

**Freemotion Reflex t 11.8 Treadmill  
(Remanufactured)**



**Freemotion Reflex t11.8 Treadmill Assembly Manual:  
Refer to when disassembled in 3 pieces**

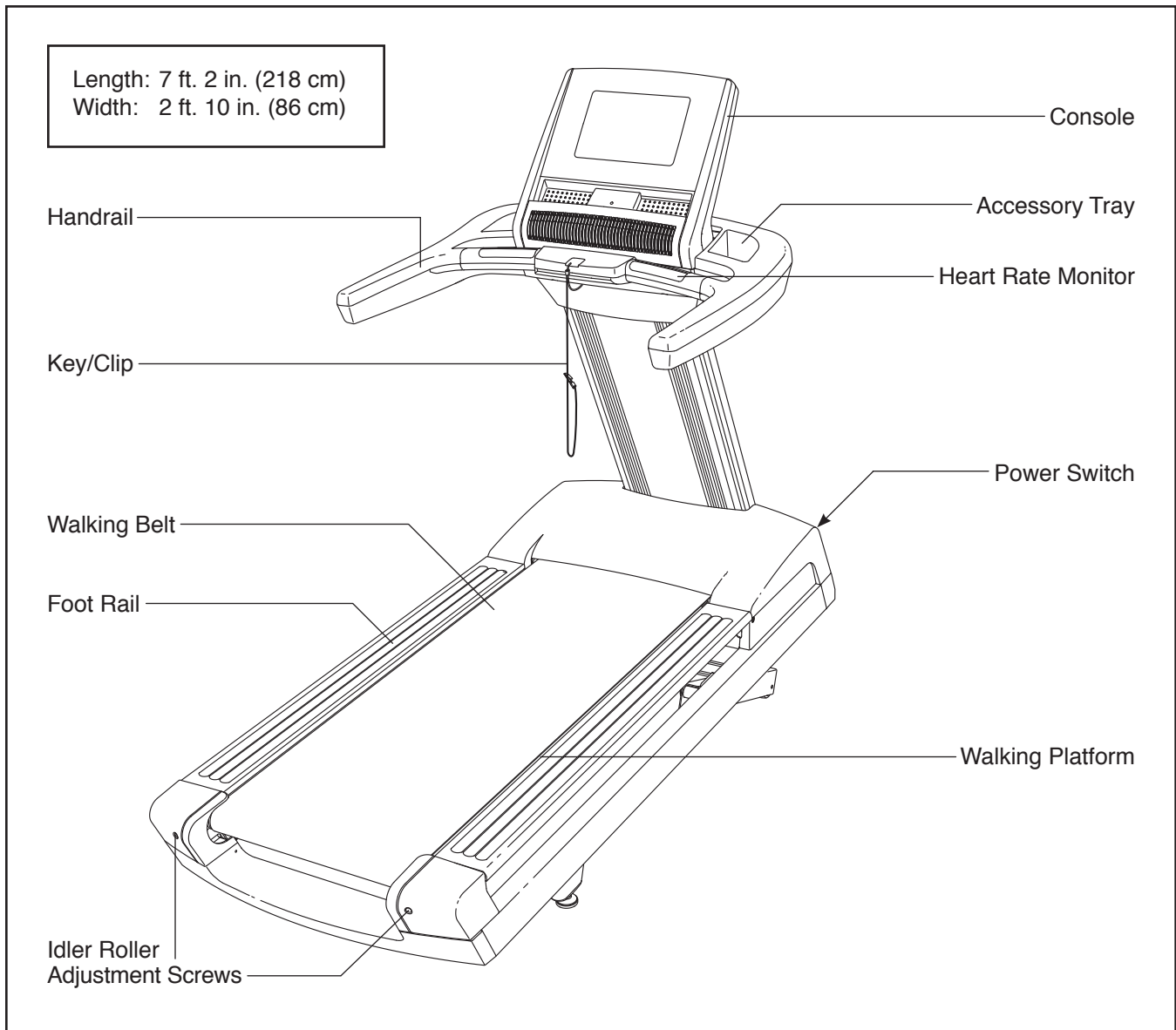
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® REFLEX T11.8 treadmill. The REFLEX T11.8 treadmill offers an impressive selection of features designed to make your workouts more enjoyable and effective.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after

