PRO-FORM® CrossWalk Performance LX

USER'S MANUAL
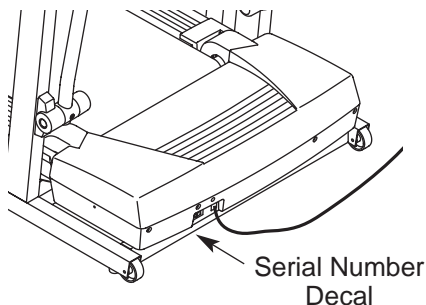
QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST
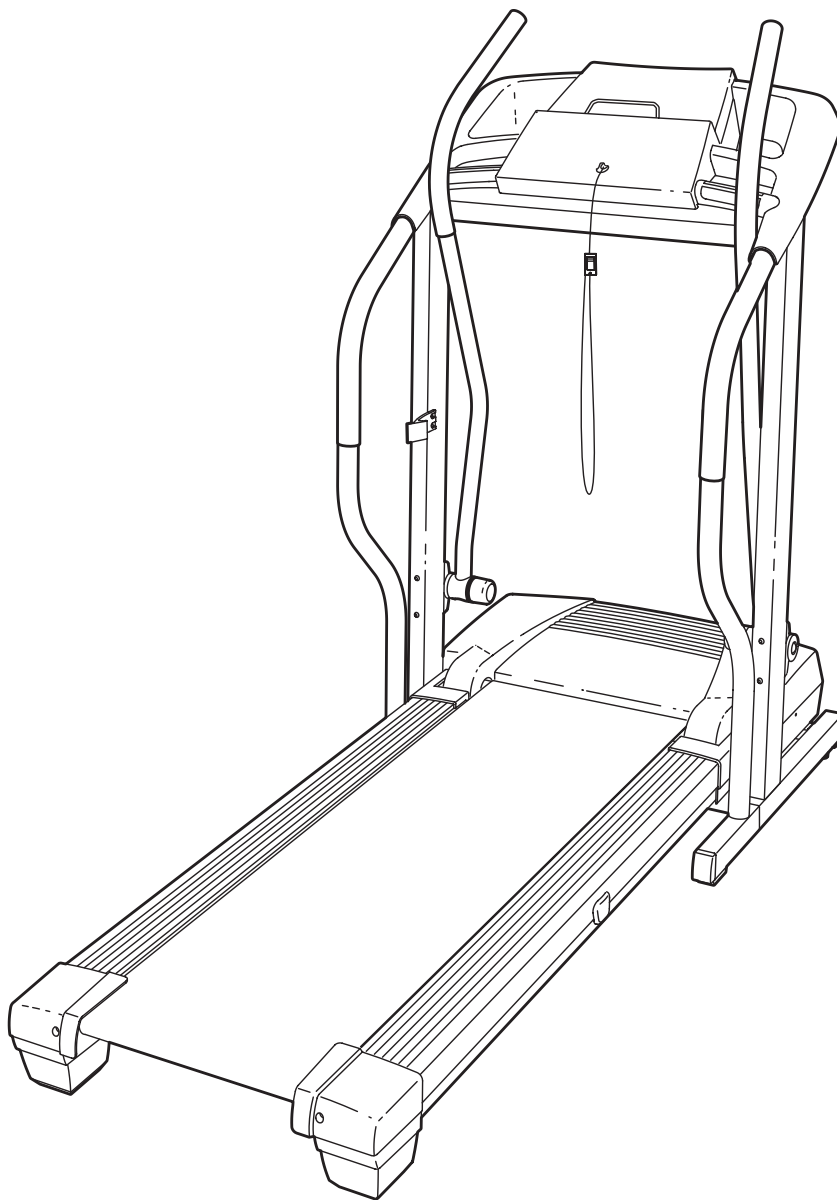
⚠ CAUTION

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

▸ Visit our website at

www.proform.com
new products, prizes, fitness tips, and much more!

PRO-FORM® CrossWalk Performance LX

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

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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.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should be used only by persons weighing 250 pounds or less.

8. Never allow more than one person on the treadmill at a time.

9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

10. When connecting the power cord (see page 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.

11. 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 1-800-806-3651 and order part number 146148.

12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)

15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body arms while you are 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 your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

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 on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) 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 regularly.

22. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed changes. In some instances, the speed may change before the personal trainer describes the change.

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

24. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.
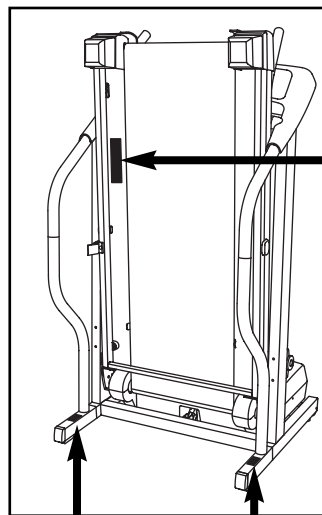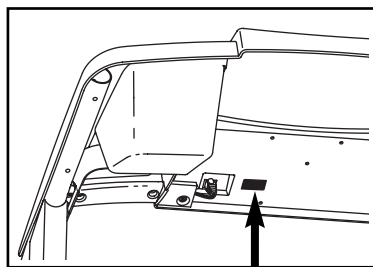
25. Never insert any object into any opening.

26. **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.

27. This treadmill is intended for in-home use only. Do not use this treadmill in a 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 below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.

⚠**WARNING**
• Hazardous Voltage
• Risk of Electric Shock
• Unplug Treadmill before Assembly /Disassembly.

⚠ **CAUTION**
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

⚠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.

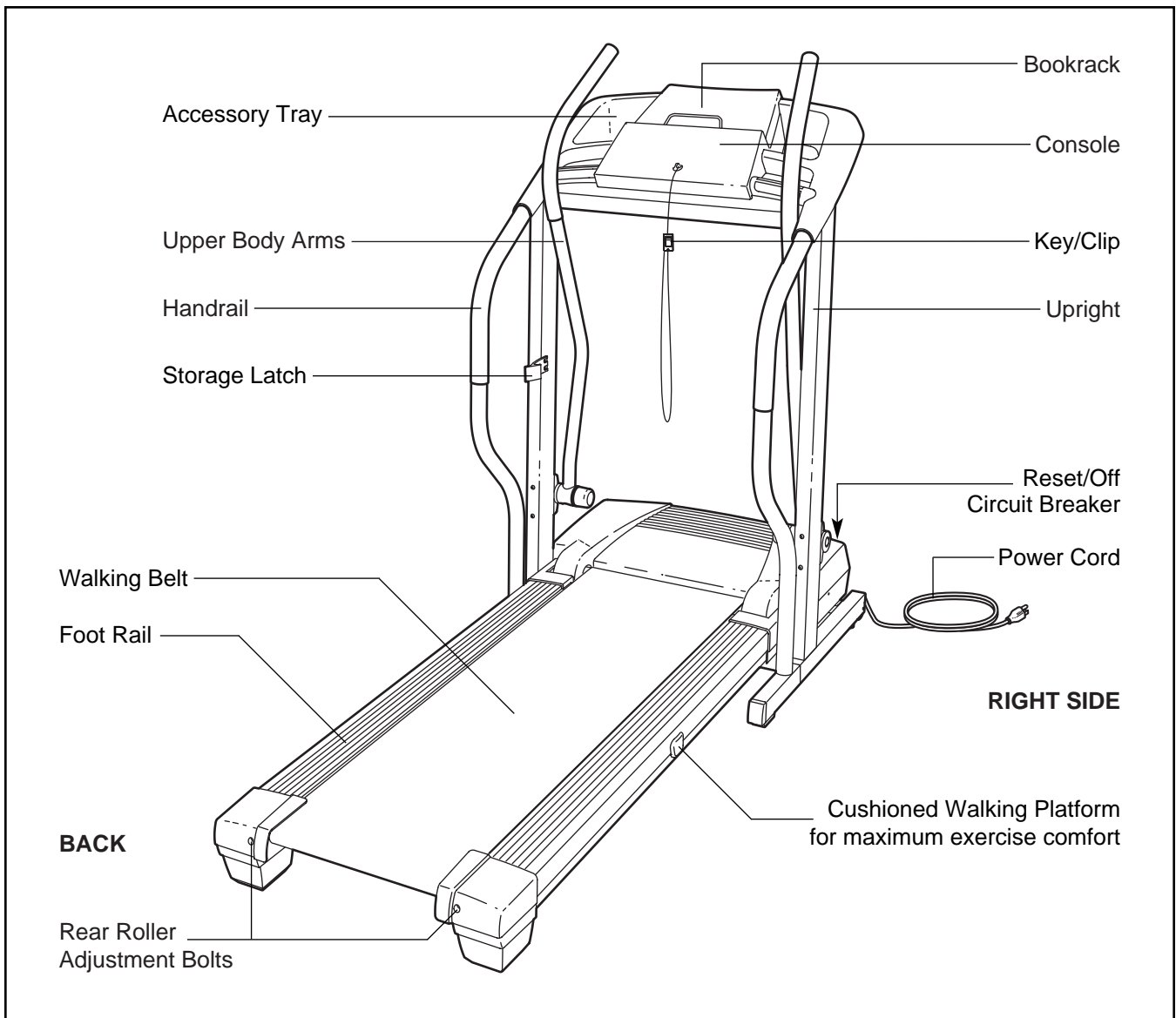• Always wear athletic shoes while operating treadmill.

