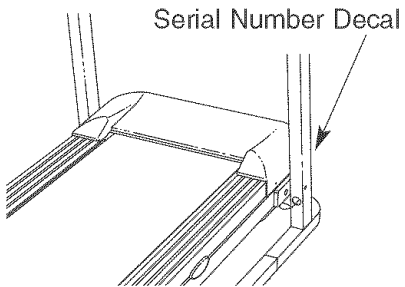


webb®

# Cadence 78e

Model No. 831.29522.0

Serial No. \_\_\_\_\_

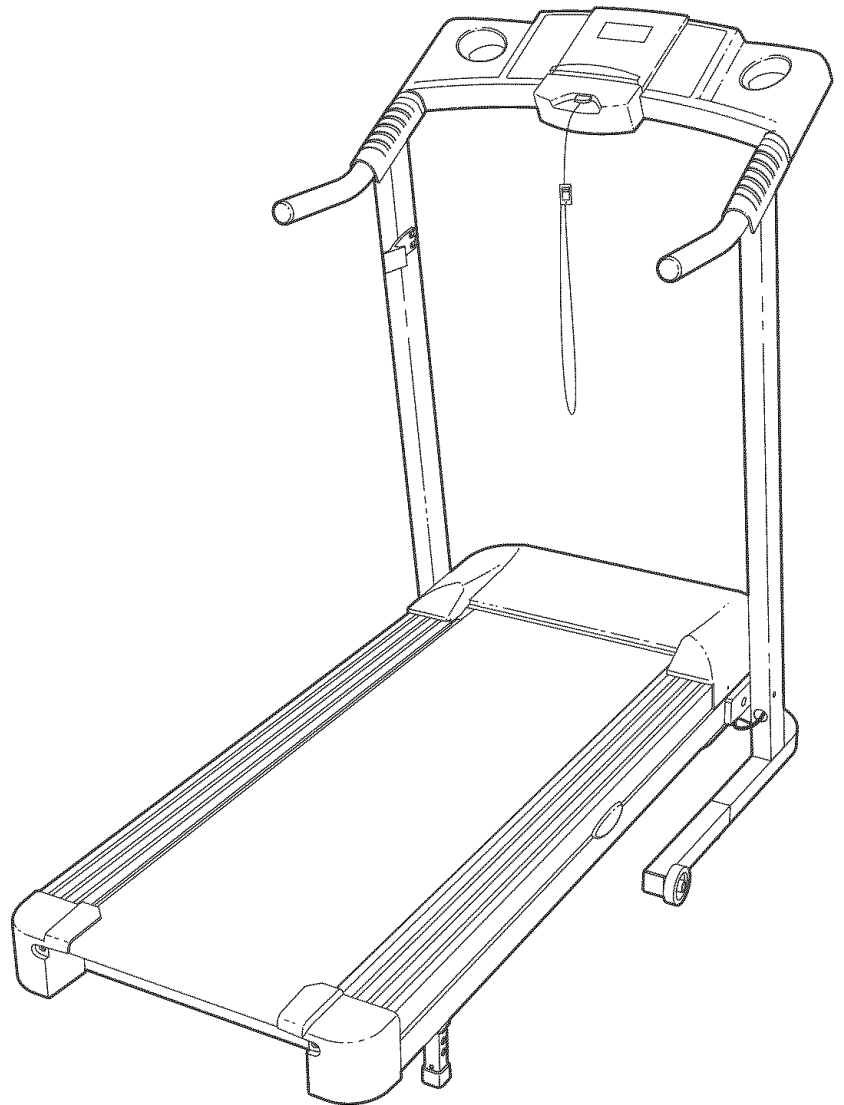


- Assembly
- Operation
- Maintenance
- Part List and Drawing

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## TREADMILL EXERCISER User's Manual



Sears, Roebuck and Co., Hoffman Estates, IL 60179

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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

# IMPORTANT PRECAUTIONS

**▲ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local Sears store or call 1-800-366-7278 and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See page 12 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
19. Do not change the incline of the treadmill by placing objects under the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and properly tighten all parts of the treadmill regularly.

22. Never drop or insert any object into any opening.

23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an

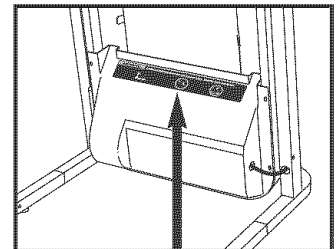
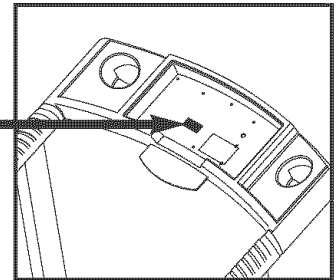
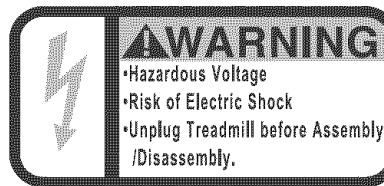
authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing or illegible, please call toll-free 1-866-699-3756 and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



