

**SEARS**

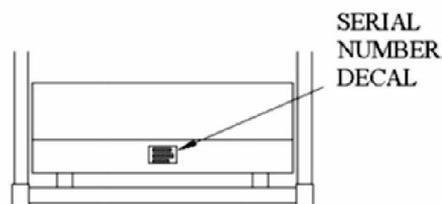
**free spirit**

**C 249 30860**

SERIAL NO: \_\_\_\_\_

DATE OF PURCHASE: \_\_\_\_\_

Write the serial number in the space above  
for reference.



# OWNER'S MANUAL

ASSEMBLY OPERATION MAINTENANCE  
WARRANTY PART ORDERING

**CAUTION:** Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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# WARRANTY

## MANUFACTURER LIMITED WARRANTY, REPAIR AND SERVICE

**WHAT DOES THIS WARRANTY COVER?** This warranty covers your Free Spirit Treadmill against defects in material and workmanship when used for the purpose intended, under normal conditions and provided it receives proper care.

**HOW LONG DOES THE COVERAGE LAST?** This warranty lasts for one year on all parts and labour, 3 years on motor only and 10 years on the frame from date of purchase. This warranty is not transferable and is extended only to the original owner.

**WHAT WILL SEARS DO?** Sears will provide a replacement part at no charge for any part found defective in workmanship or materials during the warranty period.

**WHAT DOES THIS WARRANTY NOT COVER?** This warranty does not cover fitness products which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations. Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**HOW DO YOU GET SERVICE?** In order to obtain service as provided by this warranty, contact your nearest Sears Canada Inc. service center.

## SEARS THREE-YEAR MOTOR WARRANTY

**WHAT DOES THIS WARRANTY COVER?** This warranty covers your treadmill motor against defects in material and workmanship when used for the purpose intended, under normal conditions and provided it receives proper care.

**HOW LONG DOES THE COVERAGE LAST?** This warranty lasts for three years from date of purchase. This warranty is not transferable and is extended only to the original owner.

**WHAT YOU NEED TO DO?** You need to record the date of purchase in the area provided below. You must keep your receipt which shows the date of purchase of your treadmill. We suggest you staple it to this page.

**WHAT WILL SEARS DO?** Sears provide a replacement part at no charge for any part found defective in workmanship or materials during the warranty period.

**WHAT DOES THIS WARRANTY NOT COVER?** This warranty does not cover fitness products which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations. Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**HOW DO YOU GET SERVICE?** In order to obtain replacement parts as provided by this warranty, contact your nearest Sears Canada Inc. store, service center or the manufacturer at 1-888-707-1880.

# IMPORTANT SAFETY INFORMATION

## THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

### READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

**CAUTION:** Before starting any exercise program, it is recommended that you consult your physician.

**WARNING:** Connect this unit to a properly grounded outlet only.

**DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

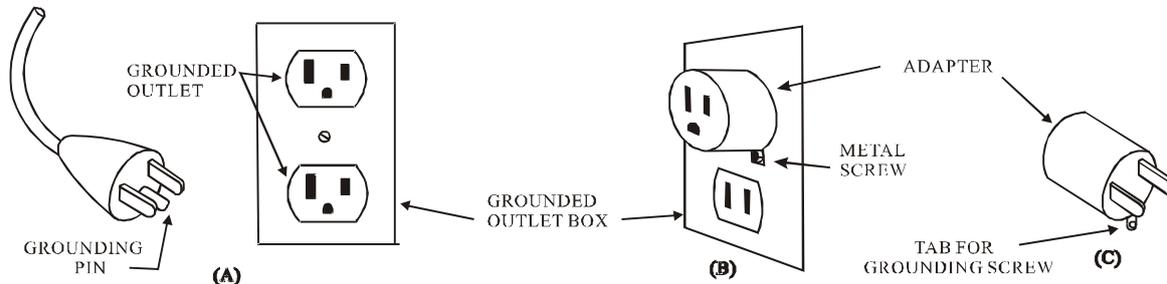
## WARNING

**To reduce the risk of burns, fire, electric shock, or injury to persons:**

1. Use 120 volt a.c. household current on a dedicated circuit.

### Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, 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. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.



AA 200

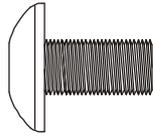
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
4. Never leave the treadmill unattended when plugged in. Remove the safety key and unplug the unit from the outlet when not in use and before removing or replacing parts.
5. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water. Never move the treadmill belt while the power is turned off.
6. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
7. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water. Do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor. It is recommended to have a minimum of 3 metres safe clearance on all sides of the treadmill while in use.
8. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage, covered patio or near water.
9. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
10. Read, understand and test the emergency stop procedure before using the treadmill (see operation and adjustment on page 10)
11. Do not insert any objects into any openings.
12. Inspect and properly tighten all parts of the treadmill regularly.
13. Keep children and pets away from this equipment at all times while exercising.
14. Handicapped individuals should have medical approval and close supervision when using this treadmill.
15. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
16. Never turn on treadmill while standing on treadbelt. Always hold the handrails while using the treadmill. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
17. To disconnect, turn all controls to the off position, then remove plug from outlet.
18. Do not attempt to raise, lower or move the treadmill until it is properly assembled. See assembly on page 6 and to fold and move the treadmill on page 13. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. You must use any attachments that are not recommended by the manufacturer.

19. Use the treadmill only for its intended use as described in this manual. Do not use any attachments that are not recommended by the manufacturer.
20. User weight should not exceed 265lbs (120 kg).
21. Never allow more than one person on the treadmill at once.
22. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
23. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
24. Start your program slowly and very gradually increase your speed and distance.
25. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
26. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.

