

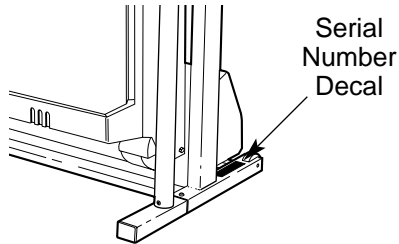
# PRO-FORM<sup>®</sup>

PERFORMANCE TREADMILL

**625ex**  
WIDE DECK

Model No. PFTL62581

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



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged 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.

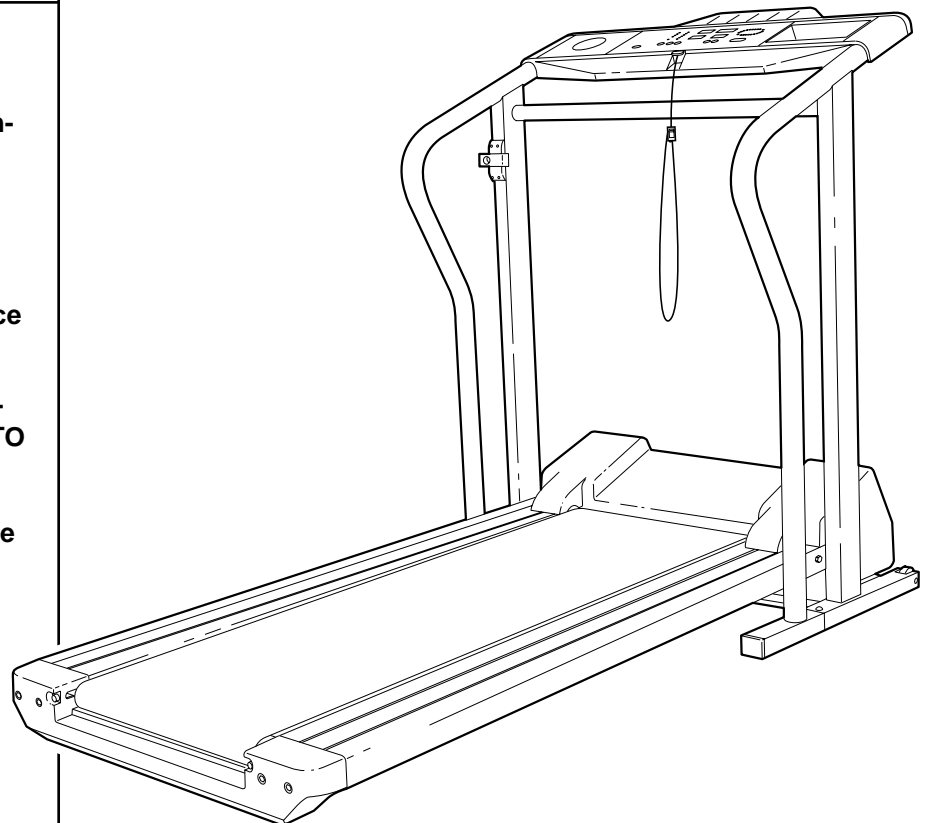
CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

VISIT OUR WEBSITE:

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



## **⚠ CAUTION**

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

# USER'S MANUAL

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Note: An EXPLODED DRAWING and PART LIST are attached in the center of this manual. Please save them for future reference.

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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 in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. 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 not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing 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 7), plug the power cord into a surge protector (not included) and plug the surge protector 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 UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. 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 BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

16. 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.

17. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.

18. Never leave the treadmill unattended while it is running. Always remove the key and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 4 for the location of the on/off switch.)

19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE

THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

20. Do not change the incline of the treadmill by placing objects under the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

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

23. Never insert any object into any opening.

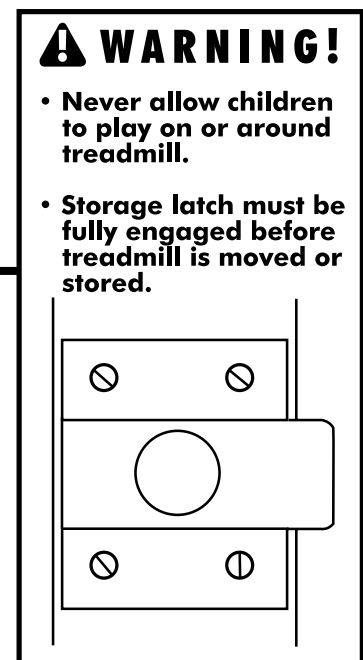
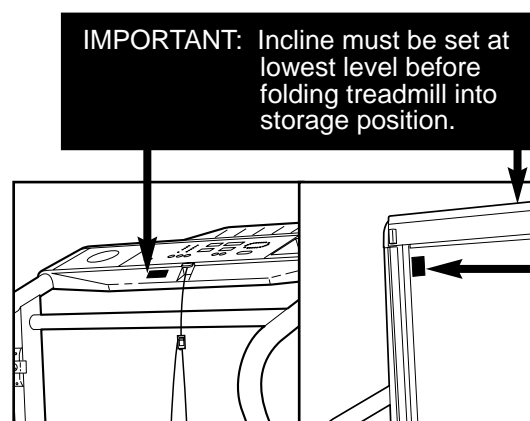
24. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in any 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 have been placed on your treadmill. If a decal is missing, or if it is not legible, please 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.



