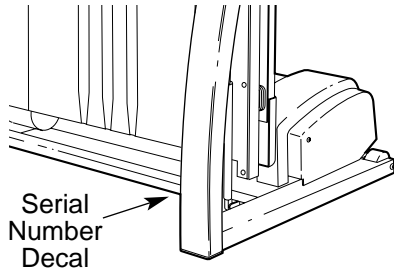


Model No. PFTL69502

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



# PRO-FORM

## PT6.0

*ekg trainer*

## USER'S MANUAL

### QUESTIONS?

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 DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST



### CAUTION

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



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

new products, prizes,  
fitness tips, and much more!

# **PRO·FORM**

## *PT6.0*

*ekg trainer*

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Note: An EXPLODED DRAWING is attached in the center of this manual.

# IMPORTANT PRECAUTIONS

**⚠ DANGER:** 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 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 clothes when 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 8), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-806-3651 and order part number 146148.
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 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 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 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 19.) 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. When using iFIT.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using iFIT.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

24. Always remove iFIT.com CD's and videos from your CD player or VCR when you are not using them.

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

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

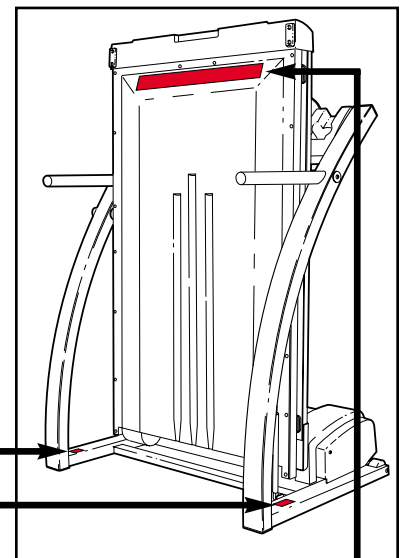
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

28. 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.



Note: This decal below is shown at 38% of actual size.

### ⚠ WARNING:

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

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.



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



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



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

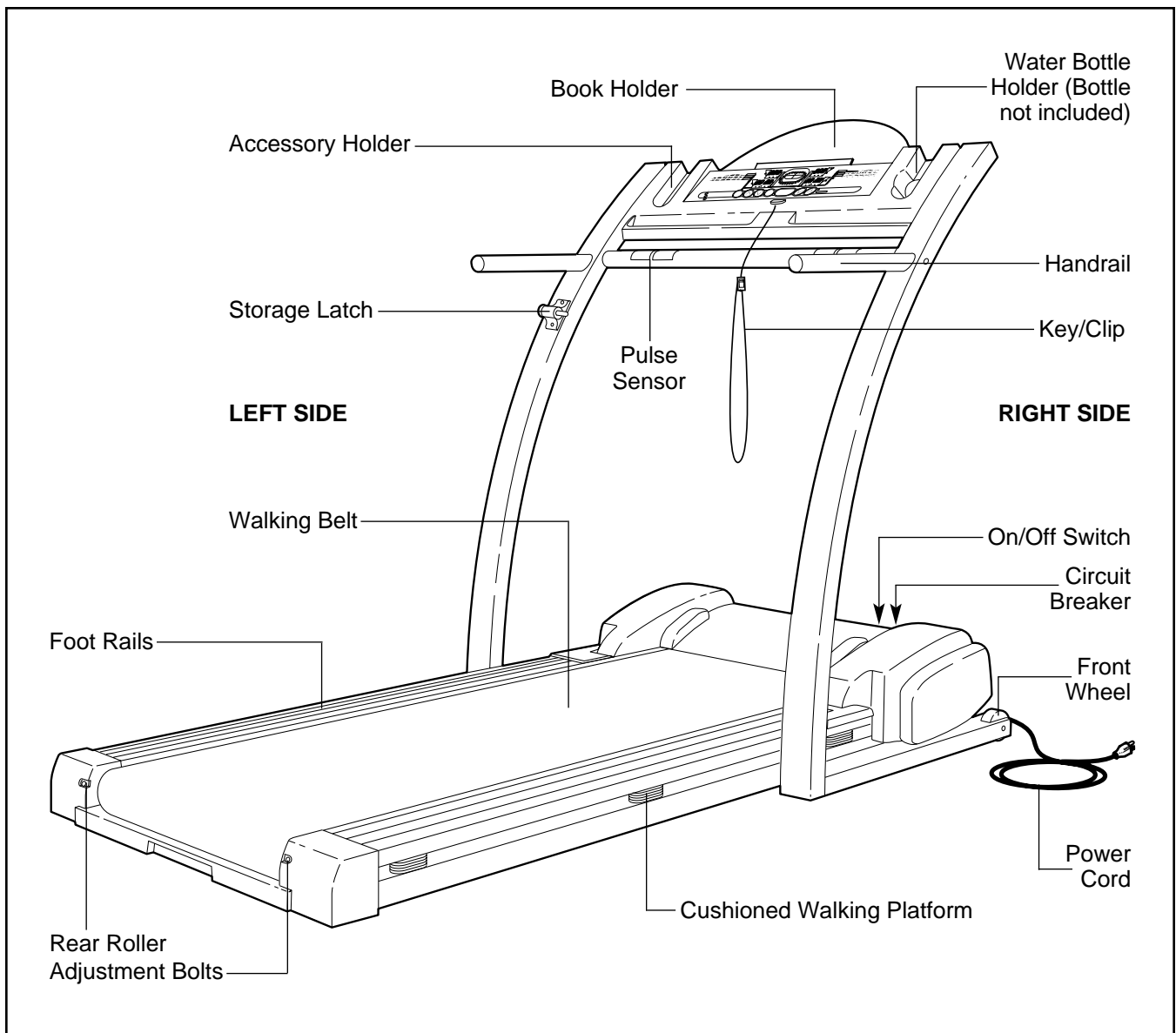
# BEFORE YOU BEGIN

Thank you for selecting the PROFORM® PT6.0 treadmill. The PT6.0 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 PT6.0 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 PFTL69502. 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 parts that are labeled.



# ASSEMBLY

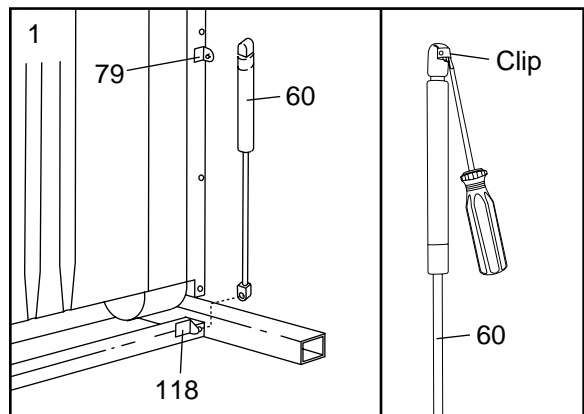
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This 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 allen wrench**  **and your own phillips screwdriver**  **, flat head screwdriver**  **and adjustable wrench**  .

1. Raise the Frame (79) to a vertical position. **Be careful not to overextend the Frame.**

Press the bottom end of the Shock (60) onto the bracket on the Base (118) as shown.

