

EXHIBIT 4

HEALTHRIDER

S O F T S T R I D E R

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EXHIBIT

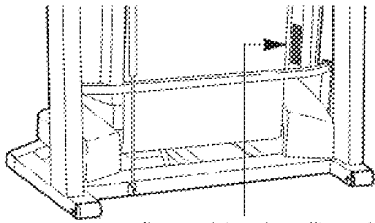
Paradiso 4

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Model No. HRTL16991

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

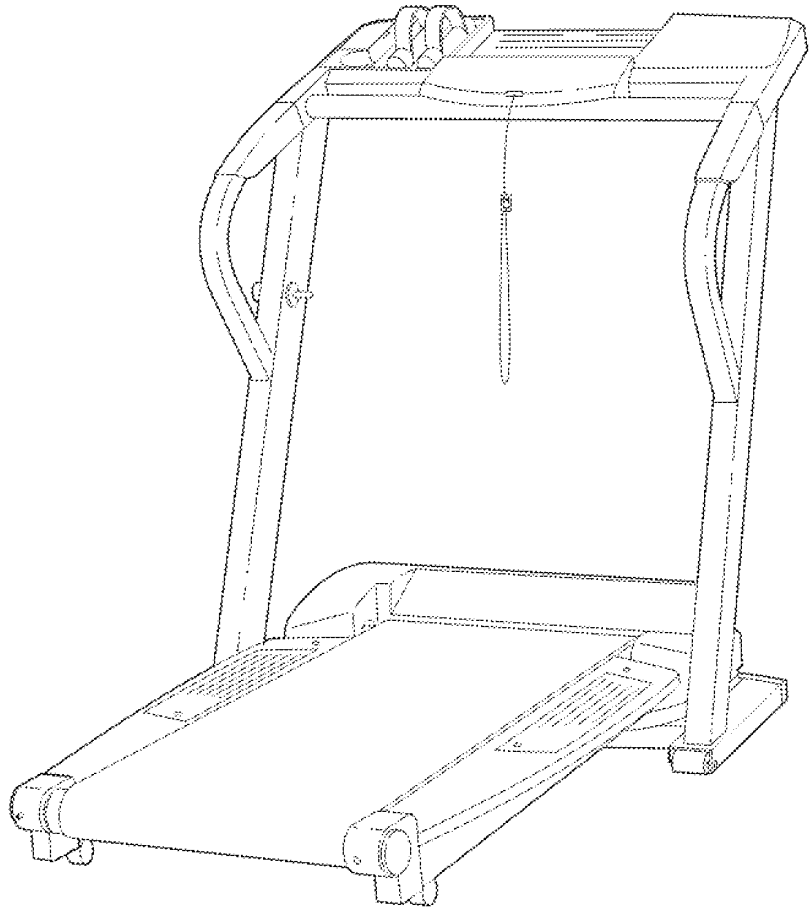
USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST



CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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Note: An EXPLODED DRAWING is attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ 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.

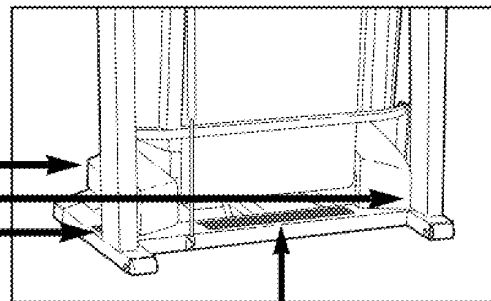
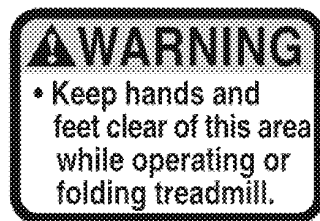
1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill 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 300 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.
10. 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 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. 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 4 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. Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using hand weights should be attempted only by experienced users.
17. 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.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 4 for the location of the on/off switch.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and tighten all parts of the treadmill every three months.
22. Never drop or insert an object into any opening.
23. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

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 pre-existing health problems. Read all instructions before using. ICON 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 illegible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown. Note: The large decal is shown at 38% of actual size.