**WARNING:** Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

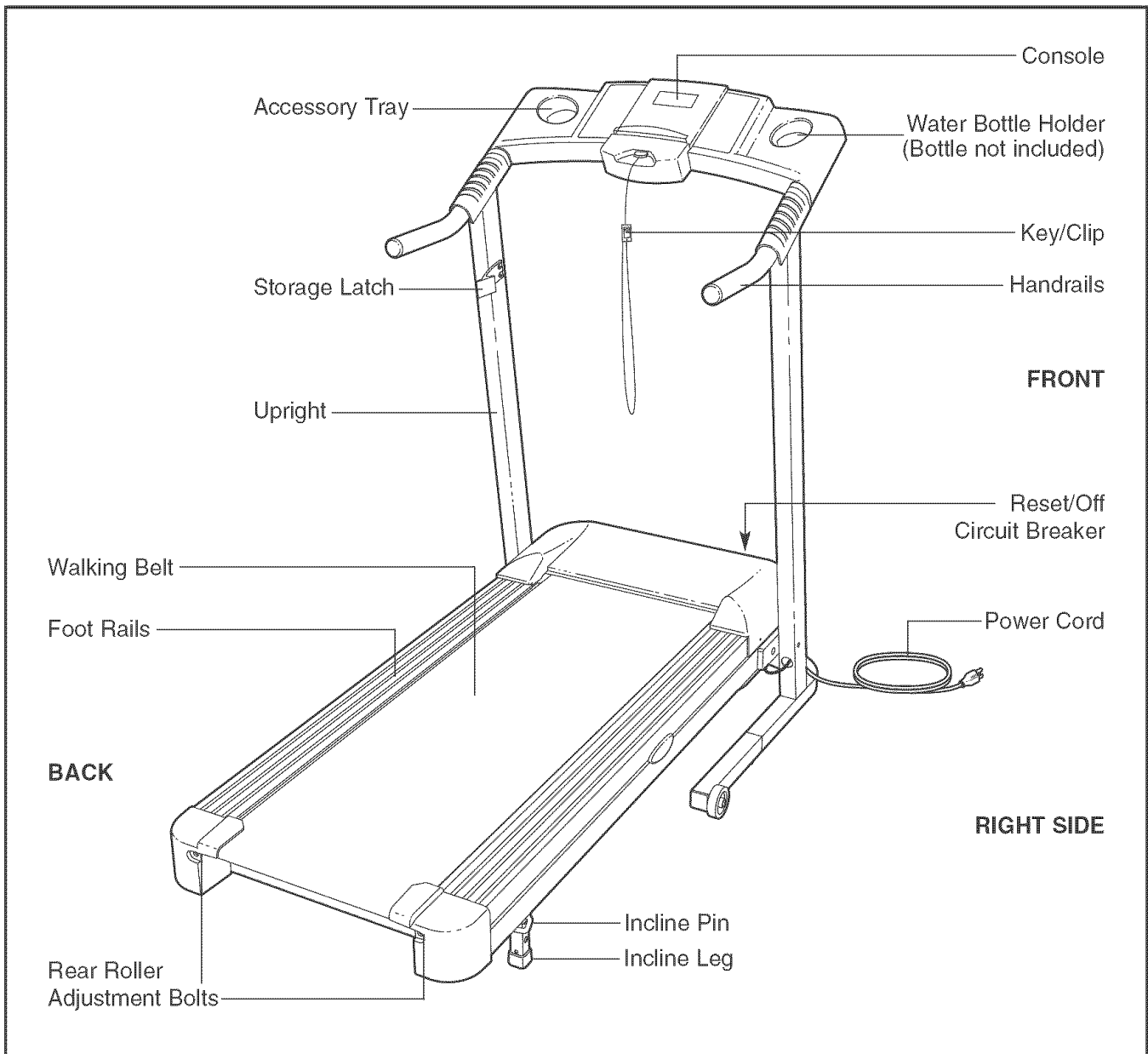
# BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 78e treadmill. The CADENCE 78e treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 78e treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-

ing this manual, call 1-800-4-MY-HOME® (1-800-469-4663). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.29522.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).



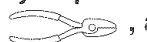
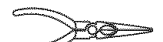
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# ASSEMBLY

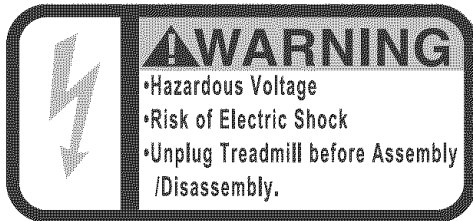
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches  and your own phillips screwdriver  , wire cutters  , and needlenose pliers  .

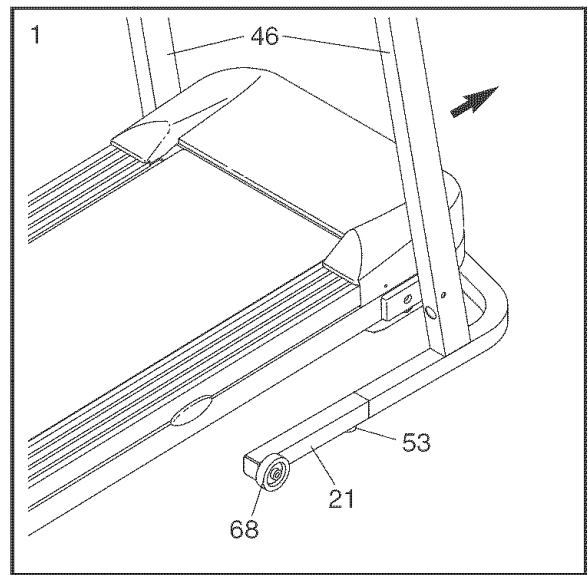
For help identifying the assembly hardware, see the **PART IDENTIFICATION CHART** attached in the center of this manual. If a part is not in the parts bag, first check to see if it has been pre-assembled. If a part is missing, call toll-free 1-866-699-3756.