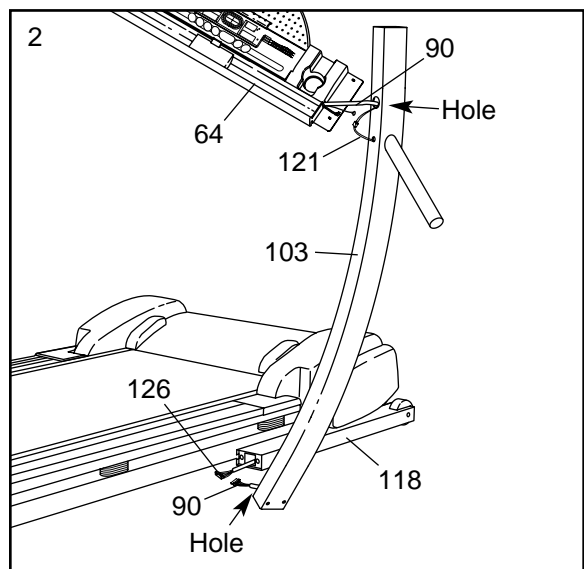
Press the top end of the Shock (60) onto the bracket on the Frame (79). If necessary, move the Frame (79) forward or backward to align the end of the Shock with the bracket. It may be helpful to use a flat head screwdriver (see the small drawing) to lift the metal clip on the end of the Shock as you press the Shock onto the bracket. **Do not remove the clip.** Carefully lower the Frame (79).



2. Identify the Right Upright (103), which has a Pulse Wire (121) inside of it.

Have a second person hold the Console Base (64) near the Right Upright (103) as shown. Feed the Wire Harness (90) into the indicated hole near the upper end of the right Upright and out of the hole near the lower end of the Right Upright.

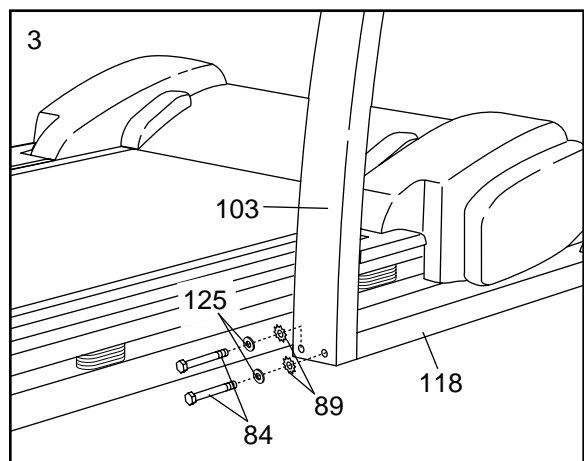
Connect the Wire Harness (90) to the Base Wire Harness (126). **If the connectors do not fit together easily, rotate them and then connect them.** Insert the connectors into the Right Upright (103). **Be careful not to damage the Wire Harness during steps 2 through 6.**



3. Have a second person hold the Right Upright (103) and the Console Base (not shown) in a vertical position.

Hold the Right Upright (103) against the Base (118) as shown. **Hand tighten** two Upright Bolts (84) with Washers (125) and Star Washers (89) into the Right Upright and the Base; **do not tighten the Upright Bolts yet.** **Be careful not to pinch the Wire Harness (not shown) inside of the Right Upright.**

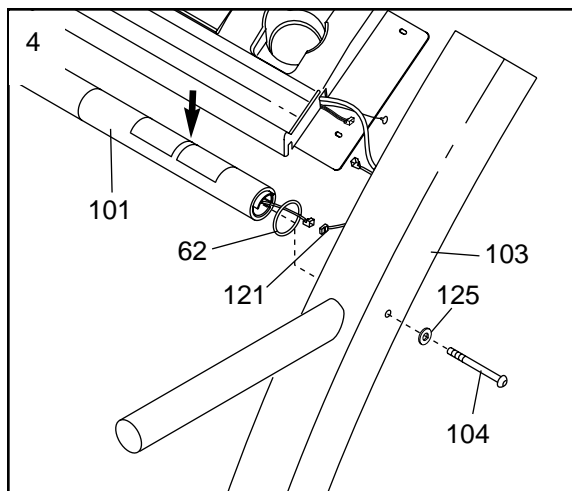
Attach the Left Upright (not shown) as described above. Note: There are no wires in the Left Upright.



4. Hold the Pulse Bar (101) near the Right Upright (103). Disconnect both ends of the Pulse Wire (121) in the Right Upright from each other. Connect the wire in the Pulse Bar to the Pulse Wire. **If the connectors do not fit together easily, rotate them and then connect them.**

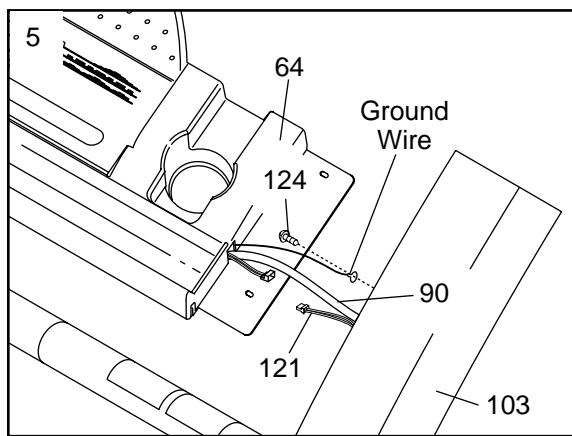
Orient the Pulse Bar (101) so that the metal pulse plates on the Pulse Bar are on the side shown by the arrow. Slide the O-ring (62) onto the end of the Pulse Bar. Insert the end of the Pulse Bar into the Right Upright (103). **Hand tighten** a Pulse Bar Bolt (104) with a Washer (125) into the Right Upright and the Pulse Bar. **Do not tighten the Pulse Bar Bolt yet.**

Hand tighten the other Pulse Bar Bolt and Washer into the Left Upright and the Pulse Bar (not shown). Note: There is not a wire in the left end of the Pulse Bar.



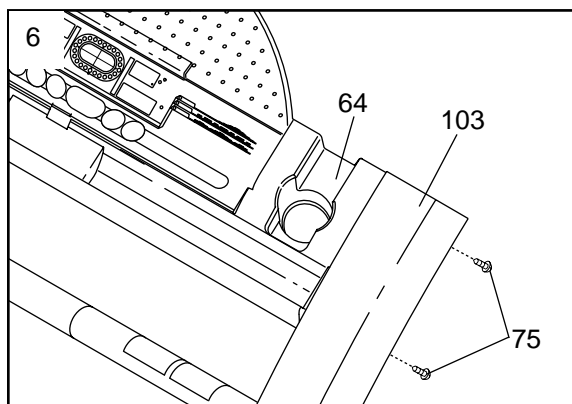
5. Locate the ground wire extending from the Console Base (64). Using the Silver Screw (124), attach the metal ring on the end of the ground wire to the small hole in the side of the Right Upright (103).

Connect the Pulse Wire (121) to the corresponding wire extending from the Console Base (64). **If the connectors do not fit together easily, rotate them and then connect them.** Insert the excess wire into the Right Upright (103).

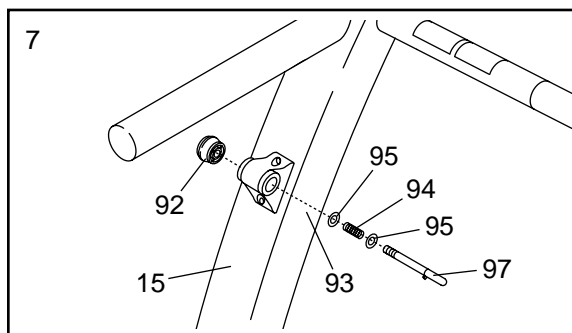


6. While a second person holds the Console Base (64) against the Right Upright (103) and the Left Upright (not shown), tighten two 3/4" Screws (75) into each Upright.

