the receiver to the Pulse Wire (101) extending from the Console Back.
- Make sure that no wires are pinched.** Reattach the Access Door (76) with the Screw (40). Note: The other wires included with the chest pulse sensor may be discarded.





# TREADMILL OPERATION

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

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

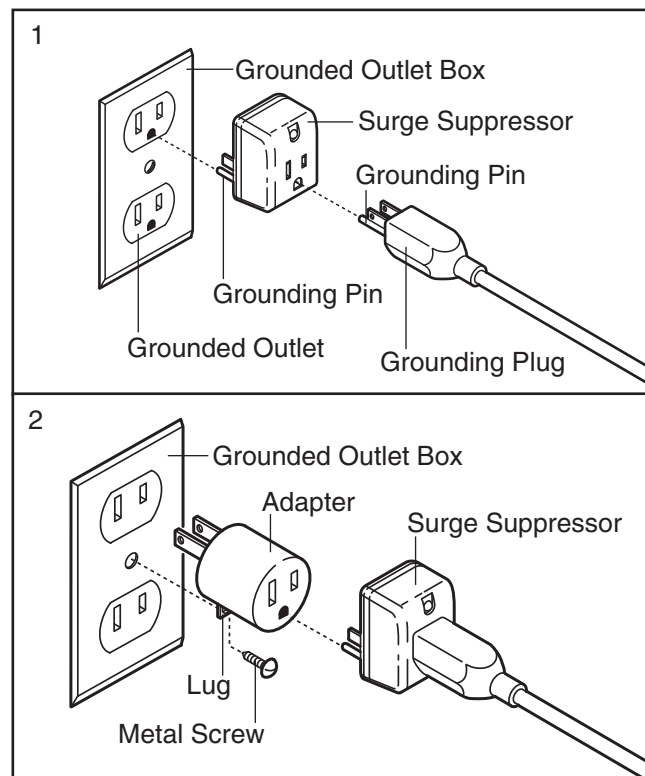
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local Sears or call 1-800-366-7278 and order part number 146148.

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

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having

an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

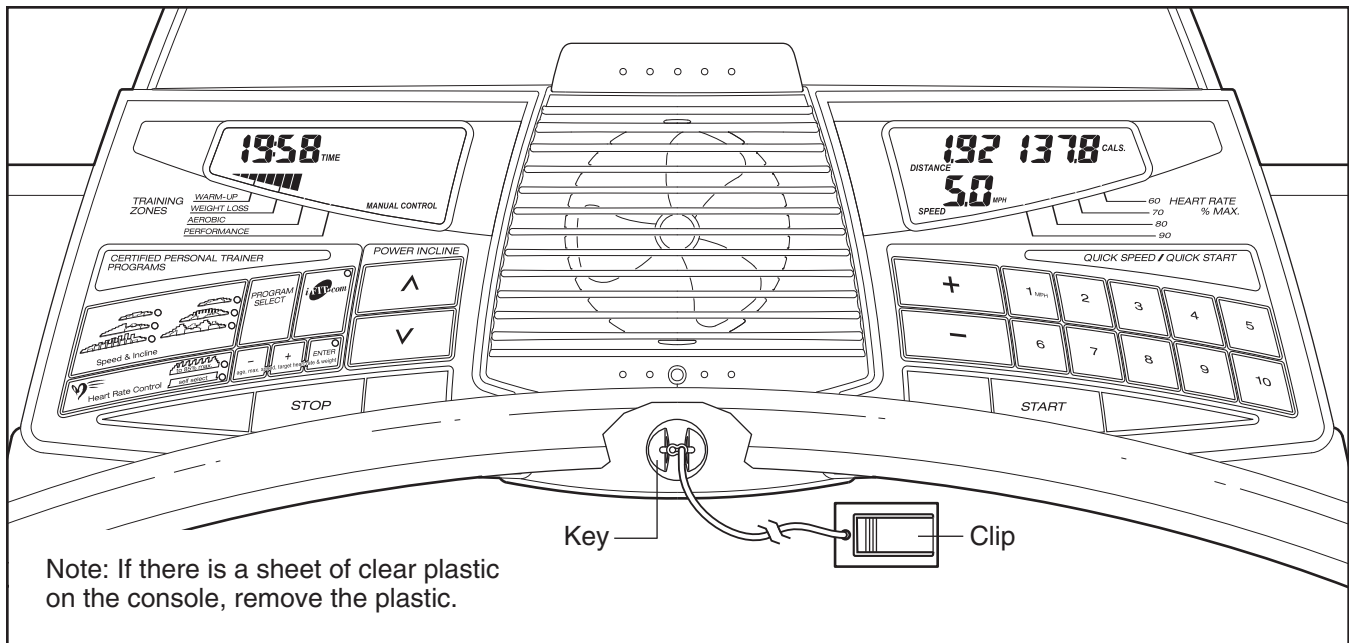
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**





## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 21).

In addition, the console offers six preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. Two heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate while you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

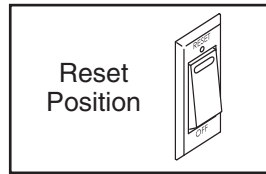
With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, follow the steps beginning on page 10. **To use a preset program**, see page 12. **To use a heart rate program**, see page 14. **To use an iFIT.com CD or video program**, see page 18. **To use iFIT.com programs directly from our Web site**, see page 20.

## HOW TO TURN ON THE POWER

**1** Plug in the power cord (see page 8).

**2** Locate the reset/off circuit breaker near the power cord. Make sure that the circuit breaker is in the reset position.



**3** Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9) and slide the clip onto the waistband of your clothes. Next, route the cord attached to the clip **under the handgrip pulse sensor**, and insert the key into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

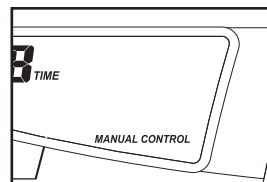
## HOW TO USE THE MANUAL MODE

**1** Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

**2** Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a program, press the Program Select button repeatedly until the words "MANUAL CONTROL" appear in the left display.