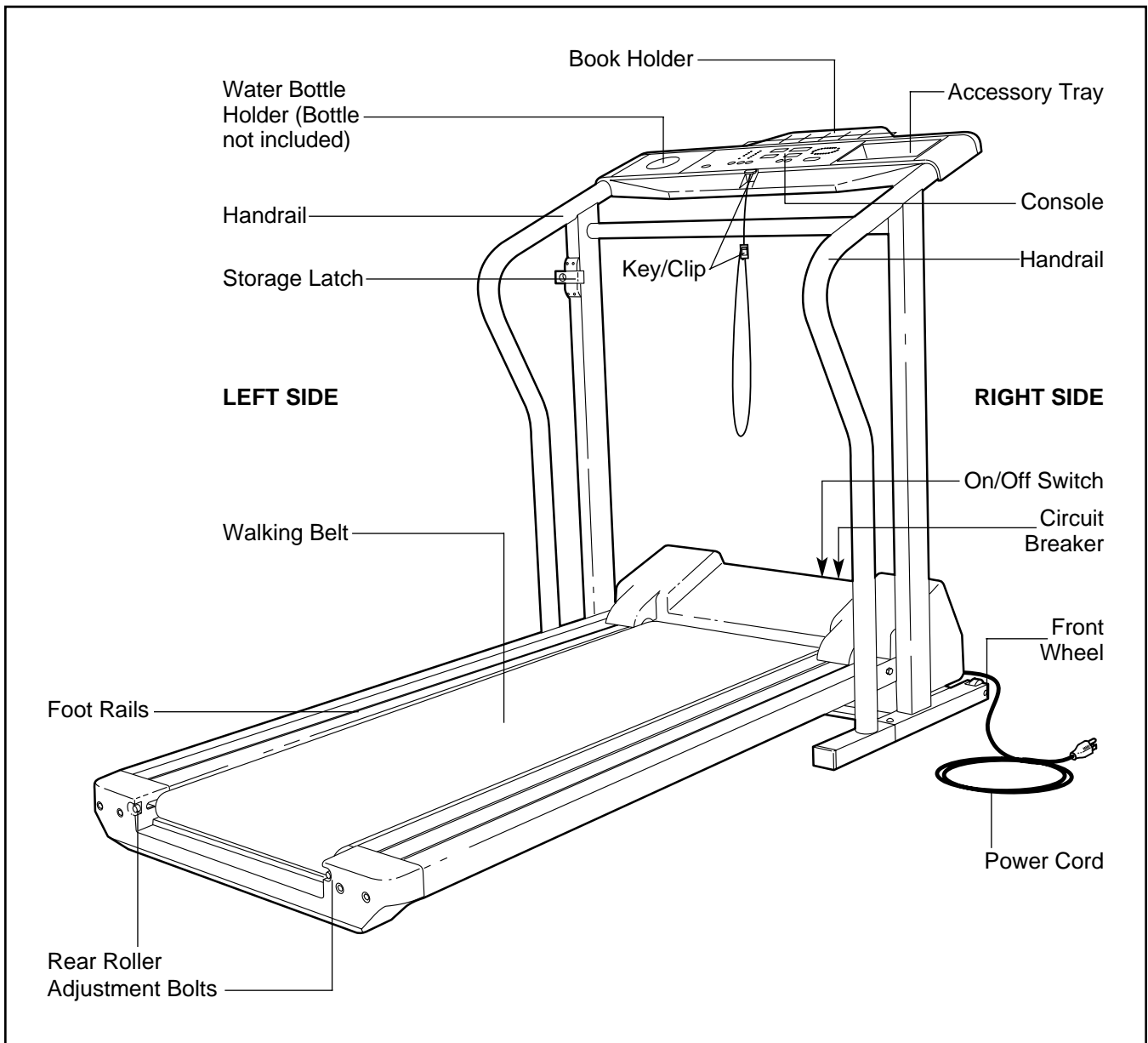
# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 625EX treadmill. The 625EX treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique 625EX can be folded up, requiring less than half the floor space of other treadmills.

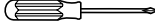

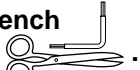
**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our Customer Service Department toll-free

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 model number of the treadmill is PFTL62581. 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.



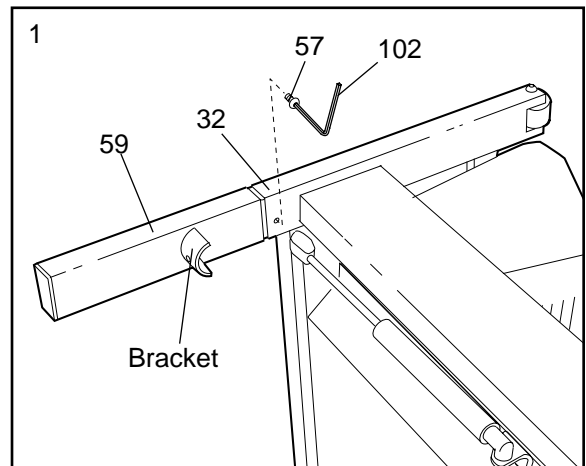
# ASSEMBLY

**Assembly requires two people.** Set the treadmill 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** , **adjustable wrench** , and **scissors** .

1. Refer to the drawing on page 4 and identify the right side of the treadmill. With the help of a second person, carefully lay the treadmill on its right side.

Firmly slide an Extension Leg (59) into one side of the Base (32). Make sure that the Extension Leg is turned so the bracket is on the side shown. Using the Allen Wrench (102), tighten an Extension Leg Screw (57) into the Extension Leg and the Base. Without turning the treadmill over, attach the other Extension Leg in the same manner.

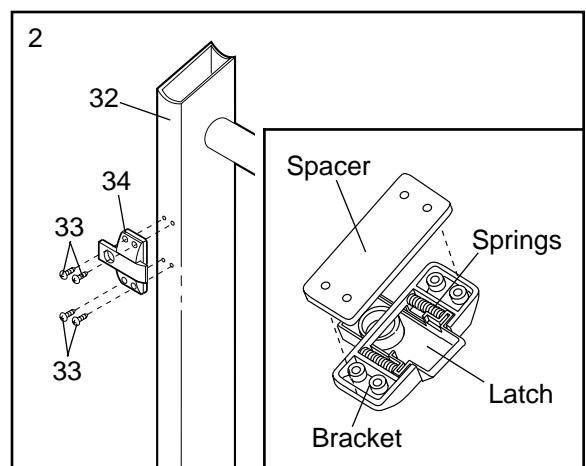
Stand the treadmill upright so that both Extension Legs (59) are resting flat on the floor.



2. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 11. Follow the instructions in step 2 to lower the treadmill.

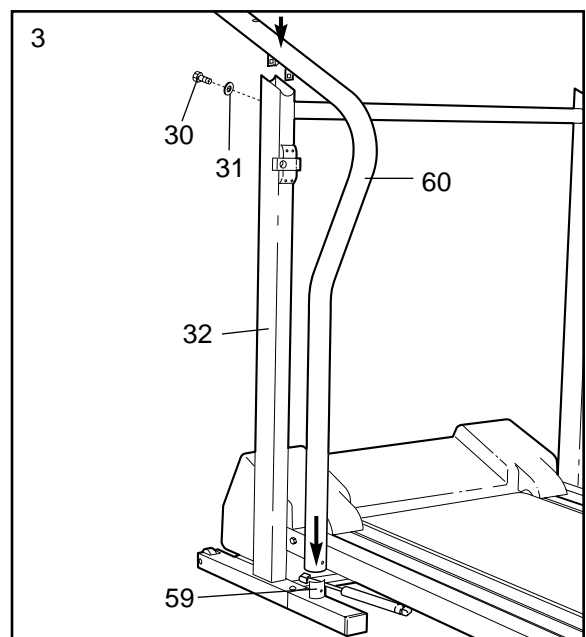
Without removing the tape from the Latch (34), hold the Latch against the left Upright (32) as shown. Attach the Latch to the left Upright with four Screws (33). **Make sure that the Screws are tight, but do not overtighten them; if the Screws are overtightened, the Latch will not slide smoothly.** After the Latch is attached, remove any visible tape.

