T628
NAUTILUS®

ASSEMBLY MANUAL / OWNER'S MANUAL

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To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local Nautilus distributor. To find your local distributor, go to: **www.nautilusinternational.com**

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ORIGINAL MANUAL - ENGLISH VERSION ONLY

When using an electrical appliance, basic precautions should always be followed, including the following:

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Obey the following warnings:

Read and understand all warnings on this machine.

DANGER **Carefully read and understand the Assembly instructions. Read and understand the complete Manual. Keep the Manual for future reference.**

DANGER **To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug this machine from the electrical outlet immediately after using and before cleaning.**

WARNING **To decrease the risk of burns, electric shock, or injury to persons, read and understand the complete Owner's Manual. Failure to follow these guidelines can cause a serious or possibly fatal electrical shock or other serious injury.**

- Keep bystanders and children away from the product you are assembling at all times.
- Do not connect power supply to the machine until instructed to do so.
- The machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Before each use, examine the machine for damage to power cord, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Not intended for use by persons with medical conditions where those conditions may impact the safe operation of the treadmill or pose a risk of injury to the user.
- Do not drop or put objects into any opening of the machine.
- Never operate this treadmill with the air openings blocked. Keep the air openings free of lint, hair and the like.
- Do not assemble this machine outdoors or in a wet or moist location.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury or incorrect function.
- Connect this machine to a properly earthed outlet only (see Earthing Instructions).
- Keep the power cord away from heat sources and hot surfaces.
- Do not operate where aerosol products are being used.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- SAVE THESE INSTRUCTIONS.

Before using this equipment, obey the following warnings:

Read and understand the complete Manual. Keep the Manual for future reference.

Read and understand all warnings on this machine. If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- Before each use, examine this machine for damage to power cord, power receptacle, loose parts or signs of wear. Do not use if found in this condition. Contact your local distributor for repair information.
- Maximum user weight limit: 156.8 kg (350 lbs.). Do not use if you are over this weight.
- Do not wear loose clothing or jewelry. This machine contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this machine. Do not use the machine with bare feet or only wearing socks.
- Set up and operate this machine on a solid, level, horizontal surface.
- Use caution when you step on and off the machine. Use the supplied foot support platforms for stability before walking on the moving belt.
- Disconnect all power before servicing this machine.
- Do not operate this machine outdoors or in moist or wet locations.
- To prevent injury, stand on the Foot Platforms before you start the machine or end a workout. Do not dismount the machine by standing on the moving Walking Belts and exiting off the rear of the unit (or machine).
- Keep at least 0.6 m (24") on each side of the machine and 2 m (79") behind the machine clear. This is the recommended safe distance for access and passage around and emergency dismounts from the machine. Keep third parties out of this space when machine is in use.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Perform all regular and periodic maintenance procedures recommended in the Owner's Manual.
- Read, understand, and test the Emergency Stop Procedure before use
- Keep the walking belt clean and dry.
- Do not drop or put objects into any opening of the machine.
- Do not stand on machine motor cover or front trim cover.
- Keep power cord away from heat source and hot surfaces.
- This machine must be connected to an appropriate, dedicated electrical circuit. Nothing else must be connected to the circuit.
- Always connect the power cord to a circuit capable of handling at least 10 amperes with no other loads applied.
- Connect this machine to a correctly earthed outlet; consult a licensed electrician for assistance.
- Do not let liquids touch the electronic controller. If it does, the controller must be inspected and tested for safety by an approved technician before it can be used again.
- Do not remove the machine motor cover or the rear roller cover, dangerous voltages and moving parts are present. The components are serviceable only by approved service personnel.
- The electrical wiring for the residence in which the machine will be used must obey the applicable local and provincial requirements.

- Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in belt speed and incline angle of deck can occur during workouts, and be attentive in order to avoid loss of balance and possible injury
- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

WARNING: keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

Earthing Instructions

This product must be electrically earthed. If a malfunction occurs, correct earthing decreases the risk of electric shock. The power cord is equipped with an equipment-earthing conductor, and must be connected to an outlet that is properly installed and earthed.

⚠DANGER **The electrical wiring must comply with all applicable local and provincial standards and requirements. Incorrect connection of the equipment-earthing conductor can result in a risk of electric shock. Consult a licensed electrician if you are not sure that the machine is correctly earthed. Do not change the plug on the machine – if it does not fit the outlet, have a correct outlet installed by a licensed electrician.**

If you connect the machine to an outlet with RCBO (Residual-Current circuit Breaker with Overload protection), machine operation can cause the circuit to trip. A Surge Protector Device is recommended to protect the machine.

⚠ **If a Surge Protector Device (SPD) is used with this machine, be sure that it matches the power rating of this equipment (220-240V AC). Do not connect other appliances or devices to the surge protector in combination with this machine.**

Make sure that the product is connected to an outlet having the same configuration as the plug. Use the appropriate adapter supplied with this product.

Emergency Stop Procedure

The Treadmill machine is equipped with a Safety Key that can prevent serious injury, as well as prevent children from playing with and/or being injured on the machine. If the Safety Key is not correctly inserted into the Safety Key Port, the belt will not operate.

⚠ **Always attach the Safety Key Clip to your clothing during your workout.**

When you use the machine, only remove the Safety Key in an emergency. When the key is removed while the machine is in operation, it will stop quickly, which could cause the loss of balance and possible injury.

For safe storage of the machine, and to prevent unsupervised operation of the machine, always remove the Safety Key and disconnect the power cord from the wall outlet and the AC input. Place the power cord in a secure location.

The Console will display “ + SAFETY KEY ”, or add Safety Key, for a Safety Key fault. The Treadmill machine will not start a Workout, or will end and clear an active Workout, when the Safety Key is removed. Inspect the Safety Key and be sure it is connected to the Console correctly.

Maximum User Weight: 158.8 kg. (350 lbs)

Total Surface Area (footprint) of equipment: 18,919 cm^2

Maximum Inclined Deck Height: 43.7 cm (17.2 inches)

Assembled Weight: approx. 115 kg (253.5 lbs)

Power Requirements:

Operating Voltage:	220V - 240V AC, 50Hz
Operating Current:	8 A
Heart Rate Chest Strap:	1 CR2032 battery

Sound Emission: Less than 70 db average without load. Noise emission under load is higher than without load.

DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

Before Assembly

Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 2.2 m x 4 m (86" x 157"). Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the machine.

Basic Assembly Tips

Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly can require 2 people.

Item	Qty	Description	Item	Qty	Description
1	1	Console Assembly	10	1	Crossbar
2	1	Console Backing	11	1	Crossbar Tray
3	1	Upright, Right	12	1	Handlebar Shroud, Left
4	1	Handlebar Shroud, Right	13	1	Heart Rate Chest Strap
5	1	Base Assembly (*)	14	1	Safety Key
6	1	Base Shroud, Right	15	1	Cupholder, Left
7	1	Base Shroud, Left	16	1	Cupholder, Right
8	1	Power Cord	17	1	Media Cable (not shown)
9	1	Upright, Left			

⚠ WARNING **DO NOT CUT the Shipping Strap on the Base Assembly until it has been placed face up as shown in the appropriate work space (*).**

Item	Qty	Description	Item	Qty	Description
A	4	Button Head Hex Screw, M8x50	F	18	Flat Washer, M8
B	4	Button Head Hex Screw, M8x25	G	13	Self Tapping Screw, M4.2x16
C	6	Button Head Hex Screw, M8x20	H	6	Self Tapping Screw, M3.9x9.5
D	4	Socket Head Cap Screw, M8x16	I	2	Flat Washer, M4
E	18	Lock Washer, M8	J	4	Phillips Head Screw, M4x16

Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools

Included

#2
6 mm

⚠ WARNING **DO NOT CUT the Shipping Strap on the Base Assembly until it has been placed face up as shown in the appropriate work space (*).**

1. Fold the Walking Deck on the Base Assembly

Once the Base Assembly has been properly placed in the workout area, cut the Shipping Strap. Press and hold the plastic deck release handle (5a) under the end of the right side rail. Using the support bar (5b) found below the rear of the walking belt, lift the walking deck and continue to hold the deck handle for the first part of the fold process (0-15 degrees). Release the deck handle and lift the walking deck fully upward to engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place.