**3** Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the ten Quick Start buttons.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the

walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. **Note: The console can display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.**

If one of the Quick Start buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the left display. To restart the walking belt, press the Start button, the Speed increase button, or one of the Quick Start buttons.

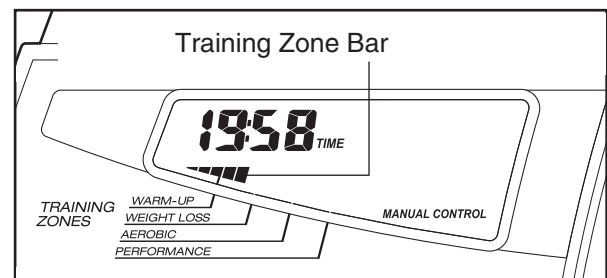
Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 25).

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

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

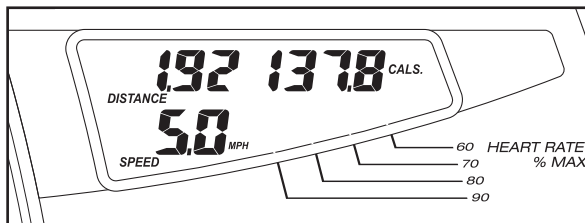
**5** Follow your progress with the two displays.

**The left display**—This display will show the elapsed time, your pace (in *minutes per mile*), and the incline level of the treadmill. Note: Each time the incline of the treadmill changes, the display will show the incline setting for several seconds.

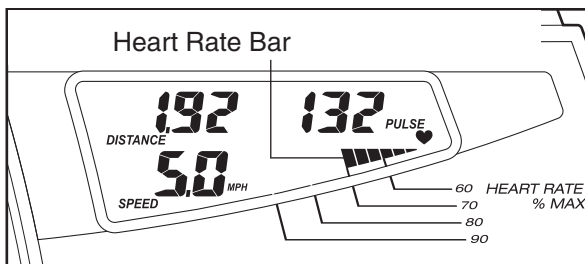


The left display will also show a training zone bar that indicates the approximate intensity of your exercise. For example, if four to six segments of the bar appear, the bar shows that your exercise intensity is ideal for weight loss.

**The right display**—This display will show the distance that you have walked or run, the number of 1/4-mile laps you have completed, the speed of the walking belt, and the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 26). Note: When a program is selected, this display will show the time *remaining* in the program instead of the elapsed time.



The right display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. In addition, during heart rate programs the right display will show a heart rate bar that shows your heart rate as a percentage of your estimated maximum heart rate (see step 3 on page 14 for an explanation of your estimated maximum heart rate). For example, if four to six segments of the bar appear, your heart rate is between 60% and 70% of your estimated maximum heart rate.



Note: The console can display speed and distance in either miles or kilometers. The letters “MPH” or “Km/H” will appear in the right display to show which unit of measurement is selected. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 21.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

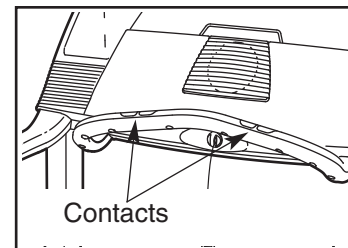
## 6 Measure your heart rate if desired.

To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the**

**foot rails** and hold the pulse bar with your palms on the metal contacts.

**Avoid moving your hands.**

When your pulse is detected, the heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes (—) will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**



Note: The pulse bar is intended to be used only for heart rate measurement. **Do not use the pulse bar as a handlebar. Always hold the handrails for support when you are not measuring your heart rate.**

## 7 Turn on the fan if desired.

To turn on the fan, press the button below the fan. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: A few minutes after the walking belt is stopped, the fan will automatically turn off.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays on the console remain lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the off position and unplug the power cord.

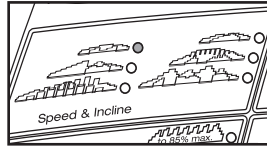
## HOW TO USE PRESET PROGRAMS

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

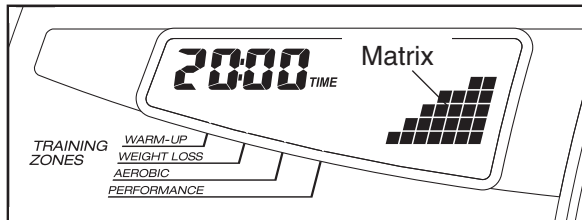
See HOW TO TURN ON THE POWER on page 10.

### 2 Select one of the preset programs.

When the key is inserted, the manual mode will be selected. To select a preset program, press the Program Select button repeatedly until one of the six preset program indicators lights. Note: The diagrams beside the preset program indicators show how the speed and incline of the treadmill will change during the programs.



When a program is selected, the left display will flash the maximum incline setting of the program for a few seconds, and the right display will flash the maximum speed setting. The left display will then show how long the program will last. In addition, the matrix in the left display will show the first seven speed settings of the program

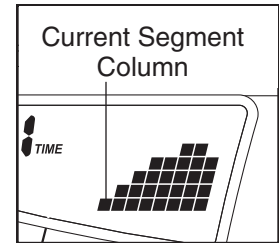


### 3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment is shown in the flashing Current Segment Column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the left display and/or the right display will flash to alert you. When the first segment ends, *all speed settings in the matrix will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.)

**Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

**4 Follow your progress with the displays.**

See step 5 on page 10.

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

See step 6 on page 11.

**6 Turn on the fan if desired.**

See step 7 on page 11.

**7 When you are finished exercising, remove the key from the console.**

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators remain lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the off position and unplug the power cord.

## HOW TO USE HEART RATE PROGRAMS

**CAUTION:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

### 1 Put on the optional chest pulse sensor.

You must wear the optional chest pulse sensor (see page 21) to use a heart rate program. See the instructions included with the chest pulse sensor.