WARNING: Protect yourself and others from risk of serious injury. Read the user's manual and:

- Fully engage storage latch before treadmill is placed or moved.
- Reduce incline to lowest level before folding treadmill into storage position.
- Start only on safe side when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails, prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel tired, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, ropes, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

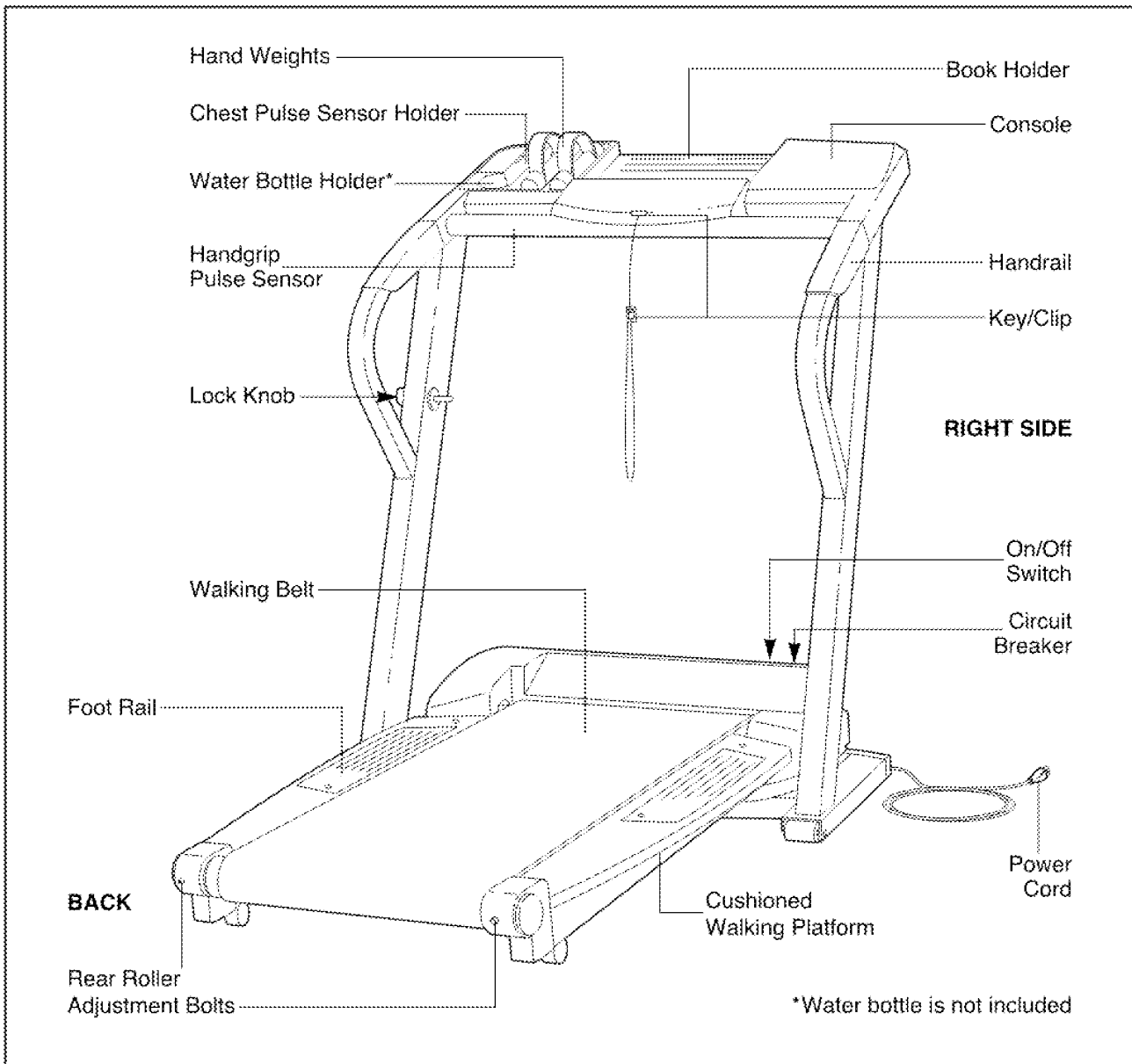
BEFORE YOU BEGIN

Congratulations for purchasing the HealthRider® SOFTSTRIDER S700i™ treadmill. The SOFTSTRIDER S700i offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking belt, the SOFTSTRIDER S700i is designed to make each workout more effective and enjoyable. And when you're not exercising, the SOFTSTRIDER S700i can be folded away, taking less than half the floor space of conventional treadmills.

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

please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is HRTL16991. 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 familiarize yourself with the parts that are labeled in the drawing below.



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