



## TREADMILL CONSOLE MANUAL



Read the TREADMILL GUIDE before using this CONSOLE MANUAL.



# CONSOLE OPERATION

This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**
- **USING THE SAFETY KEY**
- **FOLDING THE TREADMILL**
- **MOVING THE TREADMILL**
- **LEVELING THE TREADMILL**
- **TENSIONING THE RUNNING BELT**
- **CENTERING THE RUNNING BELT**
- **USING THE HEART RATE FUNCTION**

## DOWNLOADING A SOFTWARE UPDATE FROM VISIONFITNESS.COM

Occasionally a software update may be available for your console, via the included USB port. Please visit <http://www.visionfitness.com/support/software-update/> to see if an update is available and get detailed instructions on how to download the latest software from your PC or Mac.

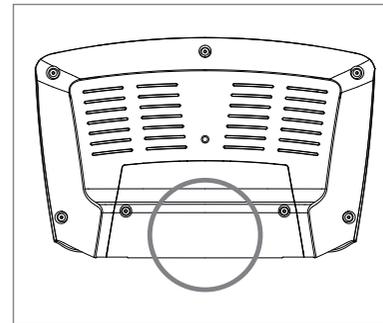
Before proceeding, find your console's serial number located on a white barcode sticker on the back of the console.

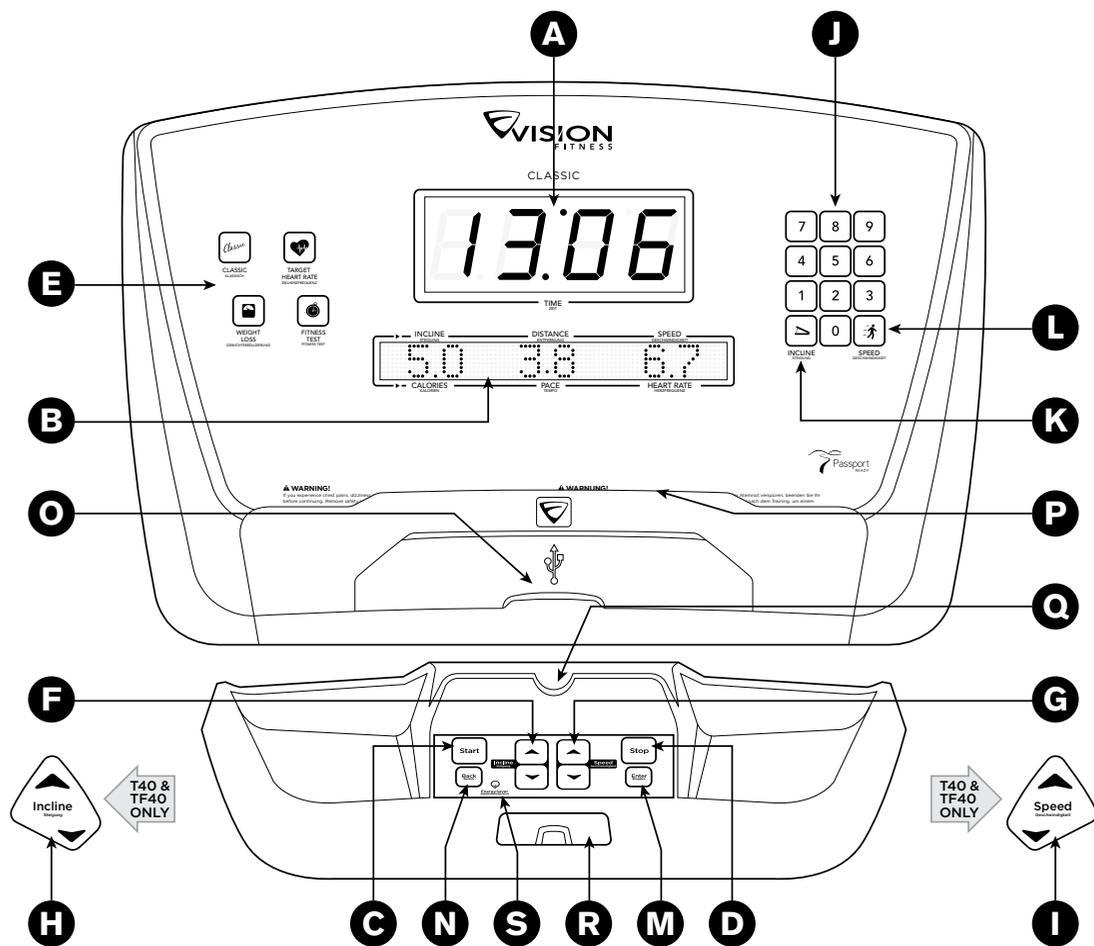
ENTER YOUR SERIAL NUMBER AND SELECT CONSOLE MODEL:

**CONSOLE SERIAL NUMBER:**

**MODEL:**  **CLASSIC**  **ELEGANT**  **TOUCH**

**SERIAL NUMBER LOCATION**





## CLASSIC CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LARGE LED DISPLAY WINDOW:** displays workout time.
- B) ALPHANUMERIC DISPLAY WINDOW:** displays incline, distance, speed, calories, pace, workout profile and heart rate.
- C) START:** press to begin exercising, start your workout, or resume exercising after pause.
- D) STOP:** press to pause your workout. Press STOP again to end workout.
- E) PROGRAM KEYS:** press to select workout.
- F) INCLINE ▼▲ KEYS:** used to adjust incline in small increments (0.5% increments).
- G) SPEED ▼▲ KEYS:** used to adjust speed in small increments (0.1 km/h / 0.1 mph increments).
- H) INCLINE TOGGLES (T40 & TF40 ONLY):** used to adjust incline in small increments (0.5% increments).
- I) SPEED TOGGLES (T40 & TF40 ONLY):** used to adjust speed in small increments (0.1 km/h / 0.1 mph increments).
- J) QUICK ADJUST KEYPAD:** used to reach desired speed or incline more quickly.
- K) SET INCLINE KEY:** used to change incline to level entered into keypad.
- L) SET SPEED KEY:** used to change speed to level entered into keypad.
- M) ENTER / CHANGE DISPLAY KEY:** press to confirm programming selections during workout setup. Press to change display feedback during workout.
- N) BACK:** press to go back to the previous step during program setup.
- O) USB PORT ACCESS POCKET:** USB for software updates or charging devices. \*
- P) READING RACK:** holds reading material.
- Q) MEDIA PLAYER HOLDER:** holds your media player or tablet.
- R) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- S) ENERGY SAVER LIGHT:** indicates if machine is in energy saver mode. Press any key to wake up the machine.

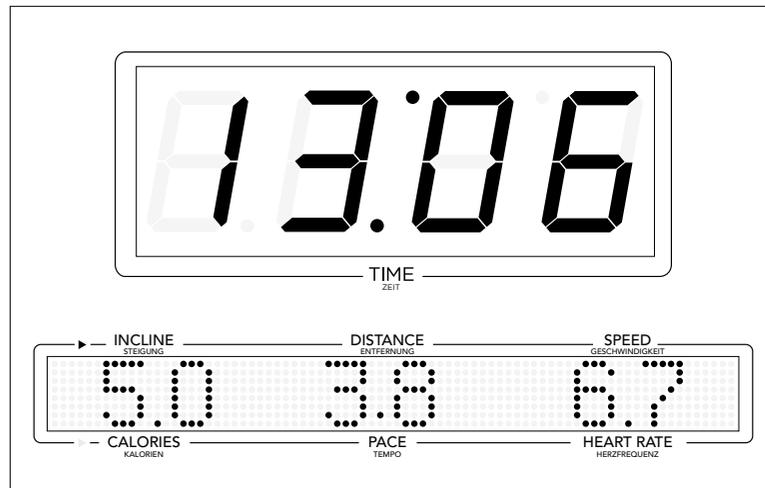
### QUICK ADJUST KEYPAD (J)



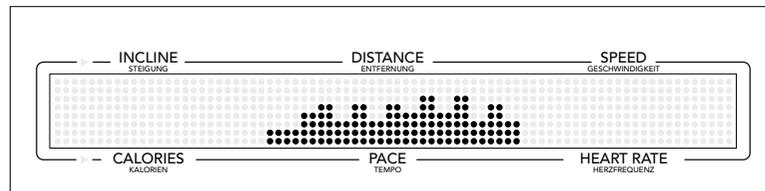
Quickly access any speed or incline level by typing the number and pressing SPEED (SPEED) or INCLINE (INCLINE). Examples:

- To change the speed to 6.5 km/h or mph, press 6-5-SPEED (SPEED).
- To change the incline to 10%, press 1-0-0-INCLINE (INCLINE). (NOTE: If there is no decimal point, you still must enter 0).

\* Will not charge USB devices which require more than 1 amp.



**WORKOUT PROFILE:** Shows the incline level of selected workout.



The dot matrix will show the incline profile as you progress through a program.

## CLASSIC DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **DISTANCE:** Shown as kilometers or miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as km/h or mph. Indicates how fast your walking or running surface is moving.
- **CALORIES:** Total calories burned or calories remaining to burn during your workout.
- **PACE:** Indicates how many minutes it takes to complete a kilometer or mile while running or walking at your current speed. For example: If at your current speed it will take you 10 minutes to complete a kilometer or mile, the treadmill will display '10.0' as your pace.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

## CLASSIC CONSOLE GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

### A) QUICK START UP

Simply press the START key to begin working out. Time, distance, and calories will all count up from zero. OR...

### B) SELECT A PROGRAM

- 1) Select USER 1, USER 2 or GUEST using ▼▲ and press ENTER to confirm.
- 2) Set Age & Weight using ▼▲ or keypad and press ENTER to confirm.
- 3) Select a program using PROGRAM KEYS and press ENTER to confirm.
- 4) Complete the program setup using ▼▲ and press ENTER to confirm.
- 5) When setup is complete, press START to begin your workout.

## FINISHING YOUR WORKOUT

When your workout is complete, the display will flash "WORKOUT COMPLETE" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

## TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.





## CLASSIC CONSOLE PROGRAM INFORMATION

NOTE: If speed or incline are changed during your workout, the remaining segments will be affected accordingly.



