

# PRO-FORM<sup>®</sup>

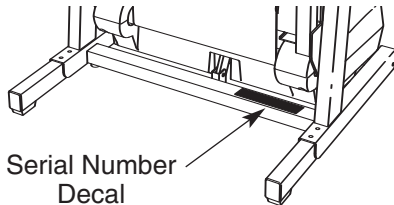
## CROSSWALK CALIBER ELITE



Model No. PFTL71505.2

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

Write the serial number in the space above for future reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

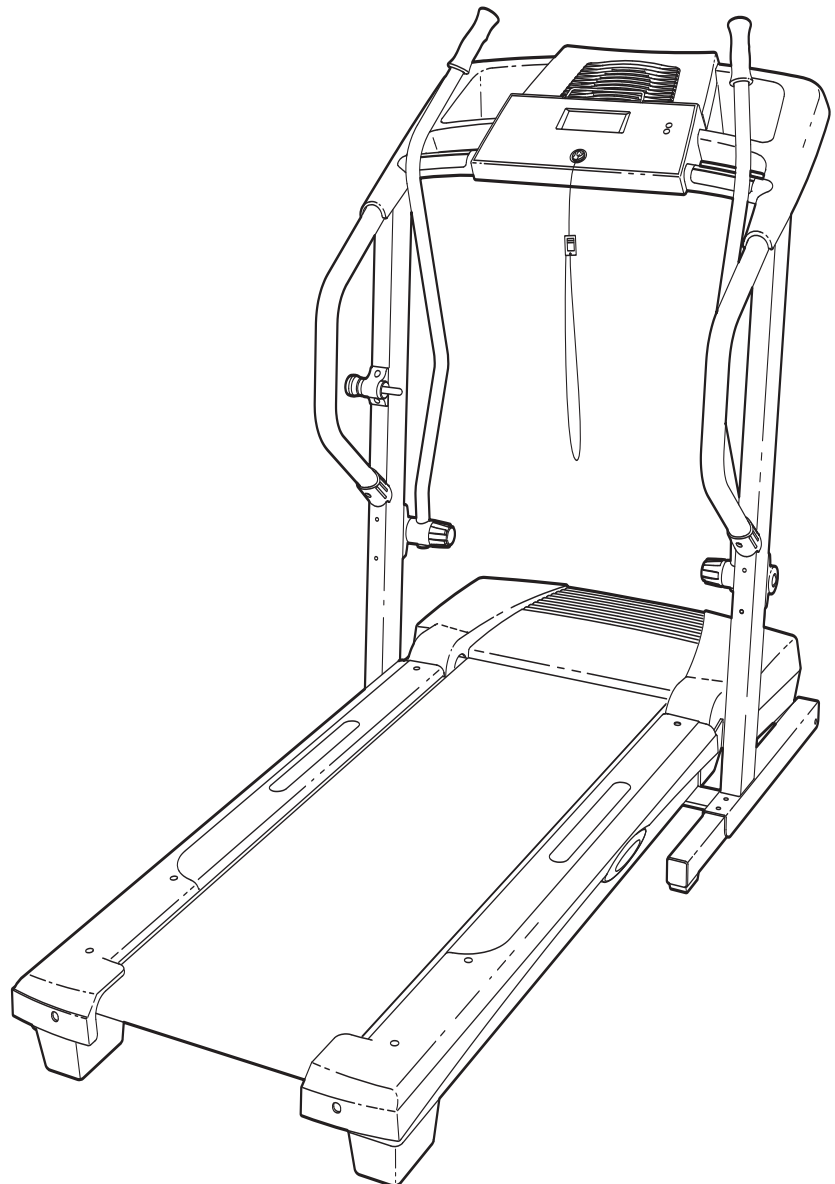
**1-888-533-1333**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 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!

# TABLE OF CONTENTS

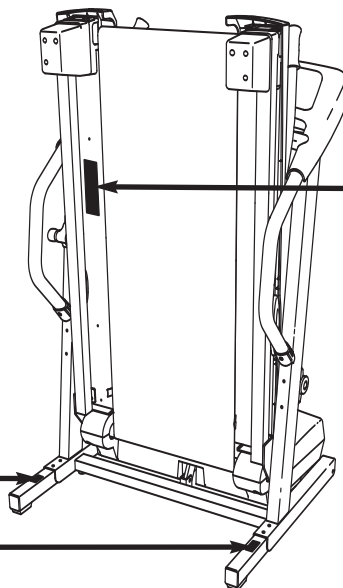
WARNING DECAL PLACEMENT .....	.2
IMPORTANT PRECAUTIONS .....	.3
BEFORE YOU BEGIN .....	.5
ASSEMBLY .....	.6
OPERATION AND ADJUSTMENT .....	.10
HOW TO FOLD AND MOVE THE TREADMILL .....	.23
TROUBLESHOOTING .....	.24
EXERCISE GUIDELINES .....	.27
ORDERING REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

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

## WARNING DECAL PLACEMENT




The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

Note: The decals may not be shown at actual size.



**▲WARNING:**

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

-  Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  Never allow children on or around treadmill.
- Remove key when not in use.
-  Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) 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.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 300 lbs. (136 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. 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.*
11. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local PROFORM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. 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.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. 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.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body arms while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. 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.

20. 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.)
21. 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 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the frame is held securely in the storage position.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert any object into any opening on the treadmill.
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.

**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

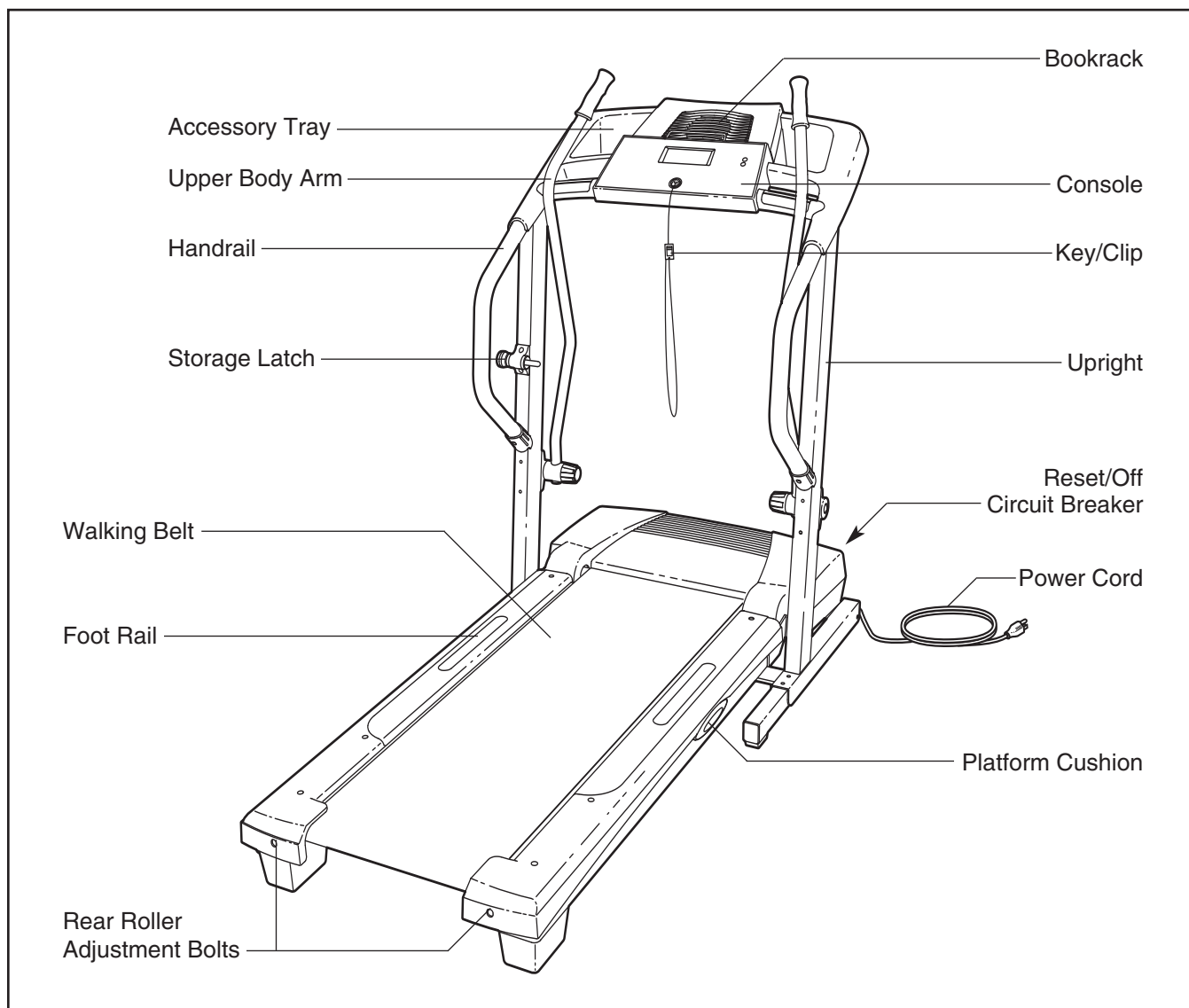
Thank you for selecting the new PROFORM® CROSSWALK CALIBER ELITE treadmill. The CROSSWALK CALIBER ELITE treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique CROSSWALK CALIBER ELITE treadmill can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

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the front cover of this man-

ual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.