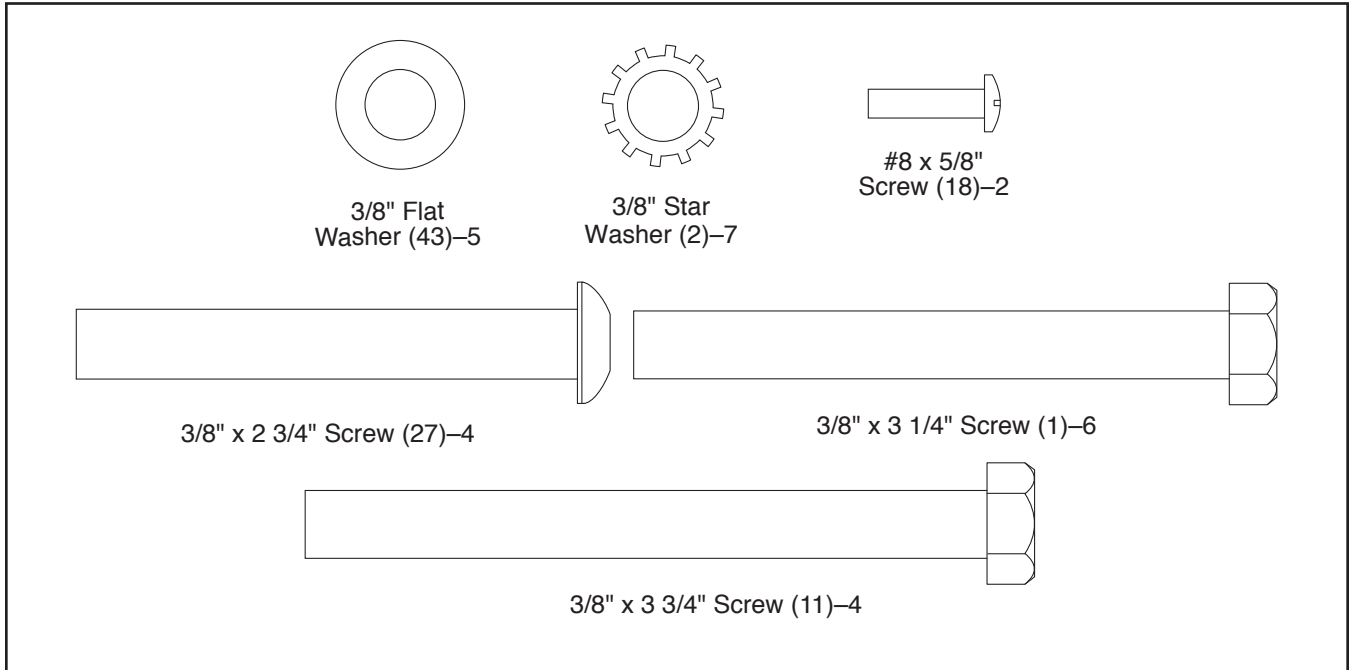
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is pre-attached. Extra hardware may be included.**



# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 7.
- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- Assembly requires the following tools:

the included hex key



one adjustable wrench

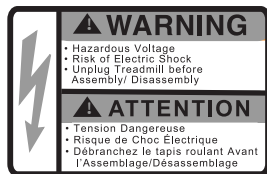


one Phillips screwdriver



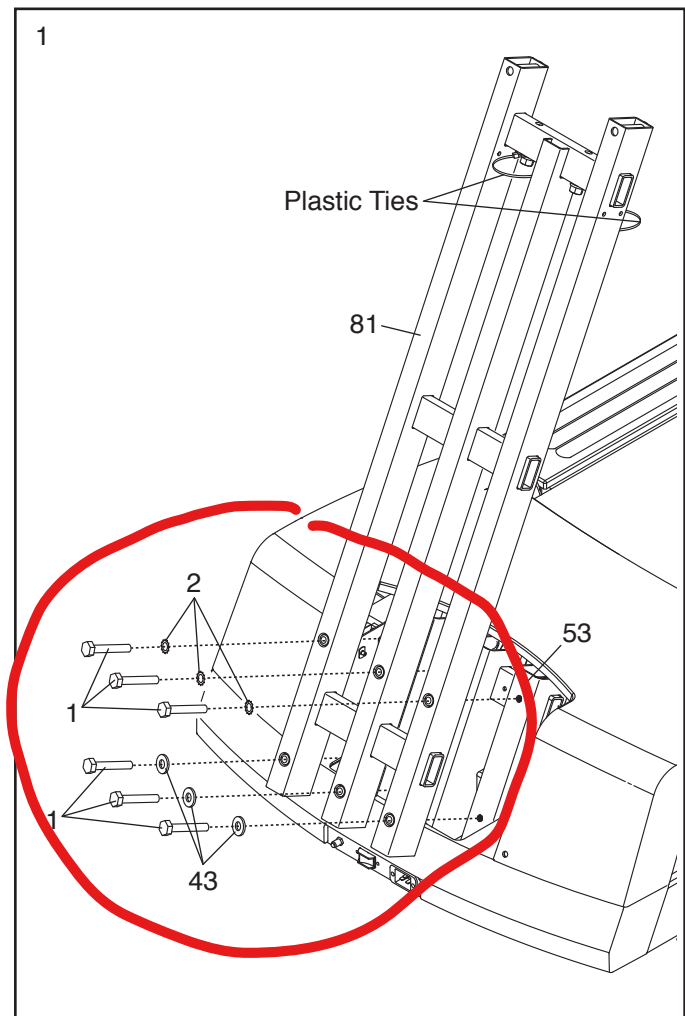
To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged. Be careful not to pinch the power cord.**



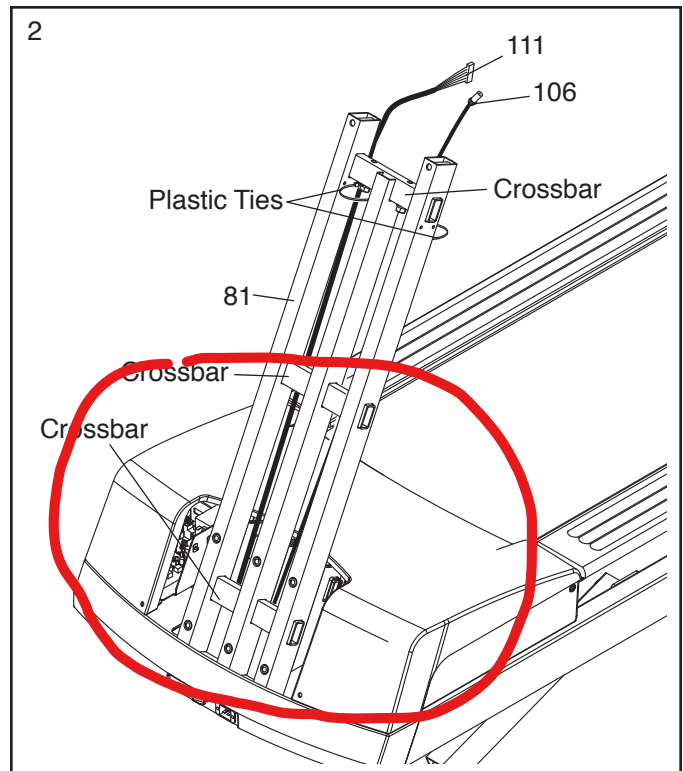
Slide the Upright Cover (not shown) off the Upright (81).