⚠ **Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Straighten your legs to lift. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.**

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

Make sure that the locking mechanism is engaged. Carefully pull back on the Walking Deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

⚠ **Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.**

2. Connect the Input/Output (I/O) Cables and Earthing Cables, and Attach the Uprights to Frame

NOTICE: Do not crimp cables. Do not fully tighten Hardware until instructed.

3. Unfold the Walking Deck

Move to the right side of the machine. Press and hold the plastic deck release handle (5a) under the end of the right side rail. Hold up the rear of the walking deck, and release the deck handle.

Keep clear of the movement path of the walking deck.

The hydraulic lift is set up to drop lightly. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Lower the weight with your legs. The walking deck can possibly drop quickly in the last part of the movement.

4. Remove the Console Backing from the Console Assembly

Note: Dispose of the pre-installed hardware (*).

5. Attach the Console to Frame Assembly

NOTICE: Be sure that the hooks (1a) on each side of the Console are seated in the notches on the Uprights. Remove the ziptie and rubberbands that attach the Cables. Do not crimp the Cables.
Do not fully tighten Hardware until instructed.

6. Attach the Crossbar to the Uprights

Note: If necessary, loosen the screws from Step 5 to make installation of the Crossbar easier.

7. Connect the I/O Cables, the Earthing Cables and the Remote Speed and Incline Controls Cables

Left side: Connect the Incline remote control cable (9a) to the Console.
Right side: Connect the I/O cable (3b) and Earthing Cable (3c) from the Upright to the Console, and the Speed remote control cable (3a) to the Console.

NOTICE: Do not crimp the Cables.

Right side

Left side

8. Attach the Cupholders to the Console

NOTICE: Cupholder edges should be flush with the face of Console.

9. Fold the Walking Deck and tighten ALL Hardware from previous steps

10. Attach the Base Shrouds to the Frame Assembly, and then unfold the Walking Deck

Note: Unfold the Walking Deck after the Base Shrouds have been installed.

11. Attach the Console Backing to the Console Assembly

NOTICE: Attach the hardware marked below with the (*) first, then the hardware with the (**), followed by the remaining hardware.

12. Attach the Handlebar Shrouds to the Frame Assembly

Note: Slide the Handlebar Shrouds onto the handlebars and tilt to pass over the remote control buttons. Be sure the tabs on the shrouds snap into the Console.

13. Place the Tray on the Crossbar

14. Connect the Power Cord and Safety Key to the Frame Assembly

Connect this machine to a properly earthed outlet only (see Earthing Instructions).

15. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled.

Be sure to record the serial number in the field provided at the front of this manual.

Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

Storage and Moving the Machine

The machine can be moved by one or more persons. Use caution when you move the machine. The treadmill is heavy and can be awkward. Make sure that your own physical strength is capable of moving the machine. Use a second person if necessary.

1. Remove the Safety Key.

WARNING! When this machine is not in operation, remove the Safety Key and keep out of the reach of children.

2. Make sure that the power switch is turned Off, and the power cord is disconnected.

Never lift the front of the machine for moving or transport. Rotating or moving parts can pinch, resulting in personal injury.

3. You must fold the treadmill before you move it. Never move the treadmill if it is not folded.
4. Make sure that there is safe clearance around, on and above your treadmill. Make sure there is no object to spill or cause blockage from the fully folded position.

Be sure there is adequate height clearance for the raised deck.

5. Press and hold the plastic deck release handle (5a) under the end of the right side rail. Using the support bar (5b) found below the rear of the walking belt, lift the walking deck and continue to hold the deck handle for the first part of the fold process (0-15 degrees). Release the deck handle and lift the walking deck fully upward and engage the hydraulic lift. Be sure that the hydraulic lift is correctly locked in place

Use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up equally with both arms. Straighten your legs to lift. Make sure that your own physical strength is capable of lifting the walking deck until it engages the locking mechanism. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

6. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Do not connect the power cord or try to operate the treadmill in the folded position.

7. Carefully tilt the base frame of the folded treadmill a small distance back on the transport wheels (5c) while grasping the support bar (5b).

Do not use the Console, handlebars, or lifted walking deck to lift or move the treadmill. Damage to the treadmill can occur.

Keep clear of the movement path of the lifted walking deck.

8. Roll the machine on the transport wheels (5c) to its new location.

Do not put objects where the walking deck would be if lowered.

NOTICE: Move the machine carefully so that it does not hit other objects. This can damage the Console operation.

9. Prior to use, refer to the “Unfolding the Machine” procedure in this manual.

Unfolding the Machine

1. Make sure there is sufficient space to lower the walking deck.

Keep a minimum clearance behind the machine of 2 m (79”) and 0.6 m (24”) on each side. This is the recommended safe distance for access, movement and emergency dismounts from the machine.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

2. Make sure there is no object on or around the treadmill to spill or cause blockage from the fully unfolded position.
3. Move to the right side of the machine. Press and hold the plastic deck release handle (5a) under the end of the right side rail. While grasping the support bar (5b), release the deck handle.

Keep clear of the movement path of the walking deck.

4. The hydraulic lift is set up to drop lightly. Hold onto the walking deck until approximately 2/3 of the movement down. Make sure that you use proper lifting technique; bend your knees and keep your back straight. Lower the weight with your legs. The walking deck can possibly drop quickly in the last part of the movement.

Leveling the Machine

The machine needs to be leveled if your workout area is uneven. To adjust:

1. Place the machine in your workout area.
2. Adjust the levelers until they all contact the floor.

Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

3. Adjust until the machine is level.

Make sure the machine is level and stable before you exercise.

Treadmill Belt

Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a “thumping” noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.

A	Console	P	Deck Release Handle
B	USB Port	Q	Dampener
C	MP3 Input	R	Hydraulic Lift
D	Media Tray	S	Transport Wheel
E	Speaker	T	Leveler
F	Fan	U	Base
G	Cupholder	V	Motor Cover
H	Emergency Safety Key Port	W	Uprights
I	Contact Heart Rate (CHR) Sensors	X	Crossbar Tray
J	Ergo Bar	Y	Remote Incline Control
K	Remote Speed Control	Z	Power Switch
L	Handlebar	AA	AC Inlet
M	Heart Rate Chest Strap	BB	Telemetry Heart Rate (HR) Receiver (not shown)
N	Side Foot Support Rails	CC	Bluetooth® Connectivity (not shown)
O	Walking Belt and Deck	DD	Media Cable (not shown)

⚠ WARNING **Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.**

Console Features

The Console provides important information about your workout and lets you control the resistance levels while you exercise. The Console features touch control buttons to navigate you through the exercise programs.

Console Display

Pacer Icon- represents the location of the Pacer during the Workout.

User Indicator Lights- The User indicator lights show where the User is in relation to the Pacer during the Workout.

Fitness Score Display- The Fitness Score Display shows the current Fitness Score of the selected User Profile.

Goal Display-The Goal Display shows the selected type of goal (Distance, Time or Calories) and the value for it.

User Placement Display- The User Placement Display shows the difference between the User and the Pacer. The arrows tell if the User is in front (UP arrow) or behind (DOWN arrow) the Pacer.

COMPARE button- Push to select the desired Workout Pacer: Average, Best, or off.

USER button- Push to select the desired User Profile. The Active User Display will adjust

Increase (▲) button- Increases the current value or moves through the options available

Left (◄) button- Shifts the currently active segment, and moves through options

OK button- Confirms information or a selection

Decrease (▼) button- Decreases the current value, or moves through the options available

Right (►) button- Shifts the currently active segment, and moves through options

PROGRAMS button- Selects a category of workout programs

Pre-Set Incline buttons- Selects an incline value for the Walking Deck. After pushing a Pre-Set Incline button, push the Incline Enter button within 12 seconds for the Walking Deck to be adjusted to the desired incline.

