

# nordictrack 1000i manual

## Speed/Pace display—

This display shows the speed of the walking belt and your current pace (pace is measured in minutes per mile). Every seven seconds, the display will change from one number to the other.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An "E" for English miles, or an "M," for metric kilometers, will appear in the Speed/Pace display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. Note: For simplicity, all instructions in this manual refer to miles.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

## 6 Measure your heart rate, if desired.

To measure your heart rate, stand on the foot rails and place your hands on the metal contacts on the handrail. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—avoid moving your hands. When your pulse is detected, the Heart Rate indicator will flash, three dashes (- - -) will appear in the Heart Rate/Calories display, and then your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.



## 7 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to 1%. The incline must be at 1% when the treadmill is raised to the storage position or the treadmill will be damaged. Next, remove the key from the console and put it in a secure place. Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 21 and turn off the demo mode.

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

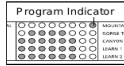
## HOW TO USE PRESET PROGRAMS

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

See GETTING STARTED on page 10.

### 2 Select one of the three preset programs.

When the key is inserted, the manual mode will be selected and the Manual indicator will light. To select one of the preset programs, press the Select Program button repeatedly until the Mountain Trail, Gorge Trail, or Canyon Run indicator lights.



When you select a preset program, the program display will show a simplified profile of the program you have selected. For example, the profile above shows that the intensity of the selected program will be greater during the middle of the program and less during the beginning and end. The Time/Laps display will show how long the program will last.

### 3 Press the Start Program button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

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