**CLASSIC PROGRAMS:** Workout programs include manual and interval training.

**MANUAL:** A workout that allows you to manually adjust the machine at any time.

**INTERVALS:** An incline-based workout that automatically adjusts the incline of the machine at regular intervals.

Intervals - Program Segments Repeat						
Incline	Warm Up		1	2	Cool Down	
Time	4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	2.0	3.0	4.0	8	3.0	2.0
Level 5	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	2.5	3.5	4.5	9	3.5	2.5
Level 7	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	3.0	4.5	6.0	10.0	5.0	3.0

## HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 BPM and 90% max HR is 190 × 0.9 = 171 BPM.

Target Heart Rate Zone	Workout Duration	Example THR (age 30)	Your THR	Recommended For
<b>VERY HARD</b> 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
<b>HARD</b> 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
<b>MODERATE</b> 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
<b>LIGHT</b> 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
<b>VERY LIGHT</b> 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery



**TARGET HEART RATE:** Automatically adjusts incline to maintain your target heart rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal.

- 1) Select Target Heart Rate program and press ENTER.
- 2) Select TIME using ▼▲ and press ENTER.
- 3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from the chart above) using ▼▲ and press START to begin program.

### NOTES:

- Target heart rate is selected in multiples of 5 beats.
- The long LED dot matrix window displays your heart rate during exercise. When incline or speed change, they will be displayed briefly before changing back to heart rate.
- There is a 4-minute warm-up built into this program.
- After 4 minutes, the speed will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change speed levels up or down.
- If your heart rate is 25 beats over your target zone the program will shut down.



## CLASSIC CONSOLE PROGRAM INFORMATION

NOTE: If speed or incline are changed during your workout, the remaining segments will be affected accordingly.



**WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.

Weight Loss - Program Segments Repeat													
Segment	Warm Up	1	2	3	4	5	6	7	8	Cool Down			
Time	4:00 MIN	30 SEC	4:00 MIN										
Level 1	Speed (km/h)	1.6	2.4	3.2	4	4.8	5.6	6.4	5.6	4.8	4	3.68	2.4
	Speed (mph)	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
Level 2	Speed (km/h)	2.08	3.04	4	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.16	2.88
	Speed (mph)	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
Level 3	Speed (km/h)	2.4	3.68	4.8	5.6	6.4	7.2	8	7.2	6.4	5.6	4.8	3.2
	Speed (mph)	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
Level 4	Speed (km/h)	2.88	4.16	5.6	6.4	7.2	8	8.8	8	7.2	6.4	5.44	3.68
	Speed (mph)	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
Level 5	Speed (km/h)	3.2	4.8	6.4	7.2	8	8.8	9.6	8.8	8	7.2	6.08	4
	Speed (mph)	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
Level 6	Speed (km/h)	3.68	5.44	7.2	8	8.8	9.6	10.4	9.6	8.8	8	6.56	4.48
	Speed (mph)	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
Level 7	Speed (km/h)	4	6.08	8	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
	Speed (mph)	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
Level 8	Speed (km/h)	4.48	6.56	8.8	9.6	10.4	11.2	12	11.2	10.4	9.6	7.84	5.28
	Speed (mph)	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
Level 9	Speed (km/h)	4.8	7.2	9.6	10.4	11.2	12	12.8	12	11.2	10.4	8.48	5.6
	Speed (mph)	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
Level 10	Speed (km/h)	5.28	7.84	10.4	11.2	12	12.8	13.6	12.8	12	11.2	8.96	6.08
	Speed (mph)	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8
	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0



**FITNESS TEST PROGRAM:** A workout based on the Gerkin protocol. This test has various stages increasing treadmill speed and incline until your maximum heart rate is reached. Your score is based on your gender, age and time needed to complete the test.

The Gerkin protocol was developed by Dr. Richard Gerkin of the Phoenix (Arizona) Fire Department. It is a sub-maximal graded treadmill evaluation used by many Fire Departments across the United States to assess the physical condition of the firefighters. The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged. The workout operates as follows:

**WARM-UP:** 3 minutes long at 1.6 - 4.8 km/h / 1.0 - 3.0 mph and 0% incline.

- STAGE 1:** 1 minute long at 7.2 km/h / 4.5 mph and 0% incline.
- STAGE 2:** 1 minute long at 7.2 km/h / 4.5 mph and 2% incline.
- STAGE 3:** 1 minute long at 8.0 km/h / 5.0 mph and 2% incline.
- STAGES 4 THROUGH 15:** After every odd minute, the incline will increase by 2%. After every even minute, the speed will increase by 0.5 mph (0.8 kph). Once the user's heart rate exceeds the target heart rate (85% of maximum as determined by the equation  $[220 - \text{age}] \times [0.85] = \text{target heart rate}$ ), the evaluation ends and the final evaluation stage is recorded.
- COOL-DOWN:** The test is completed when user's heart rate exceeds the target or the users completes all 15 stages, whichever occurs first. Then the treadmill will enter cool down for 3 minutes.

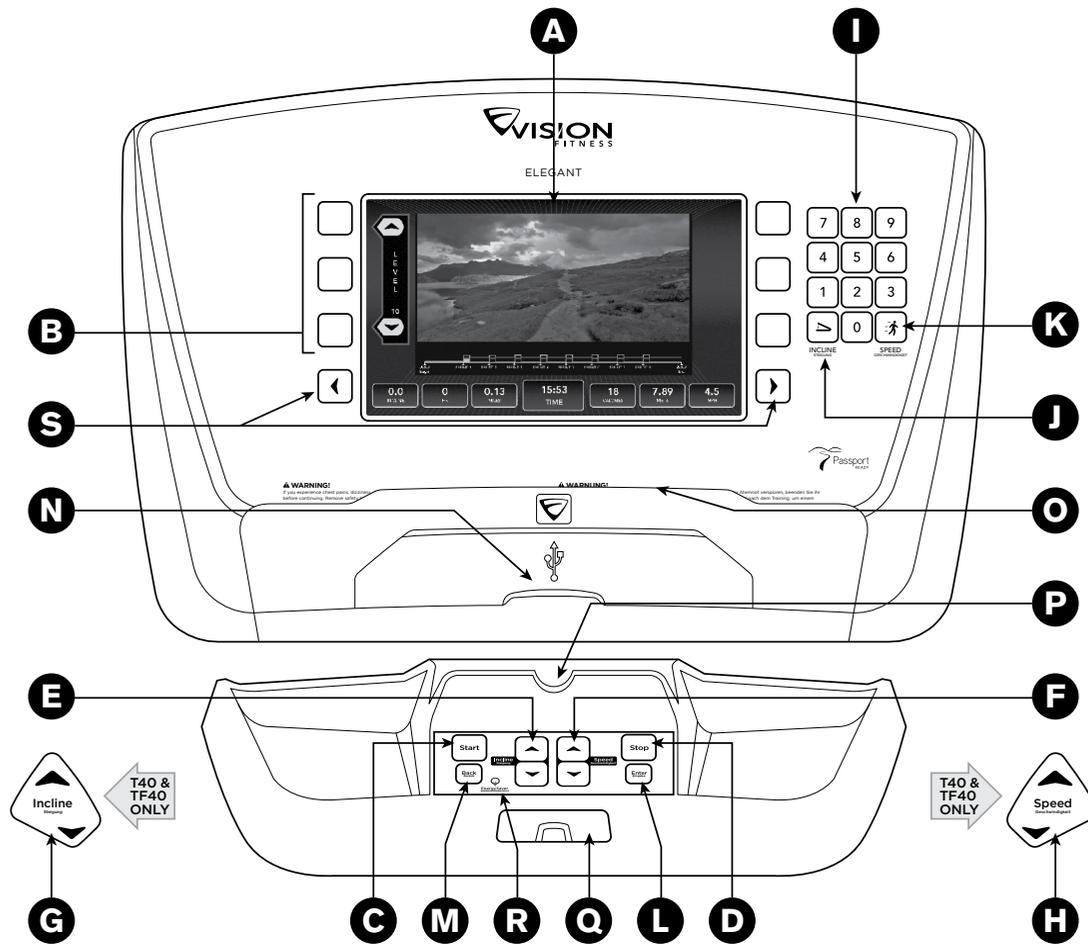
**FITNESS TEST SCORES** (Estimated V02 MAX (ML/KG/MIN) per age category)

	MEN	AGE				
		20-29	30-39	40-49	50-59	
EXCELLENT	Percentile	99	> 58.8	> 58.9	> 55.4	> 52.5
		95	54.0	52.5	50.4	47.1
GOOD		90	53.9	52.4	50.3	47.0
		80	48.2	46.8	44.1	41.0
AVERAGE		70	48.1	46.7	44.0	40.9
		60	44.2	42.4	39.9	36.7
FAIR		50	44.1	42.3	39.8	36.6
		40	41.0	38.9	36.7	33.8
POOR		30	40.9	38.8	36.6	33.7
		20	37.1	35.4	33.0	30.2
VERY POOR		10	37.0	35.3	32.9	30.1
		5	31.6	30.9	28.3	25.1

	WOMEN	AGE				
		20-29	30-39	40-49	50-59	
EXCELLENT	Percentile	99	>53.0	>48.7	>46.8	>42.0
		95	46.8	43.9	41.0	36.8
GOOD		90	46.7	43.8	40.9	36.7
		80	41.0	38.6	36.3	32.3
AVERAGE		70	40.9	38.5	36.2	32.2
		60	36.7	34.6	32.3	29.4
FAIR		50	36.6	34.5	32.2	29.3
		40	33.8	32.3	29.5	26.9
POOR		30	33.7	32.2	29.4	26.8
		20	30.6	28.7	26.5	24.3
VERY POOR		10	30.5	28.6	26.4	24.2
		5	25.9	25.1	23.5	21.1

Note: Changing the speed or incline during the test will end the test and enter cool-down. Press stop to end the test at any time and see results.



