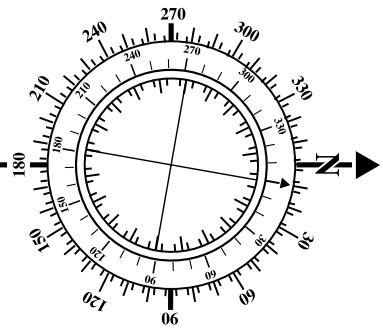


# PRO·FORM<sup>®</sup>

## TRAIL RUNNER

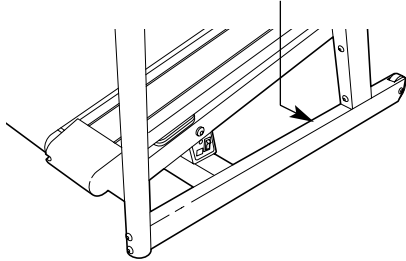


Model No. PFHK99902

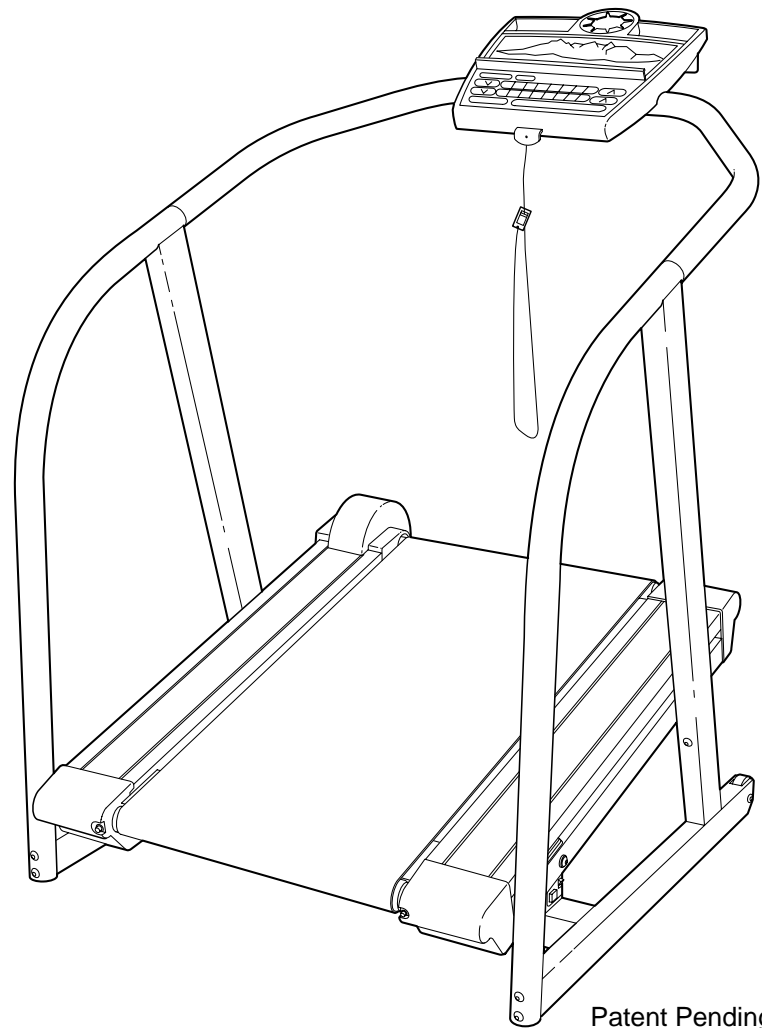
Serial No. \_\_\_\_\_

Find the serial number in the location shown below. Write the serial number in the space above for reference.

Serial Number Decal



## USER'S MANUAL



Patent Pending

### 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 to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

### CAUTION

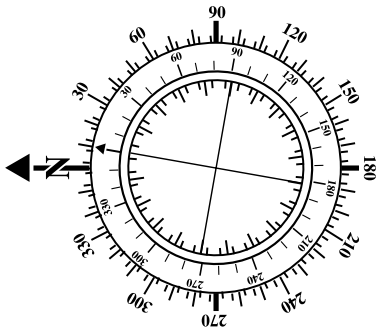
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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# PRO·FORM®

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## TRAIL RUNNER

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual. Save the EXPLODED DRAWING and the PART LIST for reference.

# 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 incline trainer.

1. It is the responsibility of the owner to ensure that all users of the trainer are adequately informed of all warnings and precautions.
2. Use the trainer only as described in this manual.
3. The trainer is intended for in-home use only. Do not use the trainer in any commercial, rental, or institutional setting.
4. Place the trainer on a level surface, with at least eight feet of clearance behind it. Do not place the trainer on any surface that blocks air openings. To protect the floor or carpet from damage, cover the floor under the trainer.
5. Keep the trainer indoors, away from moisture and dust. Do not put the trainer in a garage or covered patio, or near water.
6. Do not operate the trainer where aerosol products are used or where oxygen is being administered.
7. Do not operate the trainer until it is properly assembled. (See ASSEMBLY on page 6.) You must be able to safely lift 45 pounds (20 kg) in order to move the trainer.
8. Keep children under the age of 12 and pets away from the trainer at all times.
9. The trainer should not be used by persons weighing more than 300 pounds.
10. Never allow more than one person on the trainer at a time.
11. Wear appropriate exercise clothing when using the trainer. Do not wear loose clothing that could become caught in the trainer. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the trainer with bare feet, wearing only stockings, or in sandals.
12. When connecting the power cord (see page 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
13. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-999-3756 and order part number 146148.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. The roller guards must be 1/8 inch from the rear roller (the location of the roller guards is shown on page 5). Unplug the power cord and adjust the roller guards, if necessary.
16. Never move the walking belt while the power is turned off. Do not operate the trainer if the power cord or plug is damaged, or if the trainer is not working properly. (See BEFORE YOU BEGIN on page 5 if the trainer is not working properly.)
17. Never start the trainer while you are standing on the walking belt. Always hold the handrails while using the trainer.
18. The trainer is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
20. Never leave the trainer unattended while it is running. Remove the key, unplug the power cord, and move the on/off switch to the off position when the trainer is not in use. (The location of the on/off switch is shown on page 5.)
21. Do not change the grade of the trainer by placing objects under the trainer.

22. Never insert or drop any object into any opening.

23. When using iFIT.com CD's and videocassettes, an electronic "chirping" sound will alert you when the grade and/or speed of the trainer is about to change. Always listen for the "chirp" and be prepared for grade and/or speed changes. In some instances, the grade and/or speed may change before the personal trainer describes the change.

24. When using iFIT.com CD's and videocassettes, you can manually override the grade and speed settings by pressing the grade and speed buttons. However, when the next "chirp" is heard, the grade and/or speed will change to the next settings of the CD or video program.

25. Always remove iFIT.com CD's and videocassettes from your CD player or VCR when they are not in use.

26. Inspect and tighten all parts of the trainer regularly.

27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the trainer, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor cover 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 decal shown at the right has been attached to each side of the incline trainer. If either decal is missing or illegible, call our Customer Service Department, toll-free, to order a free replacement decal (see **ORDERING REPLACEMENT PARTS** on the back cover of this manual). Apply the decal in the location shown.

**⚠ WARNING:**


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



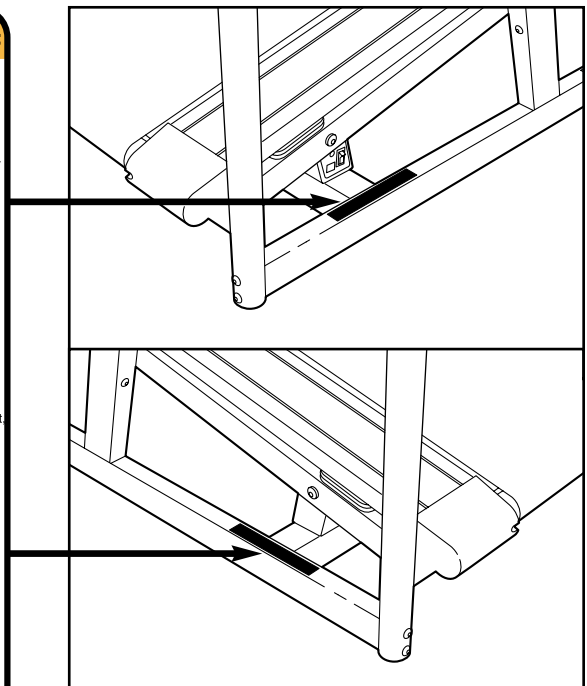
- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, 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.



Note: The decal is shown at 55% of actual size.