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BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® CROSSWALK PERFORMANCE LX treadmill. The CROSSWALK PERFORMANCE LX treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience and privacy of your home. And when you're not exercising, the unique CROSSWALK PERFORMANCE LX 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, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is DTL42940. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

Accessory Tray

Upper Body Arms

Handrail

Storage Latch

Walking Belt

Foot Rail

BACK

Rear Roller
Adjustment Bolts

Bookrack

Console

Key/Clip

Upright

Reset/Off
Circuit Breaker

Power Cord

RIGHT SIDE

Cushioned Walking Platform
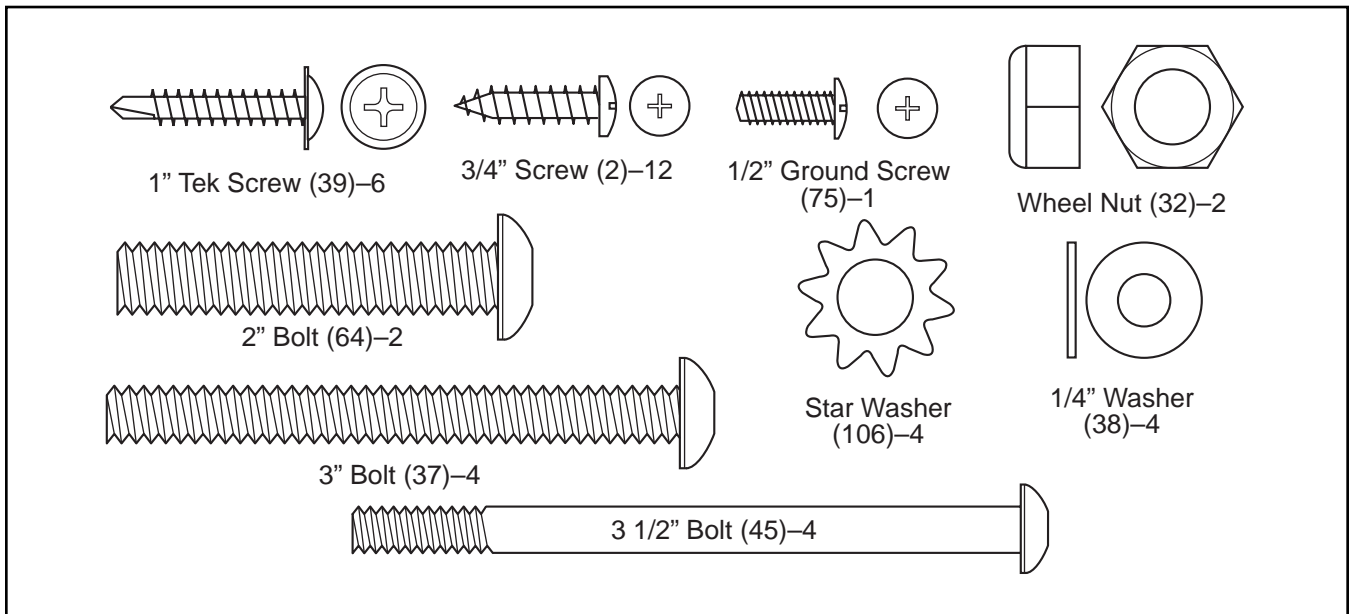for maximum exercise comfort

ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches and your own phillips screwdriver, **rubber mallet** and adjustable wrench.

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 pre-assembled.


1" Tek Screw (39)–6

3/4" Screw (2)–12

1/2" Ground Screw (75)–1

Wheel Nut (32)–2

2" Bolt (64)–2

Star Washer (106)–4

1/4" Washer (38)–4

3" Bolt (37)–4

3 1/2" Bolt (45)–4

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

⚠ WARNING
• Hazardous Voltage
• Risk of Electric Shock
• Unplug Treadmill before Assembly /Disassembly.

With the help of another person, carefully raise the Uprights (69) to the vertical position. Insert one of the Extension Legs (63) into the treadmill as shown. (Note: It may be helpful to tip the Uprights as you insert the Extension Leg.) Make sure that the Base Pad (61) is under the Extension Leg.

Insert the other Extension Leg (63) in the same way.
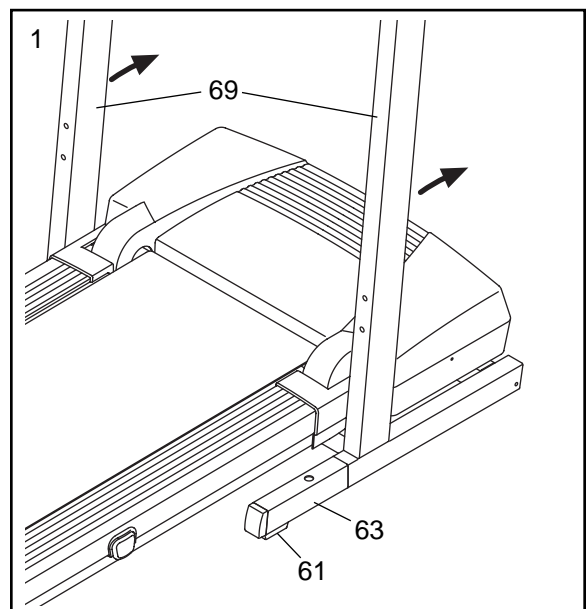
2. With the help of another person, carefully lower the Uprights (69) as shown. (Note: It may be helpful to place your foot on one of the Extension Legs [63] as you tip the Uprights.) **Make sure that the Extension Legs remain in the Uprights.**

Attach each Extension Leg (63) with two 1" Tek Screws (39) and a Round Base Pad (57) as shown. Note: Attach the lower Tek Screw, without the Round Base Pad, first. Attach the other two Round Base Pads to the Frame with two 1" Tek Screws as shown. One replacement Round Base Pad may be included. If a Base Pad becomes worn and needs to be replaced, use the replacement Base Pad.

Attach the two Wheels (66) with two 2" Bolts (64) and two Wheel Nuts (32) as shown. **Do not overtighten the 2" Bolts.** The Wheels should be able to spin freely.

With the help of another person, carefully raise the Uprights (69) to the vertical position.
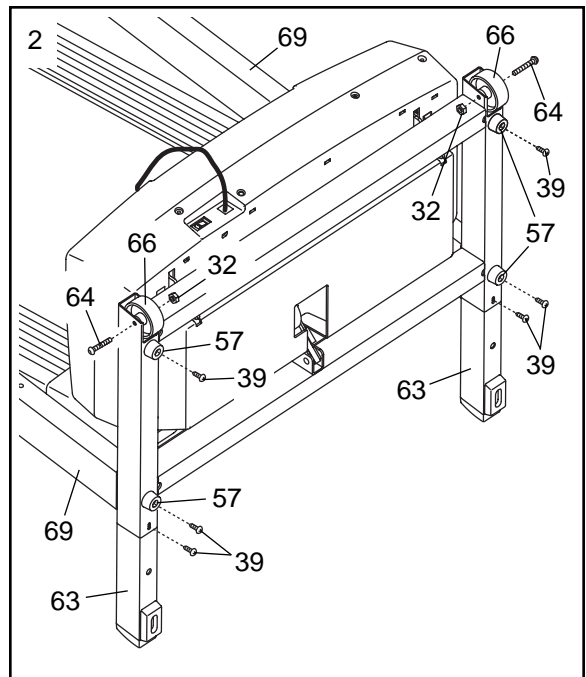
3. Attach the Left Upper Body Arm (24) to the left Upright (69) with two 3 1/2" Bolts (45), two 1/4" Washers (38), and two Star Washers (106) as shown.

