

HAMMER[®]STRENGTH[®]

**HAMMER
STRENGTH[®]**

HD Tread Assembly Instructions

PT-ST



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*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wo websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Safety

Safety Instructions



Read all instructions before use.



CAUTION: Any changes or modifications to this equipment could void the product warranty.



CAUTION: Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



WARNING: Do not use for stretching and do not attach straps or other devices.



WARNING: Keep batteries out of reach of children.

Some chest straps may contain a removable battery.

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
- If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.



WARNING: Batteries may not be exploited to fire or get into contact with other metal objects. If you don't use the equipment for a longer period of time, remove batteries to avoid any damage by leaking or corroding batteries. If battery is depleted, insert new batteries into the equipment. If battery has leaked, remove all residue immediately. Avoid contact with eyes and if you come in contact with residue, wash thoroughly.



WARNING: If rechargeable batteries are in use, they must be removed from the equipment for recharging. The charged battery must deliver 1.5 V output.



WARNING: Never use batteries other than D-Cell (LR-20) batteries. Do not use different battery types or depleted and new batteries together.



WARNING: Always insert batteries with correct polarity.



WARNING: Do not attempt to recharge non rechargeable batteries.



WARNING: Never short circuit battery connection terminals.



WARNING: Children shall not play with the training equipment.



WARNING: Cleaning and user maintenance shall not be made by children without supervision.

- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.

- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the treadmill.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr (commercial units) and 8 km/hr (home units). Noise emission under load is higher than without load.
- Free standing equipment shall be installed on a stable and leveled surface.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

Consignes de Sécurité

 Veuillez lire toutes les instructions avant usage.

-  **ATTENTION :** Toute modification apportée à cet équipement pourrait en annuler la garantie.
-  **ATTENTION :** Risque de blessures - pour éviter toute blessure, faire preuve d'extrême prudence pour monter sur un tapis en mouvement, ou pour en descendre. Lisez les instructions d'assemblage avant toute utilisation.
-  **AVERTISSEMENT :** Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Family of Brands Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.
-  **AVERTISSEMENT :** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement l'exercice.
-  **AVERTISSEMENT :** Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.
-  **AVERTISSEMENT :** Tenir les piles hors de portée des enfants.
Certaines sangles de poitrine peuvent contenir une pile jetable.
 - L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
 - Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
 - Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
 - Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
 - Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.
-  **AVERTISSEMENT :** Les piles ne doivent pas être exposées au feu ni entrer en contact avec d'autres objets métalliques. En cas d'inutilisation prolongée de l'appareil, retirez les piles afin d'éviter tout dommage dû à une fuite ou à une corrosion des piles. Si les piles sont vides, installez des piles neuves dans l'appareil. En cas de fuite des piles, éliminez immédiatement tout résidu. Évitez tout contact avec les yeux et si vous entrez en contact avec le résidu, lavez soigneusement.
-  **AVERTISSEMENT :** En cas d'utilisation de piles rechargeables, celles-ci doivent être retirées de l'appareil pour être rechargées. La pile chargée doit fournir une sortie de 1,5 V.
-  **AVERTISSEMENT :** N'utilisez jamais de piles autres que des piles de type D (LR-20). N'utilisez pas des piles de types différents ou des piles vides et des piles neuves ensemble.
-  **AVERTISSEMENT :** Insérez toujours les piles en respectant la polarité.
-  **AVERTISSEMENT :** N'essayez pas de recharger des piles non rechargeables.
-  **AVERTISSEMENT :** Ne court-circuitez jamais les bornes de connexion.
-  **AVERTISSEMENT :** Les enfants ne doivent pas jouer avec les équipements d'entraînement.
-  **AVERTISSEMENT :** Le nettoyage et l'entretien par l'utilisateur ne doivent pas être effectués par des enfants sans supervision.
 - Pour un fonctionnement correct, suivez toujours les instructions de la console.
 - Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
 - N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
 - Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.