Note: The inset drawing shows how the parts of the Latch (34) fit together.



3. Cut the plastic tie holding the cage nut in the upper end of the Left Handrail (60).

Position the Left Handrail (60) on the left Upright (32) as shown. The bracket on the Extension Leg (59) should be **inside** of the lower end of the Left Handrail. Thread a Handrail Bolt (30) with a Handrail Washer (31) into the left Upright and the Left Handrail. **Do not tighten the Handrail Bolt yet.**

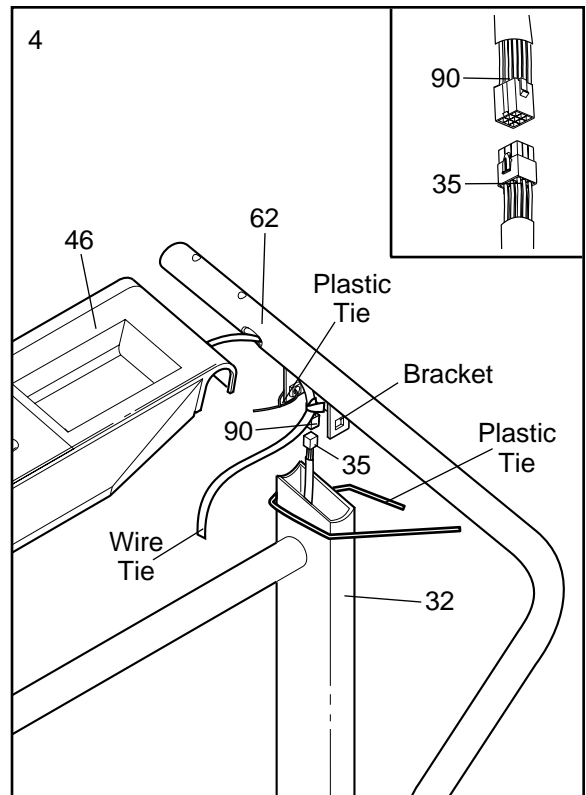


- Cut the indicated plastic tie from the Right Handrail (62). Next, feed the large wire tie and the Console Wire Harness (90) into the Right Handrail and out through the indicated bracket. Pull as much of the Console Wire Harness through the Right Handrail as possible. Note: It may be helpful to turn the Console over on a flat surface as you do this.

Next, rest the left side of the Console Base (46) on the Left Handrail (not shown). While a second person holds the Console Base and the Right Handrail (62) in the position shown, cut the plastic tie holding the Wire Harness (35) in the right Upright (32). **Note: Be careful not to drop the Wire Harness into the right Upright.**

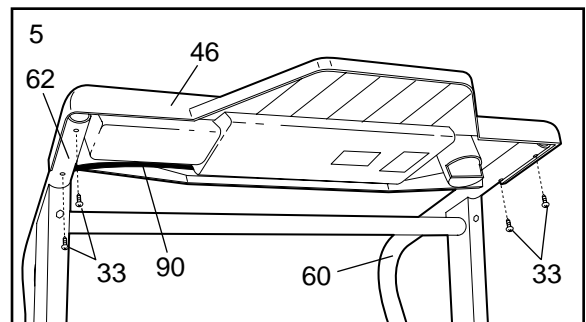
Next, connect the Wire Harness (35) to the Console Wire Harness (90) (refer to the inset drawing). The latch on the Wire Harness should snap onto the Console Wire Harness. **If the Wire Harnesses do not fit together easily, turn them; do not force them together.** Remove the large wire tie from the Console Wire Harness (90) and insert the slack Wire Harness into the Right Upright (32).

Refer to step 3 on page 5 and attach the Right Handrail (62) as described. **Be careful to avoid damaging the wires in the Right Handrail.**



- Make sure that the Console Base (46) is on the Handrails (60, 62). Route the Console Wire Harness (90) up into the Console Base as shown. Insert any slack into the Right Handrail (62).

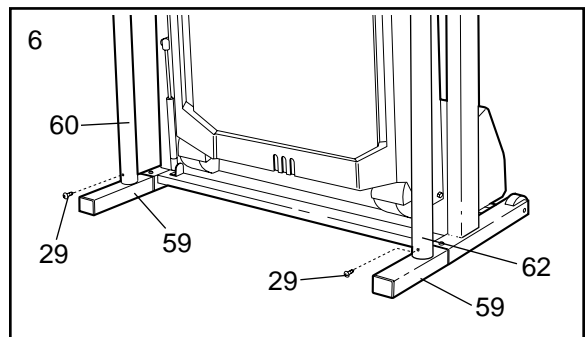
Attach the Console Base (46) to the Handrails (60, 62) with four Screws (33).



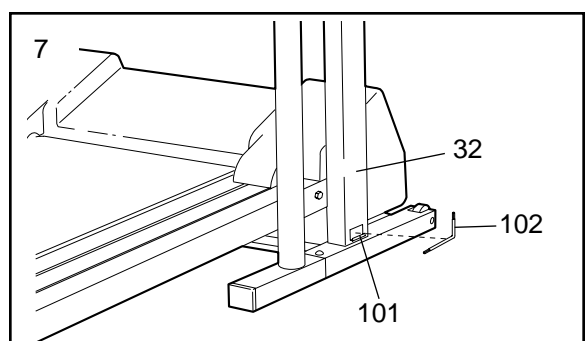
- Refer to HOW TO FOLD THE TREADMILL FOR STORAGE on page 11. Follow the instructions in step 2 to fold the treadmill.

Attach the lower end of the Right Handrail (62) to the right Extension Leg (59) with a Screw (29). Attach the lower end of the Left Handrail (60) in the same way.

**Tighten all parts used in this steps 3, 4, 5 and 6.**



- Remove the backing from the Adhesive Clip (101). Press the Adhesive Clip onto the base of the right Upright (32) as shown. Press the Allen Wrench (102) into the Adhesive Clip.



