

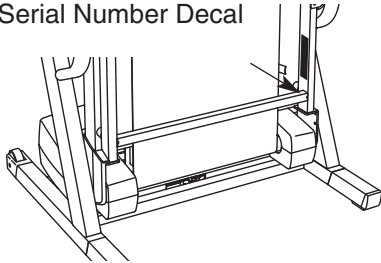
PRO-FORM® 975

Model No. PFTL91206.0

Serial No. _____

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

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.

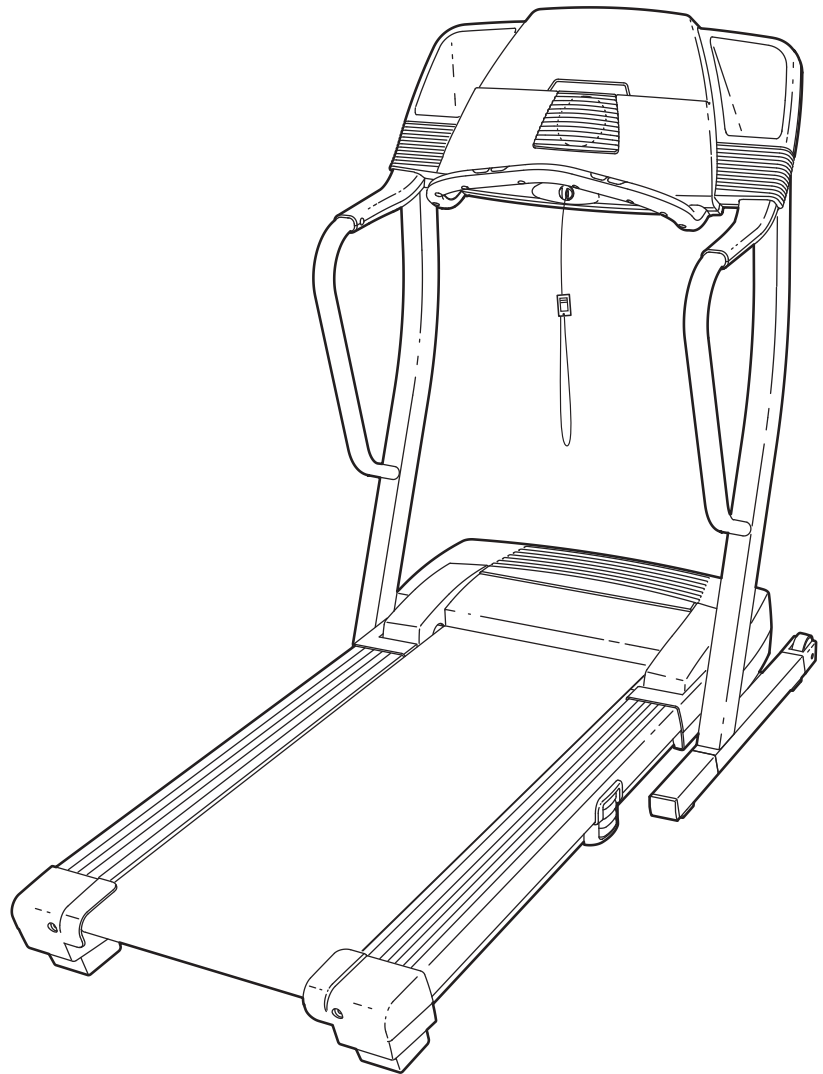
CALL TOLL-FREE:

1-888-533-1333

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.proformservice.com



CAUTION

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



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

PRO-FORM® 975

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IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it 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 oxygen is administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds. Never allow more than one person on the treadmill at a time.
8. 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.*
9. 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.
10. 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 toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
11. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the 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.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY and HOW TO FOLD AND MOVE THE TREADMILL.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

20. When folding or moving the treadmill, make sure that the storage latch is fully closed.
21. Inspect and properly tighten all parts of the treadmill every three months.
22. Never drop or insert any object into any opening on the treadmill.
23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the main-

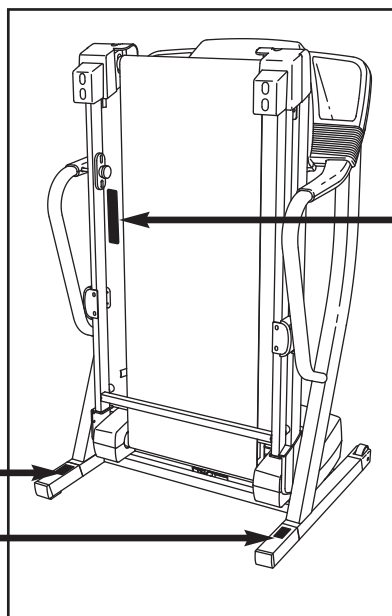
tenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.




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

SAVE THESE INSTRUCTIONS

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



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

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

BEFORE YOU BEGIN

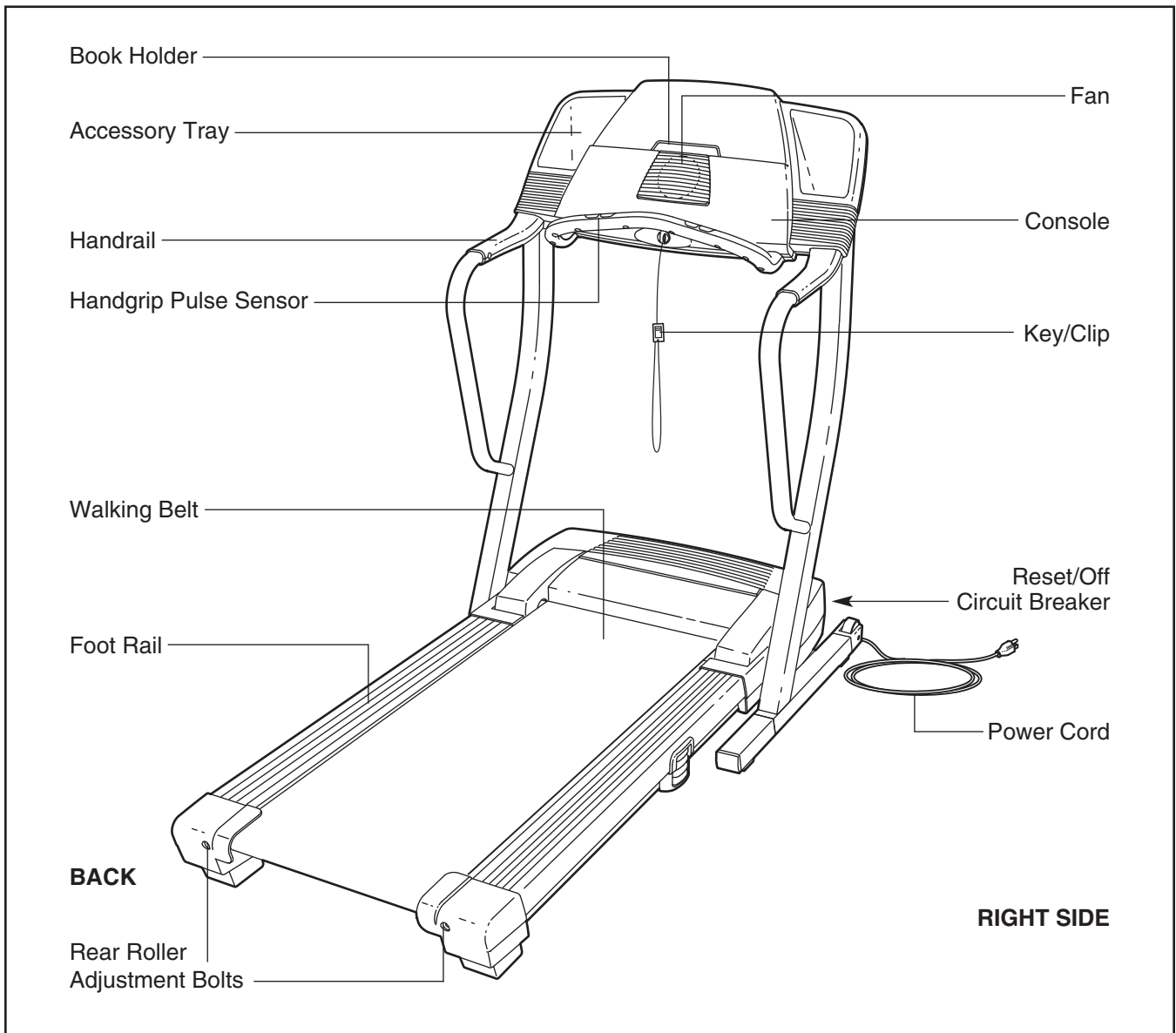
Thank you for selecting the revolutionary PROFORM® 975 treadmill. The 975 treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 975 treadmill can be folded up, requiring less than half the floor 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 contacting us. The model number of the treadmill is PFTL91206.0. 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.

