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GOLD'S GYM

STRIDE TRAINER 5501

HOW TO USE THE TREADMILL



USER'S MANUAL



Never insert any object into any opening on the treadmill.24. Over exercising may result in serious injury or death. Before beginning any exercise program, con-sult your physician. (See TROU-BLESHOOTING on page 20 if the treadmill is not working properly.)16. ICON as-sumes no responsibility for personal injury or property damage sustained by or through the use of this product.Page 3420. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).17. Do not put the treadmill in a garage or covered patio, or near water. Various factors, including the user's movement, may affect the accuracy of heart rate readings. 7. Note: If a part is not in the hardware kit, check to see if it is preat-tached. The number following the key number is the quantity used for assembly. Inspect and properly tighten all parts of the treadmill regularly.25. Insert a 3/8" x 3 1/4" Screw (2) with a 3/8" Star Washer (3) into the top hole in the Right Upright (76). Note: There are no wires on the left side.7633274634 Gold's Gym Treadmill User's Manual Gold's Gym Treadmill User's Manual Gold's Gym USER'S MANUAL TREADMILL CWTLO5607 Gold's Gym Treadmill Manual Gold's Gym Treadmill Manual gold's gym treadmill user's manual Gold's Gym User Manual Treadmill GGTL03607.1 Gold's Gym Treadmill User's Manual Gold's Gym 450 Treadmill User's Manual Gold's Gym Treadmill User's Manual Gold's Gym Treadmill User's Manual Gold's Gym User Manual Treadmill GGTL04607.0 Gold's Gym Treadmill Manual Gold's Gym Treadmill Manual Gold's Gym Treadmill Manual Gold's Gym Treadmill User's Manual gold's gym treadmill user's manual Gold's Gym Treadmill Manual Gold's Gym Treadmill Manual Gold's Gym User Manual Treadmill GGTL817040 (178 cm)Width: 2 ft. 6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered. Then, partially tighten the Screw into the Base (74). Servic-ing other than the procedures in this manual should be performed by an authorized ser-vice representative only.26. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. 1ASSEMBLYBA742. This treadmill is intended for home use only. See the inset drawing. Never move the walking belt while the power is turned off. 9. 10 in. Cut the plastic tie near the Upright Wire (63). Do not use this treadmill in a commercial, rental, or institutional setting.27. 74766376Wire TieWire Tie3634. Extra hardware may be included.#10 x 3/4" Screw(8)-6#8 x 3/4" Screw(4)-103/8" x 3 1/4" Screw (2)-65/16" x 3" Screw (7)-23/8" StarWasher (3)-65/16" StarWasher (6)-45/16" x 3/4"Screw (5)-2#10 StarWasher (23)-4 Page 571. Never start the treadmill while you are stand-ing on the walking belt. Keep the power cord and the surge suppres-sor away from heated surfaces.15. Locate the Upright Wire (63) bundled between the Base (74) and the Belly Pan (52). (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) You must be able to safely lift 45 lbs. Always wear ath-letic shoes. The model number and the location of the serial number decal are shown on the front cover of this manual.Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.BEFORE YOU BEGINLength: 5 ft. (See the drawing on page 5 for the location of the power switch.) 21. Press a Base Cap (70) into each side of the Base (74). Failure to use a properly-functioning surge suppressor could result in damage to the control system of the treadmill. See the inset drawing. 12. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. Use only a surge suppressor that meets all To purchase a surge suppressor, see your local GOLD'S GYM dealer, call the telephone number on the front cover of this manual, or see your local electronics store.13. Always hold the handrails while using the treadmill.18. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.3. Use the treadmill only as described.4. Keep the treadmill indoors, away from mois-ture and dust. (136 kg) or less. Do not wear loose clothes that could become caught in the treadmill. Never remove the motor hood unless instructed to do so by an authorized service representative. DANGER: Always unplug the power cord immediately after use, before clean-ing the treadmill, and before performing the maintenance and adjustment procedures described in this manual. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury. This is especially impor-tant for persons over age 35 or persons with pre-existing health problems. Be careful not to damage the Upright Wire.637425270HoleCut 63TiePage 6 83. After shipping, there may be some lubricant on top of the walking belt or on the shipping carton. The heart rate monitor is in-tended only as an exercise aid in determining heart rate trends in general. 11. If you have questions after reading this manual, please see the front cover of this manual. 14. The treadmill is capable of high speeds. (0.6 m) on each side. 19. Do not dispose of the packing The underside of the walking belt is coated with high-performance lubricant. Attach the Left Upright (not shown) in the same way. Partially tighten two more 3/8" x 3 1/4" Screws (2) with two 3/8" Star Washers (3) into the Right Upright (76) and the Base (74); do not fully tighten the Screws yet. 10. (84 cm)HandrailStorage LatchConsoleKey/ClipPower SwitchPower CordWalking BeltHoodWheelFoot Railldler Roller Adjustment ScrewsAccessory TrayPlatform CushionHeart Rate Monitor Page 23IMPORTANT PRECAUTIONS1. To help us assist you, note the product model number and serial number before contacting us. 5. The number in parentheses below each draw-ing is the key number of the part, from the PART LIST near the end of this manual. Do not place the treadmill on any surface that blocks air damage, place a mat under the treadmill. Never leave the treadmill unattended while it is running. If you feel faint or if you experience pain while exercising, stop immediately and cool down.SAVE THESE INSTRUCTIONSPage 4 6PART IDENTIFICATION CHARTUse the drawings below to identify small parts used for assembly. 9 in. Never use the treadmill with bare feet, wearing only stockings, or in sandals. This is normal. Identify the Right Upright (76), which is marked "Right." Have a second person hold the Right Upright near the Base (74). The TRAINER 410 treadmill provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.For your benefit, read this manual carefully before you use the treadmill. Plug the power cord into a surge suppressor (not included), and plug the surge suppres-sor into an appropriate outlet (see page 13). Be careful not to pinch the Upright Wire (63). WARNING: To reduce the risk of serious injury, read all important precatons and in-structions in this manual and all warnings on your treadmill before using your treadmill. Route the Upright Wire into the Base and out of the indi-cated hole. 22. Make sure that the power cord is unplugged. 5Thank you for selecting the new GOLD'S GYM® TRAINER 410 treadmill. Remove and discard the two screws (A) and the shipping bracket (B) from the right side of the Base (74). If there is lubricant on top of the walking belt, wipe it off with a soft cloth and a mild, non-abrasive cleaner. To identify small parts, see page 6. Assembly requires the following tools: the included hex keys one Phillips screwdriver To avoid damaging parts, do not use power tools for assembly. Athletic support clothes are recommended for both men and women. Wear appropriate exercise clothes while us-ing the treadmill. Never allow more than one person on the treadmill at a time. Hold the Right Upright (76) against the Base (74). (20 kg) to raise, lower, or move the treadmill. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. Then, insert the Upright Wire into the lower end of the Right Upright as you pull the other end of the wire tie through the Right Upright. Assembly requires two persons. Place all parts in a cleared area and remove the packing materials. Keep children under age 12 and pets away from the treadmill at all times.8. The treadmill should be used only by per-sons weighing 300 lbs. 2. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.23. Tie the wire into the Right Upright (76) securely around the end of the Upright Wire (63). The heart rate monitor is not a medical device. Then, remove and discard the screws and shipping bracket (not shown) from the left side of the Base. To hire a service technician to assemble this prod-uct in your home, call 1-800-445-2480. Ad-just the speed in small increments to avoid sudden jumps in speed.