

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to a product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc.
1500 S. 1000 W., Logan, UT 84321-9813

COMPLIANCE INFORMATION

UNITED STATES

FCC Statement. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Warning: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or controlled environments.

CANADA

IC Statement. This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This Class B digital apparatus complies with Canadian ICES-003.

iFIT[®]

Heart Rate Monitor

Model Number IFHRM214.0



QUESTIONS?

If you have questions after reading this manual, please contact Customer Care:

US: 1-800-288-4802

Outside US: Call the telephone number on the front cover of the user's manual included with your fitness equipment, or contact the establishment where you purchased the heart rate monitor.

Note: If you need a replacement user's manual, go to www.iconfitness.com.

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the heart rate monitor. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1.

It is the responsibility of the owner to ensure that all users of the heart rate monitor are adequately informed of all precautions.
2.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35, for persons with pre-existing health problems, for persons who have an implanted medical device such as a pacemaker, or for persons who are taking medication regularly.
3.

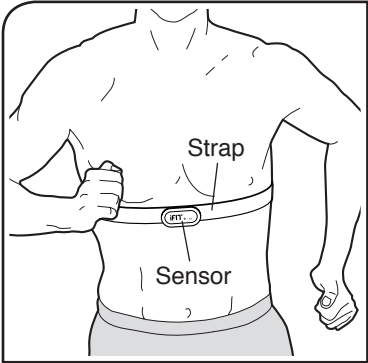
If you have heart problems, or if you are over age 60 and have been inactive, do not use pulse-driven workouts.
4.

Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

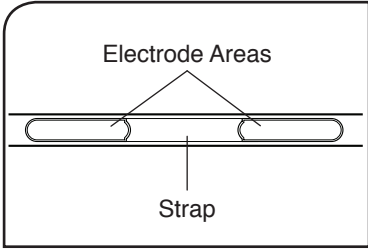
HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of a chest strap and a sensor. Attach the sensor to the chest strap by pressing the posts on the sensor into the snap fasteners on the chest strap.

The heart rate monitor must be worn under your clothes, tight against your skin. To put on the heart rate monitor, wrap the chest strap around your chest, and slide the loop on one end of the chest strap onto the clip on the other end of the chest strap. Make sure that the logo on the sensor is right-side-up. Then, adjust the length of the chest strap, if necessary, and position the chest strap as shown.



Next, pull the chest strap away from your body a few inches and locate the two electrode areas. Using a saline solution, such as saliva or contact lens solution, wet the electrode areas. Then, return the chest strap to a position against your chest.



CARE AND MAINTENANCE

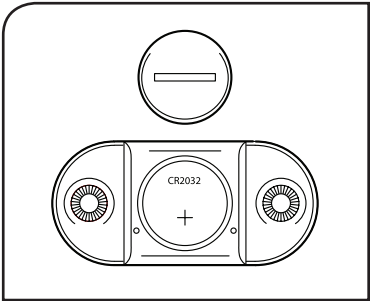
- Thoroughly dry the electrode areas on the chest strap with a soft towel after each use. Moisture may keep the heart rate monitor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. **Never use alcohol, abrasives, or chemicals to clean the sensor.** Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that an ANT+ receiver or a BLUETOOTH® Smart receiver is included in your fitness equipment. The heart rate monitor is designed to transmit to compatible ANT+ or BLUETOOTH Smart fitness equipment.
- Make sure that you are wearing the heart rate monitor as described in HOW TO PUT ON THE HEART RATE MONITOR. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.

- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.
- If the heart rate monitor still does not function properly, remove the sensor from the chest strap and locate the battery cover on the back of the sensor. Insert the edge of a coin into the slot in the battery cover, turn the battery cover counterclockwise, and remove the battery cover. Next, remove the old battery and insert a new CR 2032 battery; **make sure that the battery is oriented so that the text is facing away from the sensor.** Then, reattach the battery cover and turn it clockwise.



This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.