free spirit
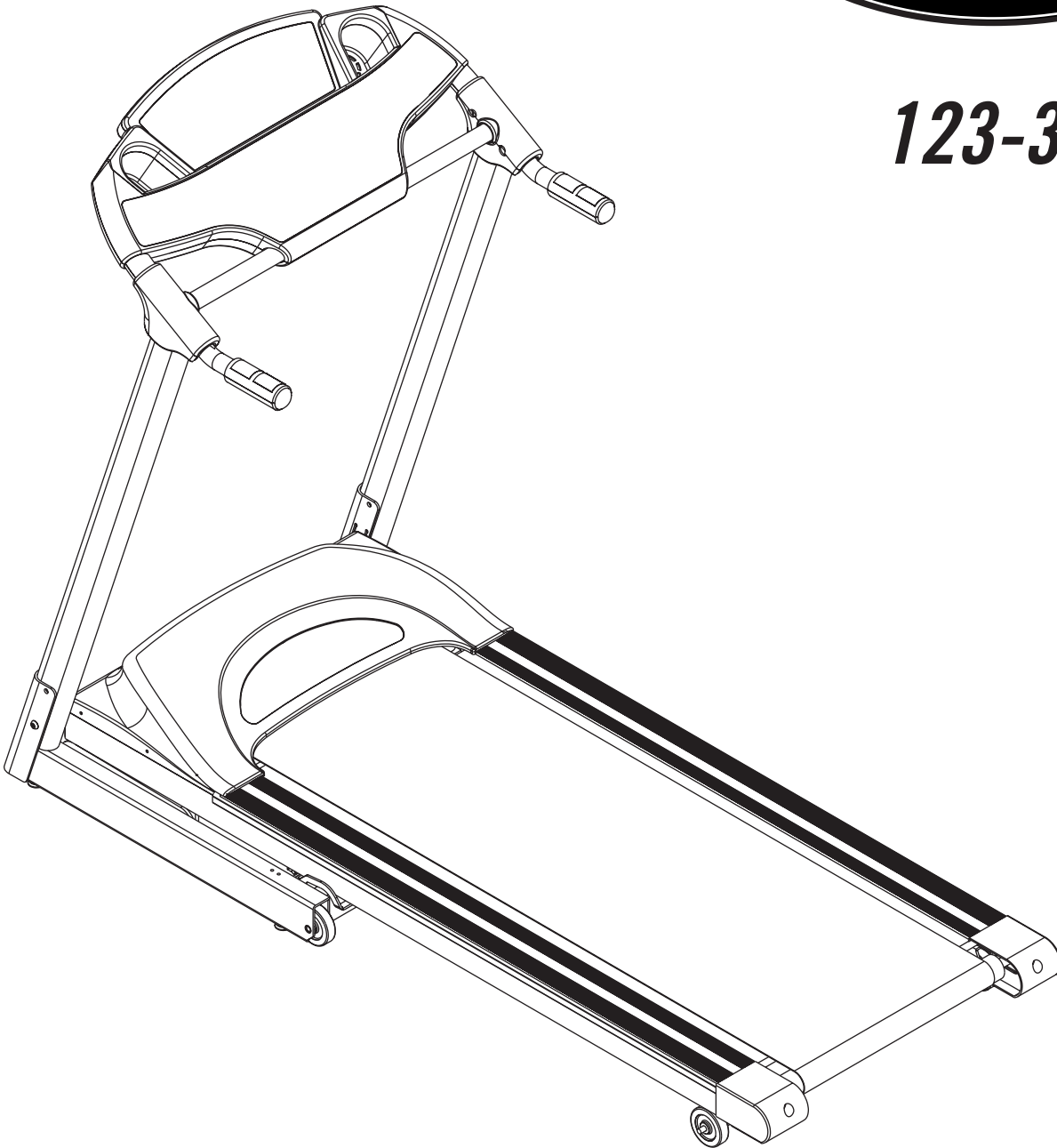
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Treadmill User's Guide

SEARS CANADA, INC. TORONTO, ONTARIO M5B 2B8

Table of Contents

Important Precautions

SAVE THESE INSTRUCTIONS

Read all instructions before using this treadmill. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this the treadmill.
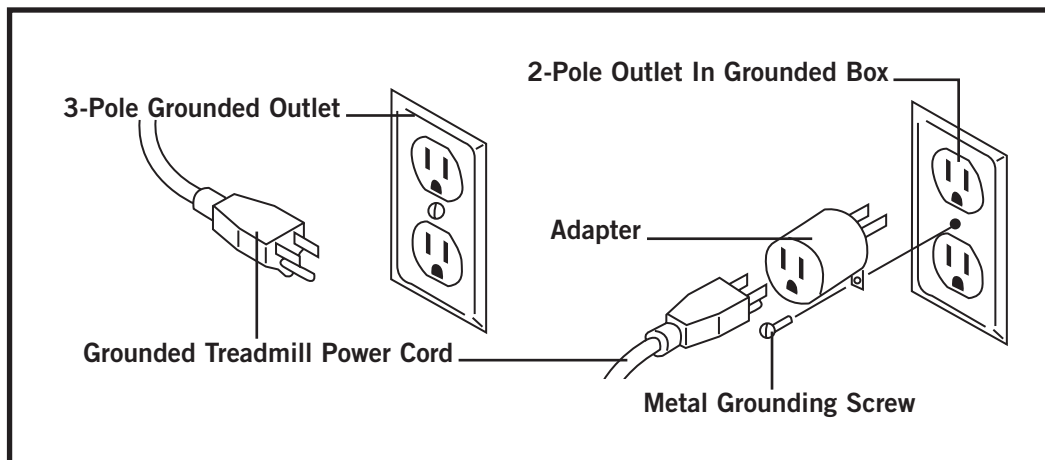
WARNING! Connect this exercise product to a properly grounded outlet only. See grounding instructions.

GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical 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 local codes and ordinances.

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter such as the one illustrated below may be used to connect this plug to a 2-pole receptacle as shown, if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

3-Pole Grounded Outlet

2-Pole Outlet In Grounded Box

Adapter

Grounded Treadmill Power Cord

Metal Grounding Screw

WARNING

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothes that might catch on any part of the treadmill.
- Keep power cord away from heated surfaces.
- Keep children off of treadmill at all times.
- Do not use treadmill outdoors.
- Unplug treadmill before moving it.
- Treadmill should be plugged into a dedicated **20amp circuit**.
- At no time should more than one person be on treadmill while in operation.

CHILDREN
- Keep children off your treadmill at all times.
- When the treadmill is in use, young children and pets should be kept at least 10 feet away.

CLEANING
- Clean with soap and slightly damp cloth only; never use solvents.

OTHER SAFETY TIPS FOR YOUR TREADMILL

CAUTION

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath,

stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the treadmill.
- Read this User's Guide before operating this treadmill.

OPERATION
To reduce the risk of damaging important components on your treadmill, it is strongly recommended that your treadmill is plugged into a dedicated **20amp outlet, without the use of an additional extension cord**.