**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.

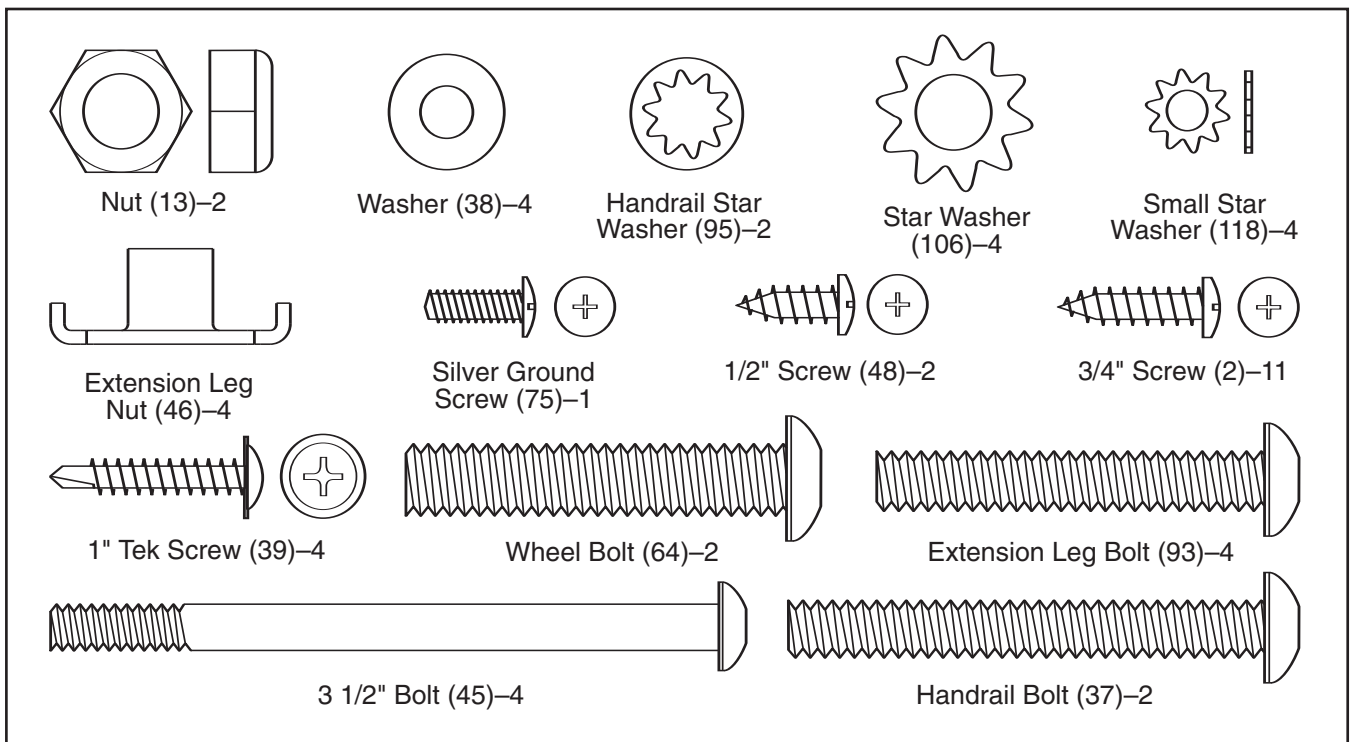


# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 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 hex key  and your own Phillips screwdriver , rubber mallet , adjustable wrench , and needlenose pliers .

For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, first check to see if it has been preassembled.

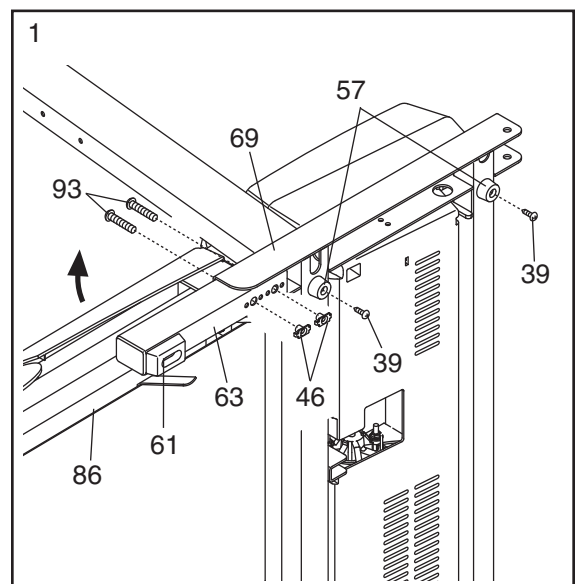


## 1. Make sure that the power cord is unplugged.

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

Insert an Extension Leg (63) into the base of the Uprights (69) with the Extension Leg Pad (61) oriented as shown. If necessary, use a rubber mallet to fully insert the Extension Leg. Next, hold two Extension Leg Nuts (46) in the bottom of the Extension Leg, and insert two Extension Leg Bolts (93) into the top of the Extension Leg. Firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.

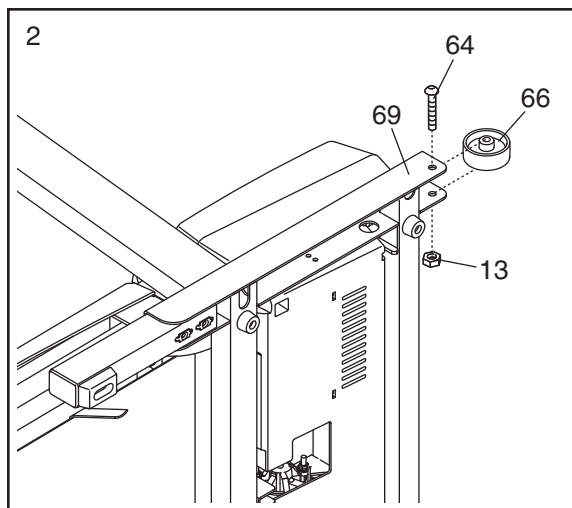
Attach two Round Base Pads (57) to the base of the Uprights (69) with two 1" Tek Screws (39).



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

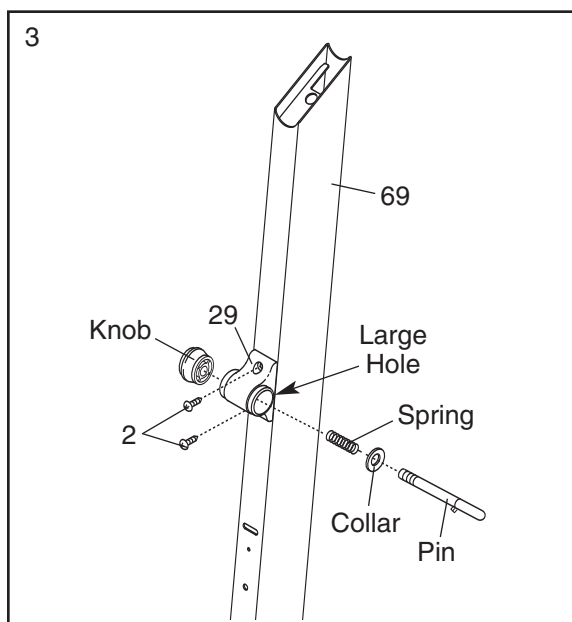
With the help of a second person, carefully tip the treadmill onto its other side. **See assembly step 1,** and attach the other Extension Leg (63) and the remaining two Round Base Pads (57). Then, attach the other Wheel (66) as described above.