Attach the Right Upper Body Arm (not shown) to the other Upright (not shown) in the same way.
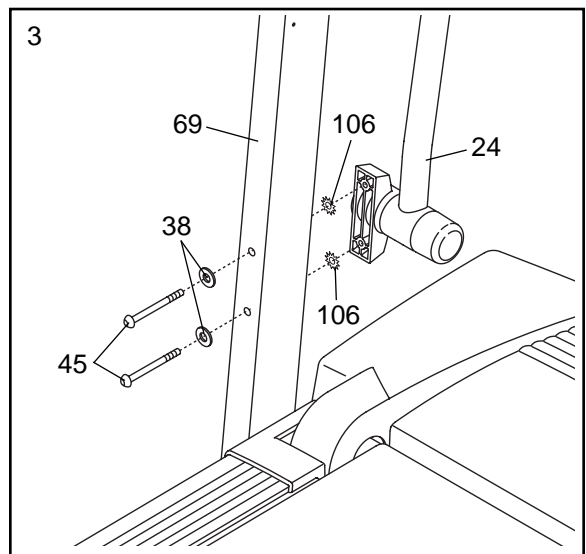
4. Identify the Right Handrail (72), which has a large round hole in the location shown. Route the Upright Wire (42) through the hole in the Right Handrail. Attach the Right Handrail to the right Upright (69) with a 3" Bolt (37). **Be careful not to pinch the Upright Wire. Firmly tighten the Bolt.**

Attach the Left Handrail (71) in the same way. Note: There is not a wire on the left side.
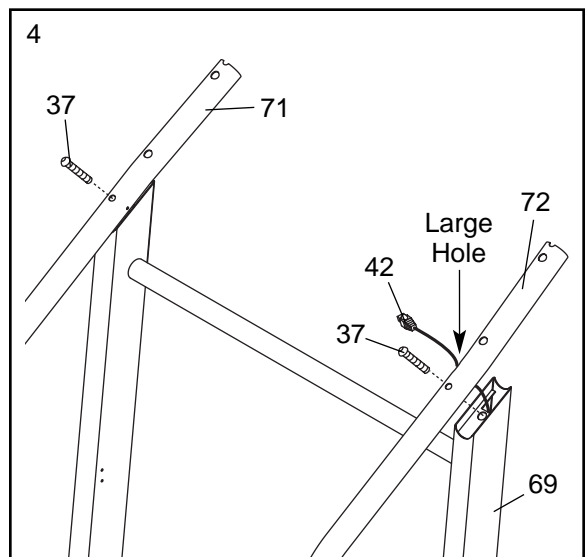
5. Hold the Console Base (47) near the Left Handrail (71). Attach the end of the ground wire in the Console Base to the small hole in the side of the Left Handrail with the 1/2" Ground Screw (75).
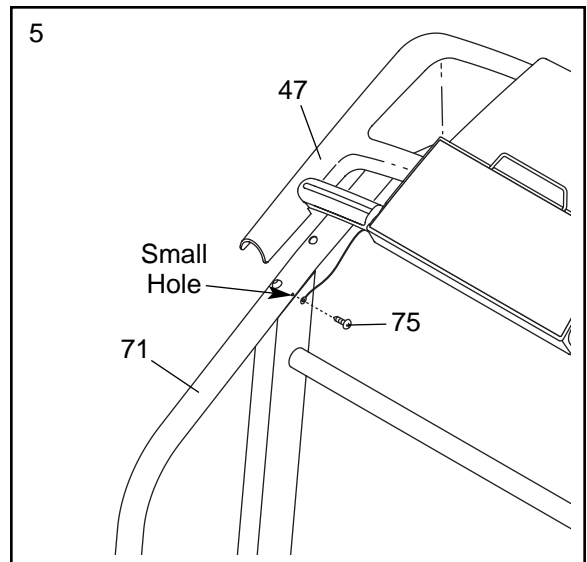
6. Set the Console Base (47) on the Right Handrail (72) and the Left Handrail (71).

   Attach the Console Base (47) with four 3/4" Screws (2). **Start all four Screws before tightening them; do not overtighten the Screws.**
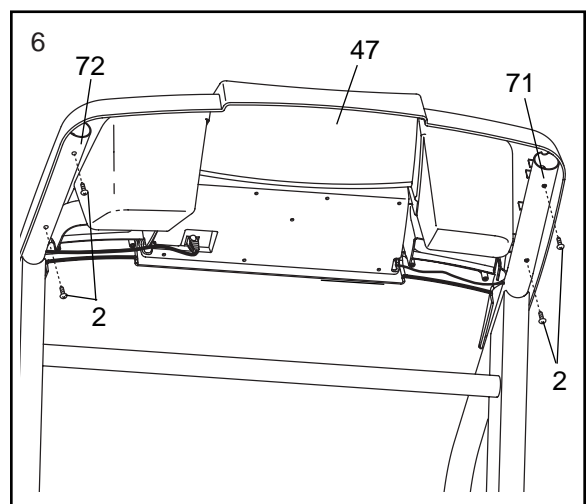
7. Next, **touch the Right Handrail (72) to discharge any static.** Press the end of the Upright Wire (42) into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it.
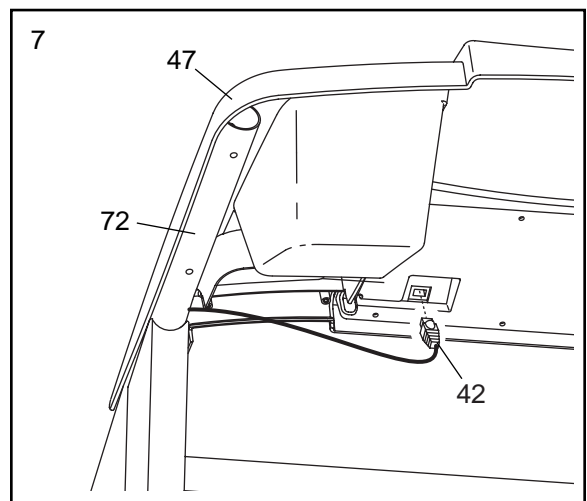
8. Press the Upright Wire (42) into the slot in the underside of the Console Base (47) in the indicated area. Cover the Upright Wire with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten three 3/4" Screws (2) into the Right Grip Plate and the Console Base.
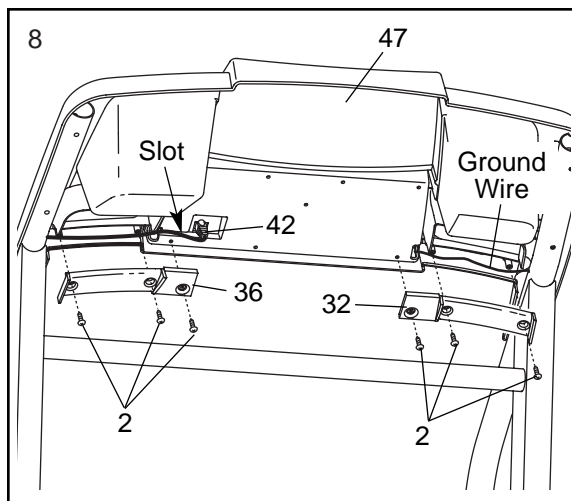
   Attach the Left Grip Plate (32) over the ground wire and the other wires with three 3/4" Screws (2). **Be careful not to pinch any of the Wires.**

9. With the help of a second person, lower the Uprights (69) to the floor.

   Align the lower ends of the Handrails (71, 72) with the in-dicated holes in the Extension Legs (63). Attach each Handrail with a 3" Bolt (37) as shown. **Note: The Bolts must be at an angle that matches the angle of the Handrails, as shown in the inset drawing.** Firmly tighten the Bolts.

   With the help of a second person, carefully tip the Uprights (69) back to the vertical position.
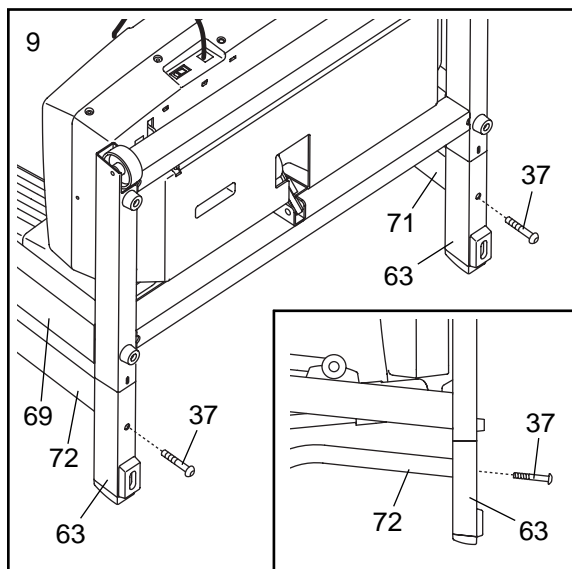
10. Attach the Storage Latch (29), with the Latch Spacer (121), to the left Upright (69) with two 3/4" Screws (2) as shown. **Do not overtighten the Screws.**
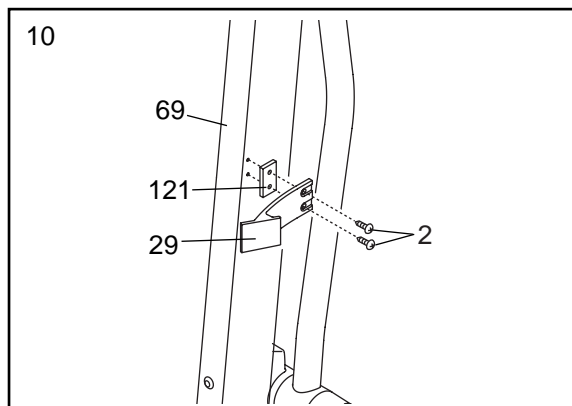
11. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 24). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