Incline Enter button- Activates the incline motor to adjust the Walking Deck to the selected Pre-Set Incline value.

START button- Begins a Quick Start workout, begins a Program Workout after customized for the User, or resumes a paused workout.

FAN button- Controls 3-speed fan

PAUSE / STOP button- Pauses an active workout, ends a paused workout, or exits to the previous menu

Pre-Set Speed buttons- Selects a speed value for the Walking Belt. After pushing a Pre-Set Speed button, push the Speed Enter button within 12 seconds for the Walking Belt to be adjusted to the desired speed.

Note: The units can be set to kilometers per hour (km/h) or miles per hour (mph) in Console Setup Mode.

Speed Enter button- Adjusts the speed of the Walking Belt to the selected Pre-Set Speed value.

LCD Display Data

Program Profile Display

The Program Profile Display shows the course profile for the workout program. A course profile has 16 columns, or segments. The course profile has two variables for each segment: incline (hexagons, upper) and speed (arrows, lower).

The more intense the incline or speed setting, the higher the level for that segment. The flashing segment shows your current interval.

Heart Rate Zone Display

The Heart Rate Zone shows which zone the current heart rate value falls into for the current User. These Heart Rate Zones can be used as a workout guide for a certain target zone (max, anaerobic, aerobic, fat burn, and warm up).

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only.

Note: If no heart rate is detected, the Heart Rate Zone display will be blank.

Option Guides
The Option Guides inform the User where they are in a list of options with the MORE and PREVIOUS Options.

If the MORE Options (decrease arrow) is active, then there are additional options that can be viewed by pushing the Decrease (▼) button. The MORE Options (decrease arrow) is active until the User reaches the end of the list. When the User is at the end of the options list, the MORE Options (decrease arrow) will deactivate and the Decrease (▼) button will not provide further options.

The PREVIOUS Options (increase arrow) is active as soon as the User begins moving through the list. Use the Increase (▲) button to see the previous options.

Active User Display
The Active User Display shows which User Profile is currently selected.

Time / Lap (Time)
The TIME display field shows the total time count of the workout, the average Time for the User Profile, or the total operational time of the machine.

Note: The maximum time for a Quick Start workout is 9 hours, 59 minutes and 59 seconds (9:59:59).

The Lap (Time) display shows the time count for the just completed Lap. During a workout, this workout value is only displayed when a Lap is completed.

Distance / Lap (Count)
The Distance display shows the distance count (miles or km) in the workout.

The Lap (Count) display shows the total number of Laps completed during the workout. During a workout, this workout value is only displayed when a Lap is completed, or during the Workout Results mode (completed Laps only, no decimals).

Note: The distance of a Lap can be customized for each User in the Edit User Profile mode. The default is 0.25 miles (0.4 km).

Heart Rate (HR) / Calories
The Heart Rate display shows the beats per minute (BPM) from the heart rate monitor. When a heart rate signal is received by the Console, the icon will flash.

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.

Calories
The Calories display field shows the estimated calories that you have burned during the workout.

Incline
The Incline display shows the current percent of Incline for the Walking Deck.

Speed / Pace
The Speed display field shows the belt speed in miles per hour (mph) or kilometers per hour (km/h).

The Pace display field shows the current time to complete a mile (or km) at the current Speed value.

Note: The maximum value for the Pace field is 99:59.

Bluetooth® Connectivity with the "Nautilus Trainer™" Fitness App

This fitness machine is equipped with Bluetooth® connectivity and can wirelessly sync with the "Nautilus Trainer™" Fitness App on supported devices. The Software App syncs with your fitness machine to track total calories burned, time, distance, and more. It records and stores every workout for quick reference. Plus, it automatically syncs your workout data with MyFitnessPal®, and Under Armour® Connected Fitness to make hitting your daily calorie goal easier than ever! Track your results and share with friends and family.

1. Download the free Software App, named Nautilus Trainer™. The software app is available on iTunes® and Google Play™.

   Note: For a complete list of supported devices, review the software app on iTunes® or Google Play™.

2. Follow the instructions on the Software App to sync your device to your exercise machine.
3. To sync your workout data with MyFitnessPal® or Under Armour® Connected Fitness, click on the desired program and login with your information.

   Note: The "Nautilus Trainer™" Fitness App will automatically sync your workouts after the initial syncing.

USB Charging

If a USB Device is attached to the USB Port, the Port will attempt to charge the Device.

Note: Depending on the amperage of device, the power supplied from the USB Port may not be enough to operate the Device and charge it at the same time.

Chest Strap

Using the provided heart rate transmitter chest strap lets you monitor your heart rate at any time during your workout.

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. The heart rate displayed is an approximation and should be used for reference only.

The heart rate transmitter is attached to a chest strap to keep your hands free during your workout. To put on your chest strap:

1. Attach the transmitter to the elastic chest strap.
2. Secure the strap around your chest with the curve of the transmitter oriented upward, just below the chest muscles.
3. Lift the transmitter off your chest and moisten the two Grooved Electrode Areas on the back.
4. Check that the wet electrode areas are firmly against your skin.

The transmitter will send your heart rate to the machine's receiver and display your estimated Beats Per Minute (BPM).

Always remove the transmitter before you clean the chest strap. Clean the chest strap regularly with mild soap and water, and thoroughly dry it. Residual sweat and moisture may keep the transmitter active and drain the battery in the transmitter. Dry and wipe clean the transmitter after each use.

Note: Do not use abrasives or chemicals such as steel wool or alcohol when you clean the chest strap, as they can damage the electrodes permanently.

If the Console does not display a heart rate value, the transmitter may be at fault. Check that the textured contact areas on the chest strap are making contact with your skin. You may need to lightly wet the contact areas. Check that

the curve of the transmitter is oriented upward. If no signal appears or you need further assistance, call your Nautilus Representative.

Before discarding a chest strap, remove the battery. Dispose of in accordance with local regulations and/or at approved recycling centers.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. Contact Heart Rate (CHR) sensors are installed to send your heart rate signals to the Console. The Console can also read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

Note: The heart rate chest strap must be an uncoded heart rate strap from Polar Electro or an uncoded POLAR® compatible model. (Coded POLAR® heart rate straps such as POLAR® OwnCode® chest straps will not work with this equipment.)

If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.

Contact Heart Rate Sensors

Contact Heart Rate (CHR) sensors send your heart rate signals to the Console. The CHR sensors are the stainless steel parts of the Handlebars. To use, put your hands comfortably around the sensors. Be sure that your hands touch both the top and the bottom of the sensors. Hold firm, but not too tight or loose. Both hands must make contact with the sensors for the Console to detect a pulse. After the Console detects four stable pulse signals, your initial pulse rate will be shown.

Once the Console has your initial heart rate, do not move or shift your hands for 10 to 15 seconds. The Console will now validate the heart rate. Many factors influence the ability of the sensors to detect your heart rate signal:

- Movement of the upper body muscles (including arms) produces an electrical signal (muscle artifact) that can interfere with pulse detection. Slight hand movement while in contact with the sensors can also produce interference.
- Calluses and hand lotion may act as an insulating layer to reduce the signal strength.
- Some Electrocardiogram (EKG) signals generated by individuals are not strong enough to be detected by the sensors.
- The proximity of other electronic machines can generate interference.

If your heart rate signal ever seems erratic after validation, wipe off your hands and the sensors and try again.

Heart Rate Calculations

Your maximum heart rate usually decreases from 220 Beats Per Minute (BPM) in childhood to approximately 160 BPM by age 60. This fall in heart rate is usually linear, decreasing by approximately one BPM for each year. There is no indication that training influences the decrease in maximum heart rate. Individuals of the same age could have different maximum heart rates. It is more accurate to find this value by completing a stress test than by using an age related formula.

Your at-rest heart rate is influenced by endurance training. The typical adult has an at rest heart rate of approximately 72 BPM, whereas highly trained runners may have readings of 40 BPM or lower.

The Heart Rate table is an estimate of what Heart Rate Zone (HRZ) is effective to burn fat and improve your cardiovascular system. Physical conditions vary, therefore your individual HRZ could be several beats higher or lower than what is shown.

