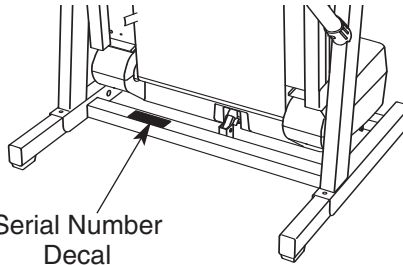


# PRO-FORM<sup>®</sup>

# 510i

Model No. 30777.0

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



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

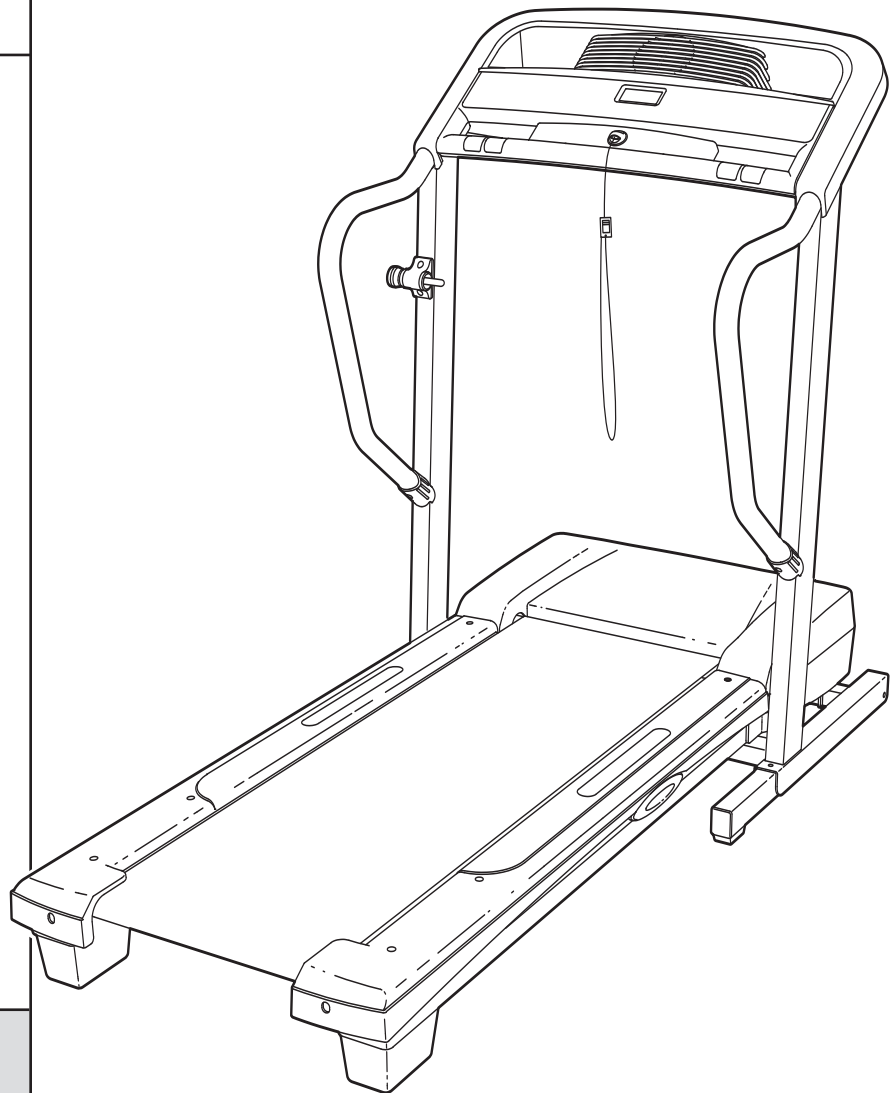
CALL TOLL-FREE:

**1-888-936-4266**

Mon.–Fri., 8:00 until 17:00 EST  
(excluding holidays)

OR E-MAIL US:

[customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)



### CAUTION

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



Visit our website at

[www.proform.com](http://www.proform.com)

# PRO-FORM<sup>®</sup>

# 510i

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 125 kg (275 lbs.) or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 10), 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.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 20 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 18.) You must be able to safely lift 20 kg (45 lbs) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. Inspect and properly tighten all parts of the treadmill regularly.

23. Never insert any object into any opening.

24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the

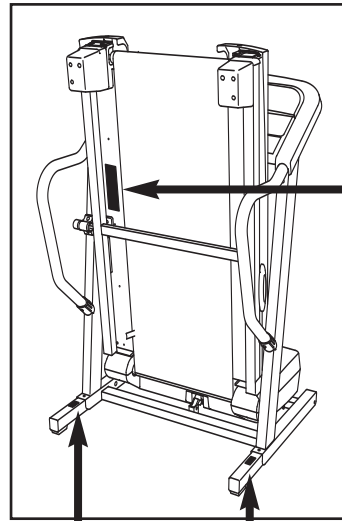
motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If a decal is missing, or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



### ⚠ 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.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- 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.

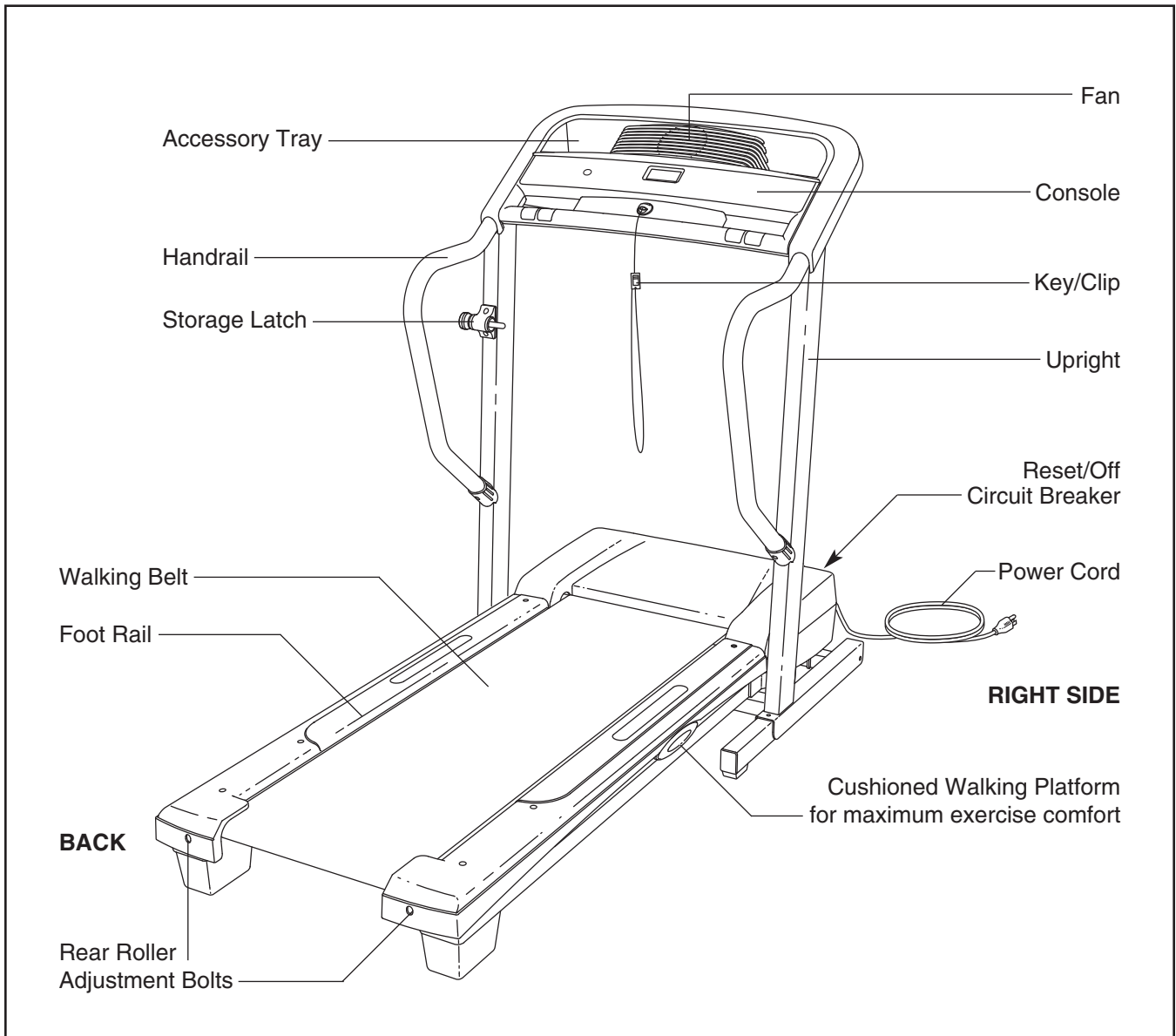
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 510i treadmill. The 510i treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the 510i treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

ing this manual, see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is 30777.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