Orient the Upright (81) and the plastic ties as shown. Set the Upright on the tabs on the Frame (53). Attach the Upright to the Frame with six 3/8" x 3 1/4" Screws (1), three 3/8" Star Washers (2), and three 3/8" Flat Washers (43). **Start all six Screws before tightening them. Be careful not to pinch any wires.**



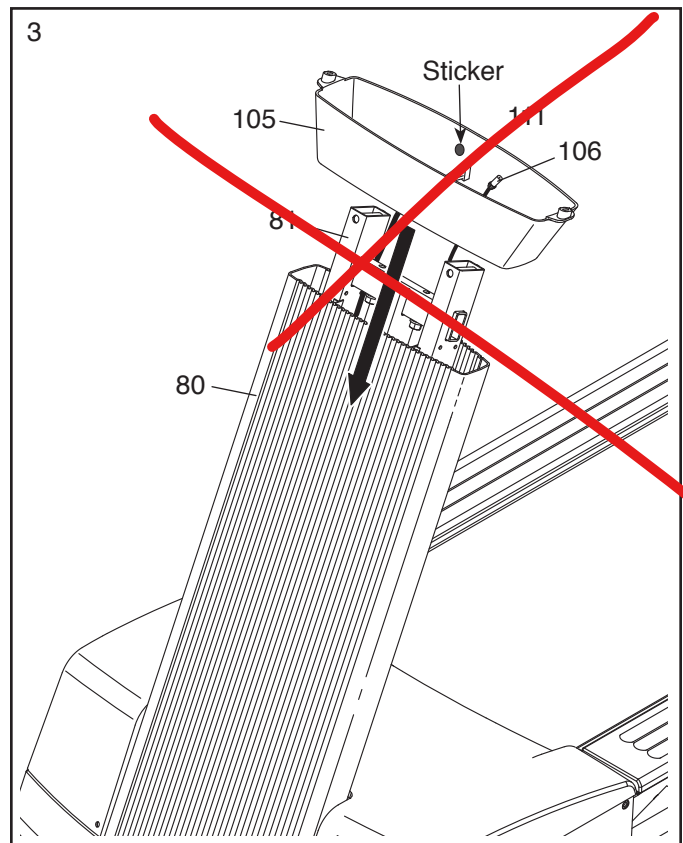
2. Insert the end of the Upright Wire (111) through the looped plastic tie at the top of the Upright (81). **Make sure that the Upright Wire is behind the crossbars on the Upright.** Then, gently pull upward on the Upright Wire as you tighten the plastic ties around the Upright Wire.

**Repeat this step for the TV Cable (106).**



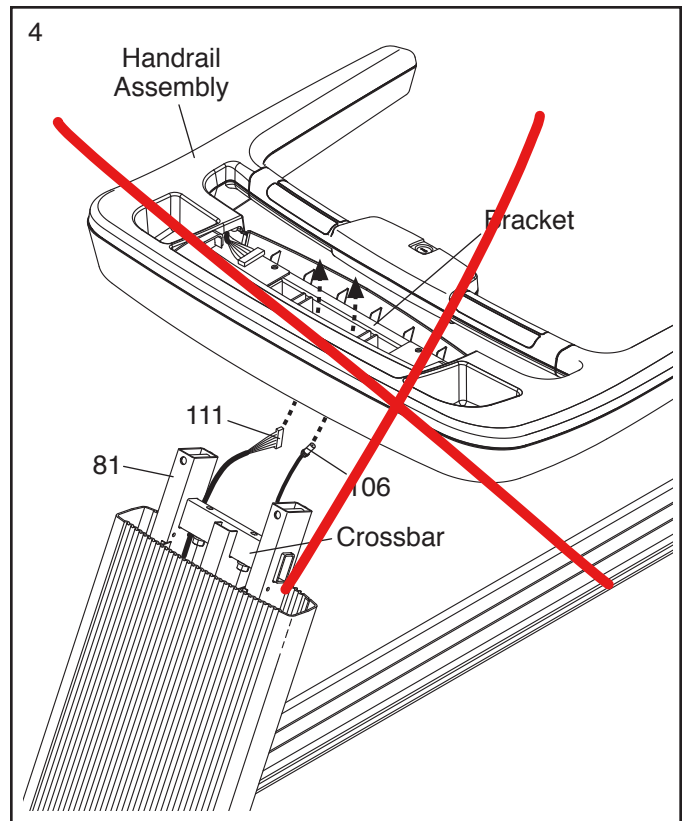
3. Slide the Upright Cover (80) downward onto the Upright (81). **Be careful not to pinch the Upright Wire (111) or the TV Cable (106).** Be careful not to hit the ceiling with the Upright Cover.