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



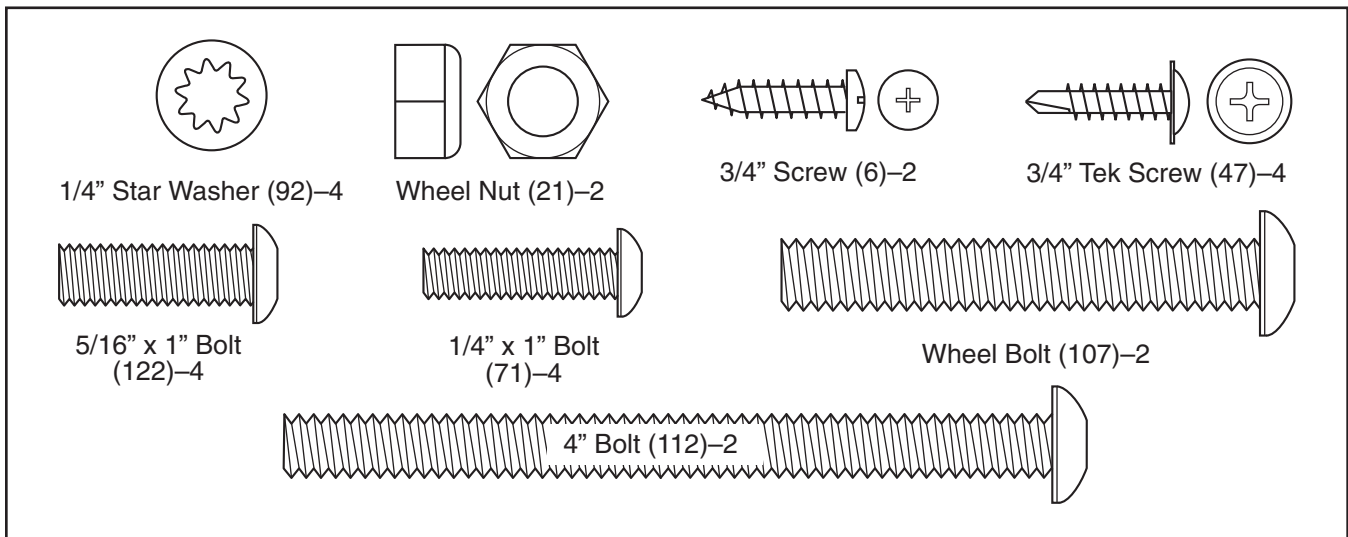
ASSEMBLY

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 hex keys  and your own phillips screwdriver , adjustable wrench , and wire cutters .

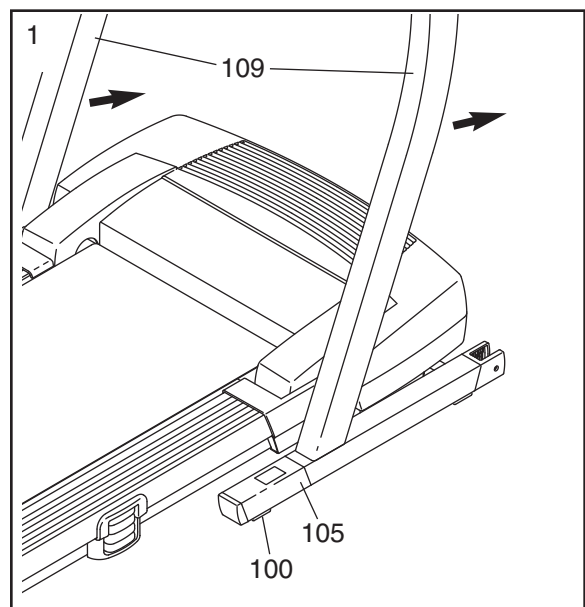
For help identifying assembly hardware, see the drawings below. Note: The assembly hardware and other small parts are packaged in separate part bags. If a part is not in the part bags, check to see if the part has been preattached. To avoid damaging plastic parts, do not use power tools for assembly.



1. With the help of a second person, carefully raise the Uprights (109) to the position shown.

Insert one of the Extension Legs (105) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (100) is beneath it. Note: It may be helpful to tip the Uprights (109) forward as you insert the Extension Leg.

Insert the other Extension Leg (not shown) in the same way.

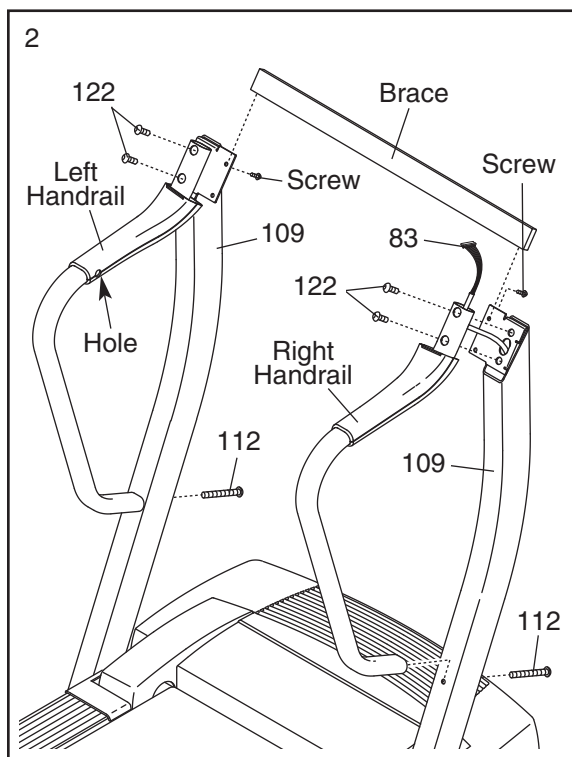


2. Remove the screws and the wood brace from the Uprights (109). Discard the screws and the brace.

Identify the left handrail, which has a hole in the indicated location, and the right handrail. Hold the right handrail near the right Upright (109), and insert the Wire Harness (83) into the large hole in the right handrail and out of the upper end as shown.

Next, hold the right handrail against the right Upright (109). Tighten a 4" Bolt (112) three to four turns into the right Upright and the lower end of the right handrail. Tighten two 5/16" x 1" Bolts (122) into the upper end of the right handrail and the right Upright. **Be careful not to drop the Bolts into the handrail.** If necessary, raise or lower the handrail to thread the 5/16" x 1" Bolts into the right Upright. **Firmly tighten all three Bolts.**

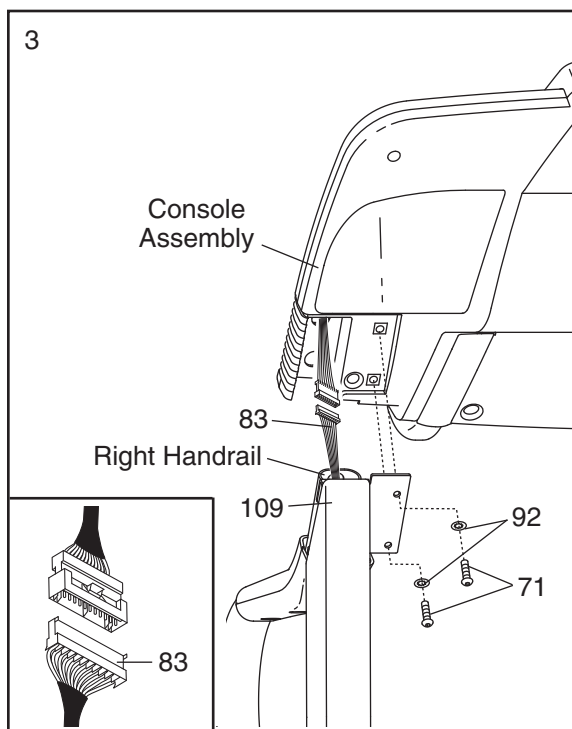
Attach the left handrail as described above. Note: There is not a wire harness in the left Upright (109).



3. With the help of another person, hold the console assembly near the right Upright (109) and the left Upright (not shown).