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

CAUTION: BEFORE BEGINNING ANY EXERCISE PROGRAM, ALWAYS CONSULT YOUR PHYSICIAN. IF YOU EXPERIENCE CHEST PAINS, NAUSEA, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISING AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

IMPORTANT: PLEASE READ BEFORE USE!

CAUTION! There are several areas during the assembly process of a the treadmill that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have frame parts that are not tightened and will seem loose and may cause irritating noises. There should be no side-to-side play in the console masts or any forward and back play in the console assembly or handlebars. If there is any play in these areas, the treadmill has not been properly assembled. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number and model name located to the left of the on/off power switch and power cord and enter it in the space provided below:

SERIAL NUMBER AND MODEL NAME LOCATION:
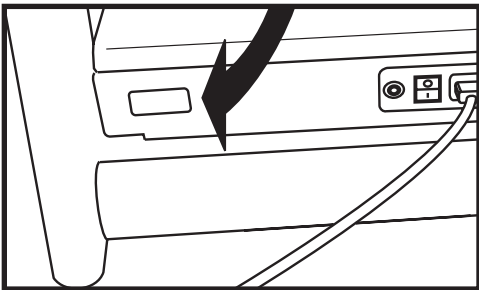
ENTER YOUR SERIAL NUMBER IN BOX BELOW:

Refer to this number when calling for service, and also enter this serial number on your Warranty Card and in your own records. Be sure to read the Safety Instructions and complete User's Guide before using your new treadmill.
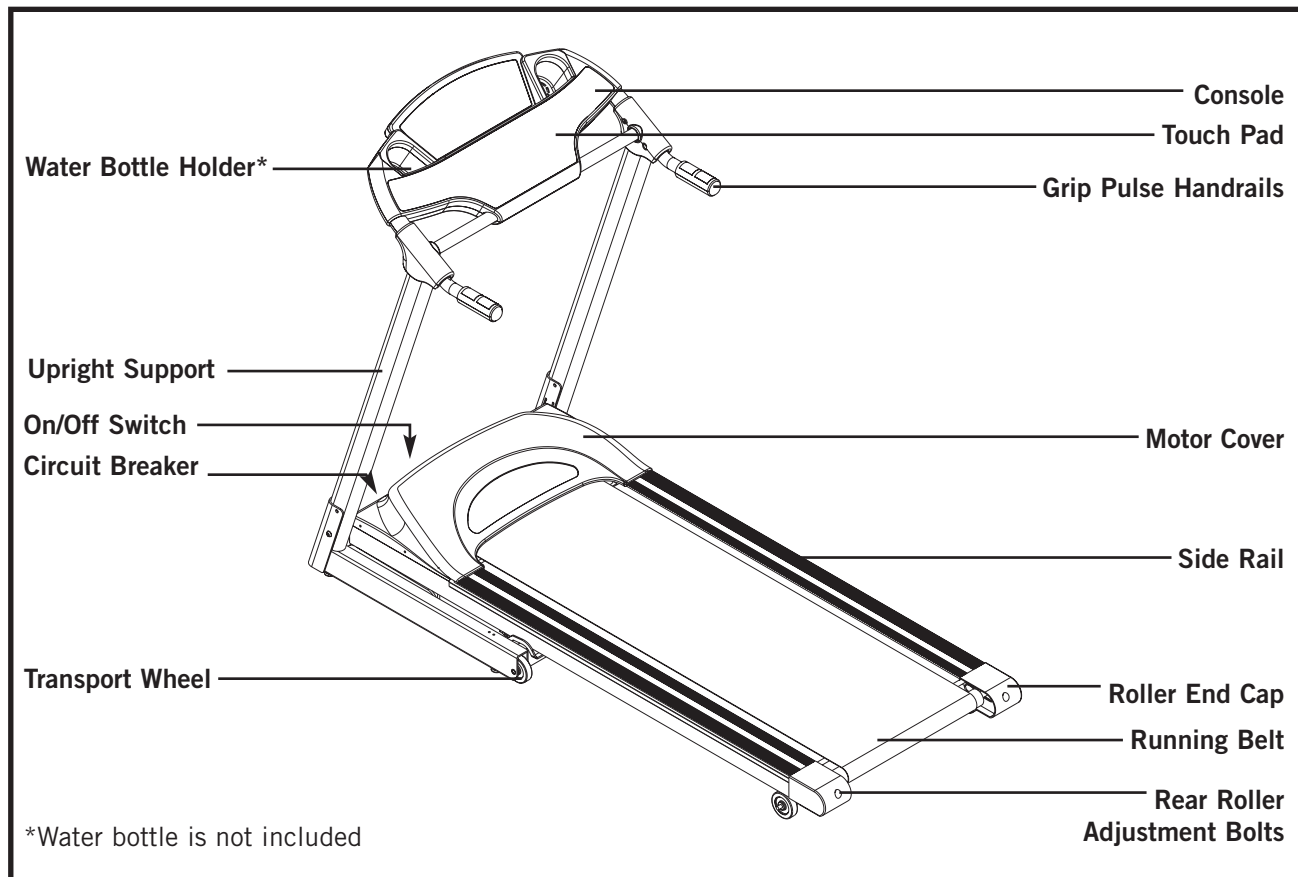
Before You Begin

CONGRATULATIONS! on choosing your treadmill.

You've taken an important step in developing and sustaining an exercise program! Your treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your treadmill can improve the quality of your life in so many ways.

Here are just a few of the health benefits of aerobic exercise:

• Weight Loss
• A Healthier Heart
• Improved Muscle Tone
• Increased Daily Energy Levels
• Reduced Stress
• Help In Countering Anxiety and Depression
• An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Inclement weather and darkness won't interfere with your workout when you use your treadmill in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine. A more complete knowledge of your new treadmill will assist you in realizing your goal of a healthy lifestyle.