The most efficient procedure to burn fat during exercise is to start at a slow pace and gradually increase your intensity until your heart rate reaches between 50 – 70% of your maximum heart rate. Continue at that pace, keeping your heart rate in that target zone for over 20 minutes. The longer you maintain your target heart rate, the more fat your body will burn.

The graph is a brief guideline, describing the generally suggested target heart rates based on age. As noted above, your optimal target rate may be higher or lower. Consult your physician for your individual target heart rate zone.

Note: As with all exercises and fitness regimens, always use your best judgment when you increase your exercise time or intensity.

Remote Speed and Incline Controls

The remote speed and incline controls are located on the handlebar arms. The keypad on the right handlebar arm includes a Speed Increase key (▲) and a Speed Decrease (▼) key. The keypad on the left handlebar arm includes an Incline Increase key (▲) and a Incline Decrease (▼) key. These keys work exactly the same as the Speed and Incline Increase and Decrease keys on the console.

What to Wear

Wear rubber-soled athletic shoes. You will need the appropriate clothes for exercise that allow you to move freely.

How Often Should You Exercise

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

- 3 times a week for 30 minutes each day.
- Schedule workouts in advance and try to follow the schedule.
- Consider doing some warm-up stretches, which will help prepare your body, before your workouts.

Getting Started

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

Place the machine on a clean, hard, level surface, free from unwanted material or other objects that may hamper your ability to move freely with a sufficient clear workout area. A rubber mat below the machine is recommended to prevent electrostatic discharge and protect your floor.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum incline of the deck.

1. With the fitness machine in your workout area, inspect the walking belt to make sure it is centered and aligned. If necessary, refer to the "Aligning the Walking Belt" Procedure in the Maintenance section of this manual.

The edges of the Walking Belt should be under the Side Foot Support Rails. If an edge of the Walking Belt can be viewed do not operate the machine. Adjust the Walking Belt until the edges are not viewable and are under the Side Foot Support Rails. Refer to the Aligning the Walking Belt Procedure.

Note: This machine is for home use only.

2. Examine below the walking belt for any objects. Be sure it is clear below the machine.
3. Connect the Power Cord to a correctly earthed AC wall outlet.

Do not step on the power cord and plug.

Note: The machine is designed to plug directly into a properly wired and earthed 220V outlet.

4. If you use the Remote Heart Rate Monitor, follow the Chest Strap directions.
5. Switch on the power. Power is now supplied to the machine.
6. Straddle the walking belt and stand on the Side Foot Support Platforms. Put the Safety Key into the Safety Key Port and clip the Safety Key cord to your clothing.

Care should be used when mounting or dismounting the machine.

To prevent injury, stand on the Foot Platforms before you start the machine or end a workout. Do not dismount the machine by standing on the moving Walking Belts and exiting off the rear of the unit (or machine).

- Examine the Safety Key and be sure it is connected to the Console correctly.

Note: if the Safety Key is not installed, the machine will allow the User to perform all activities except to activate the Walking Belt. The Console will display the reminder to insert the Safety Key (" + SAFETY KEY").

• Always attach the Safety Key Clip to your clothing during workouts.

• If there is an emergency, pull out the Safety Key to shut off the power to the Belt and Incline Motors. This will quickly stop the belt (brace yourself- this is an abrupt stop) and clear the workout. Push the PAUSE/STOP button to stop the belt and pause the program.

7. Push the USER button to select the desired User for the workout.
8. Select your workout using the PROGRAMS button and the Decrease/Increase buttons.
9. With your desired workout shown, push the OK button.
10. The Console will ask a series of questions to customize the workout. When the Console displays the “READY ?” prompt, push the START button. The Console will display “RAMPING UP” as the Walking Belt gets up to speed. Be sure to carefully step onto the walking belt.

The belt will only move after a 3 second, audible beep countdown.

Always use the handlebars to step on or off the treadmill, or when the incline or speed change.

If the Sound has been muted, the Console will display the “AUDIO OFF” prompt for a few seconds.

To perform an emergency dismount, grab onto the Front or Side Handlebars and safely step onto the Side Foot Platforms. Bring the Walking Belt to a stop and carefully step off the machine.

Note: Your treadmill comes equipped with a durable, high quality walking belt designed to provide many hours of reliable service. The walking belt on a treadmill that has not been operated for a length of time, either in factory packaging or after assembly, can exhibit a “thumping” noise when started. This is due to the belt taking on the curve of the front and rear rollers. This is a common occurrence and does not indicate a problem with your machine. After the treadmill has been used for a short period of time the thumping noise will discontinue. The amount of time will vary depending on the temperature and humidity of the environment where the treadmill is placed.

Power-Up / Idle Mode

The Console will enter Power-Up / Idle Mode if it is plugged into a power source, the Power Switch turned on, and the Safety Key is properly installed.

Note: if the Safety Key is not installed, the machine will allow the User to perform all activities except to activate the Walking Belt. The Console will display the reminder to insert the Safety Key (“ + SAFETY KEY”). Once the Safety key is installed, the START button will need to be pushed again to begin the selected Workout.

Auto Shut-Off (Sleep Mode)

If the Console does not receive any input in approximately 5 minutes, it will automatically shut off unless in Demonstration mode.

Push any button to start (wake up) the Console. If your machine is in Demonstration mode, hold down the PAUSE/STOP button and Decrease button together for 3 seconds.

To disconnect, turn all controls to the off position, then remove plug from outlet.

Initial Setup

During the first power-up, the Console should be set up with the date, time, and the preferred units of measurement.

1. Date: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
2. Push OK to set.
3. Time: Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (AM or PM / hour / minute).
4. Push OK to set.

5. Units of Measurement: Push the Increase/Decrease buttons to adjust between “MILES” (Imperial English) or “KM” (metric).
6. Push OK to set. The Console goes to the Power-Up Mode screen.

Note: To adjust these selections, consult the “Console Set-Up Mode” section.

Quick Start (Manual) Program

The Quick Start (Manual) program lets you start a workout without entering any information.

During a Manual Workout, each column represents a 2 minute time period. The active column will advance across the screen every 2 minutes. If the workout lasts for more than 32 minutes, the active column is fixed on the farthest column on the right and pushes the previous columns off the display.

1. Stand on the Side Foot Support Platforms.
2. Push the User button to select the correct User profile. If you do not have a User profile set up, you can select a User profile that has no customized data (default values only).
3. Push the START button to start the Manual program.

   Note: The Safety Key must be installed for a workout to begin. If not installed, the Console will display ” + SAFETY KEY “. The Console will display “RAMPING UP” as the Walking Belt gets up to speed.
4. To change the Incline or Speed level, push the appropriate Increase or Decrease buttons. The time will count up from 00:00.

   Note: The maximum time for a Quick Start workout is 9 hours, 59 minutes and 59 seconds (9:59:59).
5. When done with your workout, push PAUSE/STOP to pause the workout. Push PAUSE/STOP again to end the workout.

   Note: The workout results are recorded to the current User Profile.

User Profiles

The Console lets you store and use 4 User profiles. The User profiles automatically record the workout results for each workout, and allow the workout data to be reviewed.

The User profile stores the following data:

- Name—up to 13 characters
- Weight
- Height
- Age
- Gender
- Lap Distance
- Scan
- Value (Customized Workout Display)

Select a User Profile

Every workout is saved to a User Profile. Be sure to select the proper User Profile before starting a workout. The last User that completed a workout will be the default user.

User Profiles are assigned the default values until they are customized by editing. Be sure to edit the User Profile for more accurate calorie and heart rate information.

Edit User Profile

1. From the Power-Up Mode screen, push the User buttons to select one of the User Profiles.
2. Push the OK button to select the User Profile.

3. The Console display shows the GOAL TRACK prompt. Push the Increase(▲) button.
4. The Console display shows the EDIT prompt and the current User Profile name. Push OK to start the Edit User Profile option.

   To exit the User Profile options, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.
5. The Console display shows the NAME prompt and the current User Profile name.

