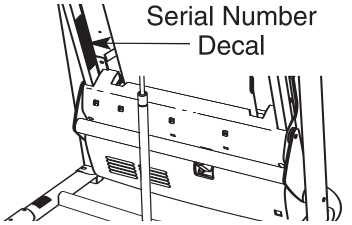
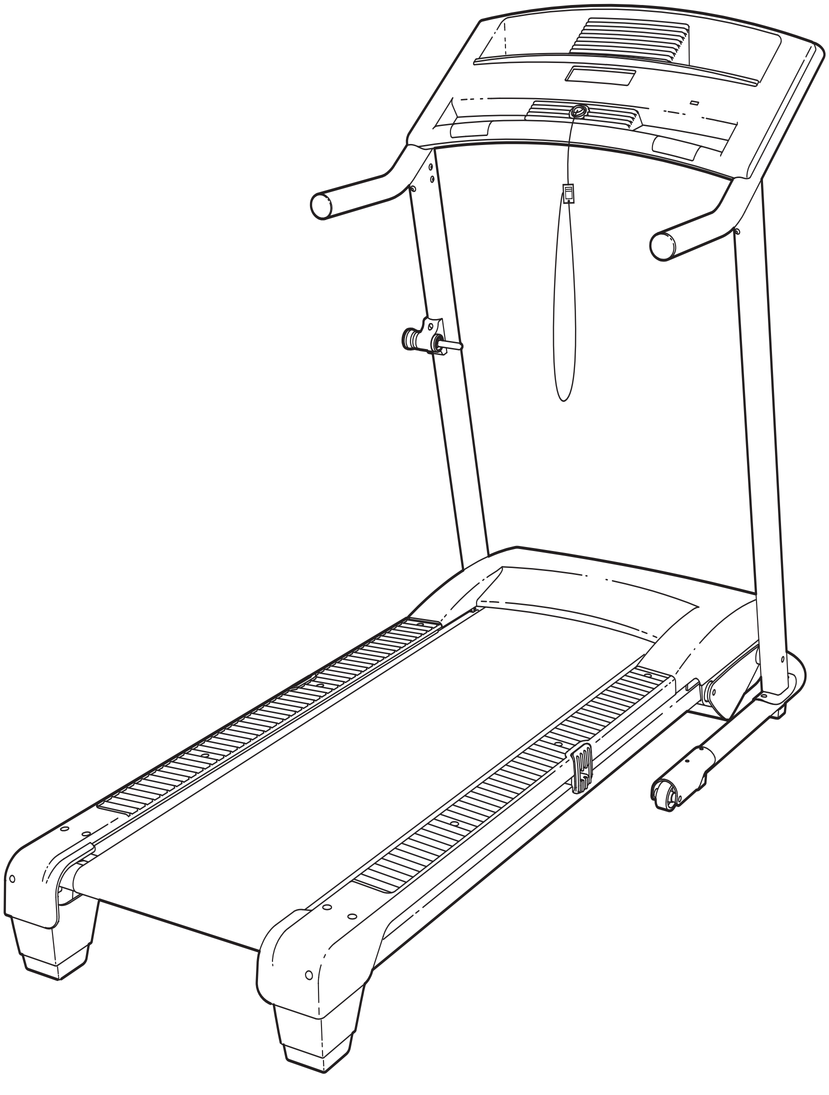
PRO-FORM®
STYLE 4500

Model No. PATL50707.0
Serial No. ____________________

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



USER'S MANUAL



QUESTIONS?

If you have questions, or if any parts are missing or damaged, please see the dealer contact information on the back cover of this manual or on the included service card.