Water Bottle Holder*

Console
Touch Pad
Grip Pulse Handrails

Upright Support

On/Off Switch
Circuit Breaker

Motor Cover

Side Rail

Transport Wheel

Roller End Cap
Running Belt
Rear Roller Adjustment Bolts

*Water bottle is not included

Assembly

UNPACKING

Take caution when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill, serious injury may occur. See owner's guide for reference.
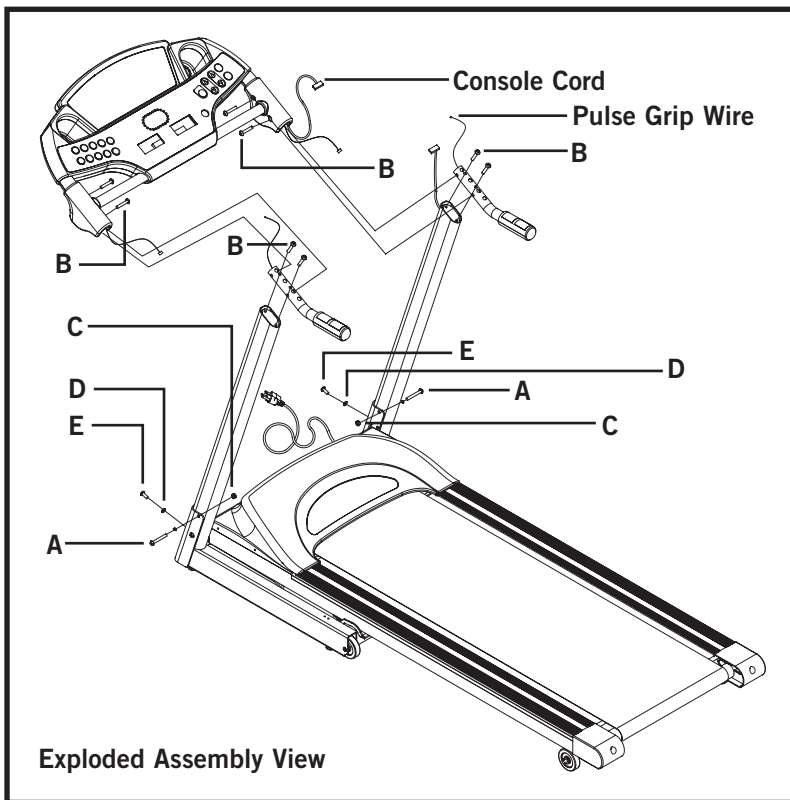
FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY! Place your treadmill on a level flat surface. It is recommended that you place a protective covering on your floor.

PARTS
- 1 Safety Key
- 1 Hardware Pack (contents listed below)
- Left and right Handle Bar
- Console Assembly
- Left and Right Console Mast

TOOLS (Included)
- 5mm Allen Wrench/Phillips Screw Driver
- 8mm Allen Wrench
              or
- 6mm Allen Wrench
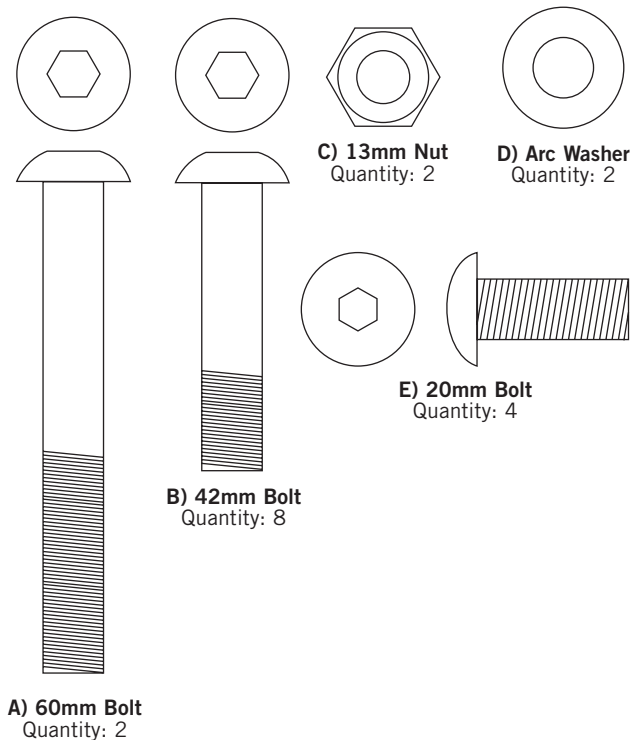
Exploded Assembly View

HARDWARE

C) 13mm Nut
Quantity: 2

D) Arc Washer
Quantity: 2

E) 20mm Bolt
Quantity: 4

B) 42mm Bolt
Quantity: 8

A) 60mm Bolt
Quantity: 2

CONTACT THE SEARS CUSTOMER ASSISTANCE CENTER; TOLL FREE @ 1.800.469.4663
SEARS CANADA, INC. TORONTO, ONTARIO M5B 2B8

Step 1

1. Place console masts to upright position.
2. Tighten bolts/washers **A**, **C**, **D** and **E** with the allen wrench provided.
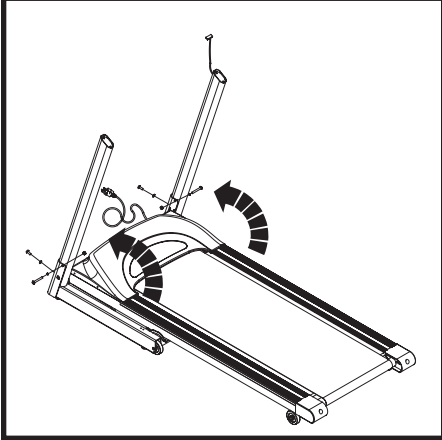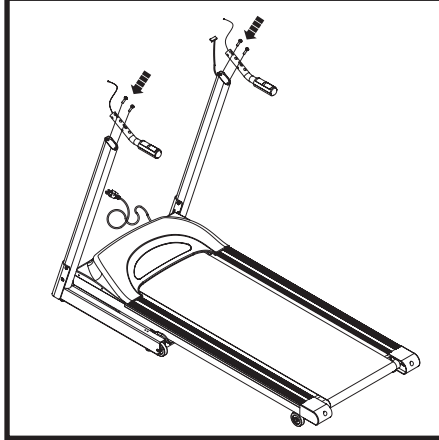
Step 2

1. Place pulse grip handlebars to its correct position.
2. Tighten bolts B with the allen wrench provided.
NOTE: Do not pinch grip pulse wires.

Step 3
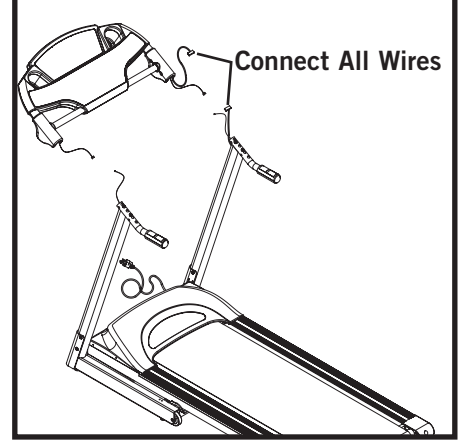
Connect All Wires

1. Connect both pulse grip and console mast wires. Carefully tuck wires in mast to avoid damage.
NOTE: Do not pinch wires

Step 4
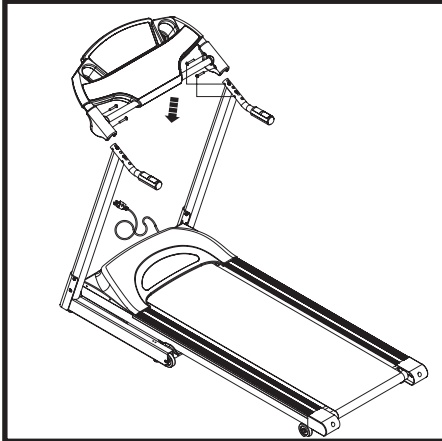
1. Attach the console to the pulse grips. Again, carefully tuck all wires in mast to avoid damage.
2. Tighten bolts B with the allen wrench provided.
NOTE: Do not pinch wires

Finish
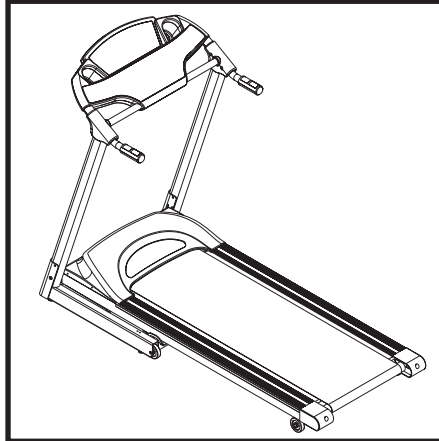
It is now safe to plug in your treadmill to a dedicated circuit.

