Icon Health & Fitness, Inc. 386816 MC1618DLS

Icon Health & Fitness Lower Motor Control Board Controller 386816 MC1618DLS Instruction Manual

For Proform and HealthRider Treadmills

1. Introduction

This manual provides comprehensive instructions and information for the Icon Health & Fitness Lower Motor Control Board Controller, part number 386816 (MC1618DLS). This component is a critical replacement part for maintaining the functionality of compatible Proform and HealthRider treadmills. Please read this manual thoroughly before installation or servicing.

2. Product Overview

The Lower Motor Control Board Controller (part #386816, model MC1618DLS) is an electronic circuit board responsible for regulating the speed and power supplied to the treadmill's drive motor. It ensures smooth and consistent operation of the treadmill belt according to user input and programmed settings.



Figure 2.1: General view of the Icon Health & Fitness Lower Motor Control Board Controller (386816 MC1618DLS).



Figure 2.2: Close-up view showing the 'ICON MC1618DLS' label on the control board, confirming the model identification.

3. Compatibility

This control board (Part #: 386816) is compatible with the following treadmill models. Always verify your treadmill's model name and serial number against this list before purchasing or installing replacement parts.

- **HealthRider:**
  - H70T DESK - NTL991154
  - T 6.7C - 831.250238
  - T 6.7I - 831.250219
- **Proform:**
  - 505 CST - PFTL609164
  - 505 CST - PFTL609165
    505 CST - PFTL609166
  - 525 CT - PFTL49616-MX3
  - 525 CT - PFTL49616.0
  - 525 CT - PFTL496170
  - 650 LT - PFTL700153
  - DESK-PFTL991170
  - TRAINER 6.0 - PFTL609170
  - TRAINER 6.5 - PFTL609180

4. Installation and Setup

Installation of electronic components should only be performed by individuals with appropriate technical knowledge and experience. If you are uncomfortable with diagnosing or replacing parts, it is recommended to consult a qualified fitness equipment technician.

General Installation Steps:

1. **Safety First:** Always unplug the treadmill from the power outlet before beginning any service or installation.
2. **Access the Control Board:** Locate and remove the motor hood or access panel of your treadmill to expose the existing control board.
3. **Document Connections:** Before disconnecting any wires, take clear photographs or make detailed diagrams of all wire connections to the old control board. This will serve as a reference for connecting the new board.
4. **Disconnect and Remove:** Carefully disconnect all wires and mounting screws securing the old control board. Remove the old board.
5. **Install New Board:** Position the new 386816 MC1618DLS control board in the same location and secure it with the mounting screws.
6. **Reconnect Wiring:** Using your documented references, carefully reconnect all wires to the new control board. Ensure all connections are secure and correctly seated.
7. **Test Functionality:** Replace the motor hood or access panel. Plug the treadmill back into the power outlet and perform a test run to ensure proper operation of the motor and speed control.

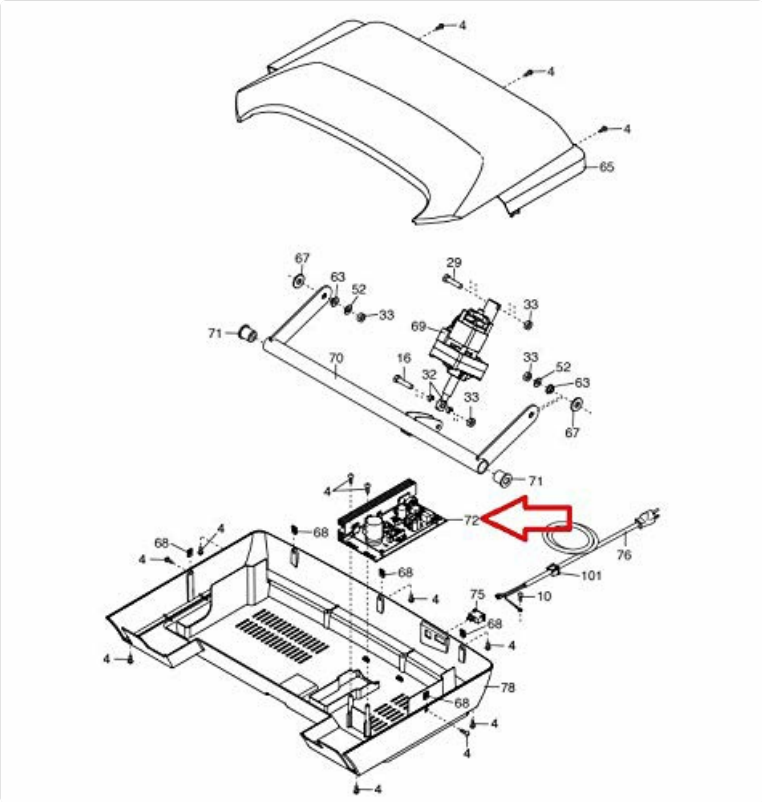


Figure 4.1: Exploded diagram illustrating the typical location of the motor control board (indicated by arrow and item 72) within a treadmill assembly.

5. Operating

The Lower Motor Control Board Controller is an internal component that operates automatically as part of the treadmill's system. It does not require direct user interaction. Its function is to interpret commands from the console and regulate the treadmill's motor speed accordingly. Proper operation is indicated by smooth and consistent belt movement at selected speeds.

6. Maintenance

To ensure the longevity and reliable performance of the control board and your treadmill, consider the following maintenance guidelines:

- **Keep Dry:** Protect the treadmill and its internal components from moisture and excessive humidity.
- **Cleanliness:** Periodically, with the treadmill unplugged, remove the motor hood and gently clean any dust or debris from the control board and surrounding area using compressed air or a soft brush. Avoid using liquids.
- **Inspect Connections:** During cleaning, visually inspect all wire connections to the control board for any signs of looseness, corrosion, or damage.
- **Ventilation:** Ensure the treadmill's motor area has adequate ventilation to prevent overheating of electronic components.

7. Troubleshooting

If your treadmill experiences issues related to motor function, such as inconsistent speed, sudden stops, or failure to start, the control board may be a contributing factor. However, these symptoms can also indicate problems with the motor, wiring, or console.

- **Power Check:** Ensure the treadmill is properly plugged into a functional outlet and the circuit breaker has not tripped.
- **Safety Key:** Verify the safety key is correctly placed on the console.
- **Professional Diagnosis:** Due to the complexity of treadmill electronics, it is highly recommended to have a qualified fitness equipment technician diagnose any persistent issues. Attempting repairs without proper knowledge can lead to further damage or personal injury.

8. Specifications

- **Part Number:** 386816
- **Model Number:** MC1618DLS
- **Brand:** Icon Health & Fitness, Inc.
- **Product Dimensions:** Approximately 8 x 8 x 4 inches (or 8"W x 4"H)
- **Weight:** Approximately 5 Pounds
- **Voltage:** 220 Volts (as per product specifications, verify compatibility with your region's power supply)
- **Horsepower Equivalent:** 50 Watts (This may refer to control board power consumption, not motor output)
- **ASIN:** B0815WZRDX
- **Date First Available:** April 24, 2019

9. Warranty and Support

For information regarding the warranty of this replacement part, please refer to the original purchase documentation or contact the seller directly. Icon Health & Fitness, Inc. is the manufacturer of this component.

If you are uncomfortable with diagnosing and treating your machine with the correct replacement parts, it is advisable to seek assistance from a qualified fitness technician in your area. They can provide professional diagnosis and installation services.

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Details

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