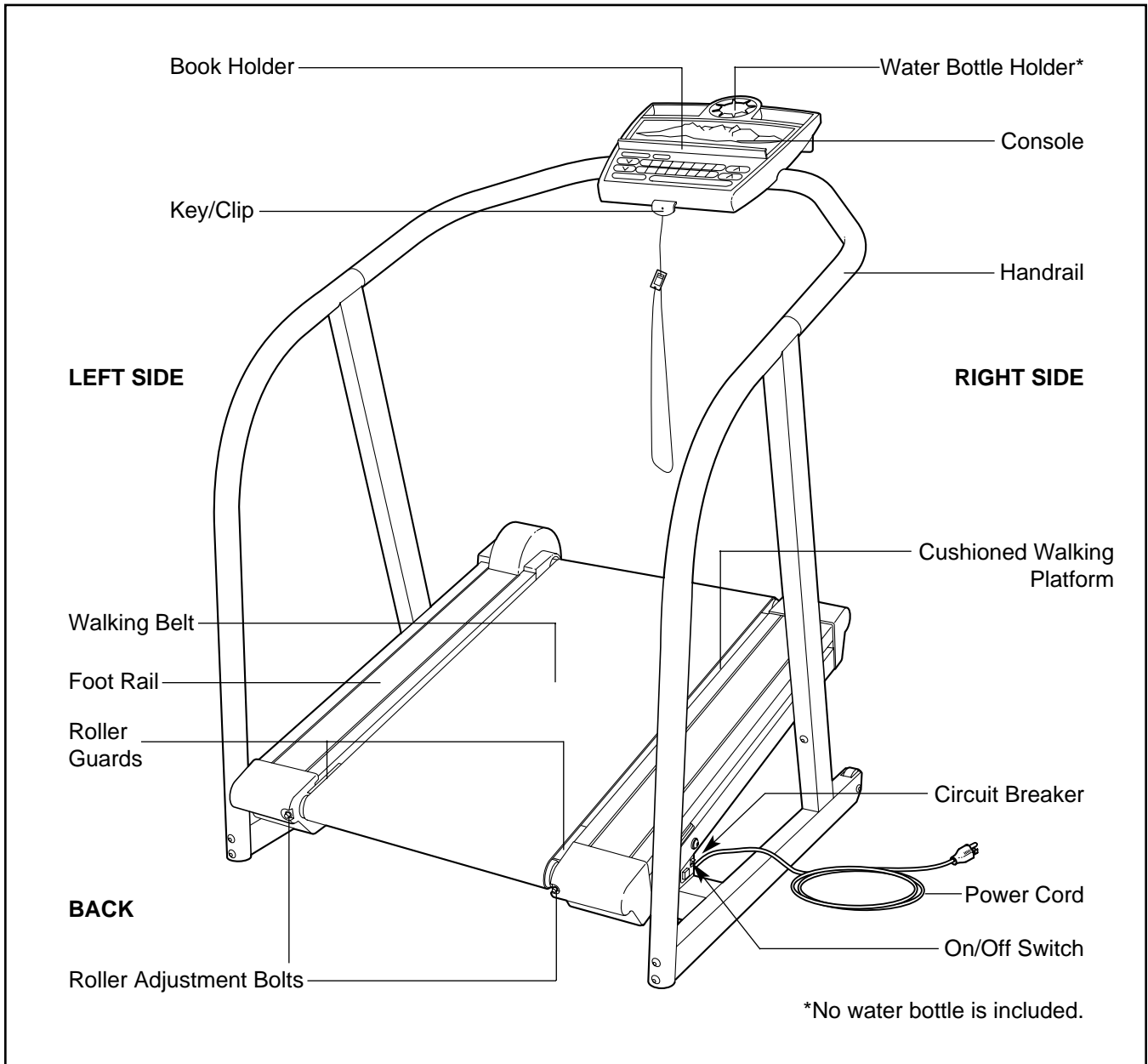
# Before You Begin

Thank you for selecting the revolutionary PROFORM® TRAIL RUNNER incline trainer. The TRAIL RUNNER combines state-of-the-art technology with innovative design to provide you with a motivating and effective form of exercise in the convenience of your home.


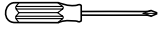
**For your benefit, read this manual carefully before using the TRAIL RUNNER.** If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-3756,

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 product model number is PFHK99902. The serial number can be found on a decal attached to the incline trainer (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.

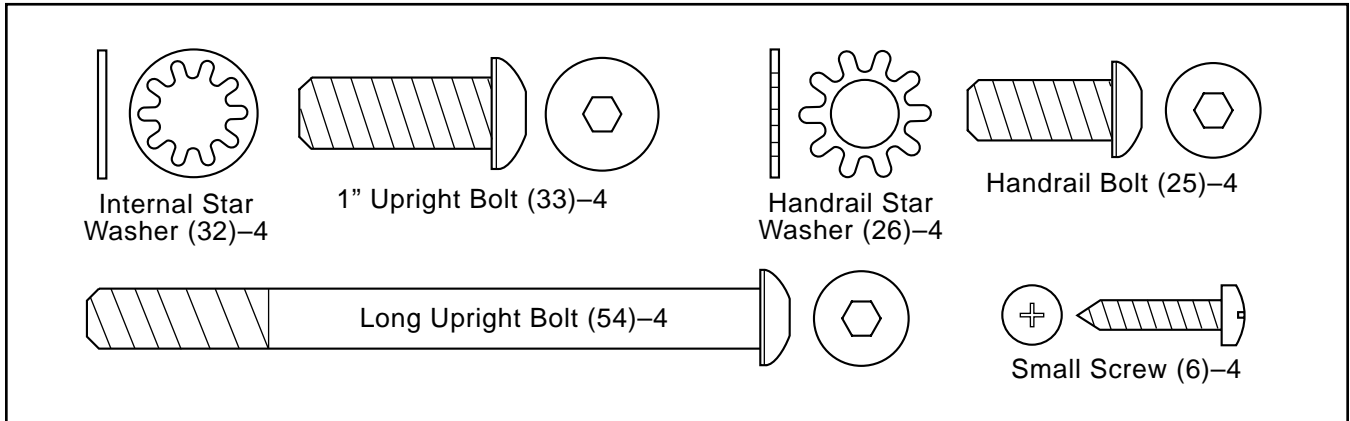


# Assembly

**Assembly requires two people.** Set the incline trainer in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench**  and your own **phillips screwdriver** .

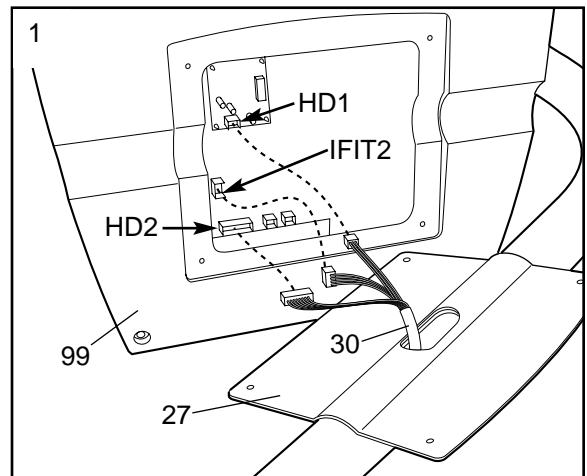
Note: The underside of the incline trainer walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect trainer performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Refer to the drawings below to identify the parts used in assembly.

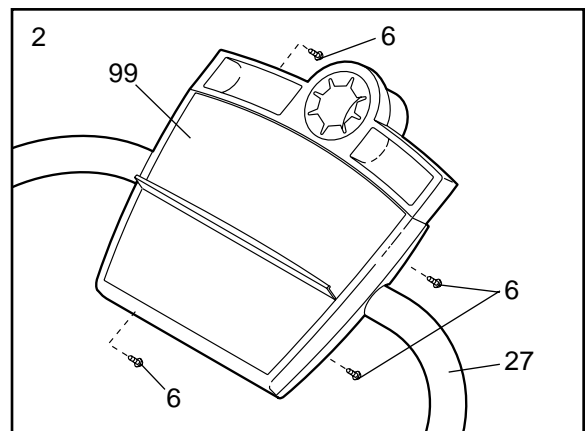


1. Set the Console (99) and the Handrail (27) on the floor.

Locate the Handrail Wire Harness (30) in the Handrail (27). While a second person holds the Console (99), connect the 8-pin wire of the Handrail Wire Harness to the HD2 connector on the back of the Console. Next, connect the 4-pin wire to the IFIT2 connector, and the 3-pin wire to the HD1 connector shown.