NOTE: It is recommended that you apply grease to the threads of each bolt as you assemble your treadmill, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

Treadmill Operation & Adjustment

FOLDING

Firmly grasp the back end of the treadmill. Carefully lift the end of the treadmill deck to the upright position until the foot lock latch engages and securely locks the deck into position. Make sure the deck is securely latched before letting go. To unfold, firmly grasp the back end of the treadmill. Gently press down on the foot lock latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. **NOTE:** on some models the foot lock latch might be on the right hand side.

Foot Lock-Latch
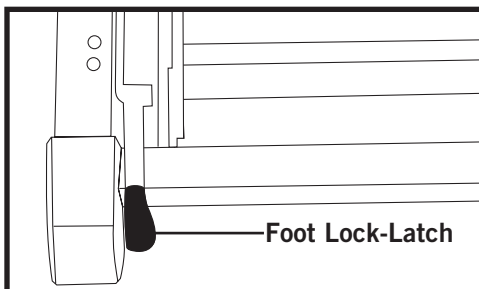
MOVING

Your treadmill has a pair of transport wheels built into the base frame. To move, make sure the treadmill is folded and securely latched. Then firmly grasp the handlebars, tilt the treadmill back and roll. **CAUTION!** Our Treadmills are heavy, use care and additional help if necessary when moving. Do not attempt to move or transport treadmill unless it is in upright, folded position with the lock latch secured. Failure to follow these instructions could result in injury.
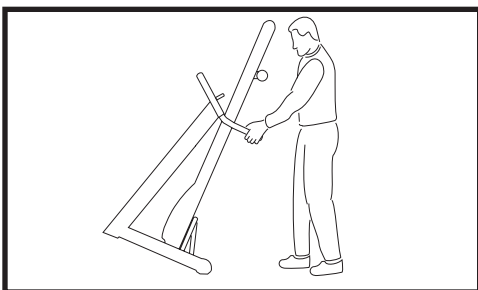
LEVELING

The treadmill should be level for optimum use. Once you have placed the treadmill where you intend to use it, raise or lower the adjustable levelers located on the treadmill base frame. Once you have leveled the treadmill, lock the levelers in place by tightening the nuts against the frame. To assure the treadmill is level, a carpenter's level is recommended.
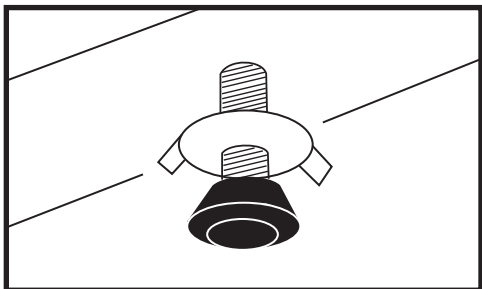
TURN POWER ON

Make sure that your treadmill is properly connected to a power outlet. The on/off switch is located next to the power cord. Flip this switch to the 'on' position, so that the switch is lit. You will hear a beep and the console will light up.
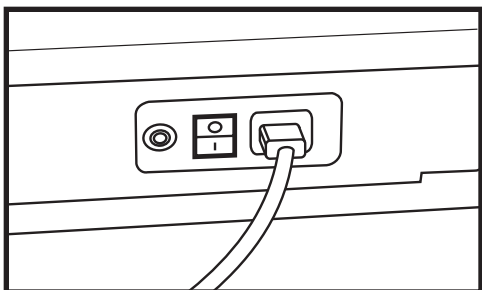
SAFETY KEY

Your treadmill will not start unless the safety key is placed on the safety key holder. Attach the clip end securely to your clothing. This safety key is designed to cut the power to the treadmill if you should fall. **NEVER USE THE TREADMILL WITHOUT SECURING THE SAFETY KEY CLIP TO YOUR CLOTHING. PULL ON THE SAFETY KEY CLIP FIRST TO MAKE SURE IT WILL NOT COME OFF YOUR CLOTHING.**
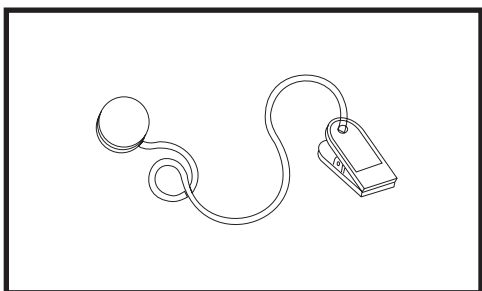
DO NOT STAND ON THE BELT

While you are preparing to use the treadmill, do not stand on the belt. Place your feet on the side rails before starting the treadmill. Start walking on the belt only after the belt has begun to move. Never start the treadmill at a fast running speed and attempt to jump on!

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened. In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and common adjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allen wrench, turning it 1/4 TURN to the right as shown. Try the treadmill again to check for slipping. Repeat if necessary, but NEVER TURN the roller bolts more than 1/4 turn at a time. the belt tension is set properly when the running belt is 1/4 of an inch from the deck.
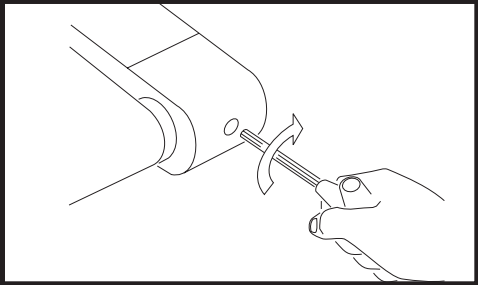
CENTERING THE BELT

If the running belt is too far to the right side, use the supplied Allen wrench to turn the right tension bolt clockwise 1/4 turn at a time until the belt remains centered during use.

If the running belt is too far to the left side, turn the left tension bolt clockwise 1/4 turn at a time until the belt remains centered during use.

IF THE BELT IS TOO FAR TO THE LEFT SIDE:
• Turn the left roller bolt 1/4 turn clockwise (tighten).

