

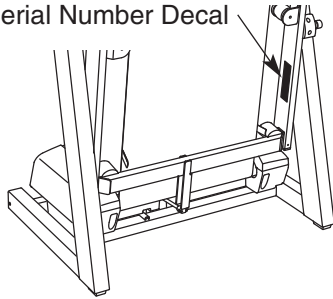
# PRO-FORM® 730

## Heart Rate Control

Model No. PFTL71104.0

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

Serial Number Decal



## USER'S MANUAL

### QUESTIONS?

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

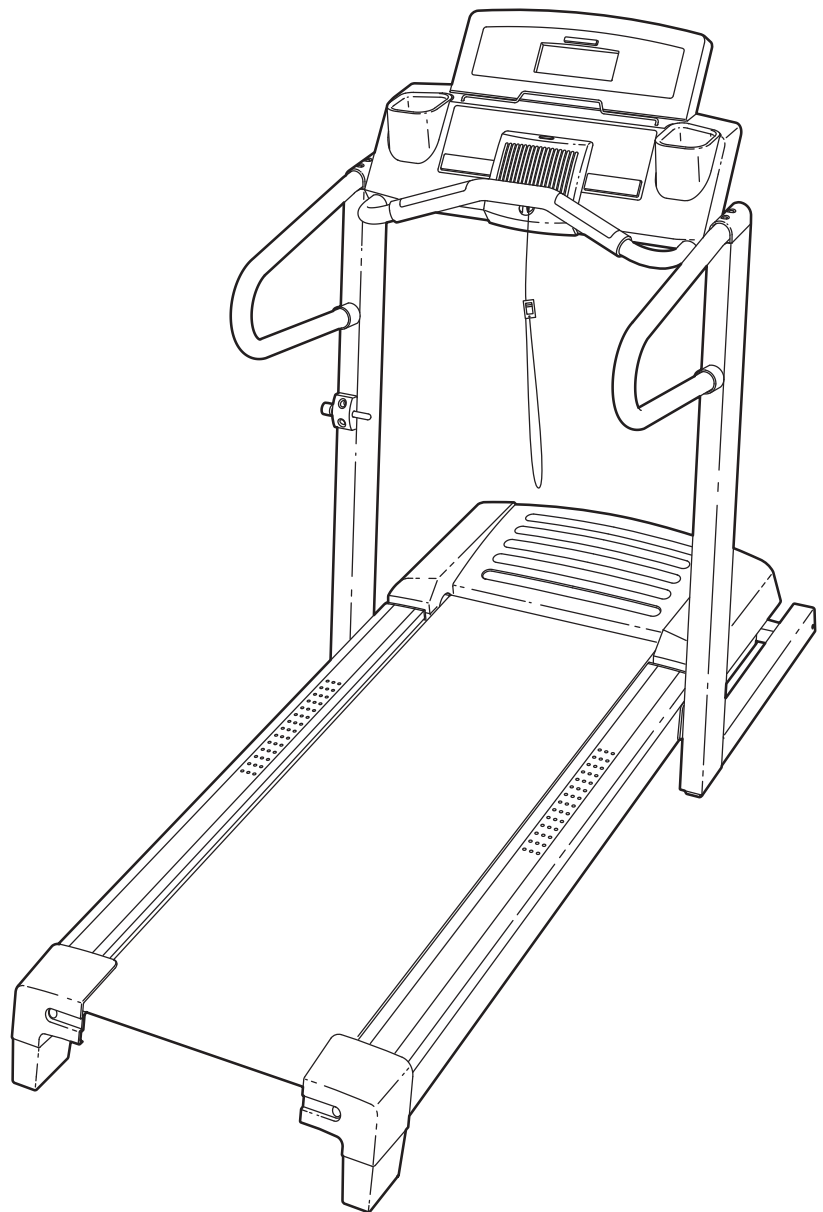
CALL TOLL-FREE:

**1-888-533-1333**

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

ON THE WEB:

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



### CAUTION

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



Visit our website at

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

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

# **PRO-FORM<sup>®</sup> 730**

## **Heart Rate Control**

---

### **TABLE OF CONTENTS**

IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.5
ASSEMBLY .....	.6
OPERATION AND ADJUSTMENT .....	.9
HOW TO FOLD AND MOVE THE TREADMILL .....	.22
TROUBLESHOOTING .....	.24
CONDITIONING GUIDELINES .....	.26
PART LIST .....	.27
ORDERING REPLACEMENT PARTS .....	.Back Cover
LIMITED WARRANTY .....	.Back Cover

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

# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 300 pounds or less.
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 9), 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 9. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 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. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
18. 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 22.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
19. When folding or moving the treadmill, make sure that the storage latch is fully closed.
20. When using iFIT.com CDs 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.

21. When using iFIT.com CDs 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.

22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

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

24. Never insert any object into any opening.

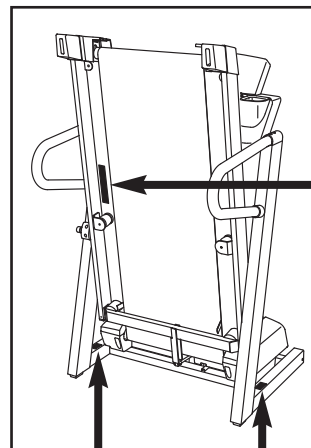
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

## SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

25. **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.

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



# BEFORE YOU BEGIN

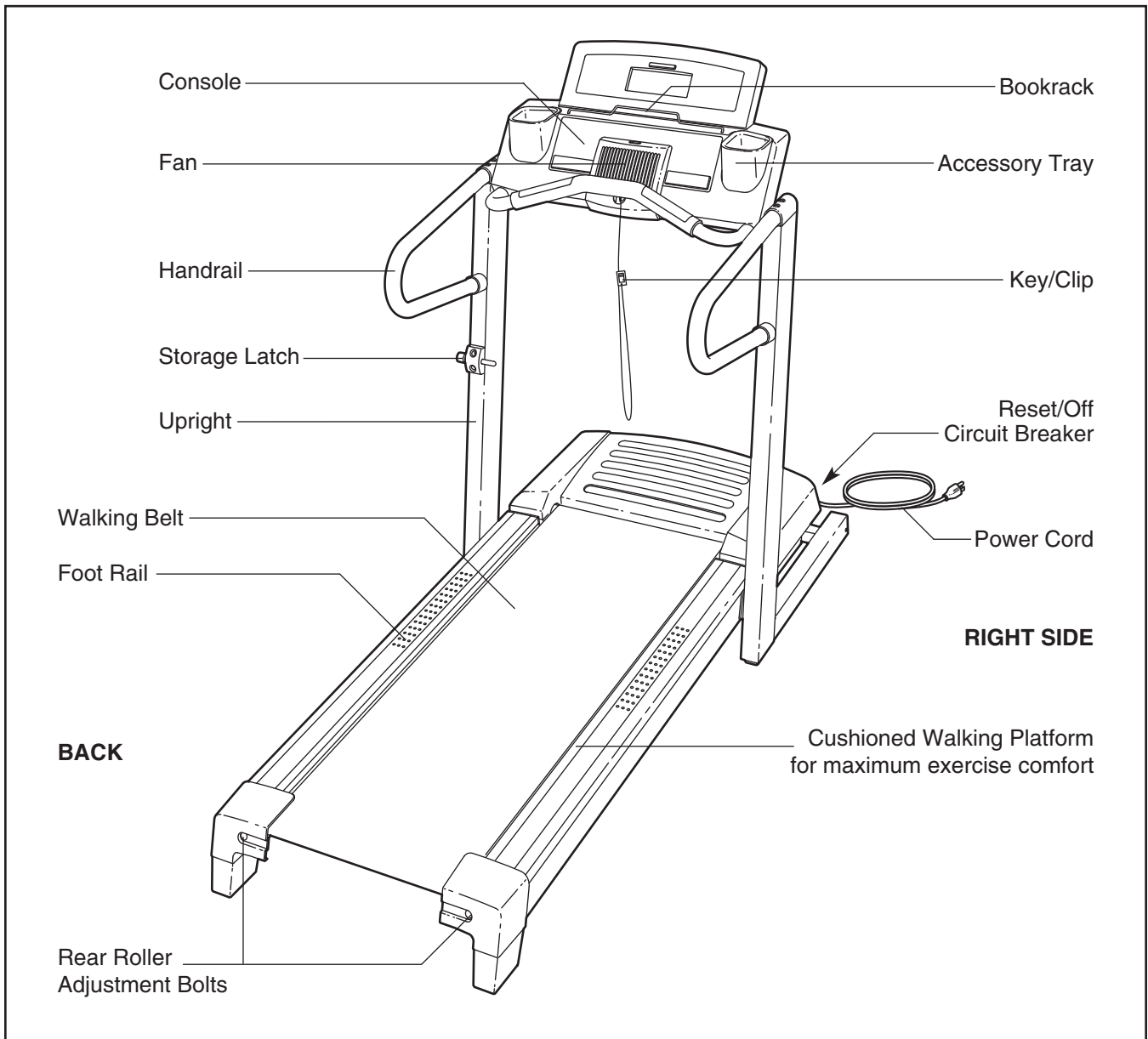
Thank you for selecting the revolutionary PROFORM® 730 treadmill. The 730 treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 730 treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before you use the treadmill.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before calling. The model number of the treadmill is PFTL71104.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

