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One of the main reasons why some people do not exercise this time. Because of this, home gym equipment is becoming increasingly popular. Trainers such as the Gold's Gym 450 treadmill give people the best of both worlds. Buying a treadmill offers you the opportunity to get in and stay in shape, all from the comfort of your home. However, you won't be doing that on the new 450 much longer as it has been discontinued. Don't worry though, not only have you found a comprehensive review of the Gold's Gym 450 treadmill, we've gone even further. The Gold's Gym offers other, often much better and reliable treadmills. Whatever you're looking for, whoever you are, is probably great for you. The convenience of having a home gym is unrivaled. Imagine getting into a 30-minute workout while you're watching TV, or waiting for dinner to cook. There are many advantages to owning a personal workout machine. It's also available. A one-time treadmill cost will save you a lot of money on a gym membership. Then factoring in the time-saving makes it worth the initial cost. No more traffic and no waiting in line at the gym for the machine. Key features of the Gold's Gym 450 Treadmill Gold's Gym has been one of the leading leaders in the fitness industry for over fifty years since 1965. However, as more people began to invest in home exercise equipment, gold gym membership fell. The company began to do and marketing branded home simulators. The treadmills used in Gold's gym are of higher quality than those available for home use, but retail machines offer similar options and are more affordable. The Gold's Gym 450 comes with six pre-programmed workouts that automatically adapt to the speed and inclination determined by your weight goals. Computerized controls offer the ability to program specific information on a computer treadmill for each workout. These options include setting the desired workout duration, user weight, and the number of calories they want to burn. The 450 treadmill model is an entry-level car designed for walking and jogging. If you like more intense exercise, it contains fast speed technology that allows you to increase to 10 mph at the touch of a button. Also, there is a CoolAir fan on it that gives you a breeze during your workout. Unfortunately, 450 treadmills have been discontinued due to advances in the home simulator industry. 450 remains a viable machine for home use and is available for use and new through some retail centers. and the cons the biggest thing about the Gold's Gym 450 treadmill is availability. On the other hand, the quality of the machine is not as solid and reliable as some other machines. The engine on the treadmill is weak and low-engine. And unfortunately, if it breaks down, it is difficult to recover. This machine is not for energetic energetic It is best only for light training. As we reviewed At the same time Gold's Gym is a reliable brand, our goal was to find out whether their equipment is worth the investment. We've gathered all the information about the features of each treadmill and how they relate to each other. And more importantly, we read customer reviews to get an unfiltered idea of what users think of machines. The final decision on the best treadmill was made by evaluating the equipment with the most practical functions and the best customer satisfaction ratings. The Gold's Gym 450 Treadmill vs. Other Models The 450 treadmill is not the only model that the Gold's Gym produced. There are several different machines made by the brand that are more durable than the 450 and include more high-tech components and features. Some models are available for purchase at several retailers, including Gold's Gym. We have gathered information to compare their various machines with the Gold's Gym 450 treadmill. I hope this information will help you make an informed decision about which equipment is right for you. 1.) MotionTex This first model, with heart rate monitoring, will help you maximize your results through heart rate training. Clutch sensors send accurate heart rate readings to the display monitor to help you stay on target. It also contains Airstride Plus cushioning to help reduce the impact of your steps and prevent joint pain. The machine also allows you to increase the tilt level by 10 percent at the touch of a button. Incline training helps burn more calories and identify specific muscle groups as you exercise. The 520 also includes a SpaceSaver design with