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

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

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

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This p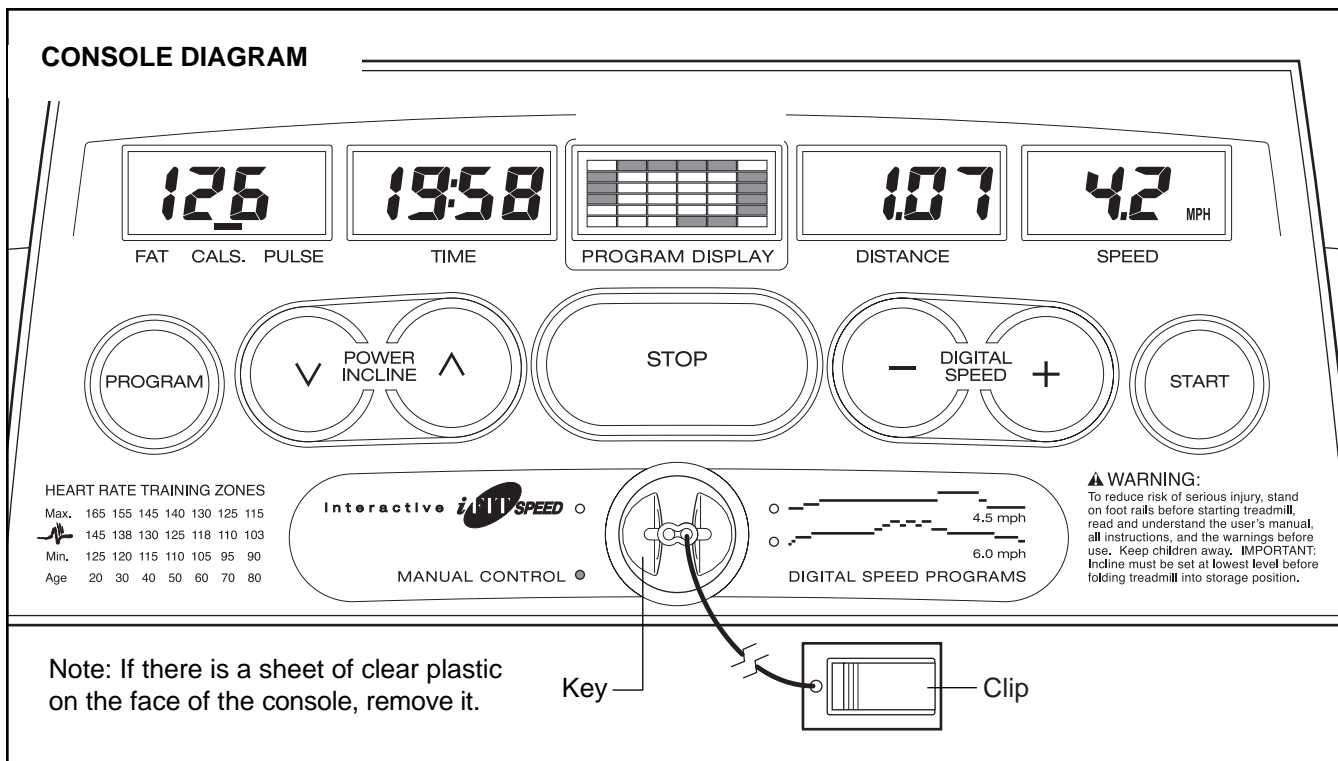roduct is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The 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.
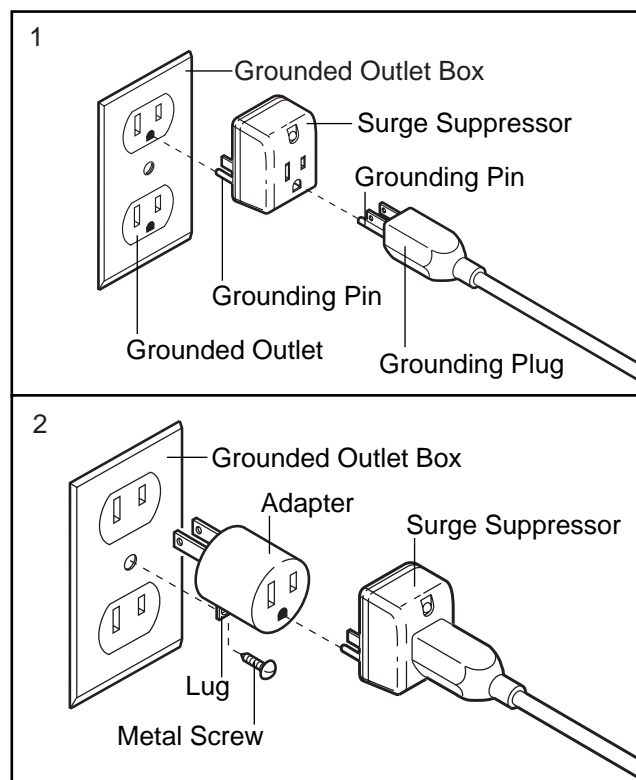
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

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

| FAT CALS. PULSE | TIME | PROGRAM DISPLAY | DISTANCE | SPEED |

PROGRAM | POWER INCLINE ∨ ∧ | STOP | DIGITAL SPEED − + | START

HEART RATE TRAINING ZONES

Max.	165	155	145	140	130	125	115
	145	138	130	125	118	110	103
Min.	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

Interactive *iFIT SPEED*

MANUAL CONTROL

4.5 mph
6.0 mph

DIGITAL SPEED PROGRAMS

⚠ WARNING:
To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away. IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

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

Key

Clip

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

• **Do not stand on the walking belt when turning on the power.**

• **Always wear the clip (see the drawing above) while operating the treadmill.**

• **Adjust the speed in small increments in order to avoid sudden jumps in speed.**

• **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to help you get the most from your workouts. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the matrix and the four displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Two speed programs are also offered. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a speed program,** see page 14. **To use an iFIT.com CD or video program**, see page 17. **To use an iFIT.com program directly from our Web site**, see page 19.

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.

Reset Position
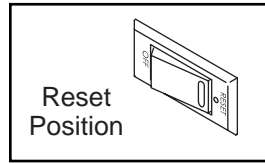
3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and the matrix will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

HOW TO USE THE MANUAL MODE

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected and the Manual Control indicator will light. If you have selected a program or the iFIT.com mode, press the Program button repeatedly to reselect the manual mode.

3 Press the Start button or the Speed + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking. 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 will change by 0.1 mph. If a button is held down, the speed will change in increments of 0.5 mph.

To stop the walking belt, press the Stop button. The Time display will begin to flash. To restart the walking belt, press the Start button or the Speed + button.

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 24).

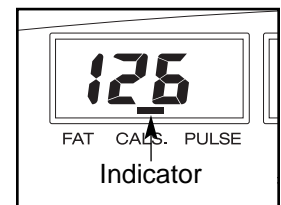**4 Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline + or – button until the desired incline level is reached.

5 Follow your progress with the matrix and the four displays.

The matrix—When the manual mode or the iFIT.com mode is selected, a 1/4-mile track will appear in the matrix. As you walk or run on the treadmill, 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.
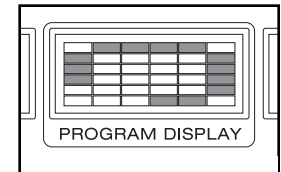
Fat Calories/Calories/Pulse display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 25). The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the pulse sensor (see step 6 on page 13).
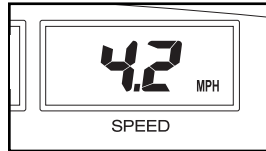
Time display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a speed program is selected, the display will show the time remaining in the program.

Distance display—This display shows the distance that you have walked or run on the treadmill.
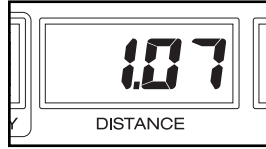
**Speed display**—This display shows the speed of the walking belt.

Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "Km/H" will appear in the Speed display to show which unit of measurement is selected. To change the unit of measurement, 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. When the desired unit of measurement is selected, remove the key and then reinsert it.
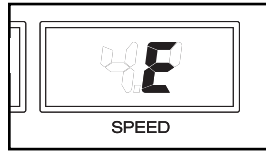
6 **Measure your heart rate if desired.**

To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the foot rails** and hold the handgrip pulse sensor with your palms on the metal contacts. **Avoid moving your hands**. When your pulse is detected, two dashes (– –) will appear in the Fat Calories/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.**
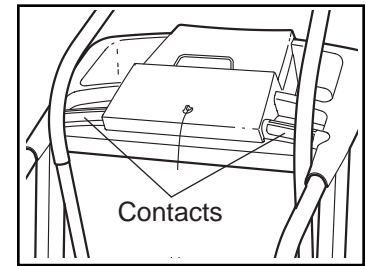
7 **When you are finished exercising, remove the key.**

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put the key in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the reset position.

HOW TO USE A SPEED PROGRAM

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 12.

2 **Select one of the speed programs.**

When the key is in-
serted, the manual
mode will be selected.
To select a speed pro-
gram, press the
Program button repeat-
edly until one of the two
program indicators lights. Note: The graphs be-
side the program indicators show how the speed
of the treadmill will change during the programs.

Program Indicator

4.5 mph
6.0 mph
DIGITAL SPEED PROGRAMS
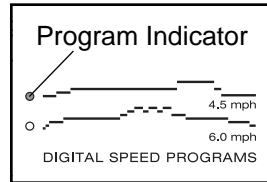
Each program consists
of 30 one-minute seg-
ments. One speed set-
ting is programmed for
each segment. The
speed setting for the
first segment appears in
the left column of the matrix. The speed settings
for the next five segments appear in the five
columns to the right. Note: One bar in a column
represents a speed setting of either 1 mph or 1.5
mph, two bars represent a speed setting of 2 mph
or 2.5 mph, three bars represent a speed setting
of 3 mph or 3.5 mph, and so forth. **Important:
Even if the same number of bars appear in two
consecutive columns, a different speed setting
may be programmed for each segment.**

Current Period
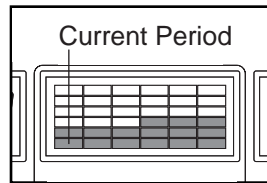
3 **Press the Start button or the Speed + button to
start the program.**

When the button is pressed, the left column of the
matrix will begin to flash and the treadmill will au-
tomatically adjust to the speed setting for the first
segment. Hold the handrails and begin walking.

When the first segment of the program ends, a se-
ries of tones will sound and *all speed settings will
move one column to the left.* **If the speed of the**

**treadmill is about to change, the Speed display
will flash to alert you.** The speed setting for the
second segment will then appear in the left column
of the matrix and the treadmill will automatically
adjust to the speed setting for the second seg-
ment.

The program will continue until the speed setting
for the last segment appears in the left column of
the matrix and the last segment ends. The walking
belt will then slow to a stop.

If the speed setting is too high or too low at any
time during the program, you can manually over-
ride the setting by pressing the Speed buttons.
However, **when the next segment begins, the
treadmill will automatically adjust to the speed
setting for the next segment.** The incline of the
treadmill can be changed during the program with
the Incline buttons.

To stop the program, press the Stop button. The
Time display will begin to flash. To restart the pro-
gram, press the Start button or the Speed + but-
ton. The walking belt will begin to move at 1 mph.
When the next segment begins, the treadmill will
automatically adjust to the speed setting for the
next segment.

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

See step 5 on page 12.

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

See step 6 on page 13.

6 **When you are finished exercising, remove the
key.**

When the program ends, **make sure that the
treadmill is at the lowest incline level.** Next, re-
move 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 reset position.

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

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 and 16 for connecting instructions. **To use iFIT.com video-cassettes**, the treadmill must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 16 for connecting instructions.
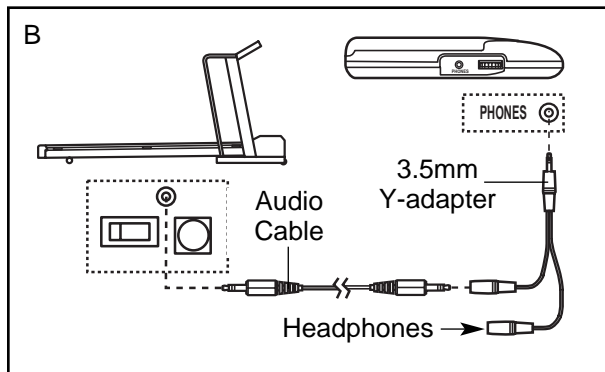
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

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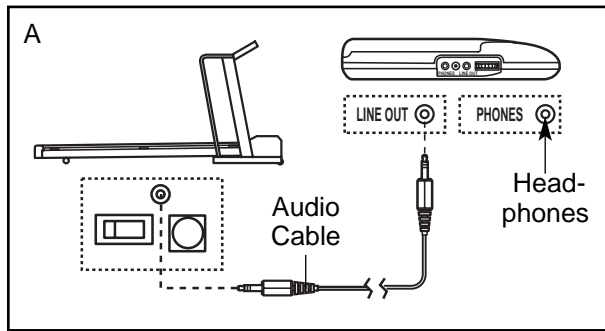
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR PORTABLE STEREO

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

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

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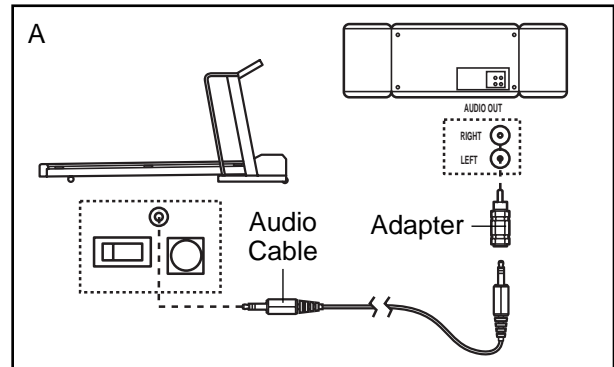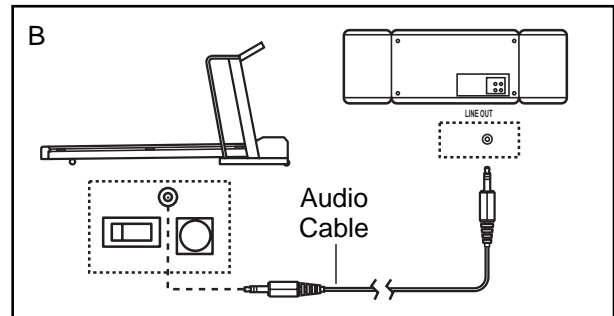

C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.
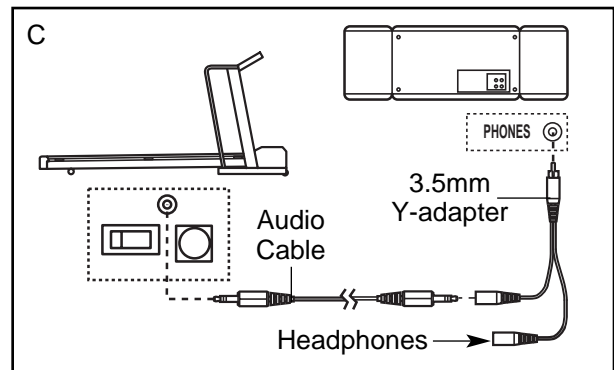
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.