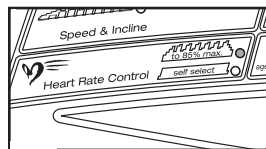
### 2 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 10.

### 3 Select a heart rate program.

When the key is inserted, the manual mode will be selected.

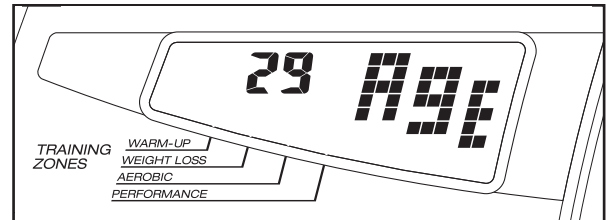
To select a heart rate program, press the Program Select button repeatedly until one of the two heart rate program indicators lights. Note: The diagrams beside the heart rate program indicators show how the target heart rate will change during the programs.



During the 85% Max program, your heart rate will reach approximately 85% of your *estimated maximum heart rate*. During the Self Select program, your heart rate will remain near a level that you select. Note: Your estimated maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ).

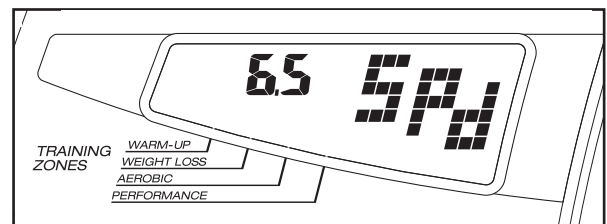
### 4 Enter your age.

When a heart rate program is selected, the word "AgE" will appear in the left display and the current age setting will begin to flash. If you have already entered your age, simply press the Enter button. If you have not entered your age, press the increase or decrease button beside the Enter button to enter your age, and then press the Enter button.



### 5 Enter a maximum speed setting.

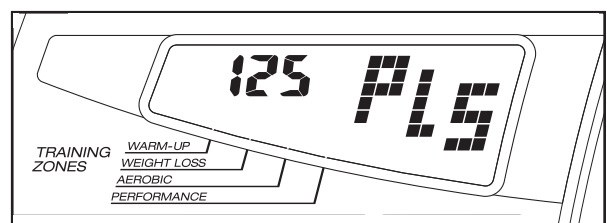
After you have entered your age, the letters "SPd" will appear in the left display and the maximum speed setting of the program will begin to flash. If desired, press the increase or decrease button beside the Enter button to adjust the maximum speed setting. When the desired setting is shown, press the Enter button.



If the 85% Max program is selected, go to step 7. If the Self Select program is selected, go to step 6.

### 6 Enter a target heart rate.

The letters "PLS" will appear in the left display and the target heart rate setting for the program will begin to flash. If desired, press the increase or decrease button beside the Enter button to adjust the target heart rate setting. When the desired setting is shown, press the Enter button.

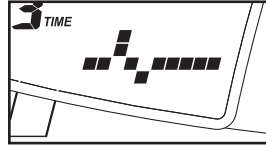




## **7** Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

During heart rate programs, the matrix in the left display will show a heart beat symbol. Each time a heart beat is detected, a peak will appear.



Each heart rate program is divided into several time segments of different lengths. One target heart rate is programmed for each segment. Note: If the Self Select program is selected, the same target heart rate is programmed for all segments.

During each segment, the console will compare your heart rate to the target heart rate. If your heart rate is too far below or above the target heart rate, the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 5 on page 14) and your heart rate is too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the incline setting and the speed setting will flash in the two displays.

The program will continue until the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the right display and the speed and incline of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

To stop the program at any time, press the Stop button. Heart rate programs cannot be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

## **8** Follow your progress with the displays.

See step 5 on page 10.

## **9** Turn on the fan if desired.

See step 7 on page 11.

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

See step 7 on page 13.



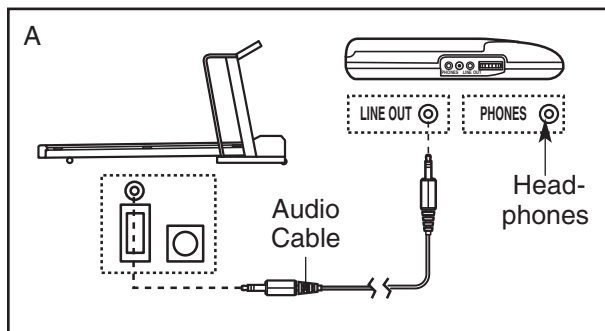
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 and 17 for connecting instructions. To use **iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 18 for connecting instructions. To use **iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 17 for connecting instructions.

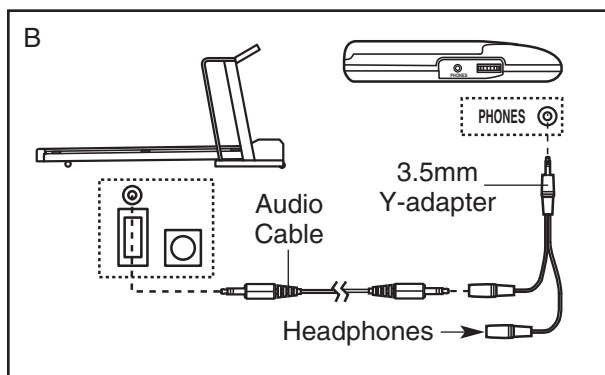
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



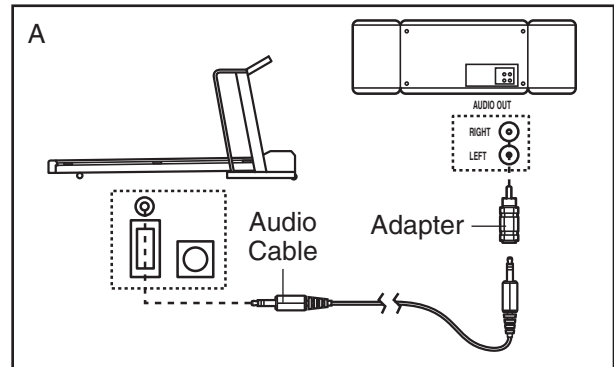
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