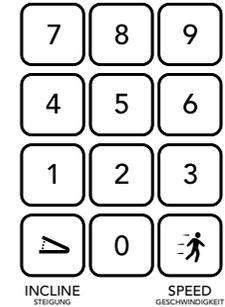


## ELEGANT CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LCD DISPLAY:** see next page for more information.
- B) DISPLAY KEYS:** this console functions like an ATM machine with function keys next to icons on the display for making selections. To select a function or modify display data, simply press the key next to the icon you wish to choose.
- C) START:** press to begin exercising, start your workout, or resume exercising after pause.
- D) STOP:** press to pause your workout. Press STOP again to end workout.
- E) INCLINE  $\nabla$   $\blacktriangle$  KEYS:** used to adjust incline in small increments (0.5% Increments).
- F) SPEED  $\nabla$   $\blacktriangle$  KEYS:** used to adjust speed in small increments (0.1 km/h / 0.1 mph increments).
- G) INCLINE TOGGLES (T40 & TF40 ONLY):** used to adjust incline in small increments (0.5% Increments).
- H) SPEED TOGGLES (T40 & TF40 ONLY):** used to adjust speed in small increments (0.1 km/h / 0.1 mph increments).
- I) QUICK ADJUST KEYPAD:** used to reach desired speed or incline more quickly.
- J) SET INCLINE KEY:** used to change incline to level entered into keypad.
- K) SET SPEED KEY:** used to change speed to level entered into keypad.
- L) ENTER / CHANGE DISPLAY KEY:** press to confirm programming selections during workout setup. Press to change main display, choose from 1 of 5 Virtual Active images or program profile.
- M) BACK:** press to go back to the previous step during program setup.
- N) USB PORT ACCESS POCKET:** USB for software updates or charging devices. \*
- O) READING RACK:** holds reading material.
- P) MEDIA PLAYER HOLDER:** holds your media player or tablet.
- Q) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- R) ENERGY SAVER LIGHT:** indicates if machine is in energy saver mode. Press any key to wake up the machine.
- S) WORKOUT DATA:** use the  $\blacktriangleleft$  or  $\blacktriangleright$  keys to change the workout data displayed.

### QUICK ADJUST KEYPAD (I)



Quickly access any speed or incline level by typing the number and pressing SPEED ( $\blacktriangle$ ) or INCLINE ( $\nabla$ ). Examples:

- To change the speed to 6.5 km/h or mph, press 6-5-SPEED ( $\blacktriangle$ ).
- To change the incline to 10%, press 1-0-0-INCLINE ( $\nabla$ ). (NOTE: If there is no decimal point, you still must enter 0).

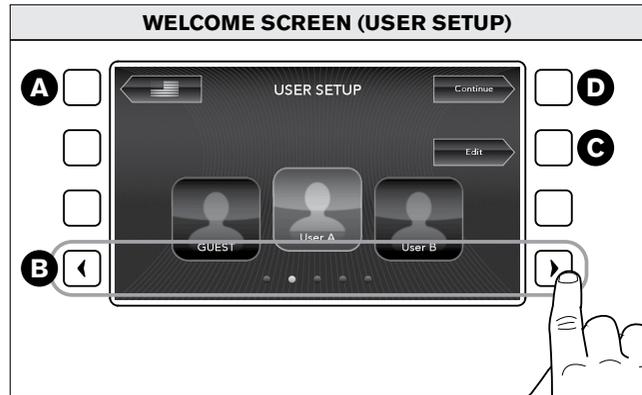
\* Will not charge USB devices which require more than 1 amp.



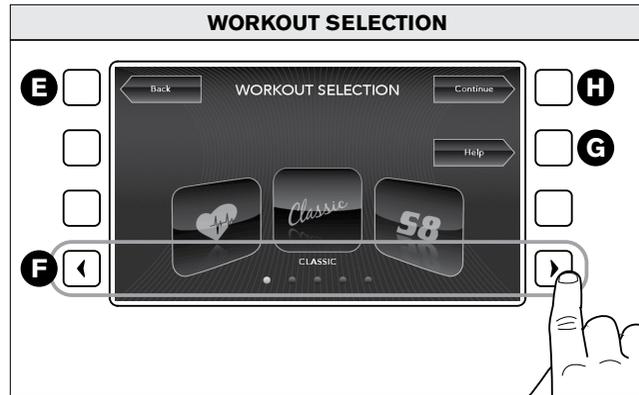


## ELEGANT DISPLAY OPERATION

This console functions like an ATM machine with 8 function keys next to indicators on the display. To select a function or modify display data, simply press the key next to the selection you wish to choose.



- A) LANGUAGE SELECTION:** Cycle between language options.
- B) ARROW BUTTONS:** Use to scroll through data such as the list of users. Select GUEST if you do not wish to save your workout stats.
- C) EDIT:** Setup, delete or change a user profile.
- D) CONTINUE:** Press to advance with the selected user.



- E) BACK:** Takes you back to the user setup screen.
- F) ARROW BUTTONS:** Use to scroll through programs.
- G) HELP:** Press to see program description.
- H) CONTINUE:** Press to advance with the selected program. Once a program is selected, follow the on screen prompt to complete program setup.



## ELEGANT CONSOLE GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) Select a USER and press CONTINUE to confirm.
- 7) You have two options to start your workout:

### A) QUICK START UP

Simply press the START key to begin working out. Time, distance, and calories will all count up from zero. OR...

### B) SELECT A PROGRAM

- 1) Select a PROGRAM and press CONTINUE to confirm.
- 2) Follow the on-screen prompts to complete the program setup.
- 3) When setup is complete, press START to begin your workout.

## FINISHING YOUR WORKOUT

When your workout is complete, your workout information will stay displayed on the console for 2 minutes and then return to the homescreen. All workout information is automatically saved to the user profile.

# ELEGANT CONSOLE PROGRAM INFORMATION

NOTE: If speed or incline are changed during your workout, the remaining segments will be affected accordingly.



**CLASSIC PROGRAMS:** Workout programs include manual, intervals and weight loss.

**MANUAL:** A workout that allows you to manually adjust the machine at any time.

**INTERVALS:** A speed-based workout that automatically adjusts the speed of the machine at regular intervals.

		Intervals - Program Segments Repeat																							
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Level 1	km/h	0.8	5.12	2.4	5.12	2.4	5.12	2.4	5.6	2.4	5.6	2.4	5.6	2.4	5.92	2.4	5.92	2.4	5.92	2.4	5.92	2.4	5.6	2.4	5.6
	mph	0.5	3.2	1.5	3.2	1.5	3.2	1.5	3.5	1.5	3.5	1.5	3.5	1.5	3.7	1.5	3.7	1.5	3.7	1.5	3.7	1.5	3.5	1.5	3.5
Level 2	km/h	0.8	5.92	3.2	5.92	3.2	5.92	3.2	6.4	3.2	6.4	3.2	6.4	3.2	6.72	3.2	6.72	3.2	6.72	3.2	6.72	3.2	6.4	3.2	6.4
	mph	0.5	3.7	2.0	3.7	2.0	3.7	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.2	2.0	4.2	2.0	4.2	2.0	4.2	2.0	4.0	2.0	4.0
Level 3	km/h	0.8	6.72	3.52	6.72	3.52	6.72	3.52	7.04	3.52	7.04	3.52	7.04	3.52	7.36	3.52	7.36	3.52	7.36	3.52	7.36	3.52	7.04	3.52	7.04
	mph	0.5	4.2	2.2	4.2	2.2	4.2	2.2	4.4	2.2	4.4	2.2	4.4	2.2	4.6	2.2	4.6	2.2	4.6	2.2	4.6	2.2	4.4	2.2	4.4
Level 4	km/h	0.8	7.36	4	7.36	4	7.36	4	7.68	4	7.68	4	7.68	4	8	4	8	4	8	4	8	4	7.68	4	7.68
	mph	0.5	4.6	2.5	4.6	2.5	4.6	2.5	4.8	2.5	4.8	2.5	4.8	2.5	5.0	2.5	5.0	2.5	5.0	2.5	5.0	2.5	4.8	2.5	4.8
Level 5	km/h	0.8	7.84	4.8	7.84	4.8	7.84	4.8	8.16	4.8	8.16	4.8	8.16	4.8	8.48	4.8	8.48	4.8	8.48	4.8	8.48	4.8	8.16	4.8	8.16
	mph	0.5	4.9	3.0	4.9	3.0	4.9	3.0	5.1	3.0	5.1	3.0	5.1	3.0	5.3	3.0	5.3	3.0	5.3	3.0	5.3	3.0	5.1	3.0	5.1
Level 6	km/h	0.8	8	5.6	8	5.6	8	5.6	8.32	5.6	8.32	5.6	8.32	5.6	8.8	5.6	8.8	5.6	8.8	5.6	8.8	5.6	8.32	5.6	8.32
	mph	0.5	5.0	3.5	5.0	3.5	5.0	3.5	5.2	3.5	5.2	3.5	5.2	3.5	5.5	3.5	5.5	3.5	5.5	3.5	5.5	3.5	5.2	3.5	5.2
Level 7	km/h	0.8	8.48	5.6	8.48	5.6	8.48	5.6	8.8	5.6	8.8	5.6	8.8	5.6	9.28	5.6	9.28	5.6	9.28	5.6	9.28	5.6	8.8	5.6	8.8
	mph	0.5	5.3	3.5	5.3	3.5	5.3	3.5	5.5	3.5	5.5	3.5	5.5	3.5	5.8	3.5	5.8	3.5	5.8	3.5	5.8	3.5	5.5	3.5	5.5
Level 8	km/h	0.8	9.28	5.6	9.28	5.6	9.28	5.6	9.6	5.6	9.6	5.6	9.6	5.6	10.08	5.6	10.08	5.6	10.08	5.6	10.08	5.6	9.6	5.6	9.6
	mph	0.5	5.8	3.5	5.8	3.5	5.8	3.5	6.0	3.5	6.0	3.5	6.0	3.5	6.3	3.5	6.3	3.5	6.3	3.5	6.3	3.5	6.0	3.5	6.0
Level 9	km/h	0.8	9.6	6.4	9.6	6.4	9.6	6.4	10.08	6.4	10.08	6.4	10.08	6.4	10.4	6.4	10.4	6.4	10.4	6.4	10.4	6.4	10.08	6.4	10.08
	mph	0.5	6.0	4.0	6.0	4.0	6.0	4.0	6.3	4.0	6.3	4.0	6.3	4.0	6.5	4.0	6.5	4.0	6.5	4.0	6.5	4.0	6.3	4.0	6.3
Level 10	km/h	0.8	10.4	7.2	10.4	7.2	10.4	7.2	10.72	7.2	10.72	7.2	10.72	7.2	11.2	7.2	11.2	7.2	11.2	7.2	11.2	7.2	10.72	7.2	10.72
	mph	0.5	6.5	4.5	6.5	4.5	6.5	4.5	6.7	4.5	6.7	4.5	6.7	4.5	7.0	4.5	7.0	4.5	7.0	4.5	7.0	4.5	6.7	4.5	6.7
Level 11	km/h	0.8	11.2	8	11.2	8	11.2	8	11.52	8	11.52	8	11.52	8	12	8	12	8	12	8	12	8	11.52	8	11.52
	mph	0.5	7.0	5.0	7.0	5.0	7.0	5.0	7.2	5.0	7.2	5.0	7.2	5.0	7.5	5.0	7.5	5.0	7.5	5.0	7.5	5.0	7.2	5.0	7.2
Level 12	km/h	0.8	12	8.8	12	8.8	12	8.8	12.32	8.8	12.32	8.8	12.32	8.8	12.8	8.8	12.8	8.8	12.8	8.8	12.8	8.8	12.32	8.8	12.32
	mph	0.5	7.5	5.5	7.5	5.5	7.5	5.5	7.7	5.5	7.7	5.5	7.7	5.5	8.0	5.5	8.0	5.5	8.0	5.5	8.0	5.5	7.7	5.5	7.7
Level 13	km/h	0.8	12.8	8.8	12.8	8.8	12.8	8.8	13.12	8.8	13.12	8.8	13.12	8.8	13.6	8.8	13.6	8.8	13.6	8.8	13.6	8.8	13.12	8.8	13.12
	mph	0.5	8.0	5.5	8.0	5.5	8.0	5.5	8.2	5.5	8.2	5.5	8.2	5.5	8.5	5.5	8.5	5.5	8.5	5.5	8.5	5.5	8.2	5.5	8.2
Level 14	km/h	0.8	13.6	9.6	13.6	9.6	13.6	9.6	13.92	9.6	13.92	9.6	13.92	9.6	14.4	9.6	14.4	9.6	14.4	9.6	14.4	9.6	13.92	9.6	13.92
	mph	0.5	8.5	6.0	8.5	6.0	8.5	6.0	8.7	6.0	8.7	6.0	8.7	6.0	9.0	6.0	9.0	6.0	9.0	6.0	9.0	6.0	8.7	6.0	8.7
Level 15	km/h	0.8	14.4	9.6	14.4	9.6	14.4	9.6	14.72	9.6	14.72	9.6	14.72	9.6	15.2	9.6	15.2	9.6	15.2	9.6	15.2	9.6	14.72	9.6	14.72
	mph	0.5	9.0	6.0	9.0	6.0	9.0	6.0	9.2	6.0	9.2	6.0	9.2	6.0	9.5	6.0	9.5	6.0	9.5	6.0	9.5	6.0	9.2	6.0	9.2

