

**SEARS**

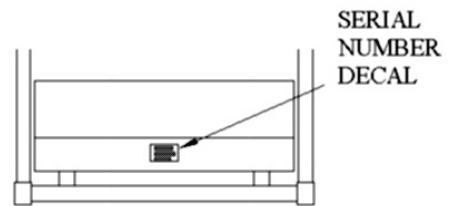
**free spirit**

**C 249 30798 0**

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.

SEARS CANADA INC. • TORONTO, ONTARIO M5B 2B8

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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 labor, 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.

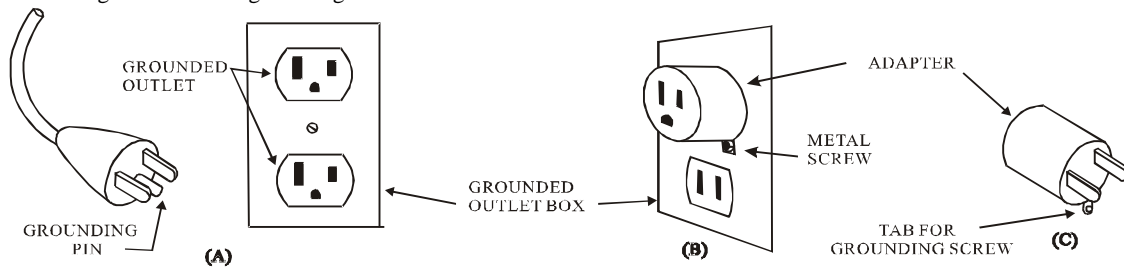
**WARNING**

**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.

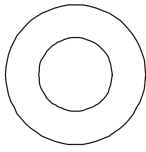


AA 200

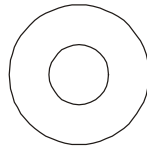
2. The use of an extension cord with this product is not recommended. If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. 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.
5. 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.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to the slowest speed to provide for safe dismount and low speed restart.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. 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.
14. 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.
15. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
16. Start your program slowly and very gradually increase your speed and distance.
17. 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.
18. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
19. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

**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.

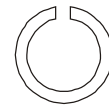
# HARDWARE CHECK LIST



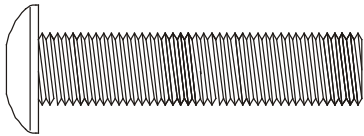
# 93. 3/8" x 19 x 1.5T  
Flat Washer (x4)



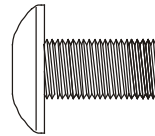
# 110. 5/16" x 19 x 1.5T  
Curve Washer (x2)



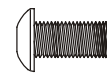
#94. 3/8"x2T Spring  
Washer (x4)



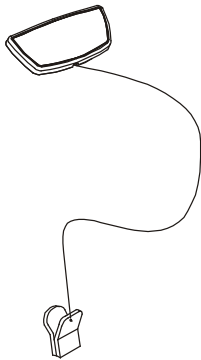
# 107. 3/8" x 1-3/4"  
Button Head Bolt (x4)



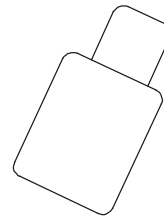
# 109. 5/16" x 15m/m  
Button Head Bolt (x8)



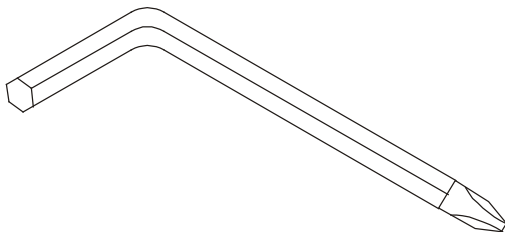
# 108. M5 x 10m/m  
Phillip Head Screw (x4)



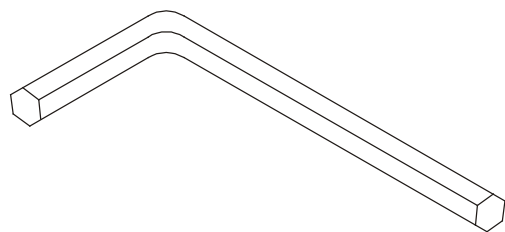
# 30. Safety Key (x1)



# 111. Lubricant (x1)



# 112. Combination M5 Allen Wrench &  
Phillips Head Screw Driver (x1)

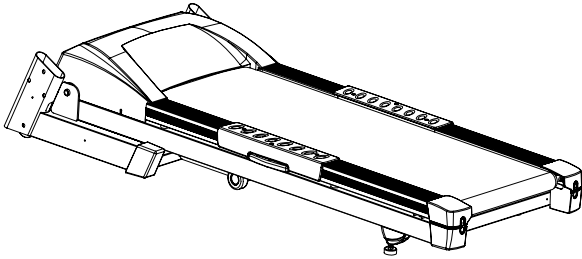


# 113. M6 Allen Wrench (x1)

# ASSEMBLY INSTRUCTIONS

## STEP 1

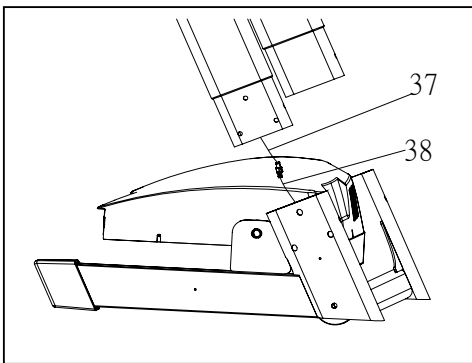
It will take two people to assemble your unit. Remove all the components from the carton.



## STEP 2

Connect the computer extension cable (37) to the lower computer cable (38).

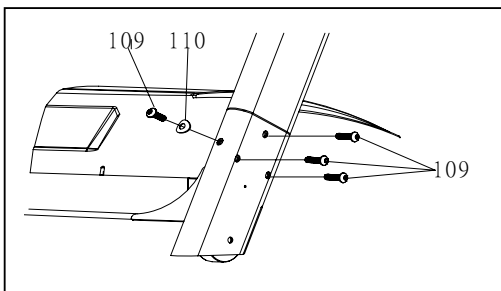
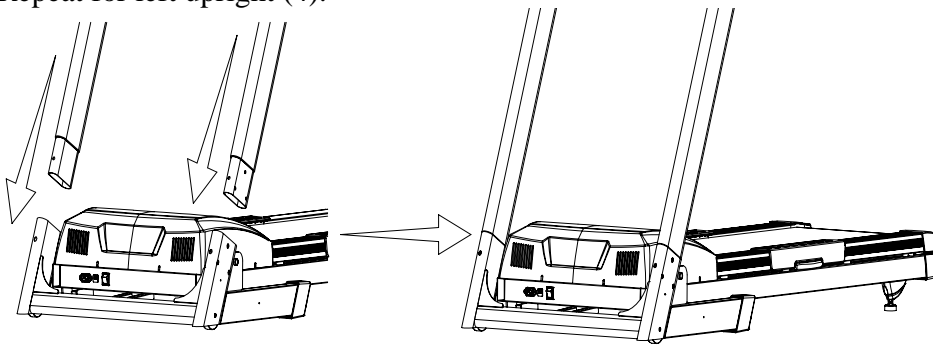
NOTE: Ensure that the wire is safely inserted in the upright to avoid pinching the computer wire.