## 1. Make sure that the power cord is unplugged.



With the help of another person, raise the Uprights (46) to the vertical position. Insert one of the Base Legs (21) into the treadmill as shown. (Note: It may be helpful to tip the Uprights as you insert the Base Leg.) **Make sure that the Thin Base Pad (53) is under the Base Leg and that the Wheel (68) is positioned as shown.**

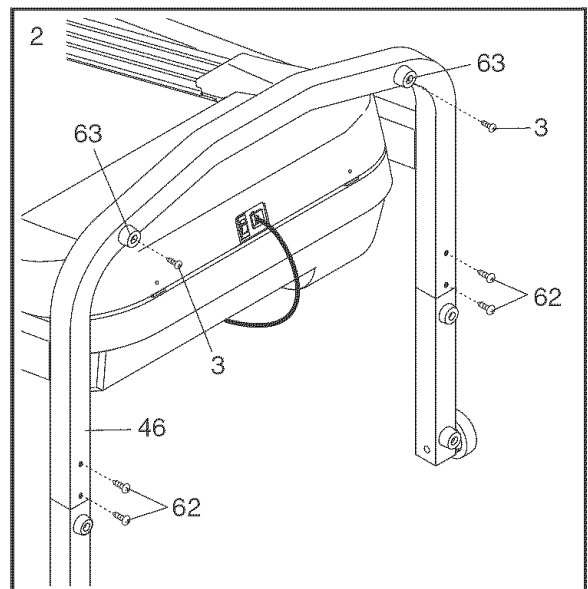
Insert the other Base Leg (not shown) in the same way.



## 2. With the help of a second person, carefully lower the Uprights (46) to the floor. **Make sure that the Base Legs (21) do not fall out of the base of the Uprights.** Attach the Base Legs with the four Base Leg Screws (62).

Attach the two Base Pads (63) to the base of the Uprights (46) in the locations shown with the two 3/4" Tek Screws (3).

With the help of another person, raise the Uprights (46) to the vertical position.

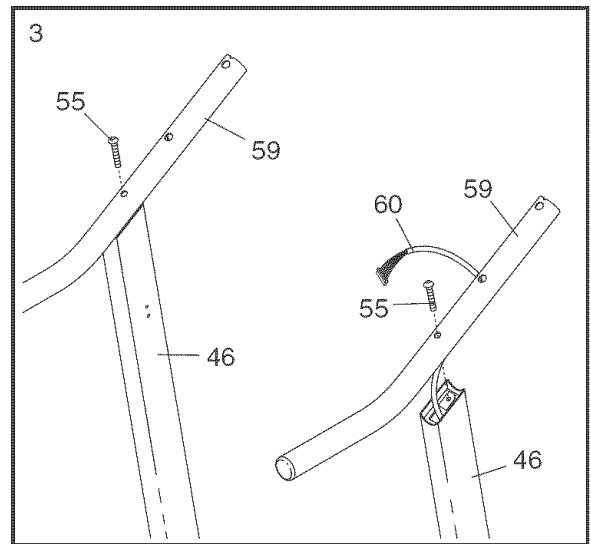


- If there is a plastic tie in the right Upright (46), remove the plastic tie.

Hold one of the Handrails (59) near the right Upright (46) as shown. Insert the Wire Harness (60) up through the hole in the bottom of the Handrail and out of the round hole in the side of the Handrail. If necessary, use needlenose pliers to pull the Wire Harness out of the hole. **Be careful not to damage the Wire Harness.**

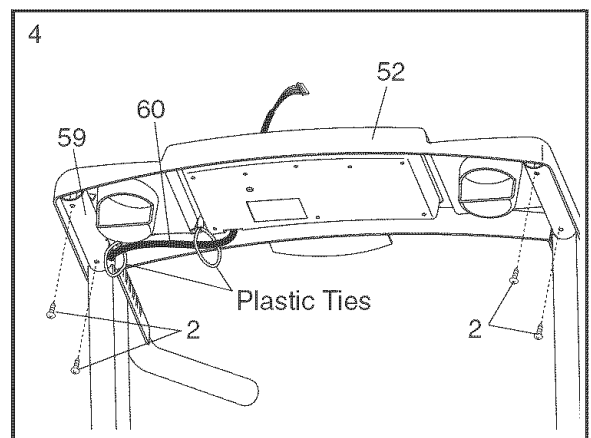
Set the Handrail (59) on the upper end of the right Upright (46). Tighten a Handrail Bolt (55) into the right Handrail and the Upright as shown. **Be careful not to pinch the Wire Harness (60).**

Attach the other Handrail (59) as described above. Note: There are no wires on the left side.