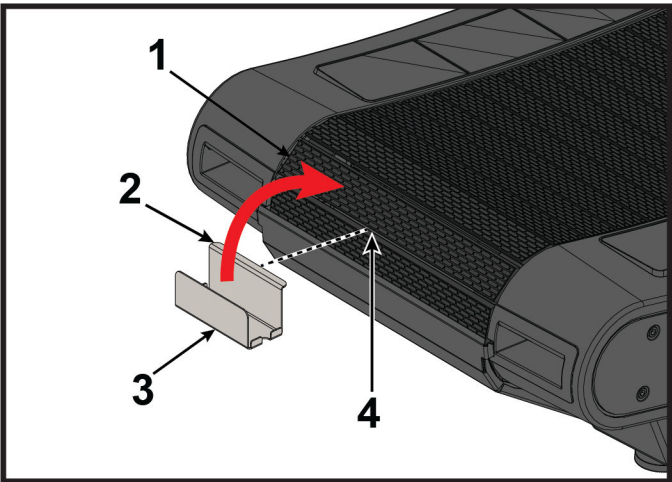
- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Les barres d'appui latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne reculez jamais sur le tapis, que ce soit en marchant ou en courant.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- Conformément à la directive Machines 2006/42/EC de l'Union européenne, à vide, cet équipement sans charge fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 12 km/h (gamme commerciale) et 8 km/h (gamme domestique). L'émission sonore sous charge est plus élevée que sans charge.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness Family of Brands n'est pas responsable des étiquettes manquantes ou endommagées.

Immobilization Method, Home use

The purpose of immobilizing the treadmill is to prevent unauthorized use by children when installed in a home. The belt lock is included with treadmill.

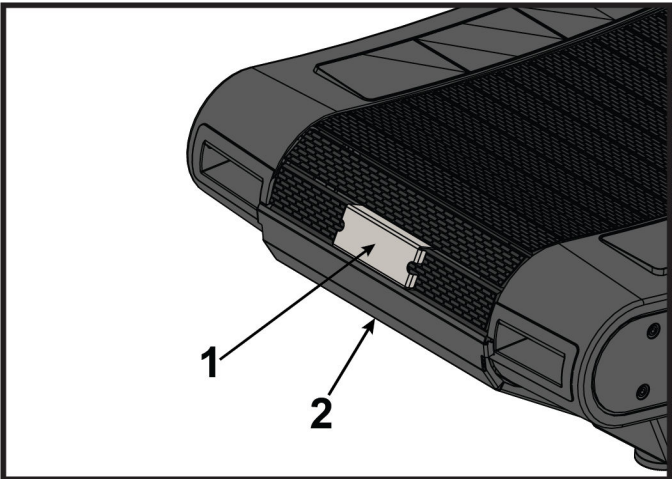
- 1. Hold belt lock as shown and insert tab into striding belt slats. Rotate forward to install belt lock onto striding belt slats.

NOTE: Make sure the tab on belt lock is facing down.



Item	Description	Qty
1	Striding belt slats	1
2	Tab on belt lock	1
3	Belt lock	1
4	Insert belt lock here	1

- 2. Rotate striding belt back until belt lock contacts rear guard.

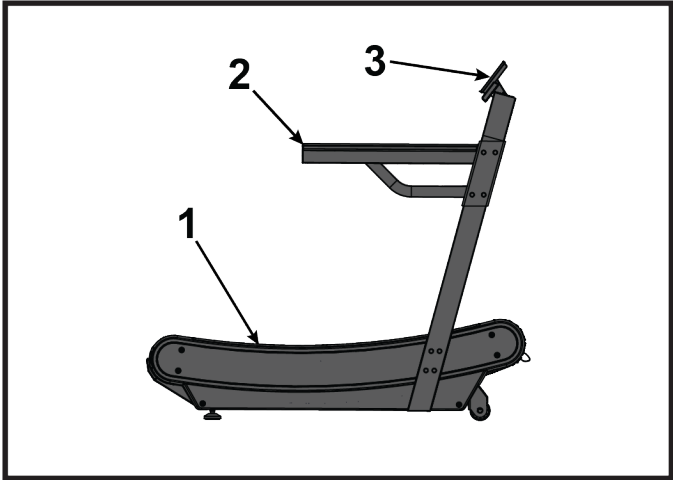


Item	Description	Qty
1	Belt lock	1
2	Rear guard	1

Remove belt lock by rotating striding belt forward. Then rotate top of belt lock backwards and remove tab from striding belt slats.

Biomechanical Positioning

The user shall be positioned on the striding belt facing the console. Handrails are used for mounting, dismounting, and balance.



Item	Description	Qty
1	Striding belt	1
2	Handrails	2
3	Console	1

This product is designed to exercise the major muscle groups in the upper and lower body.



