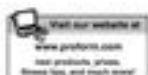


PRO-FORM 835QT



USER'S MANUAL



File Name: 835qt treadmill manual.pdf

Size: 4563 KB

Type: PDF, ePub, eBook

Category: Book

Uploaded: 29 May 2019, 22:16 PM

Rating: 4.6/5 from 556 votes.

Download Now!

Please check the box below to proceed.

I'm not a robot



reCAPTCHA
Privacy - Terms

Book Descriptions:

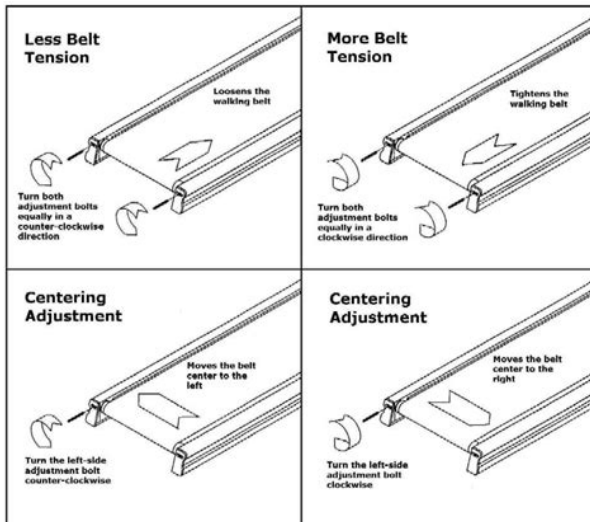
835qt treadmill manual



Serial Number Decal Model No. 831.299480 Serial No. Find the serial number in the location shown below. Write the serial number in the space above for reference. Visit our website at www.proform.com new products, prizes, fitness tips, and much more. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill. 4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water. 5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered. 6. Keep children under the age of 12 and pets away from the treadmill at all times. 7. The treadmill should not be used by persons weighing more than 250 pounds. 8. Never allow more than one person on the treadmill at a time. 9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals. 10. When connecting the power cord see page 8, plug the power cord into a surge suppressor not included and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord. 11. Use only a single outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor TVSS. The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. To purchase a surge suppressor, see your local PROFORM dealer or call 1800366 7278 and order part number 1461 48. 12. Keep the power cord and the surge suppressor away from heated surfaces.

13. <http://apricomm.com/userData/board/emerson-microwave-manual-mw8999rd.xml>

- **proform 835qt treadmill manual, 835qt treadmill manual, proform 835qt treadmill owner s manual.**



Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly. 14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill. 15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed. 16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general. 17. Never leave the treadmill unattended while it is running. **WARNING** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. Servicing other than the procedures in this manual should be performed by an authorized service representative only. 27. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting. **WARNING** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with preexisting health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product. **SAVE THESE INSTRUCTIONS** The decals shown below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our tollfree HELPLINE to order a free replacement decal see the front cover of this manual. Apply the decal in the location shown. Note This decal is shown at 38% of actual size. <http://egyptdesigners.com/emerson-microwave-instruction-manuals.xml>

PRO-FORM 835QT



4 And when you're not exercising, the unique 835QT can be folded up, requiring less than half the floor space of other treadmills. For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our tollfree HELPLINE at 18007366879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time excluding holidays. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.299480. The serial number can be found on a decal attached to the treadmill see the front cover of this manual for the location. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Assembly requires your own Phillips screw driver and wire cutters. Note The underside of the treadmill walking belt is coated with highperformance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, nonabrasive cleaner. 1. With the help of a second person, carefully raise the treadmill to the upright position. While a second person tips the treadmill to one side slightly and holds it, insert one of the Extension Legs 103 into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad 97 is on the bottom. Next, tip the treadmill to the other side and insert the other Extension Leg not shown in the same way. Lower the side of the treadmill so that both Extension Legs 103 are resting flat on the floor. Cut the Wire Tie from the Upright 82. 2.