- Set the Console Base (52) on the Handrails (59). Thread four 3/4" Screws (2) into the Handrails and the Console Base. After you have started all four Screws, **tighten the Screws until they are snug; do not overtighten the Screws.** Note: It may be helpful to press down on the top of the Console Base above the Handrails as you tighten the Screws.

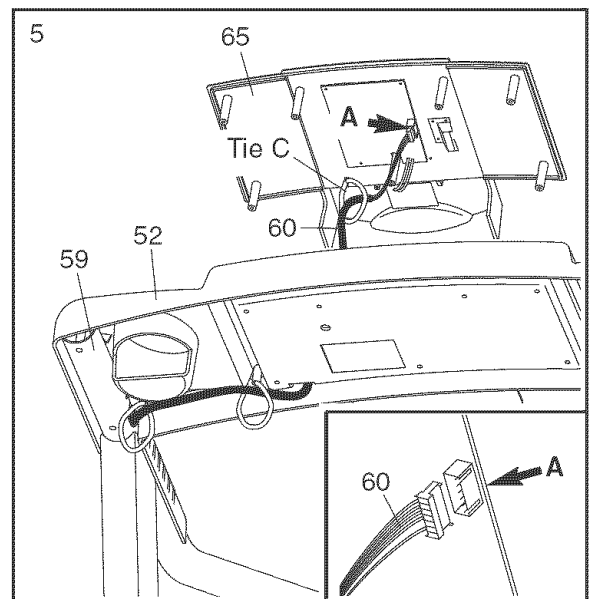
Insert the Wire Harness (60) through the two indicated plastic ties on the Console Base (52) and up through the hole in the Console Base as shown.



- Hold the Console (65) near the Console Base (52). **Touch the right Handrail (59) to discharge any static.**

Insert the Wire Harness (60) through the plastic tie labeled C in the drawing at the right. Next, locate the connector on the Wire Harness. Plug the Wire Harness into the connector labeled A in the drawing at the right and in the inset drawing. **The connectors should slide together easily and snap into place.** If they do not, turn the connector on the Wire Harness and try again. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

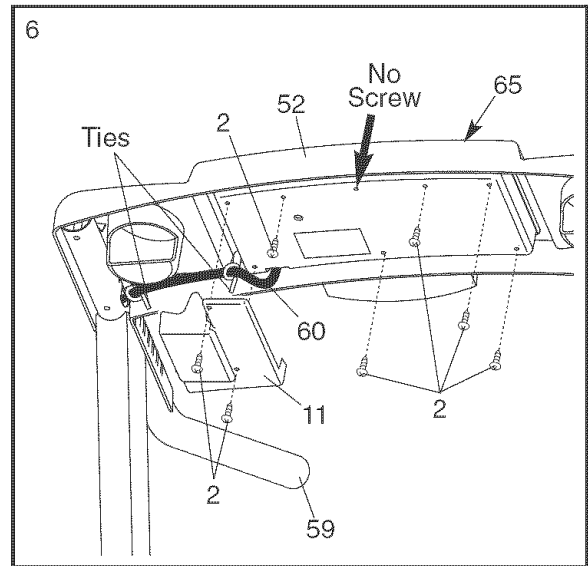
Pull any slack in the Wire Harness (60) through the plastic tie labeled C, and **securely tighten the plastic tie around the Wire Harness.** Cut off the end of the plastic tie.



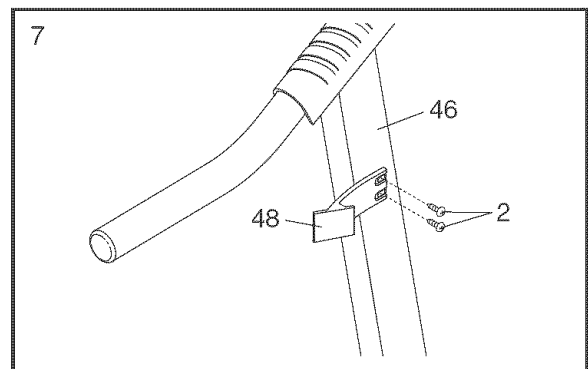
6. Set the Console (65) in the Console Base (52). **Make sure that no wires are pinched.** Insert as much of the Wire Harness (60) as possible down into the hole in the right Handrail (59). **Securely tighten the plastic tie nearest to the right Handrail.** Pull any excess Wire Harness between the plastic ties tight and then tighten the other plastic tie. Cut off the ends of the plastic ties.

Cover the Wire Harness (60) with the Wire Cover (11), and route the Wire Harness out of the hole in the side of the Wire Cover. Attach the Wire Cover to the back of the Console Base (52) with two 3/4" Screws (2). **Do not overtighten the Screws.**

Attach the Console (65) to the Console Base (52) with five 3/4" Screws (2) in the locations shown. **Note: There should not be a Screw in the hole indicated by the arrow. Do not overtighten the Screws.**



7. Attach the Storage Latch (48) to the left Upright (46) with two 3/4" Screws (2).



8. **Make sure that all parts used in assembly are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.



# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased 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.