## STEP 3

Fasten the right upright (5) into the frame base (2) securing with four button head bolts 5/16" x 15m/m (109) and **two curved washers (110)** using the combination wrench / screwdriver (112).

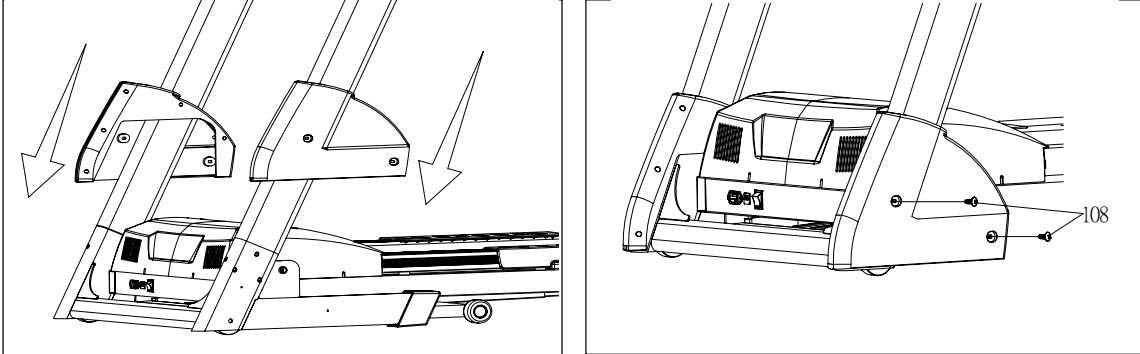
Repeat for left upright (4).



## STEP 4

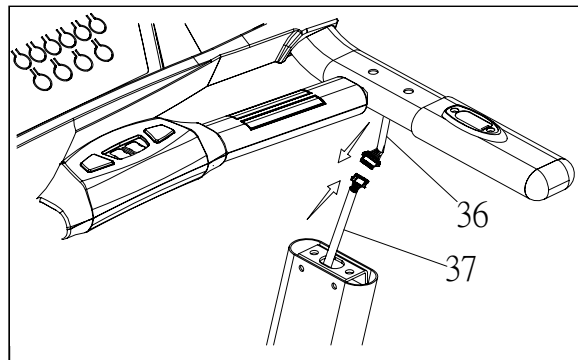
Install the right frame base cap (43 / 44) onto the right upright (5). Secure the frame base cap using two M5x10m/m phillips head screws (108) using the combination wrench / screwdriver (112).

Install the left frame base cap (45 / 46) onto the left upright (4). Secure the frame base cap using two M5x10m/m phillips head screws (108) using the combination wrench / screwdriver (112).



## STEP 5

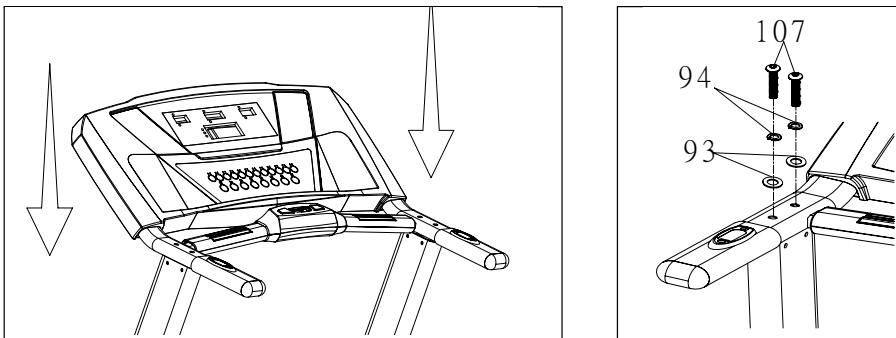
Connect the computer extension cable (37) to the upper computer cable (36) from the console assembly (39).



## STEP 6

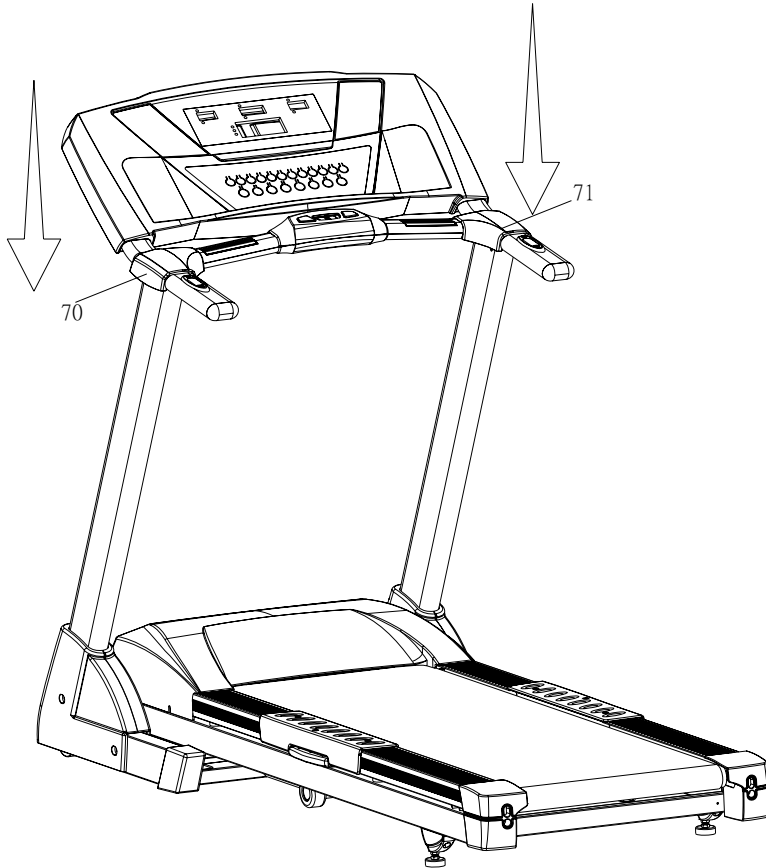
Install the console support assembly (6) into the right and left uprights (4,5) securing with **four 3/8" x 1-3/4" button head bolts (107)**, four spring washers (94) and four flat washers (93) using the combination wrench / screwdriver (112).

**NOTE:** Carefully insert the cables inside the console assembly, so that you do not pinch and cut the cables when fastening the console assembly.