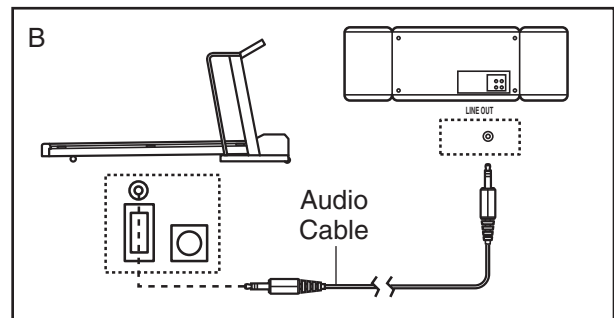
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

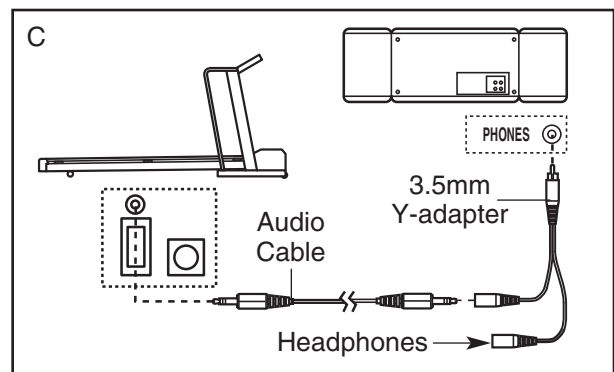
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



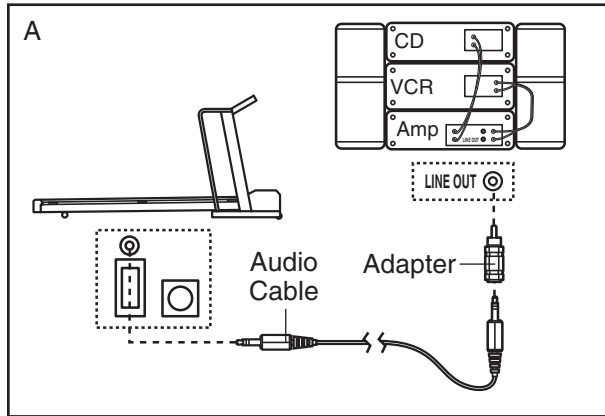
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



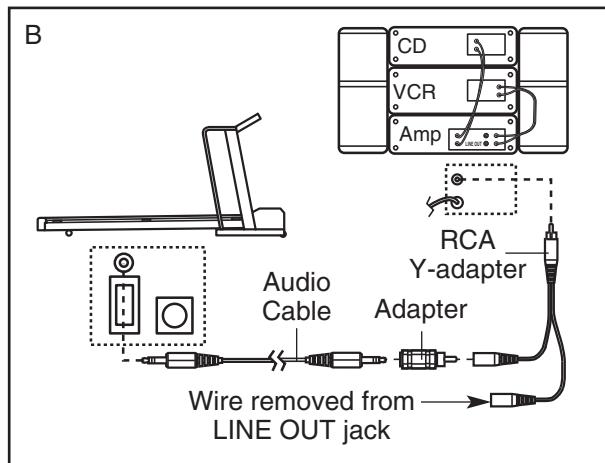
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



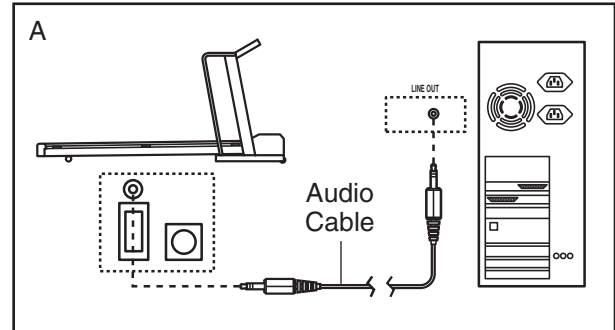
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **Y-adapter**. Plug the **Y-adapter** into the **LINE OUT** jack on your stereo.



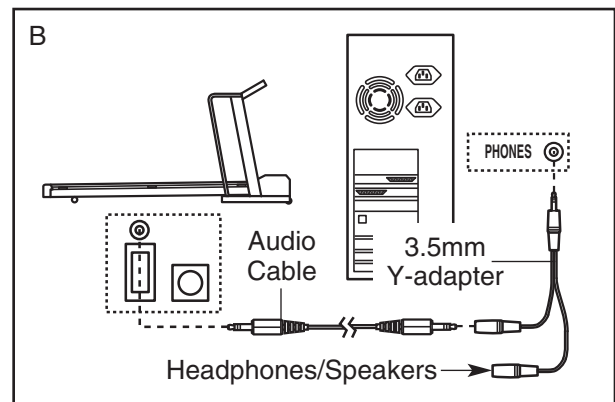
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



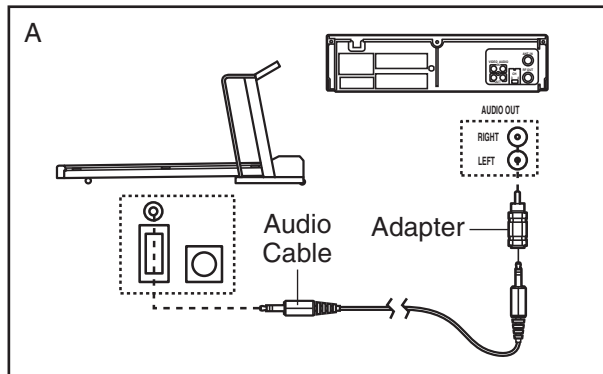
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