With the help of a second person, carefully lower the base of the Uprights (69) to the floor so the Uprights are in a vertical position.

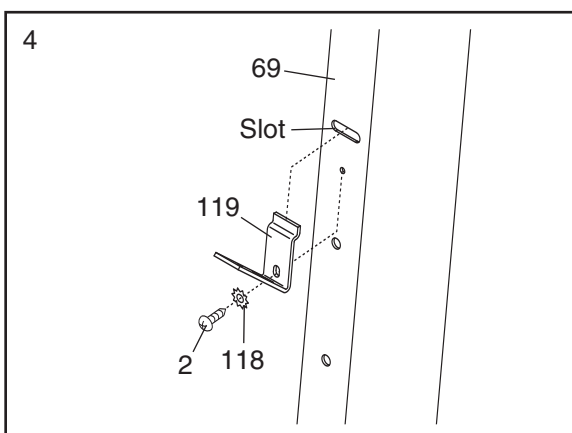


3. Attach the Latch Housing (29) to the left Upright (69) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown.**

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



4. Insert the tab on one of the Handrail Brackets (119) into the slot in the right Upright (69). Attach the Handrail Bracket with a 3/4" Screw (2) and a Small Star Washer (118). **Attach the other Handrail Bracket to the left Upright (not shown) in the same way.**

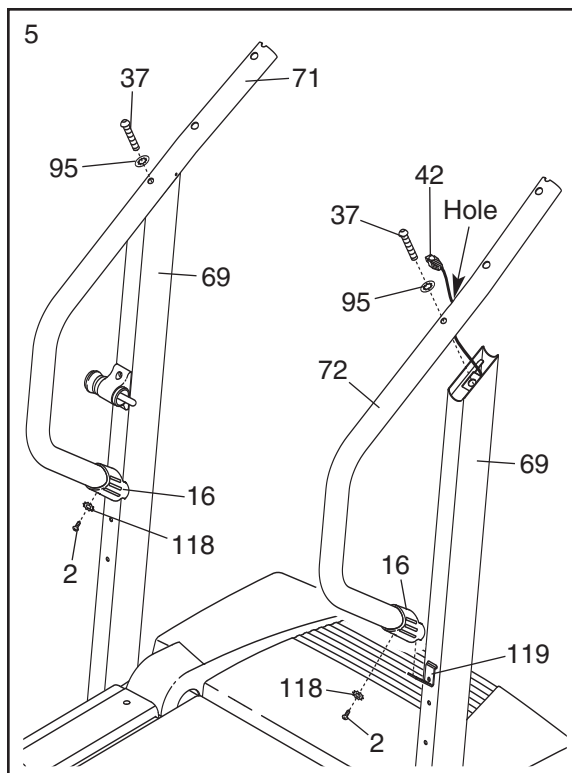


- If there is a board between the Uprights (69), remove the two bolts attaching the board. Discard the board and the bolts.

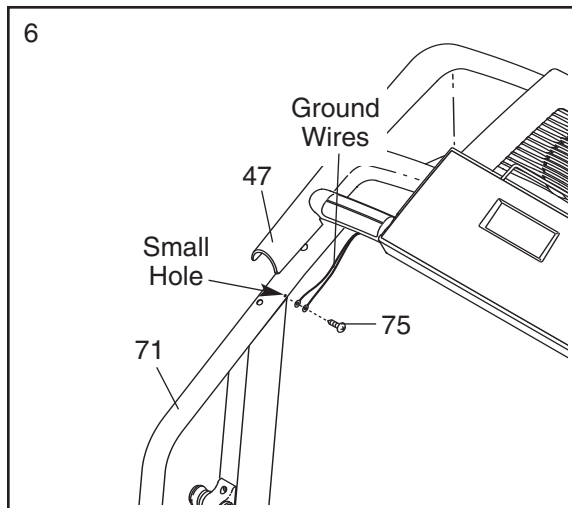
Identify the Right Handrail (72), which has a large hole in the left side. Remove the wire tie securing the Upright Wire (42) inside of the right Upright (69). Feed the Upright Wire into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.

Press a Handrail Cap (16) onto the lower end of the Right Handrail (72) as shown. Set the Right Handrail on the right Upright (69), while sliding the lower end of the Right Handrail onto the Handrail Bracket (119). Attach the Right Handrail with a Handrail Bolt (37) and a Handrail Star Washer (95) in the upper end and a 3/4" Screw (2) and a Small Star Washer (118) in the lower end. **Be careful not to pinch the Upright Wire (42).**

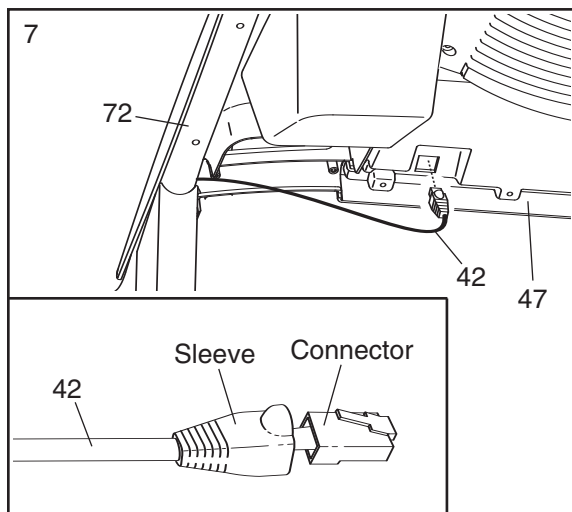
**Attach the Left Handrail (71) as described above.**  
**Note: There is no wire on the left side.**



- Hold the Console Base (47) near the Left Handrail (71). Attach the ends of the ground wires on the Console Base to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).



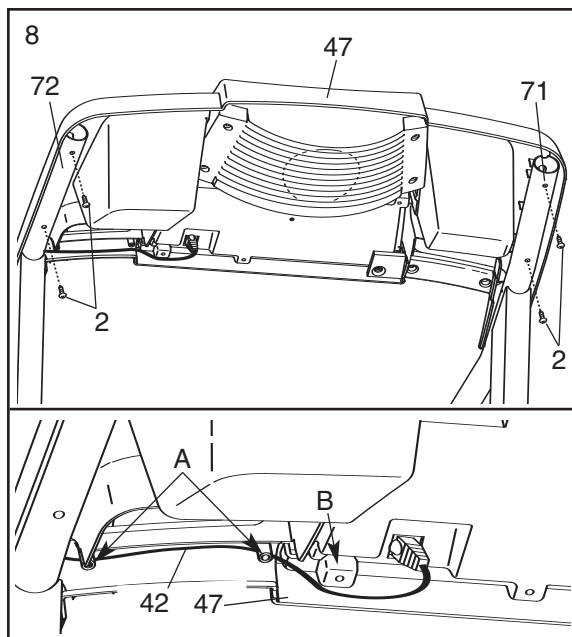
- Touch the Right Handrail (72) to discharge any static. See the inset drawing.** Slide the sleeve off the connector on the Upright Wire (42). Next, press the end of the Upright Wire into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If it does not, turn the connector and then insert it. **IF THE CONNECTOR IS NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN YOU TURN ON THE POWER.** Then, slide the sleeve back over the connector.



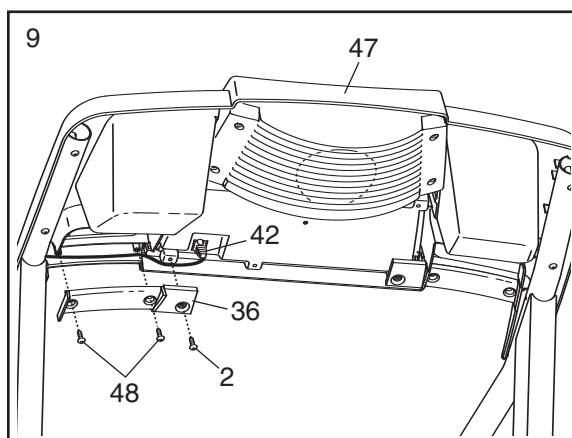


- Set the Console Base (47) on the Handrails (71, 72). Attach the Console Base with four 3/4" Screws (2). **Start all four Screws before tightening them; do not over-tighten the Screws.**

See the lower drawing. **Make sure that the Upright Wire (42) is routed below the two indicated round posts (A).** Next, press the Upright Wire into the slot between the square post (B) and the Console Base (47).



