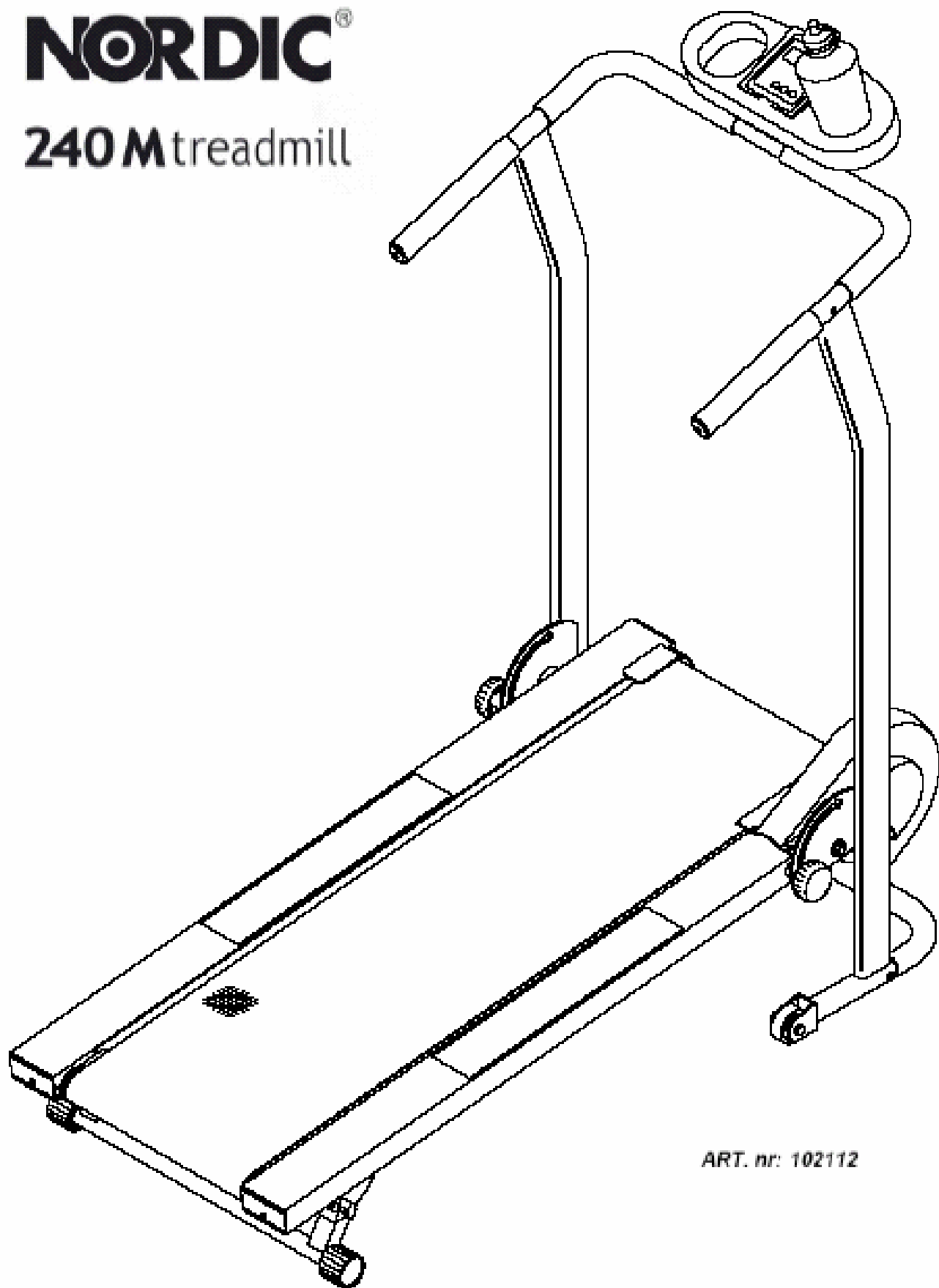


**NORDIC<sup>®</sup>**

**240 M treadmill**



ART. nr: 102112

# **240M TREADMILL**

## **SAFETY GUIDELINES:**

Please read and follow the following safety guidelines: Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination. Read this owner's manual and follow the instructions.

- Assemble and operate the **240M** on a solid, level surface.
- Always allow a clear space measuring 1m wide and 2m long immediately behind the **240M**.
- Never allow children on or near the treadmill.
- You will need at least one person to help you assemble this unit, two would be better.
- The treadmill running belt will not stop immediately if any object becomes caught in the belt of rollers.
- Always check the treadmill before using it.
- Make sure all parts are assembled, and nuts and bolts are tightened.
- Do not use the treadmill if the unit is disassembled in any way.
- Keep hands away from moving parts.
- The weight limit for this treadmill is 200 lbs (90 kgs).
- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Do not rock the unit from side to side.
- Care should be taken when mounting and dismounting the unit.
- Do not place any liquid on any part of the treadmill.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do NOT work to exhaustion.
- If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.

The **240M** is designed for use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise experience with the **240M**.

## **CARE AND MAINTENANCE**

Use a warm damp cloth with mild detergent to keep your **240M** clean.