   Note: The User name will be blank if this is the first edit. The name of a User Profile is limited to 13 characters.

   The currently active segment will flash. Use the Increase/Decrease buttons to move through the alphabet and blank space (found between A and Z). To set each segment, use the Left(◄) or Right(►) buttons to shift between segments.

   Push the OK button to accept the displayed User name.
6. To edit the other User data (WEIGHT, HEIGHT, AGE, GENDER), use the Increase/Decrease buttons to adjust, and push OK to set each entry.

   Note: The User BMI is displayed on the HEIGHT prompt in the TIME display field.

The BMI Measurement is a useful tool that shows the relationship between weight and height that is associated with body fat and health risk. The table below gives a general rating for the BMI score:

Underweight	Below 18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obesity	30.0 and above

Note: The rating may overestimate body fat in athletes and others who have a muscular build. It may also underestimate body fat in older persons and others who have lost muscle mass.

Contact your doctor for more information about Body Mass Index (BMI) and the weight that is appropriate for you. Use the values calculated or measured by the machine's computer for reference purposes only.

7. The Console display shows the LAP DISTANCE prompt. This option controls the length of distance for a LAP during a workout. Use the Increase/Decrease buttons to adjust the LAP distance value. The default is "0.25" miles (or 0.4 km).

   Push the OK button to set the LAP distance value.
8. The Console display shows the SCAN prompt. This option controls how the workout values are displayed during a workout. The "ON" setting allows the Console to automatically display, or scan, between the workout values every 4 seconds. The "OFF" setting allows the user to push the RIGHT or LEFT buttons to view the other workout values when desired.

   The default is "ON".

   Push the OK button to set how the workout values are displayed.
9. The Console shows the workout display VALUE prompt. This option controls if a workout value is displayed during a workout. The "ON" setting allows the Console to display the workout value, an "OFF" setting disables the workout value during a workout.

   The Console flashes the active workout value (either Time, Lap (Time), Distance, Lap (Count), Heart Rate, Calories, or Pace) and states the current setting: "VALUE - ON" or "VALUE - OFF". Push the Increase(▲) or Decrease(▼) buttons to change the current setting, and push the Left(◄) or Right(►) buttons to shift the active workout value.

   Note: The Incline and Speed workout values cannot be disabled.

   The default is "VALUE - ON" for all workout values. When done with modifying which workout values are displayed, push the OK button to set the Console.

10. The Console display shows the WIRELESS HR prompt. If you are using the Console speakers at their higher settings and / or using a larger sized personal electronic device, the Console may show Heart Rate interference. This option allows the Telemetry Heart Rate Receiver to be deactivated blocking the interference.

    The Display shows the current value setting: “ON” or “OFF”. Push the Increase(▲) or Decrease(▼) buttons to change the value. The default is “ON”.

    Push the OK button to set the Telemetry Heart Rate Receiver to active.

11. The Console will go to the Power-Up Mode screen with the user selected.

Reset a User Profile

1. From the Power-Up Mode screen, push the User button to select one of the User Profiles.
2. Push the OK button to select the User Profile.
3. The Console display shows the GOAL TRACK prompt. Push the Decrease (▼) button to change the prompt.

   Note: To exit the User Profile options, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.
4. The Console display shows the RESET prompt and the current User Profile name. Push OK to start the Reset User Profile option.
5. The Console will now confirm the request to reset the User profile (the default selection is ‘RESET - NO’). Push the Increase(▲) or Decrease(▼) buttons to adjust the selection.
6. Push OK to make your selection.
7. The Console will go to the Power-Up Mode screen.

Changing Incline Levels

Push the Incline Level Increase(▲) or Decrease(▼) buttons to change the incline angle of the Deck at any time with the Safety Key installed. To rapidly change the incline level push the desired Pre-Set Incline Button, and then the Incline Enter Button. The Deck will adjust to the selected incline level.

Note: After a Pre-Set Incline Button is pushed, the Incline Enter Button must be pushed within 12 seconds.

Be sure the area below the machine is clear before lowering the Deck. Fully lower the Deck after each workout.

Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in belt speed and incline angle of deck can occur during workouts, and be attentive in order to avoid loss of balance and possible injury.

Be sure that the workout space you are utilizing has adequate height clearance, taking into consideration the height of the user and the maximum height of the fully inclined Deck.

Changing Speed Levels

Push the Speed Level Increase(▲) or Decrease(▼) buttons to change the Belt Speed at any time in a workout program. To rapidly change the Speed level push the desired Pre-Set Speed Button, and then the Speed Enter Button. The Walking Belt will adjust to the desired speed.

Note: After a Pre-Set Speed Button is pushed, the Speed Enter Button must be pushed within 12 seconds.

Profile Programs

These programs feature different incline angles of the deck and belt speeds based on the maximum and minimum speed supplied by the user. The user can also manually adjust the incline and speed values at any time during a workout. The Profile Programs are organized into Categories (Quick Goal, Heart Health, Weight Control, Interval, Train, and Custom). Each Profile Program has 16 segments allowing for a variety of workouts.

During a Profile Program, the Console will make an audio beep if the next segment of the workout has a change in Incline or Speed. Be prepared for changes in Incline and Speed with each segment change.

The currently selected Category will be active on the Console, with the first Profile Program Workout within that Category displayed. Use the Increase(▲) or Decrease(▼) buttons to select the desired Profile Program Workout from the Category of Workouts. At the end of the available Workouts for that Category, the More Options Guide (decrease arrow) will deactivate, telling the User they have reached the end of the Category.

QUICK GOAL

DISTANCE, TIME, CALORIES

HEART HEALTH

HEALTHY- 55%, FAT BURN - 65%, AEROBIC - 75%, ANAEROBIC - 85%

WEIGHT CONTROL

FAT BURN 1

FAT BURN 2

SPEED BURN

INCLINE BURN

DUAL BURN

INTERVAL

INTERVAL-INC (Incline)

INTERVAL-SPD (Speed)

INTERVAL-DUAL (Incline and Speed)

TRAIN

BOOT CAMP

ENDURANCE

PERFORMANCE

1 MILE PACER, 5K PACER, 10K PACER

CUSTOM

HR (Heart Rate) TARGET

CUSTOM-SPD (Speed)

CUSTOM-INC (Incline)

USER DEFINED

Workout Profile and Goal Program

The Console lets you select the Profile Program and type of Goal for your workout (Distance, Time or Calories), and set the Goal value.

Note: For certain Profile Programs, the Goal can not be adjusted (example: the 5K Pacer workout has a Distance Goal of 5K).

1. Stand on the Side Foot Support Platforms.
2. Push the User button to select the desired User profile.

3. Push the Programs buttons to select a Category of Workout.
4. Push the Increase(▲) or Decrease(▼) buttons to select a Profile Workout, and push OK.

   If the selected Workout is Heart Rate Target, the Console will request the desired Beats Per Minute (BPM) for the Workout. Use the Increase(▲) or Decrease(▼) buttons to adjust, and push OK.

   If the selected Workout Program has Incline and/or Speed Profile customization, the Console will prompt, "EDIT INCLINE" screen. Push the Increase(▲) or Decrease(▼) buttons to change the current setting, and push the Left(◄) or Right(►) buttons to shift the active Profile segment. Push OK to accept the Incline Profile.

   Note: The "EDIT SPEED" screen operates the same way.
5. Use the Increase(▲) or Decrease(▼) buttons to adjust the Minimum Speed of the Belt, and push OK. The Profile Program will adjust so the Minimum Speed value is the lowest Speed of the Profile Program when accepted.
6. Use the Increase(▲) or Decrease(▼) buttons to adjust the Maximum Speed of the Belt, and push OK. The Profile Program will adjust so the Maximum Speed value is the highest Speed of the Profile Program when accepted.

During a Workout, the User can directly adjust the speed of the belt above the Maximum Speed setting if desired, by using the Increase(▲) button.