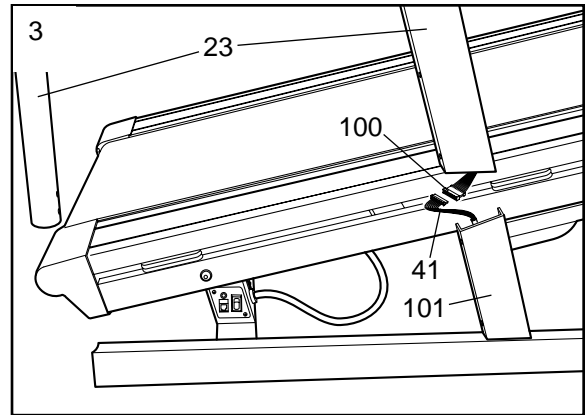
2. Attach the Console (99) to the Handrail (27) with the four Small Screws (6). **Make sure that the Handrail Wire Harness (not shown) is not pinched between the Console and the Handrail.**



3. Identify the right Upright (23), which has the Upright Wire Harness (100) inside of it.

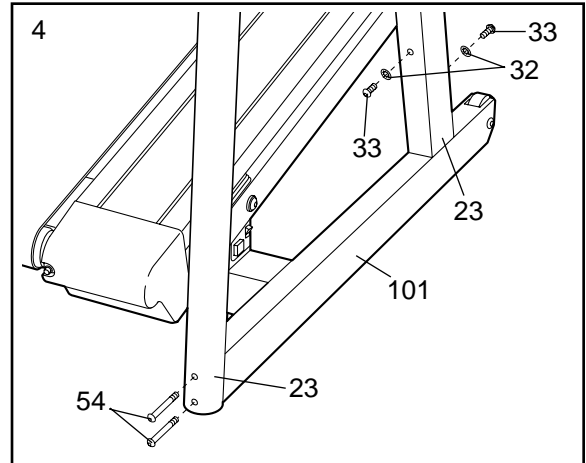
Have a second person hold the right Upright (23) near the Base Wire Harness (41) on the right side of the Base (101). Connect the Upright Wire Harness (100) to the Base Wire Harness (41). Make sure that the two connectors snap together. Pull the excess Upright Wire Harness out of the top of the right Upright.

Slide the right Upright (23) onto the Base (101). **Be careful not to pinch the Wire Harnesses (41 and 100).**



4. Finger tighten two Long Upright Bolts (54) into the right Upright (23) and the Base (101) as shown. Next, finger tighten two of the four 1" Upright Bolts (33) with two of the four Internal Star Washers (32) into the right Upright. **Do not tighten the Bolts yet.**

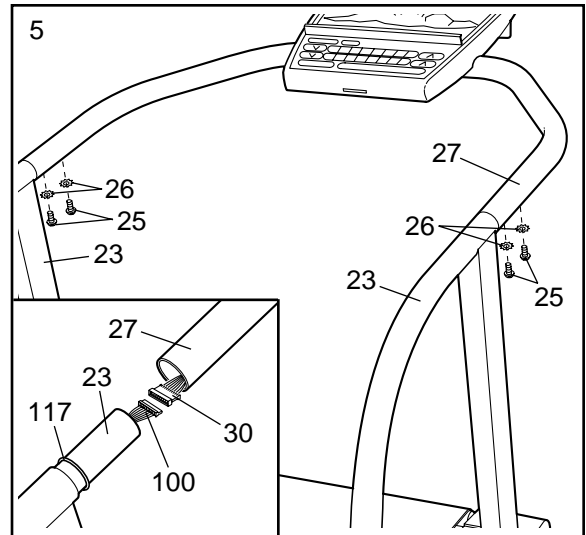
Attach the left Upright (not shown) in the same way. (Note: There is not a wire harness in the left Upright.) **Do not tighten the Bolts yet.**



5. Have a second person hold the Handrail (27) near the Uprights (23). Refer to the inset drawing. Slide an O-ring (117) onto each Upright (23). Connect the Handrail Wire Harness (30) to the Upright Wire Harness (100). Make sure that the two connectors snap together. Insert the Wire Harnesses into the Handrail (27) and the right Upright (23).

Slide the Handrail (27) onto the Uprights (23). **Be careful not to pinch the Wire Harnesses (30 and 100).**

Finger tighten two Handrail Bolts (25) with Handrail Star Washers (26) into each side of the Handrail (27). Note: If the Handrail Bolts do not line up with the holes in the Uprights (23), roll the O-rings (117) onto the thicker parts of the Uprights. After the Handrail has been attached, roll the O-rings over the joints where the Handrail and the Uprights meet.



**Tighten all of the bolts used in steps 4 and 5.**

6. **Make sure that all parts are tightened before you use the incline trainer.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 22). To protect the floor or carpet from damage, cover the floor beneath the trainer.

# Operation and Adjustment

## THE PERFORMANT LUBE™ WALKING BELT

Your incline trainer features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

**IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

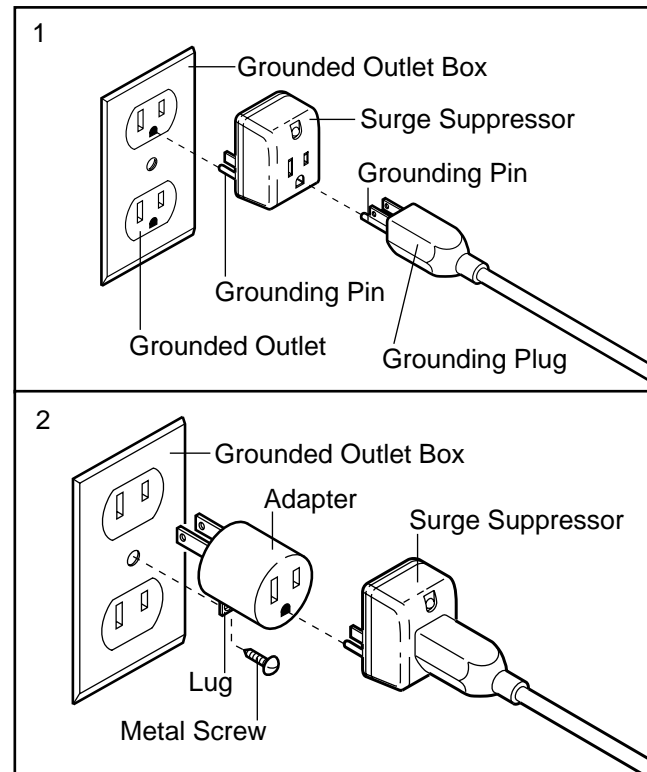
**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your incline trainer, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your trainer being damaged, always use a surge suppressor with your trainer (see drawing 1 at the right).**

**To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-999-3756 and order part number 146148.** Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The incline trainer is not compatible with GFCI-equipped outlets.**

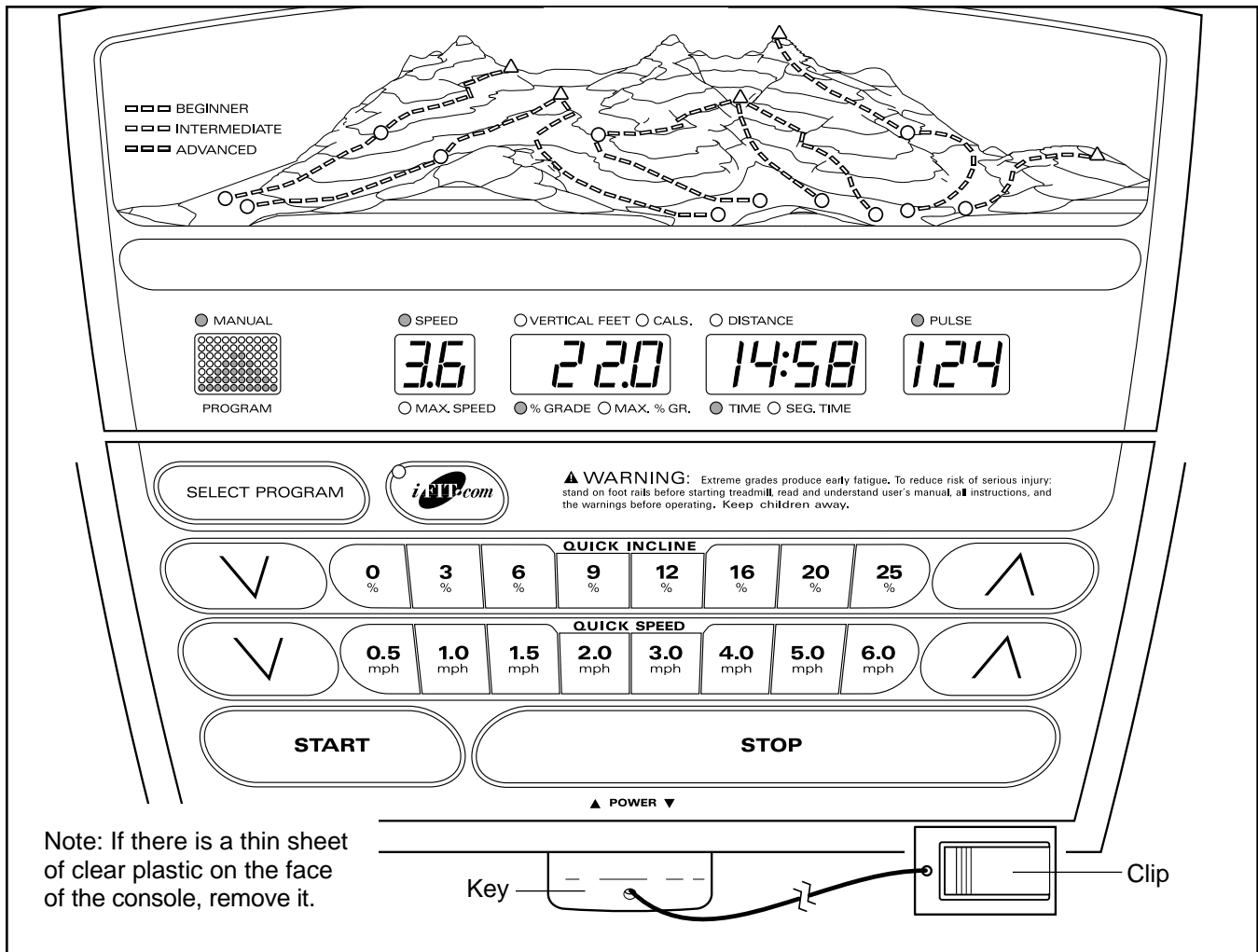
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**





## FEATURES OF THE CONSOLE

The revolutionary incline trainer combines state-of-the-art technology with innovative design to provide you with a motivating and effective form of exercise in the convenience of your home.