Raise the Frame (not shown) to the vertical position so it is center between the Right Upright (103) and Left Upright (not shown). Refer to step 3. Firmly tighten the four Upright Bolts (84). Refer to step 4. Rotate the Pulse Bar (101) so the palms of your hands rest comfortably on the metal pulse plates. Firmly tighten the two Pulse Bar Bolts (104).



7. Remove the Lock Knob (92) from the Lock Pin (97). Make sure that the Lock Pin Collar (95) and the Spring (94) are on the Lock Pin. (Note: If there are two Lock Pin Collars, place one on each side of the Spring.) Insert the Lock Pin into the Storage Latch Housing (93) and tighten the Lock Knob onto it.



8. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 21). To protect the floor or carpet from damage, 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. 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.

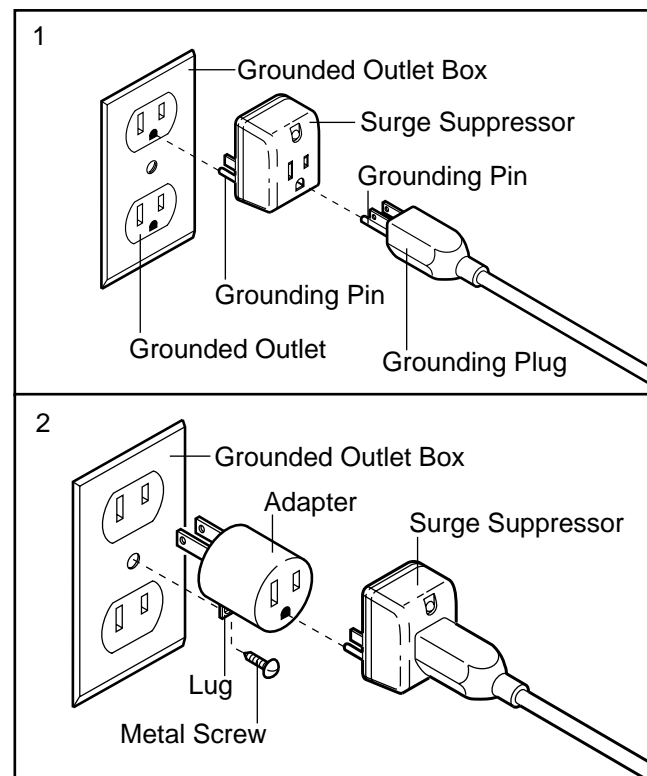
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-806-3651 and order part number 146148.

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

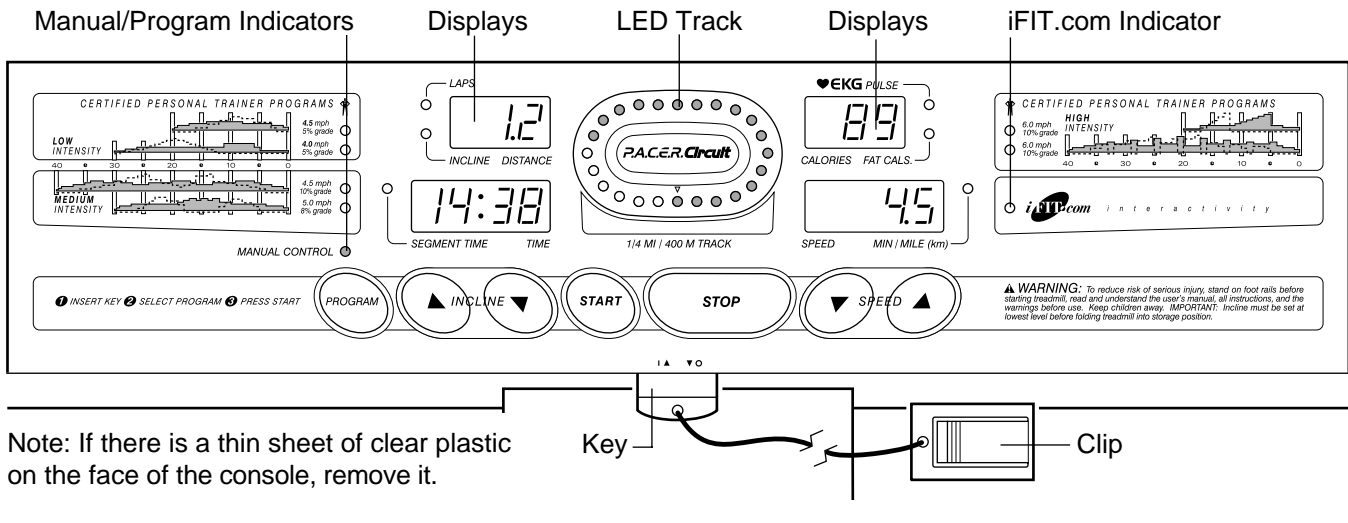


The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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.**



## 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 avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be controlled 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 using the built-in pulse sensor.

Six certified personal trainer programs are also offered. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

The console also features advanced iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two different programs designed by certified personal trainers.

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

With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for details.

**To use the manual mode of the console**, follow the steps beginning on page 10. **To use a personal trainer program**, see page 12. **To use iFIT.com CD or video programs**, refer to page 15. **To use iFIT.com programs directly from our Web site**, see page 17.

## GETTING STARTED

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

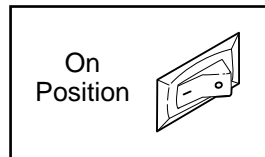
Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9), and slide the clip onto the waistband of your clothes. Next, insert the key fully into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

### 2 Plug in the power cord.

See page 8.

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

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



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

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

Note: The console can display speed and distance in either miles or kilometers (see SPEED/MIN-MILE DISPLAY on page 11). For simplicity, all instructions in this manual refer to miles.

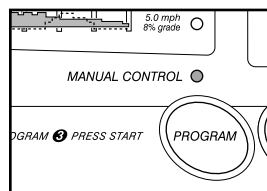
## HOW TO USE THE MANUAL MODE

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

See GETTING STARTED above.

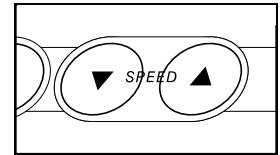
### 2 Select the manual mode.

When the key is inserted, the manual mode will be selected and the MANUAL CONTROL indicator will light. If a program is selected, press the PROGRAM button repeatedly to select the manual mode.



### 3 Press the START button or the SPEED $\Delta$ button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and carefully begin walking. As you exercise, change the speed of the walking belt as desired by pressing the SPEED buttons.

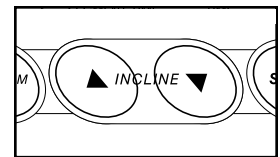


To stop the walking belt, press the STOP button. The TIME display will begin to flash. To restart the walking belt, press the START button or the SPEED  $\Delta$  button.

During the first few minutes that you use the treadmill, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 20).

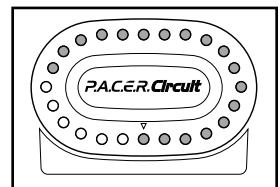
### 4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. Note: When one of the INCLINE buttons is pressed, the DISTANCE/INCLINE/LAPS display will show the incline setting for several seconds. After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

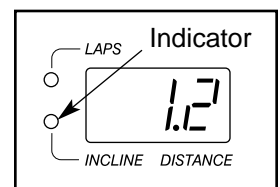


### 5 Follow your progress with the LED track and the four displays.

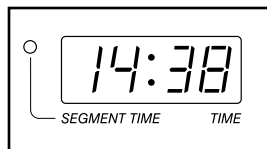
**The LED Track**—The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.