**Make sure to orient the Upright Collar (105) so that the sticker is on the side indicated.** Slide the Upright Collar onto the Upright Cover (80).

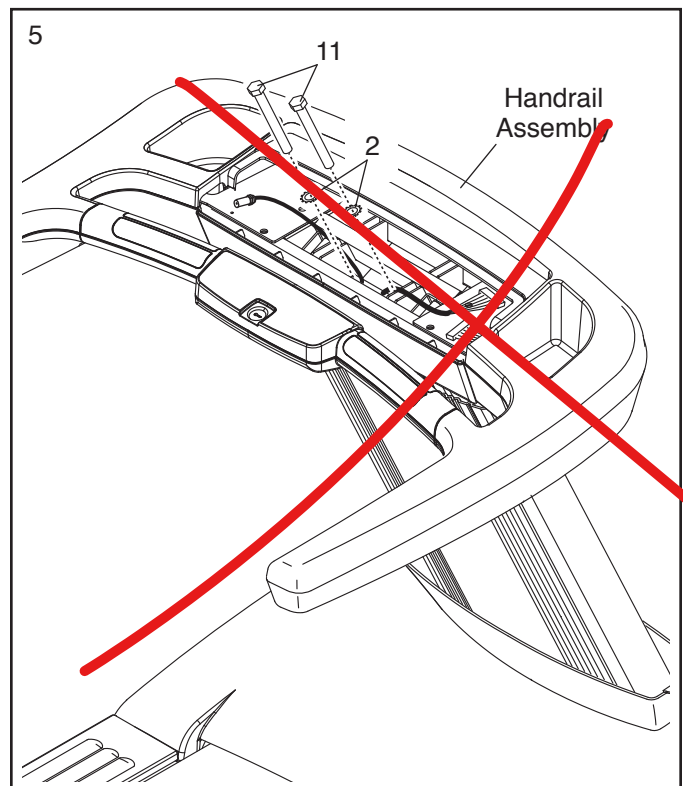


4. Have a second person hold the handrail assembly near the Upright (81). Insert the Upright Wire (111) and the TV Cable (106) upward through the center of the handrail assembly.

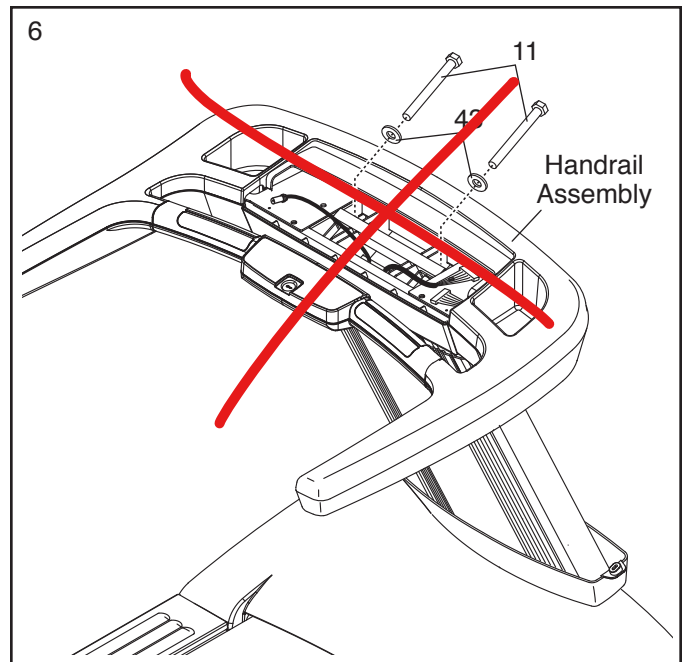
Slide the bracket on the handrail assembly over the crossbar on the Upright (81) and set the handrail assembly on the Upright. **Be careful not to pinch any wires.**



