

Icon Health & Fitness, Inc.
Logan, Utah 84321

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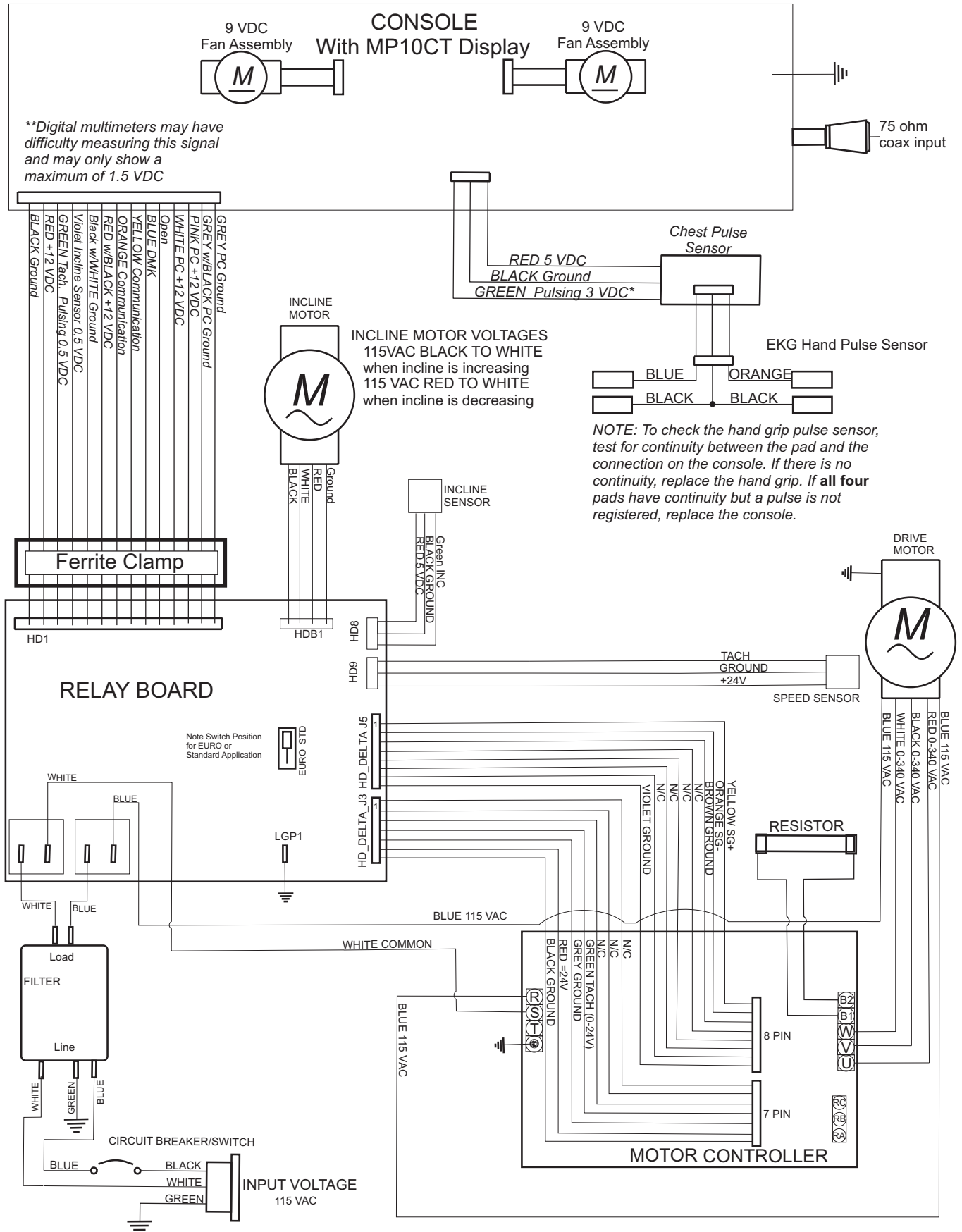
Manufacturing App.: _____ Date: _____