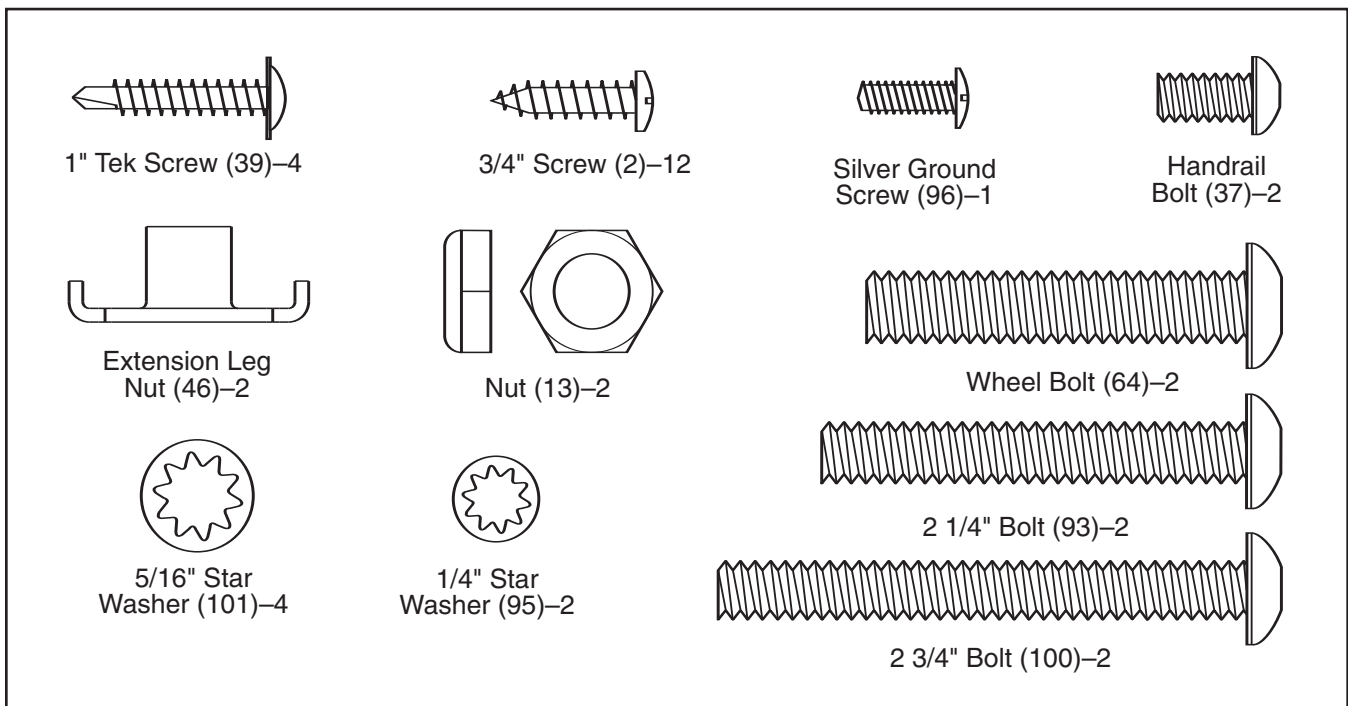


# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill 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 treadmill 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.

**Assembly requires the included hex keys**  **and your own phillips screwdriver**  **, rubber mallet**  **, and adjustable wrench**  .

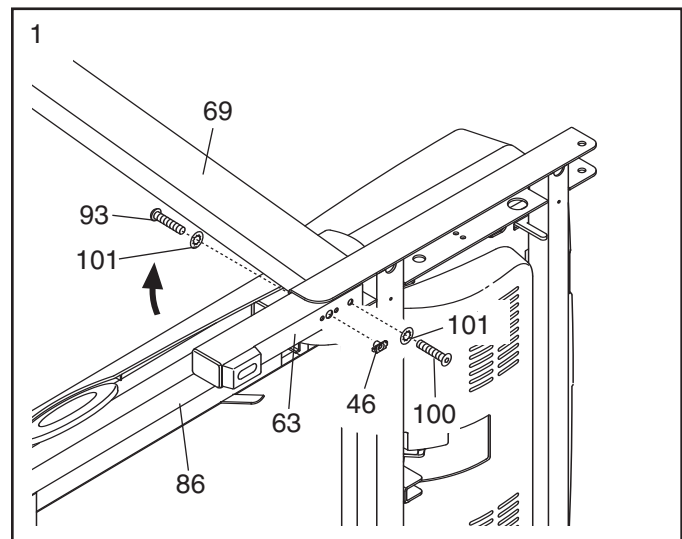
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 23. The number after the parentheses shows the quantity needed for assembly. Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. **If a part is missing, please call the toll-free telephone number on the front cover of this manual. To avoid damaging plastic parts, do not use power tools for assembly.**



## 1. Make sure that the power cord is unplugged.

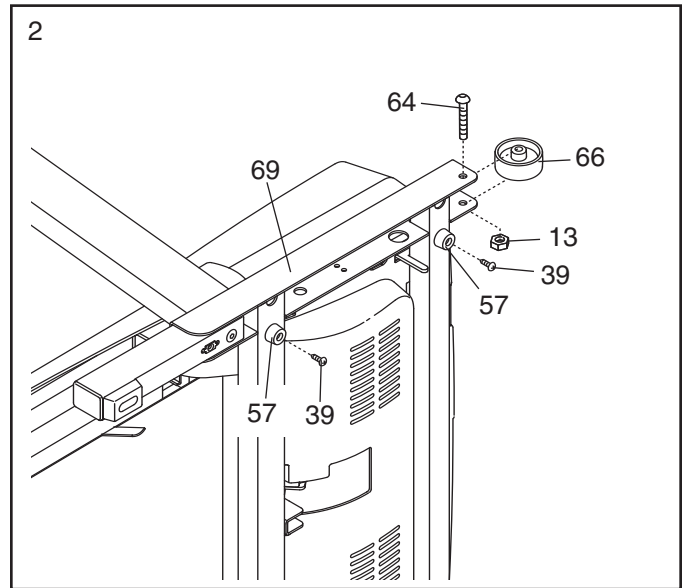
With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

Insert an Extension Leg (63) into the base of the right Upright (69). Hold an Extension Leg Nut (46) in the bottom of the Extension Leg, and thread a 2 1/4" Bolt (93) with a 5/16" Star Washer (101) into the top of the Extension Leg. Next, thread a 2 3/4" Bolt (100) with a 5/16" Star Washer into the bottom of the Extension leg. **Firmly tighten the Bolts.**



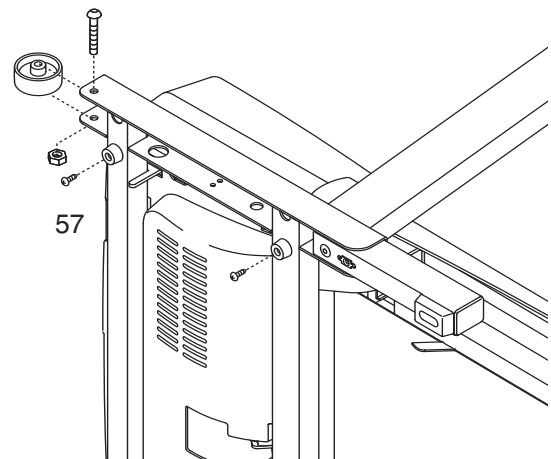
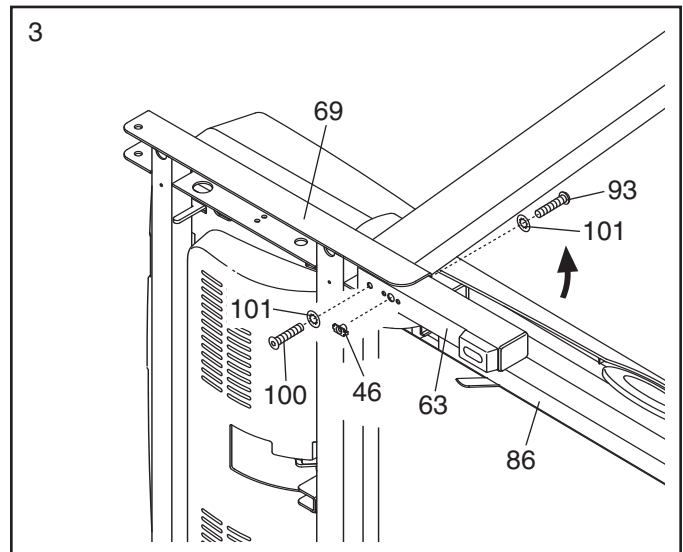
2. Attach two Round Base Pads (57) to the base of the right Upright (69) with two 1" Tek Screws (39).