## STEP 7

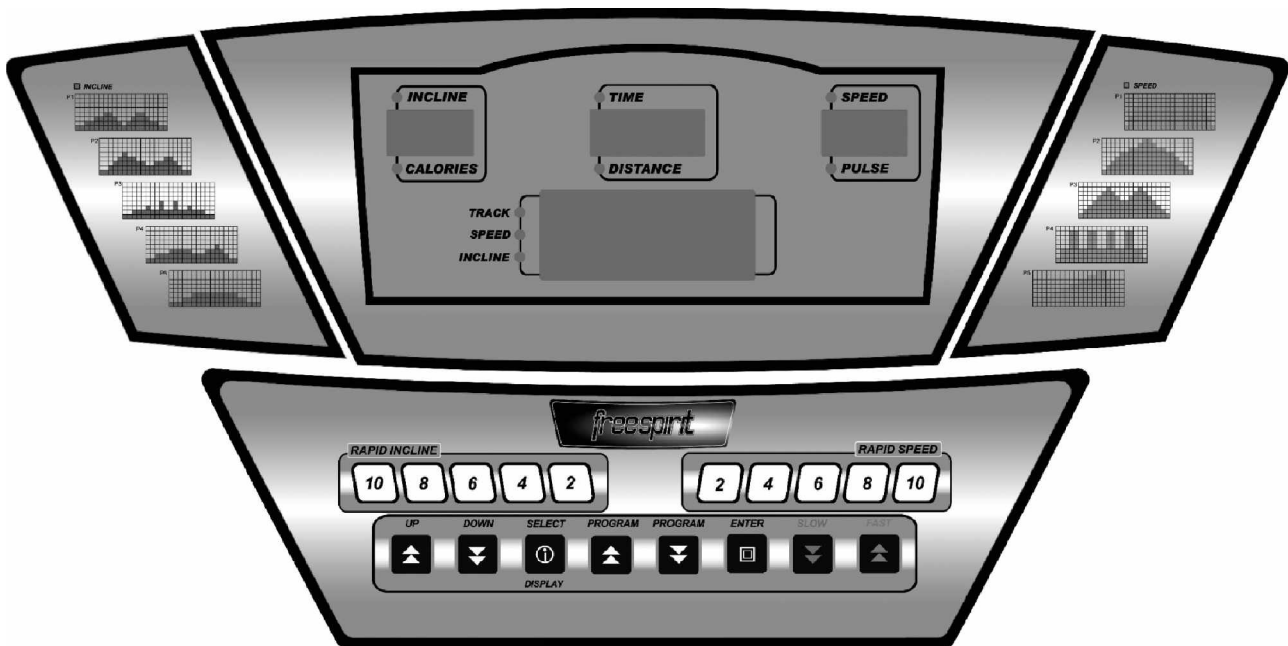
Install the right handgrip side cap (71) on to the right side of the console support assembly (6).  
Install the left handgrip side cap (70) on to the left side of the console support assembly (6).



**ENSURE THAT ALL NUTS AND BOLTS ARE NOW FIRMLY TIGHTENED AFTER EACH STEP.**



# TREADMILL OPERATION



## INITIAL DISPLAY

- VER: Displays the current software version in the SPEED window.
- ODO: Displays the total distance accumulated in the DISTANCE window up to 999 miles
- HRS: Displays the total working time accumulated in the TIME window from 0 to 99:99. If time exceeds 99:99 minutes the time accumulated will be displayed in hours up to 9999 in the TIME window.

## Functions

### **Dot Matrix Center Display (Manual Operation):**

Twenty rows of **Red** “dots”(8 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline dot matrix window will build a profile “picture” as values are changed during a workout. Next to the Dot Matrix window are three LEDs labeled: Track, Speed and Incline, along with a Display button. When the Track LED is lit the Dot matrix displays the Track profile, when the Speed LED is lit the Dot matrix displays the Speed profile and when the Incline LED is lit the Dot Matrix displays the Incline profile. You may change the Dot Matrix profile view by pressing the Select button. After scrolling through the three profiles, by pressing the Select button, the Dot matrix will automatically scroll through the three displays showing each one for four seconds. The LED associated with each profile will blink while that view is displayed. One more press of the Display button will return you to the Track profile.

Incline: Displays the incline position from 0 to 15

Calories: Displays the cumulative calories burned at any given time during your workout.  
Counts down from your preset target calories 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.

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

Distance: Displays the distance traveled in miles  
Counts down from your preset target distance to 0

Speed: Display the current speed in miles per hour

Pulse: 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.

¼ Track: The ¼ mile track will be displayed around the dot matrix window. The flashing dot indicates your progress. Once the ¼ mile is complete this feature will begin again.

## **Function Buttons on monitor:**

Up: Press the "up" button to raise the incline position. The maximum incline position is 15.

Down: Press the "down" button to lower the incline position. The minimum incline position is 0.

Select /: Press the "select" button to select the profile to display. You can display either  
Display speed or incline or ¼ mile track in the program mode.

Program▲▼: There are a total of 8 programs select from. Manual (P0), P1 to P5 are speed and incline program, 2 user.

Fast: Press the "fast" button to increase your speed from .6 to 10mph.

Slow: Press the "slow" button to decrease your speed from 10mph to 0.6.

5 preset speed: 2mph 4mph 6mph 8mph 10mph  
Press your desired speed and the treadmill will automatically adjust to your preset speed.

5 preset incline: 2%, 4%, 6%, 8%, 10% incline.  
Press your desired incline position and the treadmill will automatically adjust to your preset incline.

Start: Press the “start” button to start your treadmill.

Stop: Press the “stop” button to stop your treadmill  
Press and hold for 3 seconds to reset value to zero.

## **To Operate treadmill**

**Note:** Before operating your treadmill, become familiar with all operating parts and controls - their location and function see figure 4 on page 13.

**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.

# **Monitor Operation**

## **STEP BY STEP CONSOLE OPERATION**

Before operating the console make sure that the power cord (32) is properly plugged in and the on / off button (73) is on.

Place the safety key (30) on the console. The console display will automatically turn on.

1. Hold onto handrail and place feet on siderails before starting treadmill.
2. Attach the safety key (30) to your clothing (ie: waistband), after you have placed the safety on the console. If you should slip or fall while exercising the safety key will pull out of the console, shutting off the treadmill.

## **Programmable Features**

The treadmill has preset programs and 2 user programs. Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The maximum speed that the particular program will achieve will be displayed in the Speed window. Also included are two user programs (User 1 and User 2) for custom workouts.

## **PRESET PROGRAM (P0)**

**STEP 1:** Press the desired Program Up / Down key. Press enter to set the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

**STEP 2:** If Enter was pressed, the Time window will blink with the default value of 0 minutes. You may use any of the up/down keys to adjust the time. Range is from 0:00 to 99:00. After adjusting, or to accept the default, press enter.

**STEP 3:** The Time window will now be blinking a value, which is your Bodyweight. Entering the correct bodyweight will affect the calorie count. Use the Up/Down keys to adjust, then press enter. Range is from 0:00 to 99:00. A note about the Calorie display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same bodyweight, age and height, their calorie burn may be very different than yours. The Calorie display is to be used as a reference only to monitor improvement from workout to workout.