Connect the Wire Harness (83) to the wire harness on the console assembly. **Make sure to connect the connectors properly (see the inset drawing); the connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and then try to connect them. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the excess wire harness into the right handrail.

Set the console assembly on the right Upright (109) and the Left Upright (not shown). Thread two 1/4" x 1" Bolts (71) with 1/4" Star Washers (92) into each side of the console assembly. **After you have started all four Bolts, tighten them.**

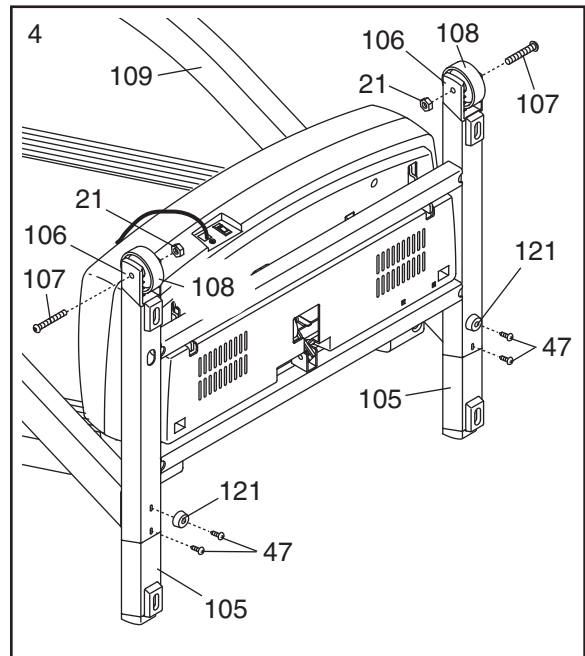


- With the help of a second person, carefully tip the Uprights (109) down to the position shown. **Make sure that the Extension Legs (105) remain in the Uprights.**

Attach each Extension Leg (105) with two 3/4" Tek Screws (47) and a Round Base Pad (121) as shown. Note: Attach the lower Tek Screw (without the Round Base Pad) first.

Attach a Wheel (108) to each Wheel Housing (106) with a Wheel Bolt (107) and a Wheel Nut (21). **Make sure that the Wheel Bolts are inserted from the outside as shown. Do not overtighten the Wheel Bolts.**

With the help of a second person, carefully raise the Uprights (109) so the Wheels (108) touch the floor.



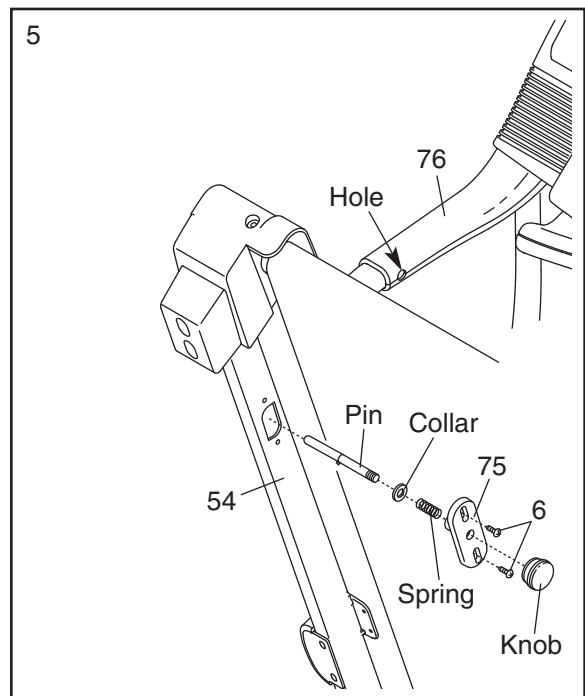
- Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Housing (75), and tighten the knob back onto the pin.

Raise the Frame (54) to the vertical position. While another person holds the Frame, hold the Latch Housing (75) against the inside of the Frame. Thread two 3/4" Screws (6) several turns into the Latch Housing and the Frame.

Align the pin with the hole in the Left Handgrip (76) by sliding the Latch Housing (75) up or down. **Make sure that the pin can be inserted fully into the hole.** Hold the Latch Housing in place and tighten the two 3/4" Screws (6). **Be careful not to overtighten the Screws.**

Pull the knob to the right and carefully lower the Frame (54) to the floor.

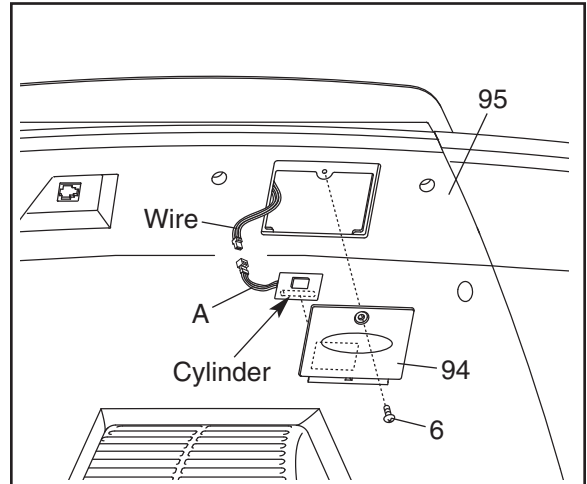
Note: After a period of use, the Latch Housing (75) may need to be adjusted again to align the pin with the hole in the Left Handgrip (76).



- Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 22). To protect the floor or carpet, place a mat under the treadmill.

If you purchase the optional chest pulse sensor (see page 18), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated 3/4" Screw (6) and the Access Door (94) from the back of the Console Back (95).
2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Back (95). Next, remove the paper from the adhesive pad on the back of the receiver. **Hold the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console Back as shown.** Firmly press the receiver onto the indicated corner of the Access Door (94). Note: If there are two screws included with the chest pulse sensor and two plastic posts on the inside of the Access Door, attach the receiver to the plastic posts on the Access Door with the two screws.



3. **Make sure that no wires are pinched.** Reattach the Access Door (94) with the 3/4" Screw (6). The other wires included with the receiver may be discarded.

TREADMILL OPERATION

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.

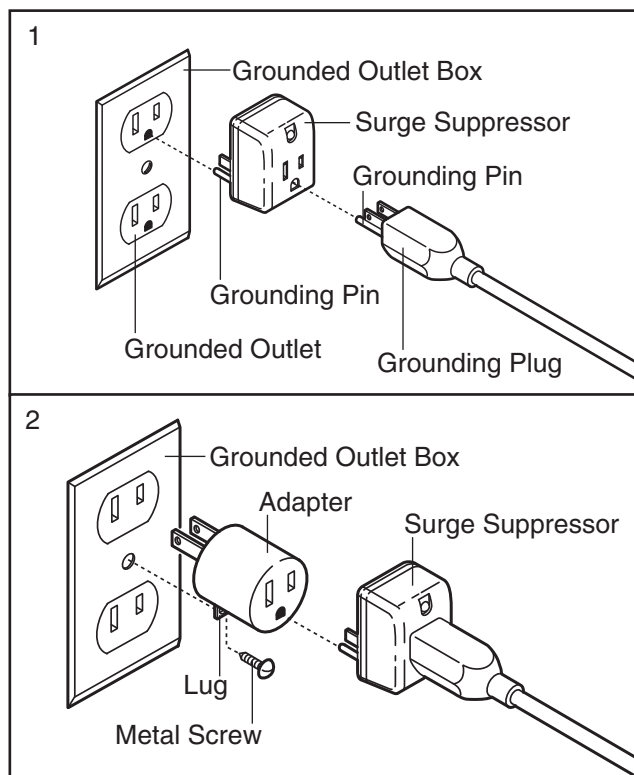
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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-