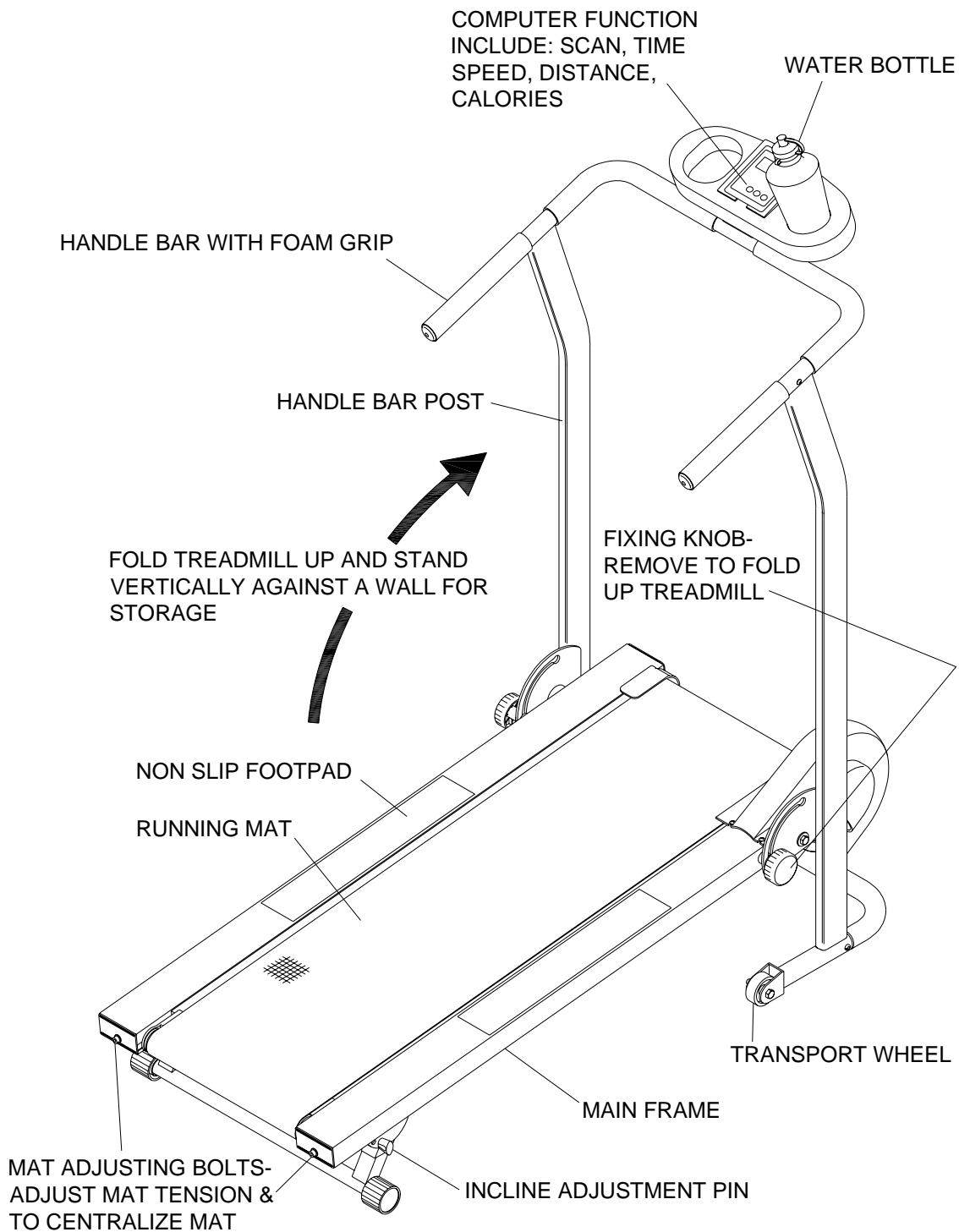
## **TOOLS REQUIRED**

The tools enclosed in the carton are one multi-purpose spanner (which has a screwdriver function) and one alien key,

\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT **NORDIC** CUSTOMER SERVICE DIRECTLY. \*

# INTRODUCTION

**240M** TREADMILL has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding of the benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.



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# GENERAL

REMOVE ALL THE PARTS OF YOUR TREADMILL FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY!!

ASSEMBLING YOUR TREADMILL IS SIMPLE, PLEASE NOTE THAT THE MAIN FRAME IS HEAVY: WE RECOMMEND THAT YOU GET SOMEONE TO HELP YOU WHEN ATTACHING THE HANDLE BAR POSTS TO THE MAIN FRAME. FOLLOW THESE INSTRUCTION CAREFULLY AND IT SHOULD TAKE YOU AROUND 10-15 MINUTES.

## ASSEMBLY INSTRUCTION

- Raise the front of the treadmill and place a poly foam block (from the packaging) underneath the treadmill.
- Do not place the poly foam too far under the treadmill - around half the block under the treadmill is sufficient.

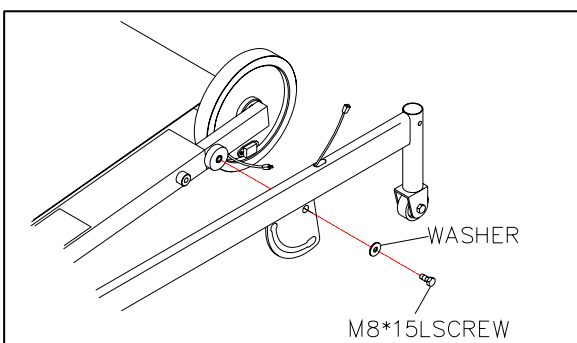
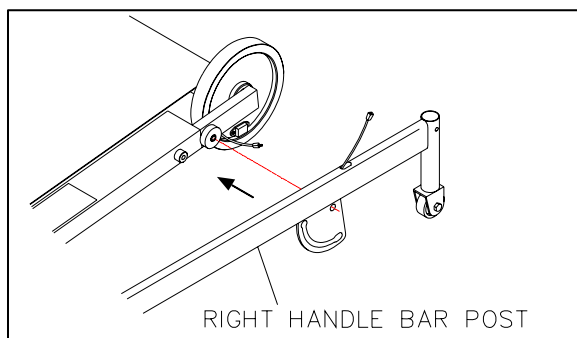
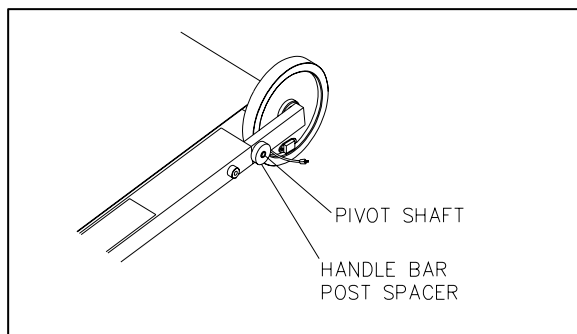
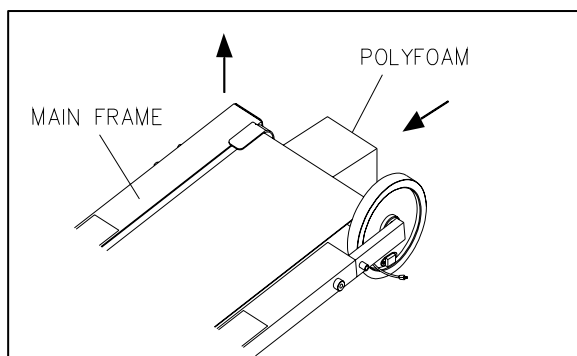
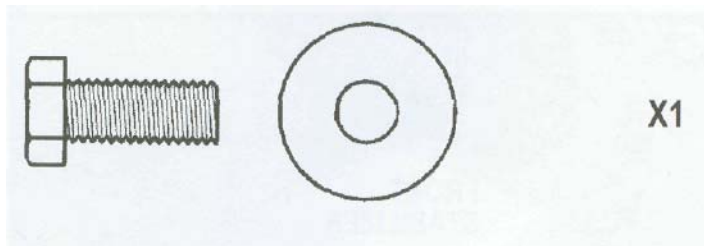
## ATTACH THE HANDLE BAR POSTS

**Warning** see (page 2)

(First attach the Right Side Handle Bar Post)

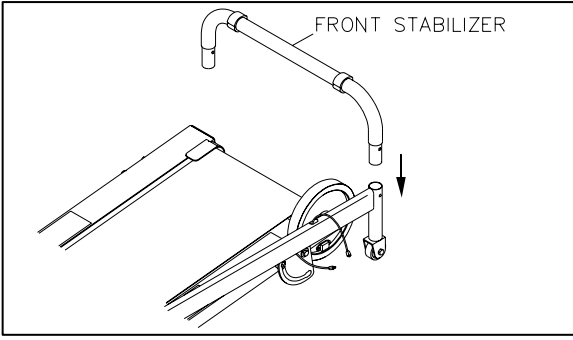
- Place the handle bar post spacer onto the pivot shaft welded on the right side of the main frame.
- Attach the right handle bar post bracket to the pivot shaft and secure in position using a hex head bolt and washer.

**NOTE:** Do not fully tighten the bolt until the treadmill is fully assembled.



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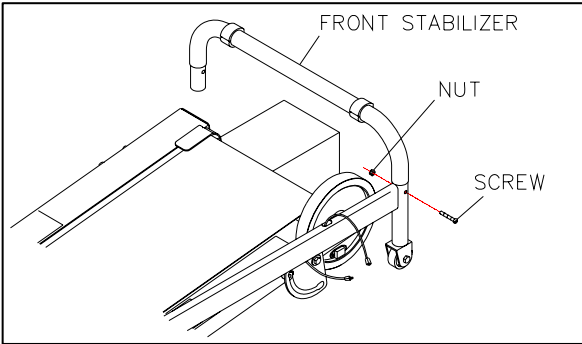
\*



## **ATTACH THE FRONT STABILIZER**

- Attach one end of the front stabilizer to the base of the right handle bar post as shown.