**STEP 4:** The Time window will now be blinking an Age value. Adjust the age and press enter.

**Press the START or ENTER key to Reset.**

## **PRESET PROGRAM (P-1 ~ P-5)**

**Step 1.** Press the desired **Program Up / Down** key. Press enter to set the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

**STEP 2:** If Enter was pressed, the Time window will blink with the default value of 20 minutes. You may use any of the up/down keys to adjust the time. Range is from 0:00 to 99:00. After adjusting, or to accept the default, press enter. (Note: You may press start at any time during the programming to start the program.)

**STEP 3.** The Weight window will now be blinking a bodyweight value. Enter your bodyweight and press Enter.

**STEP 4.** The Age window will now be blinking an Age value. Adjust the age and press enter.

**Step 5.** Press “SELECT” to choose Speed and Incline profile or Speed profile or Incline profile then press ENTER. (In this condition is Speed and Incline profile, press ENTER to the next segment or press SELECT to choose Speed profile or Incline profile.)

**Step 6.** Press “ENTER” key to set the Max Speed.

**Press the START or ENTER key to Reset.**

## **User Programs:**

**STEP 1:** Select User 1 or User 2 via the **Program UP/Down** key then press **Enter** key to set.

**STEP 2:** Note the clock (Time) window is flashing. Use the **Up / Down** keys to adjust up from 10 minutes (if desired). Press **Enter** key. This is a must to continue even if time is not adjusted.

**STEP 3:** The Time window will now be blinking a bodyweight value. Press Program Up/Down Key to enter your bodyweight and press **Enter**.

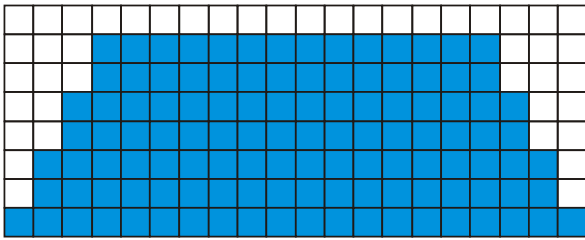
**STEP 4:** The **Time** window will now be blinking an Age value. Adjust the age and press enter.

**STEP 5:** Press the “enter” button to set your speed and incline value for each of the 20 segments. Each segment includes a speed and incline value, use the “fast” and “slow” button to set the speed and the “up” and “down” button to set the incline. You will need to press the “enter” button after each value is set.

**STEP 6:** After setting, press “START” button to start training. Press Fast / Slow button to adjust speed or press up / down button to adjust incline. You can press “STOP” button to stop training during operation.

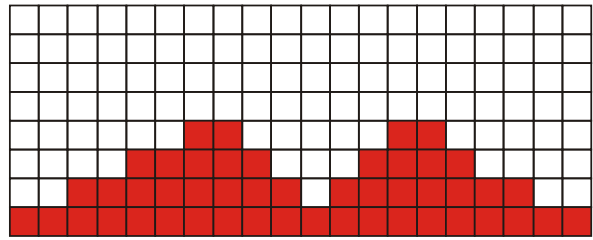
**Press the START or ENTER key to Reset.**