Attach a Wheel (66) to the base of the right Upright (69) with a Wheel Bolt (64) and a Nut (13) as shown. **Do not overtighten the Wheel Bolt**; the Wheel should turn freely.

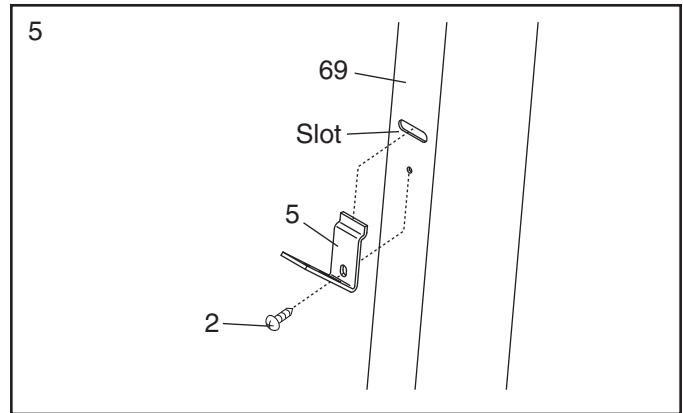


3. With the help of a second person, carefully tip the treadmill onto its right side. **Do not fully fold the Frame (86) until the treadmill is completely assembled.**

Insert the other Extension Leg (63) into the base of the left Upright (69). Hold an Extension Leg Nut (46) in the bottom of the Extension Leg, and thread a 2 1/4" Bolt (93) with a 5/16" Star Washer (101) into the top of the Extension Leg. Next, thread a 2 3/4" Bolt (100) with a 5/16" Star Washer (101) into the bottom of the Extension leg. **Firmly tighten the Bolts.**



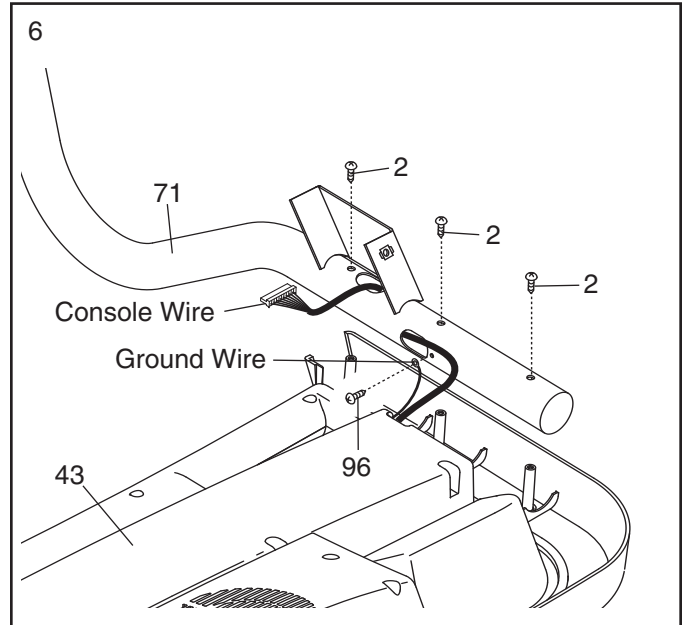
5. Insert the tab on one of the Handrail Brackets (5) into the slot in the right Upright (69). Attach the Handrail Bracket with a 3/4" Screw (2). **Attach the other Handrail Bracket to the left Upright (not shown) in the same way.**



6. Set the Console (43) face-down on a soft surface to avoid scratching the Console. Next, hold a Handrail (71) near the Console. Insert the console wire into the hole in the side of the Handrail and out of the hole in the top as shown. Then, attach the ground wire to the Handrail with a Silver Ground Screw (96).

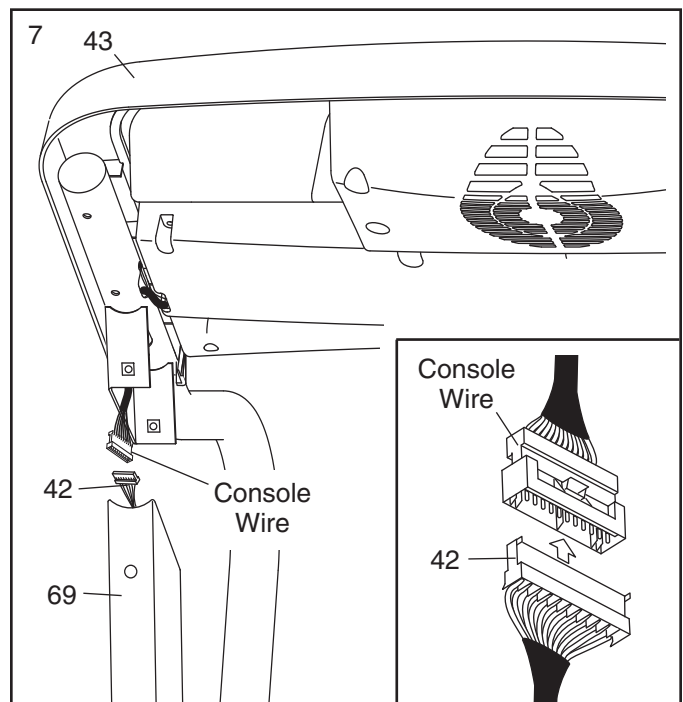
Set the Handrail (71) on the Console (43). Attach the Handrail with three 3/4" Screws (2). **Make sure that the console wire is not pinched. Start all three Screws before tightening any of them; do not overtighten the Screws.** Insert the excess ground wire into the opening in the Console.

Attach the other Handrail (not shown) to the Console (43) as described above. Note: There are no wires on the other side.



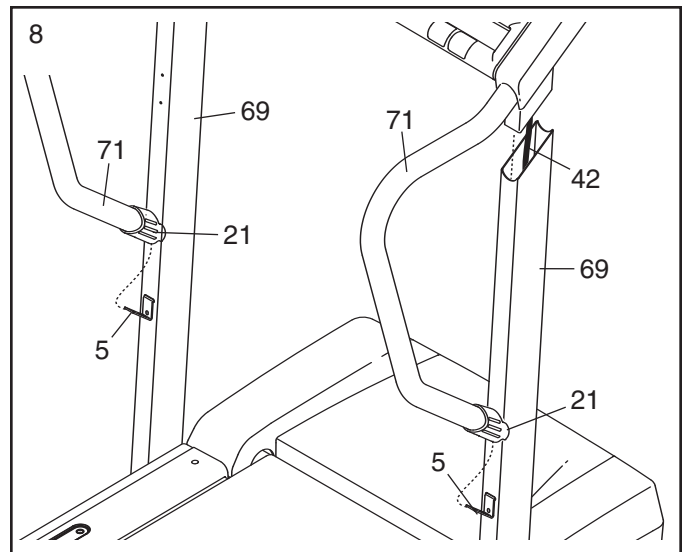
7. Remove the tie holding the Wire Harness (42) to the right Upright (69). With the help of a second person, hold the Console (43) near the right Upright.

Connect the Wire Harness (42) to the console wire. **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors and the excess wire into the right Upright (69).