IF THE BELT IS TOO FAR TO THE RIGHT SIDE:
• Turn the right roller bolt 1/4 turn clockwise (tighten).
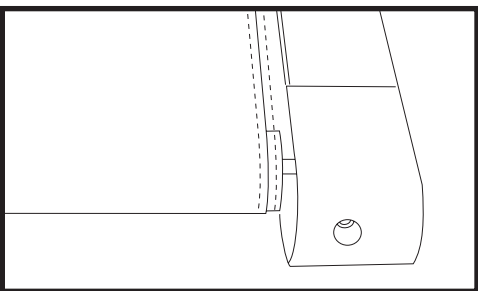
Console Features & Display

Features of the Console

M   M

H

MANUAL   INTERVALS   ROLLING

PROGRAMS KEYS

WEIGHT LOSS   HILL CLIMB   CUSTOM

PROGRAMS KEYS

QUICK INCLINE KEYS

10%   9%   8%   7%   6%   5%   4%   3%   2%   1%

Calories/Incline

Speed/Pulse

QUICK SPEED KEYS

10mph   9mph   8mph   7mph   6mph   5mph   4mph   3mph   2mph   1mph

B   C   Distance/Laps   Time   D   E

L

START   INCLINE   SELECT   SPEED   STOP

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

I   F   A   G   J   K

A. SELECT
Used to view your Calories and Laps during your workout.

B. CALORIES/INCLINE
Total Calories burned during your workout.

C. DISTANCE/LAPS
Miles traveled during your workout.
One lap around the profile window equals 1/4 of a mile.

D. TIME
Shown as Minutes:Seconds. View the time remaining or the time elapsed in your workout.

E. PULSE/SPEED
Shown as Beats Per Minute. Used to monitor your heart rate during your workout.

F. ELEVATION/INCLINE
Shown in the top left-hand window (B). Indicates the incline of your walking or running surface.

G. SPEED
Shown in the top right-hand display window (E). Indicates how fast your walking or running surface is moving.

H. PROGRAM PROFILE
Represents the Program profile that you have chosen.

I. START
Starts your program

J. STOP
Press the Stop button to pause/end your workout.

K. QUICK SPEED KEYS
When in a program, the user is able to press any of the desired quick speed keys to get to a specific speed more quickly. **NOTE:** When in a speed-based program, if the user presses any of the quick speed keys, all of the remaining speed segments in the program will be modified as well. For example, when in P2, the first segment default speed is 2.5 mph. If the user presses the 4 mph quick speed key, all of the remaining segments will increase by 1.5 mph as well.

L. QUICK INCLINE KEYS
When in a program, the user is able to press any of the desired quick incline keys to get to a specific incline more quickly.

M. QUICK PROGRAM KEYS
Allows the user to select the desired program.

QUICK START UP
Simply press the Start button to begin exercising.

PAUSE
Press the Stop button to pause your workout.

RESET
Press and hold the Stop button to reset the treadmill.

CHANGING THE SPEED AND ELEVATION
When in a program, the user is able to change the difficulty of the program by pressing the ^ or ˅ buttons to the desired level. **NOTE:** The user is only able to increase or decrease the elevation or speed during the program. When in a program, if the user increases or decreases the difficulty of speed or elevation, all of the remaining program speeds or elevation segments will be modified as well. For example, when in P2, the first segment default speed is 2.5 mph. If this speed is increased by 1 mph, all of the remaining segments will be increased by 1mph as well.

CHOOSING A PROGRAM

Choose a Program by pressing the ^ or ˅ speed buttons. Once the desired programs is selected, press the SELECT button. You are also able to press the numbered quick speed key which correlates with the numbered program to choose your desired program. For example press the number 1 quickspeed key for program number 1.

CHOOSING THE LEVEL

Choose the program difficulty level, level 1-10, by pressing the ^ or ˅ speed buttons. Available only on certain programs. You may also choose your program level by pressing the numbered quick speed key that correlates with the program level number. For example, to choose a program level of 5, simply press quick speed key number 5. Once the program level has been chosen, press the 'select' button. Once in a program, the user may change the difficulty level by pressing the ^ or ˅ speed keys or by pressing the quick speed keys. **NOTE:** If one segment is changed, the entire program will in turn be changed. For example, when in a program, if the user increases the speed 1 mph, all of the remaining segments will also be increased by 1 mph.

CHOOSING THE TIME

Choose Time by pressing the
^ or ˅ speed buttons or use the default time. Once the desired time is selected, press the START button.

FINISHING A WORKOUT

When your workout is finished, the treadmill console will beep and 'END' will be flashing in the Time window. Your workout information will stay displayed on the console for 30 seconds before it will reset.

PROGRAM PROFILES

MANUAL
Customized workout; time defaults to 30 minutes

INTERVALS
Speed changes; time defaults to 30 minutes

ROLLING
Speed changes; time defaults to 30 minutes

WEIGHT LOSS
Elevation changes; time defaults to 30 minutes

HILL CLIMB
Elevation and speed changes; time defaults to 30 minutes

CUSTOM 1 (User Program, Defaults to 30 minutes)
Your Custom Program is designed to allow you to create your own programming, with the ability to save your program settings for future workouts. To use your Custom Program, follow these instructions:

1. Once the Custom Program has been selected, press 'Select'.

2. Choose your desired time using the up or down buttons or incline keys and press 'Select'.

3. Choose your desired speed using the speed buttons or incline keys and press 'Select'. You will need to select a speed for all 15 segments, pressing 'Select' after each segment.

4. Once all 15 speed segments have been chosen, you will need to select your desired incline level for each segment as well. Choose your desired incline level using the up or down buttons or incline keys and press 'Select'. Once you have chosen your desired incline level for all 15 segments, press 'Start' to begin your program. At this time, your program has been successfully saved into memory, and can be used for future workouts.

5. To reset your program information and delete it from memory, press and hold the 'Select' button for 5 seconds once you have selected the Custom Program in the start menu.

6. While using your saved program in the Custom Program, you are able to adjust the speed or incline, but any changes will not be saved.

Troubleshooting & Maintenance Procedures

TROUBLE SHOOTING YOUR TREADMILL
Your treadmill is designed to be reliable and easy to use. However, if you experience a problem, please reference the troubleshooting guide listed below.

PROBLEM: The console does not light up.
SOLUTION: Verify that the power cord is plugged in properly to the outlet, and that the treadmill switch is turned on.

PROBLEM: The treadmill circuit breaker trips during a workout.
SOLUTION: Verify that the treadmill is plugged into a dedicated 20amp circuit.
NOTE: no extension cord.

PROBLEM: The treadmill shuts off when elevating
SOLUTION: Verify that there is enough slack in the power cord to reach to the wall outlet during elevation.

PROBLEM: The running belt does not stay centered during a workout.
SOLUTION: Verify that the treadmill is on a level surface. Verify that the belt is properly tightened (Refer to Centering The Belt located in the Operation & Adjustment section)

PROBLEM: The treadmill makes a clicking noise towards the front of the machine while walking or running on it.
SOLUTION: For optimum use, the treadmill needs to be level.
(Refer to leveling your treadmill located in the Operation & Adjustment section)

HEART RATE TROUBLESHOOTING
Check your exercise environment for sources of interference such as fluorescent lights, computers, or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:
• Gripping the heart rate handlebars too tight. Try to maintain
   moderate pressure while holding onto the heart rate handlebars.
• Constant movement and vibration due to constantly holding
   the heart rate handlebars while exercising. If you are receiving
   erratic heart rate readouts, try to only hold the grips long
   enough to monitor your heart rate.
• When you are breathing heavily during a workout.
• When your hands are constricted by wearing a ring.
• When your hands are dry or cold. Try to moisten your palms
   by rubbing them together to warm.
• Anyone with heavy arrhythmia.
• Anyone with arteriosclerosis or peripheral circulation disorder.
• Anyone whose skin on the measuring palm is especially thick.