5. Attach the handrail assembly with two 3/8" x 3 3/4" Screws (11) and two 3/8" Star Washers (2). **Start both Screws, but do not tighten them yet. Be careful not to pinch any wires.**



6. Tighten two 3/8" x 3 3/4" Screws (11) with two 3/8" Flat Washers (43) into the handrail assembly. **Start both Screws, and then tighten them. See step 5. Tighten the two 3/8" x 3 3/4" Screws (11).**

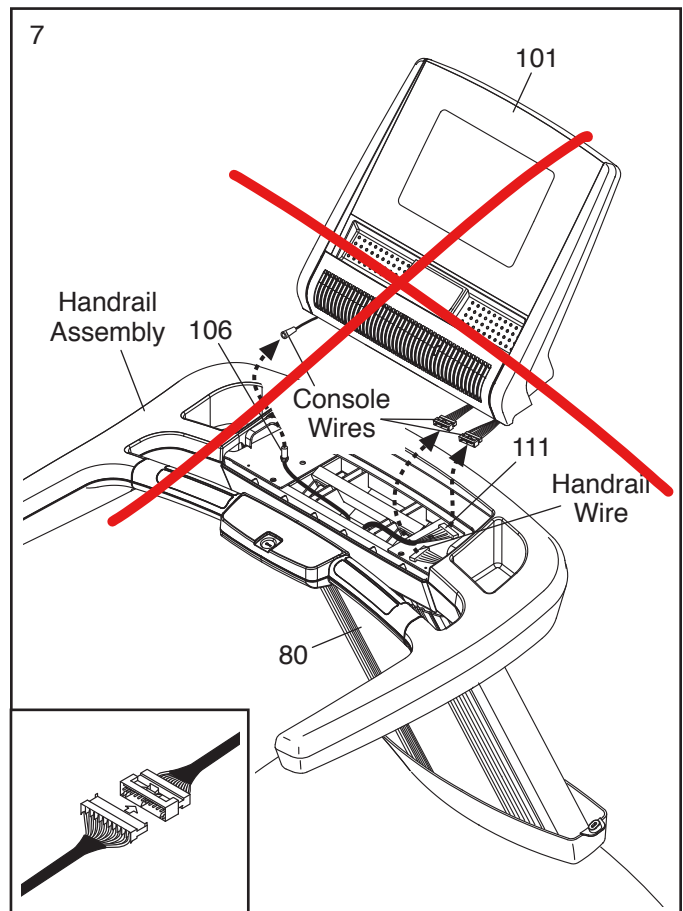


7. Have a second person hold the Console Assembly (101) near the handrail assembly.

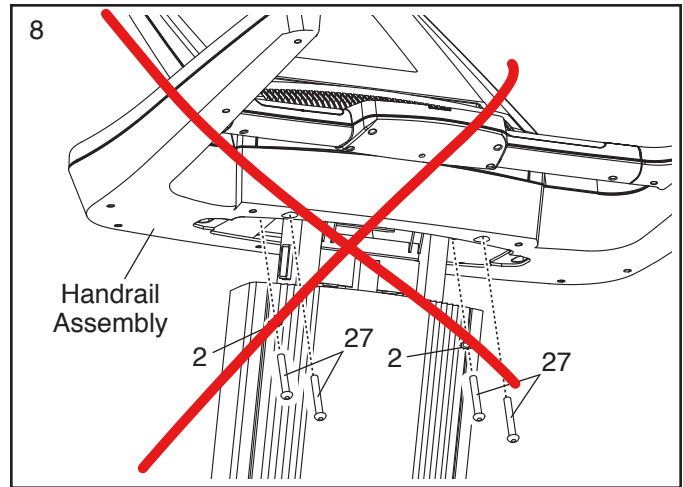
Connect the Upright Wire (111), the handrail wire, and the TV Cable (106) to the console wires. Make sure that the console wire and the handrail wire that you are connecting have connectors that are the same size. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the excess wires downward into the Upright Cover (80).