7. Use the Increase(▲) or Decrease(▼) buttons to select a type of Goal (Distance, Time or Calories), and push OK.
8. Use the Increase(▲) or Decrease(▼) buttons to adjust the workout value, and push OK.
9. The Console will display the "READY ?" prompt.
10. Push START to begin the goal-oriented workout. The workout will begin after a three second, audible countdown.

    Note: The Console will display "RAMPING UP" as the Walking Belt gets up to speed.

Heart Rate Control Workout Programs

The Heart Rate Control programs let you set a heart rate goal for your workout. The program monitors your heart rate in beats per minute (BPM) from the Contact Heart Rate (CHR) sensors on the machine or from a Heart Rate Monitor (HRM) chest strap, and adjusts the incline during a workout to keep your heart rate in the selected zone.

Note: The console must be able to read the heart rate information from the CHR sensors or HRM for the Heart Rate Control program to work correctly.

The Target Heart Rate programs use your age and other User information to set the Heart Rate Zone values for your workout. The console display then gives prompts for you to set up your workout:

1. Push the PROGRAMS button until the HEART HEALTH Category is selected.
2. Push the Increase(▲) or Decrease(▼) buttons to select the percentage of maximum heart rate: HEALTHY 55%, FAT BURN 65%, AEROBIC 75%, ANAEROBIC 85%.

Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed on the console is an approximation and should be used for reference only.

3. Push the Increase(▲) or Decrease(▼) buttons to set the Minimum Speed, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the Maximum Speed, and push OK.
5. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
6. Push the Increase(▲) or Decrease(▼) buttons to set the goal value for the workout, and push OK.

   Note: Be sure to allow time for your heart rate to reach the desired heart rate zone when setting the goal. The Console will display the heart rate value based on the current User settings.
7. Push START to begin the workout.

A User can also set a Heart Rate Target value by selecting the HR TARGET program in the CUSTOM Category. The Console will adjust the incline during a workout to keep the User in the desired Heart Rate zone.

1. Push the PROGRAMS button until the CUSTOM Category is selected.
2. The Console shows the HR TARGET workout. Push OK.
3. Push the Increase(▲) or Decrease(▼) buttons to set the Heart Rate (HR) value for the workout, and push OK.
4. Push the Increase(▲) or Decrease(▼) buttons to set the Minimum Speed, and push OK.
5. Push the Increase(▲) or Decrease(▼) buttons to set the Maximum Speed, and push OK.
6. Push the Increase(▲) or Decrease(▼) buttons to select the Goal type, and push OK.
7. Push the Increase(▲) or Decrease(▼) buttons to set the goal value for the workout, and push OK.

   Note: Be sure to allow time for your heart rate to reach the desired heart rate zone when setting the goal. The Console will display the heart rate value based on the current User settings.
8. Push START to begin the workout.

Compare Pacer Displays

The Compare Pacer Displays allow a User to focus, or train, on a set program and distance, and see how they compare against past workouts while doing a workout. The average, or best, past workout with the same distance goal are the pacers for the currently selected workout.

The User Placement Display shows the User where they are in relation to the pacer, with a time value and an UP arrow (in front) or DOWN arrow (behind the pacer).

The User Indicator Lights across the top of the Console quickly show the location of the User in relation to the pacer. The Pacer Icon (center of the User Indicator Lights) is the placement of the pacer, the Indicator Light is the User. The time difference between the User and the pacer is shown by which User Indicator Light is active (see the time scale below).

(seconds)

Note: The values presented during the first workout are based on the default pace value of 12 minutes per mile.

When a workout is started, the Average Pacer will be active. To change the pacer during a workout, push the COMPARE button. The pacer will shift to the Best Pacer, and the User Placement Window and appropriate User Indicator Light will adjust. If the COMPARE button is pushed again, the feature is Off, and the User Placement Display and Indicator Light will be deactivated.

Note: When the distance goal for the program is changed, it is a shift in the training focus of the program. The compare display will use the default values until a workout with the new distance goal is completed.

During a Pacer workout (1 Mile Pacer, 5k Pacer, 10k Pacer), the User inputs the time it will take for the pacer to complete the workout. The User Placement Window does not have an off option during a Pacer workout. The Compare button shifts the pacer value from Input Pace, Average, or Best.

User Fitness Level Based on Fitness Score

Fitness Score Display

The Fitness Score is based on an estimate of the User's VO2 Max and calorie burn over their last five workouts.

VO2 Max estimates are calculated using performance data (time, distance and average heart rate or an estimate of average heart rate if that data is unavailable). VO2 Max is the maximal oxygen consumption of the aerobic physical fitness of the individual, and is a determinant of the endurance capacity of the User during prolonged exercise. (V = Volume, O2 = Oxygen, and Max = maximum rate).

For every workout completed that is longer than 10 minutes or a mile (1.6 km) in distance, the Console will apply those workout values toward your Fitness Score. This value is displayed on the Fitness Score Display area of the Console.

Note: Using a Heart Rate Chest Strap provides the most accurate information to calculate the Fitness Score. A Fitness Score is provided when a minimum of 10 minutes or 1 mile (1.6 km) of distance is done during a workout. If no heart rate is supplied, an approximation based on the User Profile will be used to calculate the score.

The Fitness Score may change only slightly for a User that performs the same length of workout at a similar intensity level. However, if that same User were to increase intensity over the same length of a workout, their score would increase. Since the score is based on VO2 Max (estimated), even a small score increase shows a significant shift in the User's fitness level.

Note: A User's score may drop slightly if fatigue is present. With the proper combination of exercise and rest, a User's Fitness Score will rise in a similar way to their VO2 Max. This will also be reflected in their ability to perform longer or faster workouts. Fitness Scores should only be compared to your previous scores and not to other User Profiles.

Pausing or Stopping

The Console will go into Pause Mode if the user pushes PAUSE/STOP during a workout.

1. Push the PAUSE/STOP button to pause your workout. The Console will display " PAUSED ".
2. To continue your workout, push the START button.

   To stop the workout, push the PAUSE/STOP button. The Console will go into Results / Cool Down mode.

Results / Cool Down Mode

All workouts except Quick Start and the Heart Rate Control programs have a 3-minute Cool Down period. During this Cool Down period, the Console shows the Workout Results. The Console will cycle through the workout results every 4 seconds.

During the Cool Down period, the speed of the walking belt will adjust to 2 mph (3.2 km/h) and the incline setting will adjust to zero. The User can adjust the belt speed and deck incline during the Cool Down period.

Push PAUSE/STOP to end the Results / Cool Down period and go back to Power-Up Mode. If there is no input to the Console for 5 minutes, the Console automatically goes into Sleep Mode.

GOAL TRACK Statistics (and Achievements)

The statistics from every workout are recorded to a User Profile.

To view the GOAL TRACK statistics of a User Profile:

1. From the Power-Up screen, push the User button to select a User Profile.
2. Push the OK button to select the User Profile.
3. The Console display shows the GOAL TRACK prompt.

   Note: To exit the User Profile options, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.
4. Push the OK button. The Console will display the "LONGEST WORKOUT", the workout values and activate the corresponding Achievement light. After 4 seconds, the Console will display the name of the workout, and then the date it was performed (except for "LAST 7 DAYS" and "LAST 30 DAYS").

   Note: To exit the GOAL TRACK statistics, push the PAUSE/STOP button and the console will go back to the Power-Up Mode screen.
5. Push the Decrease(▼) button to move to the next GOAL TRACK statistic, "CALORIE RECORD". The Console will display the workout results with the most Calories value. The Console will cycle between the workout results, the name of the workout profile, and the date of the workout every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.

6. Push the Decrease(▼) button to move to “LAST 30 DAYS”. The Console will display the total values for the previous thirty days. The Console will cycle between the workout results every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
7. Push the Decrease(▼) button to move to the “LAST 7 DAYS”. The Console will display the calories burned on the display (50 calories per segment) for the previous seven days, along with the workout value totals. The Console will cycle between the workout results every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
8. Push the Decrease(▼) button to move to the “LAST WORKOUT”. The Console will display the workout values from the last workout. The Console will cycle between the workout results, the name of the workout profile, and the date of the workout every 4 seconds. Use the Left(◄) or Right(►) buttons to force the cycle between the workout results.
9. When done viewing workout statistics, push the PAUSE/STOP button. The Console will display the Power-Up Mode screen.