When the manual mode of the console is selected, the grade and speed of the trainer can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even track your heart rate using the optional heart rate monitor (**for information about the optional heart rate monitor, see page 19**).

The console also offers twelve preset programs. Each preset program automatically controls the grade and speed of the trainer to simulate a hiking trail as it guides you through an effective workout. Choose from beginner, intermediate, and advanced programs.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the trainer to your home

stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the grade and speed of the trainer as a personal trainer walks you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the trainer to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of exercising with a class and an instructor—the hottest new trend at health clubs.

With the trainer connected to your computer, you can also go to our new internet site at [www.iFIT.com](http://www.iFIT.com) and access audio programs and video programs directly from the internet. And by adding an optional upgrade module to the trainer, you can use virtually endless features from our internet site. See [www.iFIT.com](http://www.iFIT.com) for complete details. **To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768. To order the optional upgrade module, see page 19.**

**⚠ CAUTION:** Before operating the console, read the following precautions.

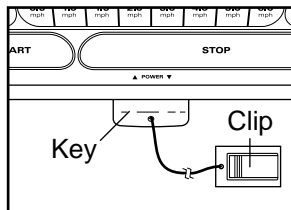
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing below) while operating the trainer.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

## GETTING STARTED

### 1 Attach the clip to the waistband of your clothing.

Stand on the foot rails of the incline trainer. Find the clip attached to the key and slide the clip onto the waistband of your clothing. Next, insert the key into the console.

**Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

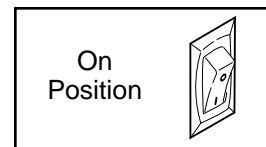


### 2 Plug in the power cord.

See HOW TO PLUG IN THE POWER CORD on page 8.

### 3 Move the on/off switch to the on position.

Locate the on/off switch on the trainer near the power cord. Move the on/off switch to the on position.



### 4 Insert the key fully into the console.

Stand on the foot rails of the trainer. **Attach the clip securely to the waistband of your clothing.**

Next, insert the key into the console. After a moment, various displays and indicators on the console will light. Note: When the key is inserted, the trainer may automatically calibrate itself by rising to the highest grade and then returning to the lowest grade. During this process, the console will show two dashes (--) and one flashing indicator.

**To use the manual mode of the console, follow the steps beginning on page 11. To use a preset program, see page 12. To use an iFIT.com CD or video program, see page 16. To use an iFIT.com program directly from our internet site, see page 18.**

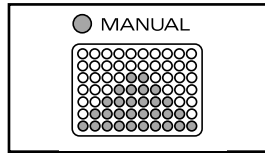
## HOW TO USE THE MANUAL MODE

### 1 Insert the key fully into the console.

See GETTING STARTED on page 10.

### 2 Select the manual mode.

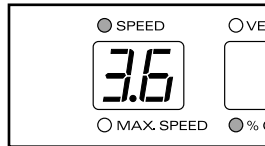
When the key is inserted, the manual mode will automatically be selected, as shown by the Manual indicator. If a preset program has been selected, press the Select Program button repeatedly until the Manual indicator lights.



### 3 Press the Start button or the Speed $\Delta$ button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mile per hour. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed  $\Delta$  and  $\nabla$  buttons. Each time a

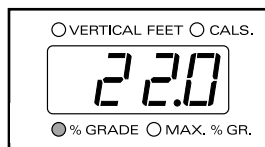


button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons. The speed range is 0.5 mph to 6 mph. Note: After the buttons are pressed, it will take a moment for the walking belt to reach the selected speed setting.

To stop the walking belt, press the Stop button. The displays will pause and the Distance/Time display will begin to flash. To restart the walking belt, press the Start button or the Speed  $\Delta$  button.

### 4 Change the grade of the trainer as desired.

To change the grade of the trainer, press the Incline  $\Delta$  and  $\nabla$  buttons. Each time a button is pressed, the grade will change by

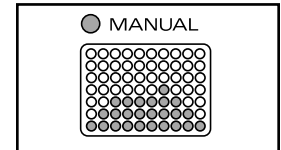


1%. To change the grade quickly, press the Quick Incline buttons. The grade range is 0% to 25%.

Note: After the buttons are pressed, it will take a moment for the trainer to reach the selected grade setting.

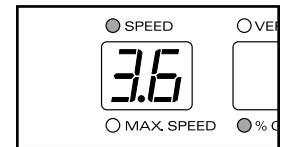
### 5 Follow your progress with the console displays.

**The matrix**—When the manual mode or an iFIT.com program is selected, the matrix will display a triangle representing a mountain. When the walking belt is started, the triangle will disappear except for one flashing indicator. As you exercise, the indicators in the triangle will light one at a time until the entire triangle is again lit. This cycle will then repeat. Each time the entire triangle lights, you have walked 1/4 mile.

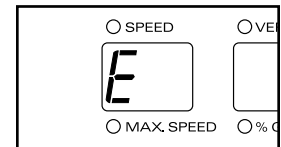


#### The Speed display—

This display shows the speed of the walking belt.

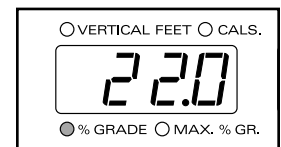


Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed  $\Delta$  button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then re-insert it. Note: For simplicity, all instructions in this manual refer to miles.



#### The Vertical Feet/Cals./Grade display—

This display shows the number of vertical feet you have climbed, the grade of the trainer, and the approximate number of calories you have burned. The display will change from one number to the next every seven seconds, as shown by the indicators around the display.

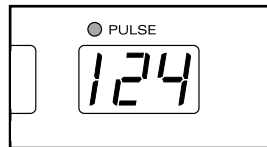


**The Distance/Time display**—When the manual mode or an iFIT.com program is selected, this display will show the distance you have hiked and the elapsed time. The distance will be shown for seven seconds and the time will be shown for fourteen seconds, as shown by the indicators around the display.



When a preset program is selected, the Distance/Time display will show the distance you have hiked, the time remaining in the program, and the time remaining in the current segment of the program.

**Pulse display**—This display will show your heart rate when the optional heart rate monitor is worn. (For information about the optional heart rate monitor, see page 19.)



To reset the displays, press the Stop button, remove the key, and then re-insert the key.

**6 When you are finished exercising, stop the walking belt and remove the key.**

Step onto the foot rails and press the Stop button. Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 19 and turn off the demo mode.**

When you are finished using the trainer, move the on/off switch near the power cord to the off position and unplug the power cord.

**HOW TO USE PRESET PROGRAMS**

The console offers twelve preset programs. Each preset program automatically controls the grade and speed of the trainer to simulate a hiking trail as it guides you through an effective workout. You can choose from four beginner programs, four intermediate programs, and four advanced programs.

Follow the steps below to use a preset program.

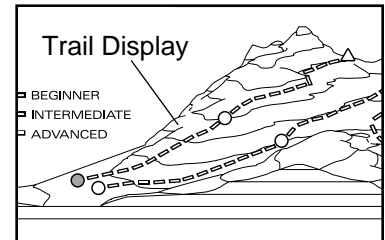
**1 Insert the key fully into the console.**

See GETTING STARTED on page 10.

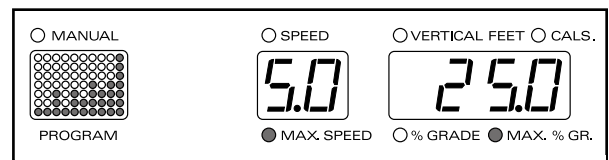
**2 Select the desired preset program.**

When the key is inserted, the manual mode will be selected. To select a preset program, press the Select Program button repeatedly.

The twelve trails shown in the trail display represent the twelve preset programs. As you press the Select Program button repeatedly, indicators will light in the trail display to show which trail you have selected.



When a preset program is selected, the matrix will show the grade settings for the program. (For the

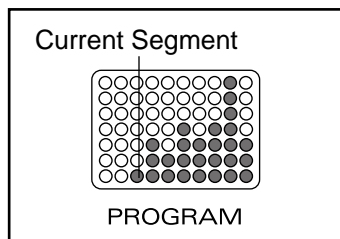


longest programs, the matrix will not show all of the grade settings at once.) In addition, the Speed display will show the maximum speed setting for the program and the Vertical Feet/Cals./Grade display will show the maximum grade setting for the program.