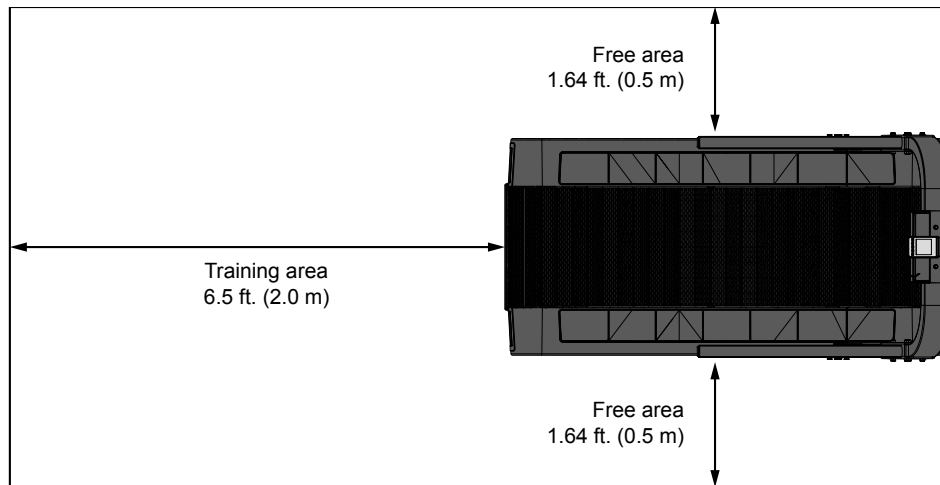
WARNING: Injuries to health may result from incorrect or excessive training.

2. Getting Started

Free Area and Training Area

1. Read the entire manual before setting up the treadmill.
2. After following all Safety Instructions, move the treadmill to the location where it will be used.
3. The following information is supplied as regional reference data regarding safety clearances around the exterior of the treadmill.
 - **EU:** The European EN ISO 20957 Safety Standard requires a 6.5 ft. (2 m) minimum from the rear of the treadmill to any object or surface and at least as wide as the treadmill.
 - **U.S. and other regions:** The ASTM International (ASTM) F2115 - 12 Standard recommends the minimum dimensions to be 1.64 ft. (0.5 m) on each side of the treadmill and 6.5 ft. (2 m) behind the rearward most portion of the usable moving surface or 6.5 ft. (2 m) behind the furthest rearward obstruction to emergency egress from the treadmill.

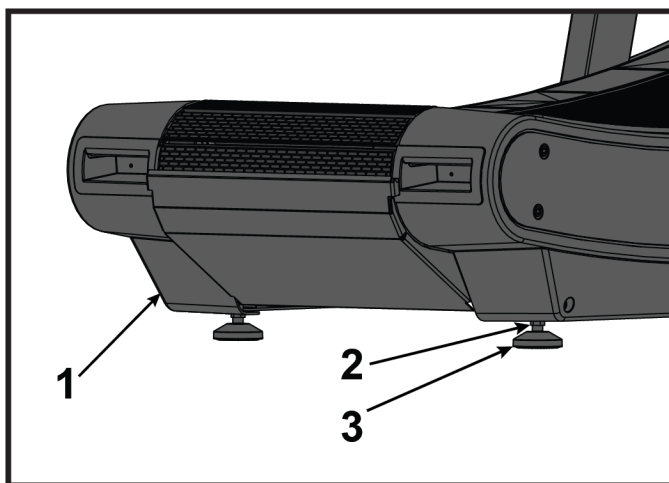
Free Area and Training Area



How to Stabilize Treadmill

After placing unit where it will be used, check its stability. Determine if there is even a slight rocking motion or unit is not stable.

1. Determine which stabilizing leg is not resting on floor.

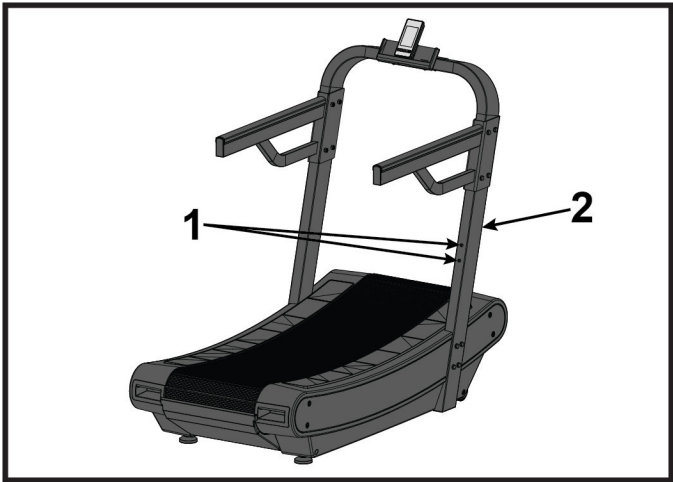


Item	Description	Qty.
1	Base	1
2	Threaded stud	2
3	Stabilizing leg	2

2. Loosen jam nut.
3. Turn stabilizing leg until rocking motion ceases, and both stabilizing legs rest firmly on floor.
4. Tighten jam nut.