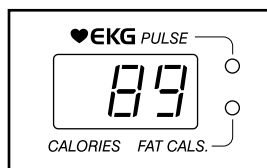
**DISTANCE/INCLINE/LAPS display**—This display shows the distance that you have walked or run, the incline level of the treadmill, and the number of laps you have completed (one lap equals 1/4 mile). The display will change from one number to the next every seven seconds, as shown by the indicators beside the display.



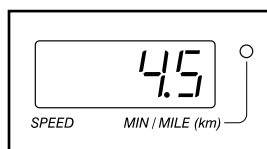
**TIME display**—When the manual mode or an iFIT.com program is selected, this display will show the elapsed time. When a personal trainer program is selected, this display will show both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other, as shown by the indicator beside the display.



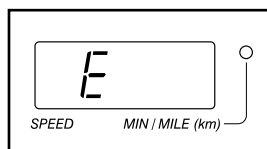
**CALS./FAT CALS./PULSE display**—This display shows the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 22). Every seven seconds, the display will change from one number to the other, as shown by the indicators beside the display. This display will also show your heart rate when the pulse sensor is used (see step 6 on this page).



**SPEED/MIN-MILE display**—This display shows the speed of the walking belt and your current pace (pace is measured in minutes per mile). Every seven seconds, the display will change from one number to the other, as shown by the indicator beside the display.



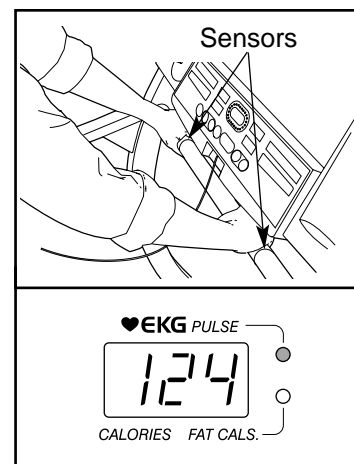
Note: The SPEED/MIN-MILE display can show speed in either miles per hour or kilometers per hour. To determine which unit of measurement is selected, hold down the STOP button while inserting the key into the console. An “E,” for english miles, or an “M,” for metric kilometers, will appear in the display. Press the SPEED  $\Delta$  button to change the unit of measurement. When the desired unit of measurement is selected, remove and then reinsert the key.



Note: To reset the displays, press the STOP button, remove the key, and then reinsert the key.

**6 Measure your heart rate, if desired.**

**Stand on the foot rails and place your hands on the metal contacts on the pulse bar. Your palms must be resting on the upper contacts—avoid moving your hands.** When your pulse is detected, the indicator above the CALS./FAT



CALS./PULSE display will light and a series of dashes (— —) will appear. Your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

**7 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 displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to page 18 and turn off the demo mode.**

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

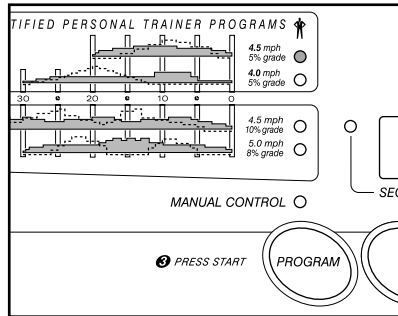
## HOW TO USE PERSONAL TRAINER PROGRAMS

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

See GETTING STARTED on page 11.

### 2 Select one of the personal trainer programs.

When the key is inserted, the manual mode will be selected. To select one of the personal trainer programs, press the PROGRAM button repeatedly until one of the six personal trainer program indicators lights.

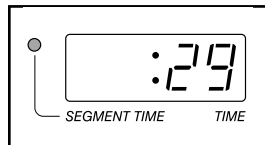


The console features two low intensity programs, two medium intensity programs, and two high intensity programs. The profiles on the console show how the speed and incline of the treadmill will change during the programs. The numbers beside the profiles show the maximum speed and incline settings for the programs. For example, the upper left profile shows that the treadmill will reach a maximum speed of 4.5 mph and a maximum incline of 5% during the first program.

### 3 Press the START button or the SPEED $\Delta$ button to start the program.

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

Each program is divided into several time segments of different lengths. The TIME display shows both the time remaining in the program and the time remaining in the current segment of the program.



One speed setting and one incline setting are programmed for each segment. When only three seconds remain in the first segment, a series of tones will sound and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the TIME display counts down to zero. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the settings by pressing the SPEED or INCLINE buttons on the console. **However, when the next segment begins, the treadmill will adjust to the next speed and incline settings of the program.**

To stop the program, press the STOP button. The TIME display will begin to flash. To restart the program, press the START button or the SPEED  $\Delta$  button. To end the program, press the STOP button, remove the key, and then reinsert the key.

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

Refer to step 5 on page 10.

### 5 Measure your heart rate, if desired.

See step 6 on page 11.

### 6 When the program is completed, remove the key from the console.

When the program has ended, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 18 and turn off the demo mode.**

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

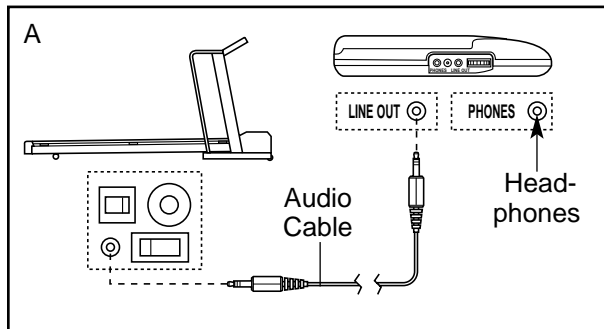
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CD's**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 13 and 14 for connecting instructions. To use **iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 15 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 14 for connecting instructions.

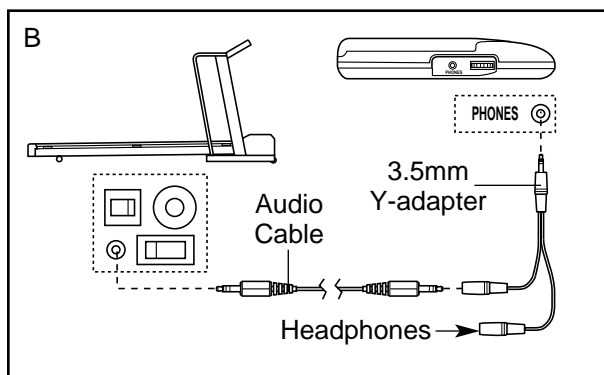
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

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



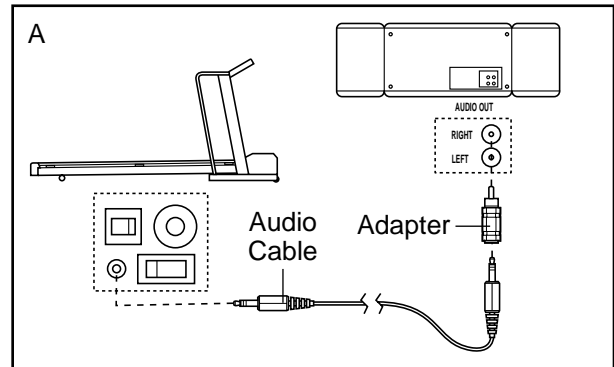
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the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