If the above troubleshooting section does not remedy the
problem, discontinue use and turn the power off.
PLEASE CONTACT
THE SEARS CUSTOMER ASSISTANCE CENTER;
TOLL FREE @ 1.800.469.4663
SEARS CANADA, INC. TORONTO, ONTARIO M5B 2B8

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY TREADMILL MAKES NORMAL?
All treadmills make a certain type of thumping noise due to the belt riding over the rollers, especially new treadmills. This noise will diminish over time, although may not totally go away. Over time, the belt will stretch, causing the belt to ride smoother over the rollers.

WHY IS THE TREADMILL I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?
All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

WHEN SHOULD I BE WORRIED ABOUT A NOISE?
As long as the sounds your treadmill makes are no louder that a normal conversational
tone of voice, it is considered normal noise. If your treadmill is louder than this, you may want to call the Sears Customer Service Center @ 1.800.469.4663. Sometimes an initial diagnosis can be made over the phone.

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?
We use sealed bearings throughout our treadmill so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the treadmill after each use.

HOW DO I CLEAN MY TREADMILL?
Clean with soap and water only. Never use solvents on plastic parts.

Cleanliness of your treadmill and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)
Turn off the treadmill with the on/off switch, and unplug the power cord from the wall outlet.

WARNING!

To remove power from the treadmill, the power cord must be disconnected from the wall outlet.
• Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
• Inspect the power cord. If the power cord is damaged, contact Sears.
• Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
• Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK
Clean underneath the treadmill, following these steps:
• Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
• Fold the treadmill into the upright position, making sure that the lock latch is secure.
• Move the treadmill to a remote location.
• Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
• Return the treadmill to its previous position.

EVERY MONTH
• Inspect all assembly bolts of the machine for proper tightness.
• Remove the motor cover and clean the motor and lower board area to eliminate any lint or dust particles that may have accumulated. Failure to do so may result in premature failure of key electrical components.

EVERY YEAR
• It may be necessary to rewax your treadmill running deck and belt once a year to maintain optimal performance of your treadmill. Please contact Sears with questions about applying wax to your treadmill. Warning! Only use wax provided by Sears**!**
• Lubricate the air shocks with teflon based spray.

Conditioning Guidelines

Always consult your physician before beginning an exercise program.

HOW OFTEN?

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD?

How hard you workout is also determined by your goals. If you use your treadmill to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity.
Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate, and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

HEART RATE HANDLEBARS

Place the palm of your hands directly on the grip pulse handlebars, as shown below. Both hands must grip the bars for your heart rate to register. When griping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. It is recommended that you hold the grip pulse handlebars only long enough to see your heart rate readout on the console. You may experience an erratic readout if consistently holding the grip pulse handlebars.
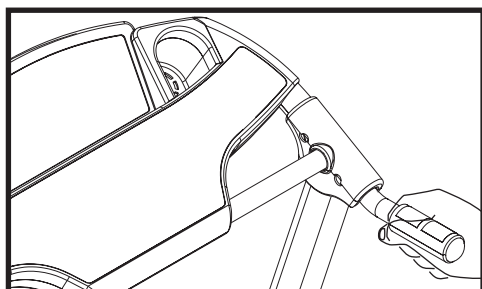
TARGET ZONE HEART RATE CHART

Your Target Zone is a percentage of your maximum heart rate. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. See the chart below for convenient reference.

EXAMPLE: for a 42-year old user: find AGE along the bottom of the chart (round to 40), follow AGE column up to the TARGET ZONE BAR. RESULTS: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

Beats per Minute										
100%										
75%	150	146	143	139	135	131	128	124	120	116
60%	120	117	114	111	108	105	102	99	97	93
Age	20	25	30	35	40	45	50	55	60	65

Target Zone
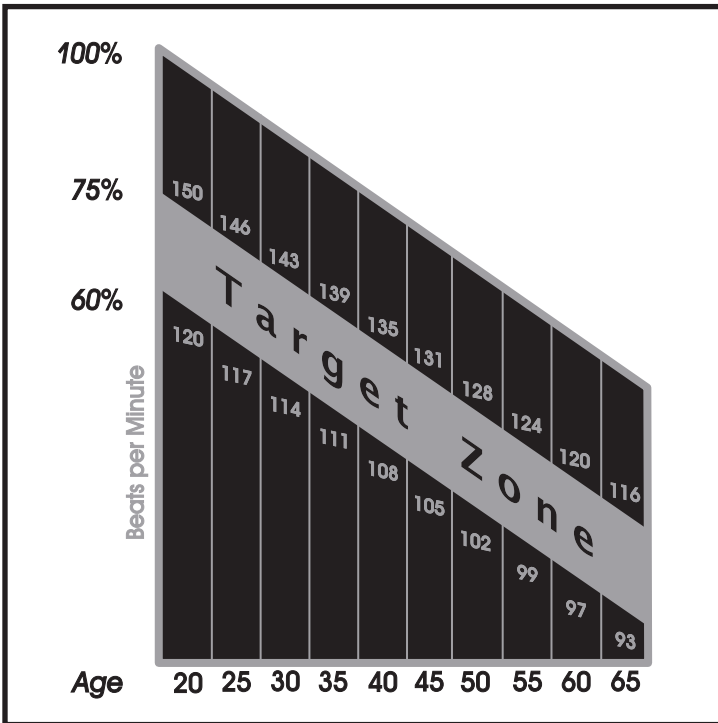
PERCEIVED EXERTION LEVEL

The second and simpler way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of other warning signs of overexertion.

DEVELOPING A FITNESS PROGRAM

TIPS

STRETCH FIRST
Before using your product, it is best to take a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

WALL PUSH
Stand near a wall with the toes of one foot about 18" from the wall, and the other foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Alternate positions of your feet and repeat for a total of 8 repetitions.

STANDING QUADRICEPS STRETCH
Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for a count of 15 seconds. Repeat with your right ankle and hand, and continue alternating for a total of 8 repetitions.

SEATED TOE TOUCH
Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat for a total of 8 repetitions.

THE IMPORTANCE OF WARM UP & COOL DOWN

WARM UP
The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace.

