

Quick-Start Guide

How to Use the New Treadmills

Welcome to our new treadmill console! Whether you want to jump right on or try an advanced workout, here is everything you need to know to get moving.

Key Takeaway: For an instant workout, step on, **insert the magnetic safety key**, clip it to your shirt, and press **Quick Start**.

The 3 Ways to Workout

- **1. Manual Mode (Quick Start):** Insert safety key → Press **Quick Start**. You have complete, manual control over your speed and incline using the console buttons.
- **2. Onboard Workouts:** Built-in programs that automatically adjust speed and incline. (See the Deep Dive section below for details).

Deep Dive: Onboard Workouts

If you want to take the guesswork out of your training, the treadmill has built-in professional workouts designed to challenge you. You are always in control: if a segment feels too fast or too steep, simply press the manual speed/incline buttons to override it.

- **Selection:** Press **Weight Loss**, **Speed Interval**, **Race Training**, or **Incline** repeatedly to pick a program. View the total duration, distance, and max speed on the screen for a few seconds.
- **The Start:** Press **Quick Start**. The belt will immediately adjust to the first programmed speed and incline.
- **1-Minute Segments:** The workout is broken into 1-minute blocks. The console will **flash the next setting** right before a segment ends to warn you of an upcoming change.
- **Completion:** Once the final segment ends, the belt will gradually slow to a complete stop.

Pro-Tips for Onboard Workouts:

- **Manually Overriding:** If you adjust the speed or incline manually, the treadmill will still automatically return to its programmed settings when the next 1-minute segment begins.
- **Pausing:** Press the **Pause/Stop** button to pause. Press **Quick Start** to resume right where you left off.

The 3 Ways to Workout (Continued)

- **3. Set-a-Goal:** Press **Set a Goal** repeatedly → Use arrow keys to set your target (Time, Distance, or Calories) → Press **Quick Start**. The treadmill runs like manual mode, counting down until you hit your custom target.

Console Features & Controls

- **Built-In Fan: Auto Mode** automatically increases or decreases fan speed to match how fast you are running. Use the fan buttons for **Manual Control** to adjust speed or turn it off.
- **The Track (Matrix):** Represents a **1/4-mile (400-meter) loop**. Watch the lights fill up to track your laps.
- **Customize Your View:** There are three center displays. Press the **Mode** button directly below any display to change what it shows (e.g., Pace, Calories, Vertical Feet, or Distance) or set it to cycle through them automatically.

Heart Rate & Tech Connections

- **Heart Rate Monitoring:** Stand on the side rails and grip the metal contacts with clean hands. **Hold for 15 seconds** for an accurate reading.
- **Heart Rate Workouts:** The treadmill will **automatically speed up or slow down** to keep you in your target cardio zone. *(Note: You must use the handgrips or a compatible chest strap for this).*
- **Connecting Your Tablet (iFit):** Get the free **iFit – Smart Cardio Equipment** app on your tablet. Connect your Bluetooth heart rate monitor first (if applicable), then press the **iFit Sync** button on the treadmill console to pair. The LED will turn solid blue.

How to Properly Stop

- **When Finished:** Press the **Pause/Stop** button, step onto the side foot rails, and adjust the incline back to **zero**.
- **Emergency Stop:** Pull the red safety cord to immediately cut power and stop the belt.
- **Reset the Screen:** To clear all your workout data for the next person, simply pull the safety key out and put it back in.