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

HOW TO CONNECT YOUR COMPUTER

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

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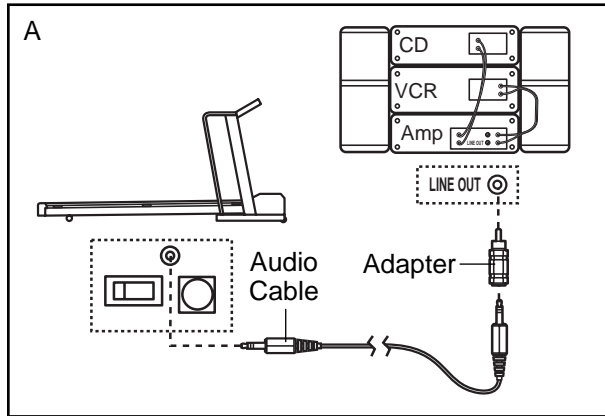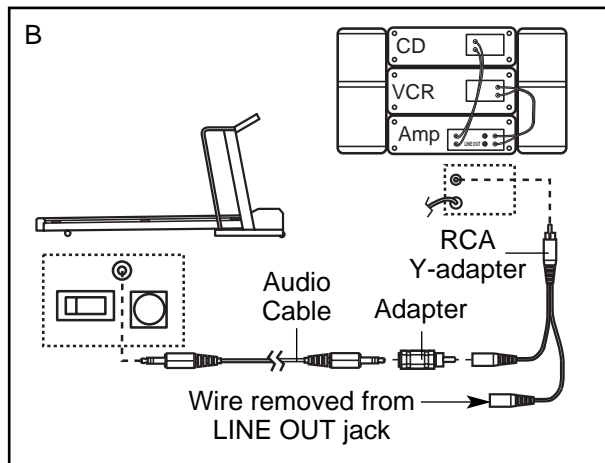

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side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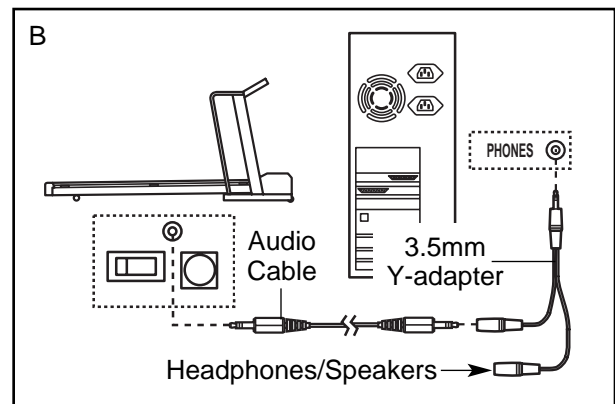
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.
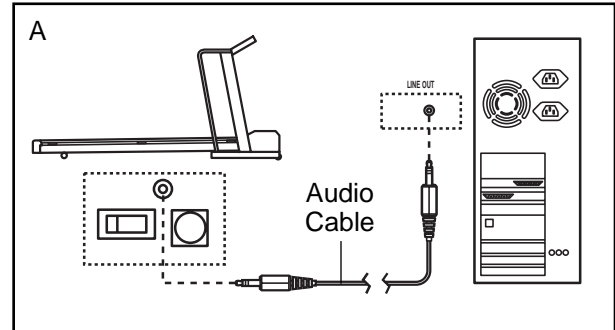
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

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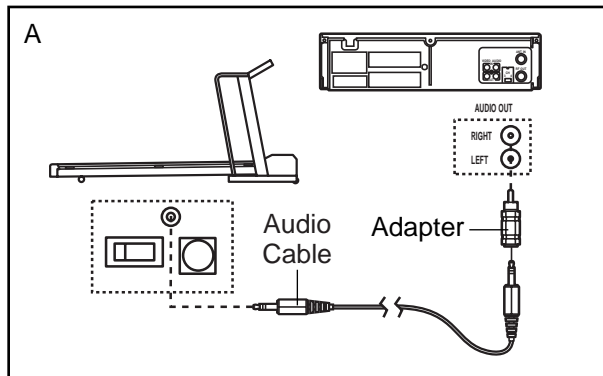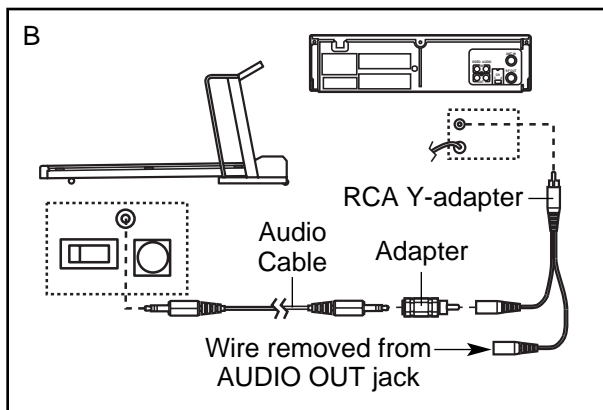

HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **Note: To purchase iFIT.com CDs and videocassettes, call toll-free 1-800-735-0768.**

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

1 Insert the key fully into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

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

3 Insert the iFIT.com CD or videocassette.

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

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

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

During the CD or video program, an electronic "chirping" sound will alert you when the speed of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed changes. In some instances, the speed may change before the personal trainer describes the change.**

If the speed setting is too high or too low, you can manually override the setting at any time by pressing the Speed buttons on the console. However, **when the next "chirp" is heard, the speed will change to the next setting of the CD or video program.** The incline of the treadmill can be changed during the program with the Incline buttons.

To stop the walking belt, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed will change to the next setting of the CD or video program**.

When the CD or video program ends, the walking belt will stop and the Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 17.

Note: If the speed of the treadmill does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit and that the Time display is not flashing. If the Time display is flashing, press the Start button or the Speed + button on the console.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

• **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 Follow your progress with the matrix and the four displays.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 When the iFIT.com CD or video program ends, remove the key.

See step 6 on page 14.

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

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

To use programs from our Web site, the treadmill must be connected to your computer. See HOW TO CONNECT YOUR COMPUTER on page 16. 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.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the Program button repeatedly until the iFIT.com indicator lights.

3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

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

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

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

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

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

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

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

If the speed setting is too high or too low, you can manually override the setting at any time by pressing the Speed buttons on the console. However, **when the next "chirp" is heard, the speed will change to the next setting for the program.** The incline of the treadmill can be changed during the program with the Incline buttons.

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed will change to the next setting for the program**.

When the program ends, the walking belt will stop and the Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

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

8 Follow your progress with the matrix and the four displays.

See step 5 on page 12.

9 Measure your heart rate if desired.

See step 6 on page 13.

10 When the program ends, remove the key.

See step 6 on page 14.

HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, you can either 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.

Upper Body Arms

Resistance Knobs
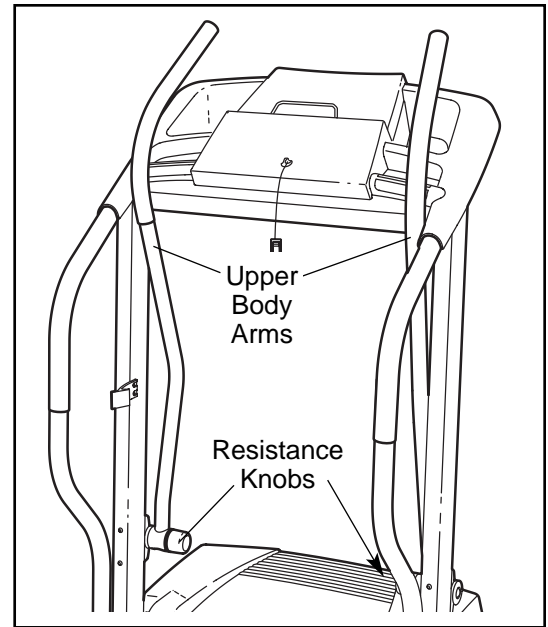
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
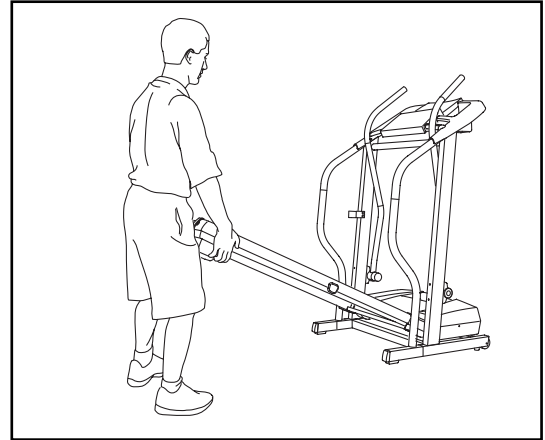
1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.

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

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

Engaged

Storage
Latch

Catch
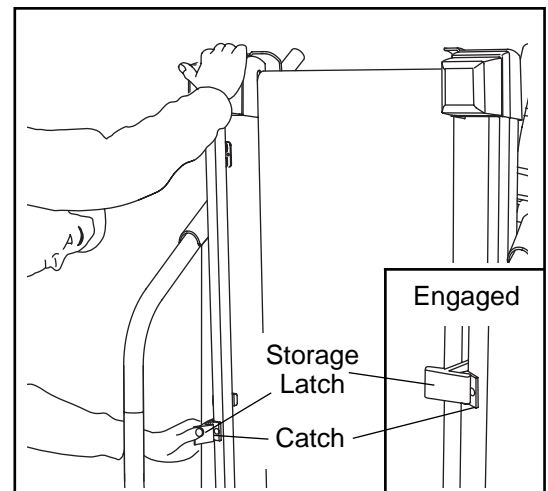
HOW TO MOVE THE TREADMILL

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

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

Base

Front Wheels
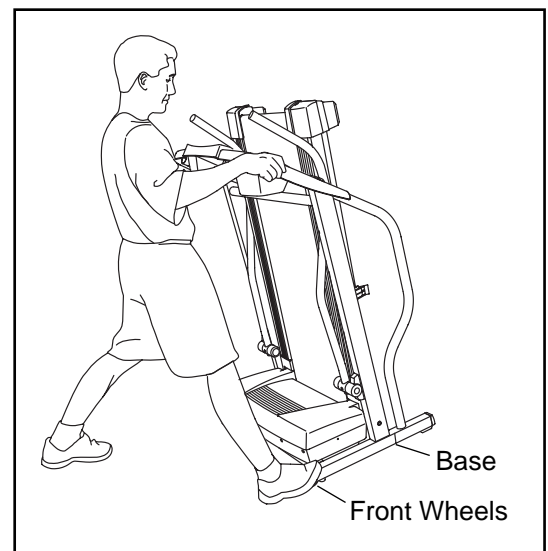
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Press the storage latch to the left. Pivot the treadmill down until the frame and foot rail are past the storage latch.