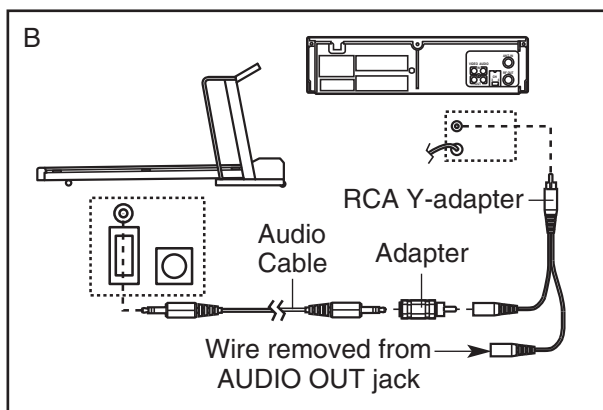
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 17.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on pages 16 to 18. **Note: To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

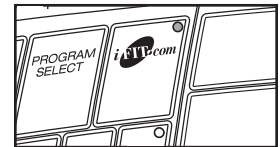
Follow the steps below to use an iFIT.com CD or video program.

### 1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 10.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use iFIT.com CDs or videocassettes, press the iFIT.com button. The indicator on the button will light.



### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the left display, press the Start button or the Speed increase button on the console. The treadmill will not respond to a CD or video program while the time is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the time will begin to flash in the left display. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 18.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:**

- **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the left display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

**5 Follow your progress with the displays.**

See step 5 on page 10.

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

See step 6 on page 11.

**7 Turn on the fan if desired.**

See step 7 on page 11.

**8 When you are finished exercising, remove the key from the console.**

See step 7 on page 13.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR when you are finished using them.**

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

To use programs from our Web site, the treadmill must be connected to your computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

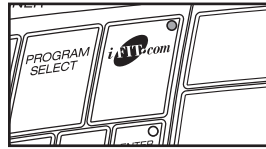
Follow the steps below to use a program from our Web site.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button. The indicator on the button will light.



### 3 Go to your computer and start an internet connection.

### 4 Start your web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move.

Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change.

**CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the time will begin to flash in the left display. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the time is not flashing in the left display. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 8 Follow your progress with the displays.

See step 5 on page 10.

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

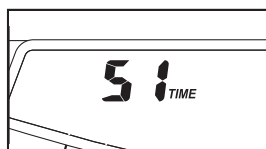
See step 7 on page 13.

## THE INFORMATION MODE/DEMO MODE

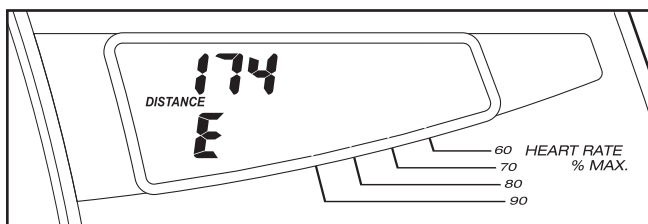
The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to switch the console from miles to kilometers. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

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



The right display will show the total number of miles (or kilometers) that the walking belt has moved. In addition, the right display will show the letter "E" for English miles or the letter "M" for metric kilometers. Press the Speed increase button to change the unit of measurement.

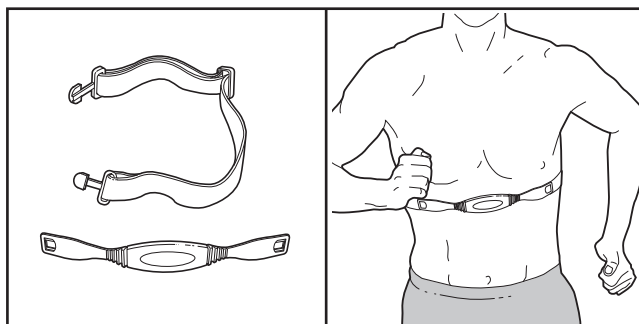


**IMPORTANT:** If the letter "d" appears in the right display, the "demo" mode is selected. This mode is intended to be used only when a treadmill is displayed in a store. When the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the right display when the information mode is selected, press the Speed decrease button.**

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

## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor provides hands-free operation and allows the console's heart rate programs to be used. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**





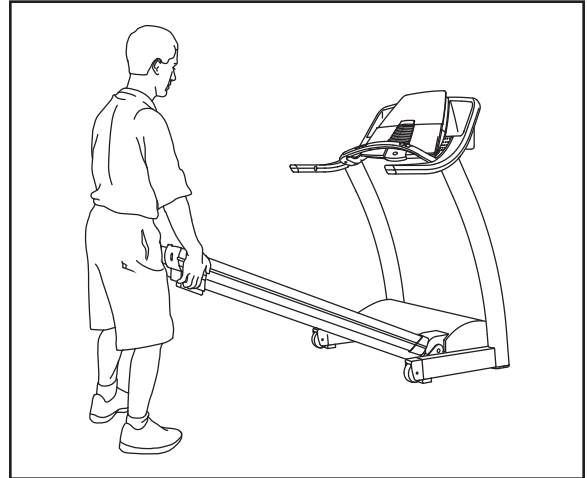
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord.