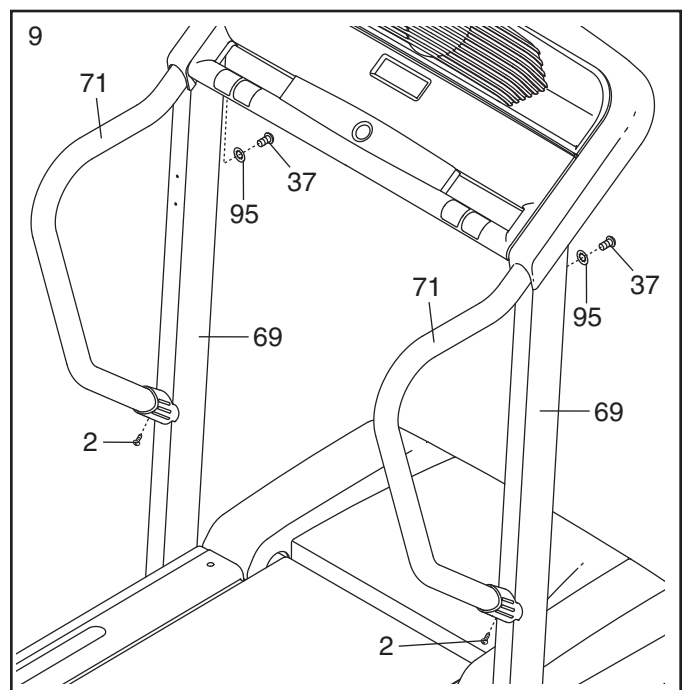


8. With the help of a second person, press a Handrail Cap (21) onto the lower end of each Handrail (71) as shown. Next, set the Handrails on the Uprights (69) while sliding the Handrail Caps over the Handrail Brackets (5). **Make sure that the Wire Harness (42) and the console wire are not pinched.**



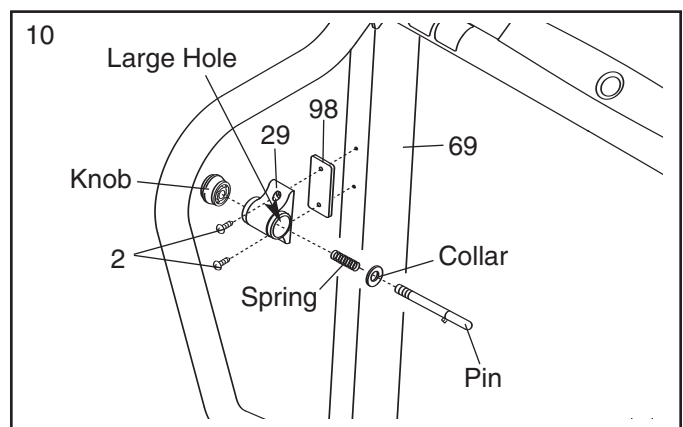
9. Finger tighten two Handrail Bolts (37) with two 1/4" Star Washers (95) into the Uprights (69) and the Handrails (71) as shown. **Do not tighten the Handrail Bolts yet.**

Attach the lower ends of the Handrails (71) with 3/4" Screws (2). **Then, tighten the two Handrail Bolts (37).**



10. Attach the Latch Housing (29) and the Latch Spacer (98) to the left Upright (69) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (29), and tighten the knob onto the pin.



11. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 21). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with 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.

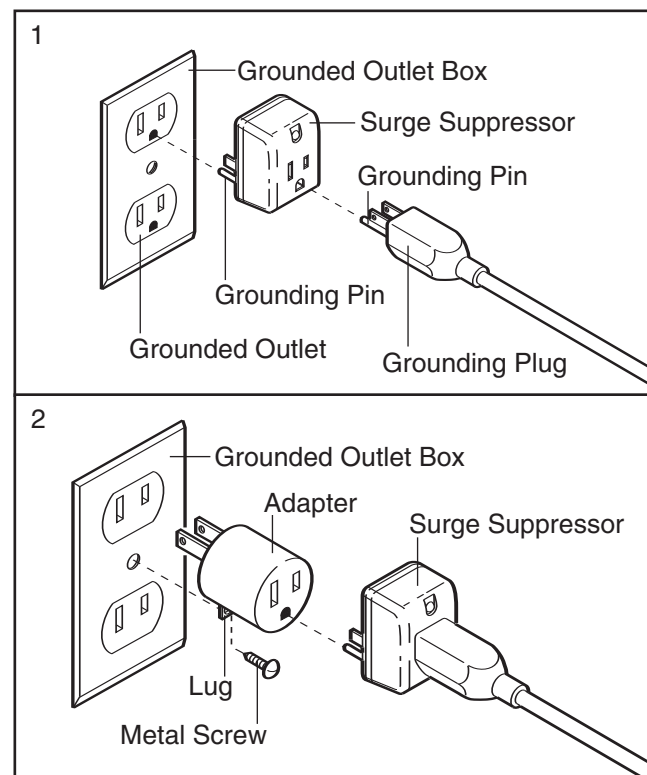
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

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. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

**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

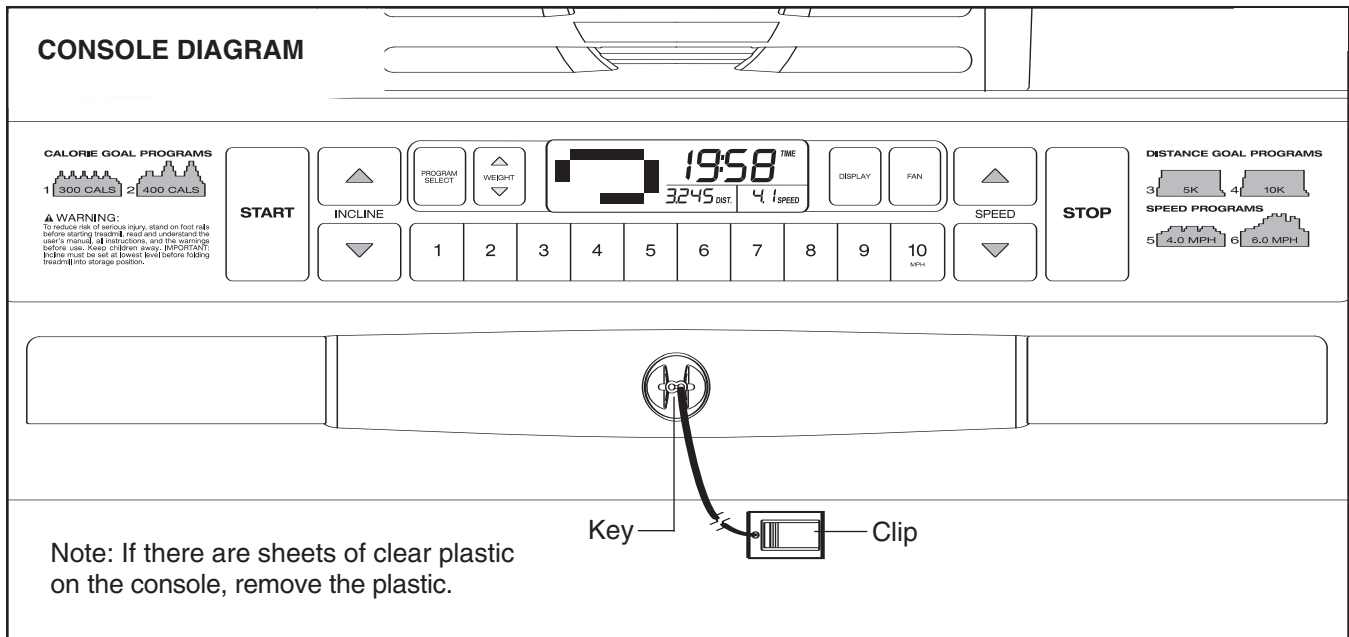
plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

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 treadmill console offers a selection of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

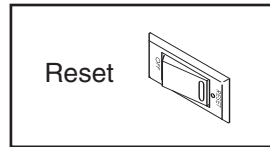
The console also features two calorie goal programs that control the speed and incline of the treadmill to help you burn unwanted pounds.

In addition, the console offers two distance goal programs—the 5K program counts down from a 5 kilometer run, and the 10K program counts down from 10 kilometers. The console also features two speed programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

**To use the manual mode of the console**, follow the steps beginning on page 12. **To use a calorie goal program**, see page 14. **To use a distance goal program**, see page 15. **To use a speed program**, see page 16.

## HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 11), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console; after a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time you use the treadmill, periodically inspect the alignment of the walking belt, and center it if necessary (see page 21).

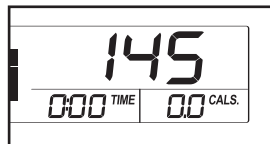
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2 Enter your weight if desired.

For the most accurate calorie count, enter your weight into the console by pressing the Weight increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.



### 3 Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program has been selected, press any of the Programs buttons repeatedly until only zeros appear in the display.



### 4 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the ten numbered speed buttons.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease 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.