### SPEED PROFILE

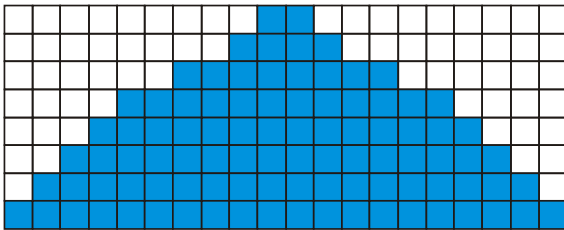


P1 SPEED PROFILE

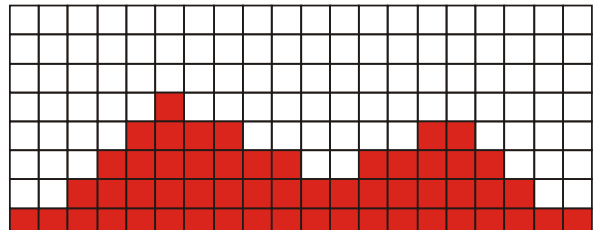
### INCLINE PROFILE



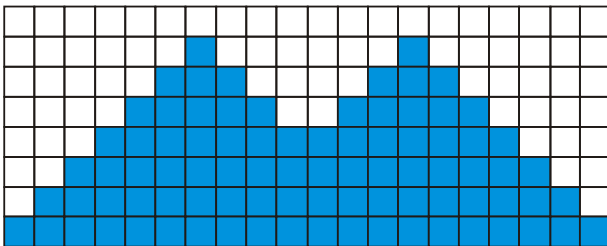
P1 INCLINE PROFILE



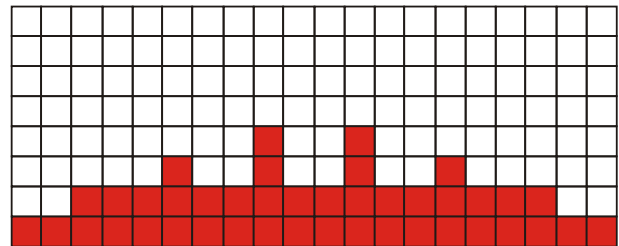
P2 SPEED PROFILE



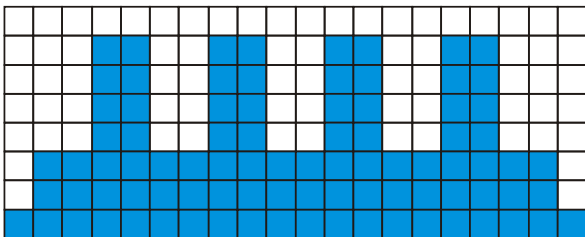
P2 INCLINE PROFILE



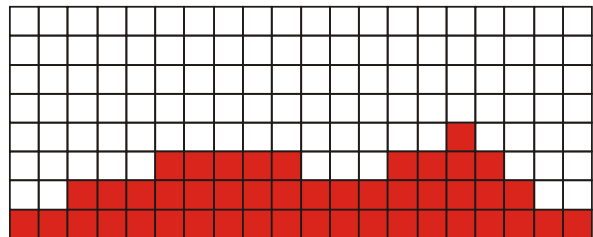
P3 SPEED PROFILE



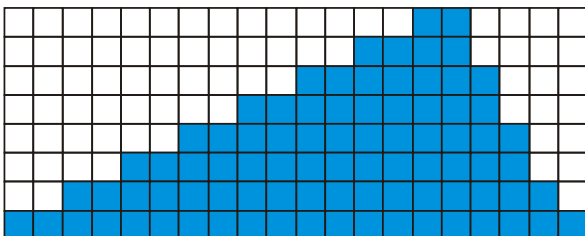
P3 INCLINE PROFILE



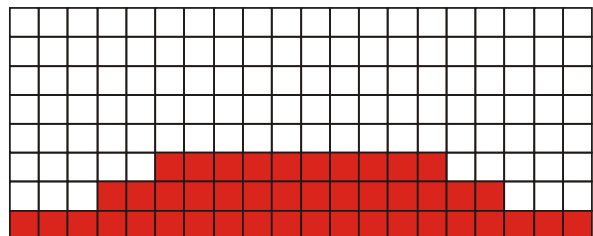
P4 SPEED PROFILE



P4 INCLINE PROFILE

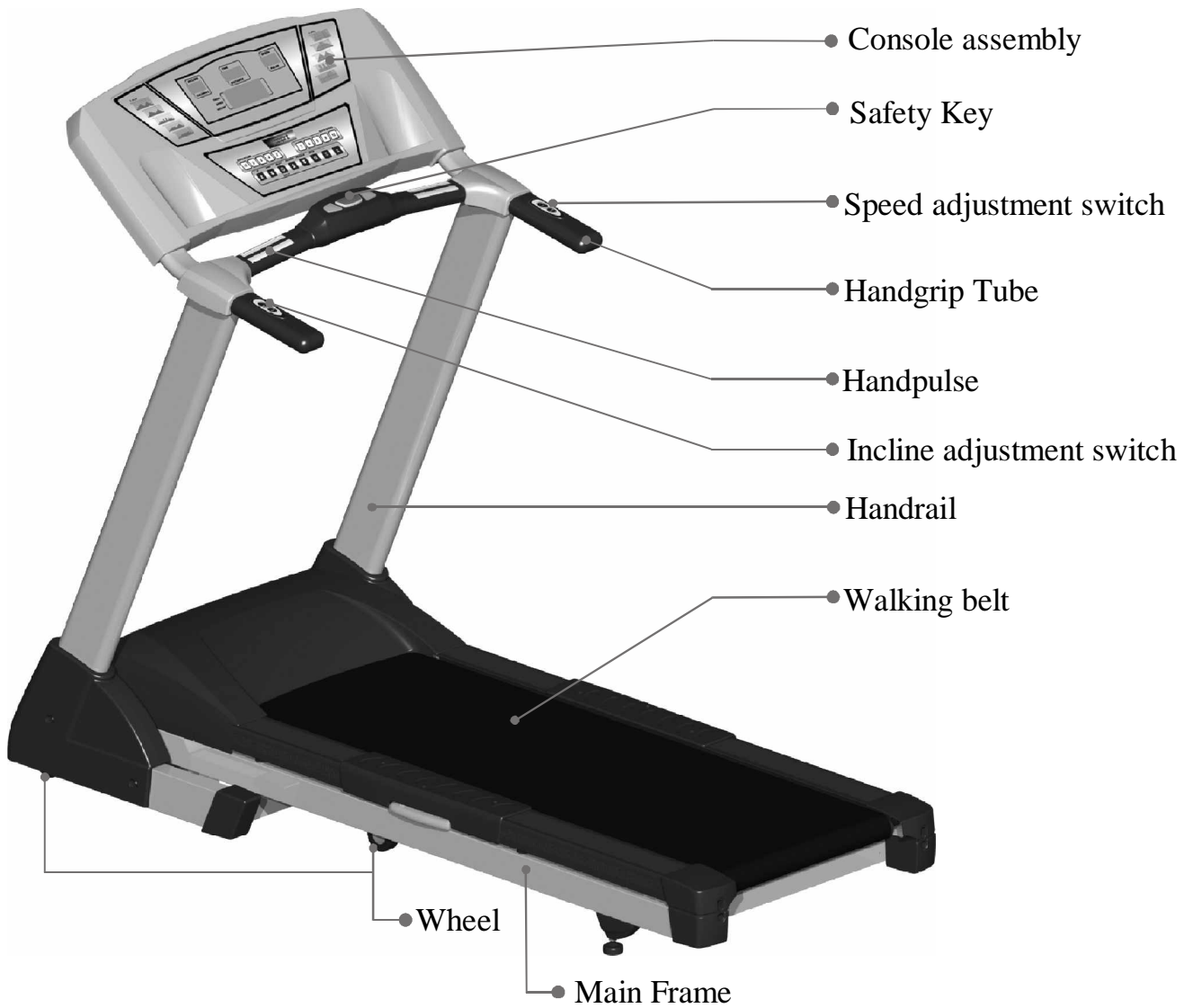


P5 SPEED PROFILE



P5 INCLINE PROFILE

**FIGURE 4.**



**MAX. USER WEIGHT 130 KGS**

## FOLDING AND MOVING YOUR TREADMILL

Before folding the treadmill, ensure that the treadmill is at its lowest incline position. 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 left hand. Pull the locking knob with your right hand and slowly lower the treadmill running deck. The deck will lower unassisted when it reaches about waist high.

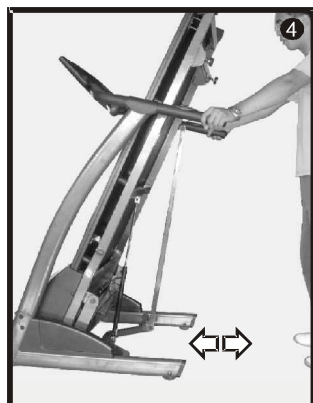
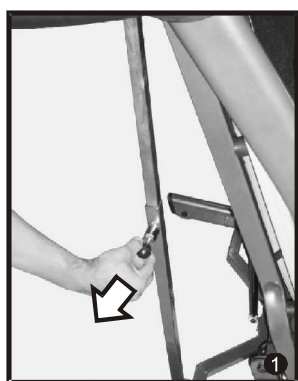
### Folding

Lift the treadmill running deck with your left hand. Pull the locking knob with your right hand and slowly 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