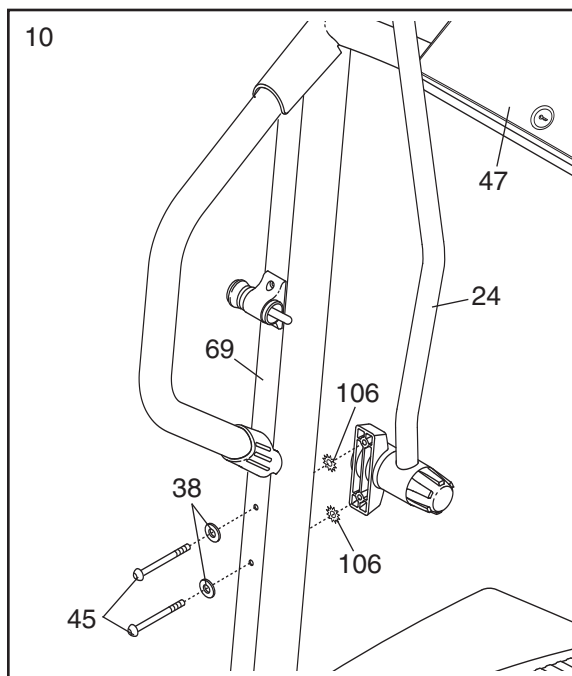
- Cover the Upright Wire (42) with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten two 1/2" Screws (48) and a 3/4" Screw (2) into the Right Grip Plate and the Console Base (47).



- Attach the Left Upper Body Arm (24) to the left Upright (69) with two 3 1/2" Bolts (45), two Washers (38), and two Star Washers (106) as shown. **Make sure that the Left Upper Body Arm is on the indicated side of the Console Base (47).**

Attach the Right Upper Body Arm (not shown) to the right Upright (not shown) in the same way.

- Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.



# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

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

## HOW TO PLUG IN THE POWER CORD

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

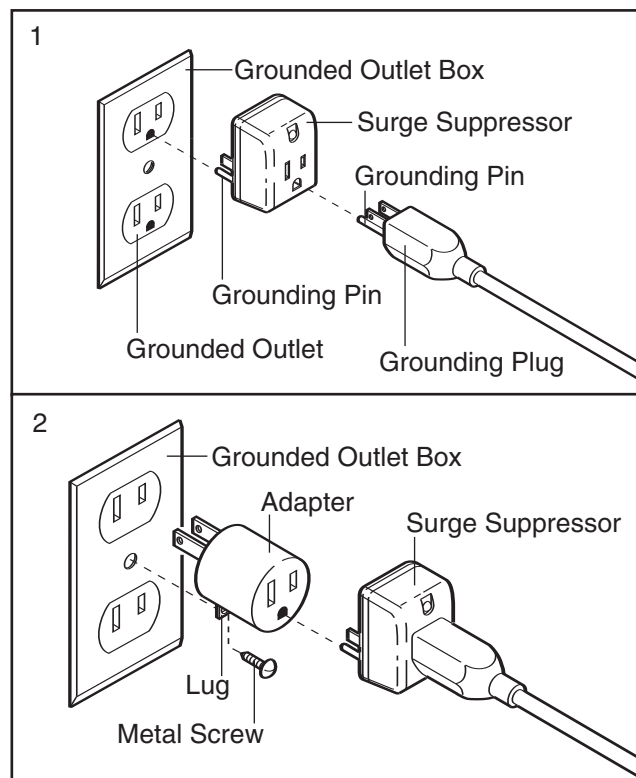
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

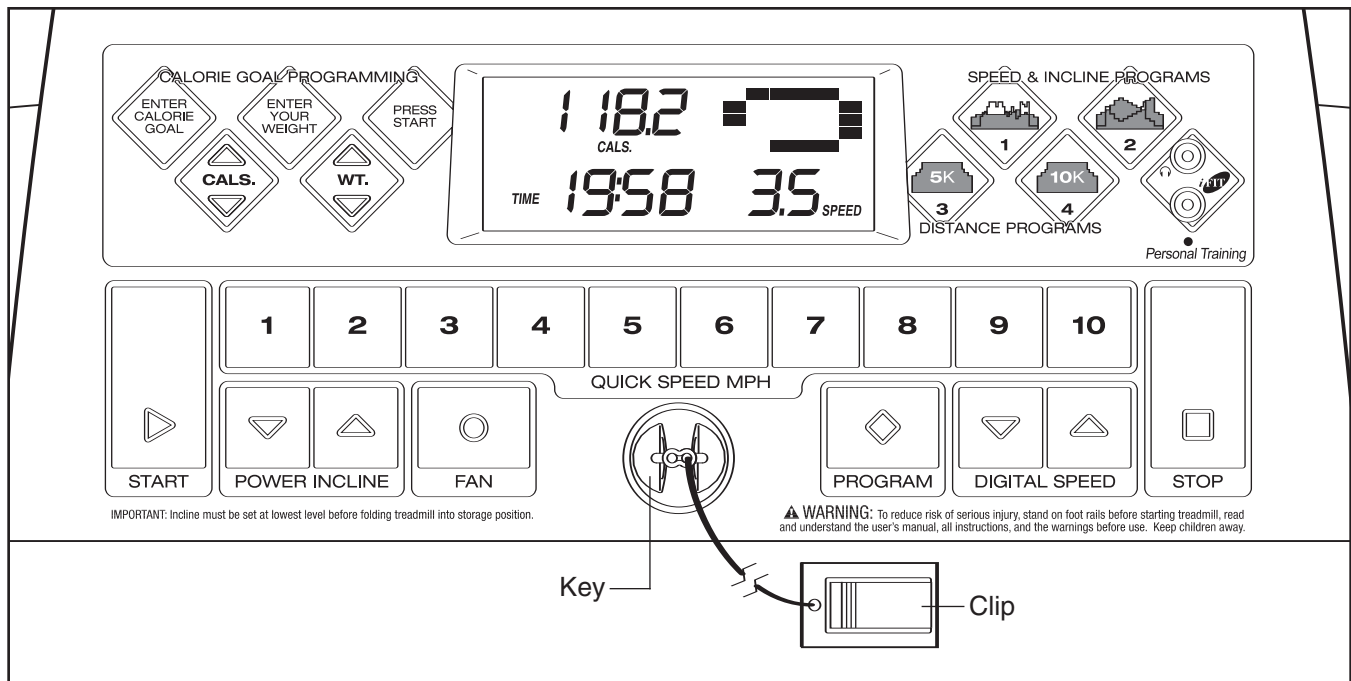
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make each workout more effective and enjoyable.

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.

In addition, the console features two speed & incline programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers two distance programs—the 5K program counts down from 5,000 meters as you complete a 5-kilometer run, and the 10K program counts down from 10,000 meters. You can even set a calorie-burning goal with the innovative calorie goal program.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com 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. **To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to [www.iFIT.com](http://www.iFIT.com) and access iFIT.com programs directly from our Web site. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

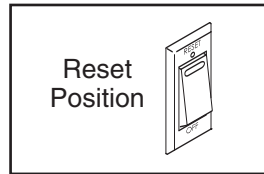
**To turn on the power**, follow the steps beginning on page 12. **To use the manual mode of the console**, see page 12. **To use a speed & incline program**, see page 14. **To use a distance program**, see page 15. **To use the calorie goal program**, see page 16. **To use an iFIT.com MP3, CD, or video program**, see page 19. **To use an iFIT.com program directly from our Web site**, see page 21. **To use the information mode**, see page 22.

**IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).**

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the display lights as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the display remains lit, see THE INFORMATION MODE on page 22 to turn off the demo mode.

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

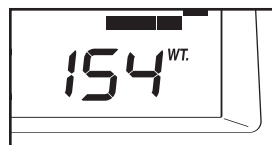
## HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER above.

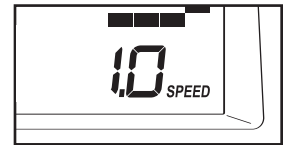
### 2. Enter your weight if desired.

While you exercise, the console will count the approximate number of calories you burn. For the most accurate calorie count, enter your weight into the console by repeatedly pressing the Weight (WT.) increase or decrease button. To enter your weight quickly, hold down one of the buttons. Note: Once you enter your weight, it will be saved in memory.