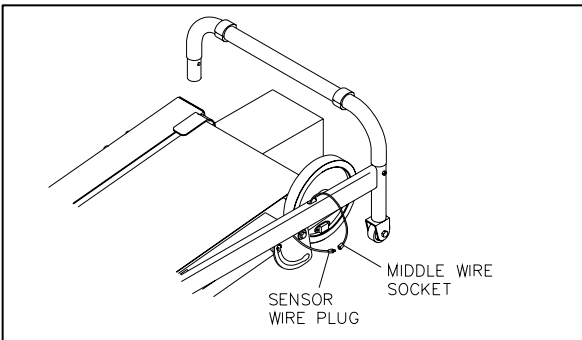
Make sure the moving wheel on right handle bar post point downwards.



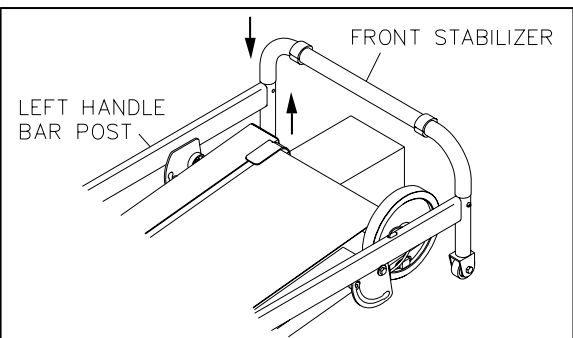
- Secure the front stabilizer using one machine screw and lock nut.



X1



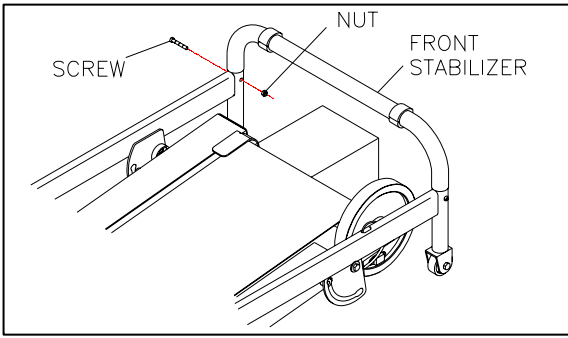
- Connect the sensor wire plug to the middle wire socket.



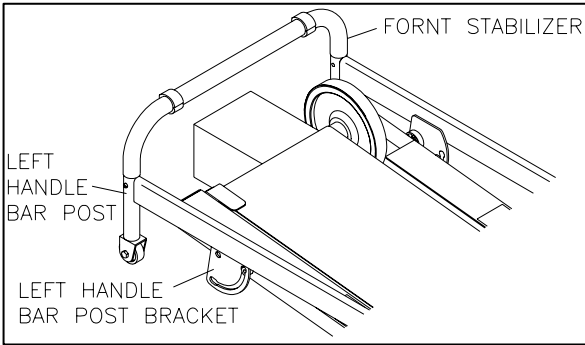
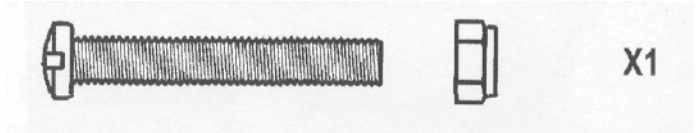
- Place the handle bar post spacer onto the pivot shaft welded on the left side of the main frame.
- Attach the left handle bar post to the other end of the front stabilizer as shown.

Make sure the moving wheel on the handle bar post point downward.

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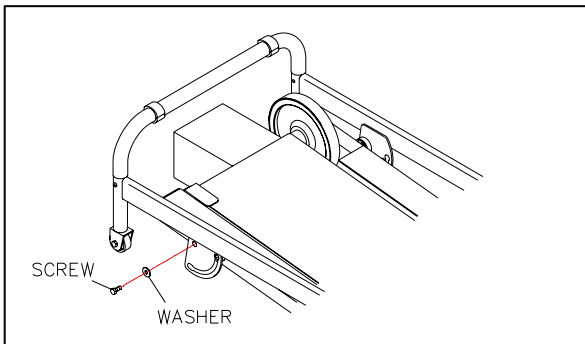
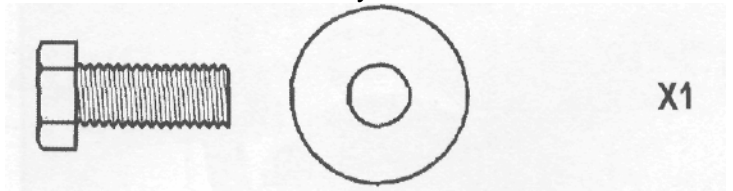


- Secure the front stabilizer using one machine screw and lock nut.



- Attach the left handle bar post bracket to the pivot shaft and secure in position using a hex head bolt and washer.

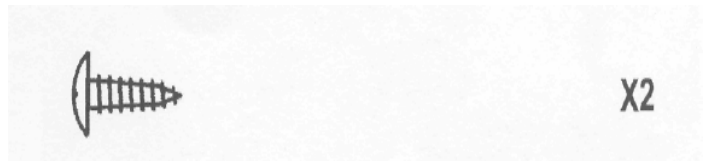
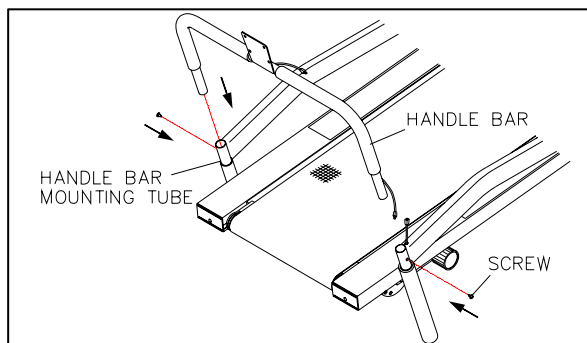
**NOTE:** Do not fully tighten the bolt until the treadmill is fully assembled.



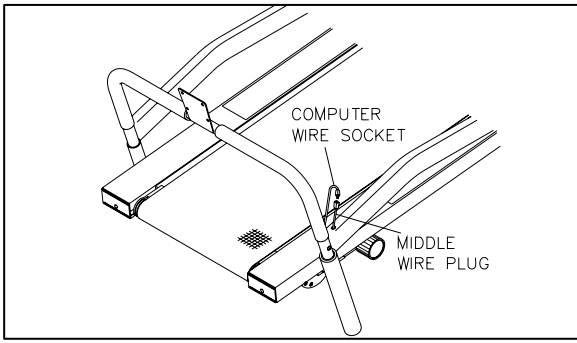
## **Warning see (page 2)** **ATTACH THE HANDLE BAR**

- Attach the handle bar to the handle bar mounting tube.

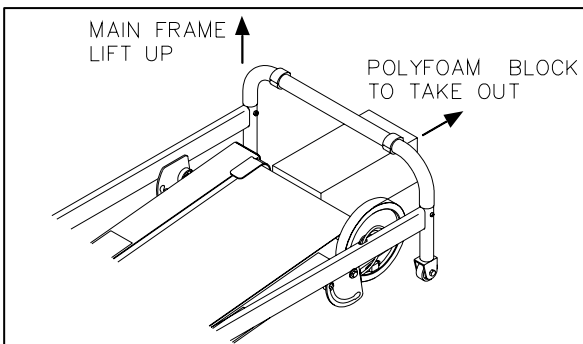
**NOTE:** Take care to ensure the wire does not get trapped when you attach the handle bar.



