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Gold's gym trainer 420 manual. Gold's gym 420 treadmill manual.

3. Raise the frame about halfway to the vertical position. HOW TO FOLD THE TREADMILL FOR STORAGE Before folding the treadmill, adjust the incline to the lowest position. Make sure to bend your legs and keep your back straight as you raise the frame. 2. Pull the latch knob to the left and hold it. TermsCA Supply ChainPrivacyCA Privacy RightsDo Not Sell My Personal InformationInterest Based AdsTM & © 2022 Target Brands, Inc. Make sure that the latch pin is fully inserted into the hole in the center of the cushion. Slowly release the latch knob. Move your right hand to the position shown and hold the treadmill firmly. Features: 6 built-in workouts Input your personal weight so statistics can be personalized specifically to you 0-10% incline allows you to adjust your workout with the touch of a button 0-10 mph with the speed control arrows Airsoft cushioning on the tread belt Reduces impact on your joints by up to 15% SpaceSaver design allows the deck to fold vertically MP3 player compatible port Dual-grip EKG heart rate monitor in the handlebar sensors LCD screen monitor 5 x 7 inches Displays: Speed, incline, time, distance, calories burned, and pulse Belt size: 18 x 50 inches Motor: 2.5 HP, G-Force motor Assembly required User weight capacity: 300 pounds Dimensions: 70 x 33 x 53 inches (unfolded) Warranty: Gold's Gym 5-year motor warranty; 90-day parts and labor warranty (20 kg) to raise, lower, or move the treadmill. It displays your speed, incline, time, distance, calories burned, and pulse as read by the EKG heart rate monitor in the built-in handlebar sensors. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C). Using your left hand, slide the cushion so that it is aligned with the latch pin. 1. Carefully move the treadmill to the desired location. Tilt the treadmill back until it rolls freely on the front wheels. Hold the upper ends of the handrails. To protect the floor or carpet from damage, place a mat under the treadmill. Hold the metal frame firmly in the location shown by the arrow at the right. The AirStride Plus Cushioning keeps your joints safe and comfortable by reducing the impact by up to 15%. The tread belt measures in at a spacious 18 x 50 inches, accommodating any stride length. The LCD screen monitor is 5 x 7 inches and easy to read. The SpaceSaver design allows the deck to be folded vertically and stored away while not in use, making the Trainer 420 Treadmill a perfect fit for your household. Remove the key and unplug the power cord. Make sure that the latch pin is fully inserted into the hole in the center of the cushion. Place one foot against one of the wheels. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position. Wheel 23 Frame Engaged Cushion Latch Knob Latch Pin Base 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 GGTLO3607.1 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 GGTLO4607.0 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 User's Manual Treadmill Gold's Gym Treadmill Manual Gold's Gym User Manual Treadmill GTTL12920 Gold's Gym User Manual Treadmill GGTL12921 Gold's Gym User Manual Treadmill GGTL14607.0 Gold's Gym User Manual Treadmill GGTL14607.1 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 GGTL17040 The Gold's Gym Trainer 420 Treadmill is a workout machine designed to help you achieve your fitness goals all within the comfort of your own home. HOW TO MOVE THE TREADMILL Before moving the treadmill, convert the treadmill to the storage position as described above. This treadmill has a 2.5 HP G-force motor with speed ranges from 0-10 mph and a 0-10% incline range for varied exercises. The Internix Acoustics 2.0 sound system is iPod and MP3 compatible, so you can put on your workout playlist while you exercise. CAUTION: To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. CAUTION: You must be able to safely lift 45 lbs. If you do not do this, you may damage the treadmill when you fold it. Do not move the treadmill over an un-even surface. To reduce the risk of injury, use extreme caution while moving the treadmill. Keep the treadmill out of direct sun- light.

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