⚠ CAUTION

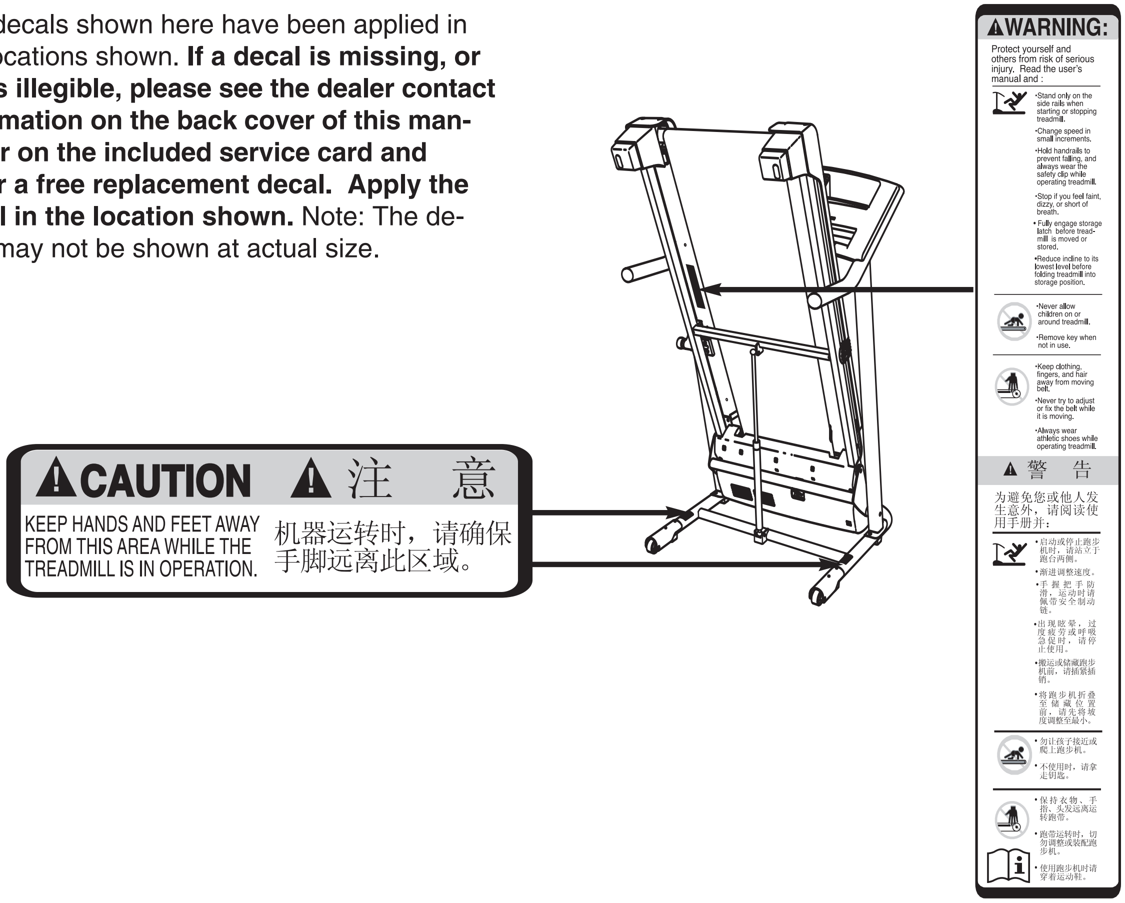
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 12
HOW TO FOLD AND MOVE THE TREADMILL 17
TROUBLESHOOTING 19
EXERCISE GUIDELINES 21
PART LIST 22
EXPLODED DRAWING 24
ORDERING REPLACEMENT PARTS . . . . .Back Cover
LIMITED WARRANTY . . . . .Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing, or if it is illegible, please see the dealer contact information on the back cover of this manual or on the included service card and order a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



⚠CAUTION ⚠注 意

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

机器运转时，请确保手脚远离此区域。

⚠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.

⚠警 告

为避免您或他人发生意外，请阅读使用手册并：

- 启动或停止跑步机时，请站立于跑台两侧。
- 渐进调整速度。
- 手握把手防滑，运动时请佩带安全制动链。
- 出现眩晕，过度疲劳或呼吸急促时，请停止使用。
- 搬运或储藏跑步机前，请插紧插销。
- 将跑步机折叠至储藏位置前，请先将坡度调整至最小。
- 勿让孩子接近或爬上跑步机。
- 不使用时，请拿走钥匙。
- 保持衣物、手指、头发远离运转跑带。
- 跑带运转时，切勿调整或装配跑步机。
- 使用跑步机时请穿着运动鞋。

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

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

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
3. **Use the treadmill only as described.**
4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.5 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
7. **Keep children under the age of 12 and pets away from the treadmill at all times.**
8. **The treadmill should be used only by persons weighing 250 lbs. (113 kg) or less.**
9. **Never allow more than one person on the treadmill at a time.**
10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***
11. **When connecting the power cord (see page 12), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
12. **If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 5 ft. (1.5 m).**
13. **Keep the power cord away from heated surfaces.**
14. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 19 if the treadmill is not working properly.)**
15. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).**
16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
18. **The pulse sensor is not a medical device. Various factors, including your 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.**
19. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)**

20. 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 17.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

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

23. Never insert any object into any opening on the treadmill.

24. 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.

