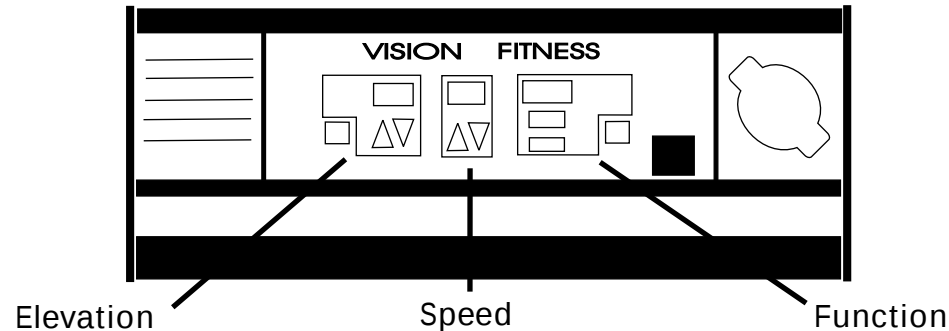


T7000 / T7200 / T7400 TREADMILL

OWNER'S MANUAL SUPPLEMENT



T7000 Programming

One Button Start™, no programming

Select a Time: There are two ways to use the timer: count down or count up mode. You change the time by pressing either the UP or the DOWN arrows. When the time you choose to use is showing, press the SELECT button.

T7200/T7400 Programming

Step 1: Selecting a Program: After turning on your treadmill and placing the key on console 'P1' will be flashing in the display window. By pressing either the UP or DOWN arrows, you can move between 'P1' (Manual), 'P2' (Intervals-Speed Changes), 'P3' (Weight Loss-Speed Changes), 'P4' (Weight Loss-Elevation Changes), 'P5' (5-K Run-Elevation Changes) and 'P6' (10-K Run-Elevation Changes). When the program you choose to use is showing, press the SELECT button.

Step 2: Selecting a Level: If 'P2'-'P6' are selected, 'L1' will now be flashing in the display window. Each Program has 9 different Levels, change levels by pressing either the UP or the DOWN arrows. When the level you choose to use is showing, press the SELECT button. (If you select 'P1', the console will skip this step and go directly to setting the time).

Step 3: Selecting a Time: The time will now be flashing in the display window. There are two ways to use the timer in 'P1' (Manual): count down mode or count up mode. When using 'P2'-'P4', the timer can be operated in count down mode only. When using 'P5' or 'P6', the timer will only operate in count up mode. When the present distance is completed, the timer and program will stop. You change the time by pressing either the UP or the DOWN arrows. When the time you choose to use is showing, press the SELECT button.

Step 4: Getting Starting: When you are ready to begin your program, press the START button.

Note: Use the SELECT key to scan between TIME, DISTANCE and your CALORIES in the Function Window.