### 3. Select the manual mode.

Each time the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by removing the key and then reinserting it.



### 4. Press the Start button to start the walking belt.

When you press Start button, the walking belt will begin to move at 1 mph. While you exercise, change the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered Speed buttons. Each time you press the Speed increase or decrease button, the speed setting will change by 0.1 mph; if you hold down one of the buttons, the speed setting will change in increments of 0.5 mph. If you press one of the numbered Speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting. Note: After you press a button, it may take a moment for the walking belt to reach the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button and then adjust the speed setting as described above.



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

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



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

When the manual mode, a distance program, the calorie goal program, or the iFIT.com mode is selected, a track representing 1/4 mile (400 meters) will appear in the upper right corner of the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The upper left corner of the display will show the approximate number of calories you have burned during your workout. Note:

When the calorie goal program is selected, the display will show the number of calories still to be burned.

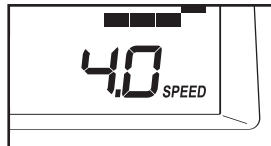


The lower left corner of the display will show the elapsed time and the distance that you have walked or run during your workout.



The lower left corner of the display will also show the incline level of the treadmill for a few seconds each time the incline setting changes. Note: When a speed & incline program or the calorie goal program is selected, the lower left corner of the display will show the time remaining in the program instead of the elapsed time.

The lower right corner of the display will show the speed of the walking belt. When you use the handgrip pulse sensor, the lower right corner of the display will also show your heart rate. Note: When a distance program is selected, the lower right corner of the display will also show the approximate number of calories you have burned.

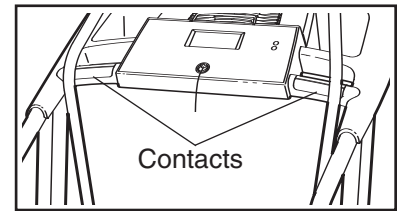


To reset the display, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed, distance, and weight using either English miles and pounds or metric kilometers and kilograms. To find which system of measurement is selected, or to select a different system, see THE INFORMATION MODE on page 22. **Note: For simplicity, all instructions in this section refer to miles and pounds.**

## 7. 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 handgrip pulse sensor. In addition, make sure that your hands are clean.



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

## 8. Turn on the fan if desired.

The fan features high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

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

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 or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

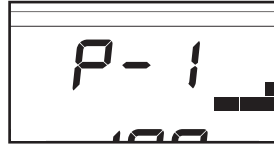
## HOW TO USE A SPEED & INCLINE PROGRAM

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

See HOW TO TURN ON THE POWER on page 12.

### 2. Select a speed & incline program.

To select a speed & incline program, press the Program button repeatedly until "P-1" or "P-2" appears in the display.



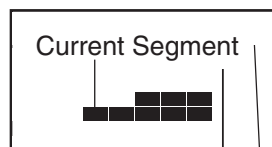
When a speed & incline program is selected, the maximum incline setting and the maximum speed setting of the program will flash in the display for a few seconds. The display will then show how long the program will last and the approximate number of calories you will burn during the program. A profile of the speed settings of the program will scroll across the upper right corner of the display.

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

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

Each program is divided into 30 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 consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout.



The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the new speed setting, new incline setting, and the next segment of the profile will flash in the display.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

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

### 4. Follow your progress with the display.

See step 6 on page 12.

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

See step 7 on page 13.

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

See step 8 on page 13.

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

See step 9 on page 13.

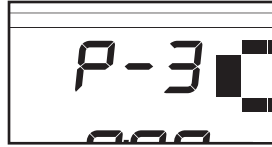
## HOW TO USE A DISTANCE PROGRAM

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

See HOW TO TURN ON THE POWER on page 12.

### 2. Select a distance program.

To select a distance program, press the Program button repeatedly until "P-3" or "P-4" appears in the display.



When a distance program is selected, the maximum speed setting of the program will flash in the display for a few seconds. A distance goal of 5,000 meters or 10,000 meters will then appear in the display.

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

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

After several minutes, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

After several more minutes, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

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

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

The upper left corner of the display will show the number of meters still to be run. When only 20 meters remain, the display will flash and a series of tones will sound.

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

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

### 4. Follow your progress with the display.

See step 6 on page 12.

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

See step 7 on page 13.

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

See step 8 on page 13.

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

See step 9 on page 13.

## HOW TO USE THE CALORIE GOAL PROGRAM

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

See HOW TO TURN ON THE POWER on page 12.

### 2. Enter your weight if desired.

See step 2 on page 12.

### 3. Select the calorie goal program.

To select the calorie goal program, press the Program button repeatedly until a goal of 50 calories and the words "SET CALS. GOAL" appear in the upper left corner of the display. When the calorie goal program is selected, a speed setting of 2.5 mph will flash in the display. The display will also show how long the program will last.



If desired, change the calorie goal by pressing the Cals. increase or decrease button. Each time you press a button, the calorie goal will change by 50 calories; the calorie goal can be from 50 to 450 calories. In addition, press the Speed increase or decrease button or one of the ten numbered Speed buttons to change the speed setting if desired.



Note: As you change the calorie goal or the speed setting, the program time will automatically be recalculated—the higher the calorie goal is, or the

lower the speed setting is, the longer the program will last.

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

A moment after the button is pressed, the walking belt will begin to move at 2.5 mph (or the speed setting that you selected). Hold the handrails and begin walking.

To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons. Note: Each time you change the speed of the walking belt, the time remaining in the program will automatically be recalculated.

While you exercise, the console will show the number of calories still to be burned. When you reach your calorie goal, the walking belt will slow to a stop.

### 5. Follow your progress with the display.

See step 6 on page 12.

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

See step 7 on page 13.

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

See step 8 on page 13.

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

See step 9 on page 13.

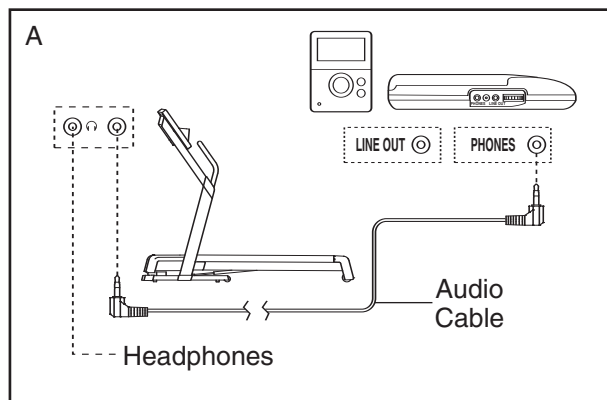


## HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 17 and 18 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your computer. See page 18 for connecting instructions. To use iFIT.com video programs, the treadmill must be connected to your VCR. See page 19 for connecting instructions.

## HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

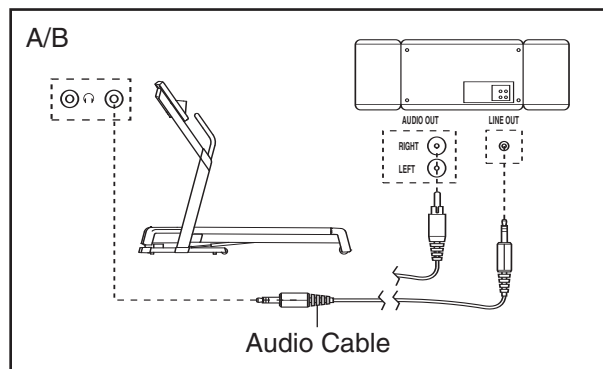
- A. Plug one end of the included 1/8" to 1/8" stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR PORTABLE STEREO

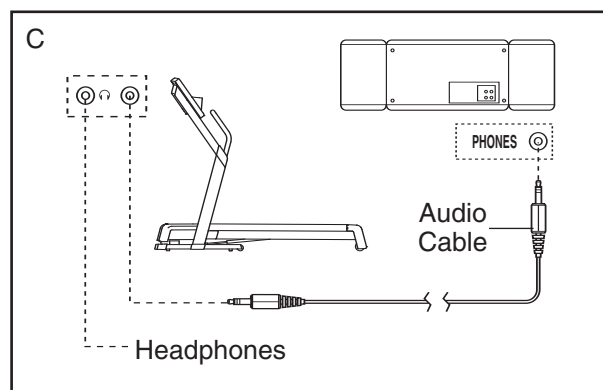
**Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.**

