

iFit 14807

iFit Workout Card Treadmill Body Shaping Level 1 Beginner User Manual

Model: 14807

INTRODUCTION

This manual provides essential information for the proper use and maintenance of your iFit Workout Card Treadmill Body Shaping Level 1 Beginner. This SD card is designed to plug directly into your iFit compatible treadmill console, offering a structured 8-week program with 24 different workouts to help you achieve your fitness goals.

The iFit Workout Card is a programmed workout SD card made of plastic, intended for use with iFit compatible treadmills. It is designed for adult users and focuses on body shaping through treadmill workouts.

PRODUCT OVERVIEW



Figure 1: Front packaging of the iFit Workout Card. This image displays the product's branding, "Body Shaping Level 1 Beginner," and

highlights its 8-week workout program. The packaging shows the SD card itself and a graphic of a person using a treadmill, indicating its purpose.



Figure 2: Back packaging of the iFit Workout Card. This view provides detailed information about the workout program, including 24 workouts, 3.5 mph max speed, 10% max incline, 150-250 calories burned per workout, and 20-30 minute workout length. It also lists

The iFit Workout Card is a compact SD card containing a pre-programmed fitness regimen. It is designed for seamless integration with compatible iFit treadmills, providing guided workouts without manual input of settings.

SETUP

Before using the iFit Workout Card, ensure your treadmill is iFit compatible. Refer to your treadmill's user manual for compatibility details.

1. **Locate the iFit Port:** Identify the iFit SD card slot on your treadmill console. This is typically labeled "iFit" or "Workout Card."
2. **Insert the Workout Card:** Gently insert the iFit Workout Card into the designated slot. Ensure it is fully seated. Do not force the card.
3. **Power On Treadmill:** Turn on your treadmill. The console should recognize the inserted card.

For visual guidance, refer to the instructions on the back of the product packaging (Figure 2).

OPERATING INSTRUCTIONS

Once the iFit Workout Card is inserted and recognized by your treadmill, the workout program will be ready to begin.

1. **Begin Standing on Treadmill Deck Rails:** For safety, always start by standing on the side rails of the treadmill deck, not on the belt itself.
2. **Press the Start Button:** Locate and press the "Start" button on your treadmill console. The workout program from the iFit card will automatically begin.
3. **Follow Program Cues:** The treadmill will automatically adjust speed and incline according to the programmed workout. Follow any on-screen prompts or audio cues from your treadmill.
4. **Workout Duration:** Each workout is designed to last approximately 20-30 minutes. The program will guide you through 24 different workouts over an 8-week period.

Do not remove the iFit Workout Card during an active workout. Always ensure the treadmill is powered off before removing the card.

MAINTENANCE

The iFit Workout Card requires minimal maintenance. Proper handling will ensure its longevity and continued functionality.

- **Storage:** Store the iFit Workout Card in a cool, dry place away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case when not in use.
- **Cleaning:** If necessary, gently wipe the card's surface with a soft, dry, lint-free cloth. Do not use liquid cleaners, solvents, or abrasive materials.
- **Handling:** Avoid touching the metal contacts on the card. Handle the card by its edges to prevent damage from static electricity or oils from your skin.
- **Physical Damage:** Do not bend, drop, or apply excessive force to the card. Physical damage can render the card inoperable.

TROUBLESHOOTING

If you encounter issues with your iFit Workout Card, consider the following troubleshooting steps:

Problem	Possible Cause	Solution
Card not recognized by treadmill.	Card not fully inserted; Treadmill not iFit compatible; Damaged card.	Ensure card is fully inserted. Verify treadmill compatibility with its manual. Inspect card for visible damage.
Workout does not start.	"Start" button not pressed; Treadmill error.	Press the "Start" button. Check treadmill display for error messages and consult treadmill manual.
Treadmill settings not changing automatically.	Card not communicating with treadmill; Treadmill not in iFit mode.	Remove and reinsert the card. Ensure your treadmill is set to iFit mode if applicable.

If problems persist, contact iFit customer support.

SPECIFICATIONS

Feature	Detail
Brand	iFit
Model Number	14807
Product Type	Programmed Workout SD Card
Material	Plastic
Special Feature	iFit Compatible
Recommended Use	Treadmill workouts
Target Audience	Adult
Number of Programs	24
Program Duration	8-Week Program
Workout Length	20-30 minutes per workout
Connectivity Technology	iFit
Control Program Name	iFit
UPC	074345728431
Manufacturer	ICON Health & Fitness

WARRANTY AND SUPPORT

Specific warranty information for the iFit Workout Card is typically provided with the product packaging or through the manufacturer's official channels. As this is a digital content card, warranty may cover defects in the card itself, but not compatibility issues with non-iFit equipment or user-induced damage.

For technical support, program inquiries, or warranty claims, please contact iFit directly:

- **Website:** Visit the official iFit website at www.iFit.com
- **Phone:** Call iFit Customer Service at [1-888-308-9614](tel:1-888-308-9614)

Please have your product model number (14807) and UPC (074345728431) ready when contacting support.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question