Level 16	km/h	0.8	15.2	9.6	15.2	9.6	15.2	9.6	15.52	9.6	15.52	9.6	15.52	9.6	16	9.6	16	9.6	16	9.6	16	9.6	15.52	9.6	15.52
	mph	0.5	9.5	6.0	9.5	6.0	9.5	6.0	9.7	6.0	9.7	6.0	9.7	6.0	10.0	6.0	10.0	6.0	10.0	6.0	10.0	6.0	9.7	6.0	9.7
Level 17	km/h	0.8	16	10.4	16	10.4	16	10.4	16.32	10.4	16.32	10.4	16.32	10.4	16.8	10.4	16.8	10.4	16.8	10.4	16.8	10.4	16.32	10.4	16.32
	mph	0.5	10.0	6.5	10.0	6.5	10.0	6.5	10.2	6.5	10.2	6.5	10.2	6.5	10.5	6.5	10.5	6.5	10.5	6.5	10.5	6.5	10.2	6.5	10.2
Level 18	km/h	0.8	16.8	10.4	16.8	10.4	16.8	10.4	17.12	10.4	17.12	10.4	17.12	10.4	17.6	10.4	17.6	10.4	17.6	10.4	17.6	10.4	17.12	10.4	17.12
	mph	0.5	10.5	6.5	10.5	6.5	10.5	6.5	10.7	6.5	10.7	6.5	10.7	6.5	11.0	6.5	11.0	6.5	11.0	6.5	11.0	6.5	10.7	6.5	10.7
Level 19	km/h	0.8	17.6	11.2	17.6	11.2	17.6	11.2	17.92	11.2	17.92	11.2	17.92	11.2	18.4	11.2	18.4	11.2	18.4	11.2	18.4	11.2	17.92	11.2	17.92
	mph	0.5	11.0	7.0	11.0	7.0	11.0	7.0	11.2	7.0	11.2	7.0	11.2	7.0	11.5	7.0	11.5	7.0	11.5	7.0	11.5	7.0	11.2	7.0	11.2
Level 20	km/h	0.8	18.4	11.2	18.4	11.2	18.4	11.2	18.72	11.2	18.72	11.2	18.72	11.2	19.2	11.2	19.2	11.2	19.2	11.2	19.2	11.2	18.72	11.2	18.72
	mph	0.5	11.5	7.0	11.5	7.0	11.5	7.0	11.7	7.0	11.7	7.0	11.7	7.0	12.0	7.0	12.0	7.0	12.0	7.0	12.0	7.0	11.7	7.0	11.7

**WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.

		Weight Loss - Program Segments Repeat																									
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Level 1	Speed (km/h)	1.6	2.4	3.2	2.4	2.4	1.6	1.6	4	2.4	2.4	3.2	3.2	4	3.2	2.4	1.6	3.2	3.2	2.4	1.6	3.2	3.2	3.2	2.4	2.4	
	Speed (mph)	1.0	1.5	2.0	1.5	1.5	1.0	1.0	2.5	1.5	1.5	2.0	2.0	0.0	2.0	1.0	1.5	0.5	1.0	2.0	2.5	1.0	1.0	0.5	0.0	0.0	
Level 2	Incline	0.0	0.0	0.0	1.0	1.5	2.0	2.0	0.0	2.0	2.0	1.0	1.5	0.5	1.0	2.0	2.5	1.0	1.0	2.0	2.5	1.0	1.0	0.5	0.0	0.0	
	Speed (km/h)	1.6	3.2	4	3.2	3.2	2.4	2.4	4.8	3.2	3.2	4	4	4.8	4	3.2	2.4	4	4	3.2	2.4	4	4	3.2	2.4	4	
Level 3	Speed (mph)	1.0	2.0	2.5	2.0	2.0	1.5	1.5	3.0	2.0	2.0	2.5	2.5	3.0	2.5	2.0	1.5	2.5	2.5	2.0	1.5	2.5	2.5	2.5	2.0	2.0	
	Incline	0.0	0.0	0.0	1.5	2.0	2.5	2.5	1.0	2.5	2.5	1.5	2.0	1.0	2.0	2.5	3.0	1.5	1.5	2.5	3.0	1.5	1.5	1.0	0.0	0.0	
Level 4	Speed (km/h)	1.6	4	4.8	4	4	3.2	3.2	5.6	4	4	4.8	4.8	5.6	4.8	4	3.2	4.8	4.8	4	3.2	4.8	4.8	4.8	4	4	
	Speed (mph)	1.0	2.5	3.0	2.5	2.5	2.0	2.0	3.5	2.5	2.5	3.0	3.0	3.5	3.0	2.5	2.0	3.0	3.0	2.5	2.0	3.0	3.0	3.0	2.5	2.5	
Level 5	Incline	0.0	0.0	0.0	2.5	3.0	3.0	3.0	1.5	3.0	3.0	2.0	2.5	1.5	2.5	3.0	3.5	2.0	2.0	3.0	3.5	2.0	2.0	2.0	1.5	0.0	0.0
	Speed (km/h)	1.6	4.8	5.6	4.8	4.8	4	4	6.4	4.8	4.8	5.6	5.6	6.4	5.6	4.8	4	5.6	5.6	4.8	4	5.6	5.6	4.8	4	4.8	
Level 6	Speed (mph)	1.0	3.0	3.5	3.0	3.0	2.5	2.5	4.0	3.0	3.0	3.5	3.5	4.0	3.5	3.0	2.5	3.5	3.5	3.0	2.5	3.5	3.5	3.5	3.0	3.0	
	Incline	0.0	0.0	0.0	2.5	3.0	3.5	4.0	4.0	2.5	4.0	3.0	3.0	3.0	2.0	3.0	2.0	3.0	3.5	4.0							

## ELEGANT CONSOLE PROGRAM INFORMATION

# 58

**SPRINT 8:** The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of Ready, Set, Go! Synergy Fitness. Please go to Mr. Campbell's website, [www.readysetgofitness.com](http://www.readysetgofitness.com), for more details about this radical new approach to fitness.