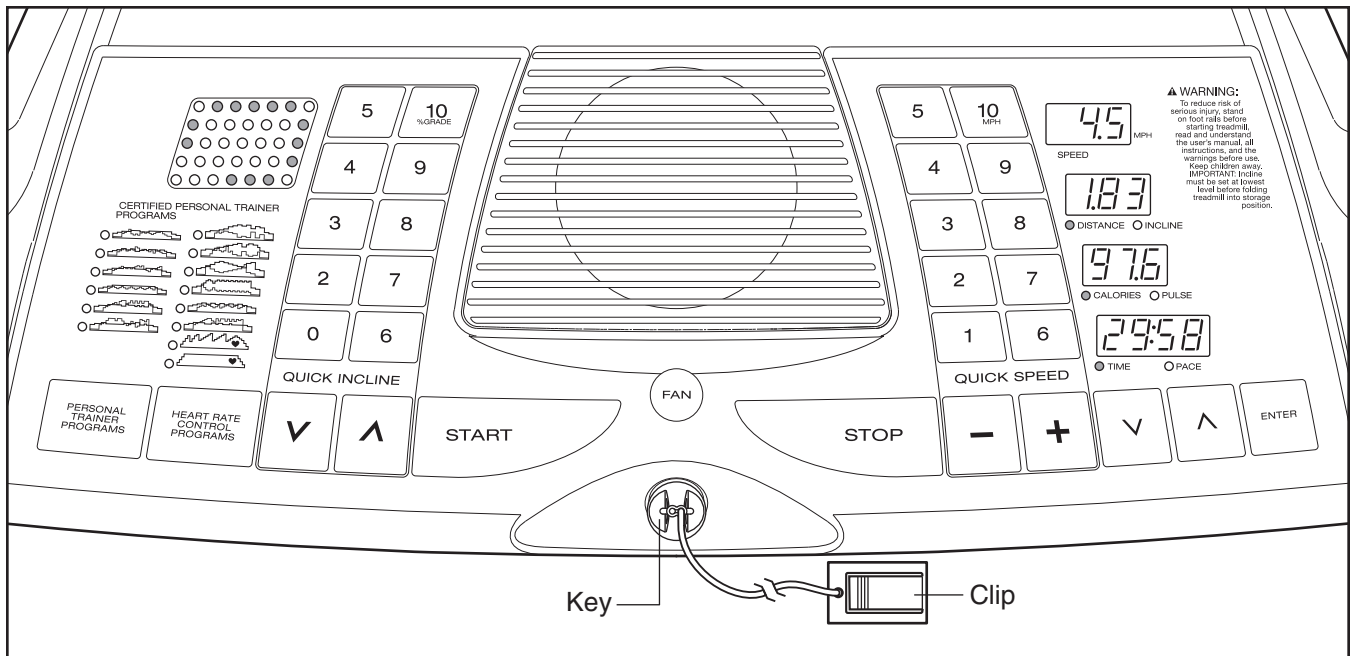
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts 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 instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 18).

In addition, the console offers twelve preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

Two heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate while you exercise.

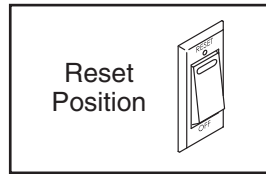
To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program**, see page 14. **To use a heart rate program**, see page 16.

Note: If there is a sheet 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 the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 22).

HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 Locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



3 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. Next, route the cord attached to the clip **under the handgrip pulse sensor**, and insert the key into the console. After a moment, the displays and various indicators 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.**

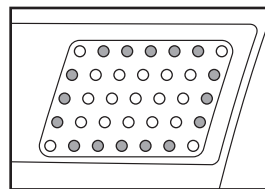
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected and a track will appear in the display. If a program has been selected, remove the key and then reinsert it.



3 Start the walking belt.

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

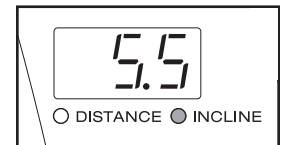
If the Start button or the speed + button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, 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 Quick Speed 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 Quick Speed buttons.

4 Change the incline of the treadmill as desired.

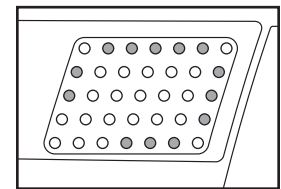
To change the incline of the treadmill, press the incline increase and decrease buttons or one of the ten numbered Quick Incline buttons. Each



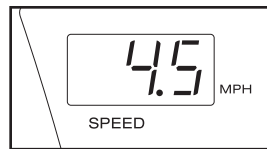
time the incline increase or decrease button is pressed, the incline will change by 0.5%. If one of the ten numbered Quick Incline buttons is pressed, the treadmill will adjust to the selected incline setting. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 Monitor your progress with the matrix and the displays.

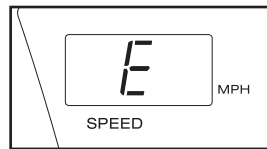
The matrix—When the manual mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



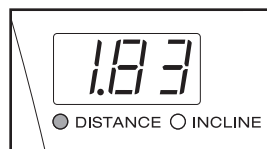
Speed display—This display shows the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, press 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 Speed display. Press the speed + button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**



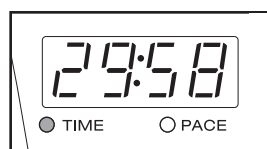
Distance/Incline display—This display shows the distance that you have walked or run and the incline level of the treadmill. The display will change from one number to the other every few seconds. Note: Each time the incline changes, the display will show the incline setting for several seconds.



Calories/Pulse display—This display shows the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. The display will change from one number to the other every few seconds.



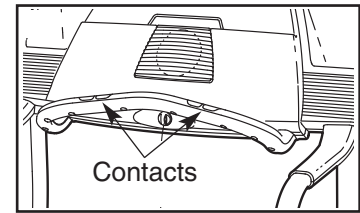
Time/Pace display—When the manual mode is selected, this display will show the elapsed time and your current pace (pace is shown in minutes per mile). The display will change from one number to the other every few seconds. When a program is selected (except for the second heart rate program), the display will show the time remaining in the program rather than the elapsed time.



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

6 Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the pulse bar. In addition, make sure that your hands are clean.



To use the handgrip pulse sensor, **stand on the foot rails** and hold the pulse bar with your palms on the metal contacts. **Avoid moving your hands.** When your pulse is detected, two dashes (—) will appear in the Calories/Pulse display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

Note: The pulse bar is intended to be used only for heart rate measurement. **Do not use the pulse bar as a handlebar. Always hold the handrails for support when you are not measuring your heart rate.**

7 Turn on the fan if desired.

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

8 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 when the treadmill is folded to the storage position or the treadmill will become damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 18 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.

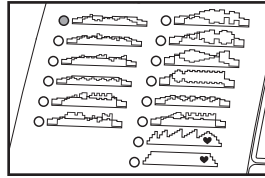
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

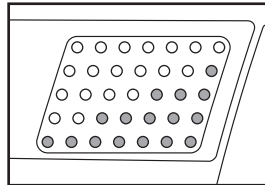
See HOW TO TURN ON THE POWER on page 12.

2 Select a preset program.

To select a preset program, press the Personal Trainer Programs button repeatedly until one of the twelve preset program indicators lights.



When a preset program is selected, the maximum speed setting of the program will flash in the Speed display for a few seconds, the maximum incline setting will flash in the Distance/Incline display, and the program time will appear in the Time/Pace display. In addition, a profile of the speed settings of the program will scroll across the matrix.

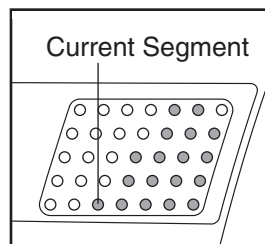


3 Press the Start button to start the program.

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.

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 two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for



the next four segments are 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 display and/or the Distance/Incline display will flash to alert you. When the first segment ends, *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 of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

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 or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the speed or incline buttons. Every few times a speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.)

Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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.

4 Monitor your progress with the displays.

See step 5 on pages 12 and 13.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fan if desired.

See step 7 on page 13.

7 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 secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 18 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 HEART RATE PROGRAM

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

1 Put on the optional chest pulse sensor.

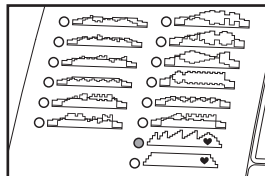
You must wear the optional chest pulse sensor (see page 18) to use a heart rate program.

2 Insert the key into the console.

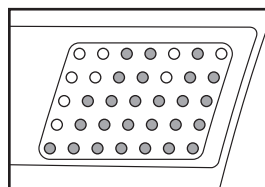
See HOW TO TURN ON THE POWER on page 12.

3 Select a heart rate program.

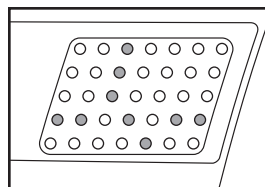
To select a heart rate program, press the Heart Rate Control Programs button once or twice until one of the two heart rate program indicators lights.



If the first heart rate program is selected, a profile of the target heart rate settings of the program will scroll across the matrix.



If the second heart rate program is selected, a pulse symbol will scroll across the matrix.