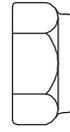
**▲ WARNING:** Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property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

## **SAVE THESE INSTRUCTIONS**

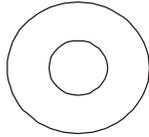
# HARDWARE PACKING LIST



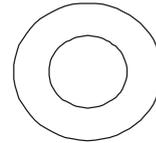
**#84.** 5/16"x1/2"  
Button Head Bolt (x2)



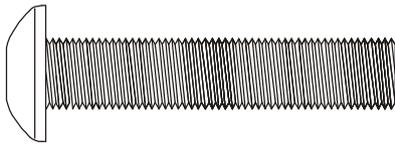
**#65.** 3/8"x7T  
Nylon Nut (x2)



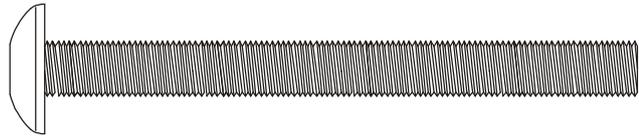
**#69.** 5/16"x18x1.5T  
Flat Washer (x6)



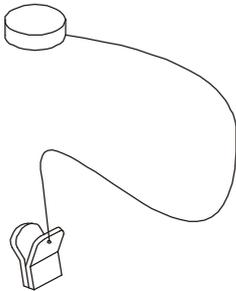
**#71.** 3/8"x19x1.5T  
Flat Washer (x2)



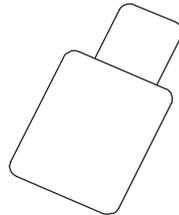
**#55.** 3/8"x46m/m  
Button Head Bolt (x2)



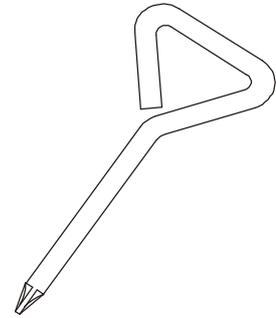
**#83.** 5/16"x3"  
Button Head Bolt (x4)



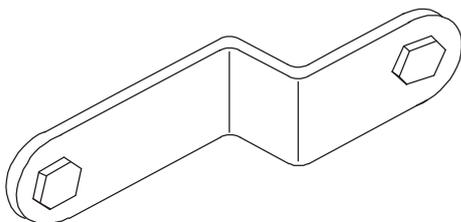
**#37.** Safety Key (x1)



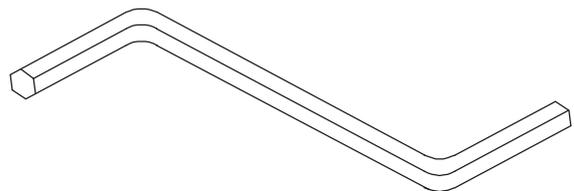
**#87.** Lubricant (x1)



**#94.** Screwdriver (x1)



**#86.** 13/14 m/m N Wrench (x1)



**#85.** M5/M6 Allen Wrench (x1)

## **ASSEMBLY INSTRUCTION**

### **STEP 1**

Remove all the components from the carton.

### **STEP 2**

Lift the left upright (4) and right upright (3). Tightly fasten using two 5/16" x 3" button head bolt (83) and two 5/16"x18x1.5t flat washers (69). Tighten the 3/8" x 2" thumb head bolt (54) and the 3/8"x7t nylon nut (65) that is pre-assembled on the base frame (2).

### **STEP 3**

Secure the console support (5) to the left and right uprights (4 / 3) using one 3/8" x 46m/m button head bolt (55) and one 3/8" x 19 x1.5t flat washer (71) and one lock nut (65). Secure the front of the uprights (4 / 3) using one 5/16" x 1/2:" button head bolt (84) and one 5/16" x 18 x 1.5T flat washer (69). Tighten the 3/8" x 1-3/4" button head bolt (55) and 3/8" x 19 x1.5t flat washer (71) that is pre-assembled on the uprights.

### **STEP 4**

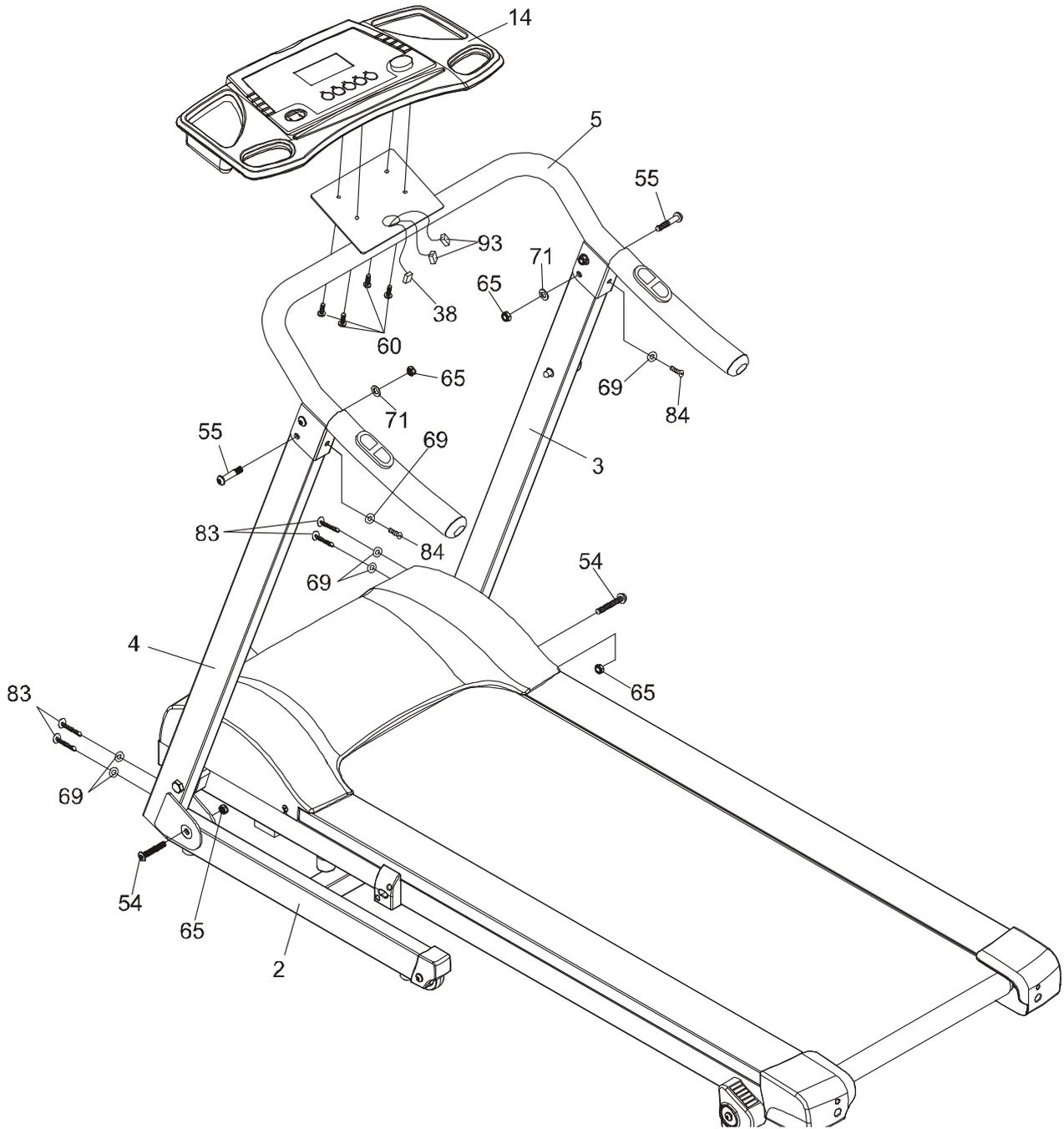
Connect the handpulse wire (93) to the back of the console (14).