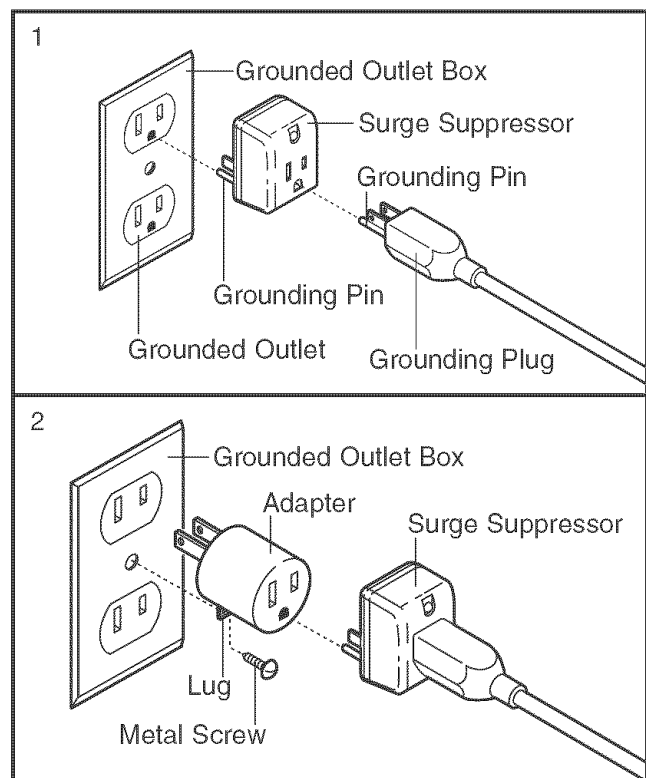
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local Sears store or call 1-800-366-7278 and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk

of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



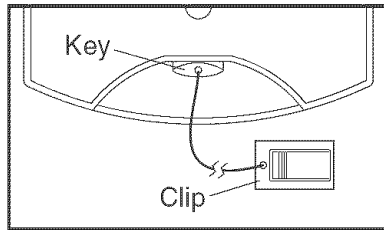
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 9).

Next, step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes.



Then, insert the key fully into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Note: To prevent damage to the walking platform, always wear clean shoes when using the treadmill.

Follow the steps below to operate the console.

### 1 Insert the key fully into the console.

When the key is inserted, the display will light. Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

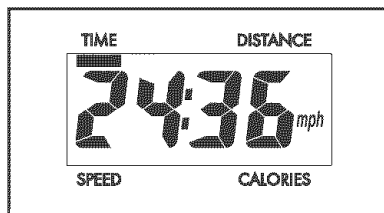
### 2 Adjust the speed of the walking belt.

To start the walking belt, press the Digital Speed increase button. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Digital Speed buttons. Note: It may take a moment for the walking belt to reach the selected speed setting.

To stop the walking belt, press the Stop button.

### 3 Follow your progress with the display.

As you exercise, the display will show the elapsed time, the speed of the walking belt, the approximate number of calories that you have burned, and the distance that you have walked or run during your workout.



Note: The console can display distance and speed in either miles or kilometers. To change the unit of measurement, first hold down the Stop button while inserting the key into the console. An "E," for English miles, or an "M," for metric kilometers, will appear in the display. Press the Digital Speed increase button to change the unit of measurement. Then, press the Stop button.

### 4 When you are finished exercising, remove the key from the console.

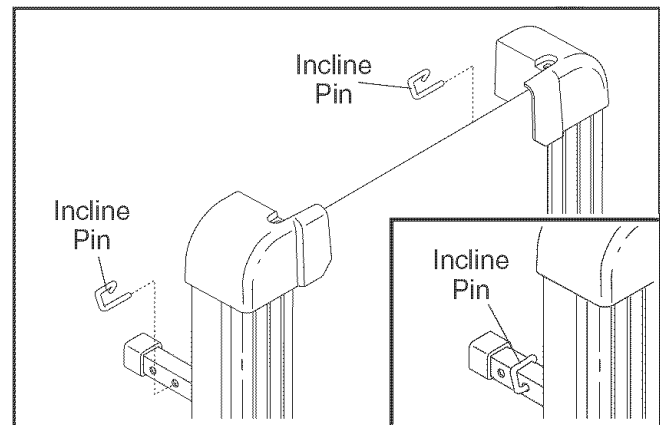
After removing the key, unplug the power cord. Make sure to keep the key in a secure place.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 13).

## HOW TO CHANGE THE INCLINE

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 11).

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired height, and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing. Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**



**CAUTION:** Before using the treadmill, make sure that both incline legs are at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

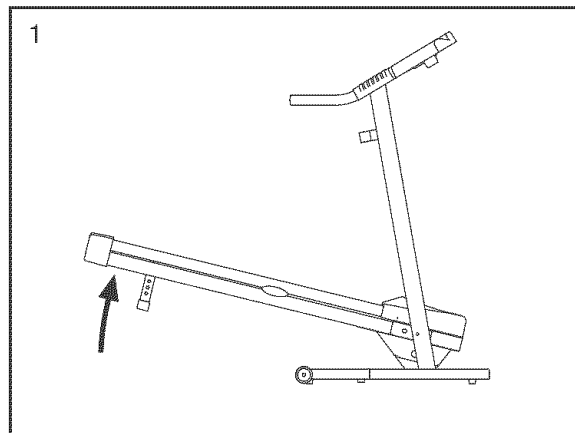
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