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

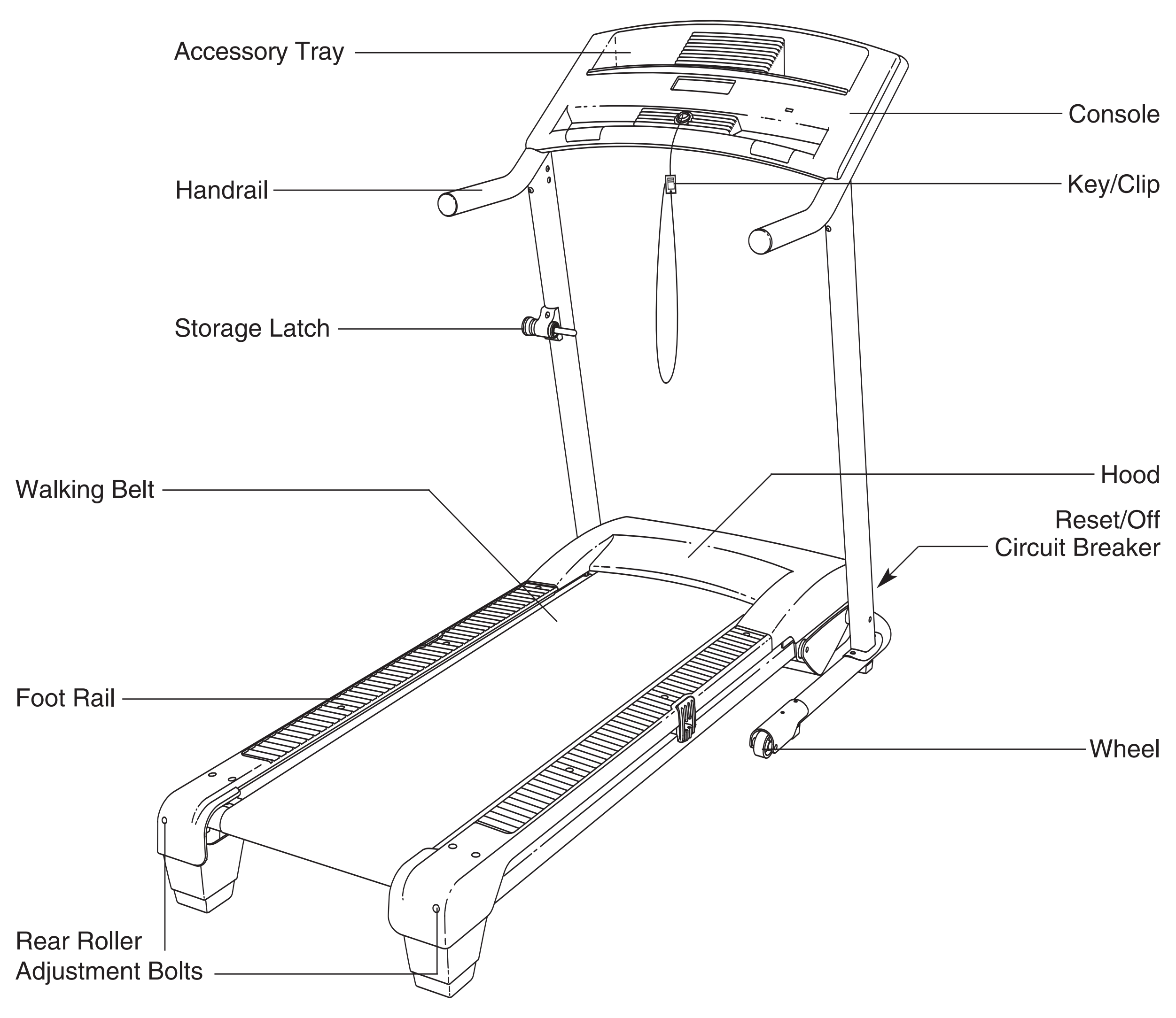
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® STYLE 4500 treadmill. The STYLE 4500 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique STYLE 4500 treadmill can be folded up, requiring less than half the floor space of other treadmills.