If one of the ten numbered speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers (see THE INFORMATION MODE/DEMO MODE on page 17). For simplicity, all instructions in this section refer to kilometers.**

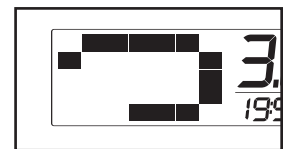
To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the ten numbered speed buttons.

### 5 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

### 6 Follow your progress with the displays.

When the manual mode (or a distance goal program) is selected, a track representing 1/4 mile will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The lower left display can show the elapsed time and the distance that you have walked or run during your workout. Also, each time you change the incline, the display will show the incline setting for a few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time. When a distance goal program is selected, the display will show the number of kilometers remaining in the program instead of the distance that you have walked or run.



The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned during your workout. This display will also show your heart rate when you use the handgrip pulse sensor.

The upper display can show the distance that you have walked or run, the approximate number of calories you have burned, the speed of the walking belt, or the workout time. Press the Display button repeatedly until the upper display shows the information that you are most interested in viewing.

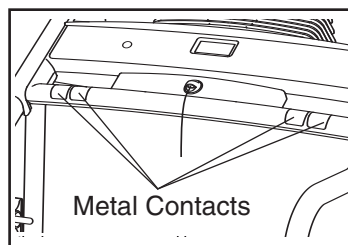


Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

## 7 Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 8 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

## 9 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position, or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 17 and turn off the demo mode.**

**When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord.**

## HOW TO USE A CALORIE GOAL PROGRAM

### 1 Insert the key into the console.

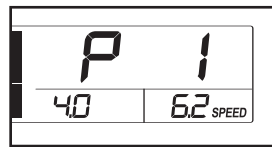
See HOW TO TURN ON THE POWER on page 12.

### 2 Enter your weight if desired.

See step 2 on page 12. Note: It is important to enter your weight before using a calorie goal program. The console will adjust the speed settings of the calorie goal programs based on your weight.

### 3 Select a calorie goal program.

To select a calorie goal program, press the Program Select button repeatedly until "P 1" or "P 2" appears in the display. When a calorie goal program is selected, the maximum speed and incline settings of the program will flash in the displays for a few seconds; then the display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

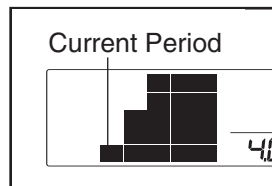


### 4 Press the Start button or the Speed increase button to start the program.

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

Each program is divided into 30 one-minute periods. One speed setting is programmed for each period. Note: The same speed setting may be programmed for two or more consecutive periods.

The speed setting for the first period will be shown in the flashing Current Period column of the matrix. The speed settings for the next four periods will be shown in the columns to the right.



When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed of the treadmill is about to change, the speed setting will flash in the display to alert you.

When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings for the second period. Note: If all five of the indicators in the Current Period column are lit, the speed settings may move downward so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

**Important: The calorie goal is an estimate of the number of calories that you will burn during the program. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of treadmill during the program, the number of calories you burn will be affected.**

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. However, **when the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.**

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next period of the program begins, the treadmill will automatically adjust to the speed settings for the next period.

### 5 Change the incline of the treadmill as desired.

See step 5 on page 12.

### 6 Follow your progress with the displays.

See step 6 on pages 12 and 13.

### 7 Measure your heart rate if desired.

See step 7 on page 13.

### 8 Turn on the fan if desired.

See step 8 on page 13.

### 9 When you are finished exercising, remove the key from the console.

See step 9 on page 13.

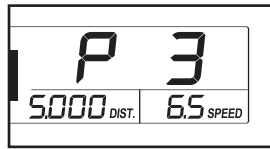
## HOW TO USE A DISTANCE GOAL PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

### 2 Select a distance goal program.

To select a distance goal program, press the Program Select button repeatedly until "P 3" or "P 4" appears in the display. When a distance goal program is selected, the maximum speed setting of the program will flash in the display for a few seconds. A distance goal of 5 kilometers or 10 kilometers will then appear in the display.



### 3 Press the Start button to start the program.

A moment after the button is pressed, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the second minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

Near the end of the third minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the fourth minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

The distance (DIST.) display will show the number of meters still to be run. When only 20 meters remain, the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered Speed buttons.

When you have completed a 5-kilometer run or a 10-kilometer run, your total time will flash in the display and the word "cool" (for cool down) will appear in the display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

### 4 Change the incline of the treadmill as desired.

See step 5 on page 12.

### 5 Follow your progress with the displays.

See step 6 on pages 12 and 13.

### 6 Measure your heart rate if desired.

See step 7 on page 13.

### 7 Turn on the fan if desired.

See step 8 on page 13.

### 8 When you are finished exercising, remove the key from the console.

See step 9 on page 13.

## HOW TO USE A SPEED PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the speed programs.

To select a speed program, press the Program Select button repeatedly until "P 5" or "P 6" appears in the upper display. The maximum speed and incline settings of the selected program will also flash in the display for a few seconds.



Each program consists of 30 one-minute periods. One speed setting is programmed for each period. Note: The same speed setting may be programmed for two or more consecutive periods. The profiles on the console show how the speed of the walking belt will change during the programs.

### 3 Press the Start button or the Speed increase button to start the program.

When you press either button, the treadmill will automatically adjust to the speed setting that is programmed for the first period of the program. Hold the handrails and begin walking.

When the first period ends, a series of tones will sound. If a different speed setting is programmed for the second period, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change**. The program will continue until all 30 periods are completed. The walking belt will then slow to a stop.

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. However, **when the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.**

To stop the program, press the Stop button. The time will begin to flash in one of the displays. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next period begins, the speed of the walking belt will change if a different speed setting is programmed for the next period.

### 4 Change the incline of the treadmill as desired.

See step 5 on page 12.

### 5 Follow your progress with the displays.

See step 6 on pages 12 and 13.

### 6 Measure your heart rate if desired.

See step 7 on page 13.

### 7 Turn on the fan if desired.

See step 8 on page 13.

### 8 When you are finished exercising, remove the key.

See step 9 on page 13.

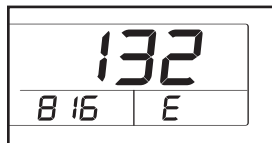


## THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An “E” (for English) or an “M” (for metric) will appear in the lower right display. Press the Speed increase button to change the unit of measurement, if desired.



The upper display will show the total number of hours that the treadmill has been used.

The lower left display will show the total number of kilometers (or miles) that the walking belt has moved.



**IMPORTANT:** If a “d” appears in the lower right display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill 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 display will remain lit, although the buttons will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so the “d” disappears.**

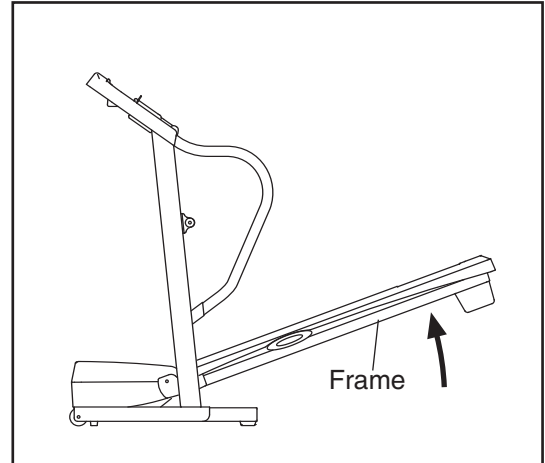
To exit the information mode, remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

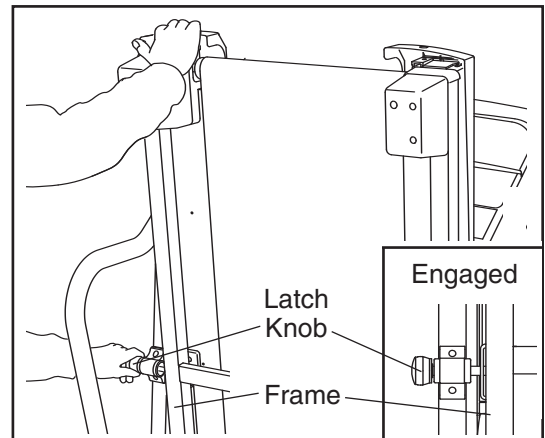
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, you may permanently damage the treadmill. Next, unplug the power cord.  
**CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than with your back. Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the frame is aligned with the latch pin. Slowly release the latch knob; make sure that the latch pin is fully inserted into the hole in the frame.