- Make sure that all parts are tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill 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. They 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 protector (not included) with your treadmill.**

Surge protectors are sold at most hardware stores and department stores. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

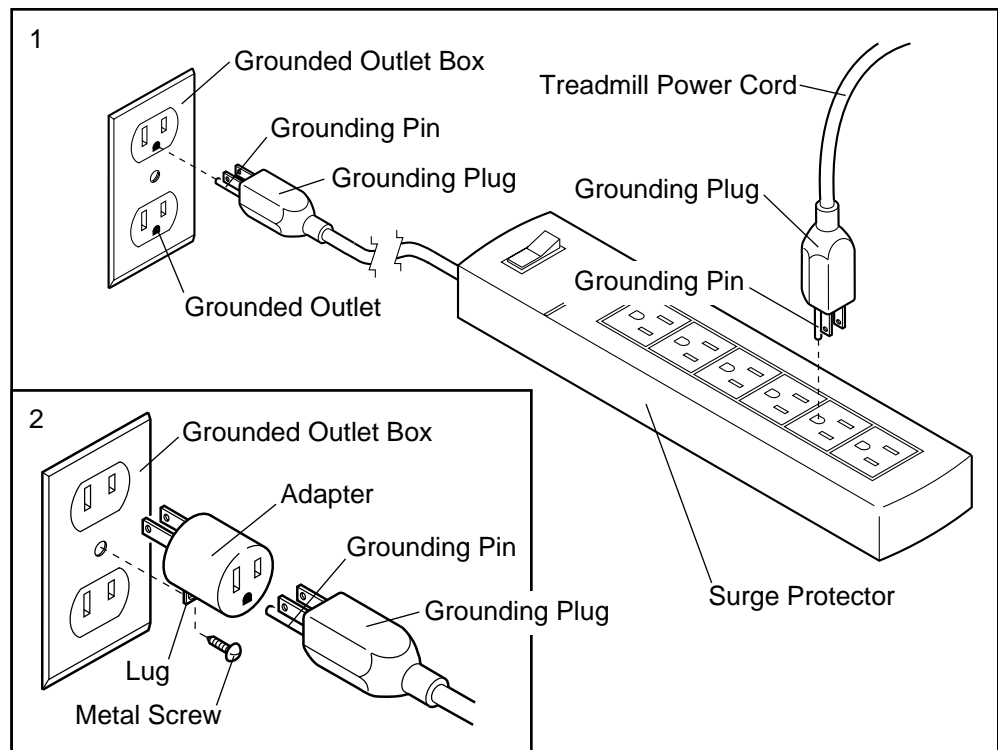
**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

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 protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

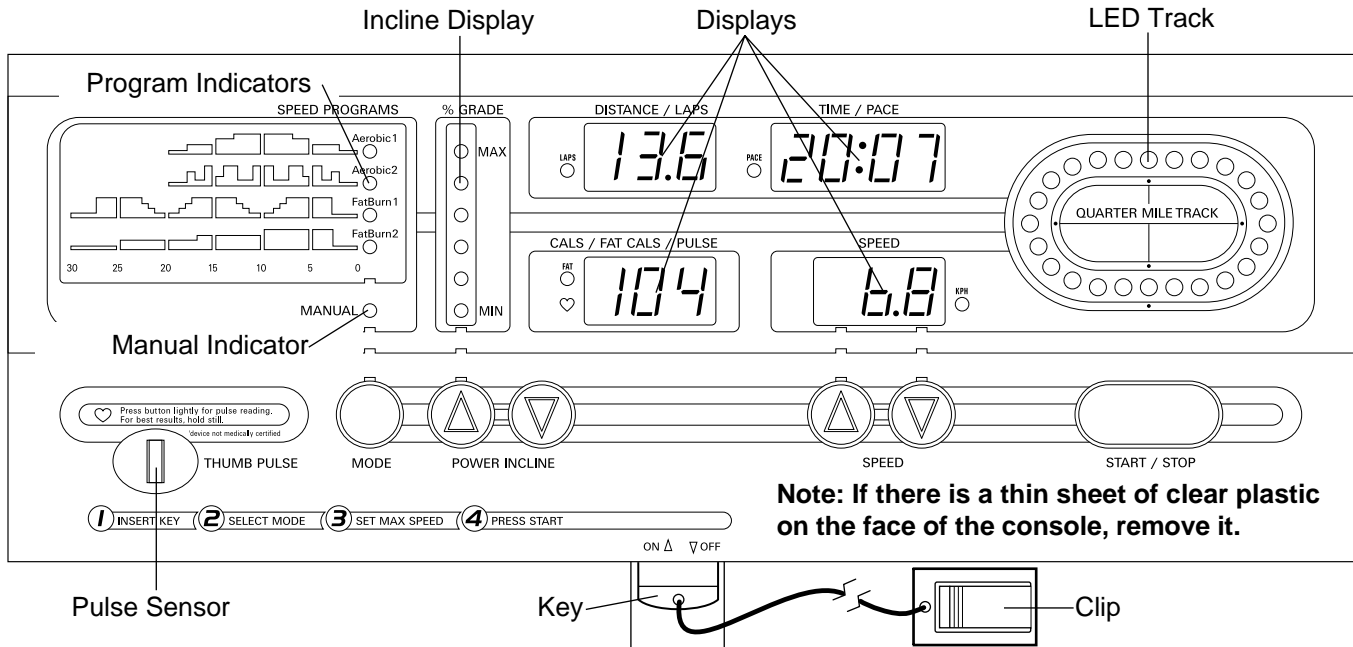
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if 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.**



## CONSOLE DIAGRAM



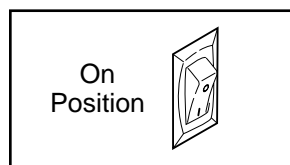
**CAUTION:** Before operating the console, read the following precautions.

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

## STEP-BY-STEP CONSOLE OPERATION

The console features a manual mode and four workout programs. When the manual mode is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the LED track and the four displays will provide continuous exercise feedback—you can even measure your heart rate with the built-in pulse sensor. When one of the workout programs is selected, the console will automatically control the speed as it guides you through an effective workout.

Before operating the console, make sure that the on/off switch near the power cord is in the on position.

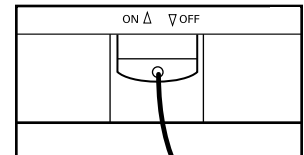


Next, make sure that the key is removed from the console and plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 7).

Step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. Follow the steps below to operate the console.

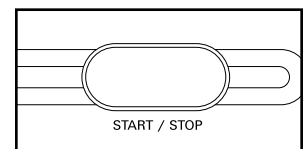
### 1 Insert the key fully into the console.

When the key is inserted, various indicators and displays on the console will light.



### 2 Press the MODE button to select the desired mode.

When the key is inserted, the manual mode will be selected and the MANUAL indicator will be lit. Note: If a workout program has been selected, press the MODE button repeatedly to select the manual mode.



If you want to select one of the four workout programs, press the MODE button. The upper program indicator will light. To select one of the other three programs, press the MODE button repeatedly.

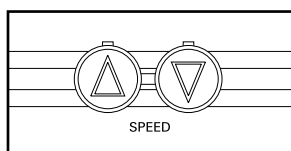


Note: There are two twenty-minute programs and two thirty-minute programs. The graphs on the left side of the console show how the speed of the walking belt will change during the programs. During the AEROBIC 1 program, for example, the speed will gradually increase during the first ten minutes, and then gradually decrease during the last ten minutes. Each program begins with a warm-up period and ends with a cool-down period.