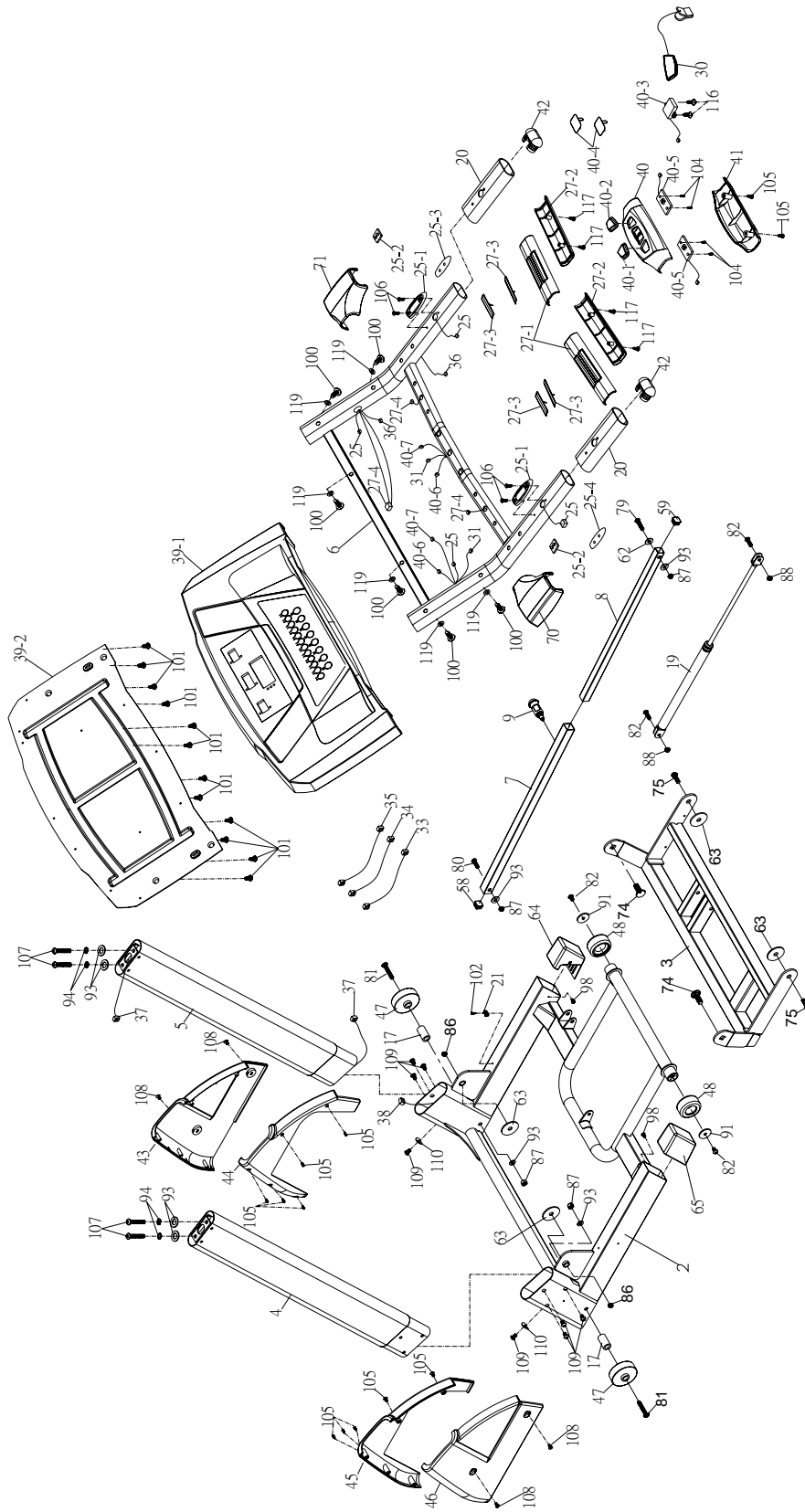
KEY NO.	PART NO.	DESCRIPTION	Q'TY
1	273001	Main Frame	1
2	273002	Frame Base	1
3	273003	Incline Bracket	1
4	273004	Left Upright	1
5	273005	Right Upright	1
6	273006	Console Support	1
7	273007	Outer Slide	1
8	273008	Inner Slide	1
9	273009	Locking Knob Axle	1
10	273010	Bottom Motor Cover	1
11	273011	Belt Guide	2
12	273012	Running Board	1
13	273013	Running Belt	1
14	273014	Drive Belt	1
15	273015	Front Roller W/Pulley	1
16	273016	Rear Roller	1
17	273017	$\phi$ 10 x $\phi$ 14 x 35.5L_Sleeve	2
18	273018	Magnet	2
19	273019	Cylinder	1
20	273020	Handgrip Foam	2
21	273021	Wire Tie Mount	6
22	273022	Motor	1
23	273023	Incline Motor	1
24	273024	Controller	1
25	273025	800mm Adjustment Switch W/Cable	2
25~1	273025-1	Adjustment Switch Cover	2
25~2	273025-2	Adjustment Switch Film Label	2
25~3	273025-3	Speed Adjustment Label	1
25~4	273025-4	Incline Adjustment Label	1
27~1	273027-1	Handpulse Assembly Top	2
27~2	273027-2	Handpulse Assembly Bottom	2
27~3	273027-3	Handpulse Plate	4
27~4	273027-4	1500mm_Handpulse Wire	1
28	273028	1000m/m Sensor W/Cable	1
29	273029	Power Socket	1
30	273030	Trapezoidal Safety Key	1
31	273031	1000m/m Safety Switch Upper Cable	1
32	273032	Power Cord	1
33	273033	200m/m $\times$ 764 $\times$ 764 _Connecting Wire (Black)	1
34	273034	100m/m $\times$ 764 $\times$ 764 _Connecting Wire (Black)	1
35	273035	200m/m $\times$ 764 $\times$ 764 _Connecting Wire (White)	1
36	273036	800m/m Upper Computer Cable	1
37	273037	1200m/m Computer Extension Cable	1
38	273038	1000m/m Lower Computer Cable	1