EasyLift Assist. These features allow you to clean, transport and remove your car with ease. SpaceSaver's design allows you to fold a treadmill to have an extra area. And EasyLift makes the lift of your machine easy. 2.) Marcy The Marcy is one of the most popular models and it is also available through several retailers. This model includes iFit Bluetooth capabilities, so if you have an iFit membership, you can plug it in when using a treadmill. This allows you to use a smart device to access Google Maps workout routes and automatically track statistics. It's also compatible with the iPod sound system, so you can listen to your exercise playlist while you sweat from the calories. This equipment comes with a five-year warranty on the frame and engine. It also includes a 90-day warranty for spare parts and manpower. You can purchase it at Walmart, Amazon, or Gold's Gym site. One of the drawbacks The machine is that it can only hold up to 300 pounds, so for those who weigh more than that amount, that can be a problem. 3.) MotionTex The 420 model is a new and improved version of the old treadmill model. It comes with a shock-absorbing shock-absorption system helps reduce the impact on the joints and prevent damage. The LCD monitor includes a racetrack that allows you to track your time, speed, distance, and calories burned. And just like other models, it also comes with a SpaceSaver design that allows you to store off the hardware. There are 16 pre-installed workout apps in the 420 model that have been developed by a professional trainer. The 420 treadmill is sold exclusively on Gold's Gym. It includes an enticing five-year warranty on the frame and engine and 90 days for parts and labor. This machine has many interesting features and provides an incredible workout experience. However, this model also has a 300-pound high, which can be a problem for some users. 4.) Todo This's latest treadmill is a little more expensive than the others on the list, but it gives you more bang for a dollar. It comes with two additional workout apps. It has an integrated audio system that connects to your iPod or MP3 player. Speed control on a treadmill allows you to mix workouts and change the intensity as you exercise. The heart rate monitor contains sensors that send accurate heart rate readings to the display to help you track. It is available for purchase through several retailers including Amazon, Target, and of course the Gold's Gym site. But unlike other models, the 720 comes with a lifetime warranty on the frame, a

25-year warranty on the engine and a year for labor and detail. Our verdict There is no doubt that Gold's Gym has experience in designing a modern treadmill. But, of course, each machine serves its purpose and corresponds to a certain preference. After reviewing the features of each machine, and reading customer reviews, we felt that Gold's Gym 720 Trainer Treadmill model was the best. It costs a little more, but we believe it's worth every penny, primarily because of the warranty. Anything can happen, and it is better to have an extended warranty. Exercise equipment is prone to wear, so the extra money you spend comes in handy down the line. And most of the customers who bought the 720 had a positive experience, which says a lot about its quality. Overall, we felt as if other treadmills didn't compare. What is your verdict? Model Number Serial Number GGTL03607.3 Write a serial number in the space above for future reference. Serial number Decal QUESTIONS? As a manufacturer, we strive to ensure full customer satisfaction. If you have questions, or if parts are missing, please do not CONTACT HEE; Please contact Customer Care. INTERVIEWER: You should note the product model number and serial number (see figure above) before contacting us: 1-877-776-4777 CALL TOLL-FREE: 6 утра-6 вечера MST C6. 8 a. TABLE OF CONTENTS ВНИМАНИЕ DECAL PLACEMENT