Water Bottle Holder (optional)

A standard bicycle water bottle holder can be installed on the mounting bolts on right upright. Water bottle holders are not available through Hammer Strength.

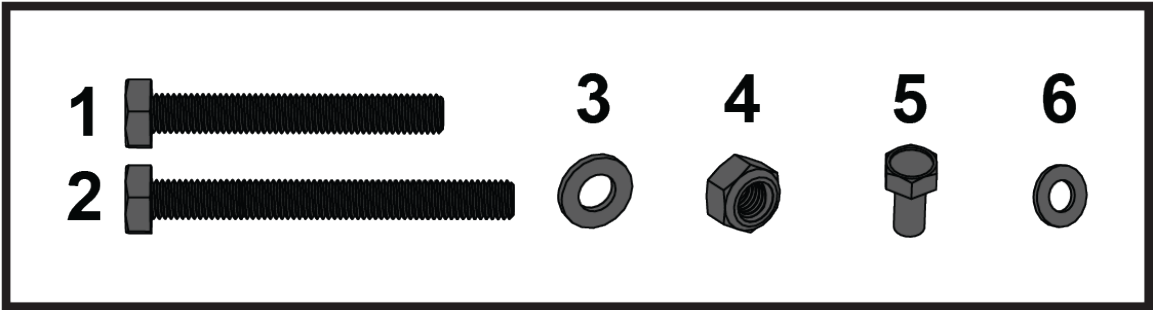


Item	Description	Qty
1	Mounting bolt	2
2	Right upright	1

3. Assembly

Hardware and Tools Required

Hardware:



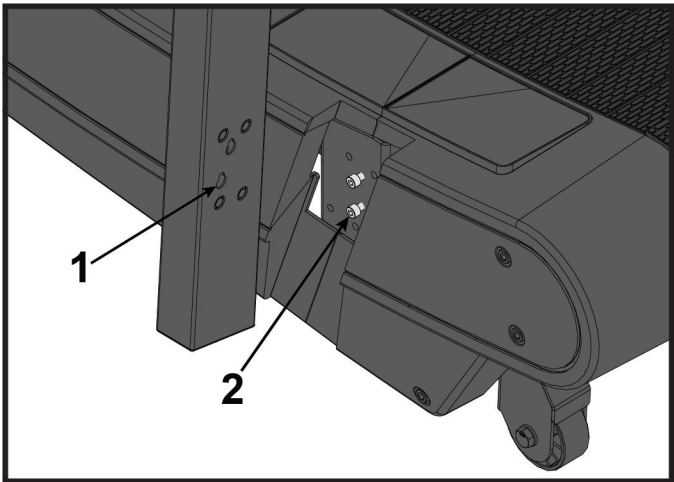
Item	Description	Qty.
1	Screw, M10 X 1.5 X 65 mm, HXS, Hex	8
2	Screw, M10 X 1.5 X 80 mm, HXS, Hex	8
3	Washer, M10.5 X 22 X 2, Flat	24
4	Nut: Hex, M10 X 1.5	8
5	Screw, M8 X 1.25 X 16 mm, HXS, Hex	2
6	Washer, M8 X 19 X 1, Flat	2

Tools Required:

- Phillips screwdriver
- 13 mm Socket wrench
- 17 mm Socket wrench
- 17 mm Open end wrench