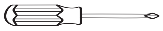
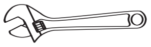
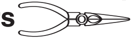
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the dealer contact information on the back cover of this manual or on the included service card. To help us assist you, note the product model number and serial number before contacting the dealer. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

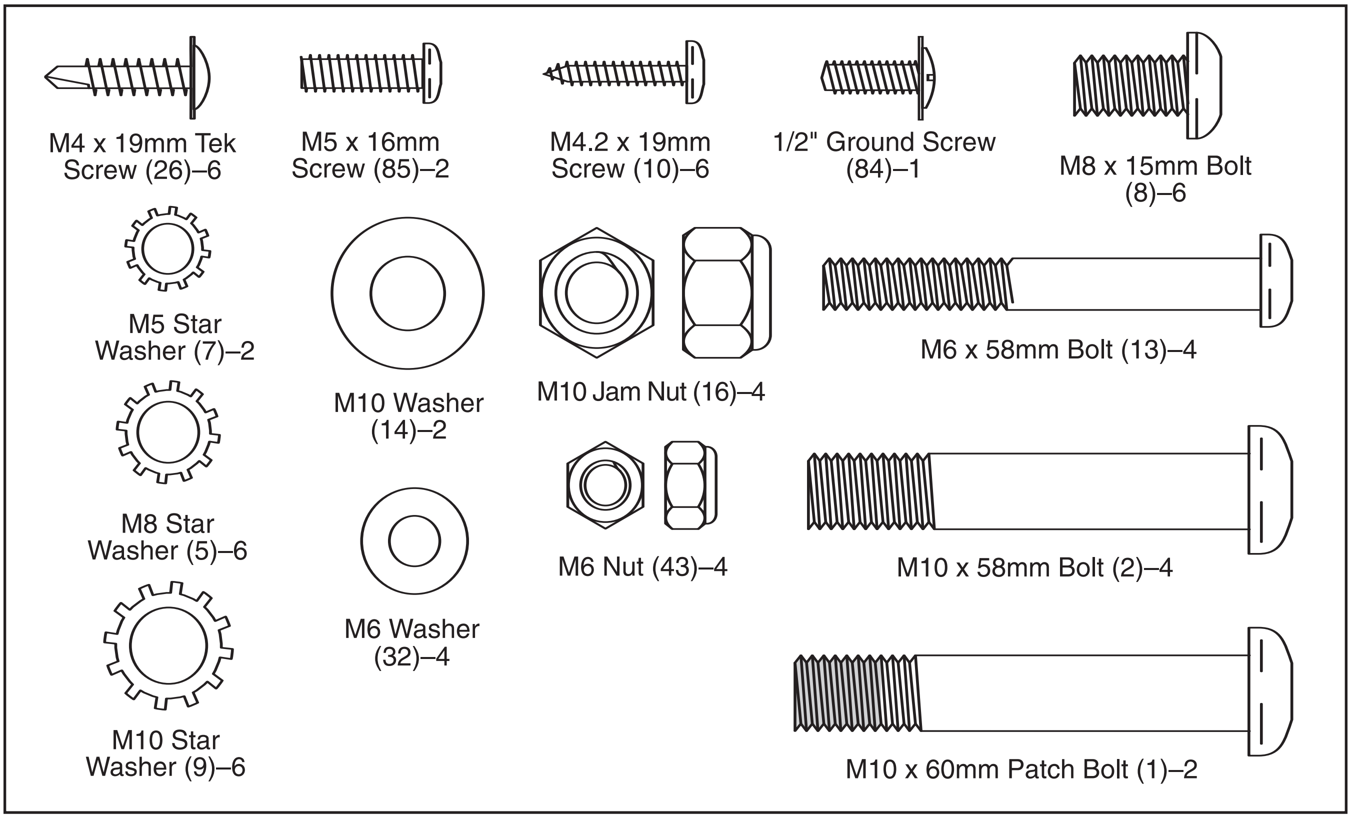

Accessory Tray
Console
Handrail
Key/Clip
Storage Latch
Walking Belt
Hood
Reset/Off Circuit Breaker
Foot Rail
Wheel
Rear Roller Adjustment Bolts