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



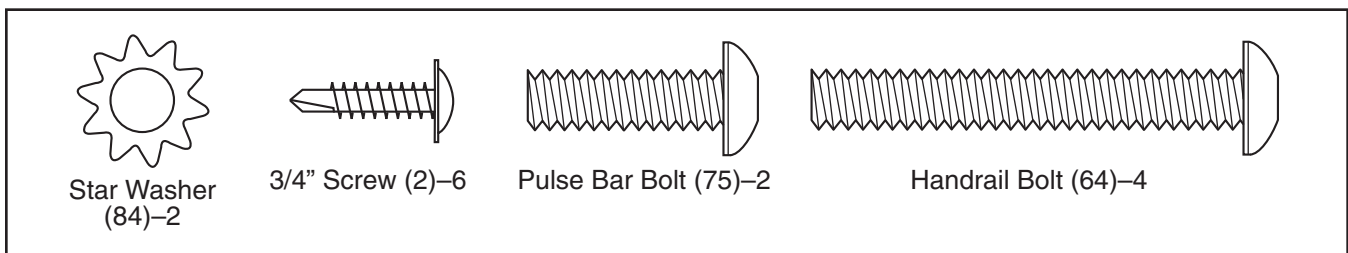
# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included allen wrenches**  **and your own phillips screwdriver**  **and wire cutters**  .

Use the drawings below to identify the hardware used during assembly. **Note: If a part is not in the parts bag, check to see if it has been preattached to one of the parts to be assembled.**

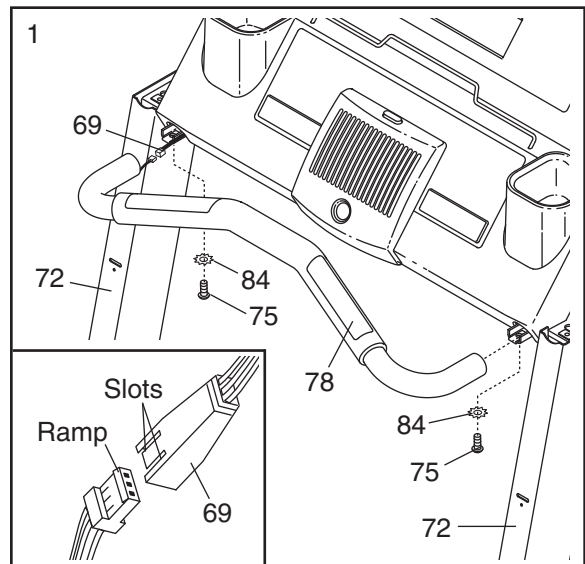


## 1. Make sure that the power cord is unplugged.

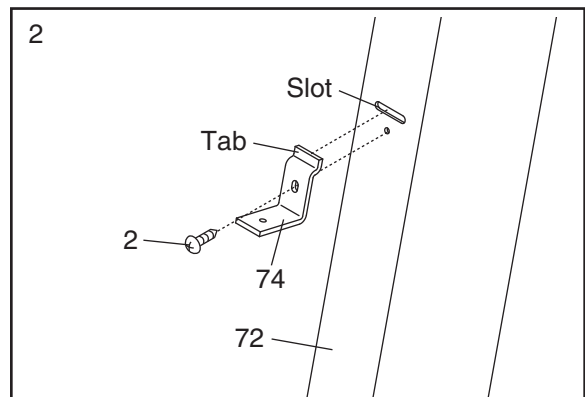
With the help of a second person, carefully raise the Uprights (72) to the position shown.

Next, orient the Pulse Wire (69) so the slots are in the position shown in the inset drawing, and orient the connector in the Pulse Bar (78) so the ramp is in the position shown. Insert the connector into the Pulse Wire. Then, insert the excess wire into the Pulse Bar.

Cut the plastic tie off the Pulse Wire (69). Attach the Pulse Bar (78) to the Uprights (72) with two Pulse Bar Bolts (75) and two Star Washers (84). **Be careful not to pinch the Pulse Wire.**



## 2. Insert the tab on one of the Handrail Brackets (74) into the slot in the right Upright (72). Attach the Handrail Bracket with a 3/4" Screw (2). Attach the other Handrail Bracket to the left Upright (not shown) in the same way.

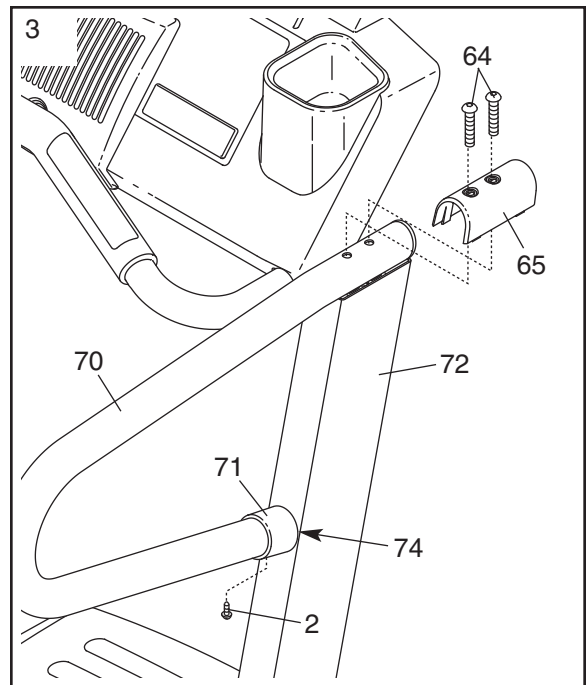


3. Press a Handrail Endcap (71) onto the lower end of one of the Handrails (70). Rotate the Handrail Endcap so that the small hole is at the bottom.

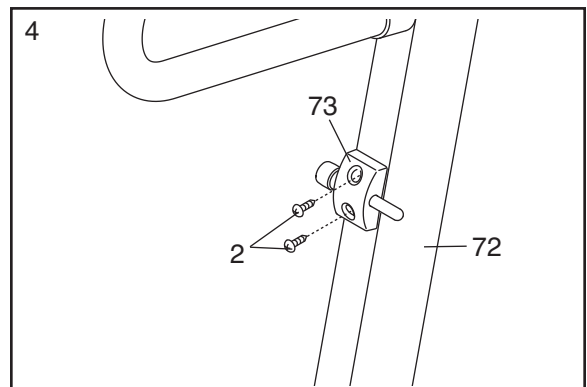
Set the Handrail (70) on the right Upright (72), with the Handrail Endcap (71) covering the Handrail Bracket (74). Attach the lower end of the Handrail with a 3/4" Screw (2).