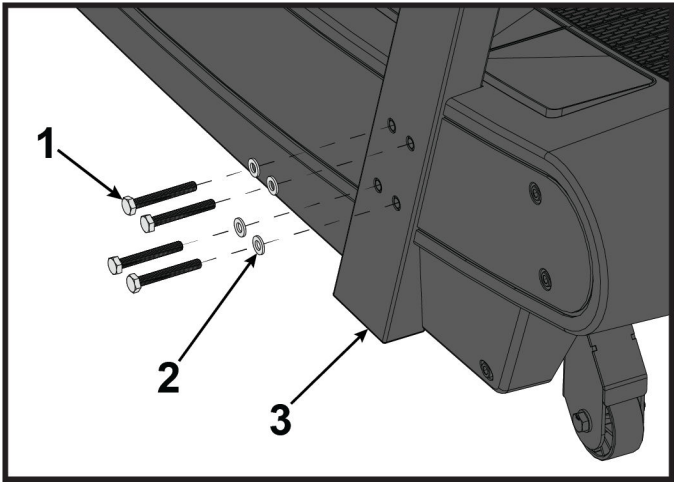
Install Right Upright

1. Lift right upright and place keyhole slots over bolts in base.



Item	Description	Qty
1	Keyhole slot	2
2	Bolt in base	2

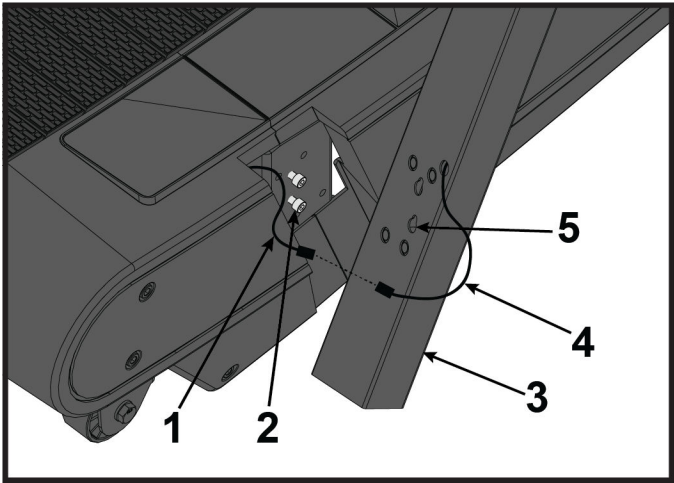
2. Install four screws and four washers securing right upright to base using a 17 mm socket wrench. Torque to 20-25 ft-lbs.



Item	Description	Qty
1	Screw, M10 X 1.5 X 65 mm	4
2	Washer, M10.5 X 22 X 2, Flat	4
3	Right upright	1

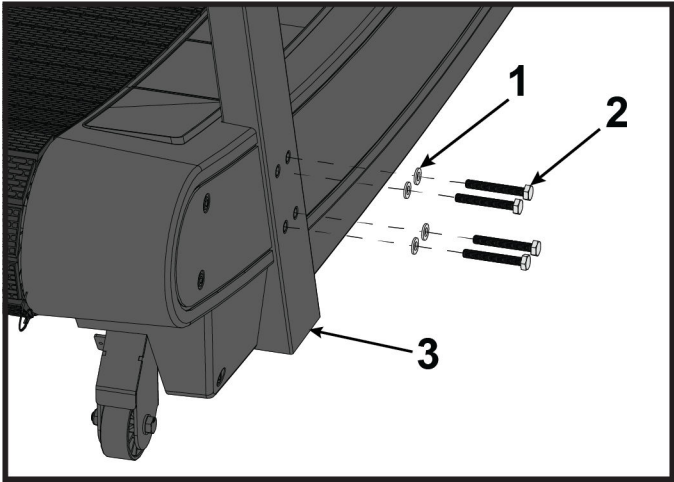
Install Left Upright

1. Plug upper console cable from left upright into lower console cable in base.



Item	Description	Qty
1	Lower console cable	1
2	Bolt in base	2
3	Left upright	1
4	Upper console cable	1
5	Keyhole slot	2

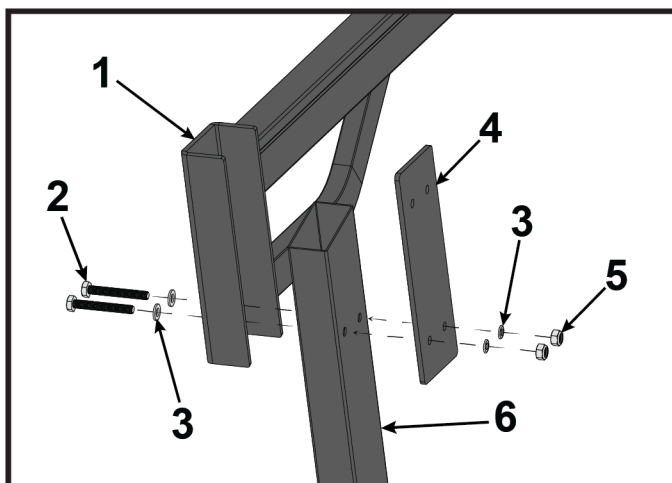
2. Lift left upright and place keyhole slots over bolts in base.
NOTE: Do not pinch console cable when installing left upright.
3. Install four screws securing left upright to base using a 17 mm socket wrench. Torque to 20-25 ft-lbs.



Item	Description	Qty
1	Washer, M10.5 X 22 X 2, Flat	4
2	Screw, M10 X 1.5 X 65 mm	4
3	Left upright	1

Install Right Handrail

1. Place right handrail in position on right upright and insert two screws and washers into lower holes in right upright.