- 1) **WARM-UP (3:00)** should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
- 2) **INTERVAL TRAINING (14:30)** starts immediately after the warm-up with a 30-second sprint interval; changing both speed and incline. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 3.2-4.8 km/h / 2-3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed or incline during your workout.
- 3) **COOL-DOWN (2:30)** helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

## SPRINT 8 PROGRAM CHARTS:

BEGINNER															
Level	1			2			3			4			5		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	3.2	5.1	3	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	4.9	7.8	3
2	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
3	3.2	5.1	3	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	4.9	7.8	3
4	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
5	3.5	5.6	3	4.0	6.4	3	4.4	7.0	3	4.8	7.7	3	5.1	8.2	3
6	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
7	3.5	5.6	3	4.0	6.4	3	4.4	7.0	3	4.8	7.7	3	5.1	8.2	3
8	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
9	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
10	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
11	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
12	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
13	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
14	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
15	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
Cool Down	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0

ADVANCED															
Level	11			12			13			14			15		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	7.0	11.2	5	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5
2	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
3	7.0	11.2	5	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5
4	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
5	7.2	11.5	5	7.7	12.3	5	8.2	13.1	5	8.7	13.9	5	9.2	14.7	5
6	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
7	7.2	11.5	5	7.7	12.3	5	8.2	13.1	5	8.7	13.9	5	9.2	14.7	5
8	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
9	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
10	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
11	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
12	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
13	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
14	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
15	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
Cool Down	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0

INTERMEDIATE															
Level	6			7			8			9			10		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	5.0	8.0	4	5.3	8.5	4	5.8	9.3	4	6.0	9.6	4	6.5	10.4	4
2	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
3	5.0	8.0	4	5.3	8.5	4	5.8	9.3	4	6.0	9.6	4	6.5	10.4	4
4	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
5	5.2	8.32	4	5.5	8.8	4	6.0	9.6	4	6.3	10.1	4	6.7	10.7	4
6	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
7	5.2	8.32	4	5.5	8.8	4	6.0	9.6	4	6.3	10.1	4	6.7	10.7	4
8	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
9	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
10	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
11	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
12	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
13	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
14	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
15	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
Cool Down	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0

ELITE															
Level	16			17			18			19			20		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	9.5	15.2	6	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6
2	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
3	9.5	15.2	6	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6
4	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
5	9.7	15.5	6	10.2	16.3	6	10.7	17.1	6	11.2	17.9	6	11.7	18.7	6
6	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
7	9.7	15.5	6	10.2	16.3	6	10.7	17.1	6	11.2	17.9	6	11.7	18.7	6
8	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
9	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
10	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
11	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
12	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
13	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
14	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
15	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
Cool Down	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0

## ELEGANT CONSOLE PROGRAM INFORMATION



**FITNESS TEST PROGRAM:** A workout based on the Gerkin protocol. This test has various stages increasing treadmill speed and incline until your maximum heart rate is reached. Your score is based on your gender, age and time needed to complete the test.

The Gerkin protocol was developed by Dr. Richard Gerkin of the Phoenix (Arizona) Fire Department. It is a sub-maximal graded treadmill evaluation used by many Fire Departments across the United States to assess the physical condition of the firefighters. The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged. The workout operates as follows:

**WARM-UP:** 3 minutes long at 1.6 - 4.8 km/h / 1.0 - 3.0 mph and 0% incline.

- 1) **STAGE 1:** 1 minute long at 7.2 km/h / 4.5 mph and 0% incline.
- 2) **STAGE 2:** 1 minute long at 7.2 km/h / 4.5 mph and 2% incline.
- 3) **STAGE 3:** 1 minute long at 8.0 km/h / 5.0 mph and 2% incline.
- 4) **STAGES 4 THROUGH 15:** After every odd minute, the incline will increase by 2%. After every even minute, the speed will increase by 0.5 mph (0.8 kph). Once the user's heart rate exceeds the target heart rate (85% of maximum as determined by the equation  $[220 - \text{age}] \times [0.85] = \text{target heart rate}$ ), the evaluation ends and the final evaluation stage is recorded.
- 5) **COOL-DOWN:** The test is completed when user's heart rate exceeds the target or the users completes all 15 stages, whichever occurs first. Then the treadmill will enter cool down for 3 minutes.

**FITNESS TEST SCORES** (Estimated V02 MAX (ML/KG/MIN) per age category)

	MEN				
	Percentile	20-29	30-39	40-49	50-59
EXCELLENT	99	> 58.8	> 58.9	> 55.4	> 52.5
	95	54.0	52.5	50.4	47.1
GOOD	90	53.9	52.4	50.3	47.0
	80	48.2	46.8	44.1	41.0
AVERAGE	70	48.1	46.7	44.0	40.9
	60	44.2	42.4	39.9	36.7
FAIR	50	44.1	42.3	39.8	36.6
	40	41.0	38.9	36.7	33.8
POOR	30	40.9	38.8	36.6	33.7
	20	37.1	35.4	33.0	30.2
VERY POOR	10	37.0	35.3	32.9	30.1
	5	31.6	30.9	28.3	25.1

	WOMEN				
	Percentile	20-29	30-39	40-49	50-59
EXCELLENT	99	>53.0	>48.7	>46.8	>42.0
	95	46.8	43.9	41.0	36.8
GOOD	90	46.7	43.8	40.9	36.7
	80	41.0	38.6	36.3	32.3
AVERAGE	70	40.9	38.5	36.2	32.2
	60	36.7	34.6	32.3	29.4
FAIR	50	36.6	34.5	32.2	29.3
	40	33.8	32.3	29.5	26.9
POOR	30	33.7	32.2	29.4	26.8
	20	30.6	28.7	26.5	24.3
VERY POOR	10	30.5	28.6	26.4	24.2
	5	25.9	25.1	23.5	21.1

Note: Changing the speed or incline during the test will end the test and enter cool-down. Press stop to end the test at any time and see results.



**GOAL PROGRAMS:** A series of workouts that allow you to select a specific goal that you would like to achieve.

**5K:** A workout with a fixed distance of 5 kilometers (3.1 miles). Incline is adjusted automatically throughout the workout. You control the speed.

**10K:** A workout with a fixed distance of 10 kilometers (6.2 miles). Incline is adjusted automatically throughout the workout. You control the speed.

**CALORIES GOAL:** A workout that allows you to select a specific number of calories you would like to burn during your workout. Increasing the calorie goal of the workout will affect the duration of the workout based on your speed and incline. Estimated time to complete shown in bottom right hand corner of the screen.

**DISTANCE GOAL:** A workout that allows you to select a specific distance you would like to travel during your workout. Increasing the distance goal of the workout will affect the duration of the workout based on your speed. Estimated time to complete shown in bottom right hand corner of the screen.



**TARGET HEART RATE PROGRAMS:** A workout designed to keep you in your specified target heart rate zone. This workout requires you to wear a wireless heart rate strap. See next page for calculating your target heart rate.

**HR INCLINE:** Program adjusts incline to bring to your target heart rate.

**HR % INCLINE:** Program adjusts incline to bring to your desired % maximum heart rate.

## ELEGANT CONSOLE PROGRAM INFORMATION

**HR SPEED:** Program adjusts speed to bring to your target heart rate.

**HR % SPEED:** Program adjusts speed to bring to your desired % maximum heart rate.

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
<b>VERY HARD</b> 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
<b>HARD</b> 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
<b>MODERATE</b> 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
<b>LIGHT</b> 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
<b>VERY LIGHT</b> 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is  $220 - 30 = 190$  bpm and 90% max HR is  $190 \times 0.9 = 171$  bpm.

### TARGET HEART RATE NOTES:

- Warm-up and cool-down each last 5 minutes.
- After 5 minutes, the speed or incline will automatically adjust to bring you near your specified heart rate.
- The profile window shows your heart rate during exercise. The green line represents your target heart rate (THR) and the red line represents your current heart rate. If you are working out beneath your THR, the treadmill will adjust speed or incline accordingly to bring you near your target.
- If there is no heart rate detected, the unit will not change the speed or incline.
- If your heart rate is 25 beats over your target zone the program will shut down.



**VIRTUAL ACTIVE** is a high definition experience that uses real destination footage from stunning destinations around the world. The ultimate in workout entertainment, Virtual Active lets you escape the confines of a regular workout routine while enjoying a dynamic experience.

- 1) Select VIRTUAL ACTIVE and press CONTINUE to confirm.
- 2) Select one of the destinations and press CONTINUE to confirm.
- 3) Follow the on-screen prompts to complete the program setup.
- 4) When setup is complete, press START to begin your workout.
  - During the workout, the incline will adjust to reflect the terrain of the destination.
  - The incline intensity is based on the level you selected.
  - Speed remains constant unless you adjust it.

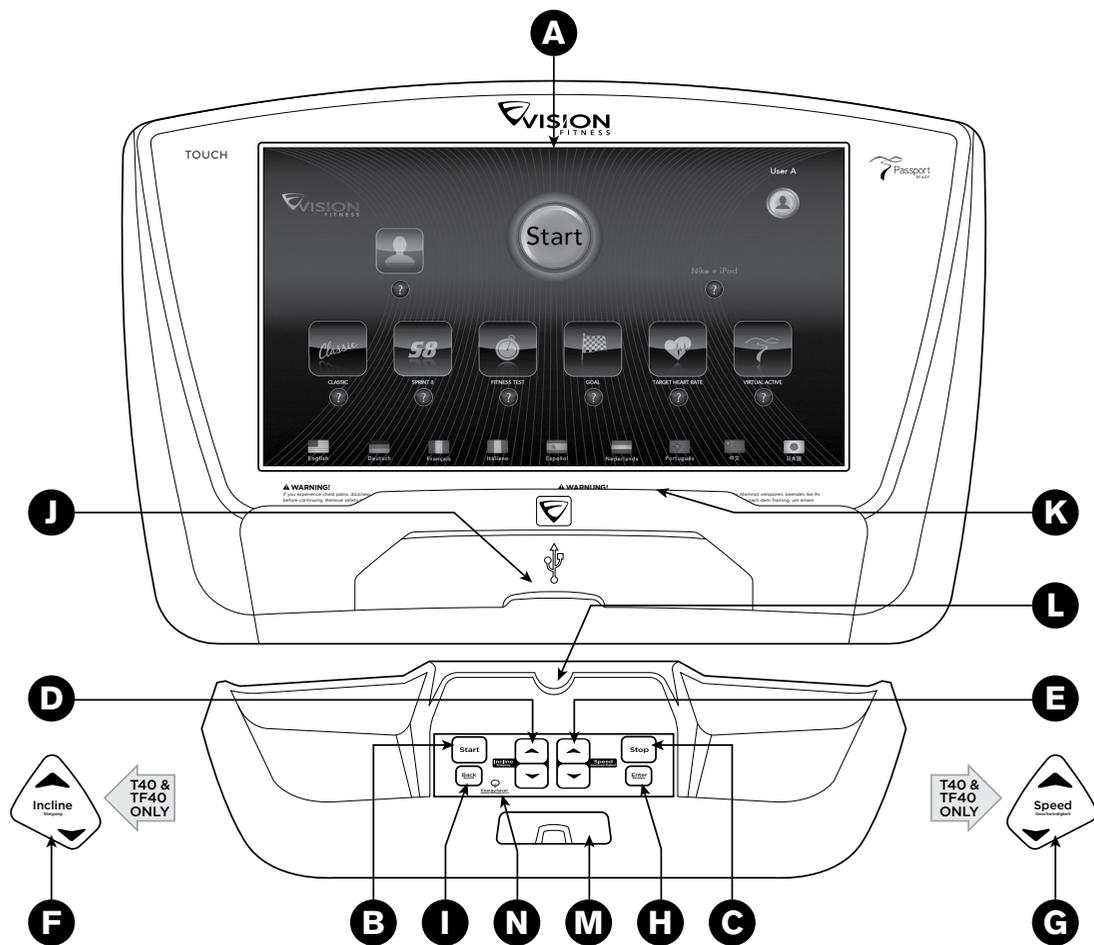
The console includes two destinations. Additional destinations can be browsed online at [world.passportplayer.com](http://world.passportplayer.com)

Once you've interested in destinations from the website, you can contact your local retailer to purchase them. With the destination media properly saved on USB sticks, you can use your new destinations with the machine. Simply insert the USB stick into the USB port on the console and the new destinations will be available to use in the Virtual Active program.