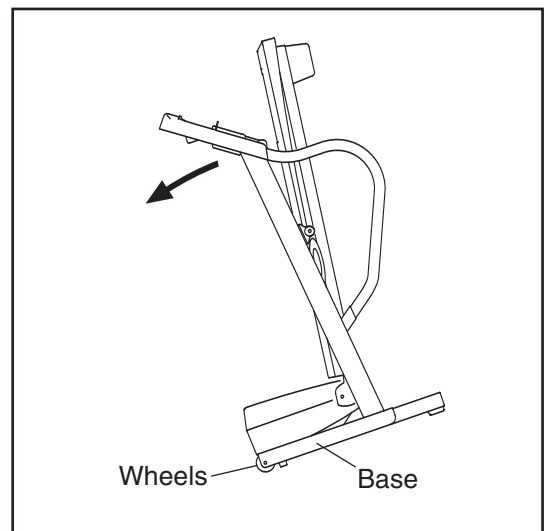
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



## HOW TO MOVE THE TREADMILL

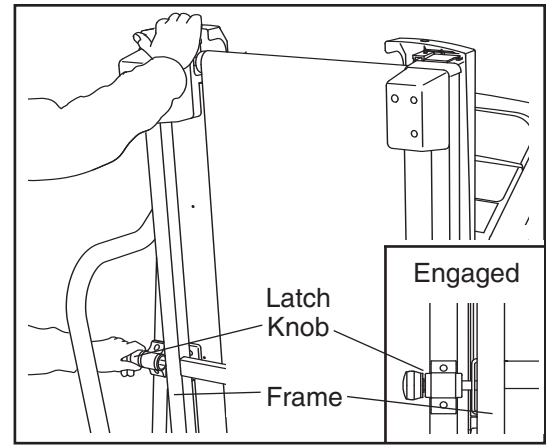
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the frame.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill backward until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

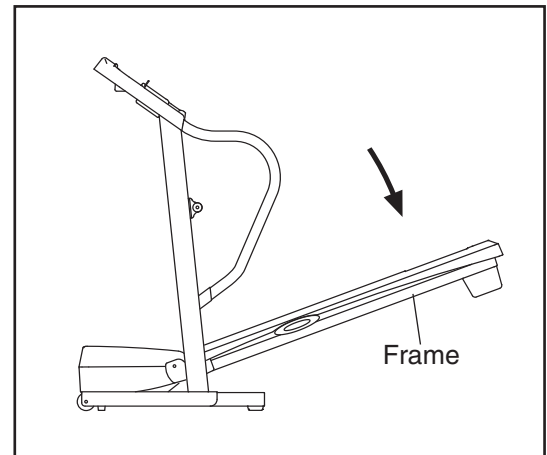


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame downward until it is past the latch pin.



2. **Hold the metal frame firmly with both hands, and lower it to the floor. CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



# TROUBLESHOOTING

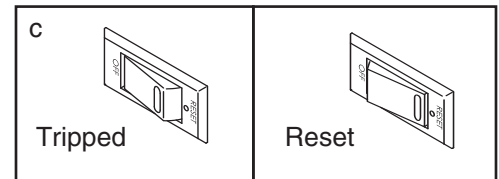
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

## 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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the reset/off circuit breaker located on the treadmill frame 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.



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

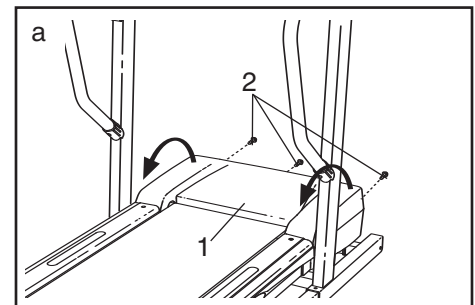
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

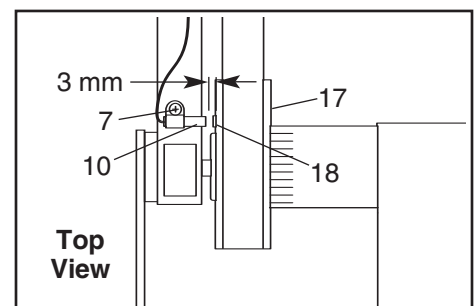
d. If the treadmill still will not run, see the front cover of this manual.

## 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 3/4" Screws (2) from the Hood (1), and carefully pivot the Hood off.



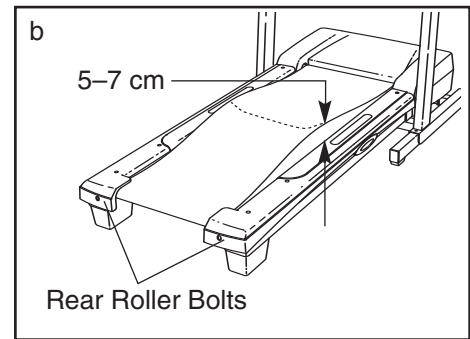
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (7), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



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

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

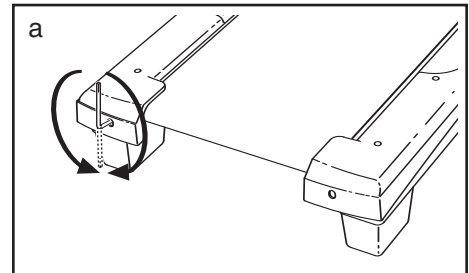
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



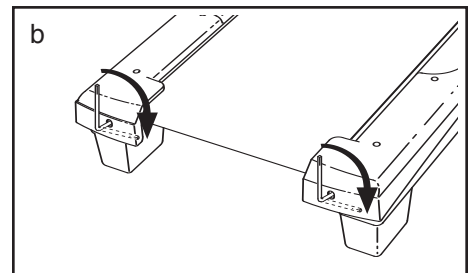
- c. If the walking belt still slows when walked on, see the front cover of this manual.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill 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 pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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.

## 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 en-

ergy. 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 speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A Warm-up**—Start each workout 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 pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**A Cool-down**—Finish each workout 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 workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. 30777.0