With the help of a second person, carefully lower the treadmill frame and then tip the Uprights 82 down as shown. Make sure that the Extension Legs 103 remain in the Uprights. Attach each Extension Leg 103 with two of the four Screws 101 and a Base Pad 126 as shown. Note One replacement Base Pad 126 and Spacer not shown are included. If a Base Pad 126 becomes worn and needs to be replaced, use the replacement Base Pad. If a Thick Base Pad 97 needs to be replaced, use the replacement Base Pad with the Spacer. 103 82 Wire Tie 97 1 2 101 97 97 97 126 126 101 103 103 82 6 3 3. With the help of a second person, carefully tip the Uprights 82 back to the vertical position. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt see page 21. To protect the floor or carpet from damage, place a mat under the

treadmill. 5 5. Make sure that the Left Foam Grip 110 is flush with the Console Base 87 as shown. Tighten a Small Screw 76 into the side of the Left Foam Grip as shown. Attach the Right Foam Grip not shown and the other Handrail Extension not shown as described in step 4 and this step. Note There is no plastic tie in the right side. Extra screws may be included. 76 110 87 6. Refer to drawing 6a. Locate the left Rear Foot 59 on the treadmill. If the left Rear Foot touches the floor, go to step 7. If there is a space between the left Rear Foot and the floor, follow the instructions below. Hold the treadmill firmly with both hands, and raise the treadmill to the storage position as described on page 19. Refer to drawing 6b. Using a phillips screwdriver, remove the Screw 60, the right Rear Foot 59, and the Rear Foot Spacer 11 from the treadmill. Reattach the right Rear Foot without the Rear Foot Spacer. Hold the treadmill with both hands, and lower the treadmill as described on page 19. If the left Rear Foot is still off the floor, raise the treadmill and remove the left Rear Foot.

PRO-FORM[®] 835QT



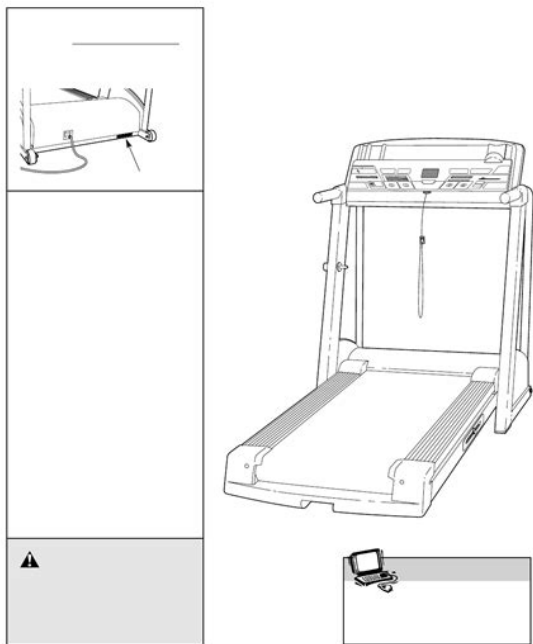
<http://www.familyreunionapp.com/family/events/bose-manual-321>

Snap the Rear Foot Spacer 11 onto the left Rear Foot and reattach the left Rear Foot and the Rear Foot Spacer. Carefully lower the treadmill. 59 11 60 6a 6b 59 4. Find the plastic tie inside the post on the left Upright 82. Insert the plastic tie through a Handrail Extension 85 and insert the Handrail Extension into the post as shown. Make sure that the indicated holes are on top. If necessary, tap the Handrail Extension with a rubber mallet to fully insert it. Attach the Handrail Extension with three of the eight Small Screws 76 as shown. Identify the Left Foam Grip 110, which has a large cutout in the right side. Slide the Left Foam Grip as far as possible onto the post on the left Upright 82. 76 82 110 Cutout 76 Post 85 84 Plastic Tie 4 7 **IMPORTANT** Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear. **HOW TO PLUG IN THE POWER CORD** Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill see drawing 1 at the right. To purchase a surge suppressor, see your local PROFORM dealer or call tollfree