Connect the computer wire (38) to the back of the console (14).

Attach the console (14) to the console support (5) using four M5x15mm button head bolts (60) found on the back of the console.

**ENSURE THAT ALL NUTS AND BOLTS ARE FIRMLY TIGHTEN**

# ASSEMBLY DIAGRAM



# TREADMILL OPERATION

Your treadmill features a walking belt coated with a lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or walking board. Such substances will deteriorate the walking belt and cause excessive wear.

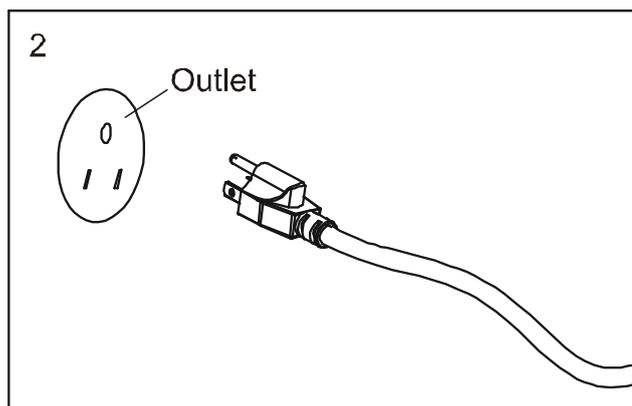
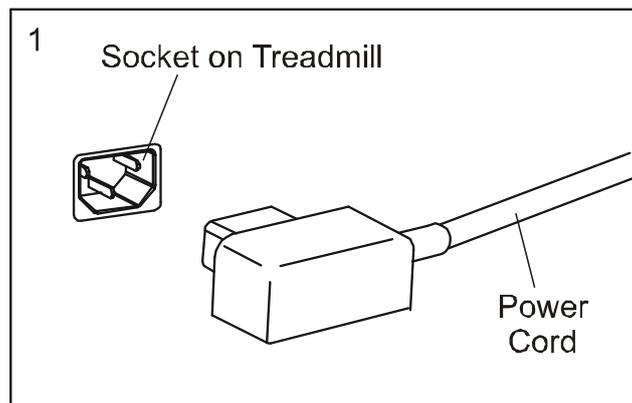
## How to plug in the power cord.

### GROUNDING INSTRUCTIONS.

This product must be grounded. No plug adapter should be used with this product.

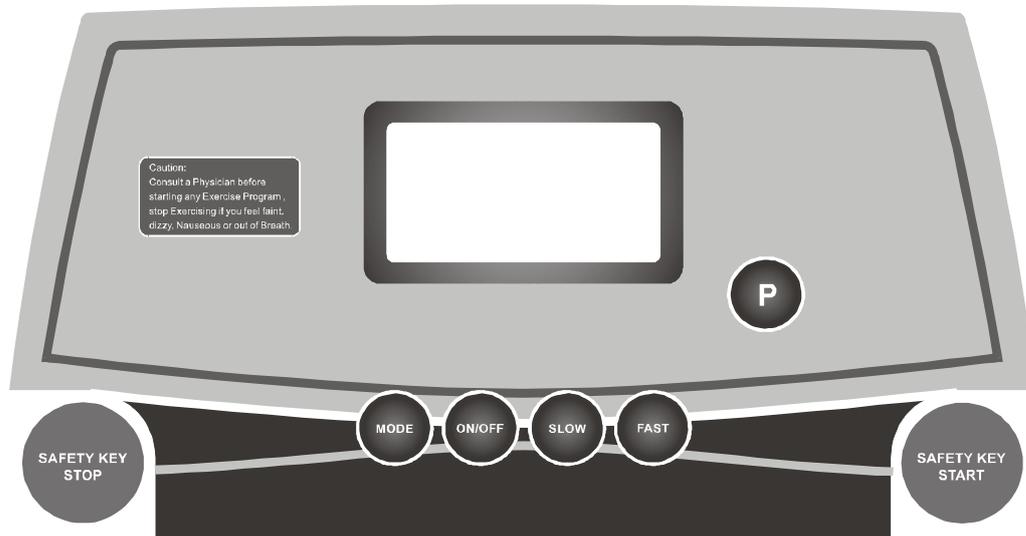
**▲ WARNING:** Improper connection of the equipment grounding conductor can result in a risk of an electric shock. Check with a qualified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product, if it will not fit the outlet; have a proper outlet installed by a qualified electrician. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle. **IMPORTANT:** If the power cord is damaged, it must be replaced with a manufacturer recommended power cord.

1. Plug the indicated end of the power cord into the socket of the treadmill. See drawing below
2. Plug the power cord into an appropriate outlet that is properly installed and grounded. See drawing below. Important: The treadmill is not compatible with GFCI-equipped outlets.



*Note: Your power cord and outlet may appear different*

**Note:** Before operating your treadmill, become familiar with all operating parts and controls - their location and function see figure 4 on page 12.



### **FUNCTION BUTTONS:**

**Program (P):** There are a total of 6 programs to choose from: manual program, 5 pre-set speed programs. Press the "PROGRAM" button to select the desired program. Each program is divided into 20 segments with time alternative of 0 to 99 minutes (increments of 1 minute). Ie: 20 minute program will have 20 segments of 1.0 minutes.

**On/Off:** Press the "ON/OFF" button to start or stop your treadmill.

**Mode:** Press the "MODE" button to accept the value select function

**Fast:** Press the "fast" button to increase your speed from 0.6mph to 7mph.

**Slow:** Press the "slow" button to decrease your speed from 7mph to 0.6mph.

## **Functions**

- Scan:** Displays each function in sequence every 5 seconds. The display loop is time, speed, time, distance, calories and pulse.
- Distance:** Displays the distance traveled in miles up to 99.99 M.  
Counts down from your preset target distance to 0 during your workout.
- Time:** Displays your elapsed workout time in minutes up to 99:59.  
Counts down from your preset target time to 00:00 during your workout.
- Calories:** Displays the cumulative calories burned at any given time during your workout.  
Counts down from your preset calorie target to 0 during your workout.  
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
- Speed:** Displays the current speed in miles per hour.
- ♥SYMBOL:** Displays the user's current heart rate in beats per minutes during the workout.  
To display your heart rate, you must hold both handrails.  
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
- ▶SYMBOL:** When treadmill receives the value of pulse that will flash.
- ◀SYMBOL** Reminds you to apply lubrication between the belt and deck. After the third reminder, the symbol will disappear.