Storage Latch

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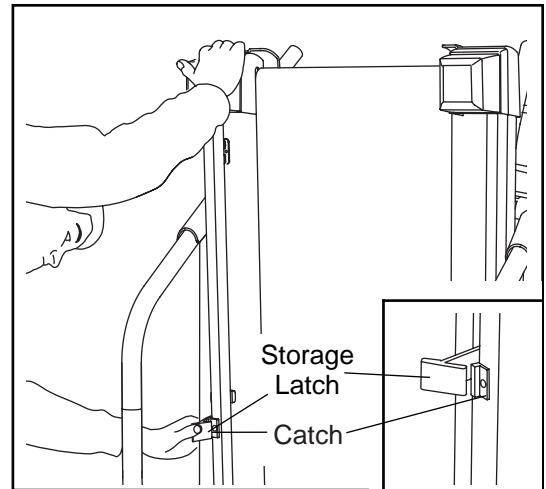
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**
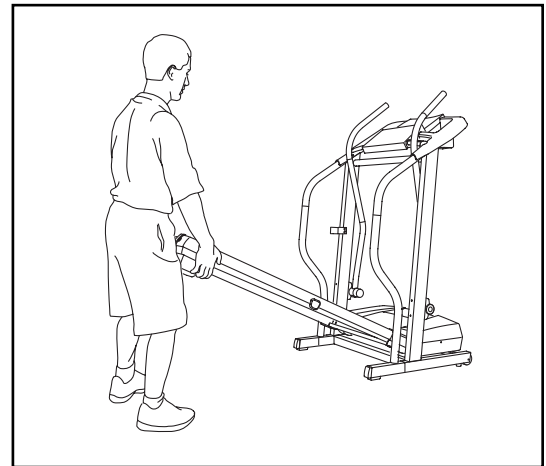
TROUBLESHOOTING

Most treadmill problems can be solved by following the instructions below. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge 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 fully inserted into the console.

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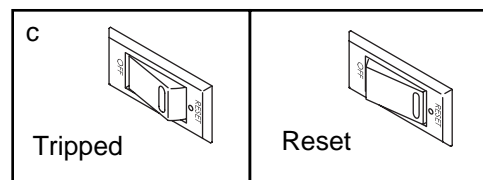
PROBLEM: The power turns off during use

SOLUTION: a. Check the 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 fully into the console.

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

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the two 3/4" Tek Screws (58) from the Hood (1), and carefully pivot the Hood off.
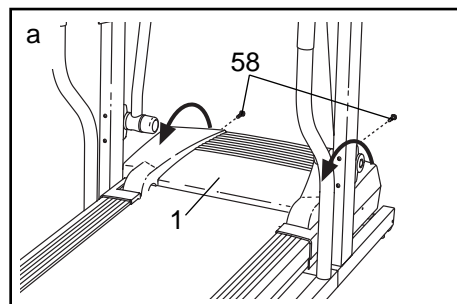
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the 3/4" Tek Screw (58) and move the Reed Switch slightly. Retighten the Screw. Re-attach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.
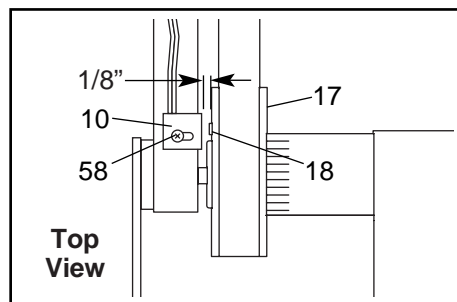
PROBLEM: The walking belt slows when walked on

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 allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

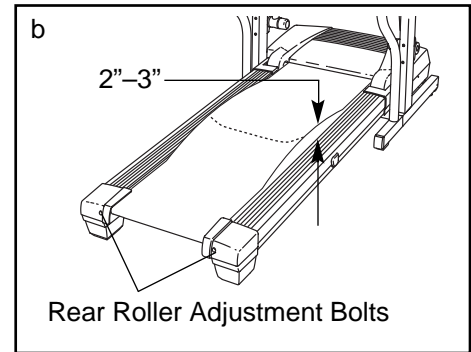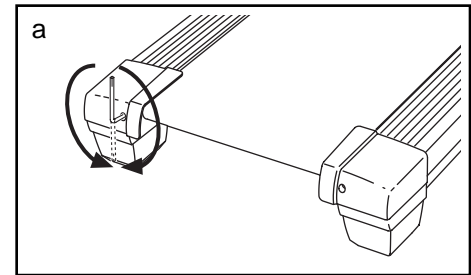c. If the walking belt still slows when walked on, call our Customer Service Department toll-free.

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

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

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
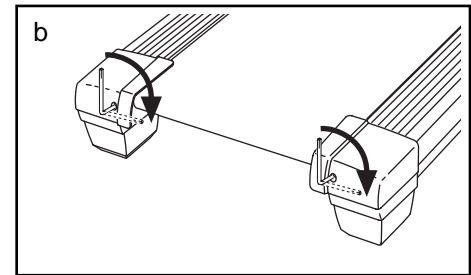
PROBLEM: One of the upper body arms squeaks during use

SOLUTION: a. Correcting this problem requires a small amount of white marine grease, available at most hardware stores. Turn the Resistance Knob (109) counterclockwise until it can be removed. Remove the Resistance Cone (108) and the Upper Body Arm (117), along with the 3/8" Washers (5), Spring Washer (111), Thrust Washers (112), and Thrust Bearing (113). (Note: If the Resistance Sleeve [107] or Resistance Plate [27] comes out of the Resistance Bracket [105] or Resistance Cone, press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (108). Reattach all parts in the order shown at the right.

CONDITIONING GUIDELINES

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 higher number is the recommended heart rate for aerobic exercise.

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

Fat Burning

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

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

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

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your 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.
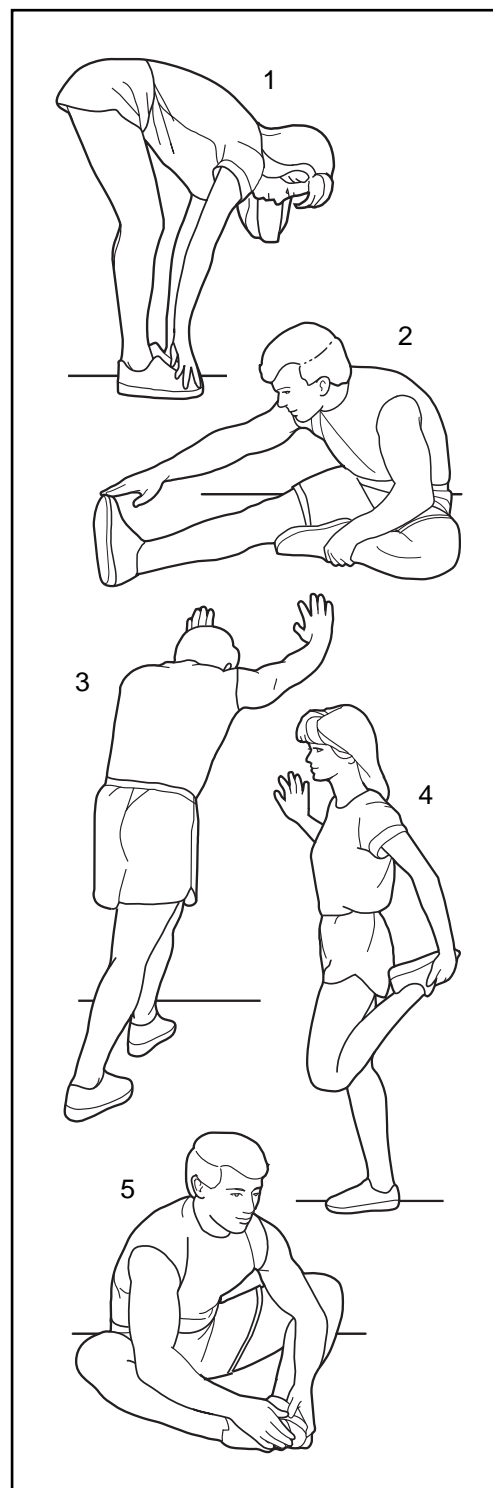
# NOTES