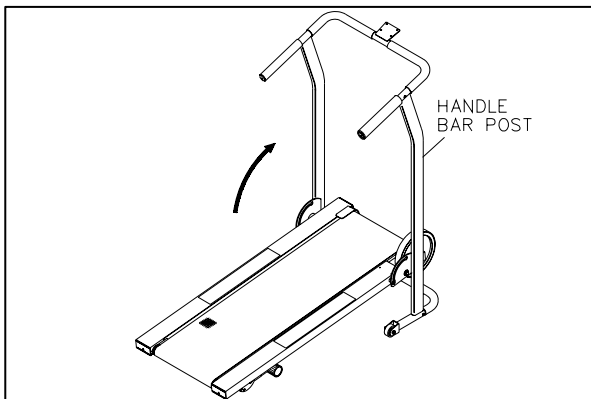
\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT NORDIC CUSTOMER SERVICE DIRECTLY. \*



- Connect the middle wire plug to the computer wire socket as shown.
- If the wires are not connected correctly then your computer will not measure distance or speed.

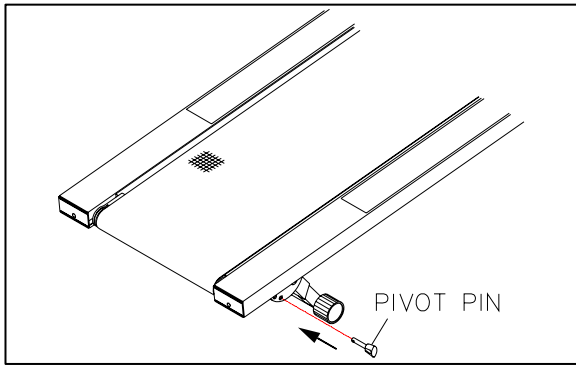


- Raise the front stabilizer and remove the poly foam block from underneath the treadmill.

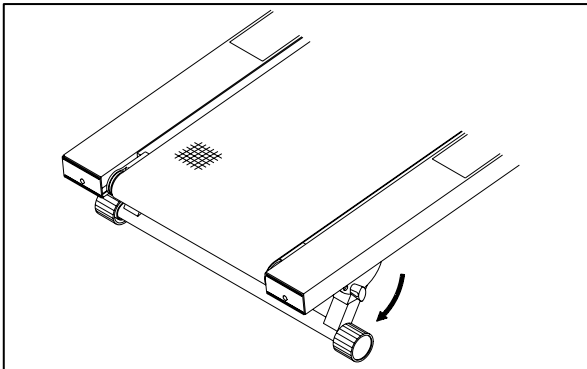


- Raise the handle bar posts upright carefully as shown.

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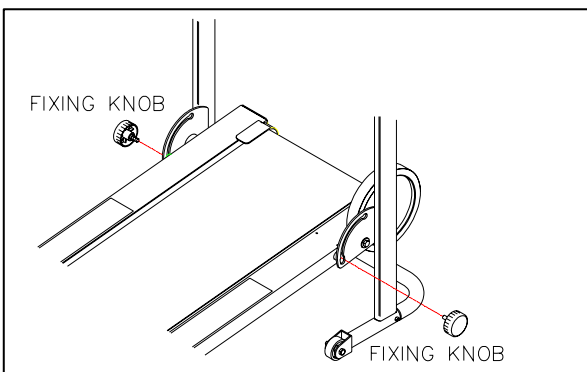
- Insert the incline adjustment pivot pins firmly to fix the treadmill at the desired gradient.



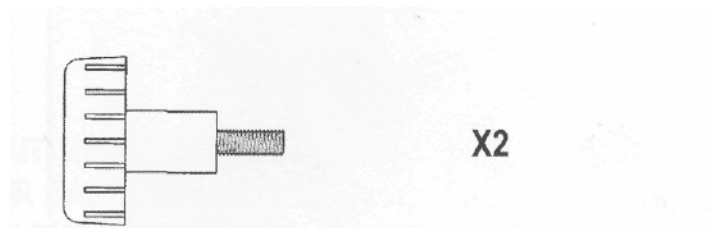
- **Warning**

see (page 2)

Raise the rear end of the treadmill with one hand, rotate the rear stabilizer backwards to reach the desired gradient you want.



- Thread the fixing knobs through the curved slot on the handle bar post brackets.
- NOW tighten all the bolts and fixing knobs you have fitted.
- **TAKE CARE** To ensure the fixing knobs and bolts in the handle bar bracket are fully tightened.



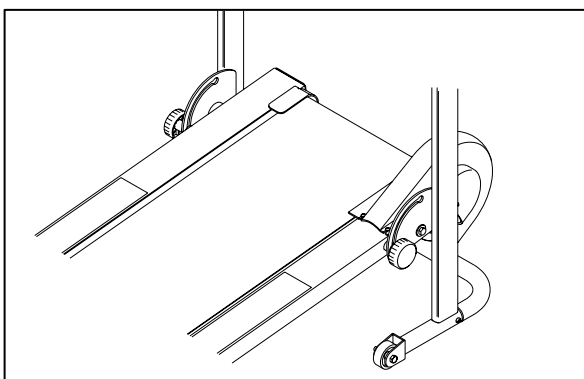
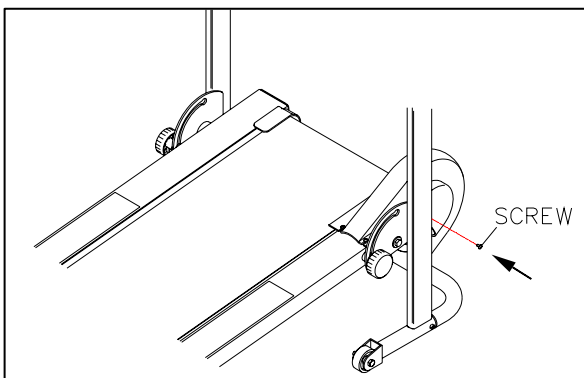
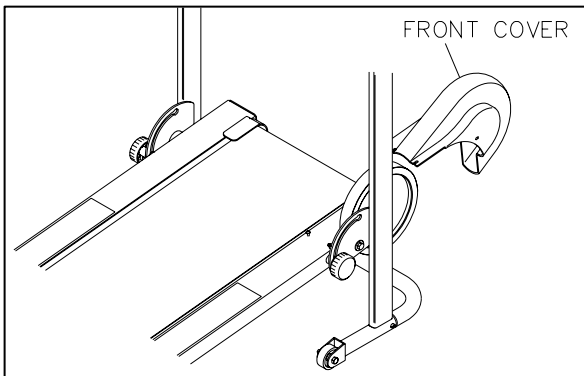
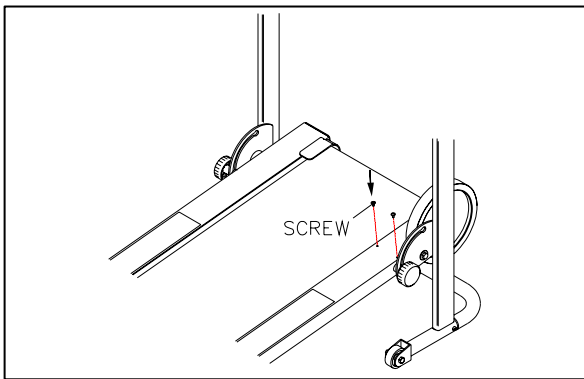
\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT **NORDIC** CUSTOMER SERVICE DIRECTLY. \*



## **ATTACH THE FRONT COVER**

- Thread two sheet metal screws into the holes in the main frame as shown.