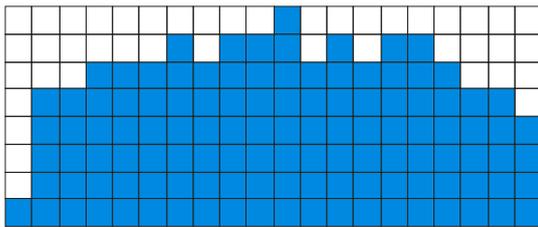
## **TO OPERATE TREADMILL**

**CAUTION:** To avoid injury, hold onto Handrail while mounting and dismounting treadmill. Hold onto handrail and place feet on side rails before starting. Step onto treadbelt only at slowest speed. Before operating the console make sure that the power cord (45) is properly plugged in and the on / off button (43) is on.

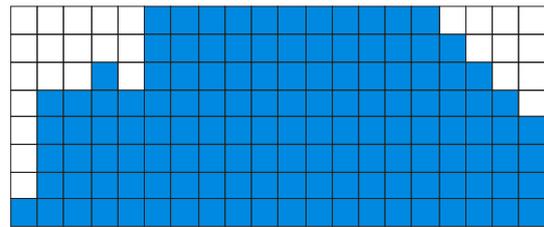
1. Hold onto handrail and place feet on siderails before starting treadmill. (Do not stand on treadbelt).
2. Attach the magnet end of the safety key (37) onto the monitor and attach the clip end of the safety key (37) to your clothing (ie: waistband). If you should slip or fall while exercising the safety key will pull out of the console, shutting off the treadmill.
3. Choose which program you want to select, manual (P0) or pre-set (p1-p5). Press the "Program" button until the desired program is displayed, then press "MODE" to accept the program.

A- Manual mode P0: Press the "PROGRAM" button to choose the manual program. Before beginning your exercise program, you can set the time, distance or the calorie range. Press the "MODE" button until time, distance or calorie is displayed. Press the "FAST" or "SLOW" button to set the desired value then press "MODE" to accept the value.

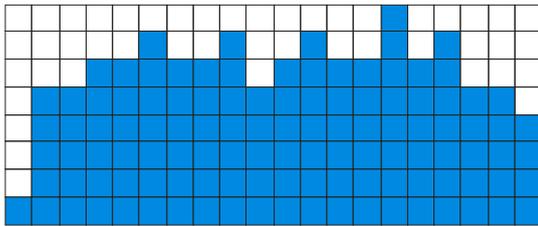
B- Program mode P1-P5: Press the “PROGRAM” button to choose your desired preset program P1-P5. Before beginning you exercise program you can set the time to count down from 99 to 0. Press the “MODE” button to display time, press the “FAST” or “SLOW” button to set the desired time. Now press the “MODE” button to accept the time value. You can set your maximum speed of the profiles from 0.6mph to 7mph, the preset value is 7 mph. After you have pressed the “MODE” button to accept the time, the speed will be flashing. Press the “FAST” or “SLOW” button to set your maximum speed. The computer will figure out the speed for each segment according to the percent of speed. (see chart below). Now press the “MODE” button to accept the maximum speed value. The treadmill will stop once the time goes to zero. Press “ON/OFF” button to resume and time will count up.



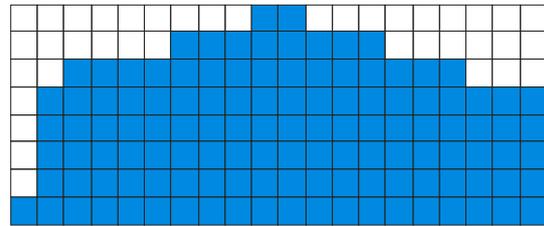
**P1**



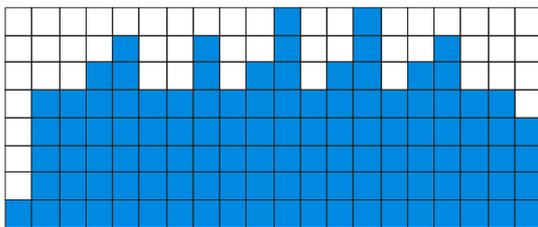
**P2**



**P3**



**P4**



**P5**

4. Press the “ON/OFF” button to start the treadbelt, the monitor will beep three times. The belt will begin to move, carefully step onto the treadbelt. To change the walking belt speed, press the “FAST” or “SLOW” buttons.
5. To stop your exercise program in the manual mode, press the “ON/OFF” button to stop the walking belt. A series of beeps will indicate the end of the programs

## Error Message

- 1- LS Sensor needs replacing
- 2- E1 Replace console

**FIGURE 4.**



**MAX. USER WEIGHT LIMIT 120 KGS**

## FOLDING AND MOVING YOUR TREADMILL

Before folding the treadmill, turn the power switch off located on the front of the motor cover and unplug the power cord.

**CAUTION:** You must be able to safely lift 20 kg (45lbs) in order to raise and lower the treadmill. To decrease the possibility of injury, bend your legs and keep your back straight while you are raising or lowering your treadmill.

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 degrees Fahrenheit.

### Unfolding

Hold the treadmill running deck with right hand. Pull the locking knob with your right hand and slowly lower the treadmill running deck.

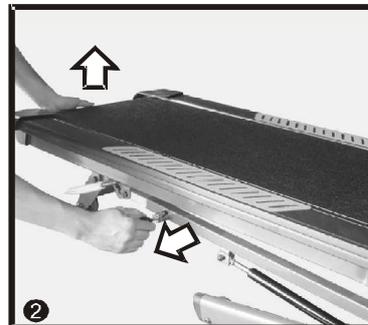
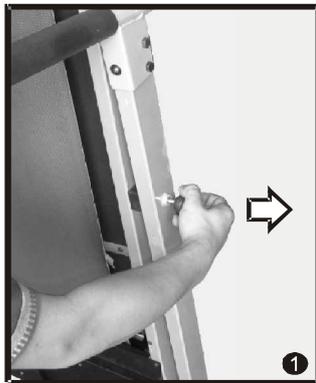
### Folding

Lift the treadmill running deck with your right hand. Pull the locking knob with your right hand and slower raise the treadmill running deck until the treadmill is locked by the locking knob.