PART LIST—Model No. DTL42940

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	43	1	Console	91	1	Left Rear Endcap Pad
2	15	3/4" Screw	44	1	Wire Cover	92	2	Rear Roller
3	1	Motor Belt	45	4	3 1/2" Bolt			Adjustable Bolt
4	1	Motor Tension Bolt	46	1	Book Holder	93	1	Right Rear Endcap
5	4	3/8" Washer	47	1	Console Base	94	1	Allen Wrench
6	1	Motor Star Washer	48	1	1/2" Silver Screw	95	1	Left Rear Endcap
7	1	Flywheel	49	2	1/2" Console Screw	96	1	Walking Belt
8	1	Motor	50	1	Key/Clip	97	1	Walking Platform
9*	1	Motor Assembly	51	1	Incline Motor	98	1	Right Foot Rail
10	1	Reed Switch	52	1	Incline Bracket	99	1	Right Pulse Grip
11	1	Latch Warning Decal	53	1	Incline Motor	100	1	Rear Roller
12	2	Frame Spacer			Bolt (lower)	101	2	Plastic Tie
13	5	Frame Pivot	54	2	Incline Pivot Bolt	102	1	Incline Motor
		Nut/Motor Nut	55	2	Incline Pivot Nut			Bolt (upper)
14	2	Frame Pivot Bolt	56	1	Motor Controller Wire	103	1	Motor Mount Bracket
15	4	Walking Platform	57	4	Round Base Pad	104	2	Resistance Bolt
		Screw	58	12	3/4" Tek Screw	105	2	Resistance Bracket
16	1	Left Foot Rail	59	1	Controller	106	4	Star Washer
17	1	Front Roller/Pulley	60	1	Lift Frame	107	2	Resistance Sleeve
18	1	Magnet	61	2	Base Pad	108	2	Resistance Cone
19	1	Motor Pivot Bolt	62	2	Warning Decal	109	2	Resistance Knob
20	2	Motor Bracket Bolt	63	2	Extension Leg	110	2	Front Isolator
21	1	Right Foot Rail	64	2	2" Bolt	111	2	Spring Washer
		Endcap	65	4	Base Endcap	112	4	Thrust Washer
22	2	Belly Pan Clip	66	2	Wheel	113	2	Thrust Bearing
23	1	Front Roller	67	6	Endcap Screw	114	2	Foam Grip
		Adjustment Bolt	68	4	8" Cable Tie	115	2	U-Nut
24	1	Left Upper Body Arm	69	1	Base	116	1	Filter Wire
		w/Foam Grip	70	1	Grommet	117	1	Audio Wire
25	1	Right Upper Body	71	1	Left Handrail	118	2	Handrail Foam
		Arm w/Foam Grip	72	1	Right Handrail	119	2	Upper Body
26	6	Ground Screw	73	1	Left Pulse Grip			Arm Screw
27	2	Resistance Plate	74	1	Left Foot Rail Endcap	120	1	iFIT.com Wire
28	1	Motor Tension Nut	75	1	1/2" Ground Screw	121	1	Latch Spacer
29	1	Storage Latch	76	1	Isolator Insert	#	1	8" Blue Wire, 2F
30	1	Latch Catch	77	4	Belly Pan Screw	#	1	4" Blue Wire, 2F
31	1	Right Rear	78	1	Adapter	#	1	4" Blue Wire, M/F
		Endcap Pad	79	1	Power Cord	#	1	4" White Wire, M/F
32	2	Wheel Nut	80	1	Power Cord Grommet	#	1	8" White Wire, 2F
33	2	Static Decal	81	1	Belly Pan	#	1	8" Green Wire, 2 Ring
34	1	Left Grip Plate	82	2	Belt Guide	#	1	4 " Red Wire, M/F
35	1	Electronic Bracket	83	4	Belt Guide Screw	#	1	User's Manual
36	1	Right Grip Plate	84	2	Plastic Fastener			
37	4	3" Bolt	85	2	Isolator Cushion	*Includes all parts shown in the box
38	6	1/4" Washer	86	1	Frame	#These parts are not illustrated
39	6	1" Tek Screw	87	4	Releasable Tie			
40	1	Audio Wire Nut	88	1	Warning Decal			
41	1	5/32" Allen Wrench	89	2	Cable Tie Clamp			
42	1	Upright Wire	90	1	Ground Wire			
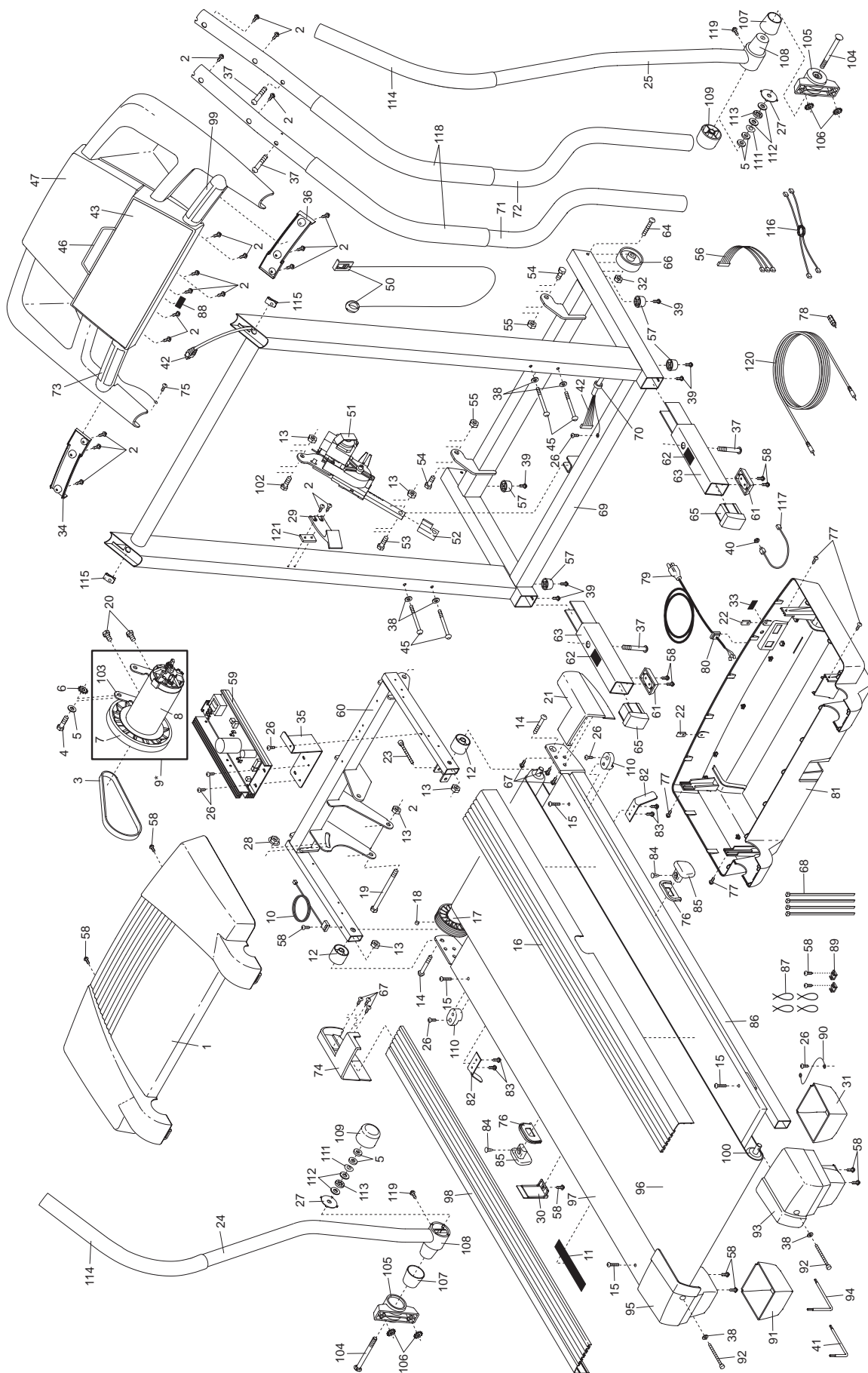
HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

• The MODEL NUMBER of the product (DTL42940)

• The NAME of the product (PROFORM® CROSSWALK PERFORMANCE LX 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 center of this manual)

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