When a User performs a workout that surpasses the “LONGEST WORKOUT” or “CALORIE RECORD” of the previous workouts, the Console will congratulate with an audible sound and tell the User the new achievement. The corresponding Achievement Indicator Light will also be active.

The Console Setup Mode lets you control the sound settings (on/off), adjust the date and time, or see maintenance statistics (Total Run Hours and Software Version– for service technician use only).

1. Hold down the PAUSE/STOP button and Right button together for 3 seconds while in the Power-Up Mode to go into the Console Setup Mode.

   Note: Push PAUSE/STOP to exit the Console Setup Mode and return to the Power-Up Mode screen.

2. The Console display shows the Date prompt with the current setting. To change, push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (month / day / year).
3. Push OK to set.
4. The Console display shows the Time prompt with the current setting. Push the Increase/Decrease buttons to adjust the currently active value (flashing). Push the Left/Right buttons to change which segment is the currently active value (AM or PM / hour / minute).
5. Push OK to set.
6. The Console display shows the UNITS prompt with the current setting. Push the Increase/Decrease buttons to change between “MILES” and “KM”.
7. Push OK to set.
8. The Console display shows the Sound Settings prompt with the current setting. Push the Increase/Decrease buttons to change between “ON” and “OFF”.

If the Sound has been muted, the Console will display the “AUDIO OFF” prompt before a Workout starts as a reminder.

9. Push OK to set.
10. The Console display shows the TOTAL RUN HOURS for the machine.
11. For the next prompt, push the OK button.
12. The Console display shows the BLE FW UPDATE prompt.

    Note: If you have an update for the Bluetooth® Low Energy (also called Bluetooth® Smart) system, insert the USB Flash Drive with the update file into the Console. Push the Increase/Decrease buttons to select the “CONFIRM-YES” option, and push OK.

    The Console will display “SAVING”, and then “REMOVE USB” when it is safe to remove the USB Flash Drive.

13. For the next prompt, push the OK button.
14. The Console display shows the Software Version code.
15. For the next prompt, push the OK button.
16. The Console display shows the LOG prompt.
17. For the next prompt, push the OK button.
18. The Console will display the Power-Up Mode screen.

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately. Only manufacturer supplied components can be used to maintain and repair the equipment.

If at any time the Warning labels become loose, unreadable or dislodged, contact your local distributor for replacement labels.

DANGER To reduce the risk of electrical shock or unsupervised usage of the equipment, always unplug the power cord from the wall outlet and the machine and wait 5 minutes before cleaning, maintaining or repairing the machine. Place the power cord in a secure location.

Daily: Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage, except for the Walking Deck. The Walking Deck is designed for wear on both sides of it. If only one side of the Walking Deck is worn, a replacement Deck is not required. It is recommended that a qualified service technician is used to flip the Walking Deck. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

With the Walking Deck lowered, if an edge of the Walking Belt can be seen, adjust it until the edge is not viewable.

Note: Avoid excessive moisture on the Console.

Weekly: Check for smooth roller operation. Wipe the machine to remove dust, dirt, or grime.

Do not remove the Motor Control Board (MCB) Cover. Dangerous voltages and moving parts are present. The components are serviceable only by approved service personnel or by following service procedures supplied by Nautilus, Inc.

Note: Do not use petroleum based products.

Monthly or after 20 hours: Make sure all bolts and screws are tight. Tighten as necessary.

Quarterly: Or after 25 hours—Lubricate the walking belt with a silicone-based lubricant.

Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

NOTICE: Do not clean with a petroleum based solvent or an automotive cleaner. Be sure to keep the Console free of moisture.

Cleaning

DANGER To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine.

Wipe the treadmill down after each use to keep the treadmill clean and dry. It may be necessary to use a mild detergent at times to remove all dirt and salt from the belt, painted parts and the display.

NOTICE: To prevent damage to the finish of the machine or Console, do not clean with a petroleum based solvent. Do not apply too much moisture to the Console.

Adjusting the Belt Tension

If the walking belt starts to slip during use, it is necessary to adjust the tension. Your treadmill has tension bolts at the rear of the treadmill.

1. Make sure that the walking belt is stopped and the power switch is turned Off.

Be sure not to touch a moving walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

2. Use a 6 mm hex key to turn the right and left belt adjustment bolts clockwise a 1/2 turn, first one bolt and then the other bolt.
3. After you adjust each side the 1/2 turn, start the belt and do a test to see if the belt stopped slipping. If the belt still slips, return to step 1 and repeat the procedure.

If you turn one side more than the other, the belt will move away from that side of the treadmill and may need realignment.

NOTICE: Too much tension on the belt causes unnecessary friction and wears the belt, motor and electronics.

4. Push PAUSE/STOP twice to stop the walking belt and end the Quick Start workout.

Aligning the Walking Belt

The walking belt should be centered on your treadmill at all times. Running style and a non-level surface can cause the belt to move off center. Minor adjustments to the 2 bolts at the rear of the treadmill are necessary when the belt is off center.

The edges of the Walking Belt should be under the Side Foot Support Rails. If an edge of the Walking Belt can be viewed, be sure to adjust the Walking Belt until the edges are not viewable and are under the Side Foot Support Rails.

1. Push the START button to start the walking belt.

Be sure not to touch a moving walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

2. Stand at the rear of the treadmill to see which direction the belt moves.
3. If the belt moves to the left, turn the left belt adjustment bolt 1/4 turn clockwise and the right belt adjustment bolt 1/4 turn counterclockwise.

If the belt moves to the right, turn the left adjustment bolt 1/4 turn counterclockwise and the right adjustment bolt 1/4 turn clockwise.

4. Monitor the path of the belt for approximately 2 minutes. Continue to adjust the bolts until the walking belt is centered.
5. Push PAUSE/STOP twice to stop the walking belt and end the Quick Start workout.

Lubricating the Walking Belt

Your treadmill is equipped with a low maintenance deck and belt system. The Walking Belt is pre-lubricated. Belt friction can affect the function and life of the machine. Lubricate the belt every 3 months or every 25 hours of use, whichever comes first. Even if the treadmill is not in use, silicone will dissipate and the belt will dry out. For the best results lubricate the deck periodically with 100% silicone lubricant, using the following instructions:

1. Turn off the power to the machine with the power switch.
2. Unplug the treadmill fully from the wall outlet, and remove the power cord from the machine.

⚠DANGER To reduce the risk of electrical shock, always unplug the power cord and wait 5 minutes before cleaning, maintaining or repairing this machine. Place the power cord in a secure location.

Note: Make sure the treadmill is located on a surface that is easy to clean.

3. Fold the treadmill. Refer to the “Moving the Machine” procedure in this manual. Be sure that the hydraulic lift is correctly locked in place

Use proper safety precautions and lifting techniques. Use a second person if necessary.

Do not use the walking belt or rear roller to lift the treadmill. These parts do not lock in place and can abruptly move. Injury to you or damage to the machine can occur.

4. Make sure that the locking mechanism is engaged. Carefully pull back on the walking deck and make sure that it does not move. When you do this, keep clear of movement path in case the treadmill lock is not engaged.

Do not lean against the treadmill when it is folded. Do not put items on it that could cause it to become unstable or fall.

Do not connect the power cord or try to operate the treadmill in the folded position.

5. Apply a few drops of the lubricant to the inner surface of the belt for the entire width of the belt. A very thin layer of silicone lubricant on the entire deck below the belt is desired.

NOTICE: Always use a 100% silicone lubricant. Do not use a degreaser like WD-40® as this could seriously impact performance. We can recommend that you use the following:

- 8300 Silicone Spray, available at most Hardware and Auto Parts stores.
- Lube-N-Walk® Treadmill Lubrication Kit, available from your local specialty fitness dealer or Nautilus, Inc.

Store silicone lubricant in a safe place. Keep out of reach of children. Silicone lubricant is not intended for human consumption.