4 Enter a target heart rate setting.

If the first heart rate program is selected, the maximum target heart rate setting of the program will flash in the



Calories/Pulse display. If desired, press the increase and decrease buttons beside the Enter button to change the maximum target heart rate setting (see EXERCISE INTENSITY on page 23). Then, press the Enter button. Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

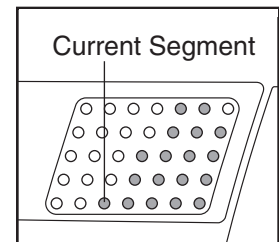
If the second heart rate program is selected, the target heart rate setting for the entire program will flash in the Calories/Pulse display. If desired, press the increase and decrease buttons beside the Enter button to change the target heart rate setting (see EXERCISE INTENSITY on page 23). Then, press the Enter button.

5 Press the Start 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.

The first heart rate program is divided into 20 one-minute segments. One target heart rate setting is programmed for each segment. (The same target heart rate setting may be programmed for two or more consecutive segments.) The second heart rate program is divided into 100 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 the first heart rate program 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 four 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.



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 heart rate programs, the console will regularly compare your heart rate to the target heart rate setting for the current segment. 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, when 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 Calories/Pulse 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 may automatically change to bring your heart rate closer to the target heart rate setting.

6 Monitor your progress with the displays.

See step 5 on pages 12 and 13.

7 Turn on the fan if desired.

See step 7 on page 13.

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

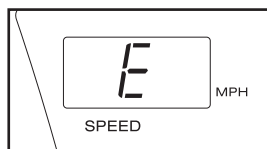
See step 7 on page 15.

THE INFORMATION MODE/DEMO MODE

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

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

An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the speed + button to change the unit of measurement if desired.



The Distance/Incline display will show the total number of miles (or kilometers) that the walking belt has moved.



The Time/Pace display will show the total number of hours the treadmill has been used.

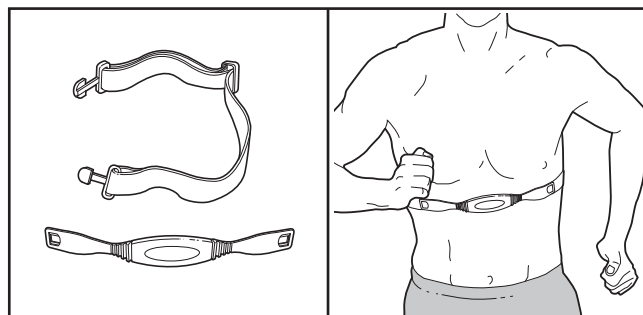


IMPORTANT: The Calories/Pulse display should be blank. If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence. The buttons on the console will not operate. **If a “d” appears in the Calories/Pulse display when the information mode is selected, press the speed – button so the display is blank.**

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 provides hands-free operation and allows you to use the console’s heart rate programs. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**

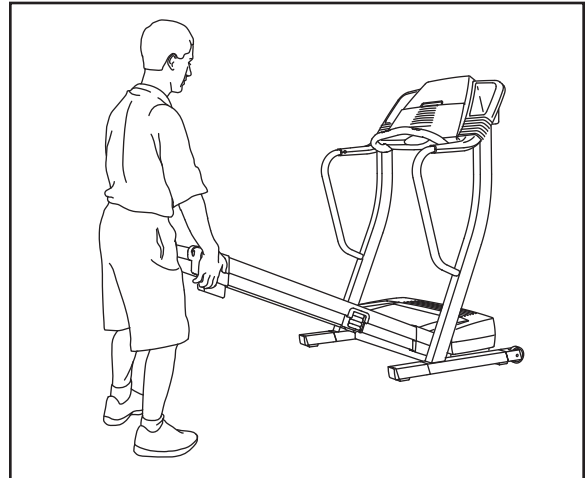


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

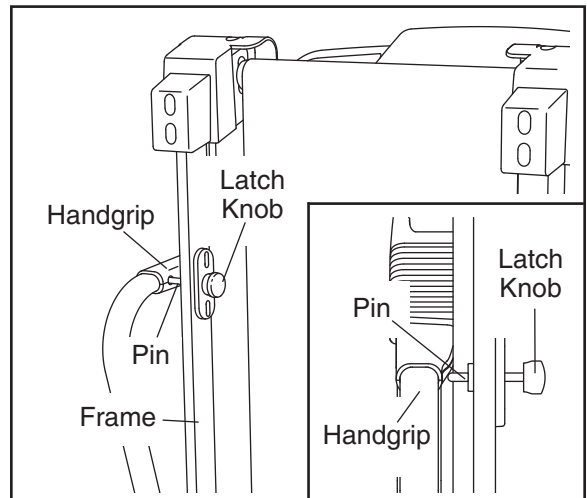
Before folding the treadmill, adjust the incline to the lowest position; if you do not do this, you may permanently damage the treadmill. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

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



2. Hold the treadmill frame firmly with your left hand. Using your right hand, pull the latch knob to the right and hold it. Raise the treadmill until the pin on the latch knob is aligned with the hole in the left handgrip. Then, release the latch knob. **Make sure that the latch knob is fully released so the pin is fully inserted into the hole in the left handgrip.** Note: After a period of use, the latch housing may need to be adjusted to align the pin with the hole in the left handgrip (see assembly step 5 on page 8).

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

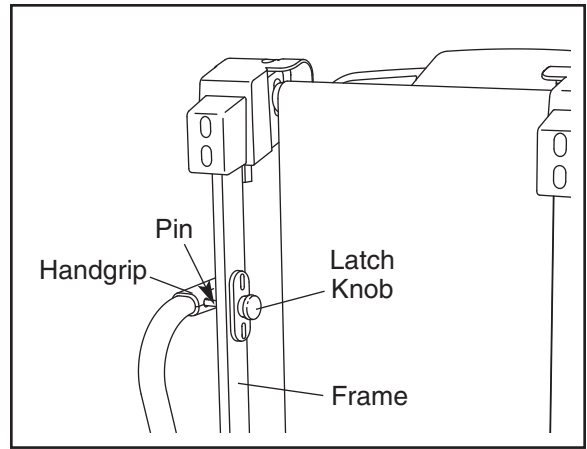
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure the pin on the latch knob is fully inserted into the hole in the left handgrip.**

1. Hold the treadmill and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls 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 attempt to move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until the base is resting in the storage position.

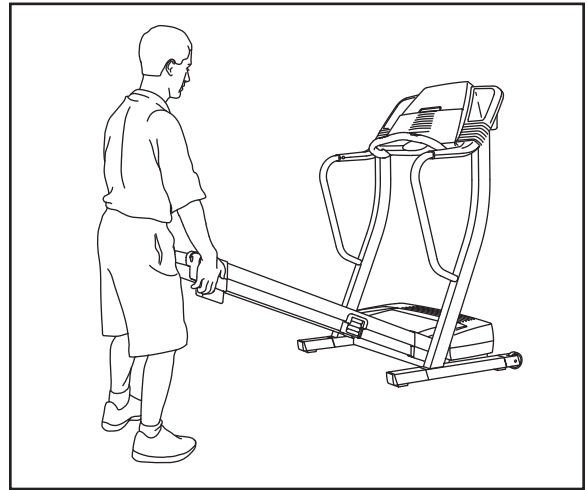


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill frame firmly with your left hand. Pull the latch knob to the right. Pivot the frame down until the pin on the latch knob is below the handgrip. Then, slowly release the latch knob.



2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

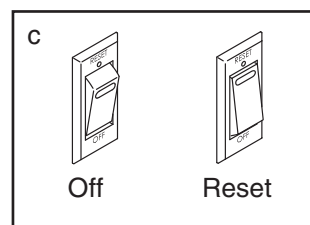
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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. Make sure that the key is inserted into the console.