**3 Press the Start button or the Speed  $\Delta$  button to start the program.**

A moment after the button is pressed, the trainer will automatically adjust to the first grade and speed settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The Distance/Time display shows both the time remaining in the program and the time remaining in the current segment of the program. One grade setting and one speed setting are programmed for each segment. The grade setting for the first segment is shown in the flashing Current Segment column of the matrix. (The speed settings are not shown in the matrix.) The grade settings for upcoming segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. In addition, the Speed display will flash three times if the speed is about to change, and the Vertical Feet/Cals./Grade display will flash if the grade is about to change. When the first segment is completed, all grade settings in the matrix will move one column to the left. The grade setting for the second segment will then be shown in the flashing Current Segment column and the trainer will automatically adjust to the grade and speed settings for the second segment.

The program will continue until the grade setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program. The walking belt will then slow to a stop.

If the grade or speed setting for the current segment is too high or too low, you can manually override the setting by pressing the Incline or Speed buttons on the console. Every few times one of the Incline buttons is pressed, an additional indicator will light or darken in the Current Segment column of the matrix. **Important: If you manually override the grade or speed setting for the current segment, when the segment ends the trainer will automatically adjust to the grade and speed settings for the next segment.** Note: Because each program is based on a preset distance, if you manually increase the speed, the time remaining in the current segment and the time remaining in the program will decrease; if you manually decrease the speed, the time remaining in the current segment and the time remaining in the program will increase.

To stop the program temporarily, press the Stop button. The displays will pause and the Distance/Time display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. To end the program, press the Stop button, remove the key, and then re-insert the key. Pressing the Program Select button will also end the program and will select the next preset program.

**4 Follow your progress with the displays.**

See step 5 on page 11.

**5 When the program is completed, remove the key.**

Step onto the foot rails and remove the key from the console. Make sure to keep the key in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 19 and turn off the demo mode.**

When you are finished using the trainer, move the on/off switch near the power cord to the off position and unplug the power cord.

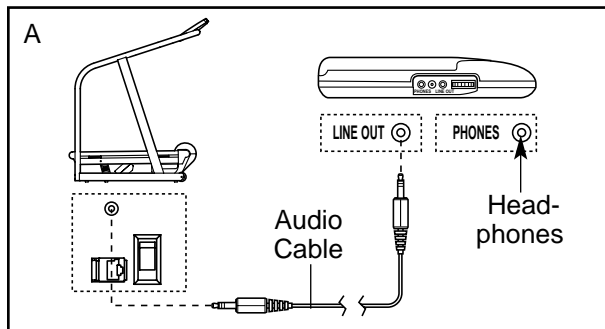
## HOW TO CONNECT THE INCLINE TRAINER TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, the trainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See this page and page 15 for connecting instructions. To use **iFIT.com videocassettes**, the trainer must be connected to your VCR. See page 16 for connecting instructions. To use **iFIT.com programs directly from our internet site**, the trainer must be connected to your home computer. See page 15 for connecting instructions.

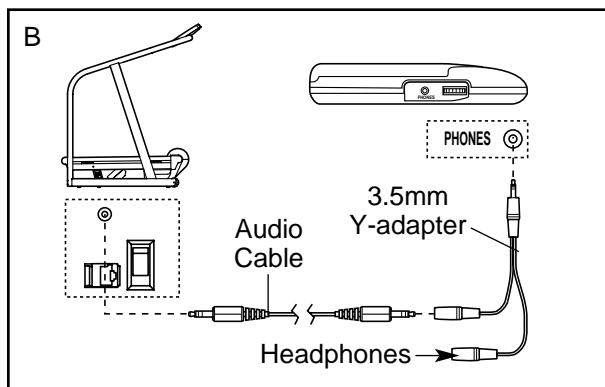
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



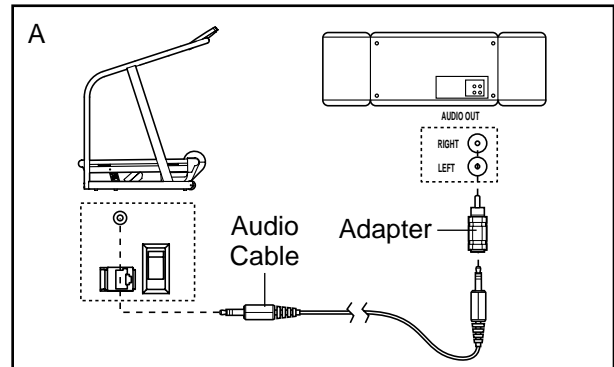
- B. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



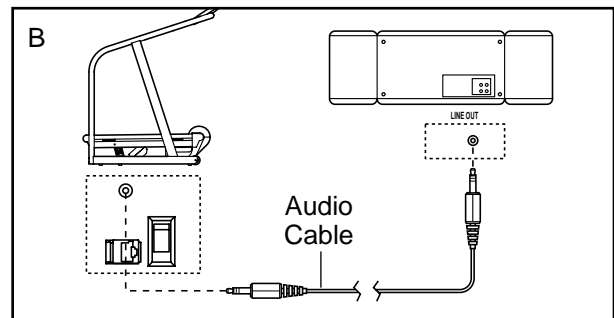
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

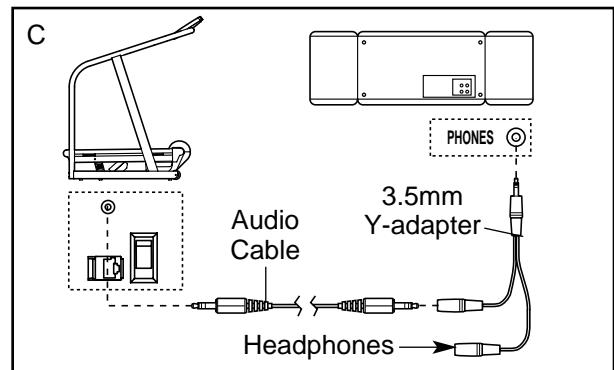
- A. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



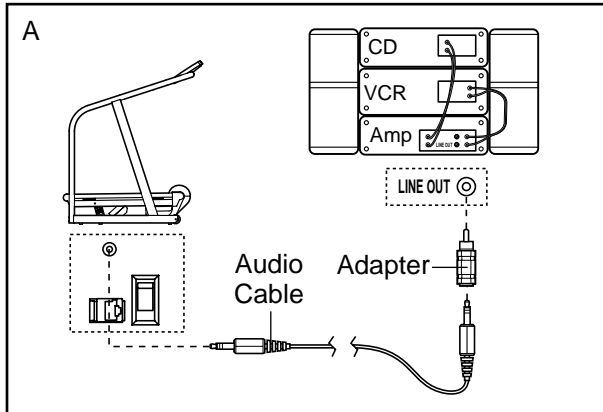
- C. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



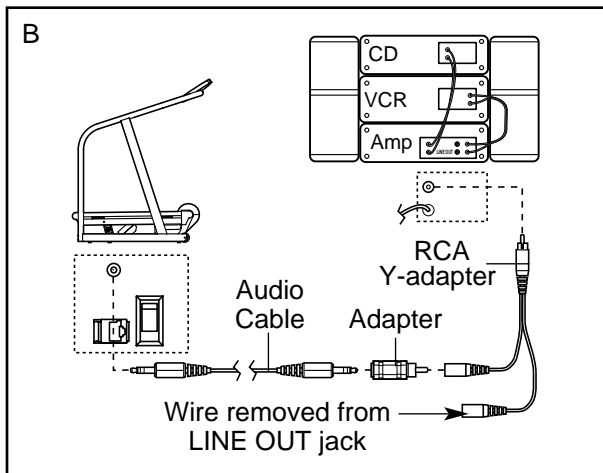
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



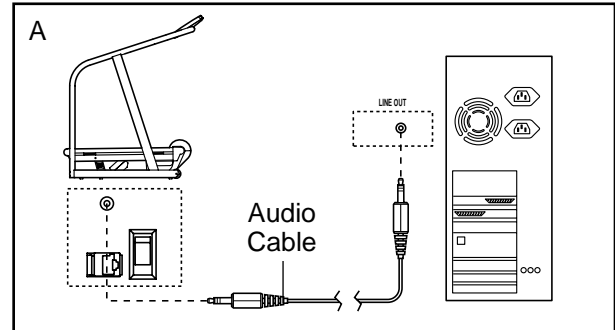
- B. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the RCA Y-adapter. Plug the RCA Y-adapter into the **LINE OUT** jack on your stereo.