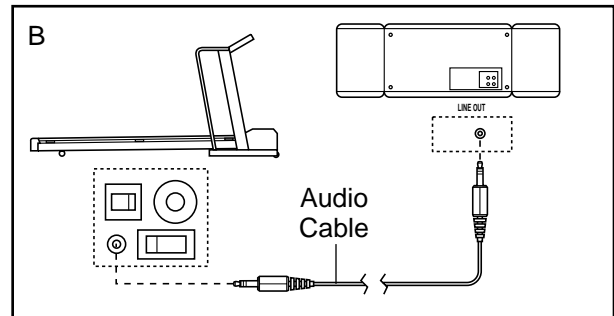
## HOW TO CONNECT YOUR PORTABLE STEREO

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

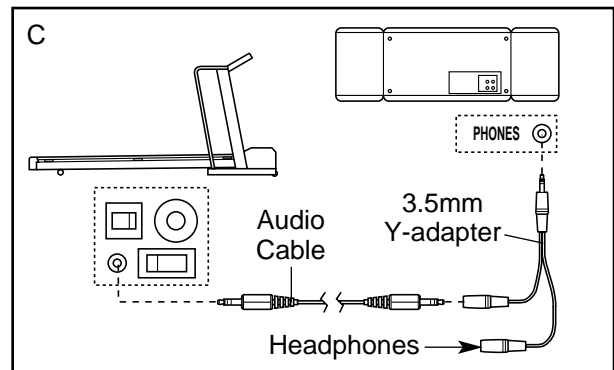
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



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



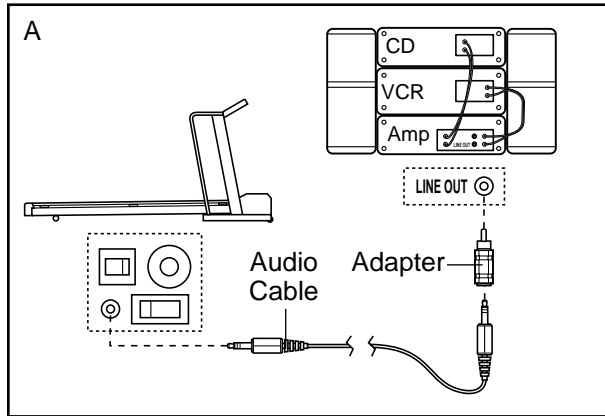
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



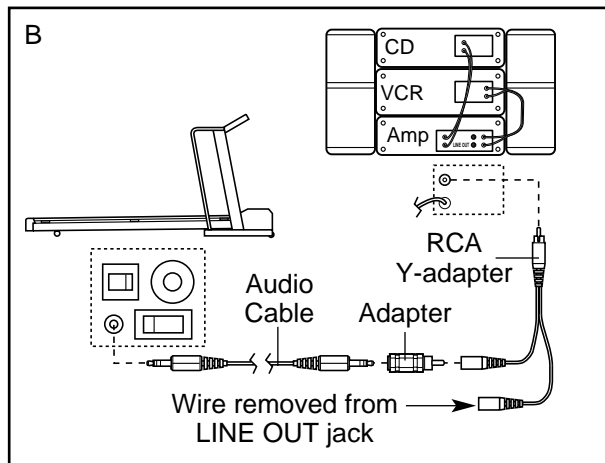
## HOW TO CONNECT YOUR HOME STEREO

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

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



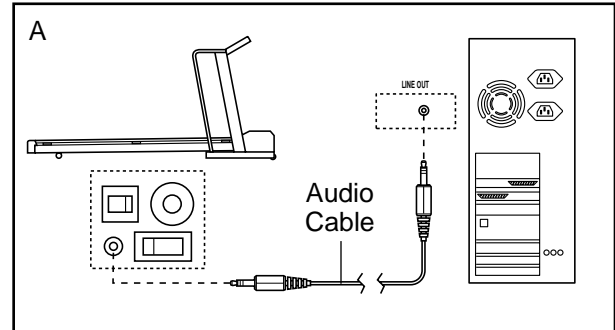
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE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



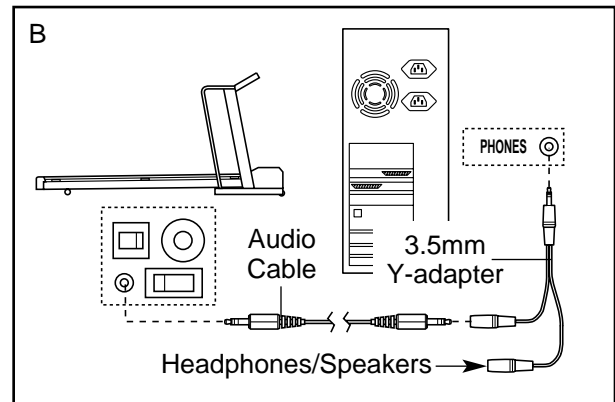
## HOW TO CONNECT YOUR COMPUTER

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

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



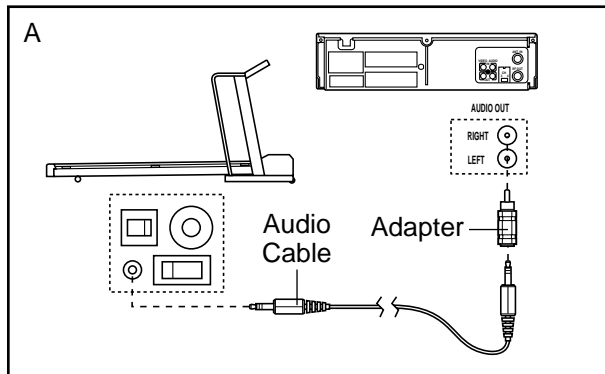
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the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



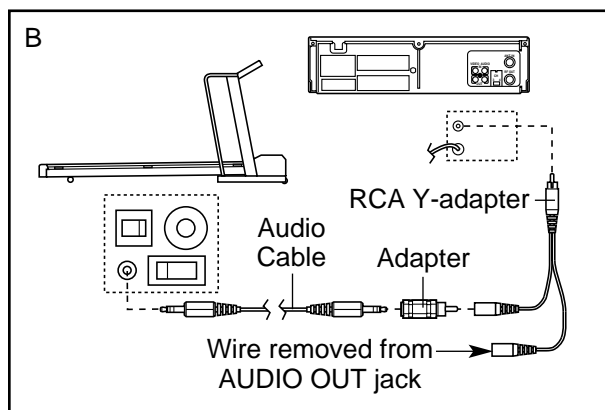
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 14.

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



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



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

To use iFIT.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on page 13. **Note:** To purchase iFIT.com CD's or iFIT.com videocassettes, see your local PROFORM dealer or call toll-free 1-800-735-0768.

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

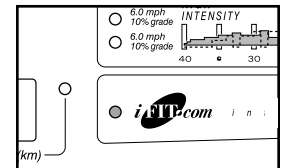
**Note:** The instructions included in the CD case describe how to use the CD with a variety of PROFORM treadmills. Some instructions may not apply to this treadmill.

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

See GETTING STARTED on page 10.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the PROGRAM button repeatedly until the iFIT.com indicator lights.



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

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

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

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

During the CD or video program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change.

**CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

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

To stop the program at any time, press the STOP button on the console. The TIME display will begin to flash. To restart the program, press the START button or the SPEED  $\Delta$  button. After a moment, the walking belt will begin to move. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the TIME display will begin to flash. Note: To use another CD or video program, press the STOP button or remove the key and go to step 1 on page 15.