Orient a Handrail Cover (65) as shown, and place it on the Handrail (70). Attach the upper end of the Handrail with two Handrail Bolts (64). **Firmly tighten the Handrail Bolts.**

Attach the other Handrail (70) as described above.



4. Attach the Latch Assembly (73) to the left Upright (72) with two 3/4" Screws (2).



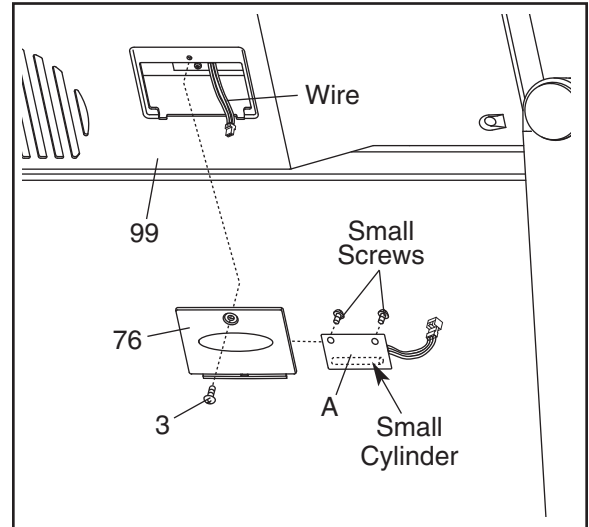
5. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 25). To protect the floor or carpet, place a mat under the treadmill. If there are thin sheets of clear plastic on the decals, remove them.

If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the key is removed from the console and the power cord is unplugged.**

Remove the indicated Screw (3) and the Access Door (76) from the back of the Console Base (99).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (99). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Back.** Attach the receiver to the plastic posts on the Access Door (76) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (76) with the Screw (3). Discard the other wires included with the receiver.





# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

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

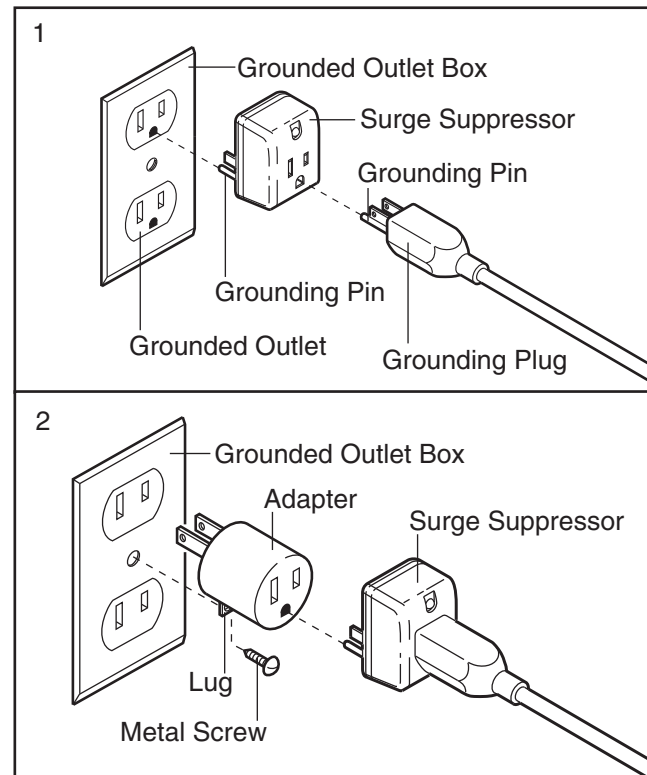
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

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

tric 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.**

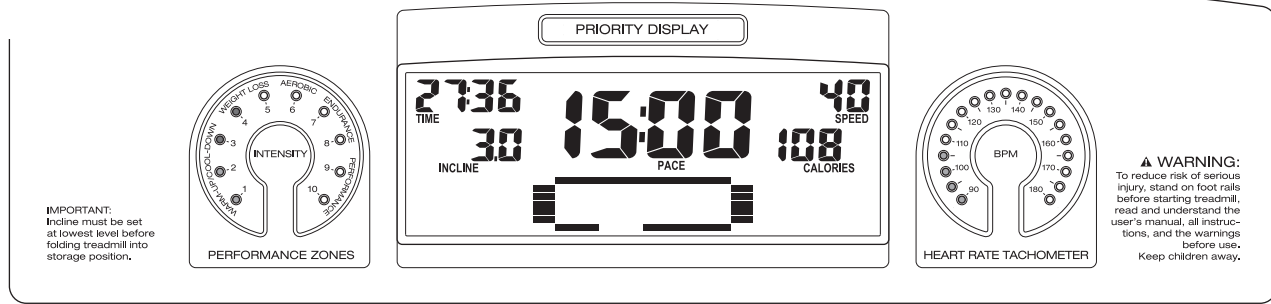
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



Note: If there is a thin sheet of plastic on the face of the console, remove it.

## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 21).

In addition, the console features six preset programs. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. The console also offers two pulse programs that control the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workouts. Note: You must wear the optional chest pulse sensor to use the pulse programs.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and ac-

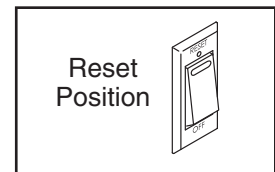
cess programs directly from the internet. See [www.iFIT.com](http://www.iFIT.com) for more information.

**To use the manual mode of the console**, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To use a pulse program**, see page 14. **To use an iFIT.com CD or video program**, see page 18. **To use an iFIT.com program directly from our Web site**, see page 20.

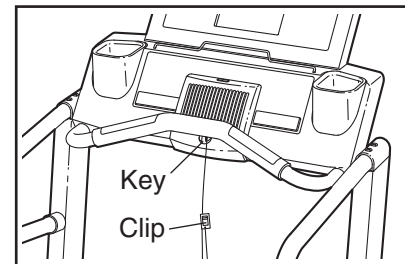
## HOW TO TURN ON THE POWER

**Note: To prevent damage to the walking platform, always wear clean shoes when using the treadmill.**

Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker near the power cord, and switch the circuit breaker to the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes.



Route the cord attached to the clip **under the handgrip pulse sensor**, and insert the key into the console. After a moment, the display will light. **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.**

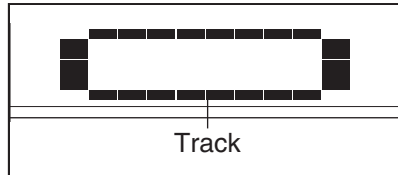
## HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER on page 10.

### 2 Select the manual mode.

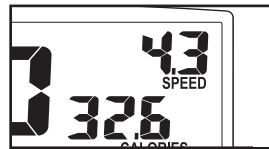
When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Programs button repeatedly until a track appears in the lower part of the display.



### 3 Start the walking belt.

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

If the Start button or the Speed + button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



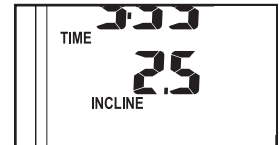
If one of the ten numbered buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed + button, or one of the ten numbered buttons.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 25).

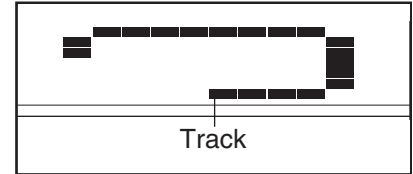
### 4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



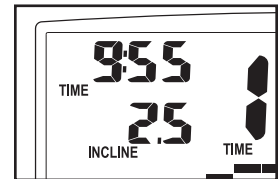
### 5 Follow your progress with the displays.