18003667278 and order part number 146148. Use only a single outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor TVSS. The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

<http://jetfastllc.com/images/canon-eos-40d-digital-manual.pdf>

IMAGE 10.8QL



This product is equipped with a cord having an equipmentgrounding conductor and a grounding plug. Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important The treadmill is not compatible with GFCI-equipped outlets. This product is for use on a nominal 120volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2pole receptacle as shown in drawing 2 if a properly grounded outlet drawing 1 can be installed by a qualified electrician. The greencolored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. Some 2pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter. DANGER Improper connection of the equipmentgrounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

1 2 Grounded Outlet Box Grounded Outlet Box Grounding Plug Surge Suppressor Surge Suppressor Grounding Pin Adapter Lug Metal Screw Grounded Outlet Grounding Pin

8 FEATURES OF THE CONSOLE The treadmill console offers an impressive array of features to help you get the most from your exercise.



When the console is in the manual mode, the speed and incline of the treadmill can be controlled with a touch of a button. As you exercise, the LED track and the four displays will provide continuous exercise feed back. You can even measure your heart rate using the builtin pulse sensor. Six certified personal trainer programs are also offered. Each program automatically controls the speed and in cline of the treadmill as it guides you through an effec tive workout. The console also features advanced iFIT.com interac tive technology. IFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs CD's are available separately. IFIT.com CD programs automati cally con trol the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. Highenergy music provides added motivation. Each CD features two different programs designed by certi fied personal trainers. In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs videocas settes are available separately. Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an in structor—the hottest new trend at health clubs. With the treadmill connected to your computer, you can also go to our new internet site at www.iFIT.com and access even more programs. Choose from a se lection of basic programs that interactively control the speed and incline of your treadmill to help you achieve your personal exercise goals. Or, use iFIT.com audio and video programs directly from our internet site. Visit www.iFIT.com for complete details. By adding an optional upgrade module to the treadmill, you can use virtually endless features from our internet site. See www.iFIT.com to learn about other iFIT.com features. To purchase iFIT.

com CD's, iFIT.com videocassettes, or an optional upgrade module, call tollfree 18008840620. For information about other optional accessories, see page 18. To use the manual mode of the console, follow the steps beginning on page 10. To use a personal trainer program, see page 12. To use iFIT.com CD or video programs, see page 15. To use iFIT.com programs from our internet site, see page 17. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder. Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip securely onto the waist band of your clothing. Test the clip by care fully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed. Next, insert the key into the console. After a mo ment, the four displays, the LED track, and various indicators on the console will light. For simplicity, all instructions in this manual refer to miles. HOW TO USE THE MANUAL MODE Insert the key fully into the console. See HOW TO TURN ON THE POWER above. Select the manual mode. When the key is in sserted, the manual mode will be selected and the MANUAL indi cator will light. If a pro gram has been se

lected, press the PROGRAM button repeatedly to select the manual mode. Press the START button or the SPEED s s button to start the walking belt. A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and carefully begin walking. As you exercise, change the speed of the walking belt as desired by pressing the SPEED s s and t t butto ns. To change the speed setting quickly, press the QUICK SPEED buttons. Note After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting. To stop the walking belt, press the STOP button. The TIME display will begin to fla sh.