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

- **Make sure that the iFIT.com indicator is lit and that the TIME display is not flashing. If the TIME display is flashing, press the START button or the SPEED  $\Delta$  button on the console.**

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

**5 Follow your progress with the LED track and the four displays.**

See step 5 on page 10.

**6 Measure your heart rate, if desired.**

See step 6 on page 11.

**7 When the iFIT.com CD or video program is finished, remove the key.**

See step 6 on page 12.

**CAUTION: Always remove iFIT.com CD's and videocassettes from your CD player or VCR when you are finished using them.**



## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 14. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

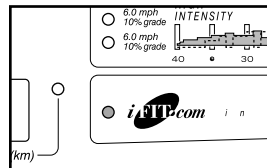
Follow the steps below to use a program from our Web site.

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

See GETTING STARTED on page 10.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the PROGRAM button repeatedly until the iFIT.com indicator lights.



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

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

### 5 Follow the desired links on our Web site to select a program.

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

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

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

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

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking.

During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

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

To stop the program at any time, press the STOP button on the console. The TIME display will begin to flash. To restart the program, press the START button or the SPEED  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph.

**When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the TIME display will begin to flash. Note: To use another program, press the STOP button and go to step 5 at the left.

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

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

See step 5 on page 10.

### 9 Measure your heart rate, if desired.

See step 6 on page 11.

### 10 When the program is finished, remove the key.

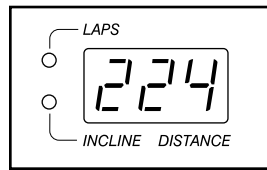
See step 6 on page 12.

## THE INFORMATION MODE/DEMO MODE

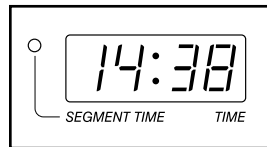
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition,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

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

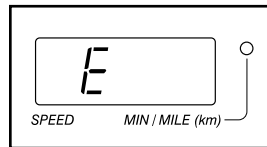
The DISTANCE/INCLINE/ LAPS display will show the total number of miles that the walking belt has moved.



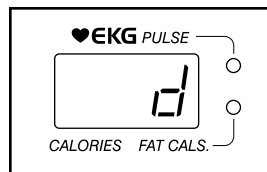
The TIME display will show the total number of hours the treadmill has been used.



An "E," for english miles, or an "M," for metric kilometers, will appear in the SPEED/ MIN-MILE display. Press the SPEED  $\Delta$  button to change the unit of measurement.



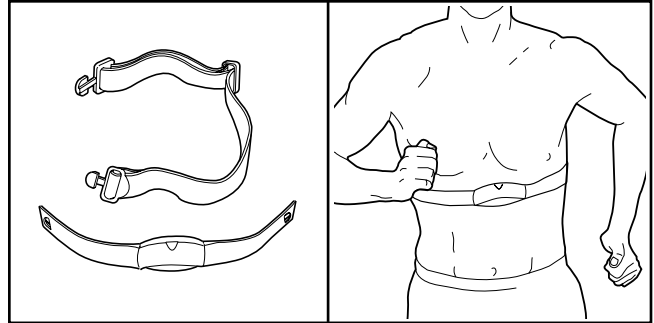
**IMPORTANT: The CALS./ FAT CALS./PULSE display should be blank.** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the CALS./FAT CALS./PULSE display when the information mode is selected, press the SPEED  $\nabla$  button so the display is blank.**



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

## OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor offers hands-free operation, and enables you to use the console's two heart rate programs. **To purchase the chest pulse sensor, call toll-free 1-800-734-2377.**



# HOW TO FOLD AND MOVE THE TREADMILL

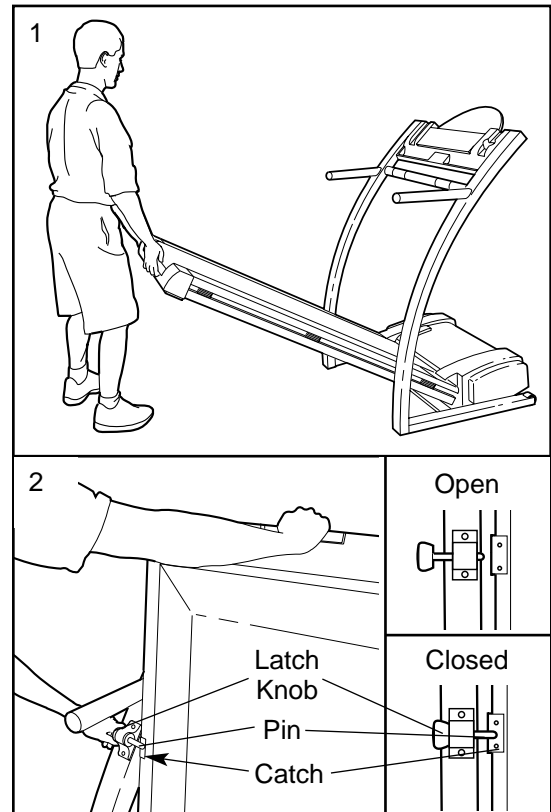
## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, 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 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, 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 hand, pull the latch knob to the left and hold it. Raise the treadmill until the pin on the latch knob is aligned with the catch. Release the pin onto the catch. **Make sure that the pin is resting on the catch.**

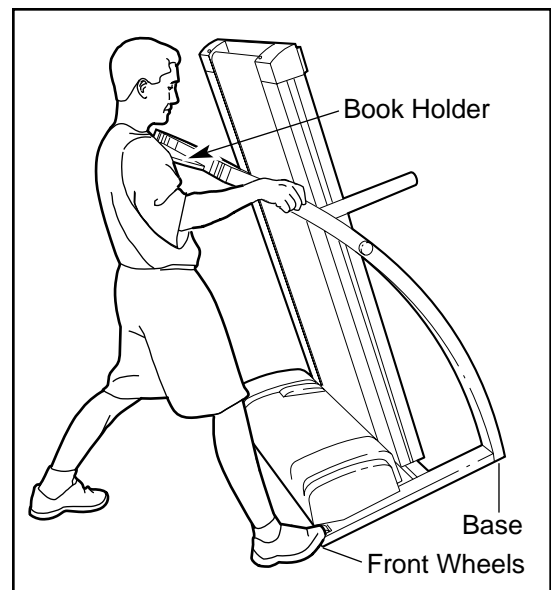
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is fully resting on the catch.**

1. Hold the treadmill 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

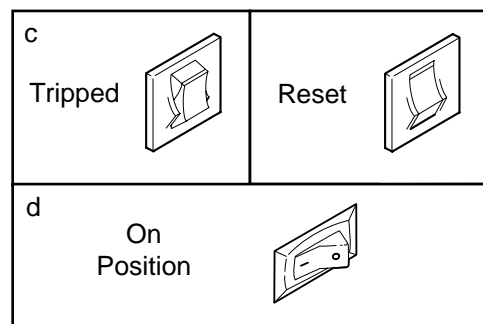
1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin. Slowly release the latch knob.
2. Refer to drawing 1 above. Hold the treadmill firmly 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 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, 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).

## 1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 8). Use only a single-outlet surge suppressor that meets all of the specifications described on page 8. Important: The treadmill is not compatible with GFCI-equipped outlets.
- After the power cord has been plugged in, make sure that the key is inserted into the console as far as it will go.
- 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.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

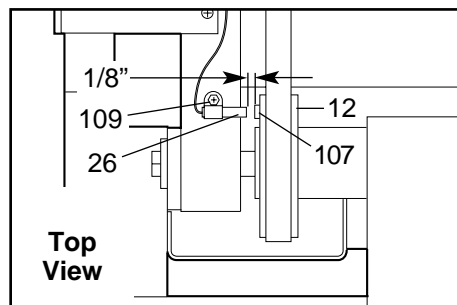
- Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console. Reinsert the key fully into the console.
- Make sure that the on/off switch is in the on position.
- If the treadmill still will not run, please call our Customer Service Department, toll-free.