Do not fully tighten yet! (Tighten in step "U")



X2

- Carefully slide the front cover into position,

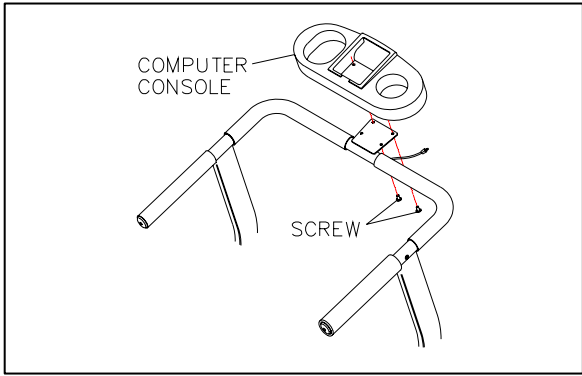
- Fit the front cover onto the main frame securely by using sheet metal screw. When the cover is in position secure using a sheet metal screw through the hole in the side of the cover.



X1

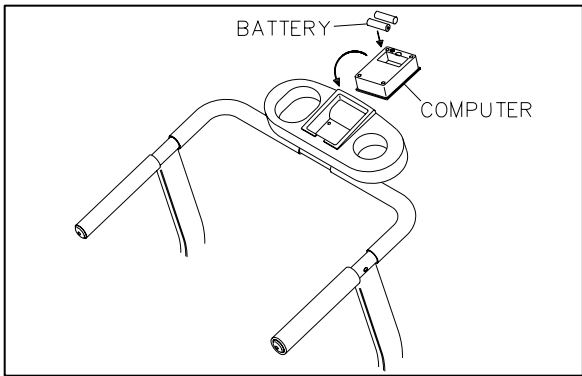
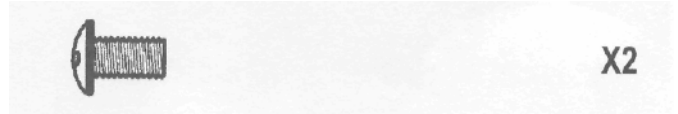
- NOW tighten the sheet metal screws you inserted in the top of the main frame.

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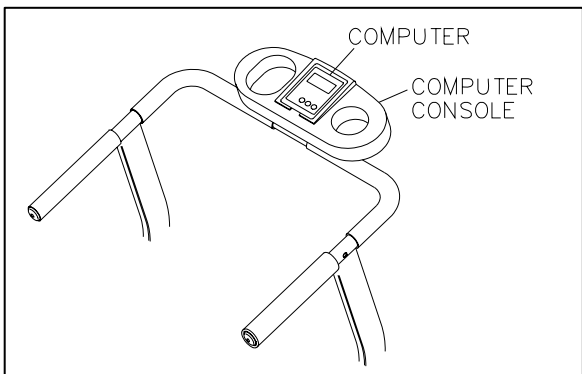


## ATTACH THE COMPUTER

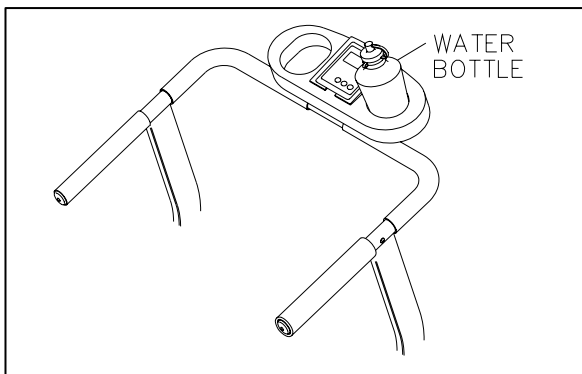
- Fasten the computer console to the handle bar bracket with two machine screws.



- Insert two batteries (AA size 1.5 V) into the computer.

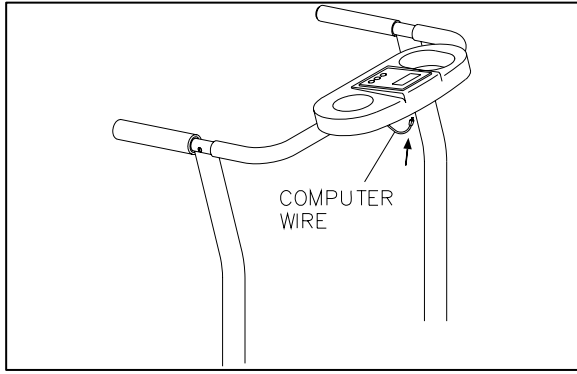


- Attach the computer in position on the computer console.

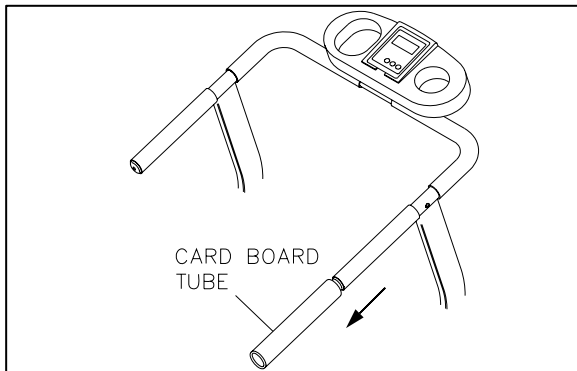


- Place the water bottle in position on the computer console.

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- Plug the computer wire into the rear socket of computer.



- Slide the card board tube backward from right handle bar carefully as shown.

## **RE-CHECK**

- Re-check that all the bolts and nuts are tightened securely for your safety and comfort.
- Check that the running mat is tightened properly and runs smoothly.

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## HOW TO USE YOUR **240M** TREADMILL

Your **240M** TREADMILL works by harnessing a combination of gravity, and your walking action. In contrast to other types of treadmill, you will find it easier to start with the treadmill on the steepest incline.

Please follow this procedure to set up your treadmill for use:

1. Ensure the treadmill is on a flat, level surface.
2. Set the incline to the steepest position using the incline adjustment pins.
3. Stand over the running mat with your feet placed on the staging platforms on either side. Grip the handlebars firmly.
4. Place your right foot on the treadmill, and by pushing backwards with your foot, you will find that the running mat will move.

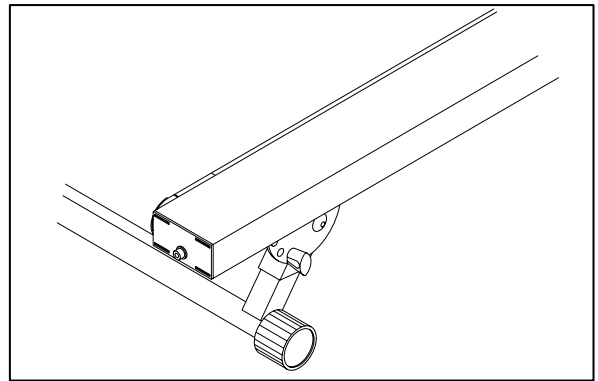
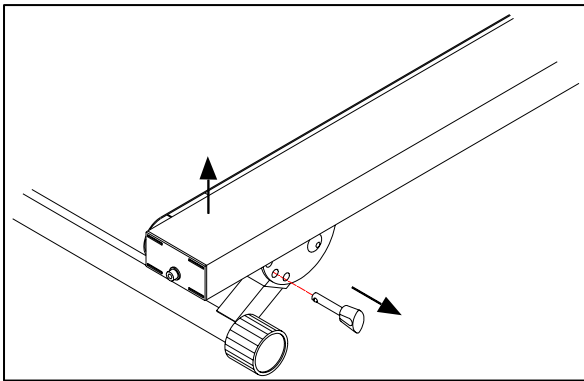
Do not remove your left foot from the staging platform yet.