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

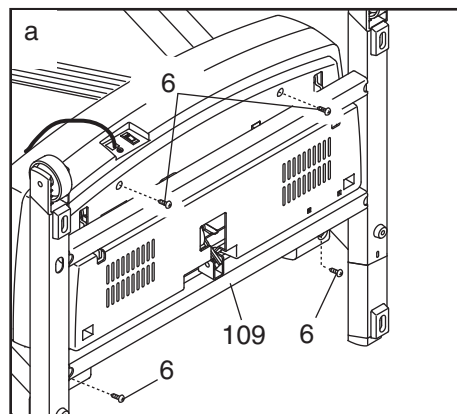
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

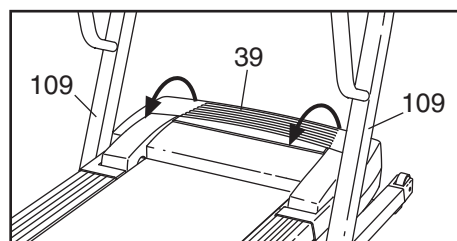
d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

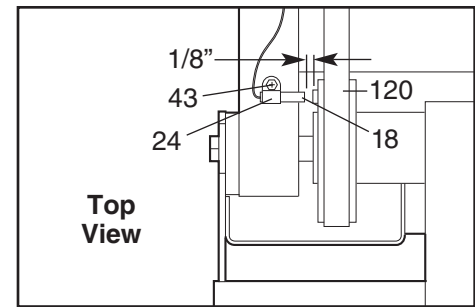
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. With the help of another person, carefully tip the Uprights (109) down as shown. Remove the four 3/4" Screws (6). Note: A phillips screwdriver with a shaft at least 5" long is required.



With the help of another person, carefully raise the Uprights (109) as shown. Carefully pivot the Hood (39) off.



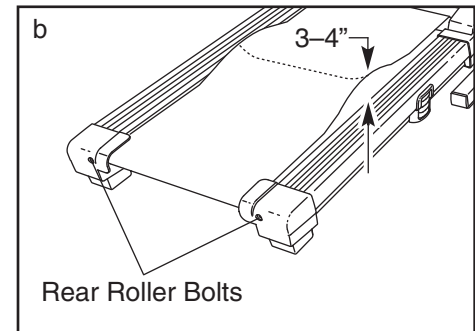
Locate the Reed Switch (24) and the Magnet (18) on the left side of the Pulley (120). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (43), move the Reed Switch slightly, and then retighten the Screw. Then, reattach the hood (not shown), making sure that each screw is in the hole from which it was removed. Run on 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.

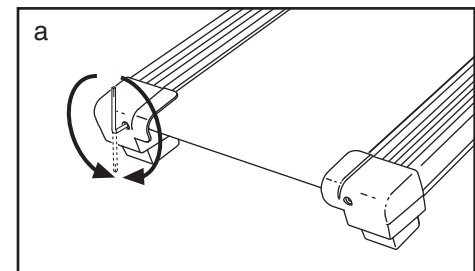
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included hex key, turn both rear roller bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches 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.



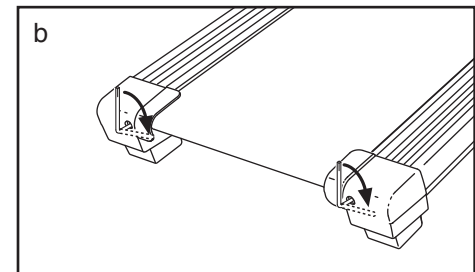
c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

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



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



EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
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 highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

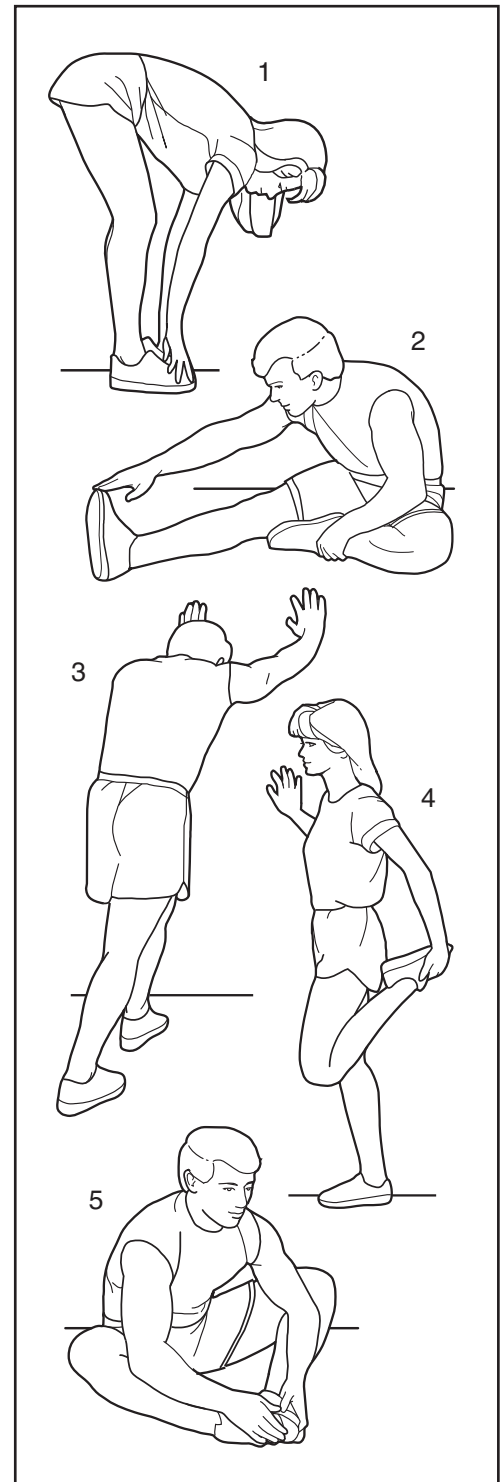
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



NOTES

PART LIST—Model No. PFTL91206.0

R0906A

To locate the parts listed below, see the EXPLODED DRAWING on pages 28 to 31.