### Moving

Before moving the treadmill, fold the treadmill to the stored position as described above. Hold the upper ends of the handrails and slowly move the treadmill to your 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.



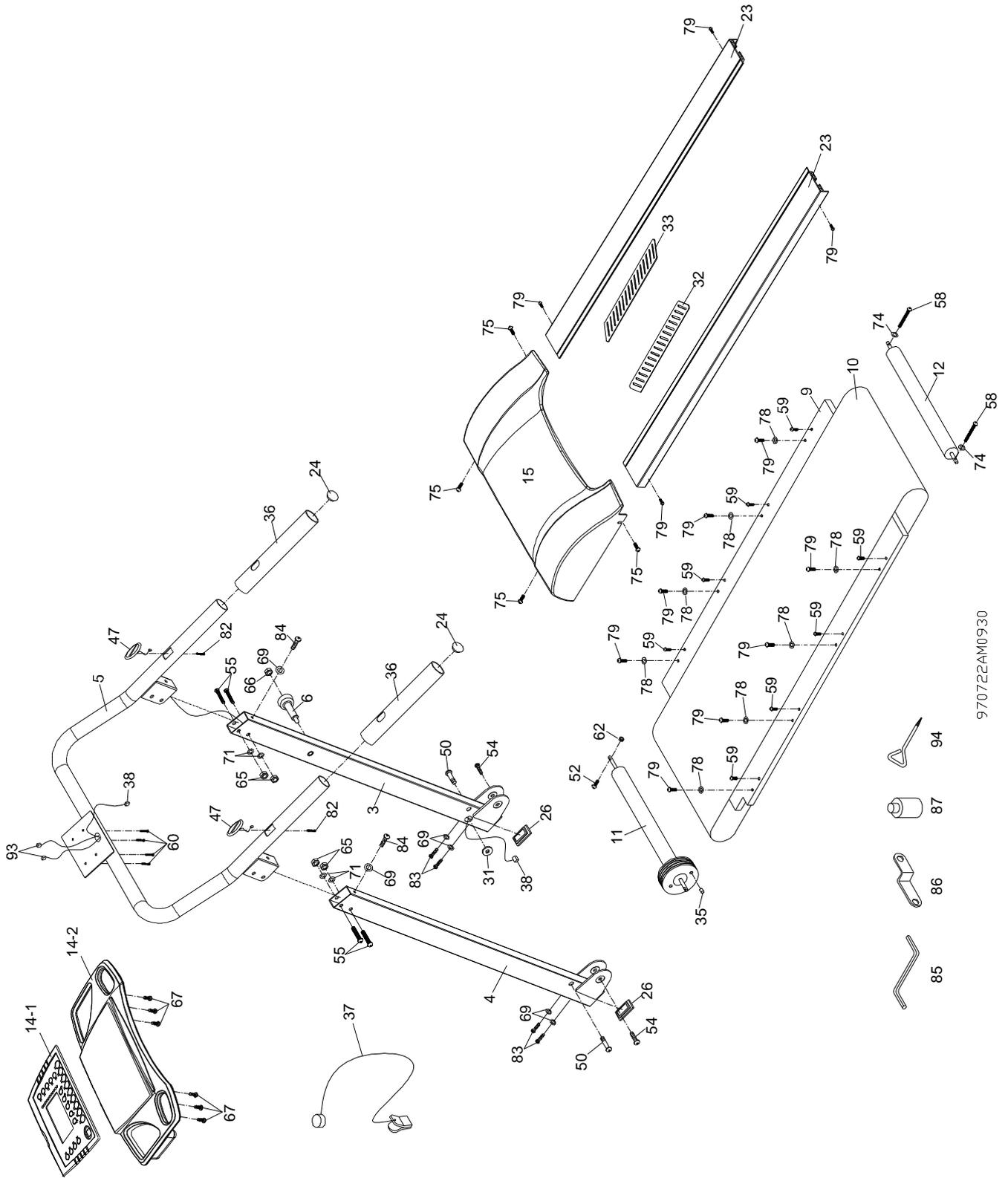
## Parts List

KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	063601	MAIN FRAME	1
2	063602	FRAME BASE	1
3	063603	RIGHT HANDRAIL	1
4	063604	LEFT HANDRAIL	1
5	063605	CONSOLE SUPPORT	1
6	063606	LOCKING KNOB AXLE	1
7	063607	<b>MOTOR</b>	1
8	063608	DRIVE BELT	1
9	063609	1110 X 575 X 15T_RUNNING DECK	1
10	063610	400 X 2500 X 1.6T_RUNNING BELT	1
11	063611	Ø41.5X 487L _FRONT ROLLER W/PULLEY	1
12	063612	Ø41.5 X415L_ REAR ROLLER	1
13	063613	575X315X1.2T_FRAME COVER	1
14~1	<b>063614-1S</b>	TOP CONSOLE COVER	1
14~2	<b>063614-2S</b>	BOTTOM CONSOLE COVER	1
15	063615	TOP MOTOR COVER	1
16	063616	REAR ADJUSTMENT BASE (L)	1
17	063617	REAR ADJUSTMENT BASE (R)	1
18	063618	MOTOR COVER ANCHOR(E)	4
19	063619	22.5T_FOLDING ANCHOR	2
20	063620	Ø13.1×Ø60 _TRANSPORTATION WHEEL	2
21	063621	30X60_WHEEL COVER	2
22	063622	Ø6.5×Ø26×10T _FOOT PAD	4
23	063623	1095M/M_FOOT RAIL	2
24	063624	Ø38_BUTTON HEAD END CAP	2
25	063625	25X50 _SQUARE END CAP	2
26	063626	30X60 _SQUARE END CAP	2
27	063627	22.5T_ISOLATOR	2
28	063628	Ø6.5×Ø30×25T_	2
29	063629	INCLINATION ADJUSTOR (L)	1
30	063630	INCLINATION ADJUSTOR (R)	1
31	063631	FK52001 28 X 24 X 1.5T_WIRE PROTECTIVE RUBBER	1
32	063632	NON-SLIP RUBBER L	1
33	063633	NON-SLIP RUBBER R	1
34	063634	GROMMET	1