<http://adanateknikservis.web.tr/wp-content/plugins/formcraft/file-upload/server/content/files/16274d85b0e135---brother-innov-is-40-instruction-manual.pdf>

To r estar t th e walking belt, press the START button or the SPEED s s button. Change the incline of the treadmill as desired. To change the incline of the treadmill, press the INCLINE buttons. Each time a button is pressed, the in cline will change by 0.5%. The buttons can be held down to change the incline quickly. Note After the incline buttons are pressed, it will take a moment for the treadmill to reach the selected incline setting. Note In the incline display, the first indicator will light when the incline is set at 1.5%. The second indicator will light when the incline is set at 2% or 2.5%, the third indicator will light when the incline is set at 3% or 3.5%, and so forth. Follow your progress with the LED track and the four displays. A new lap will then begin. The display will alternate between one number and the other every seven seconds, as shown by the arrows in the display. 5 4 3 2 1 3 2 1 10 On Position Arrow Program Display When a personal trainer program is selected, this display shows both the time remaining in the program and the time re maining in the current segment of the program. The display will alternate between one number and the other every seven seconds. Every seven seconds, the display will change from one number to the other, as shown by the ar rows in the display. This display will also show your hear t rat e wh en the pulse sensor is used see step 6 on this page. Every seven seconds, the display will change from one number to the other, as shown by the arrows in the display. To find which unit of measurement is se lected, hold down the STOP button while inserting the key into the console. An “E” for English miles or an “M” for metric kilo meters will appear in the display. Press the SPEED s s button to change the unit of mea surement. When the desired unit of measurement is selected, remove and then reinsert the key. Note To reset the displays, press the STOP but ton, remove the key, and then reinsert the key.

dss-cctv.com/ckfinder/userfiles/files/canon-eos-1100d-pdf

Measure your heart rate, if desired. Stand on the foot rails and place your hands on the metal contacts on the pulse bar. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts— avoid moving your hands. After a few seconds, your heart rate will be shown. For the most accurate heart rate read ing, continue to hold the contacts for about 15 seconds. When you are finished exercising, remove the key. Step onto the foot rails, press the STOP button, and adjust the incline of the treadmill to the lowest level. The incline must be at the lowest level when the treadmill is raised to the storage po sition or the treadmill will be damaged. Next, remove the key from the console and put the key in a secure place. Note If the displays and vari ous indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 18 and turn off the demo mode. See HOW TO TURN ON THE POWER on page 10. Select one of the personal trainer programs. When the key is in s erted, the manual mode will be selected and the MAN UAL indica tor will light. To select one of the personal trainer programs, press the PROGRAM button repeatedly until one of the six personal trainer program indicators lights. The console features two low intensity programs, two medium intensity programs, and two high in tensity programs. The profiles on the console show how the speed and incline of the treadmill will change during the programs. The numbers beside the profiles show the maximum speed and incline settings for the programs. For example, the upper profile shows that the treadmill will reach a maximum speed of 4.5 mph and a maximum in cline of 5% during the first program. Press the START

button or the SPEED S 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 hand rails and begin walking.

Each program is divided into several time segments of different lengths. The TIME display shows both the time remaining in the program and the time remaining in the current segment of the program. One speed setting and one incline setting are programmed for each segment. When only three seconds remain in the first segment, a series of tones will sound and the treadmill will automatically adjust to the speed and incline settings for the second segment. The program will continue in this way until the TIME display counts down to zero. The walking belt will then slow to a stop. Note If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the SPEED or INCLINE buttons on the console. However, when the next segment begins, the treadmill will adjust to the next speed and incline settings of the program. To stop the program, press the STOP button. To restart the program, press the START button or the SPEED S button. To end the program, press the STOP button, remove the key, and then reinsert the key. Follow your progress with the LED track and the four displays. Refer to step 5 on page 10. See step 6 on page 11. When the program is completed, remove the key from the console. When the program has ended, make sure that the treadmill is at the lowest incline level. 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 18 and turn off the demo mode. See pages 13 and 14 for connecting instructions. To use iFIT.com videocassettes, the treadmill must be connected to your VCR. See page 15 for connecting instructions. To use iFIT.com programs directly from our internet site, the treadmill must be connected to your home computer. See page 14 for connecting instructions.