### 3 If a workout program is selected, set a maximum speed setting.

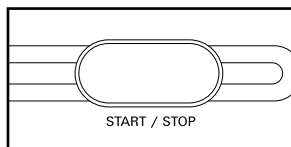
If the manual mode is selected, go to step 4.

If a workout program is selected, a number will be flashing in the SPEED display. This number is the maximum speed that the walking belt will reach during the selected program. If desired, press the SPEED  $\Delta$  button repeatedly to change the maximum speed setting. If the maximum speed setting is increased, the difficulty level of the entire program will increase. If the maximum speed setting is decreased, the difficulty level of the entire program will decrease.



### 4 Press the START/STOP button.

A moment after the START/STOP button is pressed, the walking belt will begin to move. Hold the handrails and carefully begin walking.



**If the manual mode is selected:** As you exercise, change the speed of the walking belt as desired by pressing the SPEED buttons.

To stop the walking belt, press the START/STOP button. The TIME/PACE display will begin to flash. To restart the walking belt, press the START/STOP button again. To stop the walking belt and reset the displays, press the START/STOP button, remove the key from the console, and then reinsert the key.

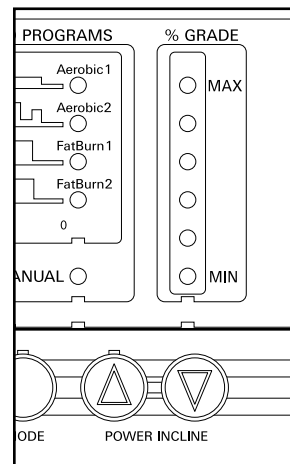
**If a workout program is selected:** The speed of the walking belt will change automatically during the program as shown by the graphs on the left side of the console. The time remaining in the program will be shown in the TIME display. During the last few seconds of each one-minute period of the program, four tones will sound to alert you that the speed may change. When the program is completed, the walking belt will slow to a stop.

Note: If the program is too difficult or too easy, the difficulty level of the program can be adjusted. Press the SPEED  $\Delta$  or  $\nabla$  button. A number will begin to flash in the SPEED display. This number is the maximum speed that the walking belt will reach during the program. Press the SPEED  $\Delta$  or  $\nabla$  button repeatedly to change the maximum speed setting. When the maximum speed setting is increased, the difficulty level of the entire program will increase. When the maximum speed setting is decreased, the difficulty level of the entire program will decrease.

To stop the program for a moment, press the START/STOP button. The TIME/PACE display will begin to flash. To restart the program, press the START/STOP button again. To stop the program and reset the displays, press the START/STOP button, remove the key from the console, and then reinsert the key.

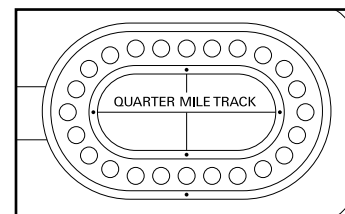
### 5 Change the incline of the treadmill, if desired.

To change the incline, press the incline buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. Every three times a button is pressed, one additional indicator will light or darken in the incline display. The buttons can be held down to change the incline more quickly. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



### 6 Follow your progress with the LED track and the four displays.

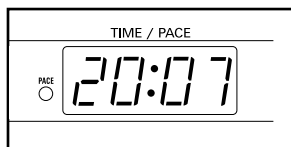
**The LED Track—**The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. The indicators will then darken and another lap will begin.



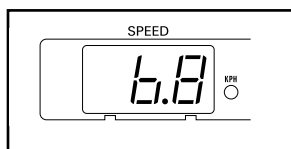
- **DISTANCE/LAPS display**—This display shows the total distance that you have walked and the number of laps you have completed (one lap equals 1/4 mile). The display will alternate between one number and the other every seven seconds. The LAPS indicator will light when the number of laps is shown.



- **TIME/PACE display**—This display shows the elapsed time and your current pace (pace is measured in minutes per mile). The display will alternate between one number and the other every seven seconds. The PACE indicator will light when your pace is shown. Note: When a workout program is selected, the display will show the time remaining in the program.

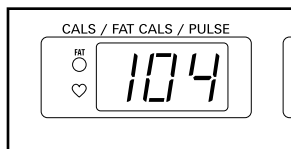


- **SPEED display**—This display shows the speed of the walking belt, in miles per hour or kilometers per hour. The KPH indicator will light when the speed is shown in kilometers per hour.



To change the unit of measurement, hold down the START/STOP button while inserting the key into the console. An "E" for "English" (miles per hour) or an "M" for "Metric" (kilometers per hour) will appear in the CALS/FAT CALS/PULSE display. Press the SPEED  $\Delta$  button to change the unit of measurement. Remove and then reinsert the key.

- **CALS/FAT CALS/PULSE display**—This display shows the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 14). Every seven seconds, the display will change from one number to the other. The FAT indicator will light when the number of fat calories is shown. Note: This display will also show your heart rate when the pulse sensor is used (see step 7).

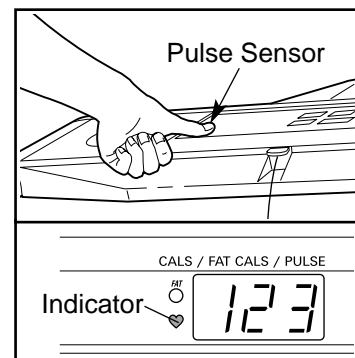


## 7 Measure your pulse, if desired.

Stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated—fully press it down.

**(Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.)** Next,

raise your thumb slightly until the heart-shaped indicator by the CALS/FAT CALS/PULSE display flashes **steadily** and a "P" appears in the display. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.



If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

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

Step onto the foot rails and remove the key from the console. Store the key in a secure place. In addition, move the on/off switch to the off position. (See the drawing near the bottom of page 8.)