NOTES: Destination files do not transfer to the treadmill console. They must remain on your USB stick while inserted into the console in order to use with the Virtual Active program.



TOUCH  
CONSOLE



## TOUCH CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) TOUCH DISPLAY:** see next page for more information.
- B) START:** press to begin exercising, start your workout, or resume exercising after pause.
- C) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- D) INCLINE ▼▲ KEYS:** used to adjust incline in small increments (0.5% increments).
- E) SPEED ▼▲ KEYS:** used to adjust speed in small increments (0.1 km/h / 0.1 mph increments).
- F) INCLINE TOGGLES (T40 & TF40 ONLY):** used to adjust incline in small increments (0.5% increments).
- G) SPEED TOGGLES (T40 & TF40 ONLY):** used to adjust speed in small increments (0.1 km/h / 0.1 mph increments).
- H) ENTER:** press to confirm programming selections during workout setup.
- I) BACK:** press to go back to the previous step during program setup.
- J) ACCESS POCKET:** Contains iPod cable, USB for software updates or charging devices and headphone jack. Use the iPod cable to connect, charge and control your iPod or iPhone. \*
- K) READING RACK:** holds reading material.
- L) MEDIA PLAYER HOLDER:** holds your media player or tablet.
- M) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.
- N) ENERGY SAVER LIGHT:** indicates if machine is in energy saver mode. Press any key to wake up the machine.

\* Will not charge USB devices which require more than 1 amp.

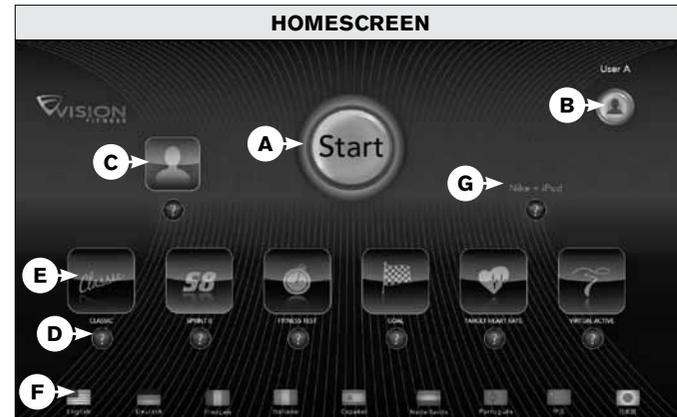


TOUCH  
CONSOLE

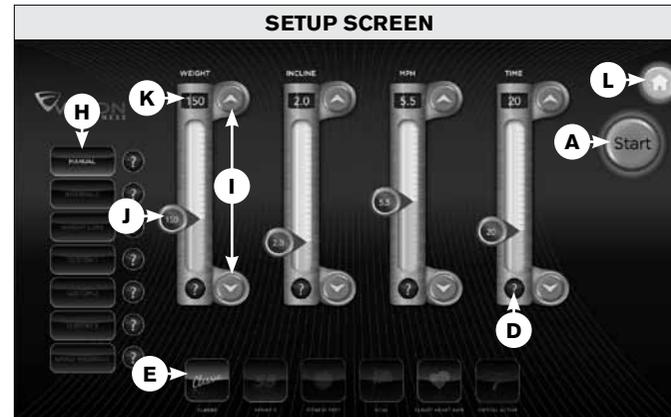


## TOUCH DISPLAY OPERATION

The Touch console has a fully integrated touchscreen display. All information required for workouts is explained on screen. Exploration of the interface is highly recommended. The information explaining how to program for various workouts will give an explanation about the contents of each screen. The screen uses sliders and arrow buttons to set inputs. To operate a slider, press and drag the blue slider button and release at your desired level or press the slider arrows to adjust up and down incrementally. If prompted, press OK on the slider button to confirm your selection.



- A) START:** Press for quick start or to start a program.
- B) USER LOGIN:** Press to login as one of the preset users or as Guest.
- C) USER INFO:** Press to add, delete or edit a user.
- D) ? BUTTON:** Press to see description of program or feature.
- E) PROGRAMS:** Press a button to select a workout. You can select a program before or during your workout.
- F) LANGUAGE SELECTION:** Press to change language.
- G) NIKE + IPOD:** See page 38 for more information.



- H) SECONDARY PROGRAMS:** Press to select specific workouts, goals or settings within a program category.
- I) SLIDER ARROWS:** Press to adjust slider level up or down incrementally.
- J) SLIDER BUTTON:** Press and drag to adjust slider level up or down.
- K) SLIDER DISPLAY WINDOW:** Shows current level slider is set to.
- L) HOME:** Press to return to the homescreen or back up a step.

## GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) Press USER LOGIN button to select a USER or select GUEST if you do not want to save your workout stats.
- 7) You have two options to start your workout:

### A) QUICK START UP

Simply press the START button to begin working out. Time, distance, and calories will all count up from zero. OR...

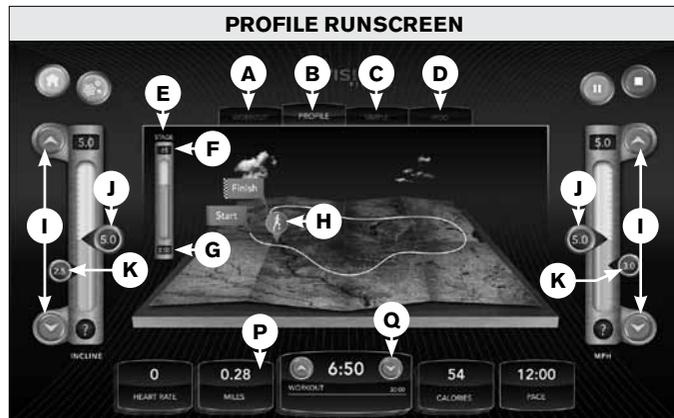
### B) SELECT A PROGRAM

- 8) Press desired PROGRAM BUTTON to select workout.
  - 9) Use SLIDER ARROWS to adjust workout settings.
  - 10) Press Start to begin workout.
- NOTE: You can adjust the speed and incline during your workout.

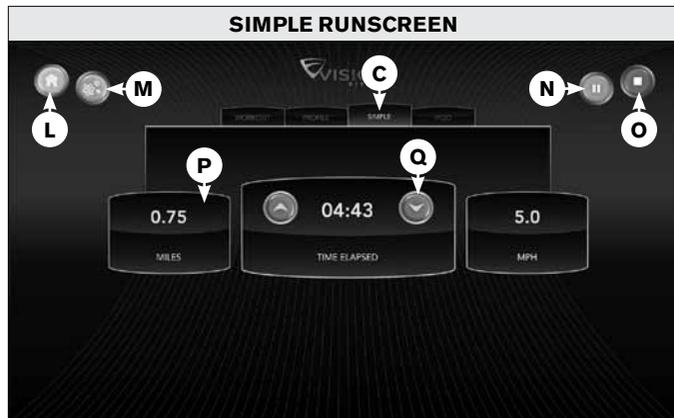
## FINISHING YOUR WORKOUT

When your workout is complete, your workout information will stay displayed on the console for 2 minutes and then return to the homescreen. All workout information is automatically saved to the user profile.



TOUCH  
CONSOLE

- A) WORKOUT TAB:** Press to change your workout or level on the go.
- B) PROFILE TAB:** Above left. The profile runscreen shows your progress from start to finish on a 3D map.
- C) SIMPLE TAB:** Above right. The simple runscreen has 3 feedback windows. Press a window to change feedback.
- D) IPOD TAB:** Press to change audio/video playing on your iPod (while connected). See page 37 for more information.
- E) STAGE METER:** Shows progress of current stage of the workout. When meter is full the stage is complete.
- F) STAGE PERCENTAGE:** Shows percentage completed.
- G) STAGE TIME:** Shows stage time elapsed.
- H) PROGRESS INDICATOR:** Moves along the path to show your workout progress from start to finish.
- I) SLIDER ARROWS:** Press to adjust speed/incline level up or down incrementally.
- J) SLIDER BUTTON:** Touch and slide to adjust speed/incline



- level up or down. Note: If the speed is adjusted above an increment of 1 mph/kph, you will be required to confirm this speed by pressing the blinking slider button, which will flash "OK." If you do not press "OK" within 5 seconds, the treadmill will continue at the current speed.
- K) PREVIOUS SPEED/INCLINE BUTTON:** Press to set treadmill to the previous speed/incline setting.
- L) HOME:** Press to return to the homescreen; program will stop and workout data will not be saved.
- M) COOL DOWN:** Press to enter cool down mode at any time during your workout.
- N) PAUSE:** Press to pause your workout for up to 5 minutes.
- O) STOP:** Press to stop your workout. Workout data will be displayed for 2 minutes and saved to the user profile.
- P) FEEDBACK WINDOW:** Press any window to change feedback.
- Q) TIME ARROWS:** Press to adjust the workout time up or down.

## TOUCH CONSOLE PROGRAM INFORMATION

NOTE: If speed or incline are changed during your workout, the remaining segments will be affected accordingly.



**CLASSIC PROGRAMS:** A series of workout programs including interval training and weight loss. You can also run a manual program, run any of your previous workouts, or design your own custom workout.