The mat may turn quite easily, in which case increase the resistance level using the dial on the right handlebar until it is at a comfortable level.

6. When you become familiar and comfortable with how easily the mat turns, simply follow your right foot with your left in a normal walking manner. Continue to grip the handles at this stage.
  7. As you gain confidence, you may feel able to release your grip of the handlebars and let your arms swing naturally at your side.
- \* Once you reach the point of using the highest resistance level, simply reduce the incline level, which will make the running surface flatter, and reduce the amount of gravity - therefore making it more difficult to drive the mat with your feet. Then continue from step 3, as above.

# ADJUST THE INCLINE

- Use one of your hands to hold the rear of the treadmill up.
- With the other hand pull both incline adjustment pins out firmly, whilst supporting the weight of the treadmill.
- Insert the pins into the desired position on both sides, and push the stabilizer up until it rests against the underside of the pin.

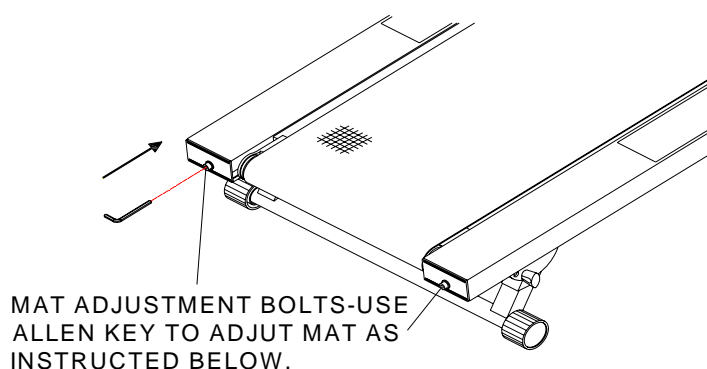


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# HOW TO ADJUST THE MAT ALIGNMENT AND TENSION

The alignment and tension of the platform mat (walking surface) has been set prior to shipping. Should improper tracking of platform mat occur (walking surface moving too far to right or left on platform) or if you find that the mat slips when you get on, these problems can be corrected as follows:

1. Locate the adjustment screws on the end of the main frame.
2. If your mat tends to walk to the right, then the adjustment of the right screw is necessary by turning clockwise.  
We recommend adjustments of 1/2 turn at a time, with a test to follow.  
If your mat continues to walk to the right, simply adjust the left adjustment screw, by turning 1/2 turn counterclockwise.
3. If your mat tends to walk to the left, turn the right adjustment screw counterclockwise.  
If the mat continues to walk to the left, simply adjust the left adjustment screw clockwise.
4. If your mat appears to be loose, simply tighten both screws.  
If it appears tight, simply loosen both screws.
5. If it still appears tight, spray lightly the surface of the frame board with silicone between the board and mat.  
This procedure may be repeated as necessary.
6. During transportation, the mat may have shifted to one side.  
Carefully tip the unit to one side and check to see that the walking mat is resting on the two guide hooks welded under the frame.  
If you find that the mat has indeed shifted, simply pull the mat toward the center of the unit, lift



up on the mat, and reposition it so that it is once again resting on the guide hooks.

**NOTE:** If one of your legs is weaker than the other, the treadmill mat may tend to track to that side because of the extra pressure exerted by your stronger leg. If this occurs then either dismount treadmill and allow mat to track back to middle, or exert pressure to side of mat with good leg to track mat back to middle.

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\*

## HOW TO GET OFF THE TREADMILL

The following procedure has been proven to be the safest and easiest method of dismounting the treadmill. For your protection, carefully read and follow these simple steps.

1. Firmly grip handles to assure steady support,
2. Remove your training foot from the walking platform and place it on the foot pad on the side of the machine. This is very easy to do because the natural movement of walking will have shifted your weight onto the foot that just stepped forward.
3. Shift your weight to the stationary foot on the foot pad. And remove the other foot from the walking platform and place it on the other foot pad. You should now be in the starting position.

## IN AN EMERGENCY

In an emergency take hold of the handrails and place your feet on the side rails provided.

## CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your **240M** treadmill clean.

Do not clean between the mat and running board—

The Silicon lubricant is needed for smooth movement of the mat.

Check parts for wear before use.

If in doubt do not use the treadmill and contact our helpline.

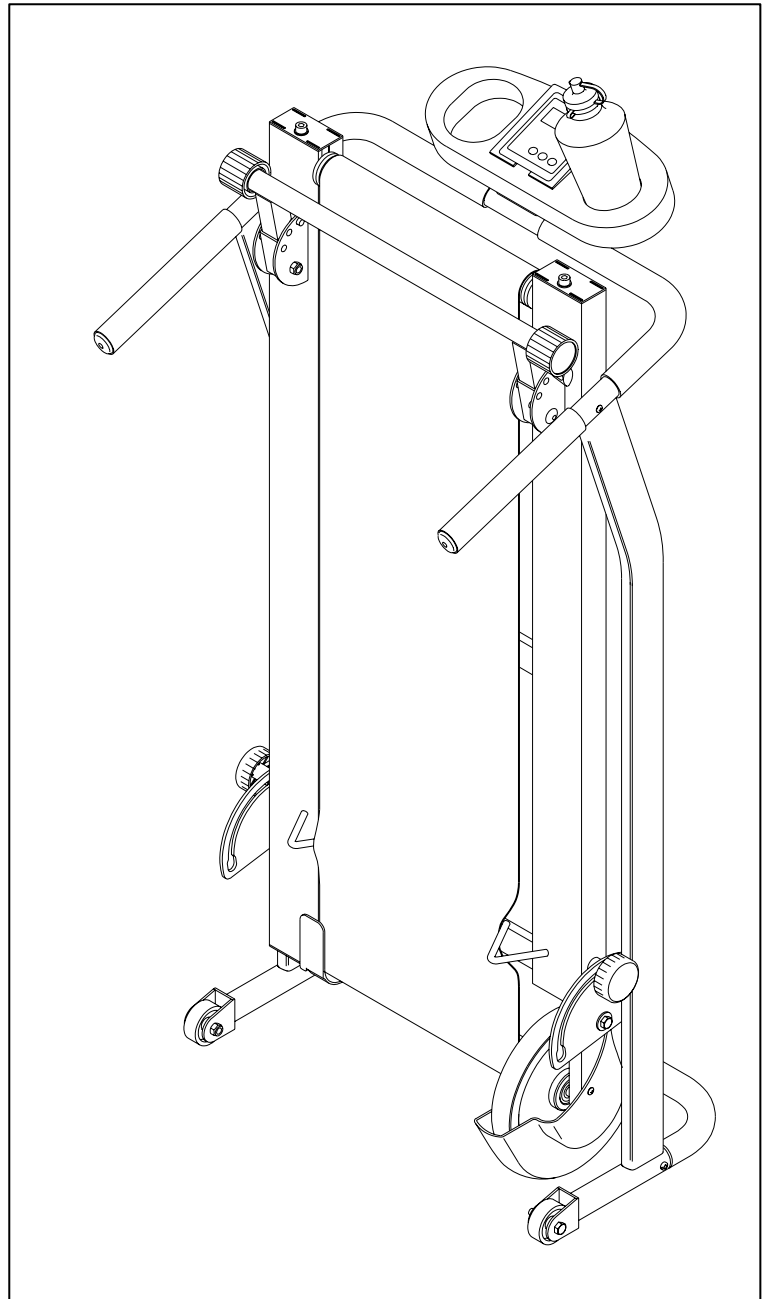
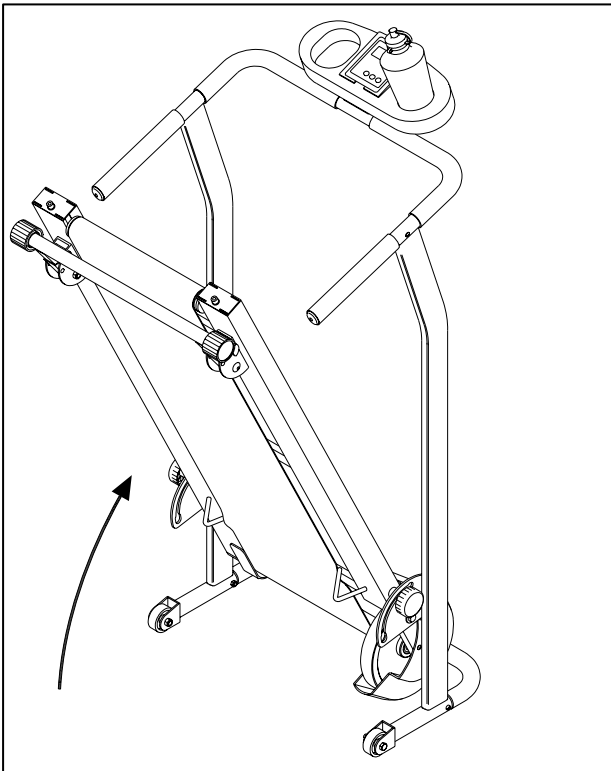
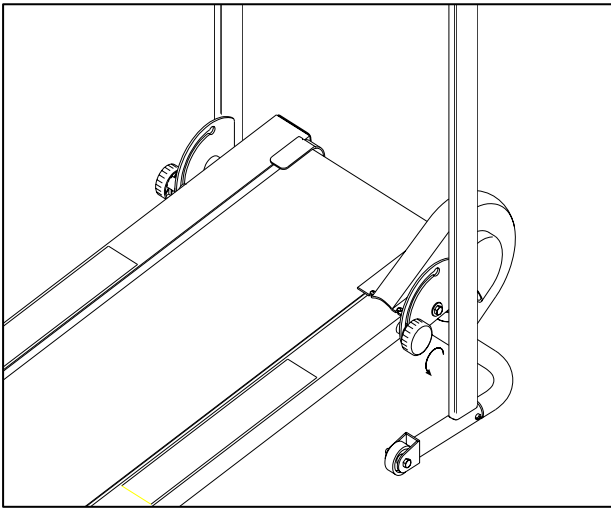
Pay particular attention to the fixing knobs and make sure they are tight.