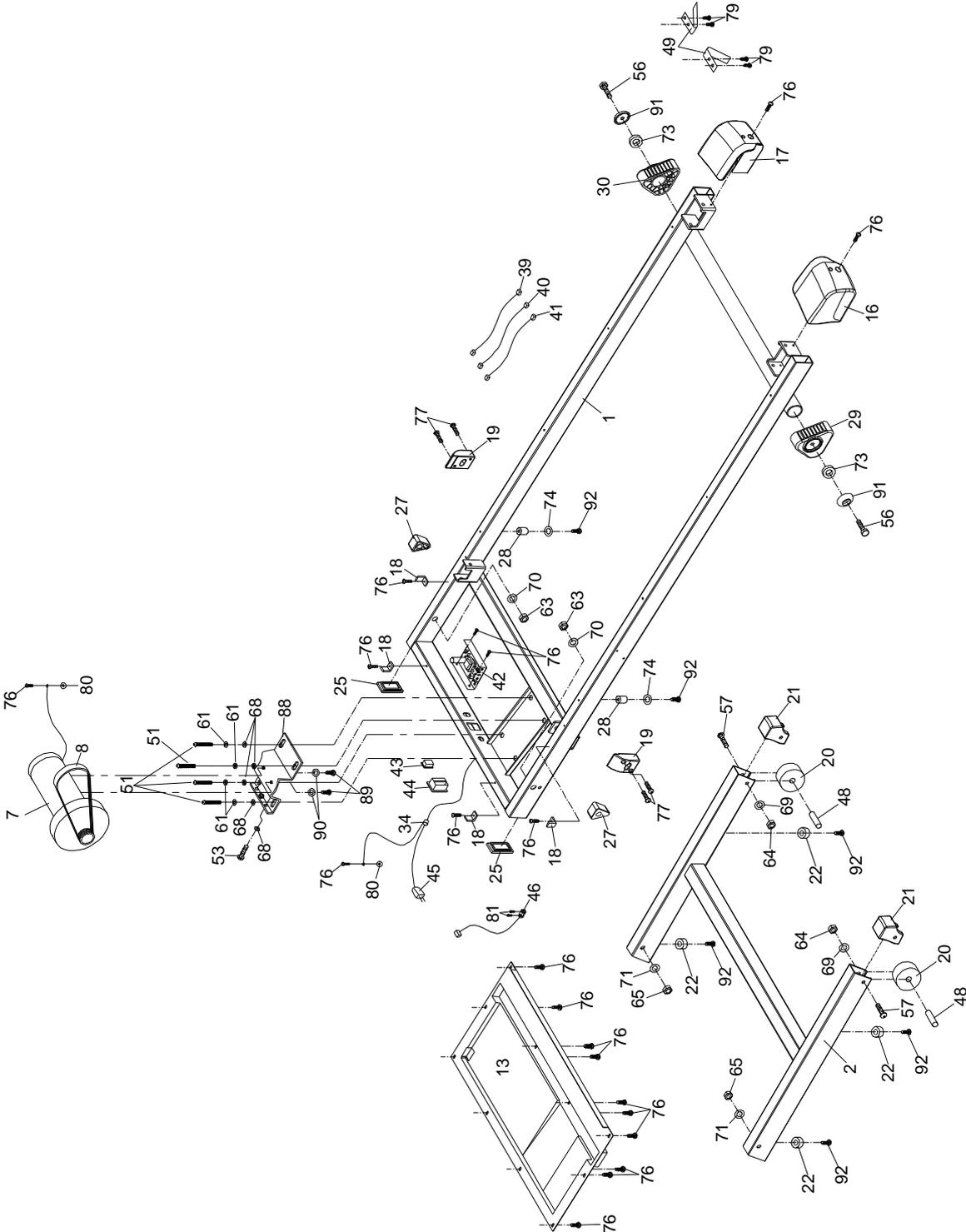
KEY NO.	PART NO.	DESCRIPTION	Q'TY
35	063635	Ø10_MAGNET	1
36	063636	Ø38 X 3T X280L_HANDGRIP FOAM	2
37	063637	SAFETY KEY	1
38	063638	XHP-9XSMP-09X2100MM_COMPUTER CABLE	1
39	063639	10CM X 764 X 764_CONNECTING WIRES (BLACK)	1
40	063640	15CM X 764 X 764_CONNECTING WIRES (WHITE)	1
41	063641	15CM X 764 X 764_CONNECTING WIRES (BLACK)	1
42	063642	CONTROLLER	1
43	063643	BREAKER	1
44	063644	ON/OFF SWITCH	1
45	063645	POWER CORD	1
46	063646	1000 M/M_SENSOR W/CABLE	1
47	063647	HANDPULSE ASSEMBLY	2
48	063648	Ø8.5 X 12.7 X25.5L_WHEEL SLEEVE	2
49	063649	95X25X55HX1.5T_BELT GUIDE	2
50	063650	1/2" X 3-1/2"_HEX HEAD SCREW	2
51	063651	3/8" X 3/4"_HEX HEAD SCREW	4
52	063652	1/4" X 2"_HEX HEAD SCREW	1
53	063653	3/8" X 2-1/2"_HEX HEAD SCREW	1
54	063654	3/8" X 2" FLAT HEAD BOLT	2
55	063655	3/8" X 46 M/M BUTTON HEAD BOLT	4
56	063656	5/16" X 1" BUTTON HEAD BOLT	2
57	063657	5/16" X 1-3/4" BUTTON HEAD BOLT	2
58	063658	1/4" X 75M/M_SOCKET HEAD CAP SCREW	2
59	063659	10#(5) X 1-1/4"_TAPPING SCREW	8
60	063660	M5 X 15M/M_PHILLIPS HEAD SCREW	4
61	063661	3/8" X 2T_SPLIT WASHER	4
62	063662	1/4" X 5T_NUT	1
63	063663	1/2" X 8T_NYLOC NUT	2
64	063664	5/16" X 7T_NYLOC NUT	2
65	063665	3/8" X 7T_NYLOC NUT	6
66	063666	M6_NYLOC NUT	1
67	063667	3X10M/M_TAPPING SCREW	6
68	063668	3/8" X 25 X 2T_FLAT WASHER	5
69	063669	5/16" X 18 X 1.5T_FLAT WASHER	8
70	063670	1/2" X 26 X 2T_FLAT WASHER	2
71	063671	3/8" X 19 X 1.5T_FLAT WASHER	6
73	063673	5/16" X 35 X 1.5T_FLAT WASHER	2