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



- B. See the drawing above. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

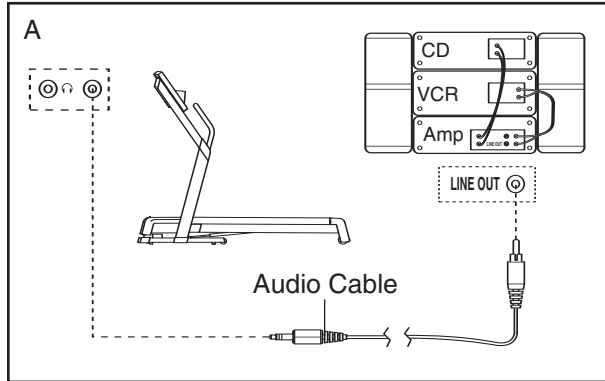
- C. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



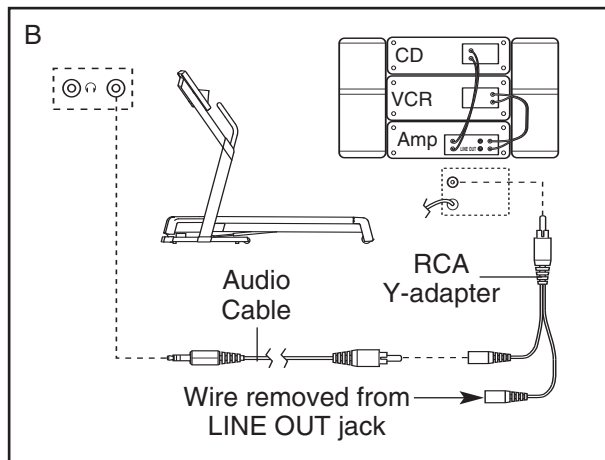
## HOW TO CONNECT YOUR HOME STEREO

**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 a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

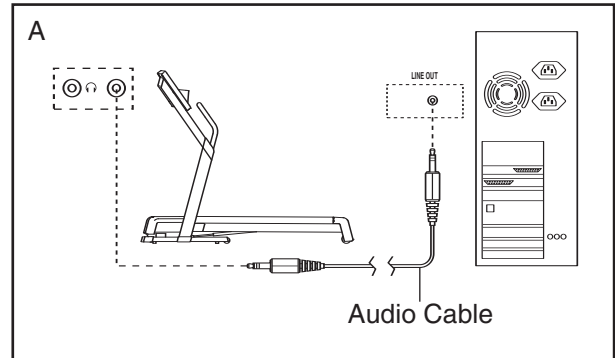


- B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR COMPUTER

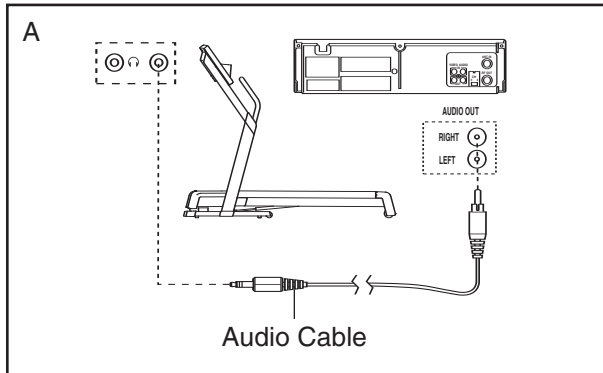
- A. Plug one end of a long 1/8" to 1/8" stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



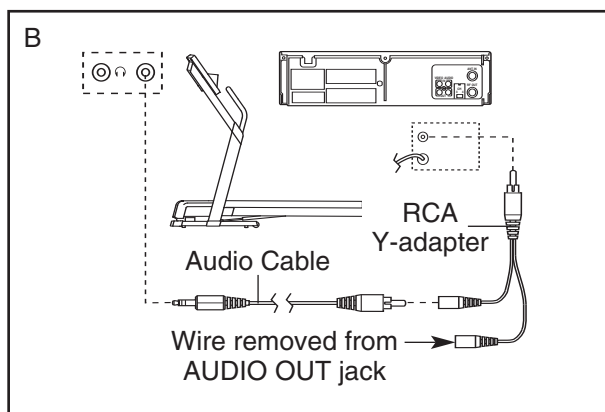
## HOW TO CONNECT YOUR VCR

**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 18.

- A. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a long 1/8" to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable 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 AN iFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS on pages 17 to 19. To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.

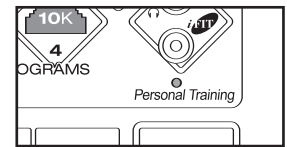
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2. Select the iFIT.com mode.

To select the iFIT.com mode, press the Program button repeatedly until the Personal Training indicator lights.



3. Press the Play button on your MP3 player, 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 on the console. The treadmill will not respond to an MP3, 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. After a moment, the walking belt will begin to move at 1 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 MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 19.

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

- **Make sure that the Personal Training indicator is lit and that the time is not flashing in the display. If the time is flashing, press the Start button on the console.**
- **Adjust the volume of your MP3 player, 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 display.**

See step 6 on page 12.

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

See step 7 on page 13.

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

See step 8 on page 13.

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

See step 9 on page 13.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player 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 18. 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 12.

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

See step 2 on page 19.

### 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 count-down 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. 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. 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 Personal Training indicator is lit 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 display.

See step 6 on page 12.

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

See step 9 on page 13.

## THE INFORMATION MODE

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

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

An "E" (for English miles and pounds) or an "M" (for metric kilometers and kilograms) will appear in the lower right corner of the display. Press the Speed increase button to change the unit of measurement, if desired.

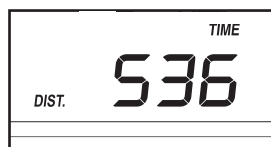


The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

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



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

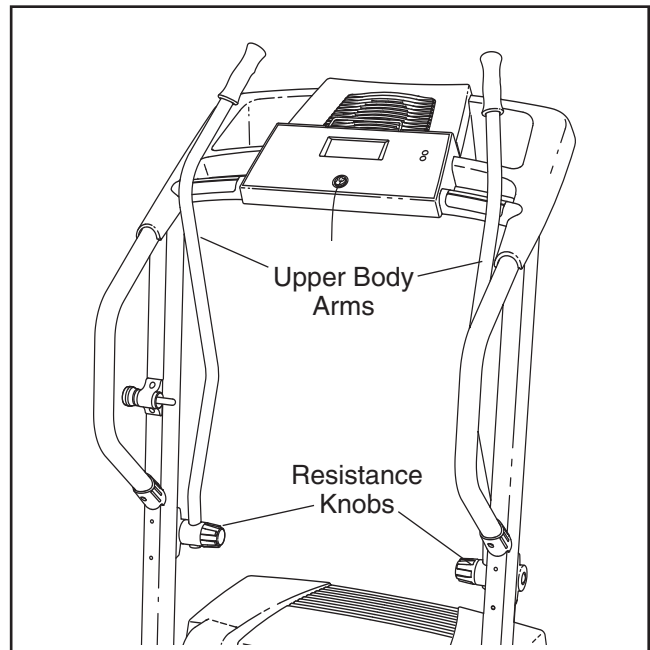


To exit the information mode, remove the key from the console.

## HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, you can hold the handrails or use the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.

To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.