When the manual mode or the iFIT.com mode is selected, the lower part of the display will show a 1/4-mile track.

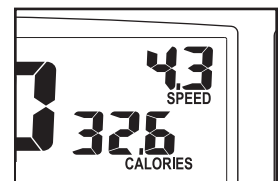


As you walk or run, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The left side of the display will show the elapsed time and the distance that you have walked or run. (Note: When a program is selected [except for pulse program P 8], the display will show the time remaining in the program instead of the elapsed time.) The left side of the display will also show the incline level of the treadmill.



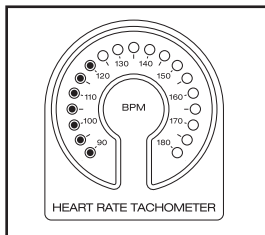
The right side of the display will show your pace (in minutes per mile) and the speed of the walking belt. In addition, the right side of the display will show the approximate number of calories you have burned. When you use the handgrip pulse sensor or the optional chest pulse sensor, the right side of the display will also show your heart rate.



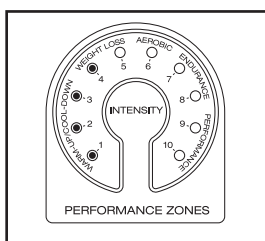
The center of the display is the priority display. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing.



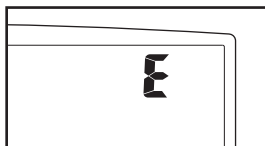
When you use the handgrip pulse sensor or the optional chest pulse sensor and your heart rate is 90 beats per minute or faster, the Heart Rate Meter will show your heart rate.



The Performance Zones display will indicate the approximate intensity level of your exercise. If four or five indicators are lit, for example, the display shows that your pace is ideal for weight loss.



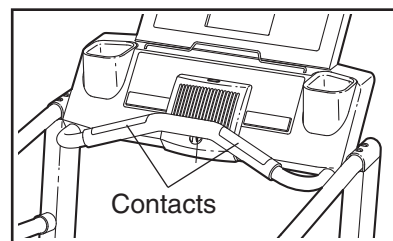
Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the right side of the display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key. **Note: For simplicity, all instructions in this section refer to miles.**



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

## 6 Measure your heart rate if desired.

Note: Before using the handgrip pulse sensor, remove the sheets of clear plastic from the



metal contacts on the pulse bar. In addition, make sure that your hands are clean. To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the right side of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 7 Turn on the fan if desired.

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

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

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

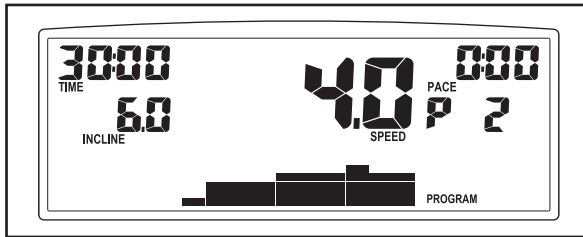
## HOW TO USE A PRESET PROGRAM

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

See HOW TO TURN ON THE POWER on page 10.

### 2 Select one of the six preset programs.

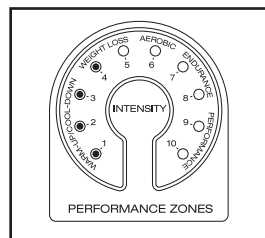
To select a preset program, press the Programs button repeatedly until a "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" appears in the right side of the display.



As each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the lower part of the display.

### 3 Adjust the intensity level of the program if desired.

The Performance Zones display will show the intensity level of the selected program; there are ten intensity levels. If desired, press the Intensity increase or decrease button to change the intensity level of the program. If you change the intensity level, the new maximum speed setting of the program and the new maximum incline setting of the program will flash in the display for a few seconds. In addition, the profile in the matrix will change to show the new speed settings of the program.



### 4 Press the Start button or the Speed + 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 either 20, 30, or 40 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment



Segment column of the matrix in the lower part of the display. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the columns to the right.

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

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

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

If the speed and/or incline settings of the program are too high or too low, you can change the intensity level of the program at any time by pressing the Intensity increase or decrease button.

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

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

See step 5 on page 11.

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

See step 6 on page 12.

**7 Turn on the fan if desired.**

See step 7 on page 12.

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

When the program ends, **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 display remains lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

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

**HOW TO USE A PULSE PROGRAM**

**⚠ CAUTION:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a pulse program.

**1 Put on the optional chest pulse sensor.**

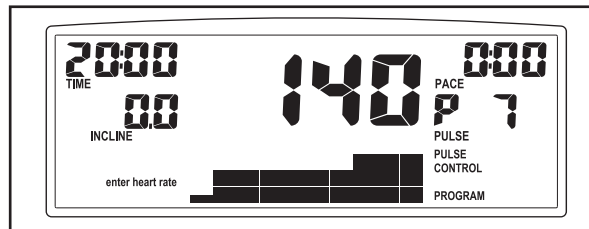
**You must wear the optional chest pulse sensor (see page 21) to use a pulse program.**

**2 Insert the key into the console.**

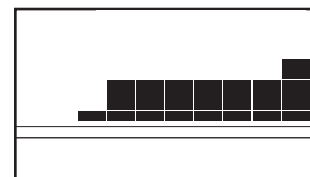
See HOW TO TURN ON THE POWER on page 10.

**3 Select one of the two pulse programs.**

To select a pulse program, press the Pulse Programs button repeatedly until a “P 7” or “P 8” appears in the right side of the display.



**If pulse program P 7 is selected,** a profile of the target heart rate settings of the program will scroll across the matrix.



**If pulse program P 8 is selected,** a pulse symbol will scroll across the matrix.



#### 4 Enter a target heart rate setting.

If pulse program P 7 is selected, the maximum target heart rate setting of the program will flash in the priority display. If desired, press the BPM increase and decrease buttons to change the maximum target heart rate setting (see **EXERCISE INTENSITY on page 26**). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.



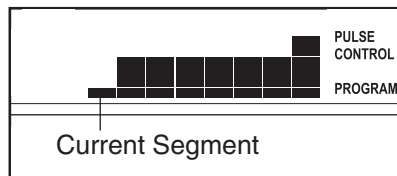
If pulse program P 8 is selected, the target heart rate setting for the program will flash in the priority display. If desired, press the BPM increase and decrease buttons to change the target heart rate setting (see **EXERCISE INTENSITY on page 26**). Note: The same target heart rate setting will be programmed for the entire program.

#### 5 Press the Start button or the Speed + button to start the program.

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

Pulse program P 7 is divided into 20 one-minute segments. One target heart rate setting is programmed for each segment. (Note: The same target heart rate setting may be programmed for two or more consecutive segments.) Pulse program P 8 is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, simply stop the program before it ends.

If pulse program P 7 is selected, the target heart rate setting for the first segment



will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of

tones will sound. In addition, the speed setting and the incline setting will flash in the display to alert you. When the first segment ends, *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both pulse programs, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters "PLS" will flash in the right side of the display and the speed of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill will automatically change to bring your heart rate closer to the target heart rate setting.

#### 6 Follow your progress with the displays.

See step 5 on page 11.

#### 7 Turn on the fan if desired.

See step 7 on page 12.

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

See step 8 on page 14.