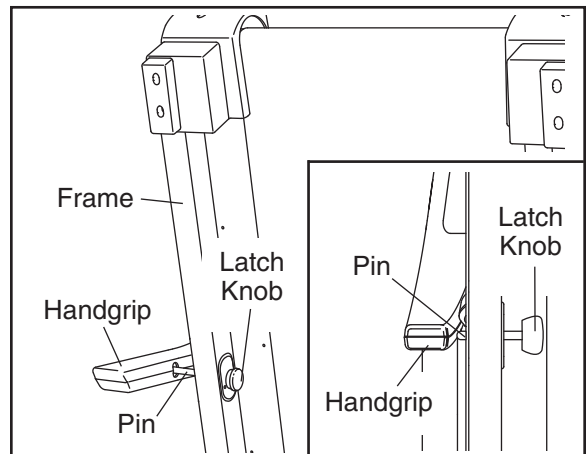
**CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the treadmill in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Hold the treadmill frame firmly with your left hand. Using your right hand, pull the latch knob to the right and hold it. Raise the treadmill until the pin on the latch knob is aligned with the hole in the left handgrip. Then, slowly release the latch knob. **Make sure that the latch knob is fully released so that the pin is fully inserted into the hole in the left handgrip.**

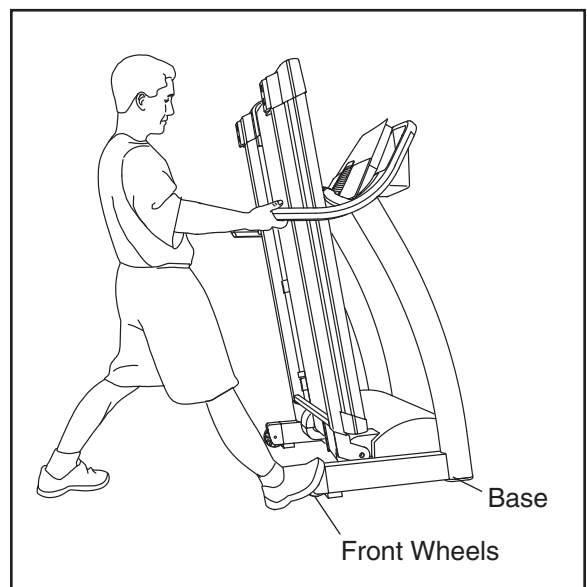
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the latch knob is fully inserted into the hole in the left handgrip.**

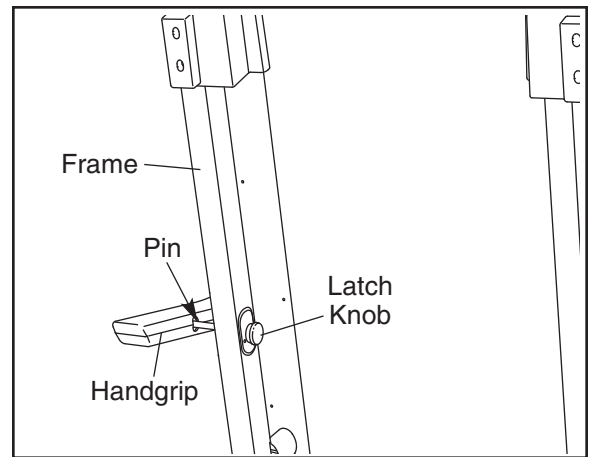
1. Hold the handgrips and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until the base is resting in the storage position.



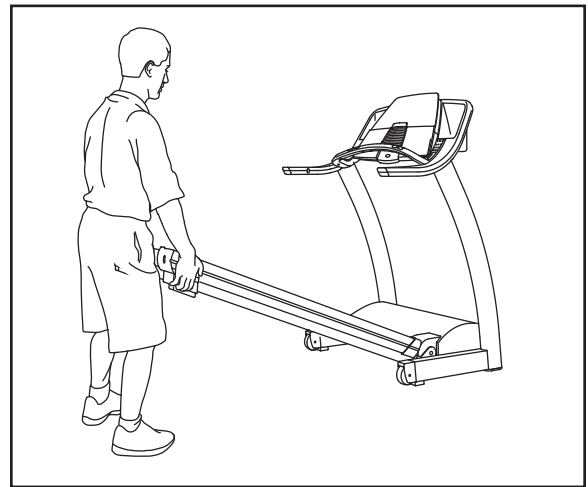


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill frame firmly with your left hand. Pull the latch knob to the right. Pivot the treadmill down until the pin on the latch knob is below the handgrip. Slowly release the latch knob.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLESHOOTING

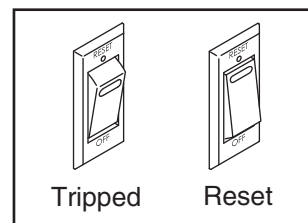
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM:** The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. Make sure that the key is fully inserted into the console.

c. Check the reset/off circuit breaker located on the frame near the power cord. If the circuit breaker protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



**PROBLEM:** The power turns off during use

**SOLUTION:** a. Check the reset/off circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

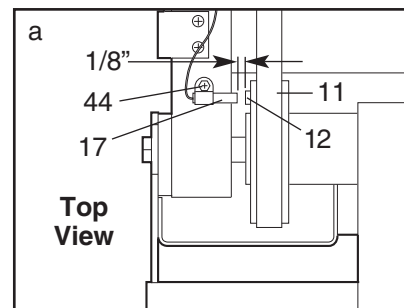
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console and then reinsert it.

d. If the treadmill still will not run, call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

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

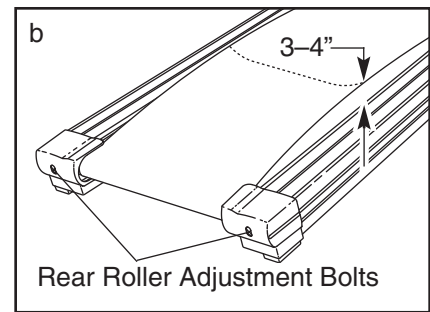
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (17) and the Magnet (12) on the left side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the indicated Screw (44), move the Reed Switch slightly, and then retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

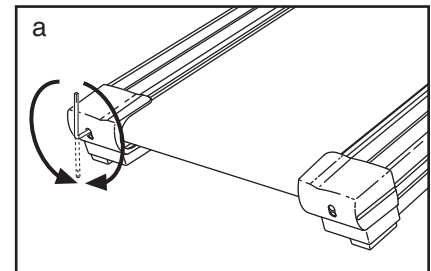
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift **the edges** of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