COOL DOWN
Never stop exercising suddenly! A cool-down period allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed above to loosen and relax your muscles.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your treadmill to lose weight? Improve muscle? Burn Stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss
- Improve Body Shape and Tone
- Increased Energy Level
- Improved Sports Performance
- Improved Cardiovascular Endurance
- Weight Maintenance
- Strengthen Leg Muscles
- Improved Sleep Patterns
- Stress Reduction

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your treadmill console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

KEEPING AN EXERCISE DAIRY

Photocopy the weekly and monthly log sheets which are located near the end of this user guide to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

WEEK # _____				WEEKLY GOAL: _____	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN	0/0/00	0	0	0:00	
MON					
TUES					
WED		SAMPLE			
THUR					
FRI					
SAT					
WEEKLY TOTALS		0	0	0:00	

MONTH _____	MONTHLY GOAL: _____		
WEEK #	DISTANCE	CALORIES	TIME
0	0	0	0:00
	SAMPLE		
MONTHLY TOTALS	0	0	0:00

Weekly Log Sheets

WEEK # _____				WEEKLY GOAL: _____	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

WEEK # _____				WEEKLY GOAL: _____	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

WEEK # _____				WEEKLY GOAL: _____	
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUN					
MON					
TUES					
WED					
THUR					
FRI					
SAT					
WEEKLY TOTALS					

Monthly Log Sheets

MONTH _____		MONTHLY GOAL: _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

MONTH _____		MONTHLY GOAL: _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

MONTH _____		MONTHLY GOAL: _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS			

Parts List

MODEL: 123-303110

AB2	SP0017001AD	Elevator Frame
AB3	SP0018007AC	Fold Frame
AC2	SP0003041AA	Console mast- Lt. & Rt.
AG1	SZTM108HDB-L	Handle Bar-Lt.
AG2	SZTM108HDB-R	Handle Bar-Rt.
AK1	SZTM108BFM	Base Frame Set
AN2	SP0007042AA	Console Frame
AN3	MR0004003A	Safety Key Set
AR1	MR0901028C	Front Roller Set
AR2	MR0902010D	Rear Roller Set
B08	MJ1017003L	Fix Plate For Control Board
B28	ML0211002	Air Shock
B29	MZE0508002	Washer
B31	MD0701019FA	Running Deck
B32	ME0511003A	Elastomer- Blue
B33	ME0511004A	Elastomer- Red
B34	MJ1060004C	Belt guide
B35	MZE0102026	Screw,Oval head
B36	MZE0105013	Screw,Plain-hex-socket
B37	MZE0204005	Nylon Nut
B38	SP0030005AC	Rail Lock
B39	MZE0107023	Screw,Oval-tapping
B41	MJ3011001	Bolt-Air shock
B42	MZE0502025	Washer Flat
B43	MJ3022001C	Bolt-Fold Frame
B44	MJ3022007B	Bolt-Incline Support
B45	MZE0502157	Washer Flat
B46	MZE0502197A	Washer Flat
B48	MZE0204004	Nylon Nut
B52	MJ1040005C	Bracket-Speed Sensor
B53	MB0606002	Bumper-base frame
B55	MB0603001	Deck Extension
B65	MZE0505033	Washer,Teflon
B66	MR0027001B	Ring
C07	ME0112024	Screw,Oval hex socket
C08	MZE0112059	Screw,Oval hex socket
C09	MZE0502025	Washer Flat
C10	MZE0112199A	Bolt-Handlebar
C11	MZE0204005	Nylon Nut
C23	MZE0503003	Washer
K09	MB0301002	Leveler
K11	MB0302002	Level Washer
K12	SP0027001AE	Hook
L01	MB0103029C	Mobile Wheel
L02	MB0649003	Space Ring
L03	MZE0112053	Bolt
L04	MZE0204005	Nylon Nut
L05	MB0103006B	Mobile Wheel-rear deck
L06	MB0103007B	Mobile Wheel-incline support
L07	MZE0502197A	Washer, Flat
L08	MZE0902001	C Clip Outer
L09	ME0204034	Nylon Nut-Mobile Wheel
L10	ME0502053	Washer Flat
L11	MZE0502025	Washer Flat
L13	MZE0505033	Washer,Teflon
L14	MJ3027002A	Bolt
L15	MZE1103001	Spring
L16	MG0229011B	Grip tape-foot lock latch
L17	SP0027002AE	Pedal
L19	MZE0104004	Screw,Plain-hex-socket
L20	MJ1027004B	Hook base
L21	MZE0112002	Screw,Oval hex socket
L22	MZE0501004	Lock Washer
L23	MZE0501005	Lock Washer

M01	SZTM110MTR	Motor Set (110V)
M02	SCA302002	Elevation Motor
M03	SJED08011AA	Motor Control Board(110V)
M05	SP0026013AG	Support Frame for motor
M06	MZE0104112	Screw,Plain-hex-socket
M07	MB0607001B	Pad-motor bracket
M08	MZE0204005	Nylon Nut
M09	MZE0502025	Washer Flat
M10	MZE0106017	Screw
M12	MZE0204013	Nylon Nut
M13	MZE0502197A	Washer Flat
M14	MZE0106031	Screw
M24	MZE0107015	Screw,Oval head
M25	MZE0501007	Lock Washer
M30	MZE0502033	Washer, Flat
M45	MZE0104082	Screw,Plain-hex-socket
M46	MZE0104074	Screw,Plain-hex-socket
M47	MZE0201005	Nut
N01	MC0601252A	Overlay
N02	MC0602083A	Membrane Key
N03	MC0602084A	Membrane Key
N04	MC0602085A	Membrane Key
N05	SJED01072AA	Upper control board
N06	SJED04021AA	IC Board
N09	MB0618047AA	Cover-console back
N08	MB0617063AA	Cover-console front
N14	MB0266002AA	Access Panel
N11	MC0403003B	Reed Switch Wire
N12	MZE0107009	Screw,Oval head
N13	MZE0107023	Screw,Oval head
N15	MC0712044A	Hand pulse
N16	SJED06006BB	Heart Rate Receiver
N22	MZE0107029	Screw,Oval head
N43	MB0609092A	End cap
P02	MC0701002	Power Switch
P03	MC0525026A	Cable For Control Board 250
P04	MC0702011	Breaker
P06	MC0501108A	Console Cable
P07	MC0504001	Power Cable
P08	MC0503001B	Connecting Cable-socket/breaker
P14	MC0510031D	Speed Sensor
P15	MZE0107009	Screw-sensor & upper board
P17	MZE0102038	Screw,Oval head
P18	MZE0504014	Washer
P19	MZE0201010	Nut Hex head
P21	SP0028002AG	Power Cord Plate
P29	MZE0102021	Screw,Oval head
Q01	SZTM108FCV	Front Cover Set
Q02	MB0801033A	Side Rail
Q04	MB0236002FB	Bottom Cover - Motor
Q06	SZTM108SCV-L	End Cap-Lt.
Q07	SZTM108SCV-R	End Cap-Rt.
Q10	MB0643001	Rail Lock
Q11	MZE0123003	Screw,Plain head
Q12	MZE0107026	Screw,Oval head
Q13	MZE0701001	Tinneman Nut
Q25	MZE0119002	Large Screw,Oval-tapping
R02	MD0610032CB	Running Belt
R03	MD0602023	Pulley Belt
R04	MZE0104203	Screw,Plain-hex-socket
R05	MZE0204005	Nylon Nut
R06	MZE0502025	Washer, Flat
R08	MZE0104077	Screw,Plain-hex-socket
R09	MZE0104085	Screw,Plain-hex-socket
	MH0207106A	Owners Manual-English
	MHO207107A	Owners Manual-French