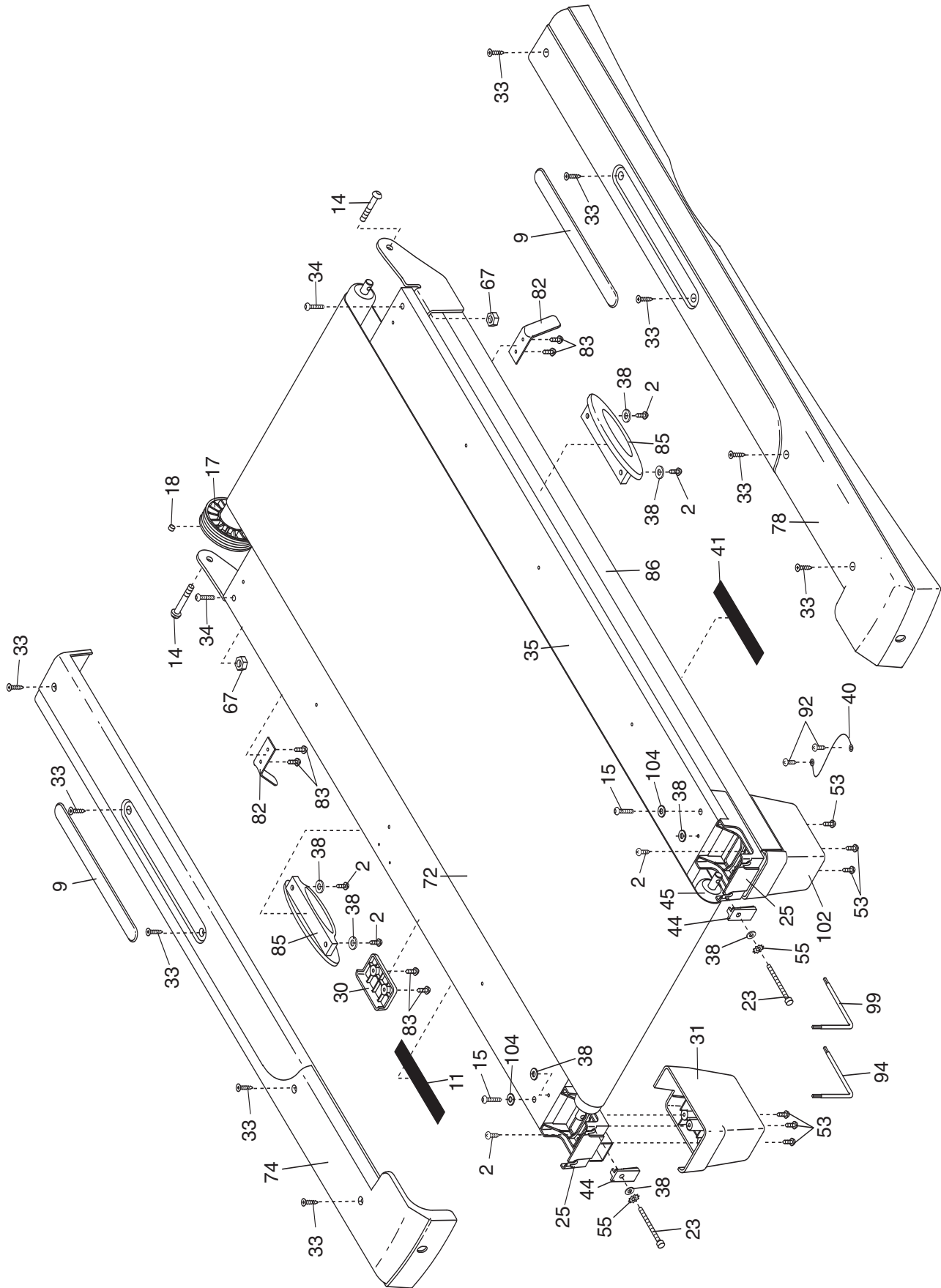
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	59	1	Controller
2	34	3/4" Screw	60	1	Lift Frame
3	1	Motor Belt	61	2	Extension Leg Pad
4	2	Motor Tension Bolt	62	2	Caution Decal
5	2	Handrail Bracket	63	2	Extension Leg
6	3	Motor Star Washer	64	2	Wheel Bolt
7	9	Belly Pan Screw	65	2	Extension Leg Endcap
8	1	Drive Motor	66	2	Wheel
9	2	Foot Rail Decal	67	2	Nut
10	1	Reed Switch	68	4	4" Cable Tie
11	1	Latch Warning Decal	69	1	Upright
12	2	Frame Spacer	70	1	Grommet
13	9	Nut	71	2	Handrail
14	2	Frame Pivot Bolt	72	1	Walking Belt
15	2	Rear Walking Platform Screw	73	1	Optic Disk
16	2	Handrail Endcap	74	1	Left Foot Rail
17	1	Front Roller/Pulley	75	1	Sensor Bolt
18	1	Magnet	76	1	Optic Sensor
19	1	Motor Pivot Bolt	77	1	Console Fan
20	2	Motor Bracket Bolt	78	1	Right Foot Rail
21	2	Handrail Cap	79	1	Power Cord
22	3	Hood Clip	80	1	Reset/Off Circuit Breaker
23	2	Rear Roller Adjustment Bolt	81	1	Belly Pan
24	1	Motor Mount Bracket	82	2	Belt Guide
25	2	Rear Roller Bracket	83	8	Belt Guide Screw
26	1	Incline Motor Bolt, Upper	84	1	Sensor Star Washer
27	1	Latch Assembly	85	2	Isolator Cushion
28	2	Motor Tension Nut	86	1	Frame
29	1	Latch Housing	87	1	Console Lens
30	1	Latch Catch	88	1	Front Roller Star Washer
31	1	Left Rear Foot	89	1	Stop Bracket
32	1	Front Roller Adj. Bolt	90	1	Power Cord Grommet
33	10	Foot Rail Screw	91	1	Sensor Clip
34	2	Front Walking Platform Screw	92	3	Ground Wire Screw
35	1	Walking Platform	93	2	2 1/4" Bolt
36	1	1/4" Nut	94	1	Hex Key
37	2	Handrail Bolt	95	2	1/4" Star Washer
38	8	1/4" Washer	96	1	Silver Ground Screw
39	4	1" Tek Screw	97	2	Cage Nut
40	1	Ground Wire	98	1	Latch Spacer
41	1	French Latch Warning Decal	99	1	5/32" Hex Key
42	1	Wire Harness	100	2	2 3/4" Bolt
43	1	Console	101	4	5/16" Star Washer
44	2	Rear Roller Plate	102	1	Right Rear Foot
45	1	Rear Roller	103	2	U-nut
46	2	Extension Leg Nut	104	2	Rear Walking Board Washer
47	1	Console Base	105	1	Hole Plug
48	1	Fan w/Cover	106	1	Incline Motor Wire
49	1	Wire Clamp	107	1	6" Cable Tie
50	1	Key/Clip	108	1	8" Cable Tie
51	1	Incline Motor	109	3	Releasable Tie
52	1	Incline Motor Bolt, Lower	#	1	4" Black Wire, M/F
53	6	Rear Foot Screw	#	1	8" Green Wire, F/R
54	2	Incline Pivot Bolt	#	2	4" Blue Wire, 2F
55	2	Rear Roller Lock Washer	#	2	4" Blue Wire, M/F
56	1	Motor Controller Wire	#	1	6" Red Wire, M/F
57	4	Round Base Pad	#	1	User's Manual
58	1	Sensor Nut			