ASSEMBLY

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

Assembly requires the included hex keys **and your own Phillips screwdriver**  **,**
adjustable wrench  **, and needlenose pliers**  **.**

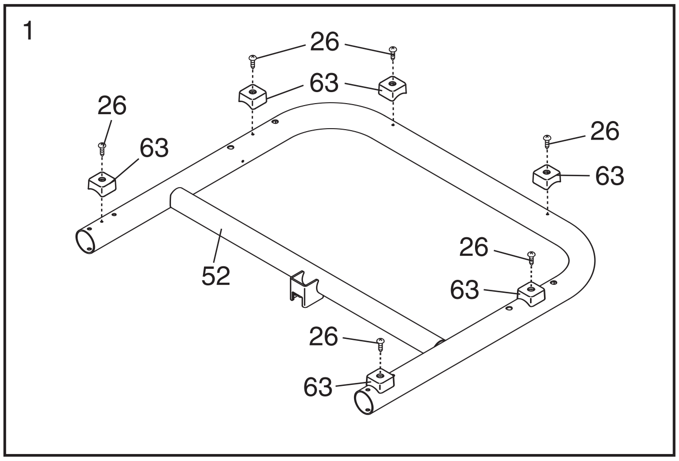
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**


M4 x 19mm Tek Screw (26)–6
M5 x 16mm Screw (85)–2
M4.2 x 19mm Screw (10)–6
1/2" Ground Screw (84)–1
M8 x 15mm Bolt (8)–6
M5 Star Washer (7)–2
M10 Washer (14)–2
M10 Jam Nut (16)–4
M6 x 58mm Bolt (13)–4
M8 Star Washer (5)–6
M6 Nut (43)–4
M10 x 58mm Bolt (2)–4
M6 Washer (32)–4
M10 Star Washer (9)–6
M10 x 60mm Patch Bolt (1)–2

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

   Have a second person hold the Base (52) in the position shown.

   Attach six Base Pads (63) to the Base (52) with six M4 x 19mm Tek Screws (26).