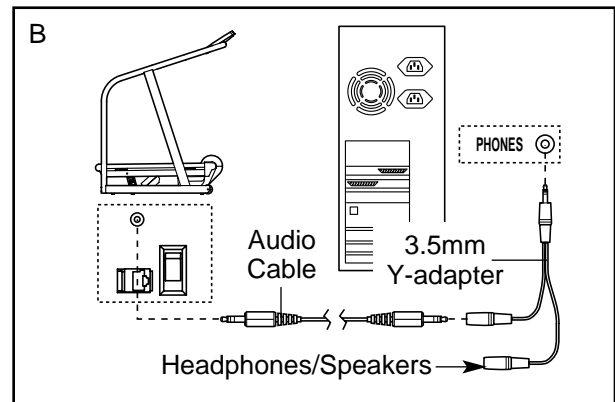
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



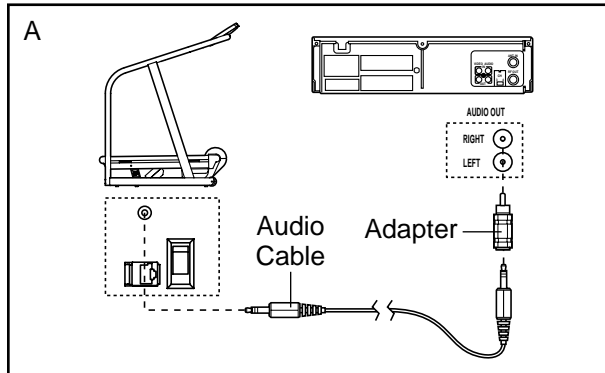
- B. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



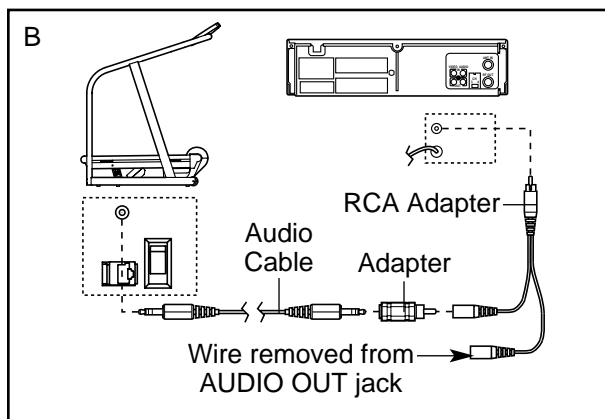
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 15.

- A. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the side of the trainer near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA adapter. Plug the RCA adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the trainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE INCLINE TRAINER TO YOUR CD PLAYER, VCR, OR COMPUTER** on page 14. **Note:** To purchase iFIT.com CD's or videocassettes, call toll-free 1-800-735-0768.

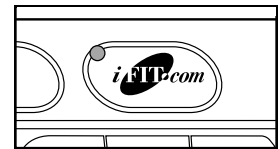
Follow the steps below to use an iFIT.com CD or video program.

### 1 Insert the key fully into the console.

See **GETTING STARTED** on page 10.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the iFIT.com button. The indicator on the button will light.



### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through the program. Simply follow your personal trainer's instructions. Note: If the Distance/Time display is flashing, press the Start button or the Speed  $\Delta$  button on the console. The trainer will not respond to a CD or video program when the display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the grade and/or speed of the trainer is about to change. **CAUTION: Always listen for the "chirp" and be prepared for grade and/or speed changes. In some instances, the grade and/or speed may change before the personal trainer describes the change.**



If the grade or speed settings are too high or too low, you can manually override the settings at any time by pressing the Incline or Speed buttons on the console. However, **when the next “chirp” is heard, the speed and/or grade will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Distance/Time display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the grade and speed will change to the next settings of the CD or video program.** Pressing the Stop button on your CD player or VCR will also stop the program.

When the CD or video program is completed, the walking belt will stop and the Distance/Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 19.

**Note: If the grade or speed of the trainer does not change when a “chirp” is heard:**

- **Make sure that the indicator on the iFIT.com button is lit and that the Distance/Time dis-**

**play is not flashing. If the display is flashing, press the Start button or the Speed  $\Delta$  button on the console.**

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

## **5** Follow your progress with the displays.

See step 5 on page 11.

## **6** When the program is completed, remove the key.

See step 6 on page 12.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE

Our new internet site at [www.iFIT.com](http://www.iFIT.com) allows you to access a selection of programs that interactively control your incline trainer to help you achieve your specific exercise goals. In addition, you can play iFIT.com audio and video programs directly from the internet. By adding an optional upgrade module to the console, you can use virtually endless features from our internet site. Explore [www.iFIT.com](http://www.iFIT.com) for details. **To purchase an upgrade module, see page 19.**

To use programs from our internet site, the trainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our internet site.

Follow the steps below to use a program from our internet site.

### **1** Insert the key fully into the console.

See GETTING STARTED on page 10.

### **2** Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our internet site, press the iFIT.com button. The indicator on the button will light.

### **3** Go to your computer and start an internet connection.

### **4** Start your web browser, if necessary, and go to our internet site at [www.iFIT.com](http://www.iFIT.com).

### **5** Follow the links on our internet site to select a program.

Read and follow the on-line instructions for using a program.

### **6** Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### **7** Return to the trainer and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothing.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the grade and/or speed of the trainer is about to change.

**CAUTION: Always listen for the “chirp” and be prepared for grade and/or speed changes.**

If the grade or speed settings are too high or too low, you can manually override the settings at any time by pressing the Incline or Speed buttons on the console. **However, when the next “chirp” is heard, the grade and/or speed will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Distance/Time display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the grade and speed will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Distance/Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

**Note: If the grade or speed of the trainer does not change when a “chirp” is heard, make sure that the indicator on the iFIT.com button is lit and that the Distance/Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### **8** Follow your progress with the displays.

See step 5 on page 11.

### **9** When the program is completed, remove the key.

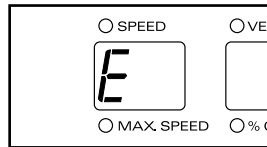
See step 6 on page 12.

## THE INFORMATION MODE/DEMO MODE

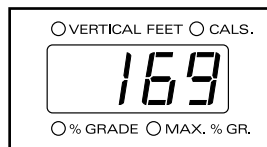
The console features an information mode that keeps track of the total number of hours that the incline trainer has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles to kilometers. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the console will show the following information:

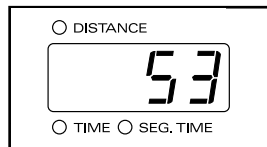
An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed  $\Delta$  button to change the unit of measurement.



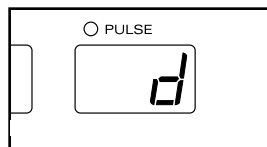
The Vertical Feet/Cals./Grade display will show the total number of miles that the walking belt has moved.



The Distance/Time display will show the total number of hours that the trainer has been used.



**IMPORTANT: Make sure that there is not a letter "d" in the Pulse display.** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended

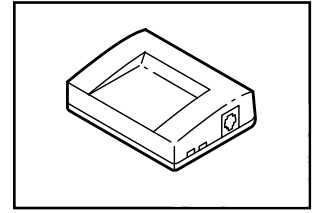


to be used only when a trainer is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Pulse display when the information mode is selected, press the Speed  $\nabla$  button so the display is blank.**

To exit the information mode, remove the key from the console.

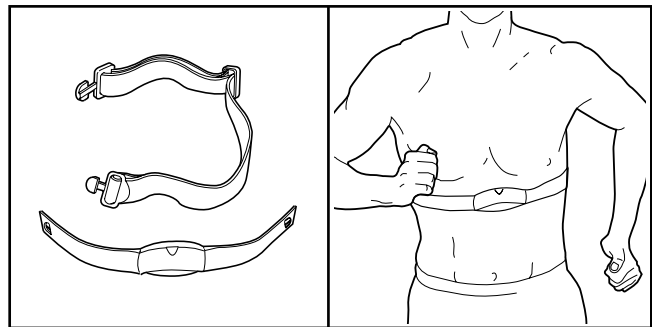
## THE OPTIONAL IFIT.COM MODULE

By adding an optional iFIT.com module to the incline trainer, you can use virtually endless features from our internet site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your programs. **For information about purchasing the optional iFIT.com module, call toll-free 1-800-735-0768.**



## THE OPTIONAL HEART RATE MONITOR

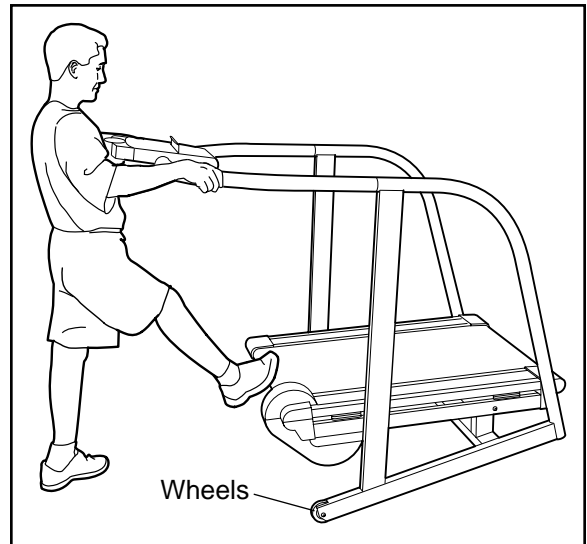
An optional heart rate monitor adds even more features to the console. The heart rate monitor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional heart rate monitor, call toll-free 1-800-999-3756.**



# How to Move the Incline Trainer

Before moving the incline trainer, change the grade of the incline trainer to the lowest level and unplug the power cord.