# These parts are not illustrated

# EXPLODED DRAWING A—Model No. 30777.0

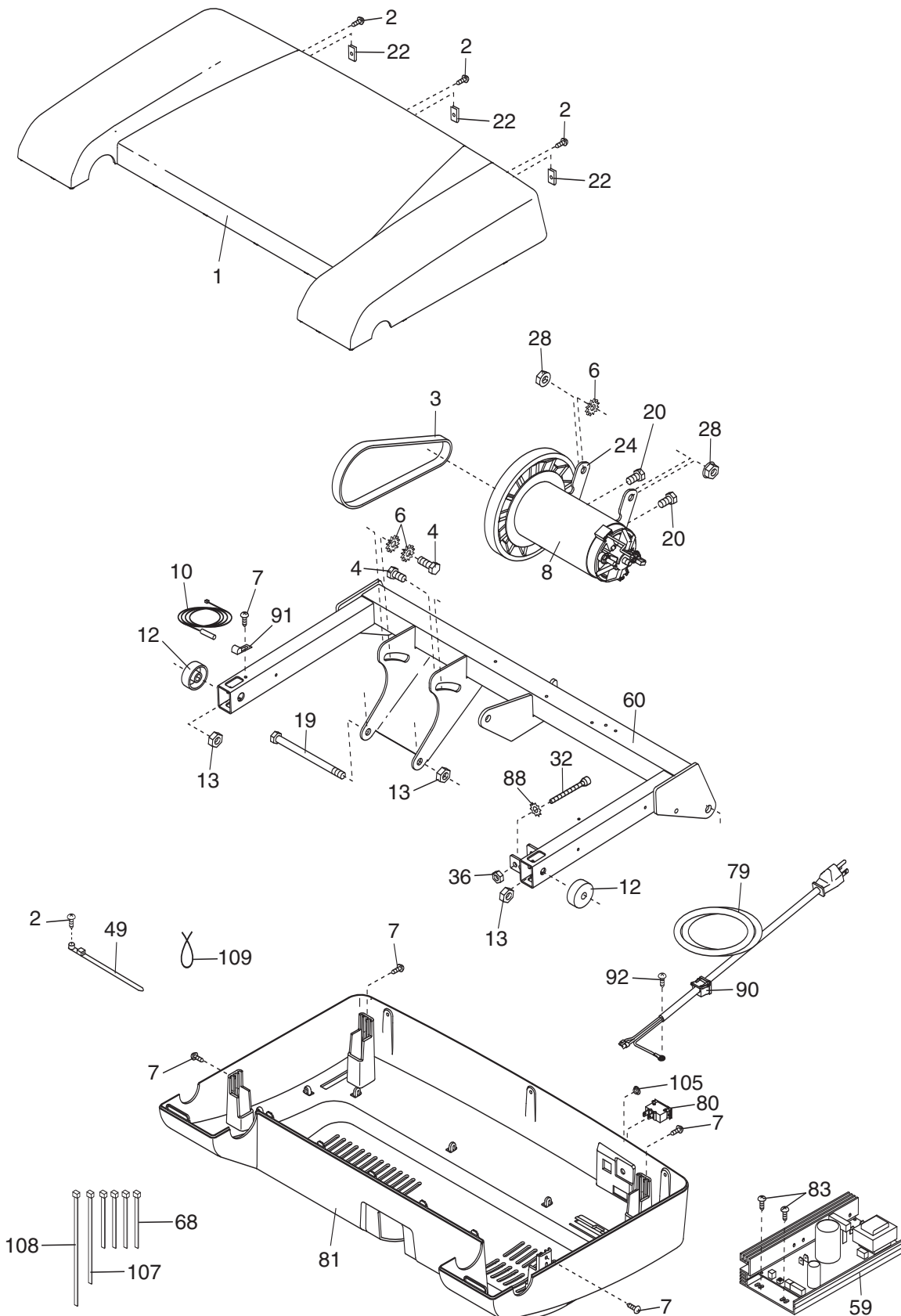
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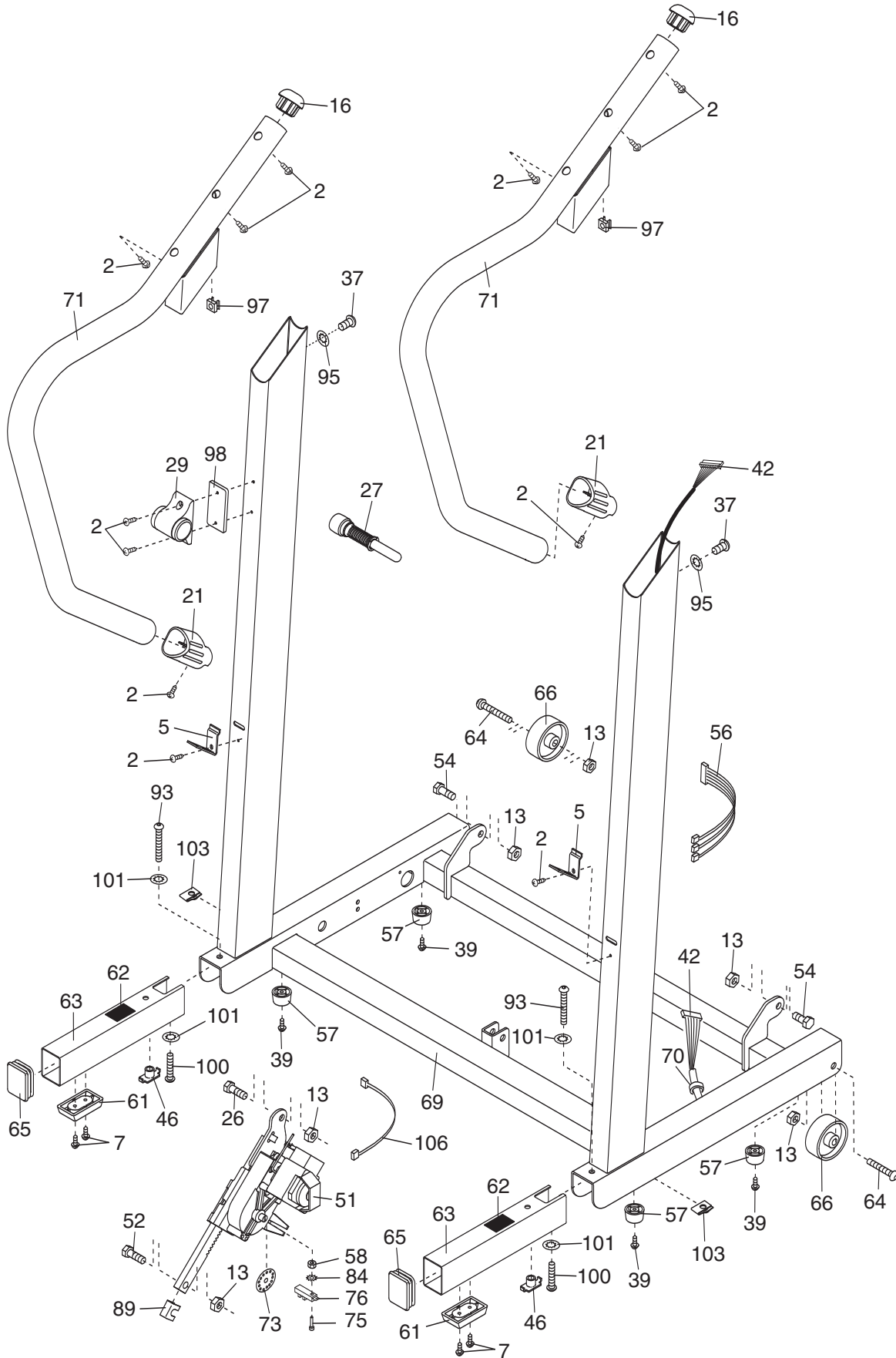
# EXPLODED DRAWING B—Model No. 30777.0

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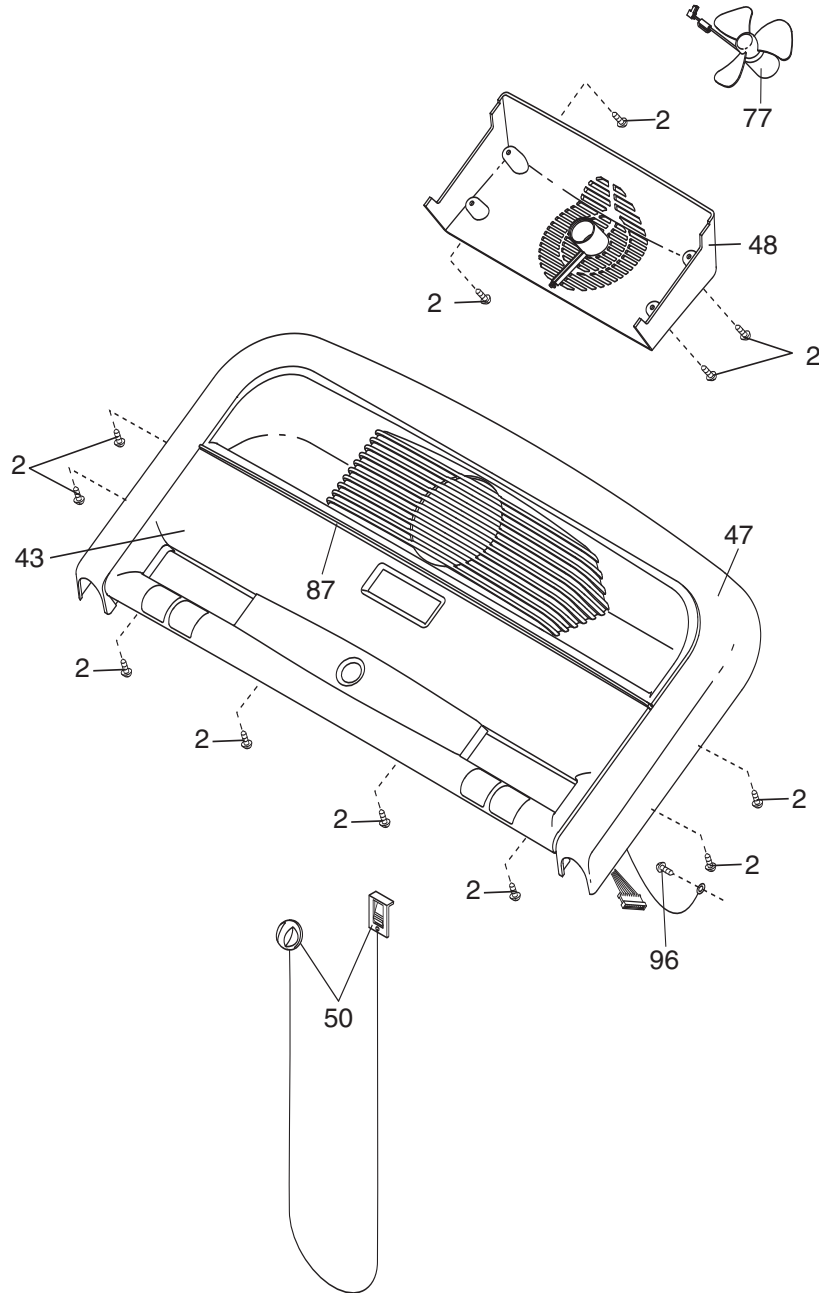
# EXPLODED DRAWING C—Model No. 30777.0

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# EXPLODED DRAWING D—Model No. 30777.0

R0307A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. When ordering parts, please be prepared to provide the following information:

- the MODEL NUMBER of the product (30777.0)
- the NAME of the product (PROFORM 510i treadmill)
- 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 on pages 23 to 27)

## LIMITED WARRANTY

ICON OF CANADA, INC. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for one (1) year after 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 through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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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 provinces 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 province to province.

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