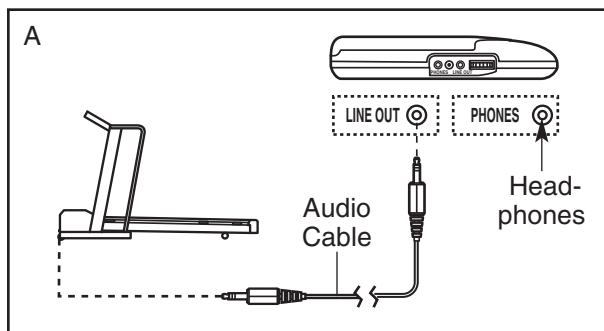
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 and 17 for connecting instructions. To use **iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 18 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 17 for connecting instructions.

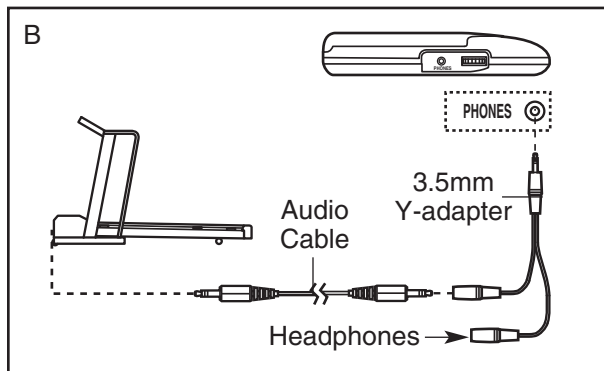
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**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.



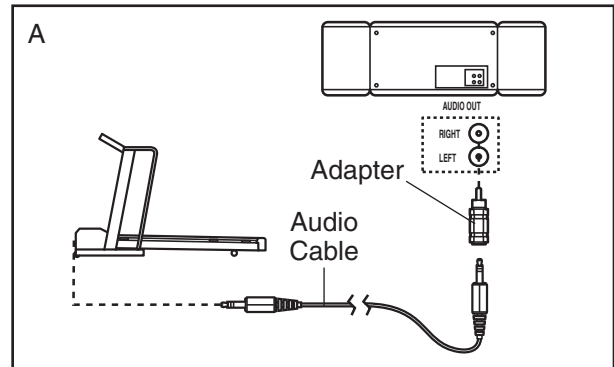
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



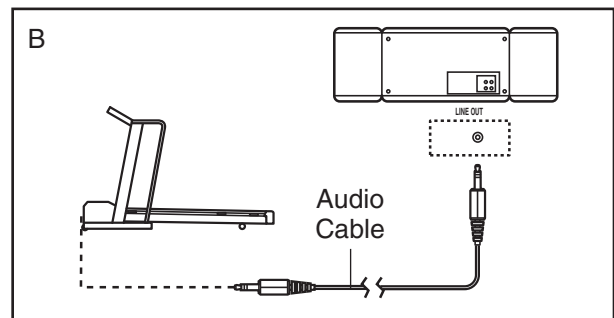
## HOW TO CONNECT YOUR PORTABLE STEREO

**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.

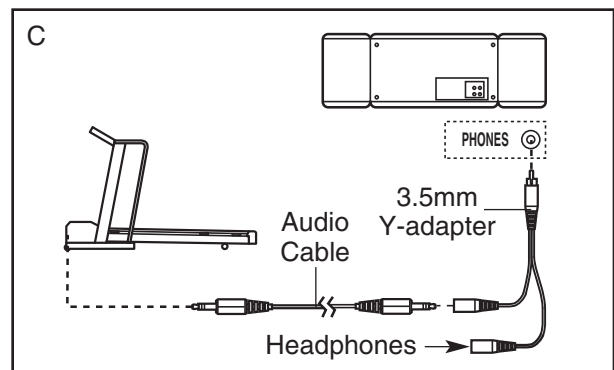
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the 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-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.

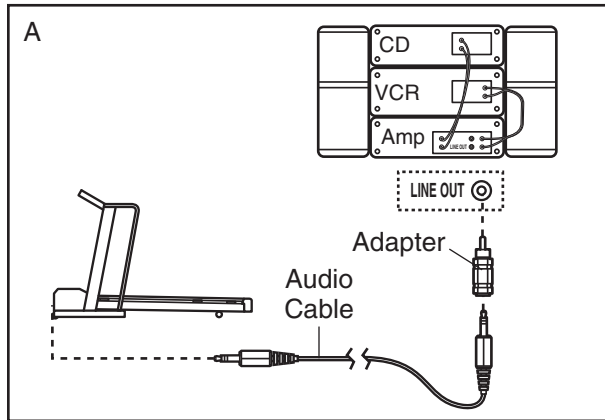




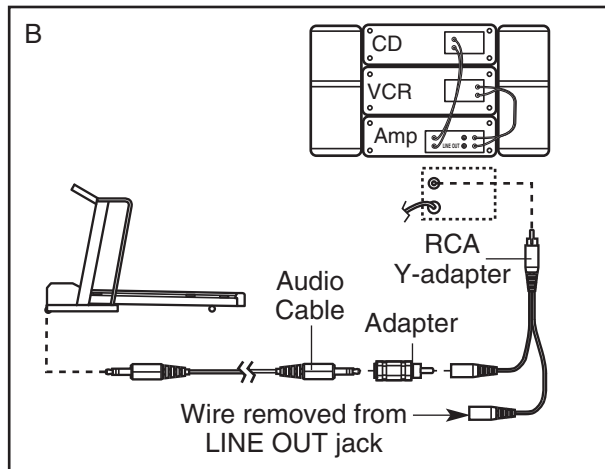
## HOW TO CONNECT YOUR HOME STEREO

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

- A. Plug one end of the audio cable into the jack on the 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.



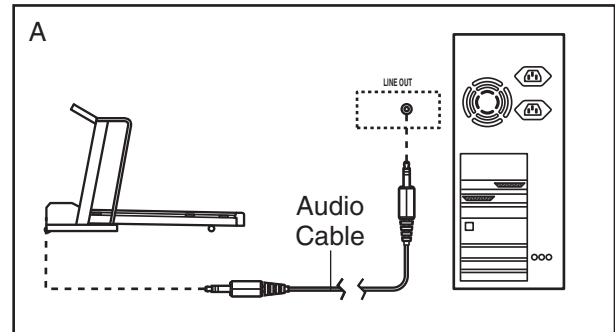
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE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



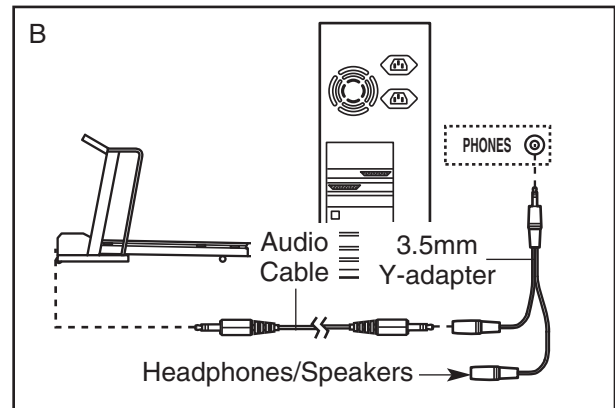
## HOW TO CONNECT YOUR COMPUTER

**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.



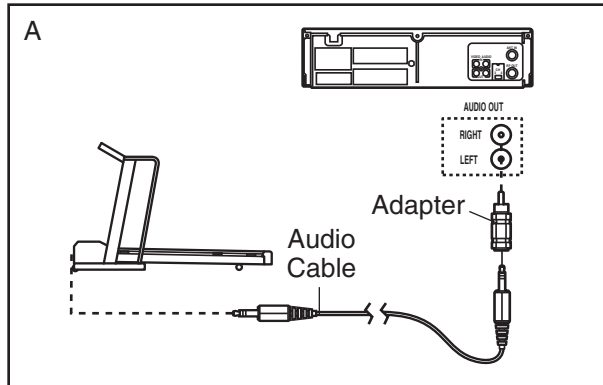
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the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