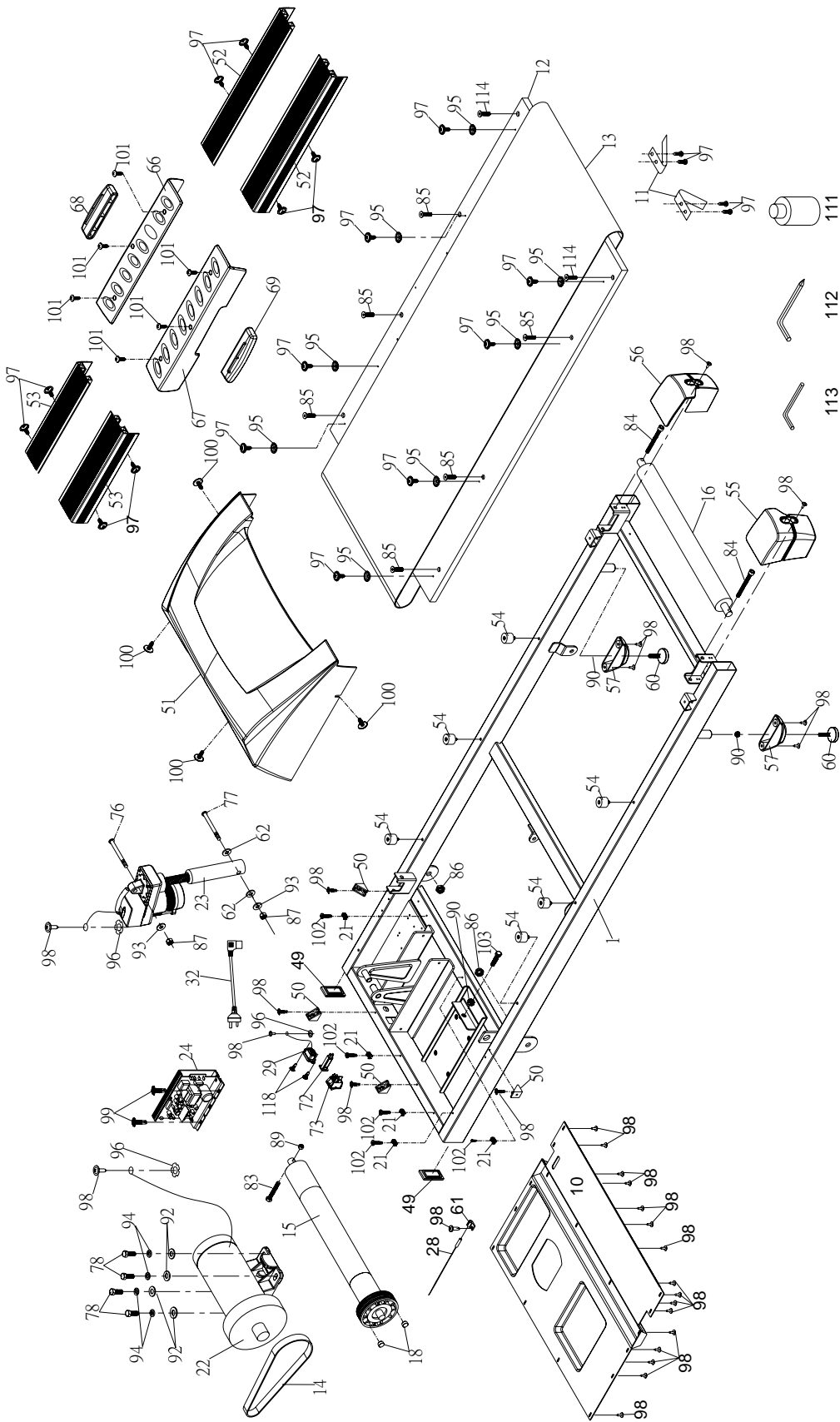


KEY NO.	PART NO.	DESCRIPTION	Q'TY
39~1	273039-1	Top Console w/Cover	1
39~2	273039-2	Bottom Console Cover	1
40	273040	Top Switch Cover	1
40~1	273040-1	Start Key (L)	1
40~2	273040-2	Stop Key (R)	1
40~3	273040-3	100m/m Safety Switch W/ Module	1
40~4	273040-4	Safety Switch Key	2
40~5	273040-5	Single Key Board	2
40~6	273040-6	1100m/m_Single Key Board Connecting Wire	1
40~7	273040-7	1400m/m_Single Key Board Connecting Wire	1
41	273041	Bottom Switch Cover	1
42	273042	Oval Button Head End Cap	2
43	273043	Right Frame Base Cap	1
44	273044	Right Frame Base Cap	1
45	273045	Left Frame Base Cap	1
46	273046	Left Frame Base Cap	1
47	273047	Front Transportation Wheel	2
48	273048	Rear Transportation Wheel	2
49	273049	□30x60_Square End Cap	2
50	273050	Motor Cover Anchor	4
51	273051	Top Motor Cover	1
52	273052	470m/m_Foot Rail	2
53	273053	310m/m_Foot Rail	2
54	273054	Cushion	6
55	273055	Rear Left Adjustment Base	1
56	273056	Rear Right Adjustment Base	1
57	273057	Foot Pad Cover	2
58	273058	□25.4x25.4_Square End Cap	1
59	273059	□21.4x21.4_Square End Cap	1
60	273060	Foot Pad	2
61	273051	Sensor Bracket	1
62	273062	φ 10 x 24 x 3T_Nylon Washer(A)	3
63	273063	φ 50 x 13 x 3T_Nylon Washer(B)	4
64	273064	Frame Base End Cap Right	1
65	273065	Frame Base End Cap Left	1
66	273066	Right Step Pad	1
67	273067	Left Step Pad	1
68	273068	Leveling Foot Right	1
69	273069	Leveling Foot Left	1
70	273070	Handgrip Side Cap Left	1
71	273071	Handgrip Side Cap Right	1
72	273072	Breaker	1
73	273073	On / Off Switch	1
74	273074	1/2" x 1-1/4"_Carriage Bolt	2
75	273075	1/2" x 1"_Hex Head Bolt	2
76	273076	3/8" x 4"_Hex Head Bolt	1
77	273077	3/8" x92m/m_Hex Head Bolt	1

KEY NO.	PART NO.	DESCRIPTION	Q'TY
78	273078	3/8" x 1" _Hex Head Bolt	4
79	273079	3/8" x 1-1/2" _Hex Head Bolt	1
80	273080	3/8" x 1-3/4" _Hex Head Bolt	1
81	273081	3/8" x 2" _Thumb Head Socket Bolt	2
82	273082	5/16" x 1" _Button Head Socket Bolt	4
83	273083	M8 x 60m/m _Hex Head Bolt	1
84	273084	M8 x 80m/m _Socket Head Cap Bolt	2
85	273085	M6 x 25m/m _Phillips Head Screw	6
86	273086	1/2" x 8T_Nyloc Nut	4
87	273087	3/8" x 7T_Nyloc Nut	6
88	273088	5/16" x 6T_Nyloc Nut	2
89	273089	M8 x 8T_Nyloc Nut	1
90	273090	3/8" x 7T_Nut	3
91	273091	φ 35 x 5/16" x 1.5T _Flat Washer	2
92	273092	φ 25 x φ 10 x 2.0T _Flat Washer	4
93	273093	φ 3/8"×19×1.5T _Flat Washer	10
94	273094	3/8" ×2.0T_Split Washer	8
95	273095	φ 6.5 x 25 x 1T _Concave Washer	8
96	273096	M5_Raised Washer	3
97	273097	4x12m/m_Self Tapping Screw	20
98	273098	5x16m/m_Tapping Screw	32
99	273099	5x19m/m_Tapping Screw	2
100	2730100	5x16m/m_Tapping Screw	10
101	2730101	3.5x12m/m_Self Tapping Screw	18
102	2730102	3.5x16m/m_Tapping Screw	6
103	2730103	3/8"×2" _Hex Head Bolt	1
104	2730104	2.3×6m/m_Phillips Head Screw	4
105	2730105	3.5×12m/m_Self Tapping Screw	12
106	2730106	M5×12m/m_Phillips Head Screw	4
107	2730107	3/8"×1-3/4" _Button Head Socket Bolt	4
108	2730108	M5×10m/m_Phillips Head Screw	4
109	2730109	5/16" x 15m/m _Button Head Socket Bolt	8
110	2730110	φ 5/16" x 19 x 1.5T _Curved Washer	2
111	2730111	Lubricant	1
112	2730112	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
113	2730113	M6 Allen Wrench	1
114	2730114	M8×25mm_Flat Head Socket Bolt	2
116	2730116	3×10m/m_Self Tapping Screw	2
117	2730117	3×12m/m_Tapping Screw	4
118	2730118	3×10m/m_Self Tapping Screw	2
119	2730119	φ 5× φ 15×1.0T_Flat Washer	6