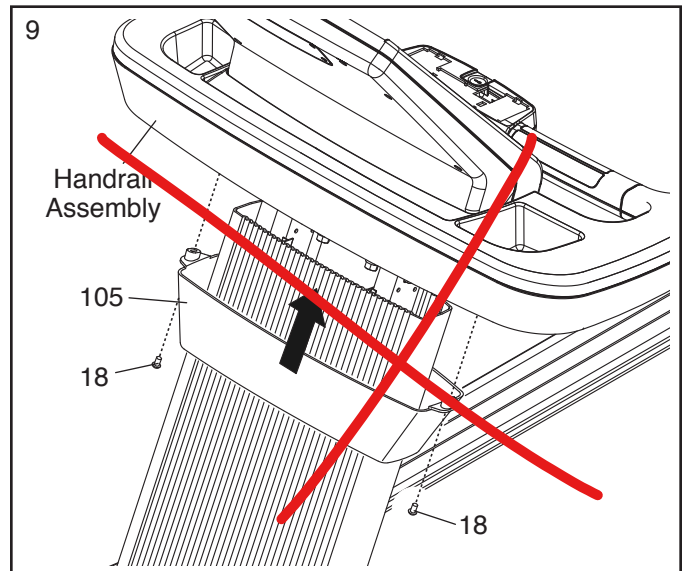
Set the Console Assembly (101) on the handrail assembly. **Be careful not to pinch any wires.**



8. Tighten four 3/8" x 2 3/4" Screws (27) with two 3/8" Star Washers (2) into the handrail assembly.

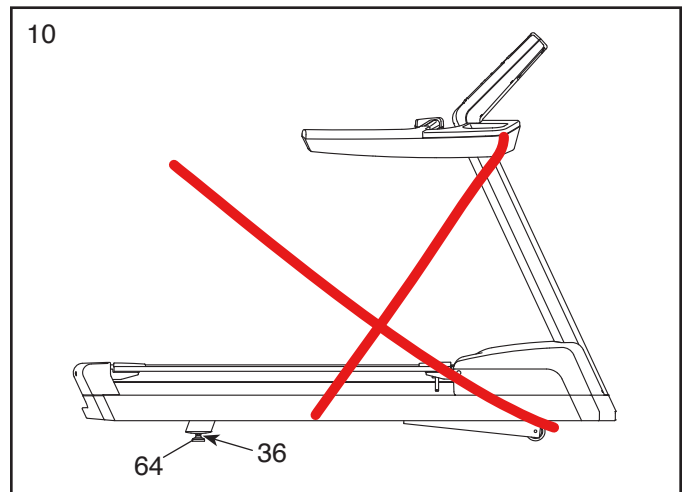


9. Attach the Upright Collar (105) to the handrail assembly with two #8 x 5/8" Screws (18).



10. If necessary, move the treadmill to the desired location (see HOW TO MOVE THE TREADMILL on page 28).

After the treadmill is placed in the location where it will be used, make sure that the Leveling Feet (64) rest firmly on the floor. If the treadmill rocks even slightly, loosen one of the 1/2" Nuts (36) on a Leveling Foot, turn the Leveling Foot clockwise or counterclockwise until the rocking motion is eliminated, and then retighten the Nut.



11. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 34 and 35).