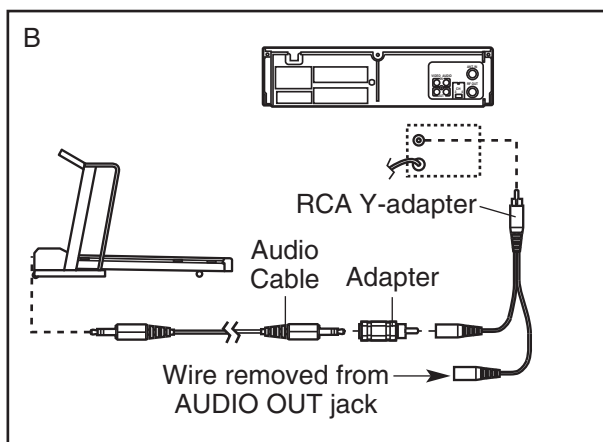
## HOW TO CONNECT YOUR VCR

**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 17.

- 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 CDs 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 16 - 18. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

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

### 1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 10.

### 2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The letters "iFIT" will appear in the display.



### 3 Press the Play button on your CD player or VCR.

Note: 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.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the display, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program while the time is flashing in the display.

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. In some instances, the speed and/or incline may change before your 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 program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 18.

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

- **Make sure that the letters “iFIT” appear in the display and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed + 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.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

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

See step 5 on page 11.

**5 Measure your heart rate if desired.**

See step 6 on page 12.

**6 Turn on the fan if desired.**

See step 7 on page 12.

**7 When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR when you are not using them.**

## HOW TO USE AN iFIT.COM PROGRAM 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 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

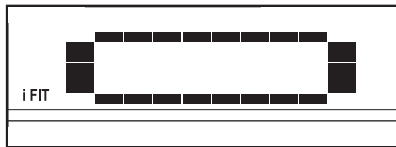
Follow the steps below to use a program from our Web site.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

### 2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The letters "iFIT" will appear in the display.



### 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 for the program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1.0 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. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the letters "iFIT" appear in the display and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.**

### 8 Follow your progress with the displays.

See step 5 on page 11.

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

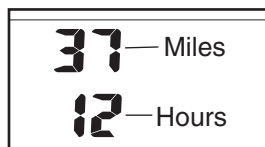
See step 8 on page 14.

## 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 select miles or kilometers as the unit of measurement and 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 in the display:

The left side of the display will show the total number of miles (or kilometers) that the walking belt has moved and the total number of hours that the treadmill has been used. An "E" for English miles or an "M" for metric kilometers will appear in the right side of the display. Press the Speed + button to change the unit of measurement.

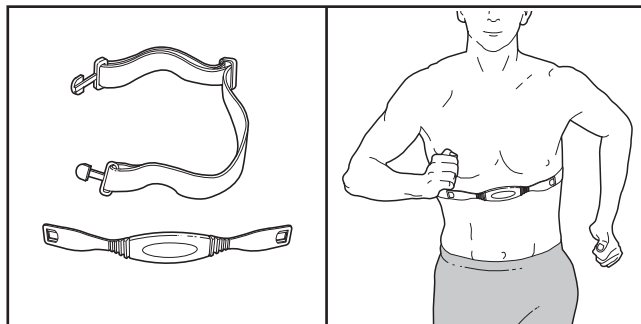


**IMPORTANT:** If a "d" appears in the right side of the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence, although the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed – button so "d" disappears.**

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

## THE 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 pulse programs. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**

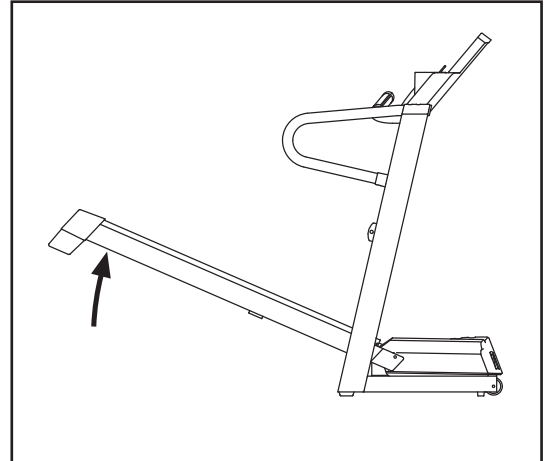


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

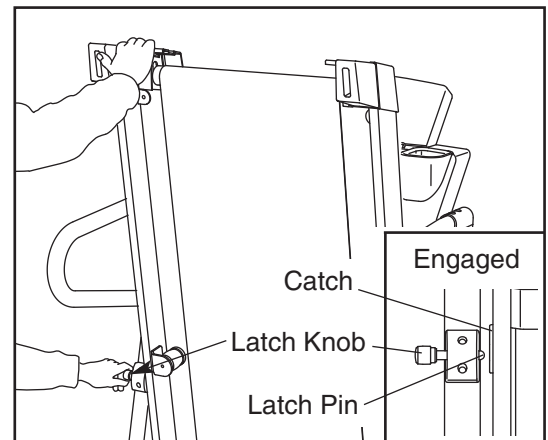
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown by the arrow at the right. **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 hand, pull the latch knob to the left and hold it. Raise the treadmill until the catch is aligned with the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

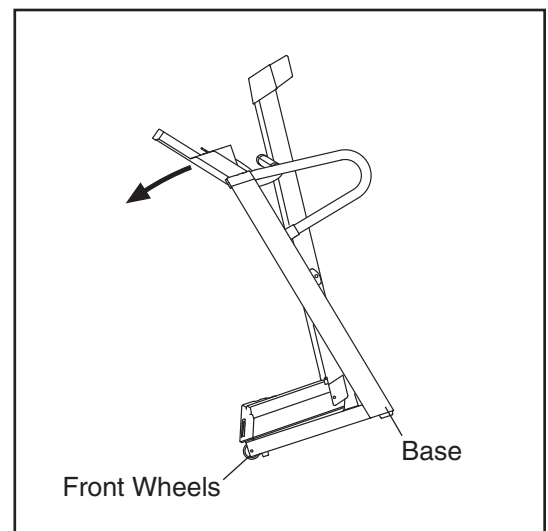
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

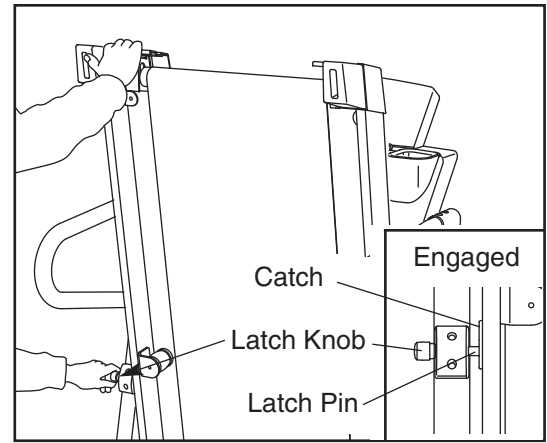
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the storage latch.**

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

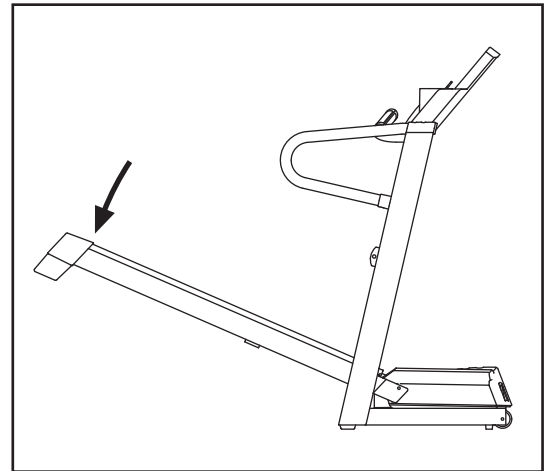


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the treadmill down until the catch is past the latch pin.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLESHOOTING

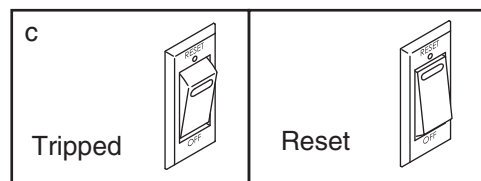
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on the front cover of this manual.

## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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

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

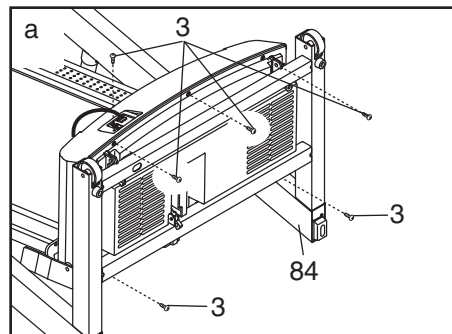
d. If the treadmill still will not run, see the front cover of this manual.

## PROBLEM: The incline of the treadmill does not change correctly

**SOLUTION:** a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

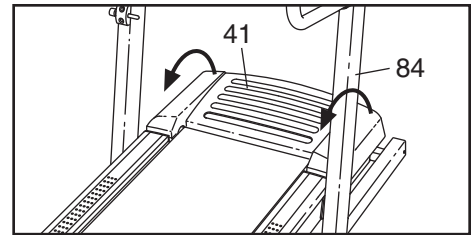
## PROBLEM: The displays of the console do not function properly

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Upright (84) down as shown. Remove the six Screws (3). Note: A phillips screwdriver with at least a 5" shaft is required.

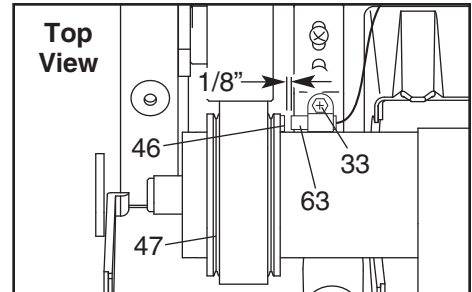




With the help of a second person, carefully raise the Uprights (84) to the position shown. Carefully pivot the Hood (41) off.



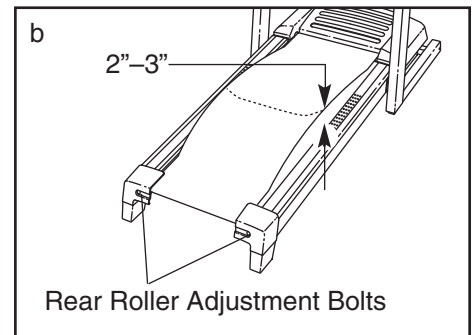
Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (33), move the Reed Switch slightly, and then 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 single-outlet surge suppressor that meets all of the specifications described on page 9.

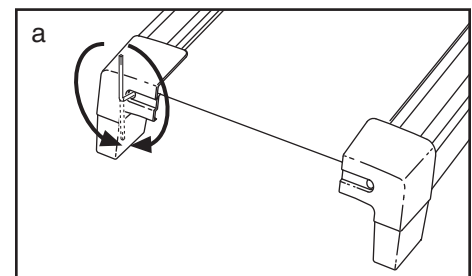
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened,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



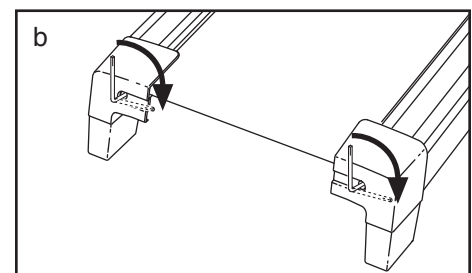
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

**SOLUTION:** a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the 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 left 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 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the 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.

## 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 heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—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. PFTL71104.0

R0205A

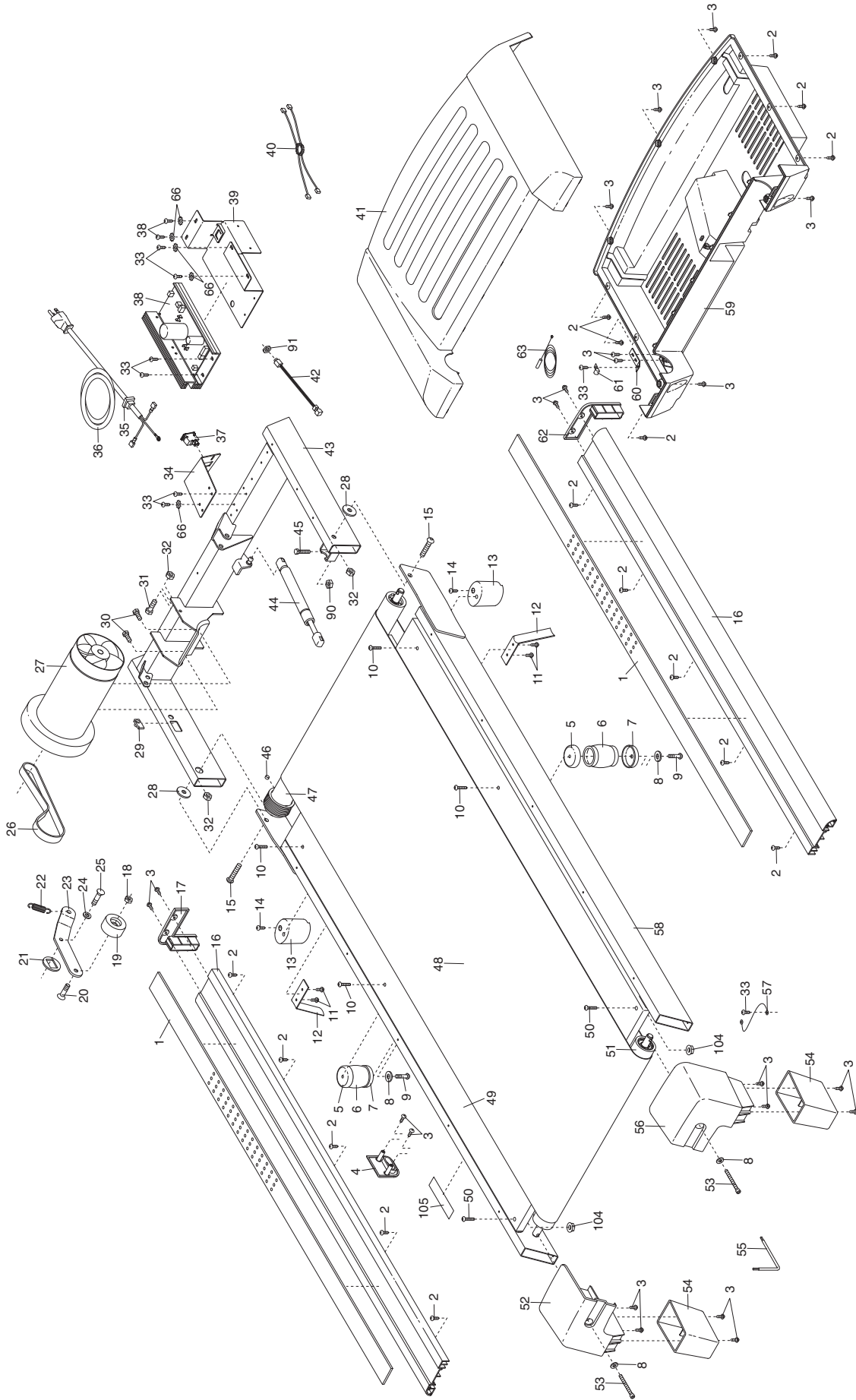
To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	60	1	Reed Switch Bracket
2	24	3/4" Screw	61	1	Reed Switch Clip
3	30	Screw	62	1	Right Front Endcap
4	1	Catch	63	1	Reed Switch
5	2	Isolator Cap, Top	64	4	Handrail Bolt
6	2	Large Isolator	65	2	Handrail Cover
7	2	Isolator Cap, Bottom	66	5	Star Washer
8	4	Washer	67	2	Round Endcap
9	2	Isolator Bolt	68	1	Console Ground Wire
10	4	Platform Bolt	69	1	Pulse Wire
11	4	Belt Guide Screw	70	2	Handrail
12	2	Belt Guide	71	1	Handrail Endcap
13	2	Front Isolator	72	1	Upright
14	2	Isolator Screw	73	1	Latch Assembly
15	2	Frame Pivot Bolt	74	2	Handrail Bracket
16	2	Foot Rail	75	2	Pulse Bar Bolt
17	1	Left Front Endcap	76	1	Access Door
18	1	Pulley Nut	77	1	Wire Harness
19	1	Idler Pulley	78	1	Pulse Bar
20	1	Pulley Bolt	79	4	Wheel Spacer
21	1	Idler Arm Spacer	80	2	Front Wheel
22	1	Idler Spring	81	2	Wheel Bolt
23	1	Idler Arm	82	2	Round Base Pad
24	1	Idler Arm Washer	83	6	Base Foot Screw
25	1	Idler Arm Pivot Bolt	84	2	Star Washer
26	1	Motor Belt	85	2	Base Pad
27	1	Drive Motor	86	1	Long Clevis Pin
28	2	Frame Washer	87	2	Cotter Pin
29	3	U-nut	88	1	Incline Motor
30	2	Motor Nut	89	1	Short Cotter Pin
31	2	Lift Frame Bolt	90	1	Front Roller Nut
32	6	Lock Nut	91	1	Wire Nut
33	18	1/2" Screw	92	1	Left Tray
34	1	Outlet Bracket	93	1	Console
35	2	Power Cord Grommet	94	1	Book Holder
36	1	Power Cord	95	1	Fan Cover
37	1	Reset/Off Circuit Breaker	96	4	Fan Screw
38	1	Controller	97	1	Fan
39	1	Electronic Bracket	98	1	Right Tray
40	1	Filter Wire	99	1	Console Base
41	1	Hood	100	1	Key/Clip
42	1	iFIT Wire	101	1	Releasable Tie
43	1	Lift Frame	102	4	Tie Clamp
44	1	Shock	103	1	Cable Tie
45	1	Front Roller Bolt	104	2	Platform Nut
46	1	Magnet	105	1	Warning Decal
47	1	Front Roller	106	2	Caution Decal
48	1	Walking Belt	107	1	Jack
49	1	Walking Platform	108	1	iFIT.com Cable
50	2	Platform Bolt, Rear	109	2	Tray Screw
51	1	Rear Roller	110	1	Incline Stop Bracket
52	1	Rear Endcap, Left	#	1	6" Blue Wire, 2F
53	2	Rear Roller Bolt	#	1	4" Red Wire, M/F
54	2	Rear Feet	#	1	6" Green Wire, M/Ring
55	1	Allen Wrench	#	1	6" Black Wire, 2 Ring
56	1	Rear Endcap, Right	#	1	User's Manual
57	1	Ground Wire			
58	1	Frame			
59	1	Belly Pan			