## 3. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

- Make sure to stand on the foot rails and avoid moving your hands while measuring your heart rate.** Excessive movement may interfere with heart rate readings. If the pulse sensor is not used correctly, your heart rate will not be shown.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

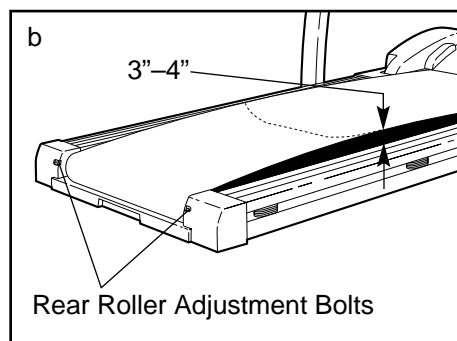
#### 4. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

- a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (26) and the Magnet (107) on the left side of the Pulley (12). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Reed Switch Screw (109) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



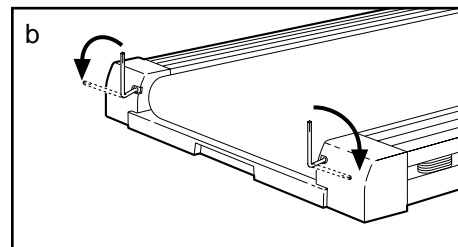
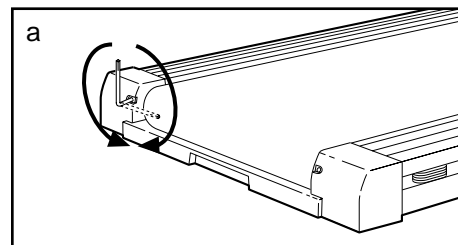
#### 5. SYMPTOM: The walking belt slows when walked on

- a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.
- 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 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.



#### 6. SYMPTOM: The walking belt is off-center

- 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 allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. 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 slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, 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 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. 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.

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

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.

To measure your heart rate during exercise, use the pulse sensor. 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 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. PFTL69502

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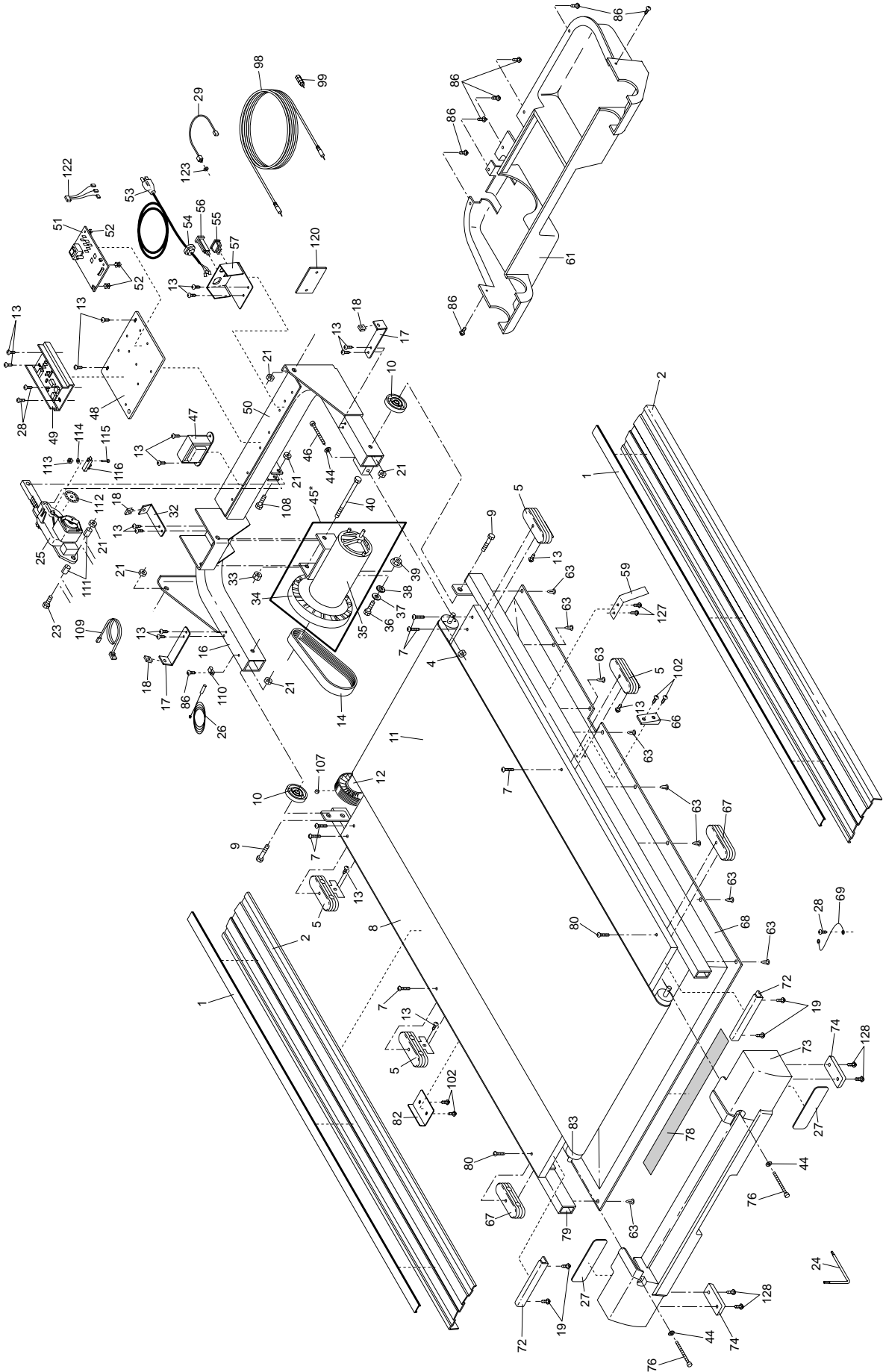
To locate the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Center Track	47	1	Choke	94	1	Spring
2	2	Foot Rail	48	1	Electronics Bracket	95	1	Lock Pin Collar
3	4	U-Nut	49	1	Controller	96	1	Pin Clip
4	1	Front Roller Adj. Nut	50	1	Electronics Shield	97	1	Lock Pin
5	4	Isolator	51	1	Power Supply	98	1	10' iFIT.com Wire
6	6	Bumper	52	4	Plastic Stand-off	99	1	Jack
7	6	Platform Screw	53	1	Power Cord	100	2	Static Decal
8	1	Walking Platform	54	1	Grommet	101	1	Pulse Bar
9	2	Frame Pivot Bolt	55	1	On/Off Switch	102	16	Screw
10	2	Frame Pivot Spacer	56	1	Circuit Breaker	103	1	Right Upright
11	1	Walking Belt	57	1	Outlet Bracket	104	2	Pulse Bar Bolt
12	1	Front Roller/Pulley	58	1	Book Rack	105	4	Upright Endcap
13	18	Small Screw	59	2	Belt Guide	106	1	Upright Grommet
14	1	Motor Belt	60	1	Shock	107	1	Magnet
15	1	Left Upright	61	1	Front Belly Pan	108	1	Lift Motor Bolt
16	1	Incline Frame	62	1	O-ring	109	1	Switch Wire
17	2	Hood Bracket (long)	63	22	Belly Pan Fastener	110	1	Reed Switch Clip
18	3	Bracket Clip	64	1	Console Base	111	1	Incline Motor Spacer
19	4	Endcap Bracket Screw	65	4	Hood Screw	112	1	Optic Disk
20	1	Console Plate	66	1	Frame Guide	113	1	Optic Switch Nut
21	8	Nut	67	2	Rear Isolator	114	1	Optic Switch Washer
22	1	Lift Motor Shield	68	1	Belly Pan	115	1	Optic Switch Bolt
23	2	Incline Motor Bolt	69	1	Ground Wire	116	1	Optic Switch
24	1	Allen Wrench	70	4	Hood Screw	117	2	Handrail Endcap
25	1	Incline Motor	71	1	Key/Clip	118	1	Base
26	1	Reed Switch	72	2	Rear Endcap Bracket	119	1	Latch Assembly
27	2	Endcap Plate	73	1	Rear Endcap	120	1	2 x 4 1/2" Spacer
28	3	Ground Screw/ Controller Screw	74	2	Rear Endcap Pad	121	1	Pulse Wire
			75	18	3/4" Screw	122	1	Motor Controller Wire
29	1	12" Audio Wire	76	2	Rear Roller Adj. Bolt	123	1	iFIT Wire Nut
30	2	Wheel Bolt	77	2	Caution Decal	124	1	Silver Screw
31	2	Front Wheel	78	1	Latch Decal	125	6	Washer
32	1	Hood Bracket (short)	79	1	Frame	126	1	Base Wire Harness
33	1	Motor Pivot Nut	80	2	Rear Deck Screw	127	4	Belt Guide Screw
34	1	Pulley/Flywheel/Fan	81	1	Console	128	4	Rear Foot Screw
35	1	Motor	82	1	Latch Catch	#	1	8" White Wire, 2 F
36	3	Motor Tension Bolt/ Frame Pivot Bolt	83	1	Rear Roller	#	1	4" White Wire, M/F
			84	4	Upright Bolt	#	1	14" Black Wire, M/R
37	1	Motor Tension Washer	85	1	Cable Tie	#	1	4" Black Wire, M/Ring
38	1	Star Washer	86	9	Cable Tie Screw/ Belly Pan Screw	#	1	8" Blue Wire, 2 F
39	1	Motor Tension Nut				#	1	4" Blue Wire, 2 F
40	1	Motor Pivot Bolt	87	2	Cable Tie Clamp	#	1	8" Green Wire, F/Ring
41	1	Motor Hood	88	2	8" Cable Tie	#	1	8" Green Wire, 2 Ring
42	1	Incline Motor Shield	89	4	Star Washer	#	1	14" Wire Harness
43	2	Incline Pivot Washer	90	1	Upright Wire Harness	#	1	User's Manual
44	3	Adj. Washer	91	2	Handrail Foam			
45*	1	Motor/Pulley/Fly./Fan	92	1	Lock Knob			# These parts are not illustrated.
46	1	Front Roller Adj. Bolt	93	1	Lock Knob Housing			

Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual.

# EXPLODED DRAWING—Model No. PFTL69502

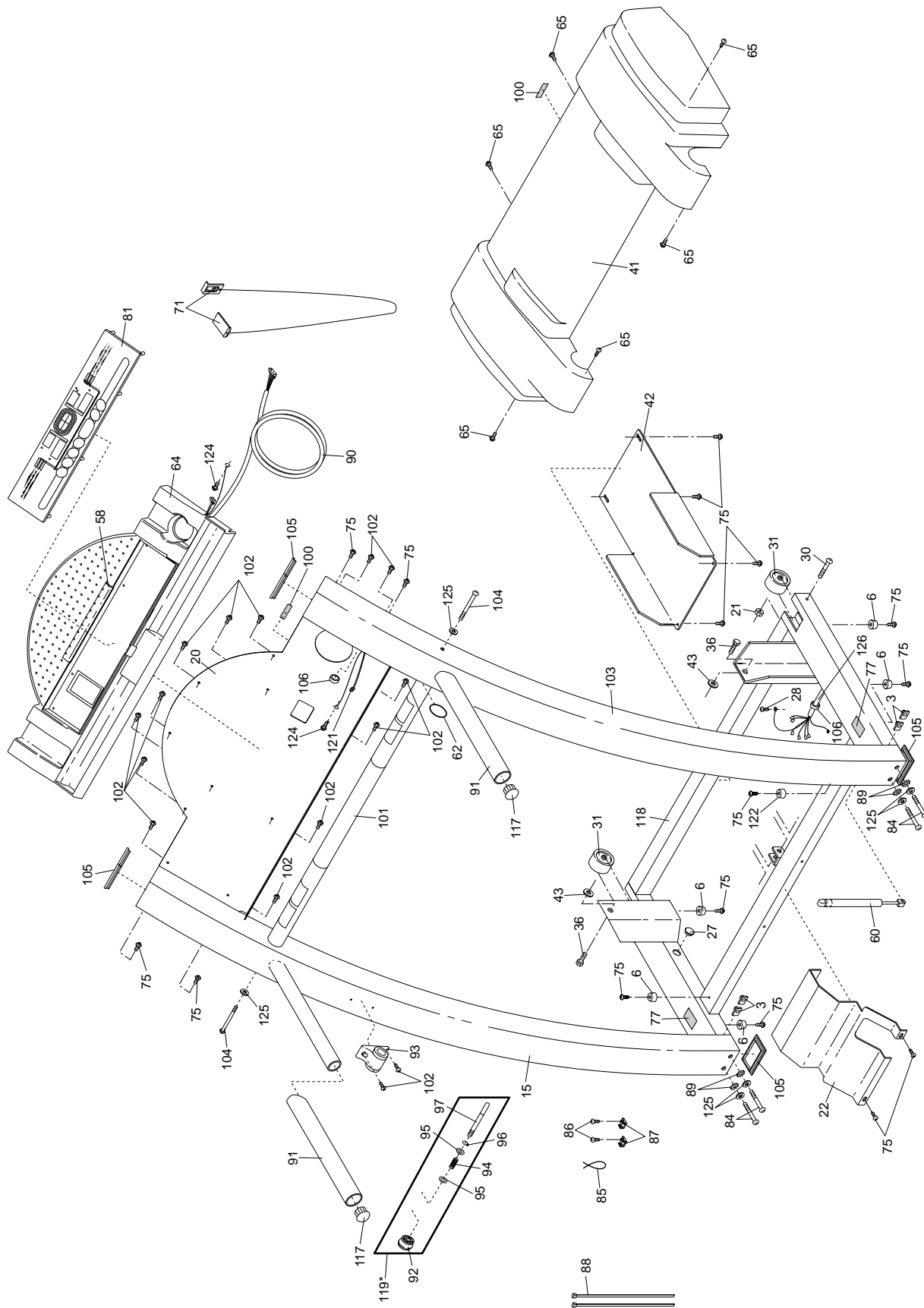
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# EXPLODED DRAWING—Model No. PFTL69502

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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 (PFTL69502)
- The NAME OF THE PRODUCT (PROFORM® PT6.0 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 on page 23 and the EXPLODED DRAWING attached in the center of this manual)

## 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 through one of its authorized service centers. All repairs for which warranty claims are made 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; 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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