KEY NO.	PART NO.	DESCRIPTION	O'TY
74	063674	1/4" X 13 X 1.0T_FLAT WASHER	4
75	063675	5 X 16M/M_TAPPING SCREW	4
76	063676	5 X 16M/M_TAPPING SCREW	20
77	063677	4X16M/M_TAPPING SCREW	4
78	063678	Ø6.7 X 25 X 1.0T_CONCAVE WASHER	8
79	063679	4 X12M/M_SELF TAPPING SCREW	16
80	063680	5 M/M_RAISED WASHER	2
81	063681	3 X12M/M_SELF TAPPING SCREW	2
82	063682	4X38M/M_SELF TAPPING SCREW	2
83	063683	5/16" X 3" BUTTON HEAD BOLT	4
84	063684	5/16" X 1/2" BUTTON HEAD BOLT	2
85	063685	M5/ M6_ALLEN WRENCH	1
86	063686	13/14M/M_ N WRENCH	1
87	063687	LUBRICANT	1
88	063688	MOTOR BRACKET	1
89	063689	M8X 12M/M_HEX HEAD SCREW	2
90	063690	M8 X 1.5T_SPLIT WASHER	2
91	063691	5/16"_NYLON CAP	2
92	063692	5X19M/M_TAPPING SCREW	6
93	063693	700MM_HANDPULSE WIRE	2
94	063694	SCREWDRIVER	1

# Overview Drawing



970722AM0930



## TROUBLE SHOOTING

Problem	Cause	Correction
Treadmill will not start	Treadmill not plugged in	Plug into three prong (grounded) outlet
	On / off switch not on	Push the on/off button to on
	House circuit breaker tripped	Reset or replace
	Treadmill reset switch tripped	Reset treadmill reset switch see reset switch resetting
	Treadmill motor controller fuse blown	Replace controller
	Unit plugged into insufficient extension cord	Plug directly into wall outlet
Treadmill stop or shuts off by itself	House circuit breaker tripped	Reset or replace
	Treadmill reset switch tripped	Reset treadmill reset switch
	Treadmill motor controller fuse blown	Replace controller
Treadbelt does not run in center	Treadbelt tension not even across treadbelt	See treadbelt adjustment
Treadbelt slips	Treadbelt tension too loose	See treadbelt adjustment
Treadbelt hesitates while being stepped on	Insufficient lubricant on treadbelt	See treadbelt lubrication
Black particles collecting under treadmill	Drive belt is breaking in	Vacuum under treadmill periodically
No display on monitor	On / off switch not on	Push on / off button to on
Monitor does not display speed or distance	Reed switch not aligned properly	see reed switch adjustment
	Magnet damaged or missing from front roller pulley	Replace magnet
	Monitor not working properly	Replace monitor
No pulse displayed on monitor	Hands not on hand pulse	Place two hands on hand pulse
	Hands on hand pulse	Replace hand pulse

**NOTE:** It is not necessary to return treadmill for a monitor repair. The monitor or console is removable from the treadmill for repair or replacement - see parts section

## TREADBELT ADJUSTMENT

The treadmill has been factory pre-adjusted, however if during the operation:

### Treadbelt slips during use if the treadbelt is too loose:

- Tighten both rear roller adjusting bolts 1/4 turn clockwise using allen wrench.

### Treadbelt shifts too far to the right

- Set the treadmill speed to 3.5 M.P.H.
- Tighten the right adjusting bolt a 1/4 turn clockwise using allen wrench.
- Wait 15 seconds: if no change; turn the left adjusting bolt a 1/4 turn counter-clockwise using allen wrench.
- Repeat steps b and c until belt is centered

### Treadbelt shifts too far to the left

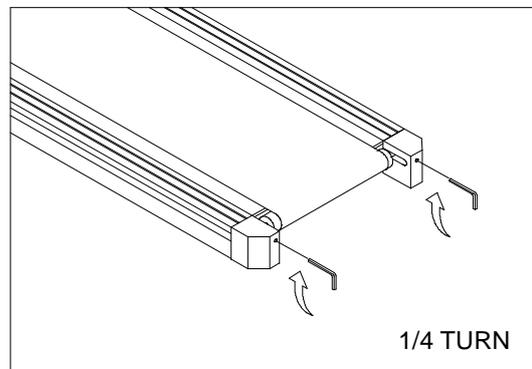
- Set the treadmill speed to 3.5 M.P.H.
- Tighten the left adjusting bolt a 1/4 turn clockwise using allen wrench.
- Wait 15 seconds: if no change; turn the right adjusting bolt a 1/4 turn counter-clockwise using allen wrench.
- Repeat steps b and c until belt is centered

## IMPORTANT

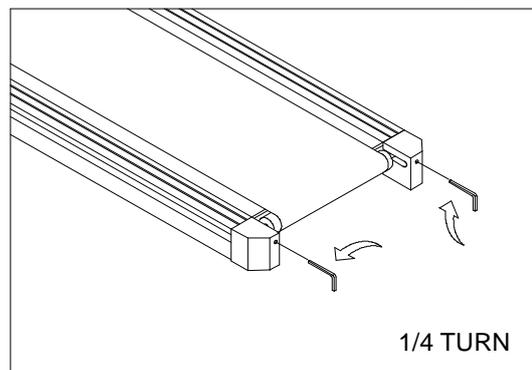
### DO NOT OVERTIGHTEN TREADBELT

If treadbelt is over-tightened, edges of treadbelt will begin  
**CAUTION!! DO NOT ALLOW ANYONE TO WALK ON TREADBELT WHILE YOU ARE ADJUSTING.**

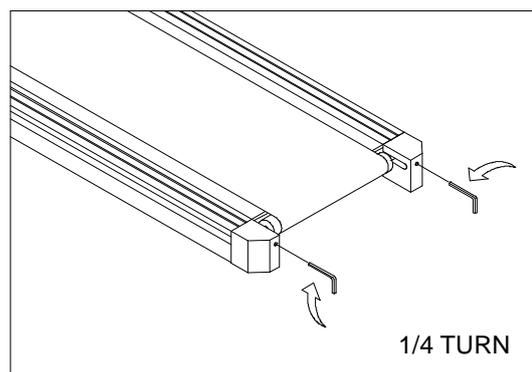
### If Treadbelt slips during use.