**MANUAL:** A workout that allows you to manually adjust the machine at any time.

**INTERVALS:** A speed-based workout that automatically adjusts the speed of the machine at regular intervals.

**WEIGHT LOSS:** A workout designed specifically to target fat.

**CUSTOM 1, 2, 3:** Set your own course with up to 10 stages; setting your time, speed and elevation for each stage.

- 1) Select CLASSIC and then press CUSTOM 1, CUSTOM 2 or CUSTOM 3.
- 2) STAGE 1: Set incline, speed and time using SLIDER ARROWS. Press + to save and advance to STAGE 2.
- 3) STAGE 2: Set incline, speed and time using SLIDER ARROWS. Press + to save and advance to STAGE 3.
- 4) Repeat steps 2–3 to add and save additional stages to your custom workout.
- 5) To go back and edit a stage, select the stage number from the map at the bottom of the screen.
- 6) You can delete a stage at any time by pressing.
- 7) Press start at any time to begin using your custom workout. The CUSTOM 1, 2 or 3 workout will be saved automatically.

TOUCH  
CONSOLE

## TOUCH CONSOLE PROGRAM INFORMATION

**SAVED WORKOUT:** The console automatically saves all your workouts to a calendar for each user. You can run any of your previous workouts again.

- 1) Select CLASSIC and then press SAVED WORKOUT.
- 2) Use the ARROWS on the CALENDAR to cycle through months on the calendar.
- 3) SAVED WORKOUTS will be displayed by a ✱ on the day they were saved.
- 4) Press ✱ to select that day. A WORKOUT SUMMARY window will appear to the right of the CALENDAR. Press START to begin using the selected SAVED WORKOUT again.



**SPRINT 8:** The SPRINT 8 program is an anaerobic interval program designed to build muscle, improve speed, and naturally increase the release of Human Growth Hormone (HGH) in your body. Producing HGH through exercise and a proper diet has been shown as an effective way to burn fat and build lean muscle mass according to Phil Campbell, author of Ready, Set, Go! Synergy Fitness. Please go to Mr. Campbell's website, [www.readysetgofitness.com](http://www.readysetgofitness.com), for more details about this radical new approach to fitness.

- 1) WARM-UP (3:00) should gradually increase your heart rate and increase respiration and blood flow to working muscles. The warm-up is controlled by the user to meet your specific needs.
- 2) INTERVAL TRAINING (14:30) starts immediately after the warm-up with a 30-second sprint interval; changing both speed and incline. Seven recovery intervals of one minute and 30 seconds will alternate with the eight 30-second sprint intervals. The sprints will increase speed and elevation at the 3rd and 5th interval. The recovery speed is about 3.2-4.8 km/h / 2-3 mph slower than your sprint and the recovery elevation is 0. You can alter your speed or incline during your workout.
- 3) COOL-DOWN (2:30) helps return your body's systems to resting levels. Less demand is placed on your heart during recovery if an appropriate cool-down is used following the exercise.

In order to keep track of each segment/interval, the segment time is counted down in the timer. It takes only 20 minutes to complete the SPRINT 8 workout.

## SPRINT 8 PROGRAM CHARTS:

BEGINNER															
Level	1			2			3			4			5		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	3.2	5.1	3	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	4.9	7.8	3
2	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
3	3.2	5.1	3	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	4.9	7.8	3
4	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
5	3.5	5.6	3	4.0	6.4	3	4.4	7.0	3	4.8	7.7	3	5.1	8.2	3
6	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
7	3.5	5.6	3	4.0	6.4	3	4.4	7.0	3	4.8	7.7	3	5.1	8.2	3
8	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
9	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
10	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
11	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
12	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
13	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
14	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0
15	3.7	5.9	3	4.2	6.7	3	4.6	7.4	3	5.0	8.0	3	5.3	8.5	3
Cool Down	1.5	2.4	0	2.0	3.2	0	2.2	3.5	0	2.5	4.0	0	3.0	4.8	0

ADVANCED															
Level	11			12			13			14			15		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	7.0	11.2	5	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5
2	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
3	7.0	11.2	5	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5
4	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
5	7.2	11.5	5	7.7	12.3	5	8.2	13.1	5	8.7	13.9	5	9.2	14.7	5
6	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
7	7.2	11.5	5	7.7	12.3	5	8.2	13.1	5	8.7	13.9	5	9.2	14.7	5
8	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
9	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
10	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
11	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
12	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
13	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
14	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0
15	7.5	12.0	5	8.0	12.8	5	8.5	13.6	5	9.0	14.4	5	9.5	15.2	5
Cool Down	5.0	8.0	0	5.5	8.8	0	5.5	8.8	0	6.0	9.6	0	6.0	9.6	0

INTERMEDIATE															
Level	6			7			8			9			10		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	5.0	8.0	4	5.3	8.5	4	5.8	9.3	4	6.0	9.6	4	6.5	10.4	4
2	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
3	5.0	8.0	4	5.3	8.5	4	5.8	9.3	4	6.0	9.6	4	6.5	10.4	4
4	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
5	5.2	8.3	4	5.5	8.8	4	6.0	9.6	4	6.3	10.1	4	6.7	10.7	4
6	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
7	5.2	8.3	4	5.5	8.8	4	6.0	9.6	4	6.3	10.1	4	6.7	10.7	4
8	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
9	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
10	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
11	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
12	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
13	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
14	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0
15	5.5	8.8	4	5.8	9.3	4	6.3	10.1	4	6.5	10.4	4	7.0	11.2	4
Cool Down	3.5	5.6	0	3.5	5.6	0	3.5	5.6	0	4.0	6.4	0	4.5	7.2	0

ELITE															
Level	16			17			18			19			20		
Segment	Mph	Km/h	Elev.												
Warm Up	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0	0.5	0.8	0
1	9.5	15.2	6	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6
2	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
3	9.5	15.2	6	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6
4	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
5	9.7	15.5	6	10.2	16.3	6	10.7	17.1	6	11.2	17.9	6	11.7	18.7	6
6	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
7	9.7	15.5	6	10.2	16.3	6	10.7	17.1	6	11.2	17.9	6	11.7	18.7	6
8	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
9	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
10	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
11	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
12	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
13	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
14	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0
15	10.0	16.0	6	10.5	16.8	6	11.0	17.6	6	11.5	18.4	6	12.0	19.2	6
Cool Down	6.0	9.6	0	6.5	10.4	0	6.5	10.4	0	7.0	11.2	0	7.0	11.2	0



TOUCH CONSOLE



TOUCH CONSOLE

## TOUCH CONSOLE PROGRAM INFORMATION



**FITNESS TEST PROGRAM:** A workout based on the Gerkin protocol. This test has various stages increasing treadmill speed and incline until your maximum heart rate is reached. Your score is based on your gender, age and time needed to complete the test.

The Gerkin protocol was developed by Dr. Richard Gerkin of the Phoenix (Arizona) Fire Department. It is a sub-maximal graded treadmill evaluation used by many Fire Departments across the United States to assess the physical condition of the firefighters. The test requires constant monitoring of the user's heart rate so the use of a telemetric chest strap is highly encouraged. The workout operates as follows:

**WARM-UP:** 3 minutes long at 1.6 - 4.8 km/h / 1.0 - 3.0 mph and 0% incline.

- 1) **STAGE 1:** 1 minute long at 7.2 km/h / 4.5 mph and 0% incline.
- 2) **STAGE 2:** 1 minute long at 7.2 km/h / 4.5 mph and 2% incline.
- 3) **STAGE 3:** 1 minute long at 8.0 km/h / 5.0 mph and 2% incline.
- 4) **STAGES 4 THROUGH 15:** After every odd minute, the incline will increase by 2%. After every even minute, the speed will increase by 0.5 mph (0.8 kph). Once the user's heart rate exceeds the target heart rate (85% of maximum as determined by the equation  $[220 - \text{age}] \times [0.85] = \text{target heart rate}$ ), the evaluation ends and the final evaluation stage is recorded.
- 5) **COOL-DOWN:** The test is completed when user's heart rate exceeds the target or the users completes all 15 stages, whichever occurs first. Then the treadmill will enter cool down for 3 minutes.

**FITNESS TEST SCORES** (Estimated V02 MAX (ML/KG/MIN) per age category)

	MEN		AGE			
	Percentile	20-29	30-39	40-49	50-59	
EXCELLENT	99	> 58.8	> 58.9	> 55.4	> 52.5	
	95	54.0	52.5	50.4	47.1	
GOOD	90	53.9	52.4	50.3	47.0	
	80	48.2	46.8	44.1	41.0	
AVERAGE	70	48.1	46.7	44.0	40.9	
	60	44.2	42.4	39.9	36.7	
FAIR	50	44.1	42.3	39.8	36.6	
	40	41.0	38.9	36.7	33.8	
POOR	30	40.9	38.8	36.6	33.7	
	20	37.1	35.4	33.0	30.2	
VERY POOR	10	37.0	35.3	32.9	30.1	
	5	31.6	30.9	28.3	25.1	

	WOMEN		AGE			
	Percentile	20-29	30-39	40-49	50-59	
EXCELLENT	99	>53.0	>48.7	>46.8	>42.0	
	95	46.8	43.9	41.0	36.8	
GOOD	90	46.7	43.8	40.9	36.7	
	80	41.0	38.6	36.3	32.3	
AVERAGE	70	40.9	38.5	36.2	32.2	
	60	36.7	34.6	32.3	29.4	
FAIR	50	36.6	34.5	32.2	29.3	
	40	33.8	32.3	29.5	26.9	
POOR	30	33.7	32.2	29.4	26.8	
	20	30.6	28.7	26.5	24.3	
VERY POOR	10	30.5	28.6	26.4	24.2	
	5	25.9	25.1	23.5	21.1	

Note: Changing the speed or incline during the test will end the test and enter cool-down. Press stop to end the test at any time and see results.



**GOAL PROGRAMS:** A series of workouts that allow you to select a specific goal that you would like to achieve.

**5K:** A workout with a fixed distance of 5 kilometers (3.1 miles). Incline is adjusted automatically throughout the workout. You control the speed.

**10K:** A workout with a fixed distance of 10 kilometers (6.2 miles). Incline is adjusted automatically throughout the workout. You control the speed.

**CALORIES GOAL:** A workout that allows you to select a specific number of calories you would like to burn during your workout. Increasing the calorie goal of the workout will increase the duration of the workout based on your speed. Estimated time to complete shown in bottom right hand corner of the screen.