### THE INFORMATION MODE

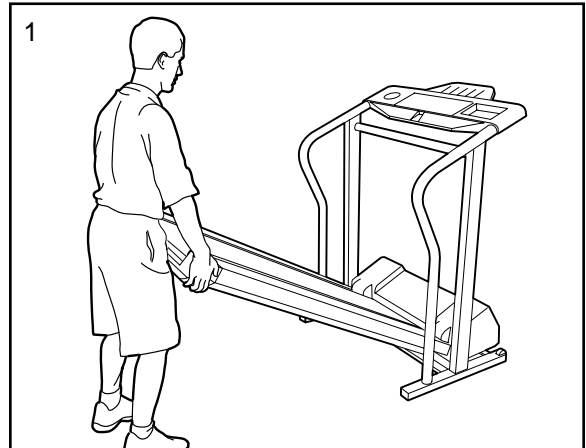
To access the console's information mode, hold down the START/STOP button while inserting the key into the console. An "E" for "English" (miles per hour) or an "M" for "Metric" (kilometers per hour) will appear in the CALS/FAT CALS/PULSE display. Pressing the SPEED  $\Delta$  button will change the unit of measurement. The TIME/PACE display will show the total number of hours the treadmill has been used. The SPEED display will show the total number of miles accumulated on the treadmill. 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

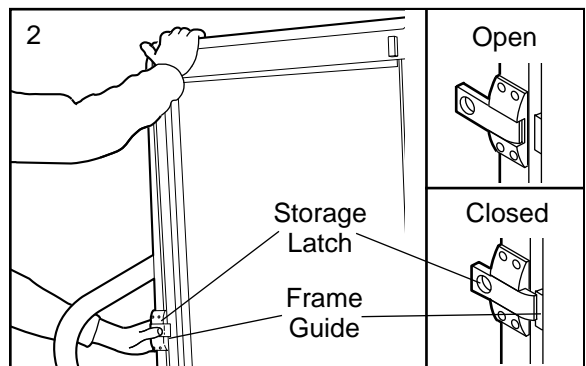
Unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, slide the storage latch to the left and hold it. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully closed over the frame guide.**

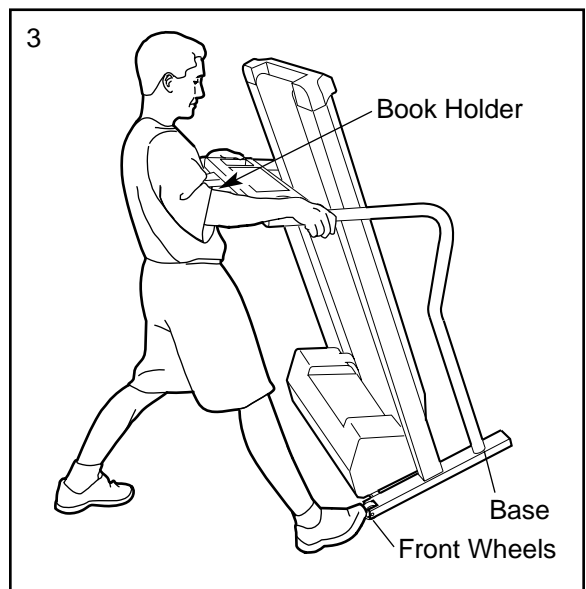
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

1. Hold the handrails as shown and place one foot against a wheel. **Do not hold or push on the book holder or the book holder may be damaged.**
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, slide the storage latch to the left and hold it. Pivot the treadmill down until the frame is past the storage latch.
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# MAINTENANCE AND TROUBLE-SHOOTING

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, 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).

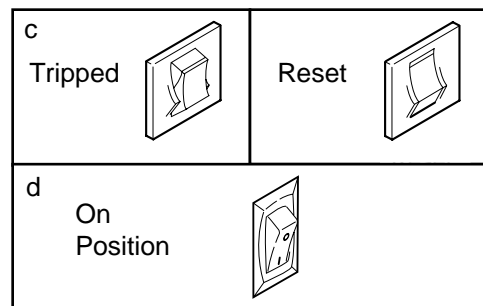
## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 8.)

c. Check the circuit breaker located on the treadmill 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 at the front of the treadmill near the power cord. The switch must be in the on position.



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. 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.

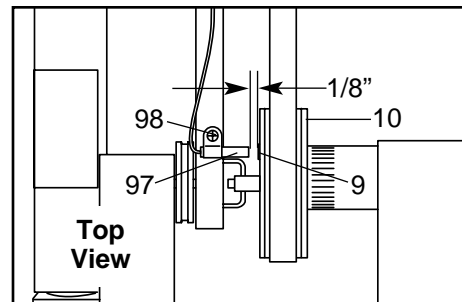
c. Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 8.)

d. Make sure that the on/off switch is in the on position. (See 1. d. above.)

e. If the treadmill still will not run, please call our Customer Service Department, toll-free.

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

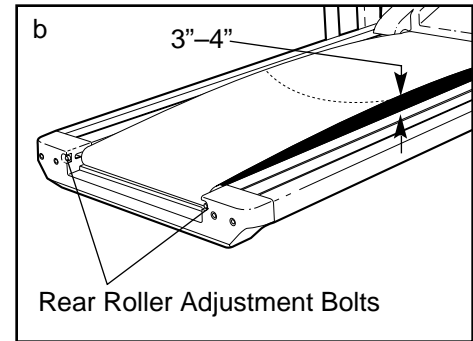
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (97) and the Magnet (9) on the left side of the Pulley (10). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Check the gap between the Magnet and the Reed Switch—it should be about 1/8"**. If necessary, loosen the Screw (98) and move the Reed Switch slightly. Retighten the Screw. Reattach the hood 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 UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

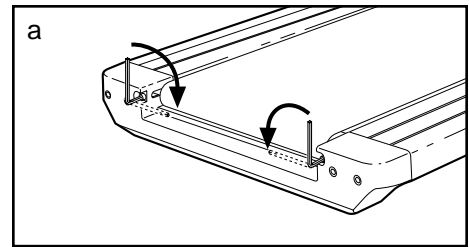
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly 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 run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



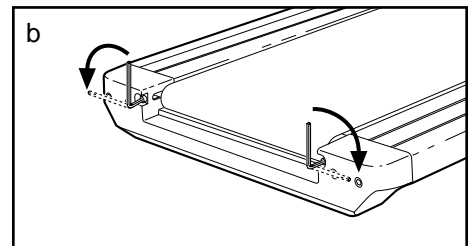
c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

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

**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 treadmill for a few minutes. Repeat until the walking belt is centered.

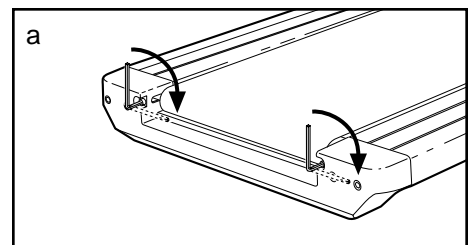


b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill 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 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 your movement, may affect the accuracy of heart rate readings. The 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. Remember—these are general guidelines only. 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.

HEART RATE TRAINING ZONES (BPM)								
PERFORMANCE	165	155	145	140	130	125	115	
AEROBIC	145	138	130	125	118	110	103	
FAT BURN	125	120	115	110	105	95	90	
AGE	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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for aerobic exercise; and the highest number is for advanced conditioning.

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

## 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 speed and incline of the treadmill until your heart rate is near the lowest number in your training zone. It may also be helpful to set the speed control on the console to FAT BURN.

## 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 middle of your training zone. It may also be helpful to set the speed control on the console to AEROBIC.