### If Treadbelt shifts too far to the right.



### If Treadbelt shifts too far to the left



## **TREADMILL LUBRICATION**

Your treadmill should require little maintenance other than periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

### **HOW TO CHECK TREADBELT FOR PROPER LUBRICATION**

Lift one side of the treadbelt and feel the top surface of the treadboard

If the surface is (slick) to the touch, then no further lubrication is required

If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

### **HOW TO APPLY LUBRICANT**

1. Loosen the rear roller adjusting bolts one full turn counterclockwise. This will loosen the treadbelt.
2. Lift one side of the treadbelt.
3. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
4. Tighten the rear roller adjusting bolts one full turn clockwise. This will tighten the treadbelt.
5. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

### **IMPORTANT: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION LUBRICATION SCHEDULE**

1. After the first 25 (hours) apply one half bottle of lubricant.
2. Every 30 hours of use apply one half bottle of lubricant.

We recommend that you use:

Lube-N-Walk™ Treadmill Lubrication Kit.

## CLEANING AND MAINTENANCE

Care has been taken to assure that your treadmill has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

**Note: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.**

1. Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the walking or computer surface.
2. Under no circumstances are you to use ammonia, oils, silicones, or any other compounds on the rubberized walking surface. The use of such materials may cause serious injury to the body and/or deteriorate the performance of the walking surface. Only clean the rubberized walking surface with a damp cloth (water only).
3. From time-to-time the computer surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

## **RESET SWITCH RESETTING**

If your treadmill loses power or will not start, check the reset switch located on the front of the motor cover. If the white tab of the reset switch is not showing then the reset switch has not been tripped.

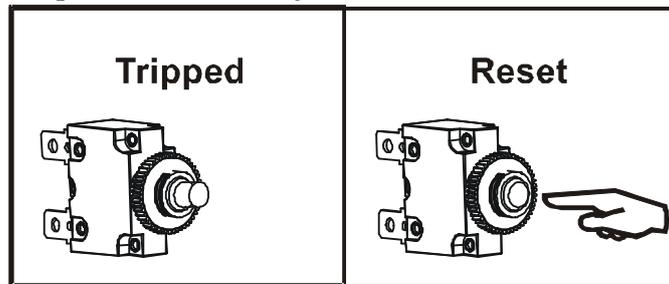
If the white tab of the reset switch is showing, the reset switch has tripped.

To reset the reset switch:

Remove the safety clip on console.

Press white tab of the reset switch in until it snaps back into place.

If the reset switch continues to trip - see treadbelt adjustment and treadbelt lubrication



## **SPEED SENSOR ADJUSTMENT**

If the monitor does not display speed or distance the speed sensor and magnet may be misaligned.

**Note: Always unplug your treadmill prior to cleaning in order to avoid electrical hazard or shock.**

Follow these steps to check and realign.

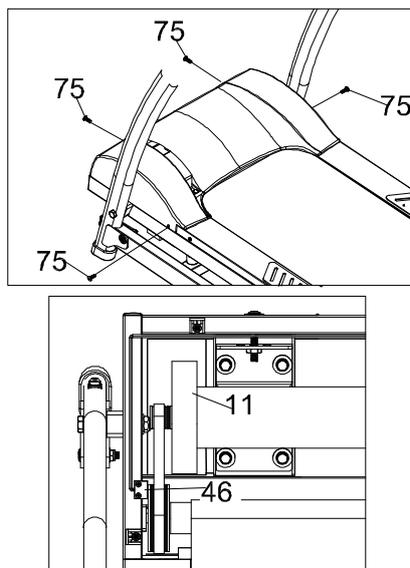
Remove the motor cover

Check the spacing and alignment between the magnet on the right side of the front roller and the speed sensor on the frame. The spacing must be 1/8".

Loosen screw and slide speed sensor in or out of clamp.

Retighten screw.

Replace motor cover



# TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- ž Increased capacity for physical work (strength endurance)
- ž Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- ž Decreased risk of coronary heart disease
- ž Changes in body metabolism, e.g. losing weight
- ž Delaying the physiological effects of age
- ž Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

## Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

**Flexibility** is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

## Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVO<sub>2</sub>). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

## Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

## The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

## Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

## Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

### **Specificity**

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### **Reversibility**

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

### **Warm Up**

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

### **Warm Down or Cool Down**

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

### **Heart Rate**

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

### **Pulse Count**

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

### **Muscle Soreness**

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

### **What to Wear**

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

### **Breathing during Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

### **Rest periods**

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

## Exercise routine

### STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

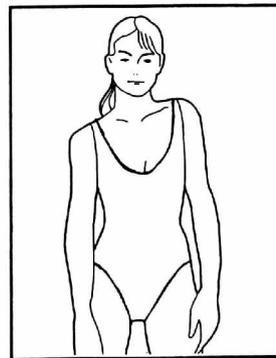
#### Head Rolls

Rotate your head to the right for one count, feeling The stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



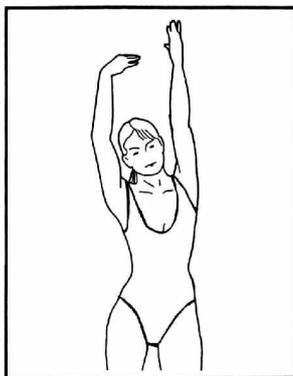
#### Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



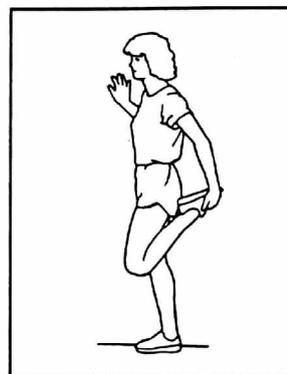
#### Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



#### Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



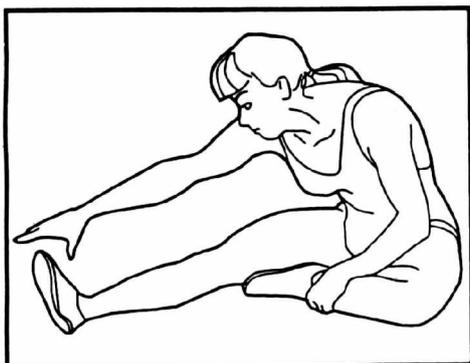
### Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



### Calf/Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



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**SEARS**

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label on the front of  
the treadmill.

You should record  
both model number  
and serial number and  
keep in a safe place for  
future reference.

**HOW TO ORDER REPLACEMENT PARTS**

The MODEL NUMBER for the TREADMILL will be found on the frame  
Always mention this MODEL NUMBER when requesting service or replacement parts  
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All parts listed herein may be ordered through SEARS CANADA INC. RETAIL OR  
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2. PART DESCRIPTION
3. MODEL NUMBER
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