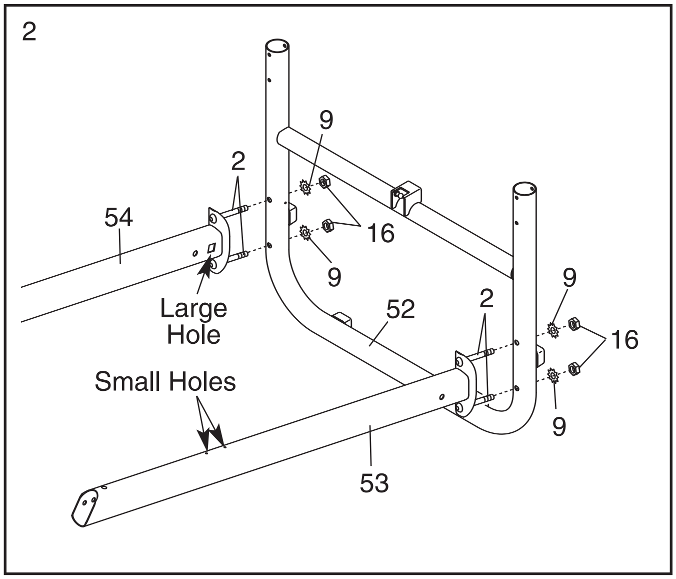

1
26
26
63
26
63
26
63
26
63
52
26
63
26
63

2. Have a second person hold the Base (52) in the position shown.

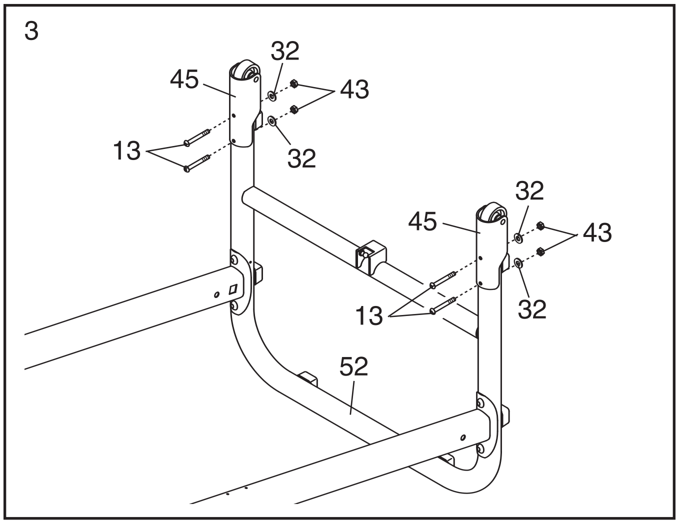
   Identify the Left Upright (53) (the Right Upright [54] has a large hole near the lower end).

   Hold the Left Upright (53) so the two small holes for the latch assembly are on top as shown. Insert two M10 x 58mm Bolts (2) into the bracket on the Left Upright. Attach the Left Upright to the Base (52) with the Bolts, two M10 Star Washers (9) and two M10 Jam Nuts (16). **Do not tighten the Nuts yet.**

   Attach the Right Upright (54) to the Base (52) in the same way.



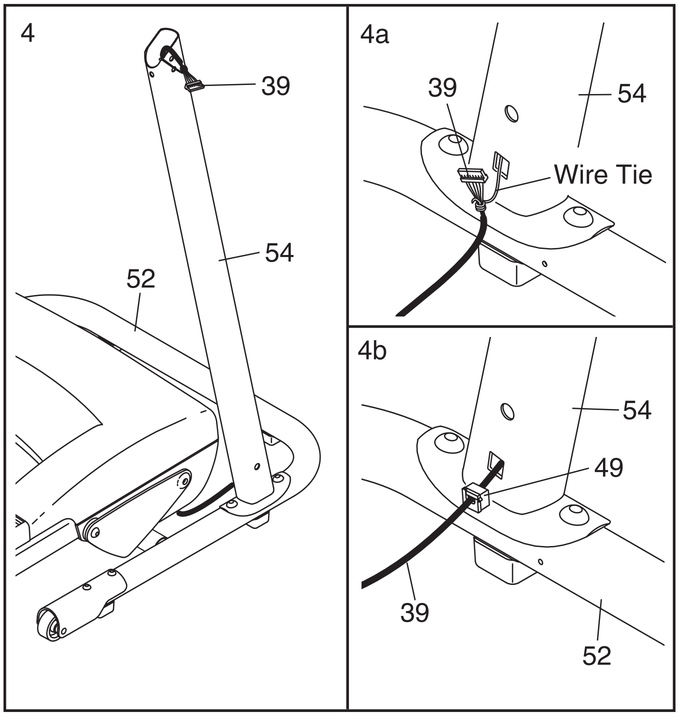
3. Slide the two Wheel Housings (45) onto the Base (52). Attach each Wheel Housing with two M6 x 58mm Bolts (13), two M6 Washers (32), and two M6 Nuts (43).