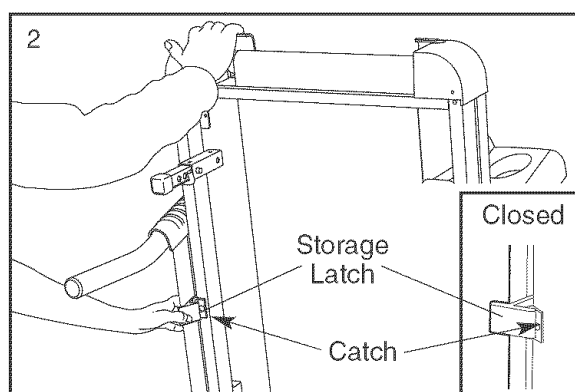
**CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower or move the treadmill.**

1. Hold the treadmill with your hands in the location shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

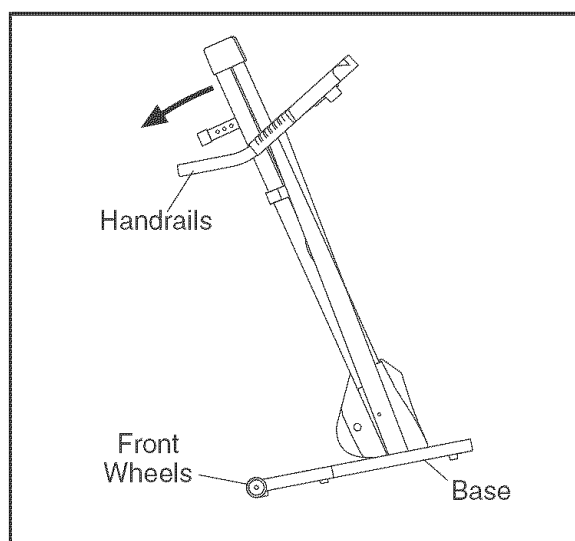
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the storage latch.**

1. Hold the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill to the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

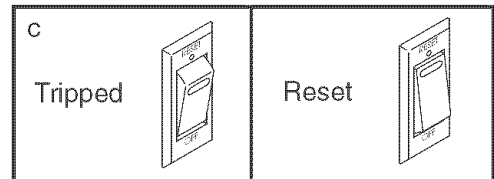
1. See drawing 2 above. Hold the upper end of the treadmill with your right hand. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and the foot rails are past the storage latch.
2. See drawing 1. Hold the treadmill frame with both hands and lower it to the floor. **Do not drop the treadmill frame. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# MAINTENANCE AND TROUBLESHOOTING

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM:** The power does not turn on

- SOLUTION:**
- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.
  - After the power cord has been plugged in, make sure that the key is fully inserted into the console.
  - Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

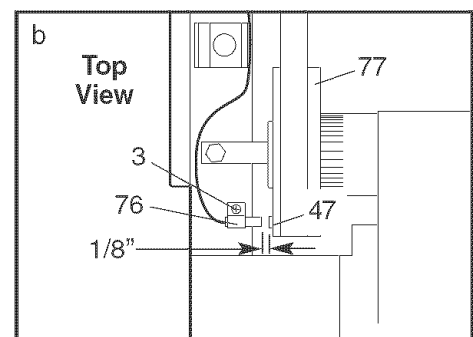


**PROBLEM:** The power turns off during use

- SOLUTION:**
- Check the reset/off circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
  - Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
  - Remove the key from the console. Reinsert the key fully into the console.
  - If the treadmill still will not run, please call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM:** The displays of the console do not function properly

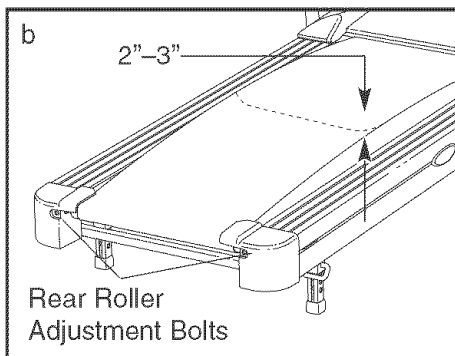
- SOLUTION:**
- Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (76) and the Magnet (47) on the left side of the Pulley (77). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (3), move the Reed Switch slightly, and then retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

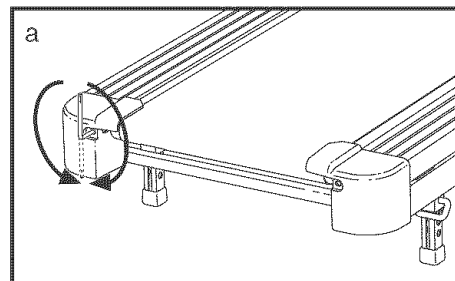
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



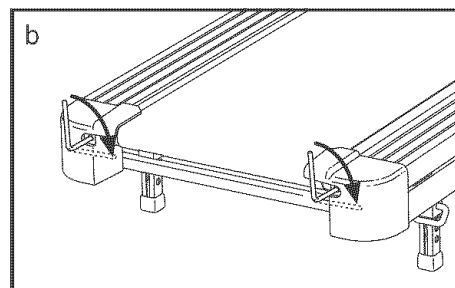
c. If the walking belt still slows when walked on, please call toll-free 1-800-4-MY-HOME® (1-800-469-4663).