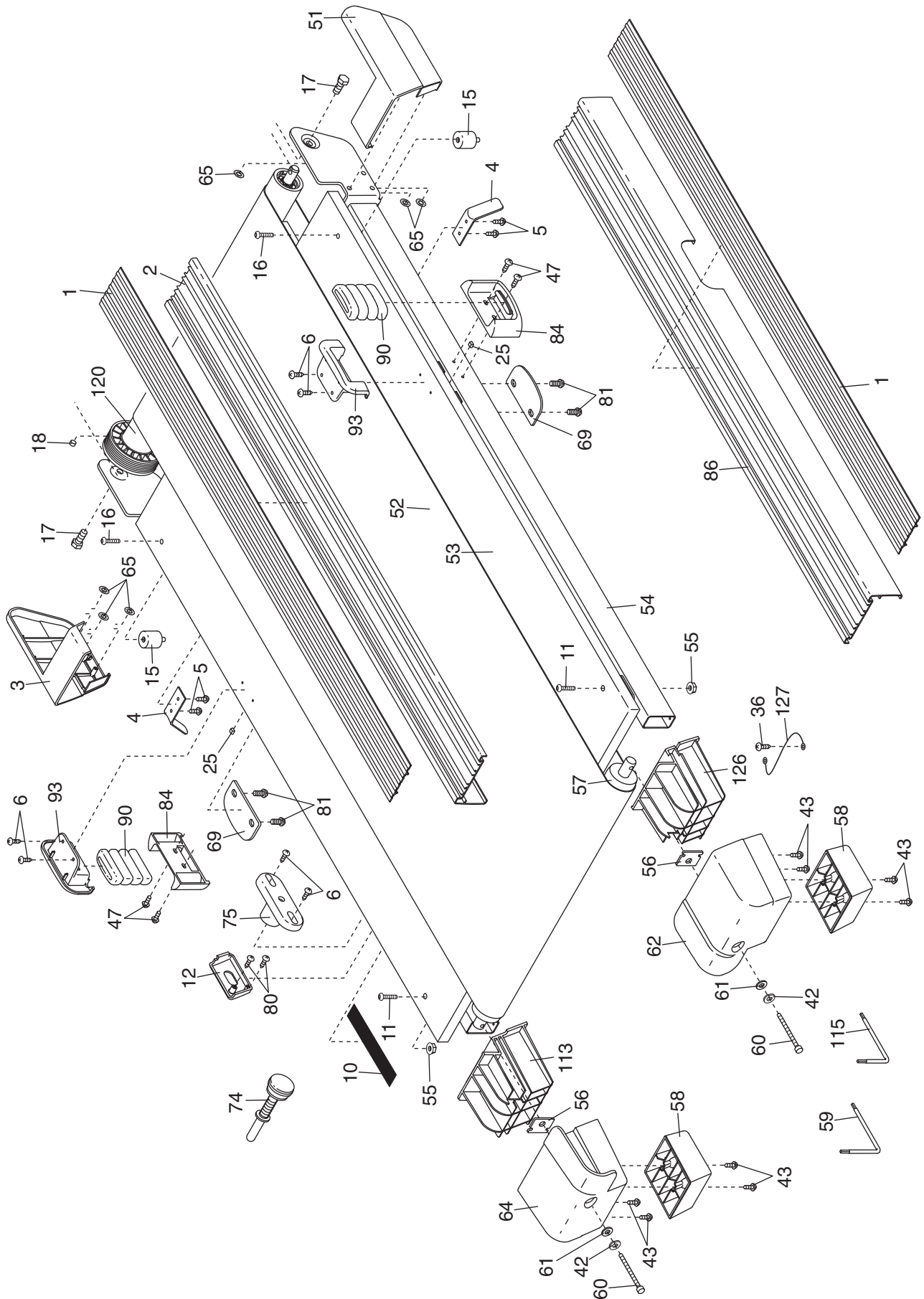
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	51	1	Right Front Endcap
2	1	Left Foot Rail	52	1	Walking Belt
3	1	Left Front Endcap	53	1	Walking Platform
4	2	Belt Guide	54	1	Frame
5	4	Belt Guide Screw	55	2	Platform Nut
6	40	3/4" Screw	56	2	Rear Endcap Plate
7	1	Console Frame	57	1	Rear Roller
8	4	Cage Nut	58	2	Rear Foot
9	1	Incline Wire	59	1	Hex Key
10	1	Latch Warning Decal	60	2	Rear Roller Adj. Bolt
11	2	Rear Platform Bolt	61	2	Rear Roller Washer
12	1	Latch Cover	62	1	Right Rear Endcap
13	1	Pulse Bar Plate, Left	63	1	Photo Switch
14	1	Pulse Bar Plate, Right	64	1	Left Rear Endcap
15	2	Isolator	65	6	Push Nut
16	2	Front Platform Screw	66	1	Right Frame Spacer
17	2	Platform Pivot Bolt	67	1	Front Roller Nut
18	1	Magnet	68	4	Pulse Bar Screw
19	2	Caution Decal	69	2	Isolator Plate
20	1	Motor Pivot Bolt	70	1	Right Cup Holder, Bottom
21	8	Wheel Nut	71	4	1/4" x 1" Bolt
22	1	Left Frame Spacer	72	1	Right Cup Holder, Top
23	1	Reed Switch Clip	73	1	Left Cup Holder, Bottom
24	1	Reed Switch	74	1	Latch Assembly
25	2	Frame Bumper	75	1	Latch Housing
26	1	Lift Frame	76	1	Left Cup Holder, Top
27	2	Motor Tension Nut	77	1	Photo Switch Bolt
28	3	8" Tie	78	1	Right Handgrip Bottom
29	1	Drive Motor	79	1	Book Holder
30	1	Motor Belt	80	6	Screw
31	1	Photo Switch Washer	81	4	Isolator Plate Screw
32	2	Motor Tension Bolt	82	1	Incline Motor
33	2	Motor Tension Washer	83	1	Wire Harness
34	1	Motor Star Washer	84	2	Isolator Housing
35	2	Motor Bracket Bolt	85	1	Optic Disk
36	9	Small Screw	86	1	Right Foot Rail
37	1	Lift/Upright Ground Wire	87	1	Console Fan
38	1	Transformer	88	1	Console
39	1	Hood	89	1	Fan Housing
40	1	Controller	90	2	Center Isolator
41	1	Power Cord	91	1	Key/Clip
42	2	Rear Roller Lock Washer	92	4	1/4" Star Washer
43	14	Endcap Screw/Reed Switch Screw	93	2	Isolator Cap
44	4	U-nut	94	1	Access Door
45	1	Static Decal	95	1	Console Back
46	1	Incline Stop Bracket	96	1	Tie Holder
47	20	3/4" Tek Screw	97	1	Releasable Tie
48	1	Belly Pan	98	9	Plastic Tie
49	1	Photo Switch Wire	99	2	Extension Leg Endcap
50	1	Filter Wire	100	4	Base Pad

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Lift Frame Bolt	121	2	Round Base Pad
102	1	Hairpin Cotter	122	4	5/16" x 1" Bolt
103	1	Incline Motor Bolt, Lower	123	2	Handrail
104	1	Hood Decal Plate	124	1	Left Handgrip Top
105	2	Extension Leg	125	1	Left Handgrip Bottom
106	2	Wheel Housing	126	1	Right Endcap Insert
107	2	Wheel Bolt	127	1	Roller/Frame Ground Wire
108	2	Wheel	128	4	Console Frame Screw
109	1	Upright	129	1	Front Roller Bushing
110	1	Pulse Bar	#	1	6" Blue Wire, 2 F
111	1	Incline Motor Bolt, Upper	#	1	10" Blue Wire, 2 F
112	2	4" Bolt	#	1	8" Blue Wire, M/F
113	1	Left Endcap Insert	#	1	10" Black Wire, M/F
114	1	Reset/Off Circuit Breaker	#	1	12" Red Wire, M/F
115	1	5/32" Hex Key	#	1	8" Green Wire, F/Ring
116	1	Right Handgrip Top	#	1	User's Manual
117	1	Motor Bracket			
118	1	Photo Switch Nut			
119	1	Front Roller Adj. Bolt			
120	1	Front Roller/Pulley			

#These parts are not illustrated
Specifications are subject to change without notice

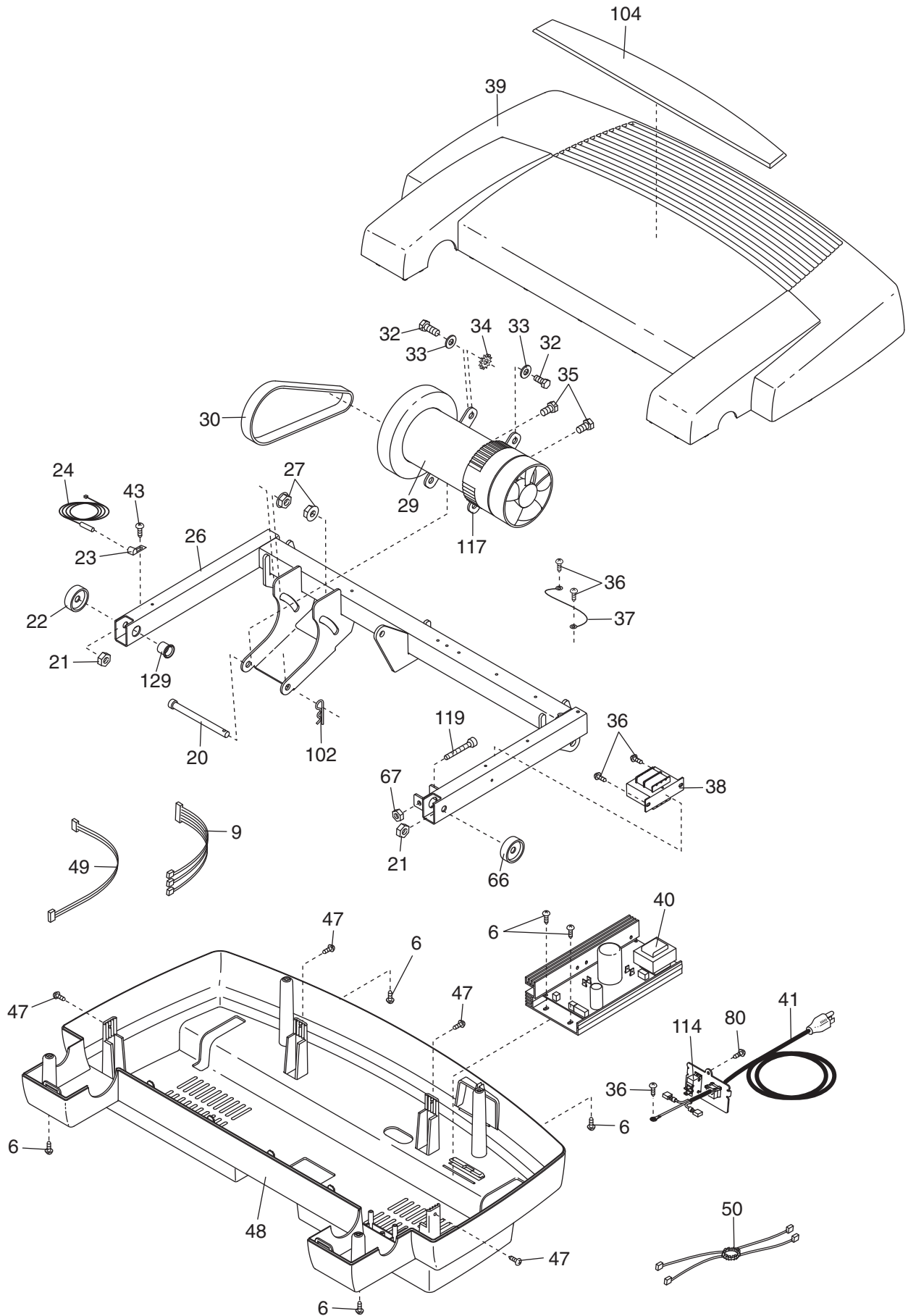
EXPLODED DRAWING A—Model No. PFTL91206.0