Always replace the mat if worn and any other defective parts.

- SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT **NORDIC** CUSTOMER SERVICE DIRECTLY. \*

## HOW TO FOLD UP 240M TREADMILL

1. Loosen the fixing knobs both sides.
2. Fold up the treadmill.
3. Tighten the fixing knobs both sides to secure the main frame in position.



## HOW TO UNFOLD 240M TREADMILL

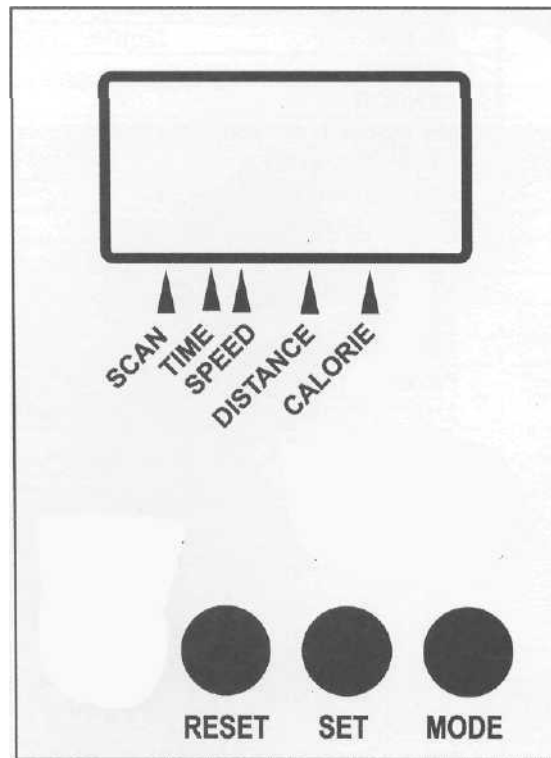
1. Loosen the fixing knobs both sides.
  2. Lower main frame gently to the floor.
- Tighten the fixing knobs both sides to secure the main frame in position.

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## Computer Instruction

Your computer is ideal for monitoring your performance and setting targets for yourself. You can monitor closely your improving condition and cardiovascular fitness.



### Keys:

**MODE:** Press the “MODE” key to switch your computer to the desired setting. Your computer will change modes in the following order: Time →Speed→Distance→Calorie

**SET:** To set the value of time, distance, or calories that you want to count down from.

**RESET:** To reset the values of time, distance, and calories to zero.

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## *Function*

### *1. Time:*

*Count-up: Counts up from zero to 99:59 in one-second increments.*

*Count-down: Counts down from pre-set level to zero. When the time returns to zero the computer automatically starts to count up.*

### *2. Speed:*

*Calculates the current speed from zero to 99.9 KM/H*

### *3. Distance:*

*Count-up: Accumulates the total distance traveled from zero to 99.9 KM in 0.1 KM increments.*

*Count-down: Counts from the preset level to zero. When the distance returns to zero the computer automatically starts to count up.*

### *4. Calories:*

*Count up: Accumulates the estimated number of calories used during the workout. this is only an estimate, it may be helpful to compare the number of calories burned during different sessions.*

*Count-down: Counts from the preset level to zero. When the calorie level returns to zero the computer automatically start to count up.*