Console Assembly

V08

N01

AN3

N06

N08

C10

N22

AN2

N11

N05

P06

N12

N16

N22

N09

AG2

C10

N15

N43

N22

N13

N22

N03

N14

N04   N02   AG1

N15

AC2

P06 M24
M03
P03
P19
P18
B08 M24
P17

P29 P21
Q13 P14 P15
P02 Q12 M1
P07 P03 P04 M12
M13
P08 B3
P03 B52
M02
Q25
Q04

AC2
AC2
AC2
C09
C11
C08
C07
C23
K11
K09
AK1
L21
L23 K12
L20
L15 L14
L22
L13
L19 L17
L16
L03
L01
L02
L02
L04
L11

B53
B28
M12
M13
M14
B66
B65 B41
L10 B45
B65
L08 L06
AB2 B46
L04
B44
B37
B65
B42
L04

Frame Assembly

P06 M24
M03
P03
P19
P18
B08 M24
P17

P21
Q13
Q12
P14 P15
M10
M12
M13
B52
O08
M02
P03
Q25
Q04

R09
B38 B32
B37
B33
R06
R05 B33
B34 B35
B29
B37
Q02
Q11
Q10
L09
L05 L07
R06 R04
Q07
B29
B37
Q12
R06
R04
Q06

B53
M12
M13
M14
B65
B41 B28
B48
AB2
B44 B46
B37
B65
B42
L04
B45
B48
B45
B43
B46
AB3

Exploded View For All Models

Deck Assembly

Q01

Q12

M01

M46

M07

M08

M09

M45

M47

M05

M30

M25

M06

B36

R08

AR1

R03

B31

Q02

AR2

B55

B39

R02
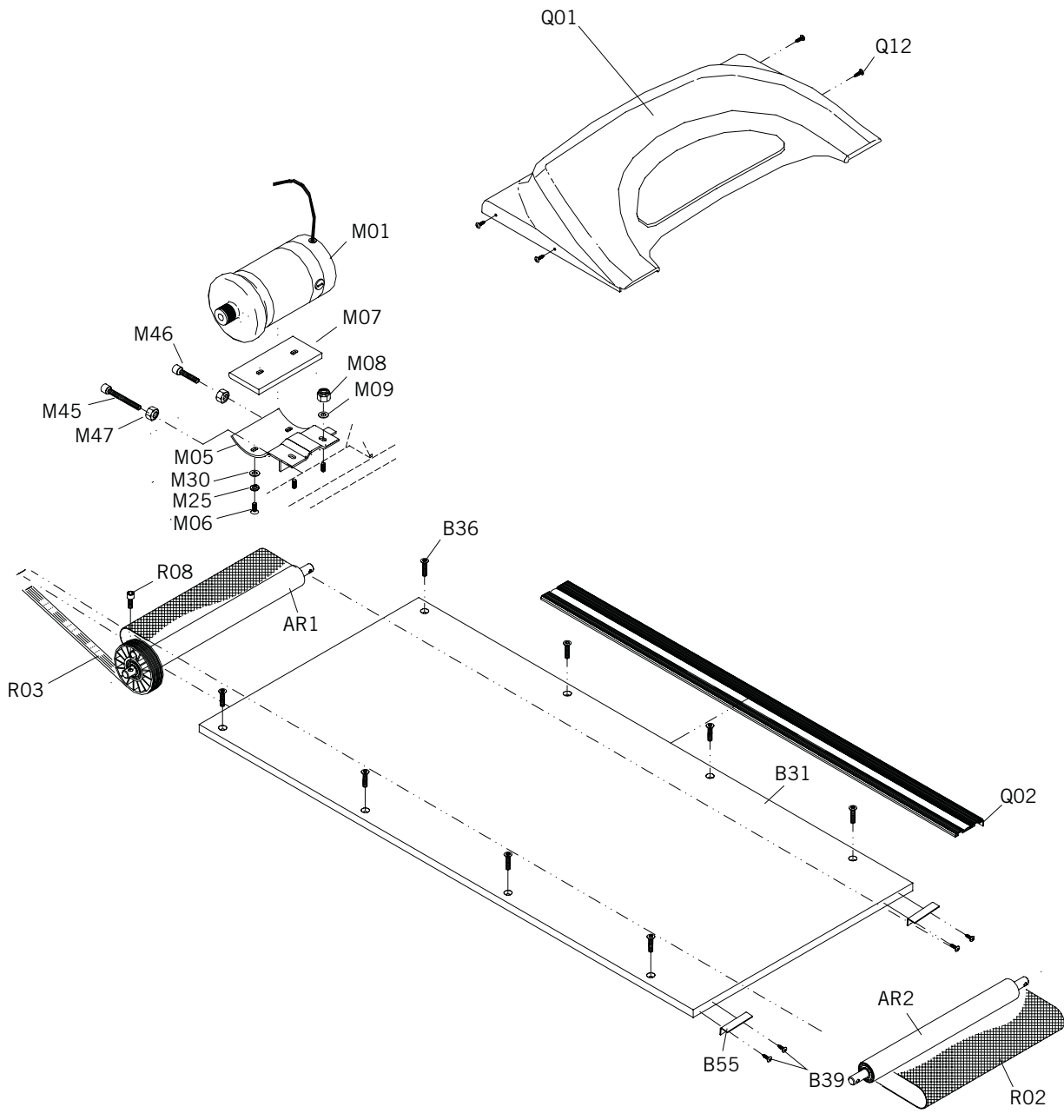
Exploded View For All Models

Limited Warranty

FRAME • 10 YEARS
Sears warrants the frame against defects in workmanship and materials for
the ten years of the original owner.

DRIVE MOTOR • 3 YEARS
Sears warrants the drive motor against defects in workmanship and materials
for a period of three years from the date of purchase, so long as the device remains in
the possession of the original owner.

ELEVATION MOTOR • 3 YEARS
Sears warrants the elevation motor against defects in workmanship and
materials for a period of three years from the date of purchase, so long as the device
remains in the possession of the original owner.

ELECTRONICS & PARTS • 1 YEAR
Sears warrants the electronic components, finish and all original parts for a period of one year from the
date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 1 YEAR
Sears shall cover the labor cost for the repair of the device for a period of one year from the date of the
original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS
This warranty applies only to the original owner and is not transferable. This warranty is expressly limited
to the repair or replacement of a defective frame, motor, electronic component, or defective part and is
the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or
maintenance, or installation of parts or accessories not originally intended or compatible with the
Treadmill as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion,
discoloration of paint or plastic, or neglect. Sears shall not be responsible for incidental or consequential
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