..... Two important precautions... 3 Before you start... 5 ASSEMBLY IMPORTANT PRECAUTIONS WARNING: To reduce the risk of serious injury, read all the important precautions and instructions in this guide and all warnings on the treadmill before using the treadmill. ICON is not liable for bodily harm or property damage caused or as a result of the use of this product. 1. Consult your doctor before starting any exercise program. This is especially important for those over 35 or those with pre-existing health problems.24 Regularly inspect and properly tighten all parts of the treadmill. 20. Never leave a treadmill unattended while running. Always remove the key, disable the power cord and switch the reset/switch switch off when the treadmill is not in use. (See page 5 for the switch location.) 25. 21. Do not try to lift, lower or move the treadmill until it is properly assembled. BEFORE YOU BEGOV Thank you for choosing the revolutionary GOLD'S GYM® treadmill 450. The 450 treadmill offers an impressive set of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 450 treadmill can be folded, requiring less than half the area of other treadmills. Ual. To help us help you, pay attention to the product model number and serial number before contacting us. ASSEMBLY To hire an authorized maintenance specialist to build a treadmill, call 1-800-445-2480. The assembly requires two people. Place the treadmill in the cleaned area and remove all packaging materials. Do not dispose of packaging until the assembly is complete. Note: The lower part of the treadmill pedestrian belt is covered with high lubricant performance. During transportation, a small amount of lubricant can be transferred to the top of the pedestrian belt or to the shipping box. Make sure the power cord is off. Using a second person, carefully tip the treadmill to the left side. Partially fold the frame (48) to make the treadmill more stable; Don't fully fold the frame yet. 1 77 Cut the tie, providing a vertical wire (77) to the base (85). Then find the tie in the specified hole in the base and use the tie to pull the vertical wire out of the hole. Hole 81 48 Attach the base pad (81) to the base (85) in a place shown with M4.4. Keep Bolt Speiser (79) inside the lower end of the right vertical (78). Insert M10 x 96mm Bolt (5) with M10 Star (8) in Vertical and Bolt Spacer. Repeat this step with the second Bolt Spacer (79), M10 x 96mm Bolt (5) and M10 Star Washer (8). 4 5 78 8 Hold the right vertical spacer (80) and right vertical (78) against the base (85). Be careful not to pinch the vertical wire (77). Partially tighten the M10 x 96mm (5) bolts; don't completely tighten the Bolts yet.7. Attach the insert latch (70) to the left vertically (73) with two #10 x 1. Tech screws (76). Make sure the large hole in the latch insert is on the side shown. Don't tighten the Tek screws. 7 72 Find the latch assembly (72). Remove the handle from the pin. Make sure the collar and spring are on the pin, as shown in the video. Insert the pin into the Insert lat (70) and tighten the handle back onto the pin. 8. Hold the right handrail (90) near the right vertical (78).. Install a console assembly on handrails (89, 90); insert excess wiring into the right handrail (90). Attach the console assembly to four M4.2 x 19mm (19mm) screws(two 1/4 x 1/2 Bolts (9) and two 1/4 Star Washers (71), as shown in the image. Make sure the wires are not pinched. Run all four screws and both bolts before tightening any of them. See Steps 4 and 6. Tighten four M10 x 96mm bolts (5). See Step 8. Tighten six M8 x 19mm bolts (6). 10 Console Build 90 1 9 71 89 1 71 9 11.OPERATION AND adjustment PRE-LUBRICATED HOBA BELT tric shock. This product is equipped with a cord equipped with a conductor for grounding equipment and a ground fork. Connect the power cord to the splash suppressor and connect the splash suppressor to the appropriate socket, which is properly installed and grounded in accordance with all local codes and regulations. Important: The treadmill is not compatible with GFCI-equipped points. Your treadmill is equipped with a walking belt covered with high-performance lubricant. CONSOLE DIAGRAM Clip Key features console see page 15. To use weight loss training, see to use the information mode, see the treadmill console offers an impressive set of features designed to make your workouts more effective and enjoyable. IMPORTANT: If there are sheets of pure plastic on the console, remove the plastic. To prevent damage to the pedestrian platform, wear clean sports shoes when using a treadmill. HOW ON TURN ON THE POWER: If the treadmill has been exposed to low temperatures, let it warm to room temperature before power is switched on. If you don't, console displays or other electrical components may be damaged. Connect the power cord (see page 11). Then find a reset/off switch on the treadmill frame next to the power cord. Switch the switch to the reset position. 