**DISTANCE GOAL:** A workout that allows you to select a specific distance you would like to travel during your workout. Increasing the distance goal of the workout will increase the duration of the workout based on your speed. Estimated time to complete shown in bottom right hand corner of the screen.



**TARGET HEART RATE PROGRAMS:** A workout designed to keep you in your specified target heart rate zone. This workout requires you to wear a wireless heart rate strap. See next page for calculating your target heart rate.

**HR INCLINE:** Program adjusts incline to bring to your target heart rate.

**HR % INCLINE:** Program adjusts incline to bring to your desired % maximum heart rate.



## TOUCH CONSOLE PROGRAM INFORMATION

**HR SPEED:** Program adjusts speed to bring to your target heart rate.

**HR % SPEED:** Program adjusts speed to bring to your desired % maximum heart rate.

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
<b>VERY HARD</b> 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
<b>HARD</b> 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
<b>MODERATE</b> 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
<b>LIGHT</b> 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
<b>VERY LIGHT</b> 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is  $220 - 30 = 190$  bpm and 90% max HR is  $190 \times 0.9 = 171$  bpm.

### TARGET HEART RATE NOTES:

- Warm-up and cool-down each last 5 minutes.
- After 5 minutes, the speed or incline will automatically adjust to bring you near your specified heart rate.
- The profile window shows your heart rate during exercise. The green line represents your target heart rate (THR) and the red line represents your current heart rate. If you are working out beneath your THR, the treadmill will adjust speed or incline accordingly to bring you near your target.
- If there is no heart rate detected, the unit will not change the speed or incline.
- If your heart rate is 25 beats over your target zone the program will shut down.



**VIRTUAL ACTIVE** is a high definition experience that uses real destination footage from stunning destinations around the world. The ultimate in workout entertainment, Virtual Active lets you escape the confines of a regular workout routine while enjoying a dynamic experience.

- 1) Select VIRTUAL ACTIVE and then select one of the destinations.
- 2) Use SLIDER ARROWS to adjust workout settings.
- 3) Press START to begin workout.
  - During the workout, the incline will adjust to reflect the terrain of the destination.
  - The incline intensity is based on the level you selected.
  - Speed remains constant unless you adjust it.

The console includes two destinations: Additional destinations can be browsed online at [world.passportplayer.com](http://world.passportplayer.com)

Once you've interested in destinations from the website, you can contact your local retailer to purchase them. With the destination media properly saved on USB sticks, you can use your new destinations with the machine. Simply insert the USB stick into the USB port on the console and the new destinations will be available to use in the Virtual Active program.

**NOTES:** Destination files do not transfer to the treadmill console. They must remain on your USB stick while inserted into the console in order to use with the Virtual Active program. Because they are HD-quality video, the destination files can be over 2 GB in size. Contact your local retailer for more information.

Touch the center of the screen to expand the video to full screen and touch again to minimize.

## WORKOUT CALENDAR

The console automatically saves all your workouts to a calendar for each user. You can view any of your previous workouts in the workout calendar.

- 1) From the homescreen, press **USER INFO** and select a user from the list on the left.
- 2) Then press the **CALENDAR BUTTON** on the right.
- 3) **SAVED WORKOUTS** will be displayed by a \* on the day they were saved.
- 4) Press \* to select that day. A **WORKOUT SUMMARY** window will appear to the right of the **CALENDAR**. Press **START** to begin using the selected **SAVED WORKOUT** again.



JANUARY							
WK	SUN	MON	TUE	WED	THU	FRI	SAT
1	1	2	3	4	5	6	7
2	8	* 9	10	* 11	12	* 13	14
3	15	* 16	17	* 18	19	20	21
4	22	23	* 24	* 25	26	27	28
5	29	30	31				

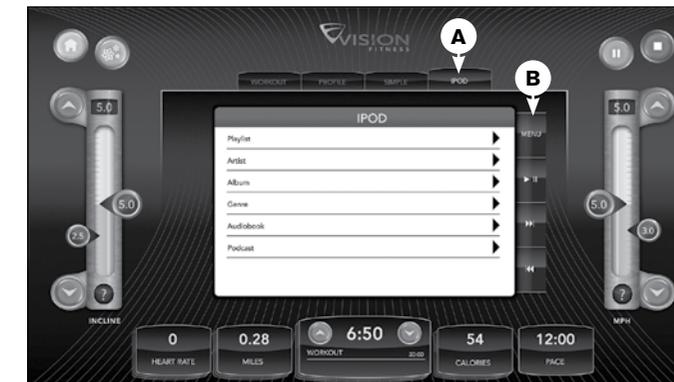
- Use the arrow keys < JANUARY > at the top of the workout calendar to scroll between months.
- You can view the workout summary for each day and by each week by touching the number of the week shown on the left hand side of the calendar (1, 2, 3, 4, 5).
- If there is more than one workout, this will be indicated by arrow keys and the number of workouts (< 1 of 3 >) at the top of the workout summary. Use the arrow keys to scroll between the workouts.
- The **WORKOUT SUMMARY** shows you the date and time of day of the workout, distance, time, pace and calories burned. To view a detailed summary, simply touch the **WORKOUT SUMMARY** box. On this screen you will find your workout averages (labeled **WORKOUT DATA**) and individual **STAGE** averages.

## CONNECTING AN IPOD® OR IPHONE®

This console includes a built-in iPod cable as an entertainment solution for your workouts. Various iPod and iPhone models with a dock connector will work with the included iPod cable. iPod and iPhone models are sold separately. iPod® compatibility: iPhone® (4, 3GS), iPod touch® (4th, 3rd, 2nd generations, iPod nano® (6th, 5th, 4th, 3rd generations).

### TO CONNECT YOUR COMPATIBLE DEVICE:

Plug in your device by matching the dock connector pin on the iPod cable with the dock connector on your device. Once you have connected the device to the cable, please allow 10 seconds for it to authenticate the device before it will be fully functional.



During your workout, press the **IPOD TAB (A)** to access the content on your device. Select **AUDIO** or **VIDEO** and follow the on-screen prompts to access your content. Use the **MEDIA CONTROLS (B)** to control media playback or navigate the menus. When watching video, you can touch the center of the screen to expand the video to full screen and touch again to minimize.

**NOTE:** If you don't want to use the speakers, you can plug your headphones into the audio out jack at the bottom of the console.

# Nike + iPod

## READY

Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

## SET

Full console controls and built-in speakers make it easy to exercise to your favorite workout playlist.

## GO

Start walking or running. Your pace, distance, time, and calories burned are recorded as you go. It's all automatically saved on your iPod or iPhone.

## SYNC

When you're done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.

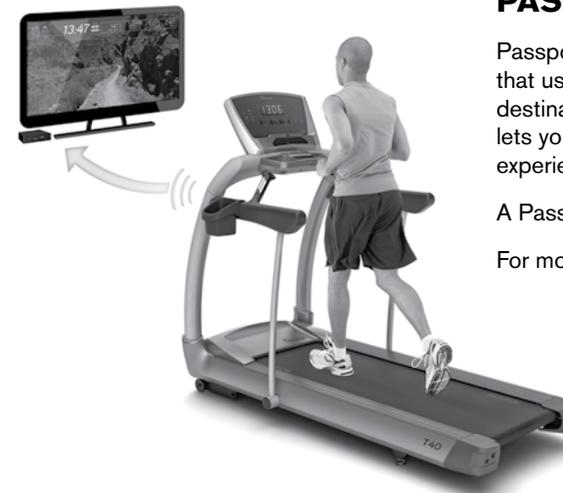
## REQUIREMENTS

Nike Plus-compatible iPod or iPhone (See [www.apple.com/nikeplus](http://www.apple.com/nikeplus) for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at [www.nikerunning.com](http://www.nikerunning.com) and download the latest iTunes software ([www.apple.com/itunes](http://www.apple.com/itunes)).

## GETTING STARTED

- 1) Before connecting your Apple device to the treadmill, you must first turn on Nike Plus on the device.
- 2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see next page).
- 3) See Console Operation on page 27 and start your workout.
- 4) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device. The console will display, "RECORDING WORKOUT TO IPOD."
- 5) When your workout is complete, the display will verify by displaying "CONGRATULATIONS WORKOUT RECORDED. CONNECT YOUR IPOD TO YOUR COMPUTER AND SEE YOUR WORKOUT AT NIKEPLUS.COM." If you happen to stop your workout before your workout is complete, press and hold stop for 5 seconds. This will record your data to your Nike Plus-compatible device.
- 6) Remove your Nike Plus-compatible device and sync with iTunes.
- 7) Log into your Nike Running account to review and track your workouts.



## PASSPORT PLAYER

Passport Player, featuring Virtual Active technology, is a high definition experience that uses real destination footage and matching ambient sounds from stunning destinations around the world. The ultimate in workout entertainment, Passport lets you escape the confines of a regular workout routine while enjoying a dynamic experience.

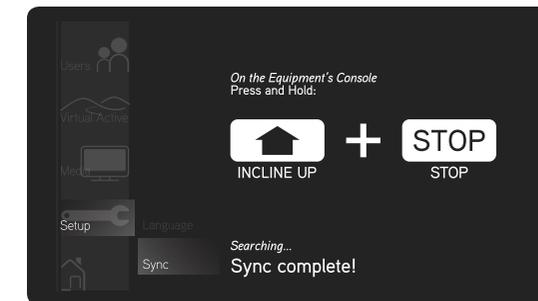
A Passport Player is available for purchase separately from your Vision Fitness Dealer.

For more information go to [world.passportplayer.com](http://world.passportplayer.com) or [www.visionfitness.com](http://www.visionfitness.com).

## SYNCING CONSOLE WITH PASSPORT

- 1) Use the arrow keys on the Passport remote to scroll to the setup icon and press select.
- 2) Follow the on-screen prompt to press and hold the incline up and stop buttons on the console.
- 3) The message displayed on-screen will notify you if the sync was a success or failure.

NOTE: See Passport Owner's Manual for more information.



Made for iPod, "Made for iPhone" and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone or iPad may affect wireless performance. iPhone, iPod, iPod classic, iPod nano, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. iPad is a trademark of Apple Inc.



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