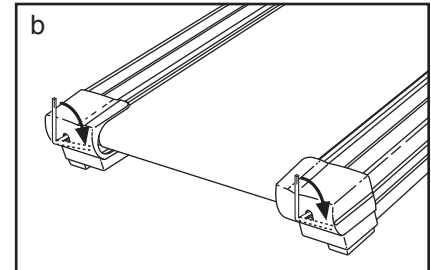
- c. If the walking belt still slows when walked on, call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

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

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



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

| HEART RATE TRAINING ZONES |     |     |     |     |     |     |     |
|---------------------------|-----|-----|-----|-----|-----|-----|-----|
| AEROBIC                   | 165 | 155 | 145 | 140 | 130 | 125 | 115 |
| MAX FAT BURN              | 145 | 138 | 130 | 125 | 118 | 110 | 103 |
| FAT BURN                  | 125 | 120 | 115 | 110 | 105 | 95  | 90  |
| Age                       | 20  | 30  | 40  | 50  | 60  | 70  | 80  |

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the handgrip pulse sensor.

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or incline of the treadmill until your heart rate is near the middle number in your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed or incline of the treadmill until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

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

# PART LIST—Model No. 831.294880

R0304A

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

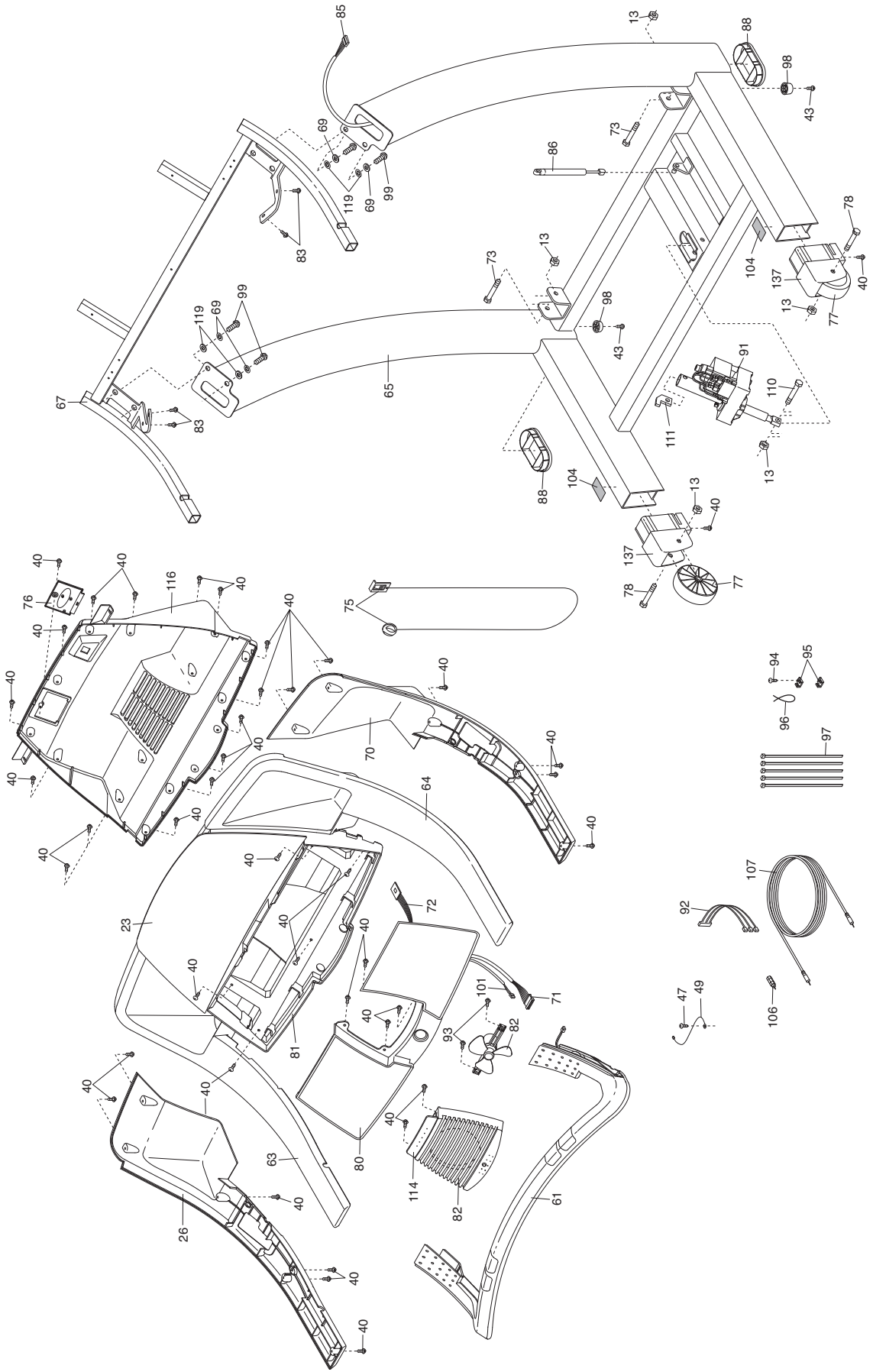
| Key No. | Qty. | Description                          | Key No. | Qty. | Description             | Key No.   | Qty. | Description                 |
|---------|------|--------------------------------------|---------|------|-------------------------|---|------|-----------------------------|
| 1       | 2    | Foot Rail                            | 43      | 8    | 3/4" Tek Screw          | 87  | 2    | Spring Plate Spacer         |
| 2       | 4    | Foot Screw                           | 44      | 20   | Electronics Screw       | 88  | 2    | Upright Endcap              |
| 3       | 1    | Audio Wire                           | 45      | 1    | Left Front Endcap       | 89  | 1    | Filter Wire                 |
| 4       | 4    | Isolator                             | 46      | 1    | Right Front Endcap      | 90  | 1    | Latch Warning Decal         |
| 5       | 1    | Latch Housing Cover                  | 47      | 1    | Ground Screw            | 91  | 1    | Incline Motor               |
| 6       | 1    | Platform                             | 48      | 2    | Rear Foot               | 92  | 2    | Motor Pivot Bushing         |
| 7       | 4    | Walking Platform Screw               | 49      | 1    | Console Ground Wire     | 93  | 2    | Fan Screw                   |
| 8       | 1    | Walking Belt                         | 50*     | 1    | Motor Assembly          | 94  | 1    | Tie Holder Screw            |
| 9       | 2    | Frame Pivot Bolt                     | 51*     | 2    | Cushion Assembly        | 95  | 2    | Tie Holder                  |
| 10      | 4    | Frame Pivot Washer                   | 52      | 2    | Roller Adj. Washer      | 96  | 1    | Tie                         |
| 11      | 1    | Front Wheel/Pulley                   | 53      | 2    | Rear Roller Adj. Bolt   | 97  | 5    | 8" Cable Tie                |
| 12      | 1    | Magnet                               | 54      | 1    | Left Rear Endcap        | 98  | 2    | Base Pad                    |
| 13      | 7    | Front Roller Nut/<br>Front Wheel Nut | 55      | 1    | Frame                   | 99  | 4    | Console Bolt                |
| 14      | 2    | Spacer Insert                        | 56      | 1    | Allen Wrench            | 100   | 1    | Reset/Off Circuit Breaker   |
| 15      | 2    | Frame Pivot Spacer                   | 57      | 2    | Rear Platform Screw     | 101   | 1    | Pulse Wire                  |
| 16      | 1    | Reed Switch Clip                     | 58      | 1    | Rear Roller             | 102   | 1    | Power Cord                  |
| 17      | 1    | Reed Switch                          | 59*     | 1    | Idle Assembly           | 103   | 1    | Power Cord Grommet          |
| 18      | 1    | Lift Frame                           | 60      | 1    | Audio Wire Nut          |   |      |                             |
| 19      | 2    | Foot Rail Insert                     | 61      | 1    | Pulse Bar               | 104   | 2    | Warning Decal               |