"#" indicates a non-illustrated part.  
Specifications are subject to change without notice.

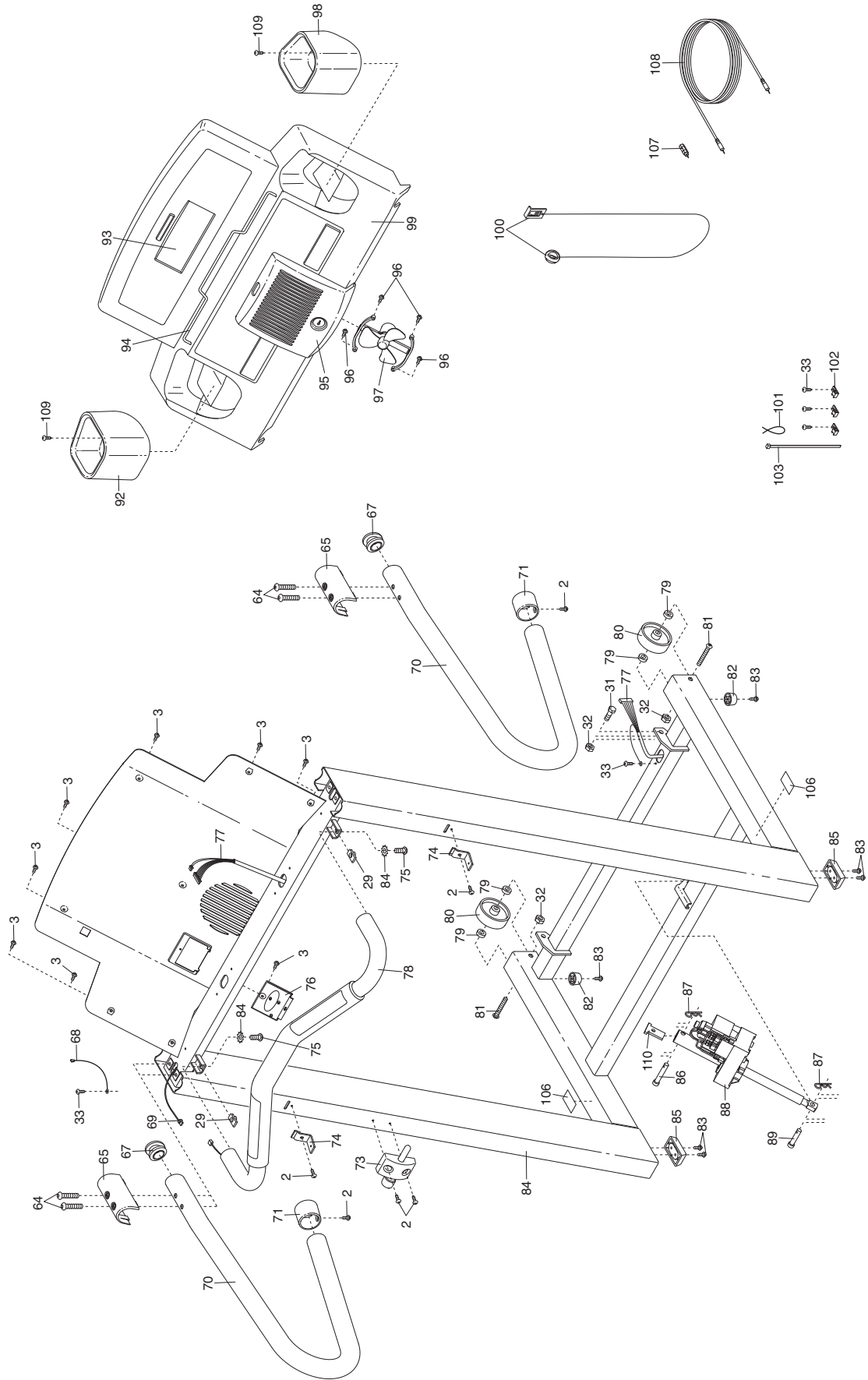
# EXPLODED DRAWING—Model No. PFTL71104.0

R0205A



# EXPLODED DRAWING—Model No. PFTL71104.0

R0205A



---

# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFTL71104.0)
- The NAME of the product (PROFORM 730 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 in the center of this manual and the PART LIST on page 27)

## 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. The drive motor is warranted for twelve (12) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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 or 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**

## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>