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. **Be careful to keep the walking belt centered.** Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	113	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

## Fat Burning

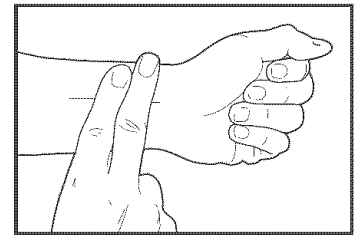
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate.



(A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

## WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

### A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

### Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

## A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

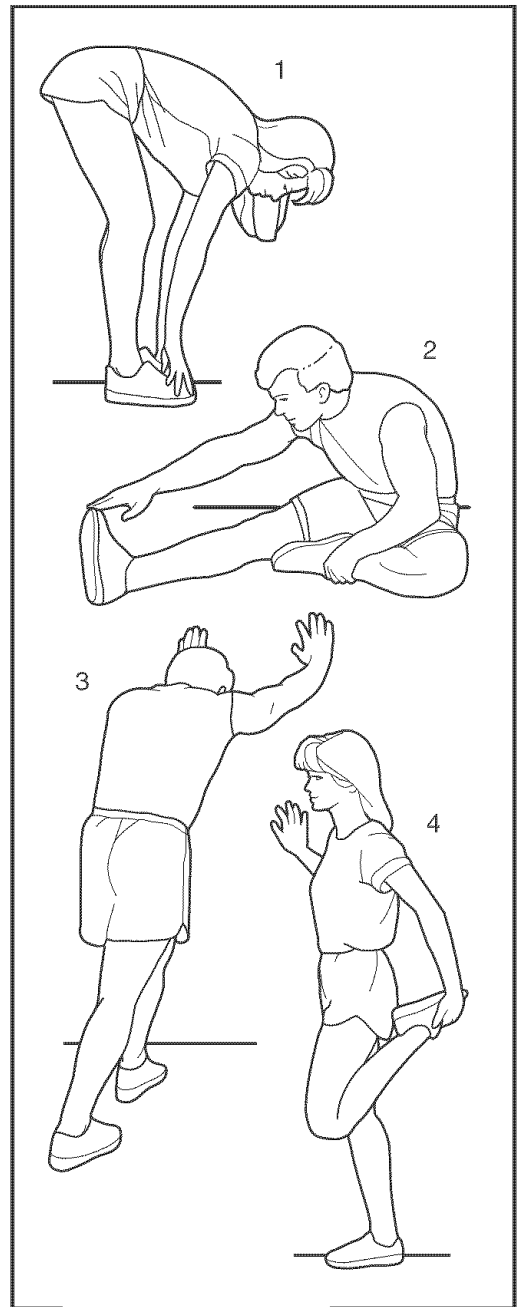
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. 831.29522.0

R0305C

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	49	1	Left Endcap
2	14	3/4" Screw	50	1	Ground Wire
3	13	3/4" Tek Screw	51	1	Key/Clip
4	5	8" Cable Tie	52	1	Console Base
5	1	Cable Tie	53	2	Thin Base Pad
6	1	Clamp Screw	54	1	Battery Cover
7	1	Cable Tie Clamp	55	2	Handrail Bolt
8	1	Left Foot Rail	56	1	Speed Potentiometer
9	2	Front Isolator	57	4	Hood Screw
10	2	Front Platform Screw	58	1	Upright Grommet
11	1	Wire Cover	59	2	Handrail
12	2	Incline Leg Washer	60	1	Wire Harness
13	1	Catch	61	2	Wheel Nut
14	2	Belt Guide	62	4	Base Leg Screw
15	4	Belt Guide Screw	63	4	Base Pad
16	1	Reed Switch Clip	64	1	Allen Wrench
17	2	Spacer Screw	65	1	Console
18	2	Hood Anchor	66	2	Upright Flat Washer
19	1	Motor	67	2	Wheel Bolt
20	1	Pulley/Flywheel/Fan	68	2	Wheel
21	2	Base Leg	69	2	Rear Platform Screw
22	1	Motor Tension Bolt	70	2	Frame Bolt
23	1	Motor Tension Washer	71	1	Motor Pivot Nut
24	1	Motor Star Washer	72	1	Walking Belt
25	1	Motor Tension Nut	73	1	Belly Pan
26	1	Motor Pivot Bolt	74	1	Walking Board
27	2	Frame Spacer	75	1	Large Warning Decal
28	1	Power Cord Grommet	76	1	Reed Switch/Sensor Wire
29	2	Upright Star Washer	77	1	Drive Roller/Pulley
30	1	Power Cord	78	2	Isolator
31	1	Controller	79	1	Frame
32	6	Electronic Screw	80	2	Incline Pin
33	1	Choke	81	2	Incline Leg
34	2	Hood Bracket	82	2	Incline Leg Cap
35	1	Electronics Bracket	83	1	Right Endcap
36	1	Reset/Off Circuit Breaker	84	1	Right Foot Rail
37	2	Base Leg Endcap	85	1	Rear Roller
38	3	Roller Adjustment Washer	86	2	Rear Roller Adjustment Bolt
39	1	Front Roller Adjustment Bolt	87	1	Warning Decal
40	4	Plastic Fastener	#	1	4" White Wire, M/F
41	1	Motor Belt	#	1	4" Blue Wire, 2F
42	4	Handrail Bolt	#	1	4" Black Wire, 2F
43	4	Isolator Screw	#	1	User's Manual
44	2	U-Nut			
45	2	Handrail Endcap			
46	1	Upright Base			
47	1	Magnet			
48	1	Storage Latch			

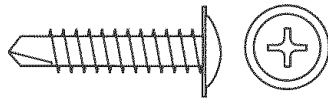
Note: "#" indicates a non-illustrated part.