R0906A



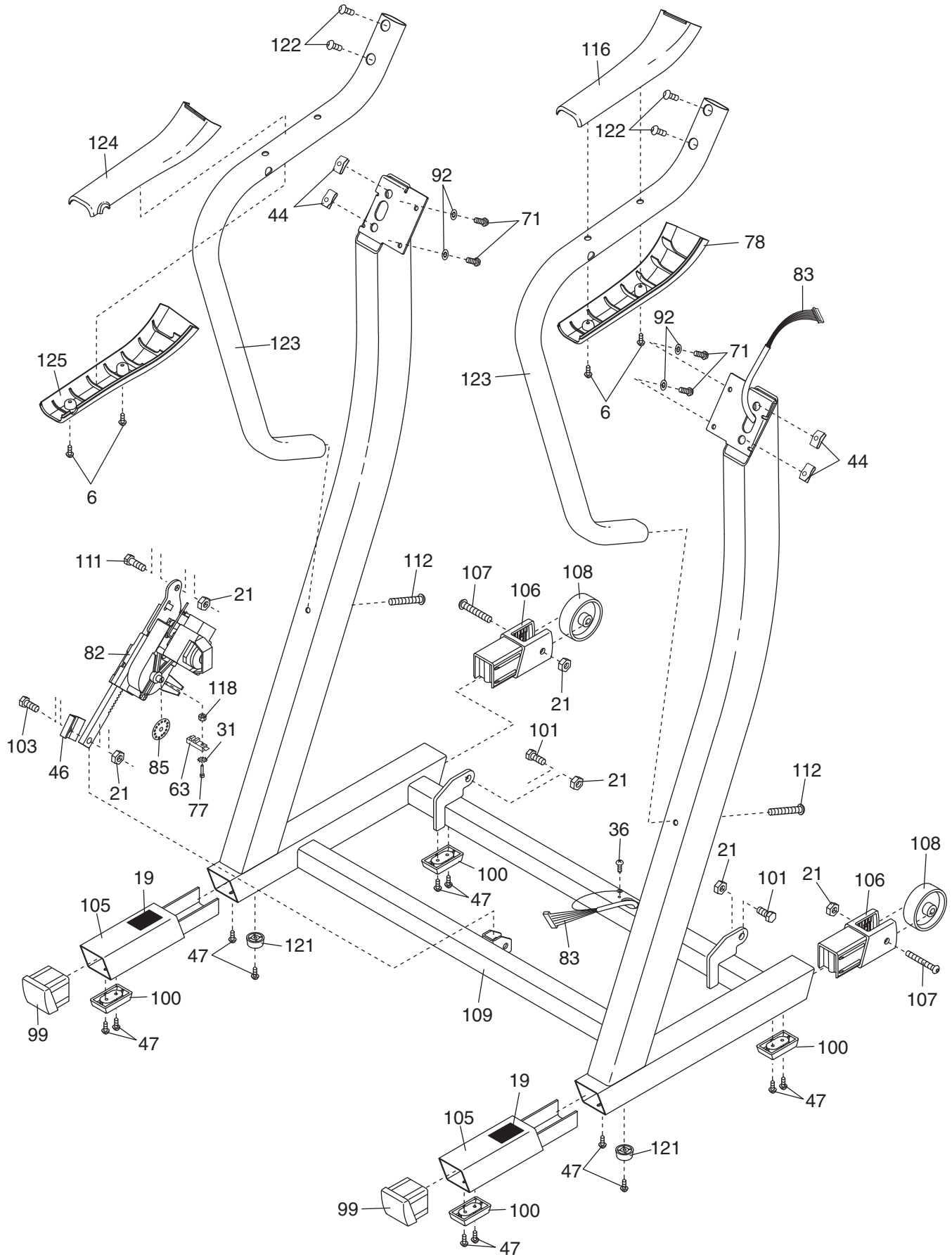
EXPLODED DRAWING B—Model No. PFTL91206.0

R0906A



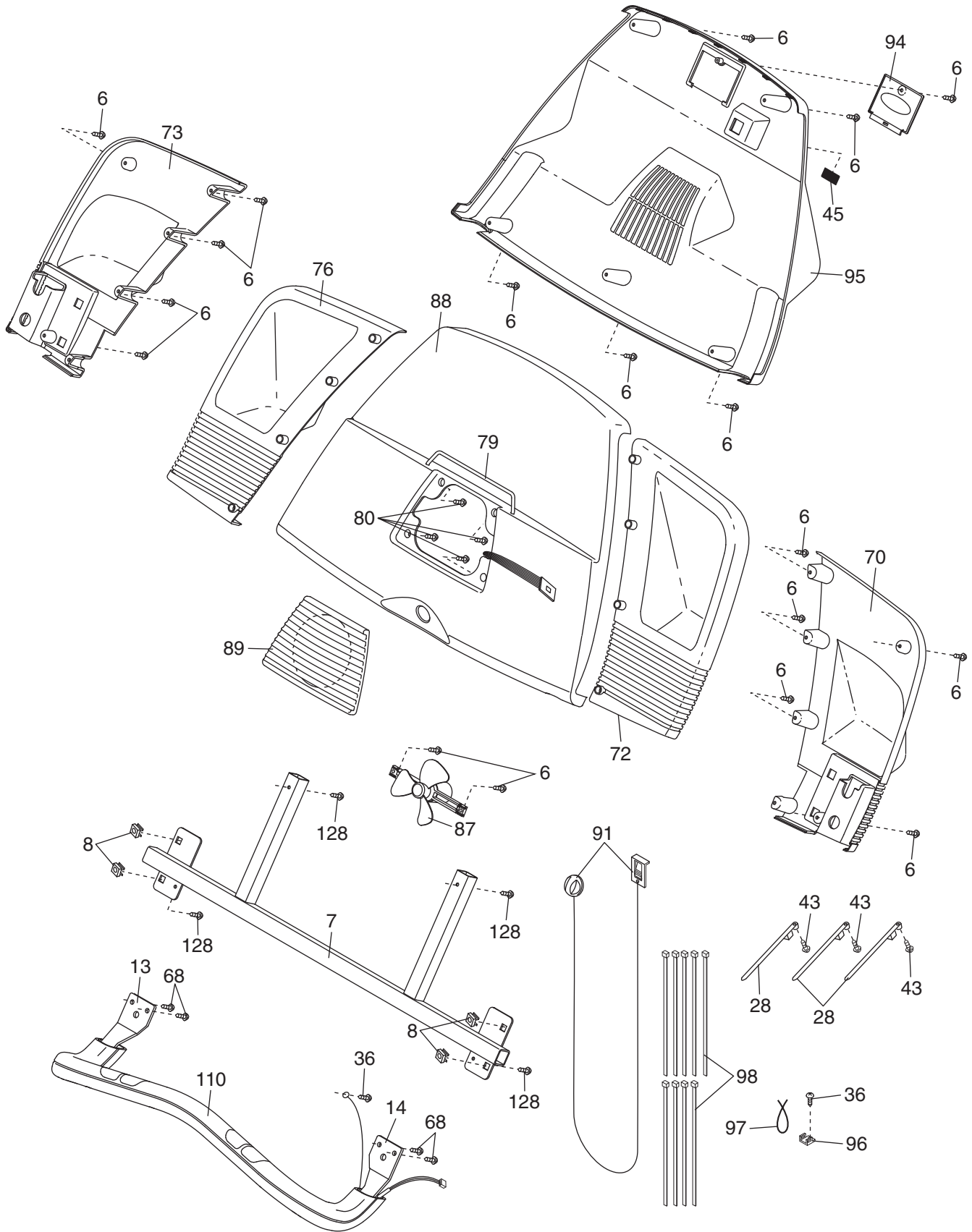
EXPLODED DRAWING C—Model No. PFTL91206.0

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EXPLODED DRAWING D—Model No. PFTL91206.0

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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:

- the MODEL NUMBER of the product (PFTL91206.0)
- the NAME of the product (PROFORM 975 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 26 to 31)

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.

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