## High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone, or set the speed control on the console to PERFORMANCE. Note: During the first few weeks of your exercise program, keep your heart rate near the low end of 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.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

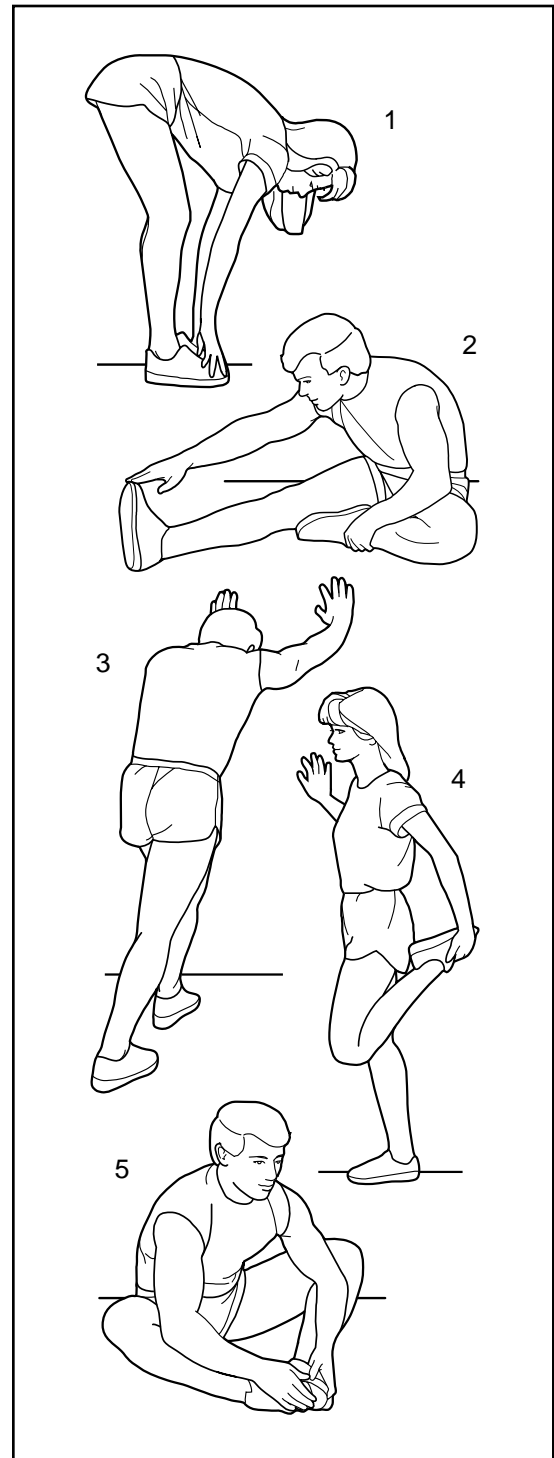
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



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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 (PFTL62581).
- The NAME OF THE PRODUCT (PROFORM® 625EX 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 EXPLODED DRAWING and PART LIST attached to the center of this manual).

If possible, place the treadmill 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.

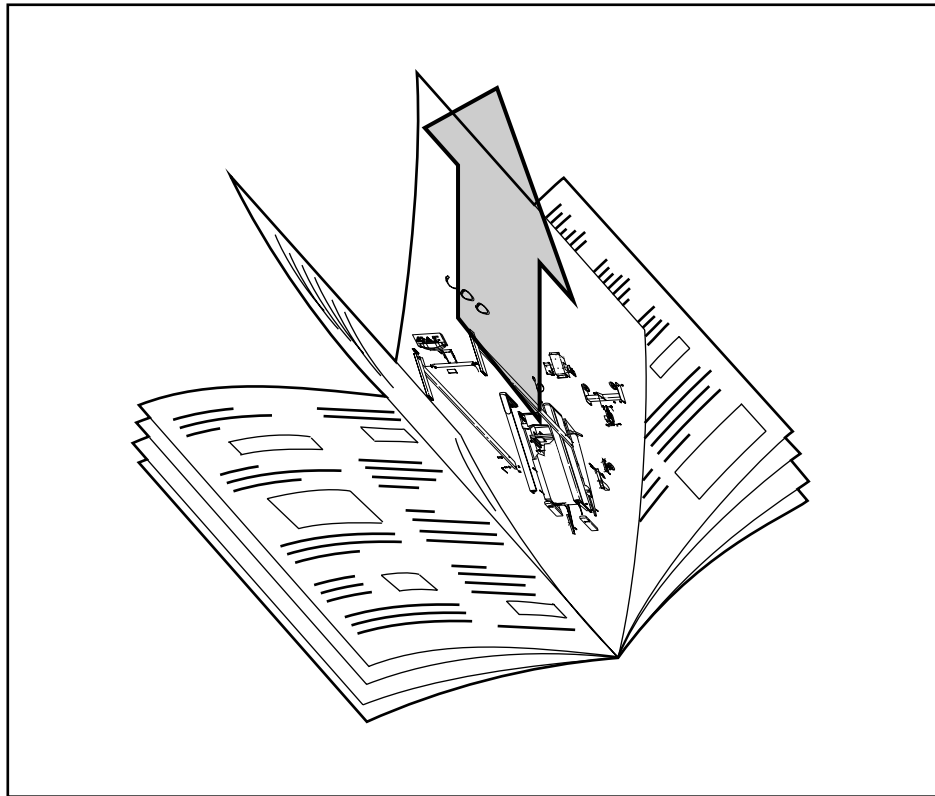
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. 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 page 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. PFTL62581