**If a part is missing, call toll-free 1-866-699-3756.**  
Specifications are subject to change without notice.

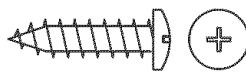


# PART IDENTIFICATION CHART

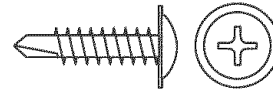
Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



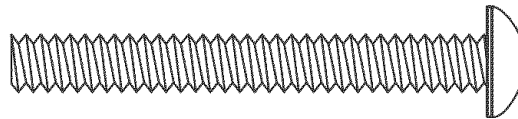
Base Leg Screw (62)-4



3/4" Screw (2)-12



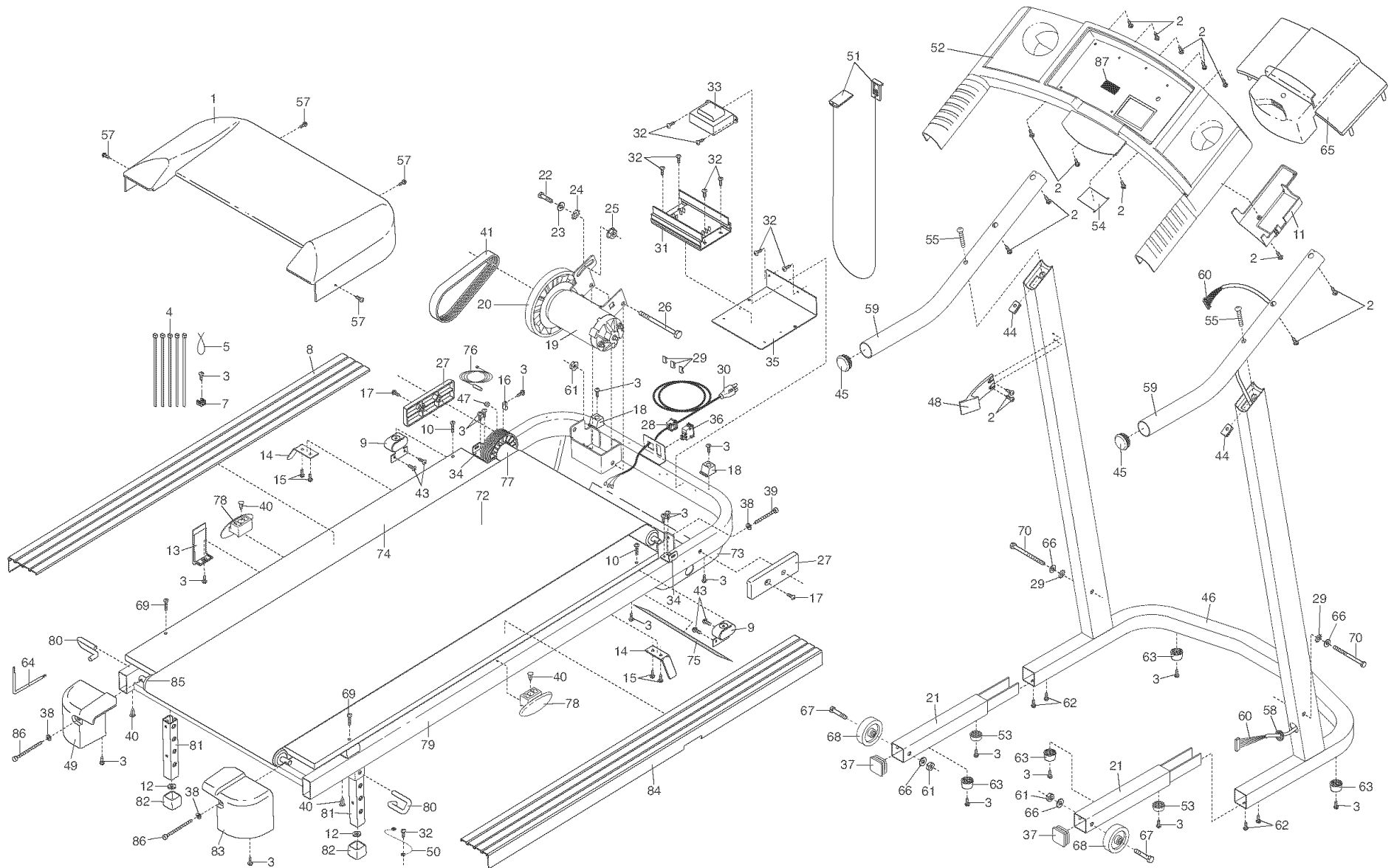
3/4" Tek Screw (3)-2



Handrail Bolt (55)-2

# EXPLODED DRAWING—Model No. 831.29522.0

R0305C



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This warranty does not apply when the Treadmill Exerciser is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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