3. Run the pedestrian belt. The bottom left corner of the display can show the past tense, which you have passed or run during a workout, and the level of tilt of the treadmill. Track. During the classical workout, the display will show the time left in the program, not the past time. The bottom right corner of the display can show the speed of the belt walking and the approximate number of calories that you burned during the workout. HOW TO USE CLASSIC WORKOUT tones will sound and the next profile segment will start flashing. If another speed and/or tilt setting is programmed for the next sentence, new speed and/or tilt settings will flash on the display to alert you. 1. Insert the key into the console. See how TURN ON THE POWER on page 13. The workout will continue this way until the last profile segment flashes on the display and ends the last segment. HOW TO USE WEIGHT LOSS WORKOUT 1. Insert the key into the console. See how TURN ON THE POWER on page 13. 2. Choose a weight loss training. To use a weight loss workout, click the Weight Loss Workout button. Enter your weight and the number of calories you want to burn by repeatedly pressing the zoom and decrease buttons next to the Enter button. Click Enter after each selection. Note: Once you have entered your weight, it will be stored in memory. 3.HOW TO FOLD AND MOVE THE TREADMILL HOW TO FOLD THE TREADMILL FOR STORAGE Before folding the treadmill adjust the slope to the lowest position. If you don't, you can damage the treadmill when you fold it. Remove the key and disable the power cord. WARNING: You should be able to safely lift 45 pounds (20 kg) to lift, lower or move the treadmill. 1. Hold the metal frame firmly in the spot shown by the arrow on the right. TROUBLESHOOTING Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies and follow these steps. If more help is needed, please see the front cover of this guide. PROBLEM: Power does not include SOLUTION: a. Make sure that the power cord is connected to the burst suppressor, and that the burst suppressor is connected to a properly grounded socket (see page 11). Remove the three M4.2 x 19mm Washer Head screws (13) and carefully tie the hood (53) c. 13 53 Find the cane switch (54) and Magnet (42) on the left side of Pulley (44). Turn Pulley until the magnet is aligned with the cane switch. Make sure the gap between the magnet and the cane switch is about 1/8 inch (3 mm). If necessary, loosen the M4.2 x 19mm (1) screw, slightly move the cane switch and then ecstense screw.PROBLEM: The walking belt is out of the center or glides while walking on SOLUTION: a. If the pedestrian strap is out of the center, first remove the key and UNPLUG POWER CORD. If the walking strap has shifted to the left, use the hexagonal key to rotate the left rear roller bolt on Arrow 1/2 turn; If the pedestrian belt has shifted to the right, turn the bolt counterclockwise 1/2 turn. Be Be Don't tighten the walking belt. Then plug in the power cord, insert the key and run the treadmill for a few minutes. EXERCISE GUIDELINES WARNING: Before starting this fat burning- To burn fat effectively, you should exercise at a low intensity for a long period of time. During the first few minutes of exercise, your body uses carbohydrate calories to generate energy. Only after the first few minutes of exercise does your body start using stored fat calories to generate energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the smallest number in your training area. PART LIST- Model No GGTL03607.3 To find the parts listed below, see EXPLODED DRAWING near the end of this guide. The key number of the zti. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 2 4 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 17 4 1 1 1 4 6 6 1 4 2 6 14 3 2 2 2 1 1 2 2 2 2 1 1 1 1 1 1 7 8 2 2 1 2 2 2 2 2 4 2 2 2 3 6 1 2 2 1 1 1 1 1 1 2 Key No. M4.2 x 19mm VinT M4.2 x 25mm Tek Vin 4mm Hex Key M4. Key Number 101 102 103 104 - No 1 1 2 - - - - Description Hex Key Lift Frame/Base Wire Ground Frame Endcap M8 Lock Nut 8 Blue Wire, 2F 6 Blue Wire, M/F 6 Red Wire, M/F Key No. - Description 6 Black Wire, M/F 8 Green Wire, F/Ring User Guide These parts are not illustrated. Specifications can be changed without notice.3 17 23 29 50 34 51 30 59 22 96 15 23 101 1 104 39 17 40 23 29 50 1 52 30 100 22 15 41 21 28 23 1 104 59 35 23 48 103 14 45 16 23 40 46 42 1 47 28 14 23 43 41 44 23 16 EXPLODED DRAWING A-Model No. GGTL03607. EXPLODED DRAWING B-Model No. GGTL03607. EXPLODED DRAWING C-Model No. GGTL03607. EXPLODED DRAWING D-Model No GGTL03607. ORDERING REPLACEMENT PARTS To order spare parts, please see the front cover of this guide. Page 2W

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