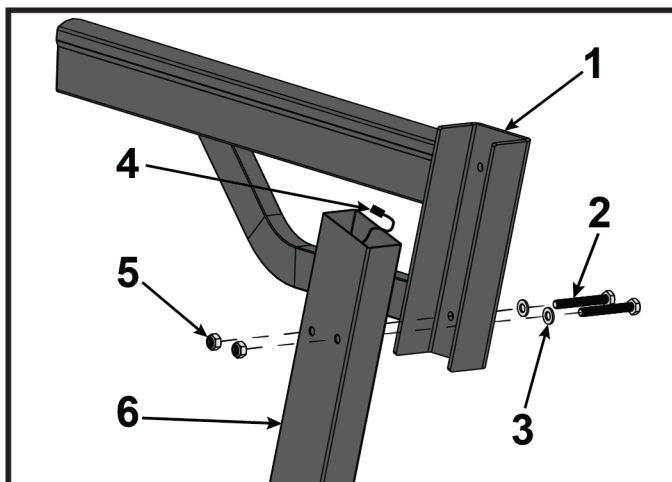
Item	Description	Qty
1	Right handrail	1
2	Screw, M10 X 1.5 X 80 mm	2
3	Washer, M10.5 X 22 X 2, Flat	4
4	Handrail plate	1
5	Nut: Hex, M10 X 1.5	2
6	Right upright	1

2. Place handrail plate in position and thread two nuts and two washers onto screws by hand.

NOTE: Do not fully tighten screws and nuts at this time.

Install Left Handrail

1. Place left handrail in position on left upright and insert two screws and two washers into left upright.



Item	Description	Qty
1	Left handrail	1
2	Screw, M10 X 1.5 X 80 mm	2
3	Washer, M10.5 X 22 X 2, Flat	2
4	Middle console cable	1
5	Nut: Hex, M10 X 1.5	2
6	Left upright	1

NOTE: Do not pinch middle console cable.

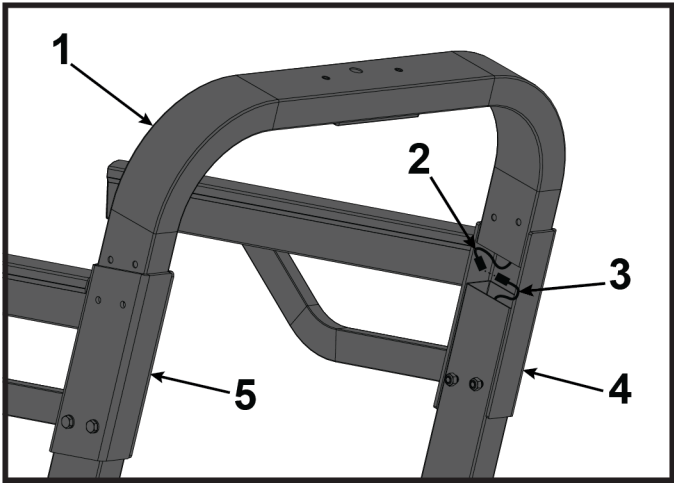
2. Thread two nuts onto screws by hand.

NOTE: Do not fully tighten screws and nuts at this time.

NOTE: Do not install handrail plate at this time.