R0998A

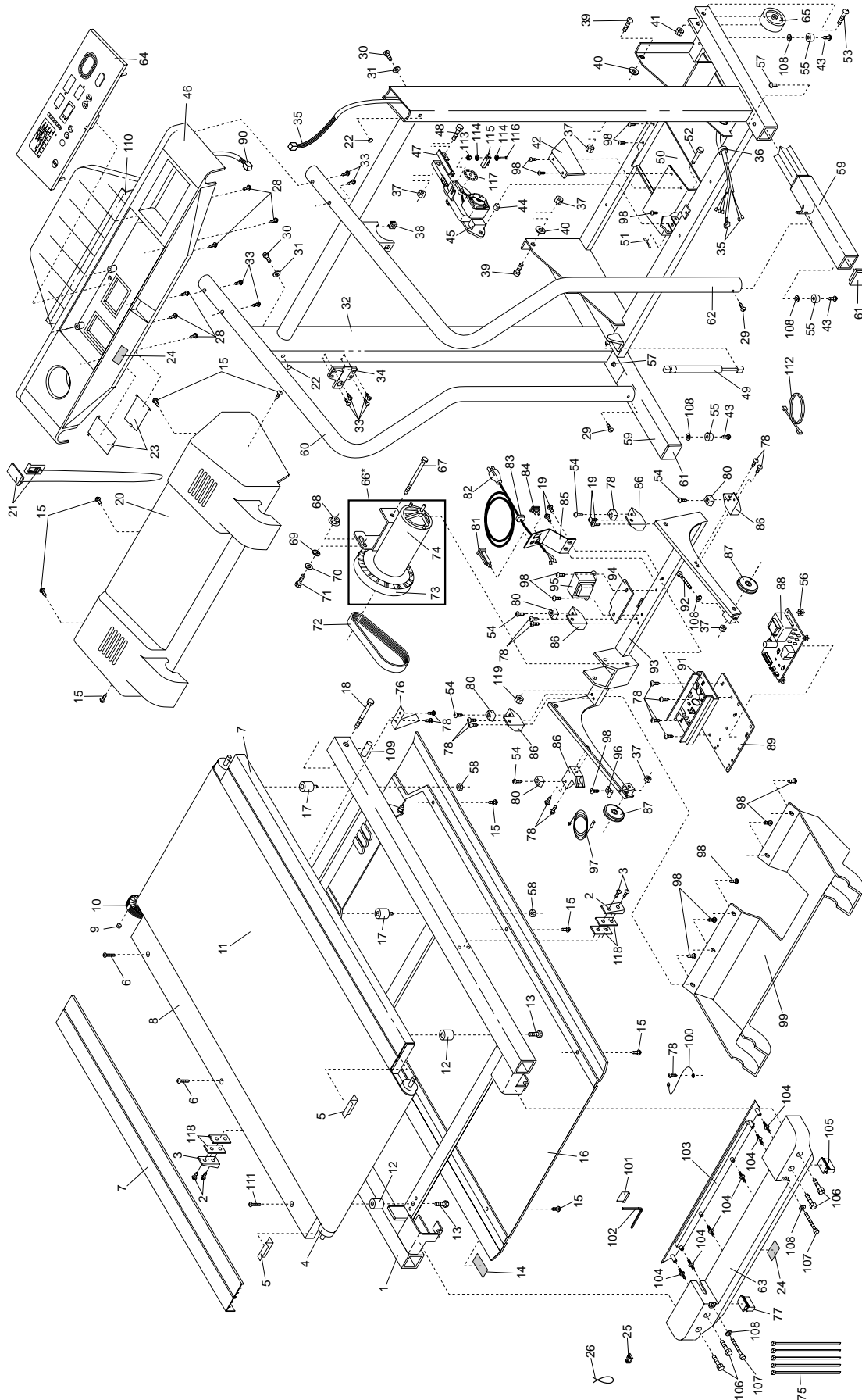
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	65	2	Front Wheel
2	4	Catch Screw/Frame Guide Screw	66	1	Motor/Pulley/Flywheel/Fan
3	2	Frame Guide	67	1	Motor Pivot Bolt
4	1	Rear Roller	68	1	Motor Tension Nut
5	2	Roller Guard	69	1	Motor Star Washer
6	4	Platform Screw	70	1	Motor Tension Washer
7	2	Foot Rail	71	1	Motor Tension Bolt
8	1	Walking Platform	72	1	Motor Belt
9	1	Magnet	73	1	Pulley/Flywheel/Fan
10	1	Front Roller/Pulley	74	1	Motor
11	1	Walking Belt	75	5	8" Wire Tie
12	2	Rear Isolator	76	2	Belt Guide
13	2	Rear Isolator Bolt	77	1	Endcap Foot (left)
14	1	Latch Warning Decal	78	12	Small Screw
15	11	Belly Pan Screw	79	1	Incline Pivot Spacer
16	1	Belly Pan	80	5	Hood Anchor
17	4	Isolator	81	1	Circuit Breaker
18	2	Frame Pivot Bolt	82	1	Power Cord
19	1	Frame Guide	83	1	Power Cord Grommet
20	1	Hood	84	1	On/off Switch
21	1	Key/Clip	85	1	Outlet Bracket
22	2	Upright Plug	86	5	Hood Bracket
23	2	Console Cover	87	2	Spacer
24	2	Incline Warning Decal	88	1	Power Supply
25	1	Wire Tie Holder	89	1	Electronics Bracket
26	2	Releasable Wire Tie	90	1	Console Wire Harness
27	1	Speed Potentiometer	91	1	Controller
28	6	Console Base Screw	92	1	Front Roller Adj. Bolt
29	2	Handrail Screw	93	1	Incline Leg
30	2	Handrail Bolt	94	1	Choke Plate
31	2	Handrail Washer	95	1	Choke
32	1	Upright/Base	96	1	Clip
33	10	Latch Screw	97	1	Reed Switch
34	1	Latch	98	12	Belly Pan Fastener/Clip Screw
35	1	Wire Harness	99	1	Front Belly Pan
36	2	Grommet	100	1	Ground Wire
37	5	Incline Motor Nut	101	1	Adhesive Clip
38	4	Cage Nut	102	1	Allen Wrench
39	2	Incline Leg Pivot Bolt	103	1	Endcap Plug
40	2	Incline Leg Pivot Washer	104	6	Endcap Fastener
41	2	Incline Leg Pivot Nut	105	1	Endcap Foot (Right)
42	1	Incline Cover Shield	106	4	Endcap Bolt
43	4	Base Pad Screw	107	2	Rear Roller Adj. Bolt
44	1	Incline Motor Spacer	108	5	Adj. Washer/Pad Washer
45	1	Incline Motor	109	2	Frame Spacer
46	1	Console Base	110	1	Reading Rack
47	1	Incline Stop Bracket	111	2	Rear Platform Screw (long)
48	1	Incline Bolt	112	1	Motor/Controller Wire
49	1	Shock	113	1	Small Nut
50	1	Incline Cover	114	2	Small Star Washer
51	1	Cotter Pin	115	1	Disk Sensor
52	1	Clevis Pin	116	1	Small Bolt
53	2	Wheel Bolt	117	1	Incline Disk
54	4	Hood Mount Screw	118	4	Frame Guide Spacer
55	4	Base Pad	119	1	Motor Pivot Nut
56	4	Stand-Off	#	1	20" White Wire, Pig Tail
57	2	Extension Leg Screw	#	1	8" White Wire, Male/Female
58	4	Isolator Nut	#	1	8" White Wire, 2 Female
59	2	Extension Leg	#	1	8" Blue Wire, Pig Tail
60	1	Left Handrail	#	1	8" Green Wire, Female/Ring
61	2	Extension Leg Endcap	#	1	User's Manual
62	1	Right Handrail			
63	1	Rear Endcap			
64*	1	Console Assembly			

\* Includes all parts shown in the box

# These parts are not illustrated

# EXPLODED DRAWING—Model No. PFTL62581

R0998A



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