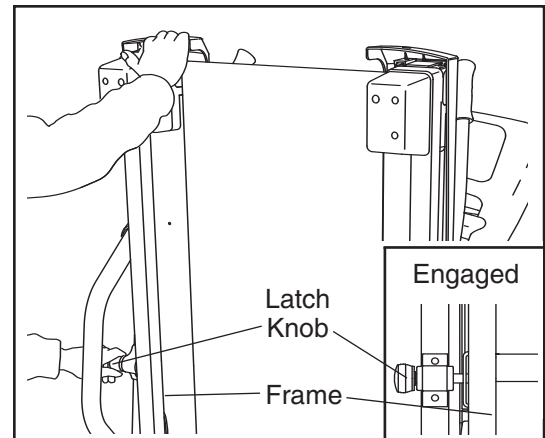
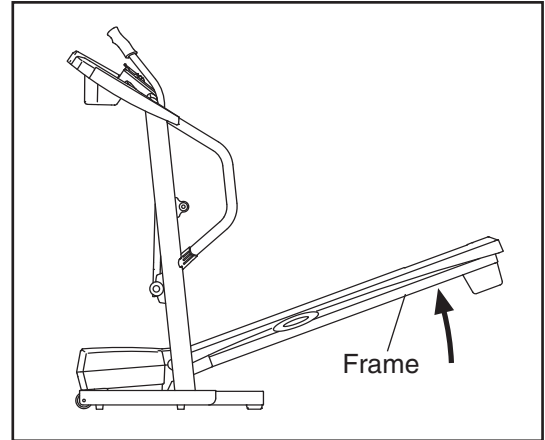
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

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

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Bend your legs and keep your back straight; as you raise the frame, make sure to lift with your legs rather than your back. Raise the frame about halfway to the vertical position.
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the frame is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is fully inserted into the frame.**

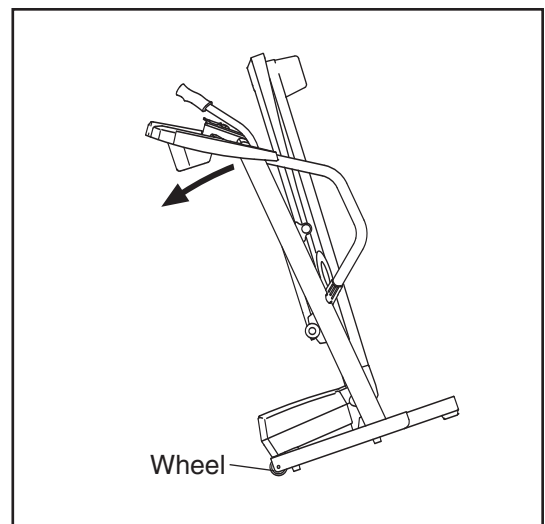
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

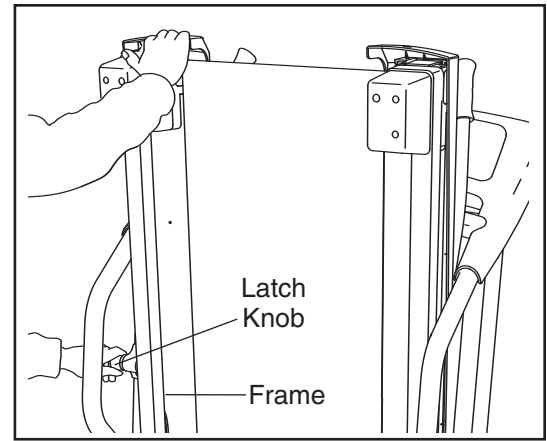
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the frame.**

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

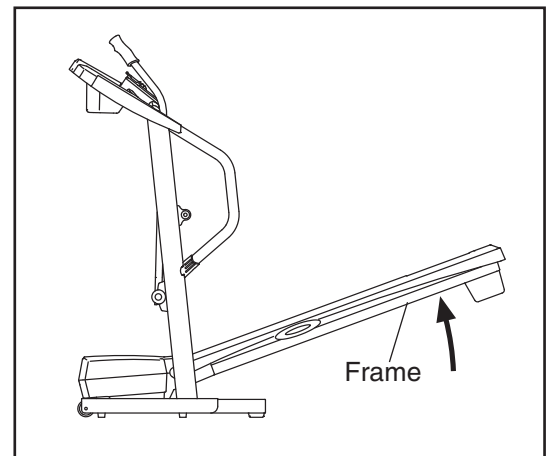


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Then, pivot the frame down until it is past the latch pin. Slowly release the latch knob.



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



## TROUBLESHOOTING

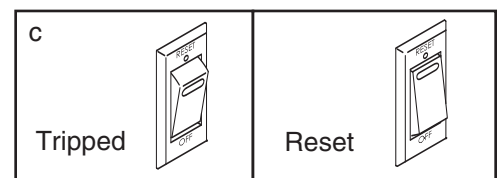
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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

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





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

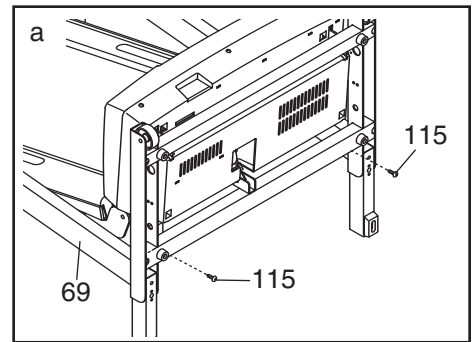
- SOLUTION:**
- a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
  - b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
  - c. Remove the key from the console. Reinsert the key into the console.
  - d. If the treadmill still will not run, please see the front cover of this manual.

**PROBLEM: The console displays remain lit when you remove the key from the console**

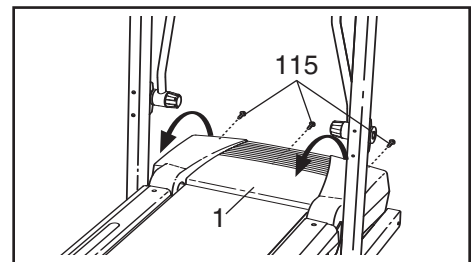
- SOLUTION:**
- a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, see THE INFORMATION MODE on page 22.

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

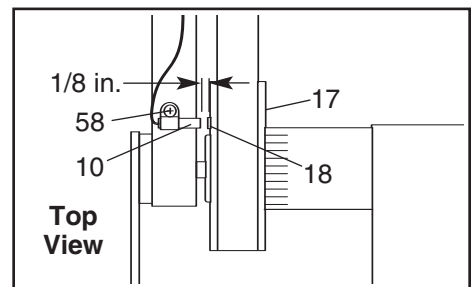
- SOLUTION:**
- a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of a second person, carefully tip the Upright (69) down. There may be two Belly Pan Screws (115) in the bottom of the Belly Pan (81). If there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required. Then, raise the Uprights.



Remove the Belly Pan Screws (115) from the Hood (1), and carefully pivot the Hood off.



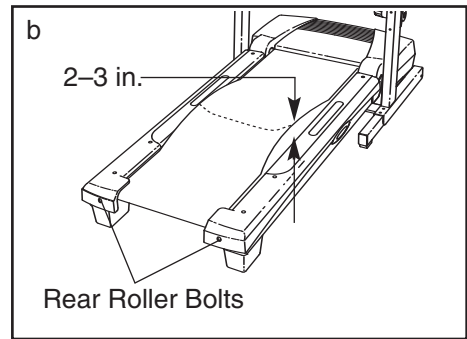
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the 3/4" Tek Screw (58), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



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

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

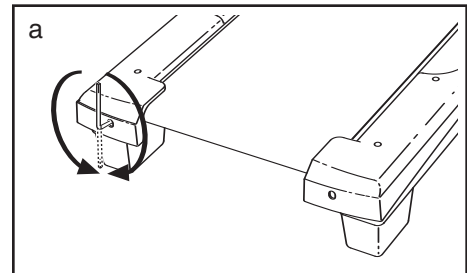
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should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



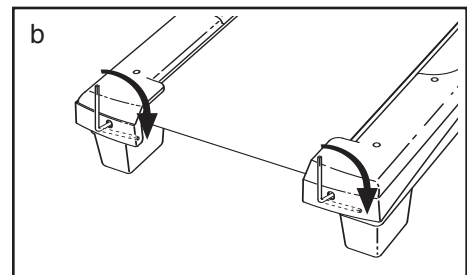
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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

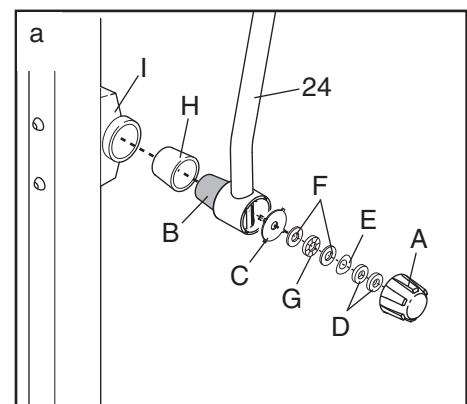


- b. If the walking belt slips when walked on, remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The upper body arms squeak during use**

**SOLUTION:** a. (Note: Correcting this problem requires a small amount of white marine grease, available at hardware stores.) Turn the Resistance Knob (A) counterclockwise and remove it. Next, remove the Resistance Cone (B) and the Upper Body Arm (24), along with the Resistance Plate (C), Washers (D), Spring Washer (E), Thrust Washers (F), and Thrust Bearing (G). (Note: If the Resistance Sleeve [H] or the Resistance Plate [C] comes out of the Resistance Bracket [I] or the Resistance Cone [B], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (B). Then, reattach all parts in the order shown at the right.



# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

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

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

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

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (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.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to 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 of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. PFTL71505.2

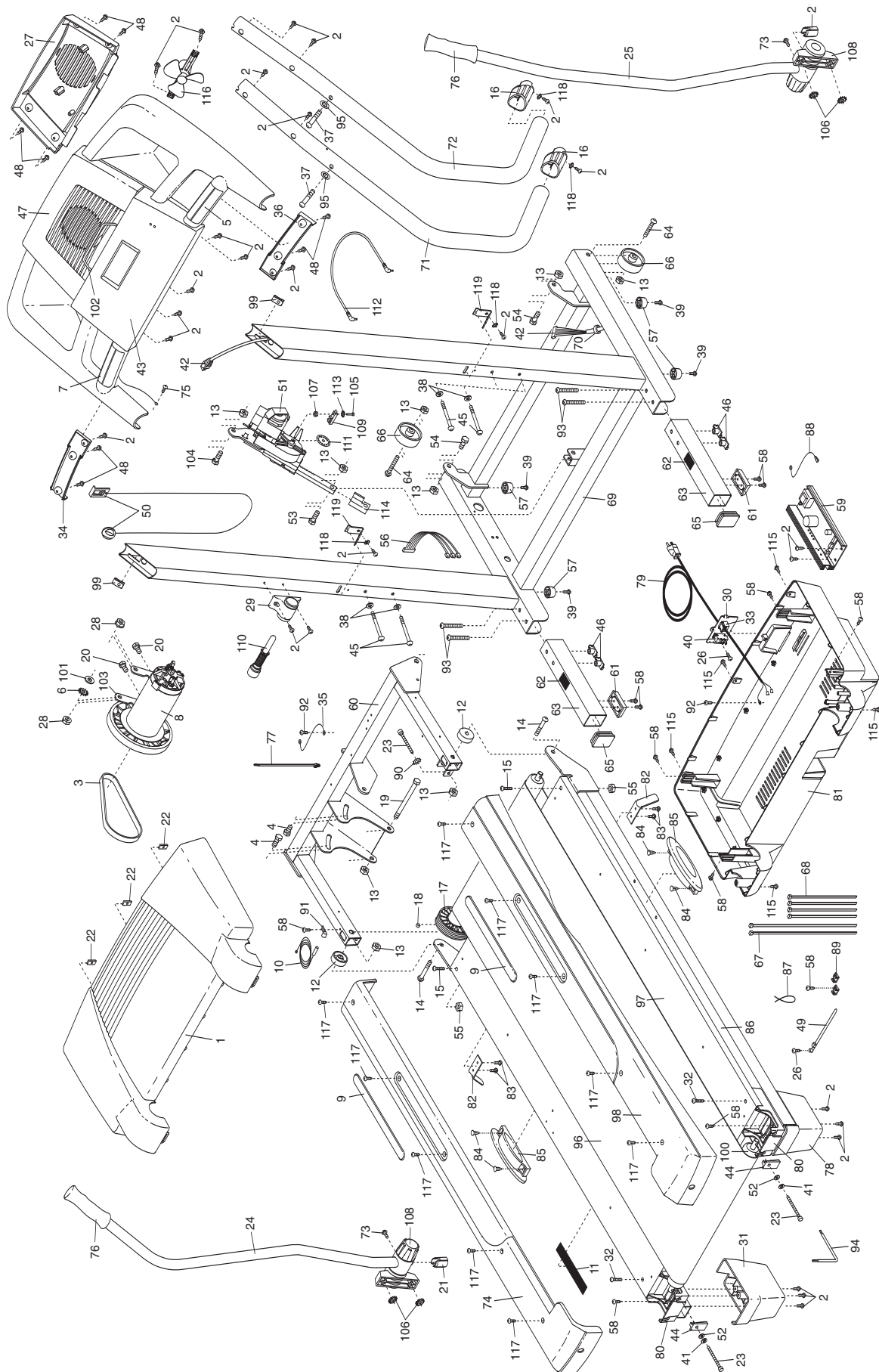
R0108A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	42	1	Upright Wire	87	1	Releasable Tie
2	32	3/4" Screw	43	1	Console	88	1	Controller Ground Wire
3	1	Motor Belt	44	2	Rear Roller Plate			
4	2	Motor Tension Bolt	45	4	3 1/2" Bolt	89	4	Cable Tie Clamp
5	1	Right Grip Plate	46	4	Extension Leg Nut	90	1	Front Roller Star Washer
6	1	Motor Star Washer	47	1	Console Base			
7	1	Left Grip Plate	48	14	1/2" Screw	91	1	Reed Clip
8	1	Drive Motor	49	1	Wire Clamp	92	3	Ground Screw
9	2	Foot Rail Decal	50	1	Key/Clip	93	4	Extension Leg Bolt
10	1	Reed Switch	51	1	Incline Motor	94	1	Hex Key
11	1	Latch Warning Decal	52	2	Rear Roller Washer	95	2	Handrail Star Washer
12	2	Frame Spacer	53	1	Incline Motor Bolt, Lower	96	1	Walking Belt
13	9	Nut				97	1	Walking Platform
14	2	Frame Pivot Bolt	54	2	Incline Pivot Bolt	98	1	Right Foot Rail
15	2	Platform Screw, Front	55	2	Platform Nut, Front	99	2	"U"-nut
16	2	Handrail Cap	56	1	Incline Motor Wire	100	1	Rear Roller
17	1	Front Roller/Pulley	57	4	Round Base Pad	101	1	Motor Flat Washer
18	1	Magnet	58	9	3/4" Tek Screw	102	1	Book Holder
19	1	Motor Pivot Bolt	59	1	Controller	103	1	Motor Mount Bracket
20	2	Motor Bracket Bolt	60	1	Lift Frame	104	1	Incline Motor Bolt, Top
21	2	Upper Body Arm Endcap	61	2	Extension Leg Pad			
			62	2	Caution Decal	105	1	Small Bolt
22	3	Hood Clip	63	2	Extension Leg	106	4	Star Washer
23	3	Roller Adj. Bolt	64	2	Wheel Bolt	107	1	Small Nut
24	1	Left Upper Body Arm w/Grip	65	2	Base Endcap	108	2	Resistance Assembly
			66	2	Wheel	109	1	Optic Disk Sensor
25	1	Right Upper Body Arm w/Grip	67	2	15 1/2" Wire Tie	110	1	Latch Pin Assembly
			68	8	8" Cable Tie	111	1	Optic Disk
26	2	Power Bracket Screw	69	1	Upright	112	1	iFIT Wire
27	1	Console Fan Housing	70	1	Grommet	113	1	Optic Sensor Star Washer
28	2	Motor Tension Nut	71	1	Left Handrail			
29	1	Latch Housing	72	1	Right Handrail	114	1	Incline Stop Bracket
30	1	Power Cord Bracket	73	2	Endcap Screw	115	5	Belly Pan Screw
31	1	Left Rear Endcap	74	1	Left Foot Rail	116	1	Console Fan
32	2	Platform Screw, Rear	75	1	Silver Ground Screw	117	10	Foot Rail Screw
33	1	Power Cord Grommet	76	2	Hand Grip	118	4	Small Star Washer
34	1	Left Grip Plate	77	1	Wire Clamp	119	2	Handrail Bracket
35	1	Lift Ground Wire	78	1	Right Rear Endcap	*	—	4" Black Wire, M/F
36	1	Right Grip Plate	79	1	Power Cord	*	—	4" Blue Wire, 2F
37	2	Handrail Bolt	80	2	Rear Roller Bracket	*	—	4" Red Wire, M/F
38	4	Washer	81	1	Belly Pan	*	—	User's Manual
39	4	1" Tek Screw	82	2	Belt Guide			
40	1	Reset/Off Circuit Breaker	83	4	Belt Guide Screw			
			84	4	Cushion Fastener			
41	2	Rear Roller Lock Washer	85	2	Platform Cushion			
			86	1	Frame			

\*These parts are not illustrated. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. PFTL71505.2

R0108A



---

# ORDERING REPLACEMENT PARTS

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

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end 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. The drive motor is warranted for ten (10) 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>