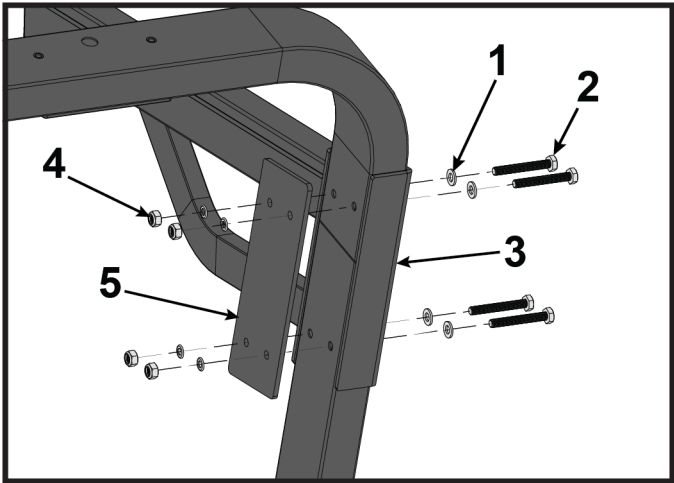
Install Console Crossbar

1. Place right side of console crossbar onto right handrail.



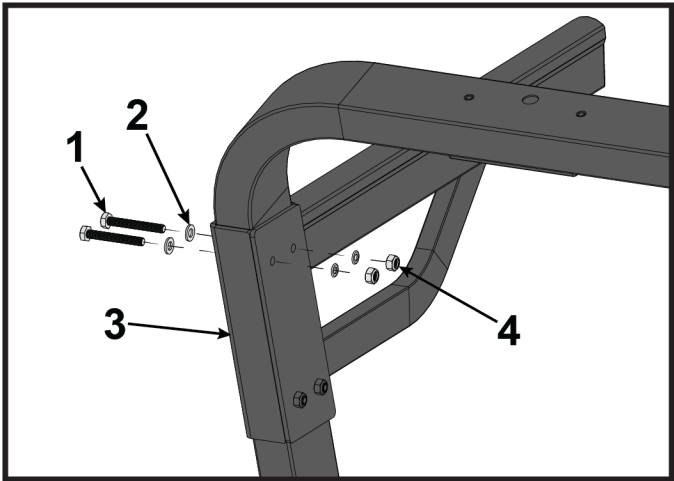
Item	Description	Qty
1	Console crossbar	1
2	Upper console cable	1
3	Middle console cable	1
4	Left handrail	1
5	Right handrail	1

2. Plug upper console cable into middle console cable.
3. Lower console crossbar onto left handrail
- NOTE:** Do not pinch console cables.
4. While holding left handrail in place, remove two nuts from left upright.
5. Install handrail plate to left handrail and upright with four screws, eight washers, and four nuts using a 17 mm open end wrench and 17 mm socket wrench. Torque to 20-25 ft-lbs.



Item	Description	Qty
1	Washer, M10.5 X 22 X 2, Flat	8
2	Screw, M10 X 1.5 X 80 mm	4
3	Left handrail and upright	1
4	Nut: Hex, M10 X 1.5	4
5	Handrail plate	1

6. Install two screws, four washers, and two nuts securing console crossbar to right handrail and upright using a 17 mm open end wrench and 17 mm socket wrench. Torque to 20-25 ft-lbs.

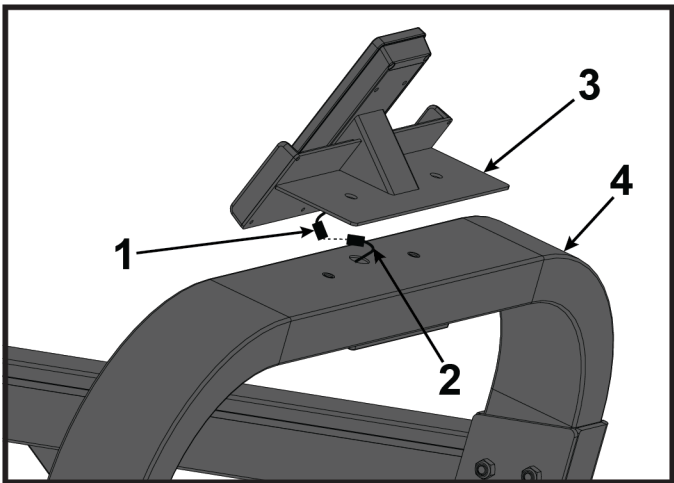


Item	Description	Qty
1	Screw, M10 X 1.5 X 80 mm	2
2	Washer, M10.5 X 22 X 2, Flat	4
3	Right handrail and upright	1
4	Nut: Hex, M10 X 1.5	2

7. Tighten two lower screws and two nuts using a 17 mm open end wrench and 17 mm socket wrench. Torque to 20-25 ft-lbs.

Install Console

1. Plug console cable into upper console cable.

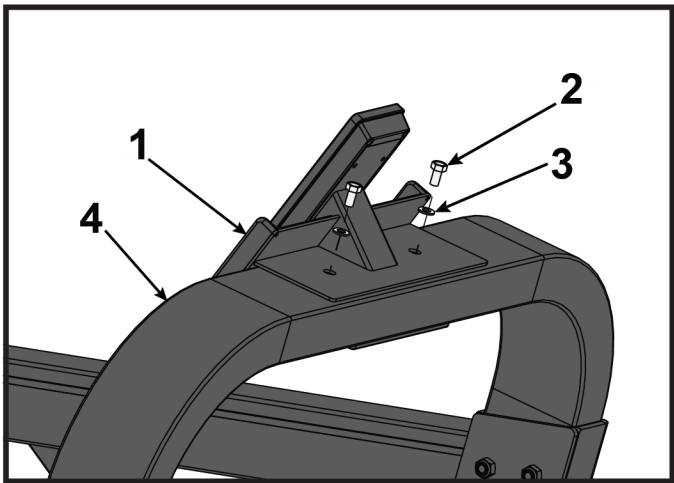


Item	Description	Qty
1	Console cable	1
2	Upper console cable	1
3	Console bracket	1
4	Console crossbar	1

2. Lower console bracket onto console crossbar.

NOTE: Do not pinch console cable.