# EXPLODED DIAGRAM





960515AM1115

## 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 stop or shuts off by itself	Treadmill motor controller fuse or incline controller fuse blown	Replace fuse - see fuse replacement
	Unit plugged into insufficient extension cord	Plug directly into wall outlet
	House circuit breaker tripped	Reset or replace
Treadmill stop or shuts off by itself	Treadmill reset switch tripped	Reset treadmill reset switch
	Treadmill motor controller fuse blown	Replace controller
	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

## MAINTENANCE INSTRUCTIONS

### TREADBELT ADJUSTMENT

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

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

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

**Treadbelt shifts too far to the right**

- a) Set the treadmill speed to 3.5 M.P.H.
- b) Tighten the right adjusting bolt a 1/4 turn clockwise using allen wrench.
- c) Wait 15 seconds: if no change; turn the left adjusting bolt (100) a 1/4 turn counter-clockwise using allen wrench.
- e) Repeat steps b and c until belt is centered

**Treadbelt shifts too far to the left**

- a) Set the treadmill speed to 3.5 M.P.H.
- b) Tighten the left adjusting bolt a 1/4 turn clockwise using allen wrench.
- c) Wait 15 seconds: if no change; turn the right adjusting bolt (100) a 1/4 turn counter-clockwise using allen wrench.
- e) Repeat steps b and c until belt is centered

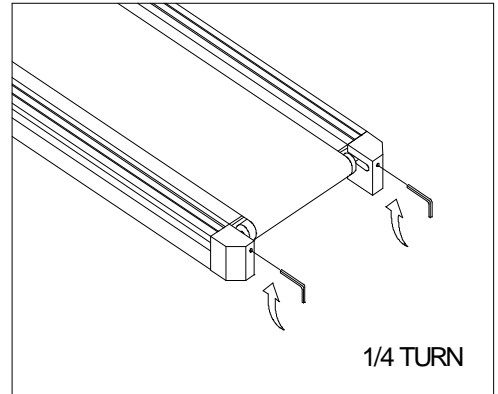
### **IMPORTANT**

#### **DO NOT OVERTIGHTEN TREADBELT**

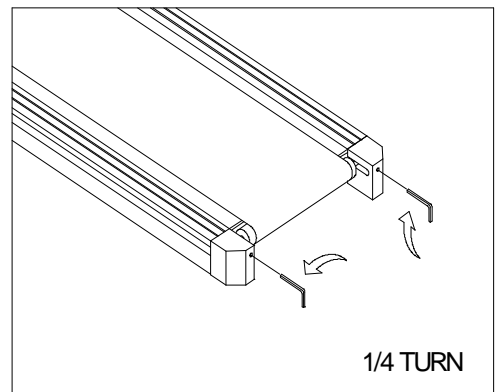
If treadbelt is over-tightened, edges of treadbelt will begin to curl

**CAUTION!! DO NOT ALLOW ANYONE TO WALK ON TREADBELT WHILE YOU ARE ADJUSTING.**

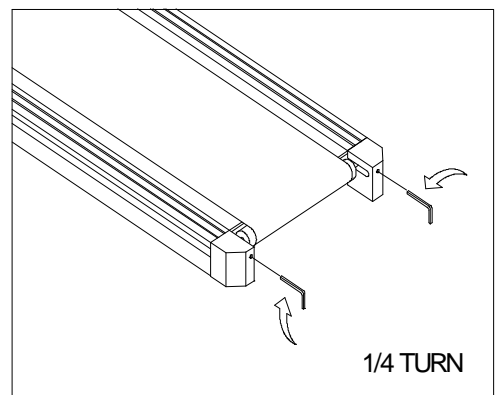
**If Treadbelt slips during use.**



**If Treadbelt shifts too far to the right**



**If Treadbelt shifts too far to the left**



## MAINTENANCE INSTRUCTIONS

### CLEANING

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.

## **MAINTENANCE INSTRUCTIONS 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. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard
3. 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 of use (2-3 months) apply one half bottle of lubricant
2. Every 50 hours of use (5-8 months) apply one half bottle of lubricant

We recommend that you use:

LUBE-N-Walk™ Treadmill Lubrication Kit, available from Sears parts and service.



## 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. 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 the 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 your 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 your 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

## 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.

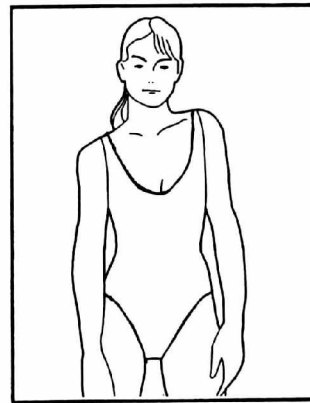
### Head Rolls

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.



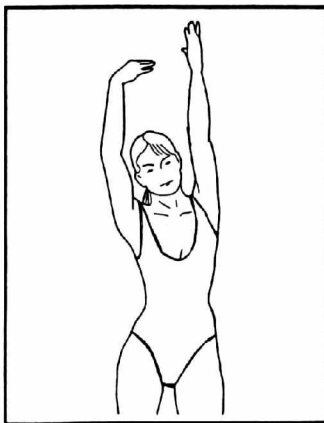
### Shoulder Lifts

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.



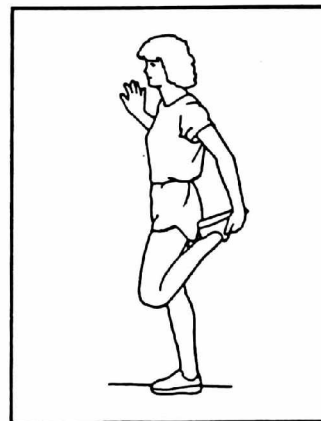
### Side Stretches

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.



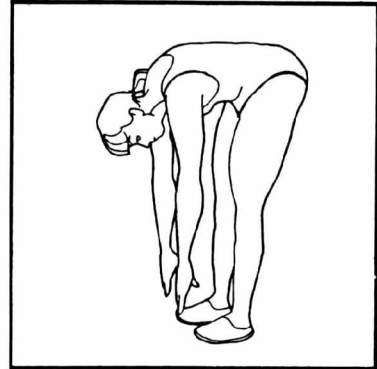
### Inner Thigh Stretch

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.



# SEARS

## OWNER'S MANUAL

Model No.  
**C249 30798 0**

*FREE SPIRIT  
TREADMILL*

# SEARS

SERVICE  
Is at  
YOUR  
SERVICE

Serial  
No.  
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number may be found  
on the serial number  
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 for your TREADMILL.

All parts listed herein may be ordered through SEARS CANADA INC. RETAIL OR CATALOG STORES AND SERVICE CENTERS. If the parts you need are not stocked locally your order will be electronically transmitted to a SEARS Parts Distribution Center for expedited handling.

When ordering parts by mail, selling prices will be furnished on request or parts will be shipped at prevailing prices and you will be billed accordingly.

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2. PART DESCRIPTION
3. MODEL NUMBER
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