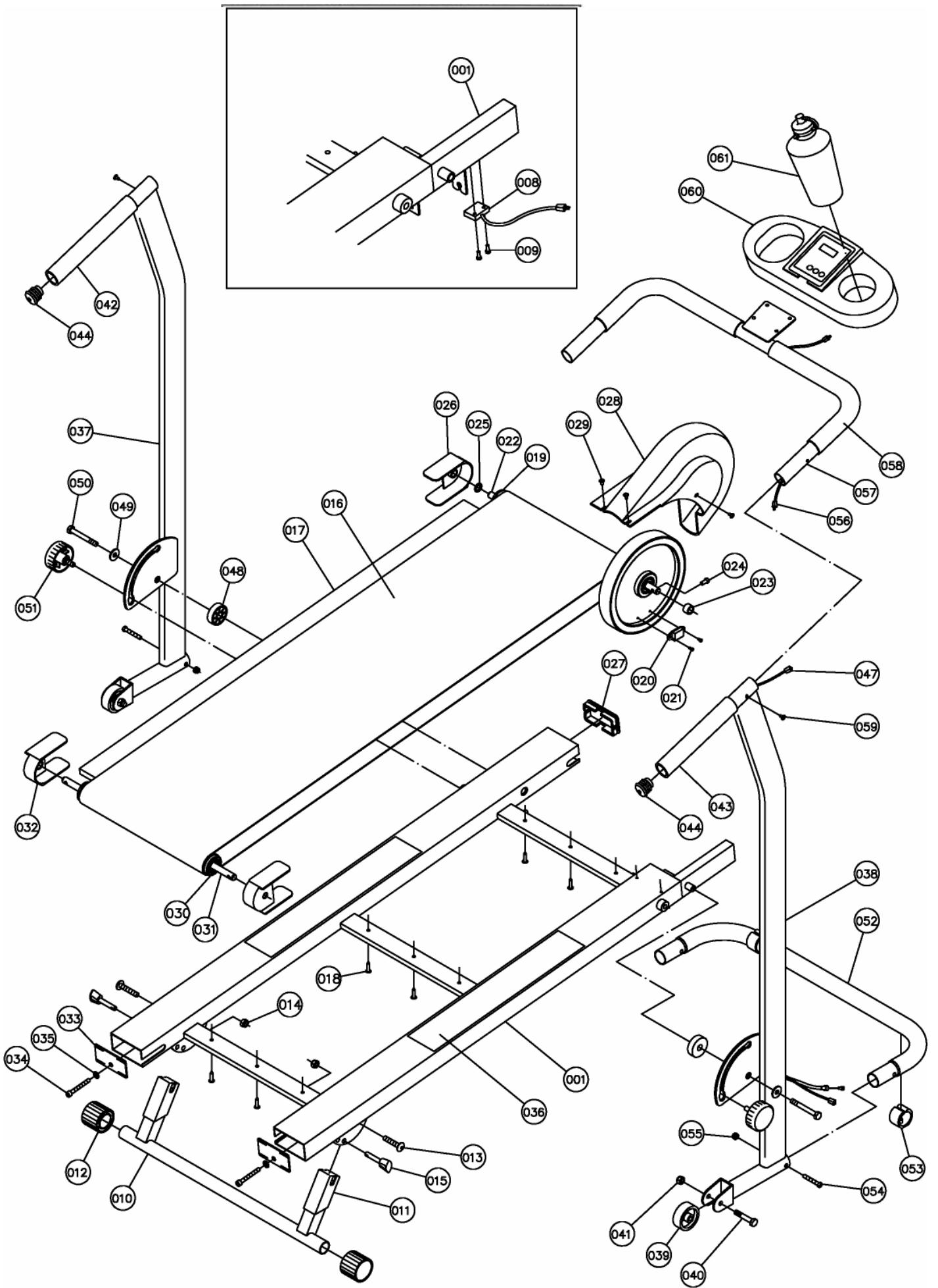
### *Auto-on/off:*

*If no signal is transmitted to the computer for several minutes the computer will automatically turn off. The computer will automatically turn on again when you start using the treadmill.*

### *Note:*

- 1. Computer requires the use of 2 – AA batteries.*
- 2. By holding down the set key, you will be able to reach the desired preset level faster.*

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## Parts List

KEY NO.	PART NO.	Cm(PCS)	DESCRIPTION
1	2120-01	1	MAIN FRAME
8	2120-08	1	SENSOR
9	2120-09	2	M3 X 8mm MACHINE SCREW
10	2120-10	1	REAR STABILIZER
11	2120-11	2	REAR STABILIZER INSERT
12	2120-12	2	REAR STABILIZER END CAP
13	2120-13	2	M8 X45mm ALLEN HEAD BOLT
14	2120-14	2	M8 LOCKNUT
15	2120-15	2	PIVOT PIN
16	2120-16	1	RUNNING MAT
17	2120-17	1	FRAME BOARD
18	2120-18	9	3/16" X 7/8" SHEET METAL SCREW
19	2120-19	1	FRONT ROLLER
20	2120-20	1	MAGNET
21	2120-21	2	M3 X 6mm MACHINE SCREW
22	2120-22	1	FRONT ROLLER PIVOT SHAFT
23	2120-23	1	FRONT ROLLER SPACER
24	2120-24	1	M6 X 20mm MACHINE SCREW
25	2120-25	1	12mm X 17mm FLAT WASHER
26	2120-26	1	FRONT ROLLER GUARD (L)
27	2120-27	1	FRONT END CAP
28	2120-28	1	SHROUD
29	2120-29	3	M4 X 12mm SHEET METAL SCREW
30	2120-30	1	REAR ROLLER
31	2120-31	1	REAR ROLLER PIVOT SHAFT
33	2120-33	2	REAR END PLATE
34	2120-34	2	M6 X 50mm ADJUSTMENT SCREW
35	2120-35	2	6.4mm X 13mm FLAT WASHER
36	2120-36	2	NON SLIP FOOTPAD
37	2120-37	1	LEFT HANDLE BAR POST
38	2120-38	1	RIGHT HANDLE BAR POST
39	2120-39	2	MOVING WHEEL
40	2120-40	2	MS X 45mm HEX HEAD BOLT
41	2120-41	2	M8 LOCKNUT
42	2120-42	1	LEFT HANDLE BAR FOAM GRIP (L=220mm)
43	2120-43	1	RIGHT HANDLE BAR FOAM GRIP (L=200mm)
44	2120-44	1	HANDLE BAR END CAP
47	2120-47	1	MIDDLE WIRE
48	2120-48	2	HANDLE BAR POST SPACER
49	2120-49	2	8,3mm X 23mm FLAT WASHER
50	2120-50	2	M8 X 20mm HEX HEAD BOLT
51	2120-51	2	FIXING KNOB
52	2120-52	1	FRONT STABILIZER
53	2120-53	2	FRONT STABILIZER FOOT STOP
54	2120-54	2	M6 X 40mm MACHINE SCREW
55	2120-55	2	M6 LOCKNUT
56	2120-56	1	TOP COMPUTER WIRE
57	2120-57	1	FRONT HANDLE BAR
58	2120-58	2	FOAM GRIP (L=345mm)
59	2120-59	2	M4 X 12mm SELF TAPPING SCREW
60	2120-60	1	COMPUTER & CONSOLE
61	2120-61	1	WATER BOTTLE
62	2120-62	1	LEFT REAR ROLLER GUARD
63	2120-63	1	RIGHT REAR ROLLER GUARD
64	2120-64	2	M5 X 10mm MACHINE SCREW

# **EXERCISE GUIDE**

## **FITNESS**

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently. This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart. This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life. When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

## **CAUTION**

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP. IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35 AND NOT CURRENTLY EXERCISING REGULARLY THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

## **HOW LONG TO EXERCISE?**

To qualify as a true aerobic exercise with all the benefits mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we recommend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard. You should never feel exhausted during or following exercise.

## **Kundeservice**

Om det skulle oppstå feil ved ditt produkt, ber vi dem gjøre følgende:

- Gå gjennom monteringsanvisningen for å sjekke om produktet er riktig montert.
- Hvis computeren ikke fungerer, sjekk om batteriene er intakte.
- Ta kontakt med din forhandler dersom ikke problemene ble løst i punktene over.
- Bestilling av eventuelle deler gjøres av butikken hvor du kjøpte produktet.

For øvrige tekniske spørsmål vedrørende ditt NORDIC produkt, ta kontakt med Nordic Fitness Servicesenter. Telefonnummer finner du nedenfor. Nesten samtlige av de spørsmål eller problemer som måtte oppstå, kan løses ved å snakke med en av Nordic Fitness sine serviceansvarlige.

For tekniske og brukermessige spørsmål, kontakt:

Nordic Fitness AS  
Strandveien 33  
3050 Mjøndalen

Servicesenter: 32 27 27 27  
Hovedkontor: 32 27 27 00  
Telefaks: 32 27 27 01  
Epost: [post@nordicfitness.no](mailto:post@nordicfitness.no)

**Nordic Fitness**   
- din partner innen hjemmetrening

*Denne manualen er ment som et hjelpemiddel til brukerne. Vi kan ikke garantere for feil i oversettelsen, eller tekniske endringer på produktet.  
The owner's manual is only for the customer reference.  
We can not guarantee for mistakes occurring due to translation or change in technical specification of the product.*