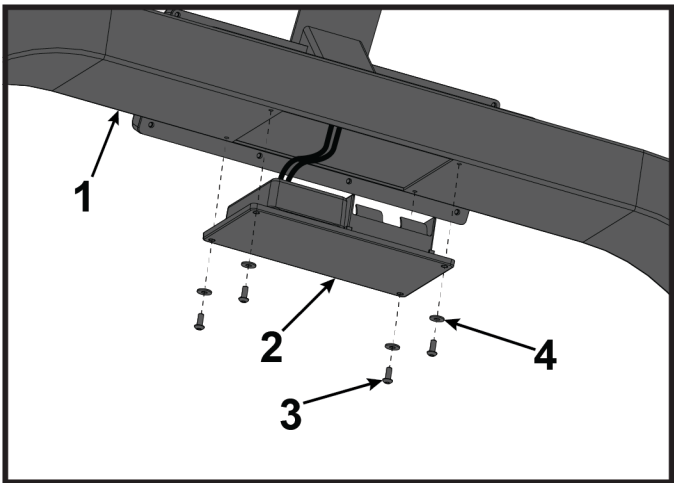
3. Install two screws and two washers securing console bracket to console crossbar using a 13 mm socket wrench. Torque to 7 ft-lbs.



Item	Description	Qty
1	Console bracket	1
2	Screw, M8 X 1.25 X 16 mm	2
3	Washer, M8 X 19 X 1, Flat	2
4	Console crossbar	1

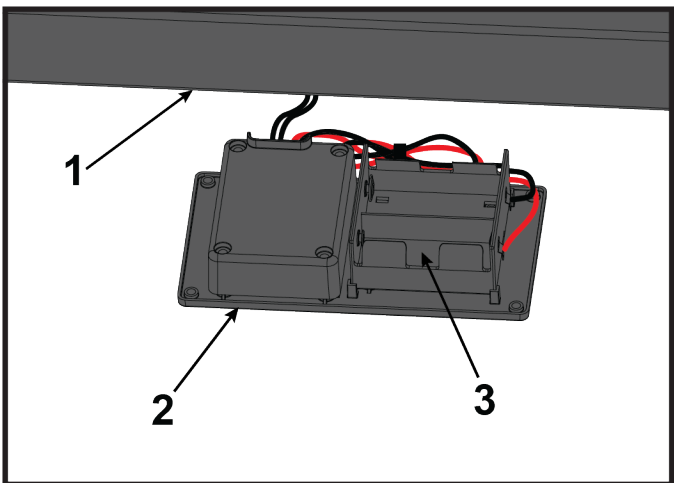
Install Batteries

1. Remove four screws and four washers securing battery cover to console crossbar using a Phillips screwdriver.



Item	Description	Qty
1	Console crossbar	1
2	Battery cover	1
3	Screw	4
4	Washer	4

2. Install two D cell batteries into battery holder.
- NOTE:** Make sure batteries are installed in the correct direction.



Item	Description	Qty
1	Console crossbar	1
2	Battery cover	1
3	Battery holder	1

3. Install four screws and four washers securing battery cover to console crossbar using a Phillips screwdriver. Torque to 5 in-lbs.

Complete Installation

1. Place treadmill in location where it will be used. See [Free Area and Training Area](#).
2. Stabilize treadmill to prevent rocking. See [How to Stabilize Treadmill](#).

4. Specifications

Specifications

Designed Use	EN 957-6, Product Class S
Maximum User Weight	350 lbs. / 159 kg
Drive Type	Belt
Power Requirements	Battery power console. Two D cell batteries.
Heart Rate	Wireless heart rate using an Analog signal.
Operation Frequency	2402 ~ 2480 Mhz
RF Output Power	0.22 Mw

	Physical Dimensions	Shipped Dimensions
Length	67.5 in. / 171.5 cm	69.5 in. / 176.5 cm
Width	34.5 in. / 87.6 cm	37 in. / 94 cm
Height	64 in. / 162.5 cm	24 in. / 61 cm
Weight	368 lbs. / 167 kg	440 lbs. / 200 kg