1. Hold the handrails as shown and place one foot against the walking belt.
2. Tilt the incline trainer back until it rolls freely on the wheels. The help of a second person may be helpful when tipping the trainer. Carefully move the trainer to the desired location. **Never move the trainer without tipping it back. To reduce the risk of injury, use extreme caution while moving the trainer. Do not attempt to move the trainer over an uneven surface.**
3. Place one foot on the walking belt, and carefully lower the incline trainer until it is resting on the floor.



## Trouble-shooting

Most problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, 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).

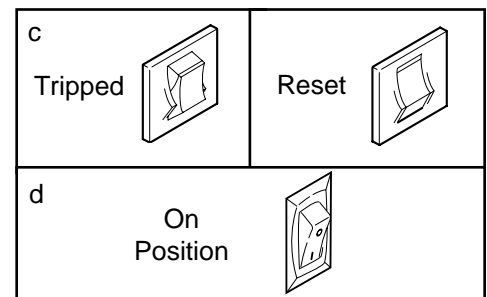
**PROBLEM:** The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 8). Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. Important: The incline trainer is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the incline trainer near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the incline trainer near the power cord. The switch must be in the on position.



**PROBLEM: The power turns off during use**

- SOLUTION:**
- Check the circuit breaker located on the trainer near the power cord (see c. on page 20). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
  - Make sure that the power cord is plugged in.
  - Remove the key from the console. Re-insert the key fully into the console.
  - Make sure that the on/off switch is in the “on” position.
  - If the incline trainer still will not run, please call our Customer Service Department, toll-free.

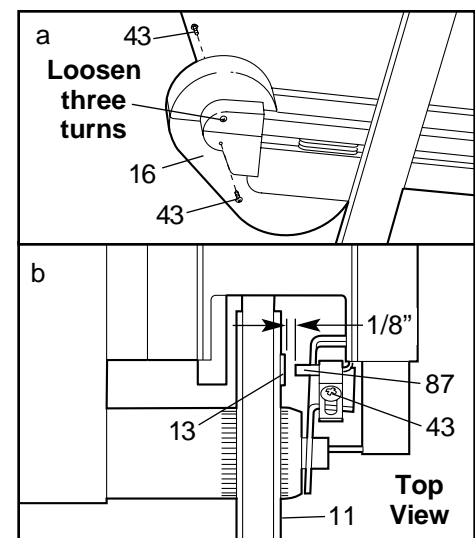
**PROBLEM: The key is inserted and the displays on the console are lit, but the walking belt will not start**

- SOLUTION:** a. Unplug the power cord, wait for five minutes, and then plug the power cord back in.

**PROBLEM: The displays of the console do not function properly**

- SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the two indicated Screws (43) from the Belly Pan (16). Loosen the other indicated Screw three turns. Carefully lift off the Front Roller Cover.

- b. Locate the Reed Switch (87) and the Magnet (13) on the side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8”**. If necessary, loosen the Screw (43) and move the Reed Switch slightly. Retighten the Screw. Re-attach the front roller cover, and run the trainer for a few minutes to check for a correct speed reading.



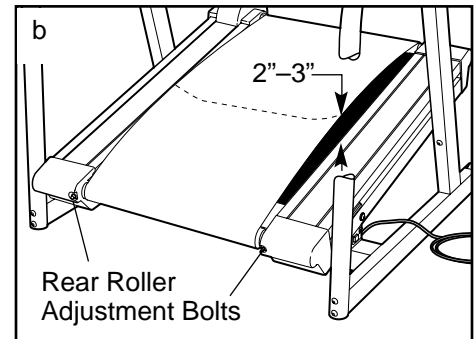
**PROBLEM: The grade of the incline trainer does not change correctly or does not change when iFIT.com CD's and videocassettes are played**

- SOLUTION:**
- With the key in the console, press one of the Incline buttons. **While the grade is changing, remove the key.** After a few seconds, re-insert the key. The incline trainer will automatically rise to the highest grade and then return to the lowest grade. This will recalibrate the trainer.
  - If an “E6” appears in the Distance/Time display, remove the key and unplug the power cord. Wait for sixty seconds, plug in the power cord, and re-insert the key.

**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

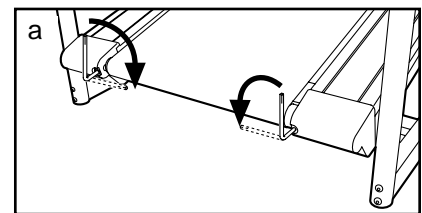
b. If the walking belt is overtightened, incline trainer performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



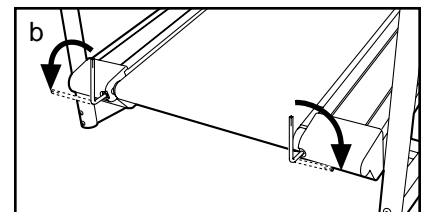
c. If the walking belt still slows, please call our Customer Service Department, toll-free.

**PROBLEM: The walking belt is off-center**

**SOLUTION:** a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the incline trainer for a few minutes. Repeat until the walking belt is centered.

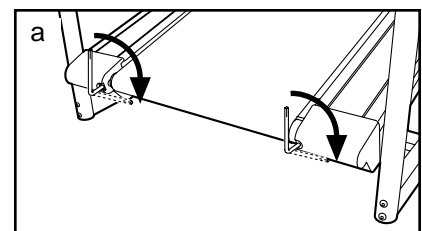


b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the incline trainer for a few minutes. Repeat until the walking belt is centered.



**PROBLEM: The walking belt slips when walked on**

**SOLUTION:** a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the incline trainer for a few minutes. Repeat until the walking belt is properly tightened.



# Conditioning Guidelines

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the grade and speed of the incline trainer until your heart rate is near the lowest number in your training zone.

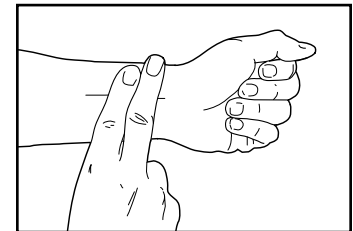
For maximum fat burning, adjust the grade and speed of the incline trainer until your heart rate is near the middle number in your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the grade and speed of the incline trainer until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.)



## PROGRAM GUIDELINES

Each program should include the following three parts:

**A Warm-up**—Start each program with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise.

**A Cool-down**—Finish each program with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three programs each week, with at least one day of rest between programs. After a few months, you may complete up to five programs each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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## Ordering Replacement Parts

To order replacement parts, 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). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFHK99902)
- The NAME OF THE PRODUCT (PROFORM® TRAIL RUNNER incline trainer)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the center of this manual).

If possible, place the incline trainer near your telephone for easy reference when calling.

### Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

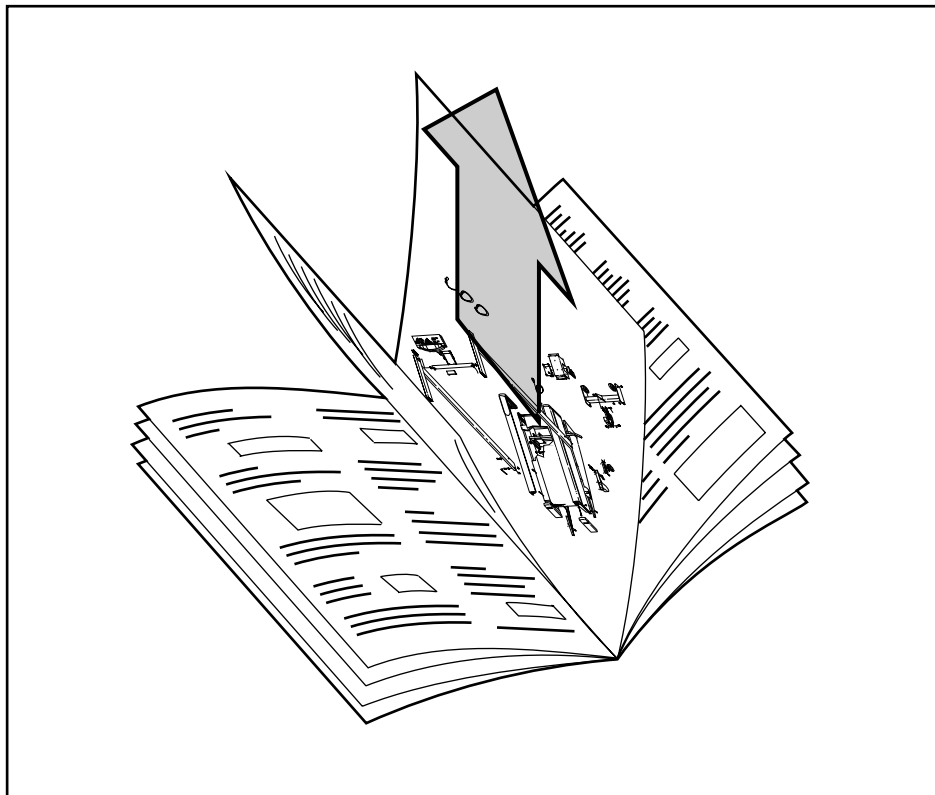
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**



# REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

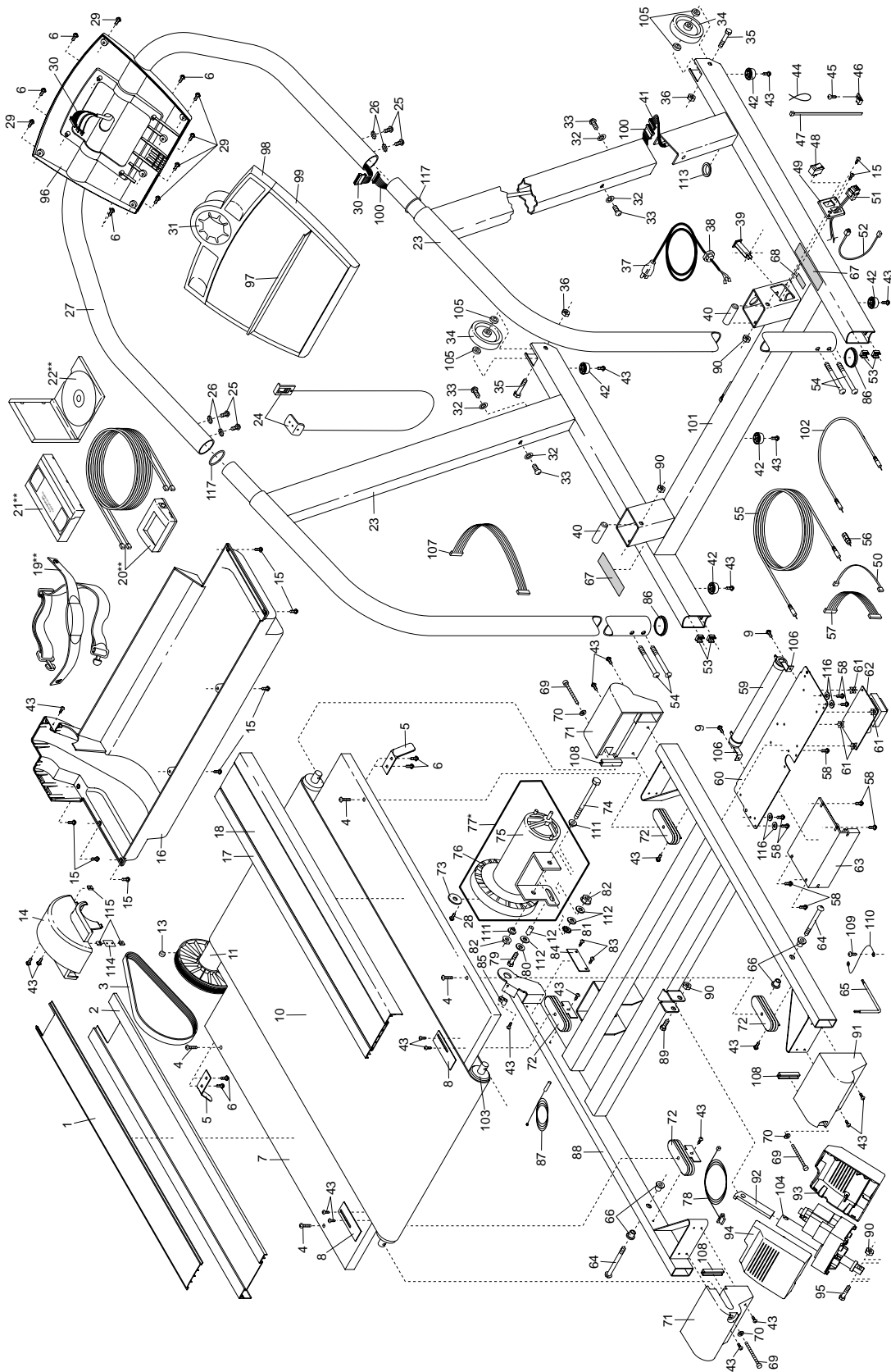
# Part List—Model No. PFHK99902

R0501A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Foot Rail Insert	50	1	14" Controller Wire	96	1	Console Base (Bottom)
2	1	Left Foot Rail	51	1	iFIT.com Connector	97	1	Book Holder
3	1	Motor Belt	52	1	iFIT.com Wire	98	1	Cup Holder/Tray
4	4	Platform Screw	53	4	Cage Nut	99	1	Console
5	2	Belt Guide	54	4	Upright Bolt (Long)	100	1	Upright Wire Harness
6	12	Small Screw	55	1	10' iFIT.com Audio Cable	101	1	Base
7	1	Walking Platform	56	1	iFIT.com Jack	102	1	6" Audio Wire
8	2	Roller Guard	57	1	iFIT.com Wire	103	1	Rear Roller
9	5	Resistor Screw	58	10	Electronics Screw	104	1	Incline Motor
10	1	Walking Belt	59	1	Resistor	105	4	Wheel Spacer
11	1	Drive Roller/Pulley	60	1	Electronics Bracket	106	2	Resistor Bracket
12	1	Motor Sleeve	61	4	Plastic Stand-off	107	1	32" Wire Harness
13	1	Magnet	62	1	Power Board	108	3	Endcap Spacer
14	1	Front Roller Cover	63	1	Controller	109	1	Ground Wire Screw
15	9	Belly Pan Screw	64	2	Frame Pivot Bolt	110	1	Ground Wire
16	1	Belly Pan	65	1	Allen Wrench	111	2	Motor Bushing
17	1	Right Foot Rail Insert	66	4	Frame Bushing	112	4	Motor Spacer
18	1	Right Foot Rail	67	2	Warning Decal	113	1	1" Grommet
19*	1	Heart Rate Monitor	68	1	Static Decal	114	1	Roller Cover Plate
20**	1	iFIT.com Module	69	3	Roller Adj. Bolt	115	3	Cover Clip
21**	1	iFIT.com Videocassette	70	3	Roller Adj. Washer	116	4	Bracket Washer
22**	1	iFIT.com CD	71	2	Frame Endcap	117	2	O-Ring
23	2	Upright	72	4	Isolator	#	1	8" Green Wire, F/Ring
24	1	Key/Clip	73	1	Flywheel Washer	#	1	6" Green Wire, 2 Ring
25	4	Handrail Bolt	74	1	Motor Pivot Bolt	#	1	4" Green Wire, F/Ring
26	4	Handrail Star Washer	75	1	Motor	#	1	14" Blue Wire, M/F
27	1	Handrail	76	1	Pulley/Flywheel/Fan	#	1	8" Blue Wire, M/F
28	1	Flywheel Screw	77*	1	Motor/Pulley/Flywheel/Fan	#	1	4" Blue Wire, 2F
29	6	Screw	78	1	30" Extension Wire	#	1	4" Black Wire, M/F
30	1	Handrail Wire Harness	79	1	Motor Tension Bolt	#	1	4" Black Wire
31	1	Cup Holder Flange	80	1	Motor Tension Washer	#	1	10" Red Wire, 2F
32	6	Internal Star Washer	81	1	Motor Star Washer	#	1	8" Red Wire, 2F
33	6	1" Upright Bolt	82	2	Motor Tension Nut	#	1	10" White Wire, 2F
34	2	Front Wheel	83	2	Small Screw	#	1	User's Manual
35	2	Front Wheel Bolt	84	1	Plastic Plate			
36	2	Front Wheel Nut	85	1	Reed Switch Clip			* Includes all parts shown in the box
37	1	Power Cord	86	2	Upright Endcap			
38	1	Power Cord Grommet	87	1	Reed Switch/Wire			**These parts are optional. For information about the iFIT.com module, iFIT.com CD's, or iFIT.com videocassettes, call toll-free 1-800-735-0768.
39	1	Circuit Breaker	88	1	Frame			
40	2	Frame Pivot Spacer	89	1	Incline Motor Bolt (Short)			# These parts are not illustrated
41	1	Base Wire Harness	90	4	Incline Motor Nut/Frame Pivot Nut			
42	5	Base Pad						
43	20	Screw	91	1	Rear Endcap (Right)			
44	1	Releasable Tie	92	1	Incline Motor Insert			
45	1	Tie Screw	93	1	Incline Motor Cover (Bottom)			
46	1	Tie Holder						
47	1	8" Cable Tie	94	1	Incline Motor Cover (Top)			
48	1	On/Off Switch						
49	1	Outlet Cover	95	1	Incline Motor Bolt (Long)			

# Exploded Drawing—Model No. PFHK99902

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