Rev	Date	Description	ECN
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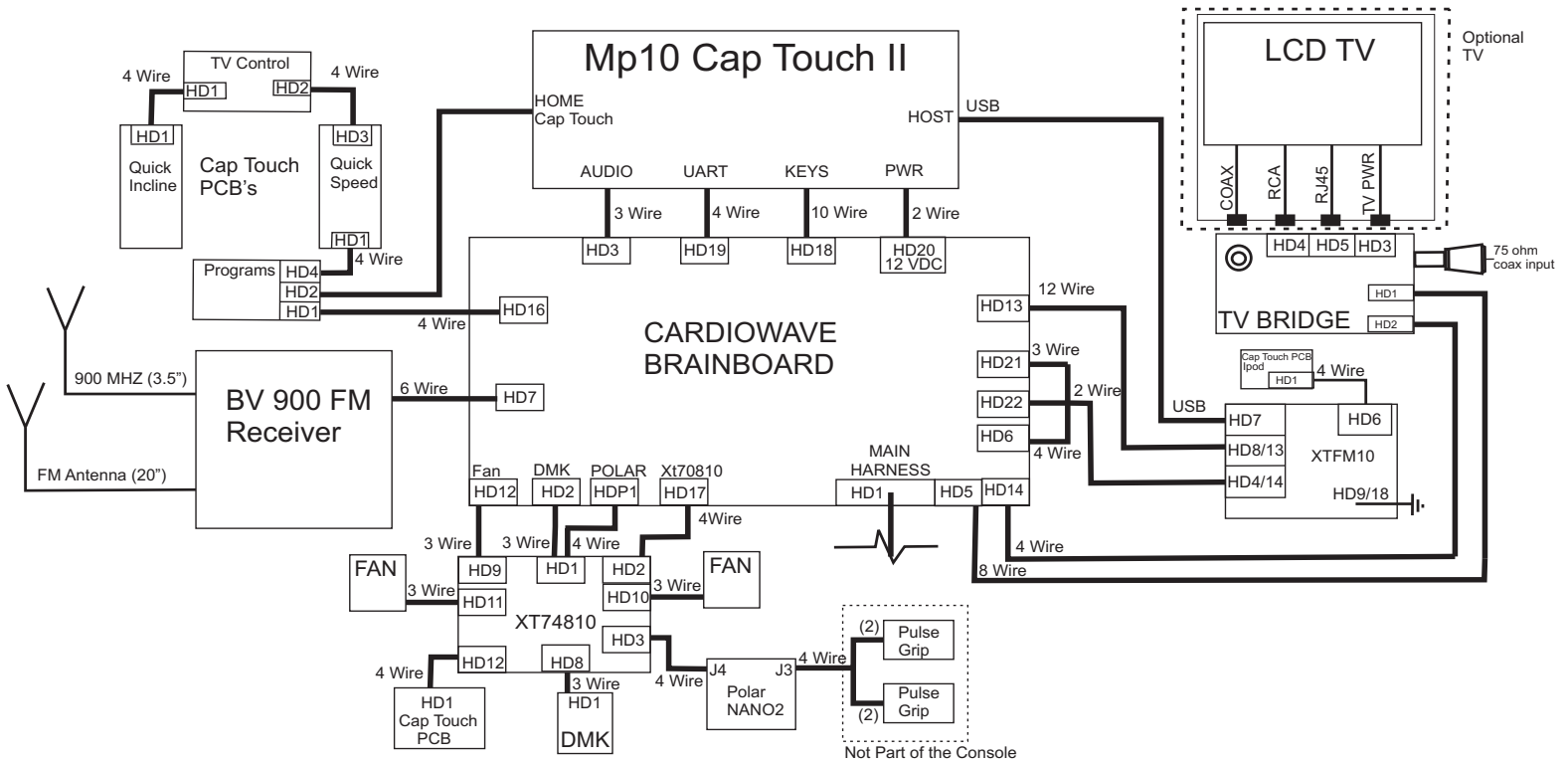
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FMTK74810 FreeMotion i11.9 Incline Trainer

Voltage Diagram



FMTK74810 FreeMotion i11.9 Incline Trainer Console Component Diagram



Treadmill Specifications

FMTK74810

FreeMotion

I11.9 Incline Trainer

0-12 MPH

-3-30% Power Incline

5 HP AC Motor

400LBS Max User Weight

15 Amp Circuit Breaker

110-120 VAC 60 Hz

Tech Sheet Part # 323267

REV -

POWER BOARD LED'S

LED1 Incline Sensor

LED2 Communication

LED3 On= DMK disabled Off= DMK enabled

LED4 On= DMK is out Off= DMK is in

LED5	Communication
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LED6	Tach (Speed Sensor)
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LD7 & LD8 AC Power

LD3 TV POWER

LD2 Console Power

[illegible]

HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to select a language and the unit of measurement, to turn on and turn off the display demo mode, set a reset timeout, and to enable or disable the key and/or a passcode.

1. Access the settings main menu.

Insert the key into the console. Next, select the main menu. Then, draw a square clockwise on the screen to access the settings main menu.

Note: The entertainment mode is for use with the optional 17" digital TV only. To upgrade the console to include the 17" digital TV, see page 15.

2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

4. Select the unit of measurement.

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

5. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the incline trainer is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the on position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

6. Set a time for the reset timeout.

The console features an automatic reset feature; if no buttons are touched or pressed and the walking belt does not move for a set amount of time, the console will automatically reset.

To set the amount of time the console will wait before it automatically resets, touch the Reset Timeout button to view a list of times. Then, select the amount of time desired. Touch the back button on the screen.

7. Enable or disable the key.

You can disable the key so that the incline trainer does not require the use of the key.

Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION:**

Read the safety warning on the screen before disabling the key. To enable the key again, touch the Enable checkbox.

8. Enable or disable a passcode.

The console features a child safety passcode, designed to prevent unauthorized users from using the incline trainer.

Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode.

The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

9. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button on the Screen

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to update the console firmware, calibrate the incline of the incline trainer, calibrate the screen, view technical information, and view a button's keycode.

1. Access the settings main menu.

See Settings Mode on opposite page 24.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode. The maintenance mode main screen will show information about the model and version of the incline trainer.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the incline trainer, do not turn off the power or remove the key while the firmware is being updated.

Note: If you cannot update the console firmware over your wireless network, you can update the firmware using a USB drive. Go to www.iFit.com and download the latest firmware update onto your USB drive. Safely remove the USB drive from your computer and plug it into the USB port on the front of the console. The update should begin automatically.

The screen will show the progress of the update. When the update is complete, the incline trainer will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the on position.

Note: It may take a few minutes for the console to be ready for use.

4. Calibrate the incline system of the incline trainer.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The incline trainer will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep feet and other objects away from the incline trainer while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. Calibrate the screen.

If the screen is not properly calibrated, it will be difficult to touch the correct buttons on the screen.

To calibrate the screen, touch the Calibrate Screen button. A small target will appear on the screen. Touch the center of the target. Then, touch the rest of the targets. After several seconds, the console will exit the calibration mode.

6. View machine information.

Touch the Machine Info button to view information about your incline trainer. After you view the information, touch the back button on the screen.

7. Find Keycodes.

This option is intended to be used by service technicians to identify whether a certain button is working correctly.

8. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console.