6. Manually rotate the belt 1/2 of the length of the belt and apply lubricant again.
7. Unfold the machine. Refer to the “Unfolding the Machine” procedure in this manual.

Keep clear of the movement path of the walking deck. Hold onto the walking deck until approximately 2/3 of the movement down. The walking deck can possibly drop quickly in the last part of the movement.

If you used spray lubricant, wait 5 minutes before turning on power to the machine to allow the aerosol to dissipate.

8. Connect the power cord back into the machine and then into the wall outlet.
9. Turn on the power to the machine with the power switch.
10. Stay to one side of your machine and start the belt at the slowest speed. Let the belt operate for approximately 15 seconds.

Be sure not to touch a moving walking belt or step on the power cord. Keep bystanders and children away from the product you are servicing at all times.

11. Switch off your machine.
12. Take care to clean up any excess lubricant from the deck.

To decrease the possibility of slipping, be sure the deck area is free from grease or oil. Clean off any excess oil rom the machine surfaces.

Heart Rate Chest Strap Battery Replacement

The heart rate (HR) chest strap uses a CR2032 battery.

Do not perform this procedure outdoors or in moist or wet locations.

1. Using a coin, loosen the slotted cover on the battery bay. Remove the cover and battery.
2. When replacing the battery, insert it in the battery bay with the + symbol facing up.
3. Reinstall the cover on the strap.
4. Discard the old battery. Dispose of in accordance with local regulations and/or at approved recycling centers.
5. Inspect your chest strap to ensure function.

Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner’s Manual.

Maintenance Parts

A	Console Assembly	K	Remote Speed Control Wire, Lower	U	Base Shroud, Left
B	Safety Key Port	L	Right Upright Cable (I/O)	V	Crossbar
C	Fan	M	Right Upright Earthing Cable	W	Crossbar Tray
D	Contact Heart Rate Sensor	N	Upright, Right	X	Upright, Left
E	Console Cable (I/O)	O	Remote Speed Control	Y	Handlebar Shroud, Left
F	Remote Speed Control Wire, Upper	P	Handlebar Shroud, Right	Z	Remote Incline Control
G	Console Earthing Cable	Q	Base Shroud, Right	AA	Remote Incline Control Wire, Lower
H	Cupholder, Left	R	Base Cable (I/O)	BB	Power Cord
I	Cupholder, Right	S	Base Earthing Cable	CC	Heart Rate Chest Strap
J	Remote Incline Control Wire, Upper	T	Base Assembly		

Maintenance Parts (Frame)

Front

Back

DD	Power Switch	KK	Rear Roller	RR	Deck Release Cable
EE	Fuse	LL	Walking Deck	SS	Incline Adjuster
FF	Power Input	MM	Base Support	TT	Pivot Assembly
GG	Motor Control Board (MCB) Cover	NN	Deck Cushioners	UU	Belt Tensioner
HH	Motor Cover	OO	Transport Wheel	VV	Rear Roller Cover
II	Side Foot Support Rails	PP	Leveler	WW	Deck Release Handle
JJ	Walking Belt	QQ	Deck Lift Shock Assembly		

Condition/Problem	Things to Check	Solution
No display/partial display/ unit will not turn on	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet. Test the outlet with a known functioning device such as a lamp.
	Check connection at front of unit	Connection should be secure and undamaged. Replace power cord or connection at unit if either are damaged.
	Check Power Switch	Turn on the power with the Power Switch.
	Check data cable integrity	All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Check console display for damage	Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
	Console Display	If Console only has partial display and all connections are fine, replace the Console.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Unit operates but Contact HR not displayed	Sensor grip	Be sure hands are centered on HR sensors. Hands must be kept still with relatively equal pressure applied to each side.
	Dry or calloused hands	Sensors may have difficulty with dried out or calloused hands. A conductive electrode cream (heart rate cream) can help make better conduct. These are available on the web or at medical or some larger fitness stores.
		If tests reveal no other issues, contact your local distributor for further assistance.
Unit operates but Telemetric HR not displayed	Chest Strap	Strap should be “POLAR®” compatible and uncoded. Make sure strap is directly against skin and contact area is wet. Make sure the transmitter has the curve oriented upward.
	Chest Strap Batteries	If strap has replaceable batteries, install new batteries.
	Check User Profile	Select the Edit User Profile option for the User Profile. Go to the WIRELESS HR setting and make sure that the current value is set to ON.
	Interference	Try moving unit away from sources of interference (TV, Microwave, etc).
	Replace Chest Strap	If interference is eliminated and HR does not function, replace strap.
	Replace Console	If HR still does not function, contact your local distributor for further assistance.
Speed display is not accurate	Display set to wrong unit of measure. (English/ Metric)	Change display to show correct units.
Console shuts off (enters sleep mode) while in use	Check electrical (wall) outlet	Make sure unit is plugged into a functioning wall outlet. Test the outlet with a known functioning device such as a lamp.
	Check connection at front of unit	Connection should be secure and undamaged. Replace power cord or connection at unit if either are damaged.
	Check data cable integrity	All wires in the cable should be intact. If any are cut or crimped, replace cable.

Condition/Problem	Things to Check	Solution
	Check data cable connections/orientation	Be sure cable is connected securely and oriented properly. Small latch on connector should line up and snap into place.
	Reset machine	Unplug unit from electrical outlet for 3 minutes. Reconnect to outlet.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Fan will not turn on or will not turn off	Reset machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
Fan will not turn on, but Console operates	Check for blockage of fan	Unplug unit from electrical outlet for 5 minutes. Remove material from fan. If necessary, detach the Console to help with removal. Replace the Console if unable to remove blockage.
Unit rocks/does not sit level	Check leveler adjustment	Adjust levelers until machine is level.
	Check surface under unit	Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.
Thumping sound when belt operates	Walking belt	Walking belt needs to be used for wear in period. Sound will go away after the wear in period.
Walking belt not aligned	Machine leveling	Make sure the machine is level. Refer to the procedure for leveling the machine in this manual.
	Walking belt tension and alignment	Make sure the walking belt is centered and tension is correct. Refer to the procedures for adjusting tension and aligning the belt in this manual.
Motor sounds strained	Silicone lubrication on walking belt	Apply silicone to the inner surface of the walking belt. Refer to the belt lubrication procedure in this manual.
Hesitation or walking belt slips when in use	Belt tension	Adjust the belt tension at the rear of the machine. Refer to the procedure for adjusting belt tension in this manual.
Belt stops moving while in use	Safety key	Plug Safety Key into Console. (See Emergency Stop Procedure in the Important Safety Instructions section.)
	Motor overload	Unit may be overloaded and draw too much current, which causes power to turn off to protect motor. Refer to maintenance schedule for belt lubrication. Make sure the walking belt tension is correct, and start unit again.
		If the above steps do not resolve the problem, contact your local distributor for further assistance.
Console continuously cycles through program screens	Console is in demonstration mode	Hold down the PAUSE/STOP button and Decrease button together for 3 seconds.
Workout results will not sync with Bluetooth® enabled device	Current console mode	Machine must be in Idle Mode to sync. Push the PAUSE/STOP button until the Power-Up Mode screen is displayed.
	Total time of workout	A workout must be longer than 1 minute to be saved and posted by the Console.
	Fitness machine	Unplug unit from electrical outlet for 5 minutes. Reconnect to outlet.
	Bluetooth® enabled device	Consult your device to be sure that the Bluetooth® wireless feature has been enabled on it.

Condition/Problem	Things to Check	Solution
	Fitness App	Review Specifications of Fitness App and confirm your device is compatible.
		Contact your local distributor for further assistance.
Workout results not posting from Nautilus Trainer™ to MyFitnessPal® / Under Armour® Connected Fitness.	Sync accounts	From the Menu icon on the Nautilus Trainer™ App, select the Sync to MyFitnessPal® or Under Armour® Connected Fitness.
	Sync fails	Review account and password for MyFitnessPal® / Under Armour® Connected Fitness.
		Contact your local distributor for further assistance.

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