HOW TO CONNECT YOUR PORTABLE CD PLAYER Note If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack. B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Yadapter available at electronics stores. Plug the Yadapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Yadapter.

HOW TO CONNECT YOUR PORTABLE STEREO Note If your stereo has an RCA type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo. B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo. C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the Yadapter into the PHONES jack on your stereo.

A LINE OUT PHONES LINE OUT PHONES B PHONES PHONES Audio Cable Head phones A A C PHONES LINE OUT AUDIO OUT RIGHT LEFT B Audio Cable Adapter A A C PHONES LINE OUT AUDIO OUT RIGHT LEFT B Audio Cable B A C PHONES LINE OUT AUDIO OUT RIGHT LEFT B Audio Cable C A LINE OUT PHONES LINE OUT PHONES B PHONES PHONES Audio Cable 3.5mm Yadapter Headphones B 3.5mm Yadapter Headphones If the LINE OUT jack is being used, see instruction B. A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord.

Plug the adapter into the LINE OUT jack on your stereo. B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the adapter into an RCA adapter available at electronics stores. Next, remove the wire that is currently plugged into the LINE OUT

jack on your stereo and plug the wire into the unused side of the RCA adapter. Plug the RCA adapter into the LINE OUT jack on your stereo. HOW TO CONNECT YOUR COMPUTER Note If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B. A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer. B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the Yadapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Yadapter. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 14. A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the adapter into the AUDIO OUT jack on your VCR. B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR. HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 13. Note To purchase iFIT.com CD's or to purchase iFIT.

com videocassettes, call tollfree 1800 7350768. Follow the steps below to use an iFIT.com CD or video. Note The instructions included in the CD case describe how to use the CD with a variety of PROFORM treadmills. Some instructions may not apply to this treadmill. Insert the key fully into the console. See HOW TO TURN ON THE POWER on page 10. Press the PROGRAM button. When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the PROGRAM button repeatedly until the iFIT.com indicator lights. Insert the iFIT.com CD or videocassette. If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR. Press the PLAY button on your CD player or VCR. A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note If the TIME display is flashing, press the START button or the SPEED s s button on the console. The treadmill will not respond to a CD or video program when the TIME display is flashing. 4 3 2 1 B VIDEO AUDIO ANT. To stop the program at any time, press the STOP button on the console. The TIME display will begin to flash. To restart the program, press the START button or the SPEED s s button. After a moment, the walking belt will begin to move at 1 mph. When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program. The program can also be stopped by pressing the STOP button on your CD player or VCR. When the CD or video program is completed, the walking belt will stop and the TIME display will begin to flash. Note To use another CD or video program, press the STOP button or remove the key and go to step 1 on page 15. See step 5 on page 10. When the iFIT.com CD or video program is finished, remove the key. See step 6 on page 12. CAUTION Always remove iFIT.

com CD's and videocassettes from your CD player or VCR when you are finished using them. 7 6 5 In addition, you can play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features on our internet site. Explore www.iFIT.com for details. To purchase an upgrade module, call tollfree 18007350768. To use programs from our internet site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 14. In addition, you must have at least a 56K modem and an account with an internet service provider. A list of additional system and software requirements will be found on our internet site. Follow the steps below to use a program from our internet site. Go to your computer and start an internet connection. Start your web browser, if necessary, and go to our internet site at www.iFIT.com. Follow the desired links on

our internet site to select a program. Read and follow the online instructions for using a program. Follow the online instructions to start the program. When you start the program, an onscreen count down will begin. Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the key onto the waistband of your clothing. When the onscreen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the SPEED or INCLINE buttons on the console. To stop the program at any time, press the STOP button on the console. To restart the program, press the START button or the SPEED button. After a moment, the walking belt will begin to move at 1 mph. When the next "chirp" is heard, the speed and incline will change to the next settings of the program.

<https://www.thebiketube.com/acros-bose-lsps-speaker-system-manual>