| 20      | 2    | 1/2" Tek Screw                       | 62      | 1    | Hood Decal              | 105   | 2    | 1/2" Screw                  |
| 21      | 14   | Foot Rail Screw                      | 63      | 1    | Left Handgrip (Top)     | 106   | 1    | Jack                        |
| 22      | 1    | Motor Belt                           | 64      | 1    | Right Handgrip (Top)    | 107   | 1    | iFIT.com Audio Cable        |
| 23      | 1    | Book Holder                          | 65      | 1    | Upright Base            | 108   | 2    | Rear Roller Star Washer     |
| 24      | 1    | Motor                                | 66      | 4    | Belt Guide Screw        | 109   | 2    | Controller Screw            |
| 25      | 1    | Transformer                          | 67      | 1    | Console Frame           | 110   | 1    | Incline Motor Bolt (Bottom) |
| 26      | 1    | Left Handgrip (Bottom)               | 68      | 1    | Latch Housing           | 111   | 1    | Incline Bracket             |
| 27      | 4    | Hood Bracket                         | 69      | 4    | Console Washer          | 112   | 2    | Outlet Bracket Star Washer  |
| 28      | 1    | Ground Wire                          | 70      | 1    | Right Handgrip (Bottom) |   |      |                             |
| 29      | 2    | Star Washer                          | 71      | 1    | Console Wire Harness    | 113   | 1    | Static Decal                |
| 30      | 1    | Right Rear Endcap                    | 72      | 1    | iFIT.com Wire           | 114   | 1    | Motor Tension Nut           |
| 31      | 1    | Lift Motor Bolt                      | 73      | 2    | Incline Pivot Bolt      | 115*  | 1    | Latch Assembly              |
| 32      | 1    | Motor Pivot Bolt                     | 74      | 1    | Flywheel                | 116   | 1    | Console Back                |
| 33      | 1    | Outlet Bracket                       | 75      | 1    | Key/Clip                | 117   | 3    | Nylon Washer                |
| 34      | 1    | Motor Tension Bolt                   | 76      | 1    | Access Door             | 118   | 1    | Motor Pivot Sleeve          |
| 35      | 1    | Motor Tension Washer                 | 77      | 2    | Front Wheel             | 119   | 4    | Console Star Washer         |
| 36      | 1    | Motor Star Washer                    | 78      | 2    | Wheel Bolt              | #   | 1    | 8" Blue Wire, 2 F           |
| 37      | 1    | Controller                           | 79      | 1    | Pulley Nut              | #   | 1    | 4" Blue Wire, 2 F           |
| 38      | 1    | Controller Bracket                   | 80      | 1    | Console                 | #   | 1    | User's Manual               |
| 39      | 1    | Motor Hood                           | 81      | 1    | Console Base            | *Includes all parts shown in the box                        |      |                             |
| 40      | 56   | 3/4" Screw                           | 82      | 2    | Fan                     | # These parts are not illustrated                           |      |                             |
| 41      | 1    | Motor Belly Pan                      | 83      | 4    | Pulse Bar Screw         | <b>If a part is missing, call toll-free 1-888-533-1333.</b> |      |                             |
| 42      | 2    | Belt Guide                           | 84      | 6    | Belly Pan Screw         |   |      |                             |
|         |      |                                      | 85      | 1    | Upright Wire Harness    |   |      |                             |
|         |      |                                      | 86      | 1    | Shock                   |   |      |                             |





# EXPLODED DRAWING—Model No. 831.294880

R0304A





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For one year from the date of purchase, if failure occurs due to defect in material or workmanship in this Sears Treadmill Exerciser, contact the nearest Sears Service Center throughout the United States and Sears will repair or replace the Treadmill Exerciser, free of charge.

This warranty does not apply when the Treadmill Exerciser is used commercially or for rental purposes.

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