4. Position the Base (52) as close to the front of the treadmill as possible, as shown.

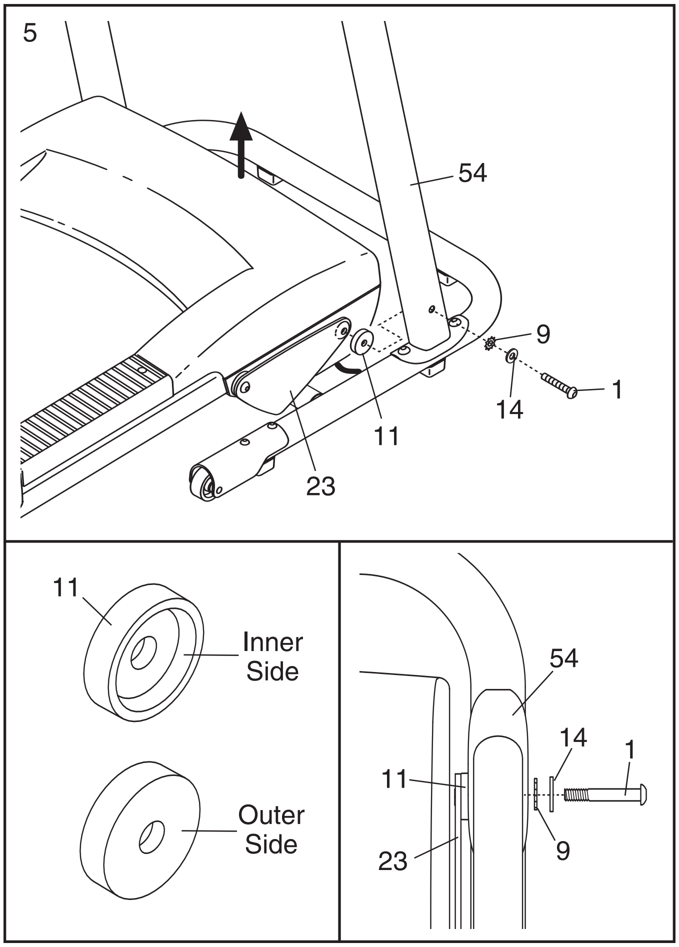
   See the upper inset drawing. Wrap the wire tie in the Right Upright (54) around the end of the Wire Harness (39). Then, pull the other end of the wire tie until the Wire Harness is extending from the upper end of the Right Upright. Secure the Wire Harness to the top of the Right Upright so that it will not fall inside.

   See the lower inset drawing. Press the indicated Grommet (49) into the Right Upright (54).



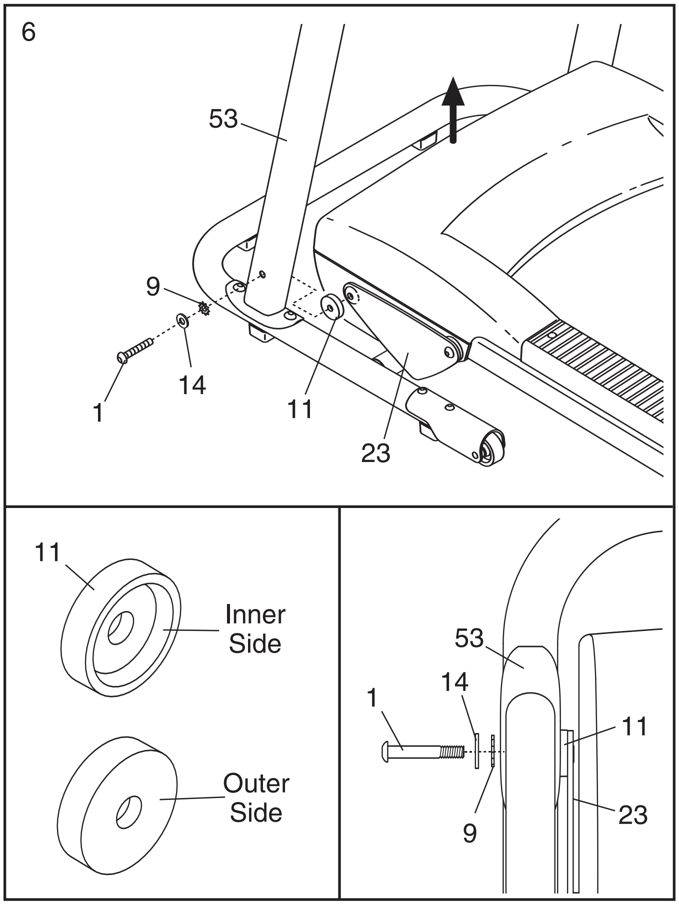
5. **See the left inset drawing.** Identify the two Frame Spacers (11). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

   Hold a Frame Spacer (11) between the Right Upright (54) and the Lift Frame (23), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with an M10 x 60mm Patch Bolt (1), an M10 Washer (14), and an M10 Star Washer (9); **do not tighten the Bolt yet.**


5
54
9
1
14
11
23
11
Inner Side
Outer Side
54
14
1
11
9
23

6. **See the left inset drawing.** Identify the outer side of the remaining Frame Spacer (11).

   Hold the Frame Spacer (11) between the Left Upright (53) and the Lift Frame (23), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with an M10 x 60mm Patch Bolt (1), an M10 Washer (14), and an M10 Star Washer (9); **do not tighten the Bolt yet.**

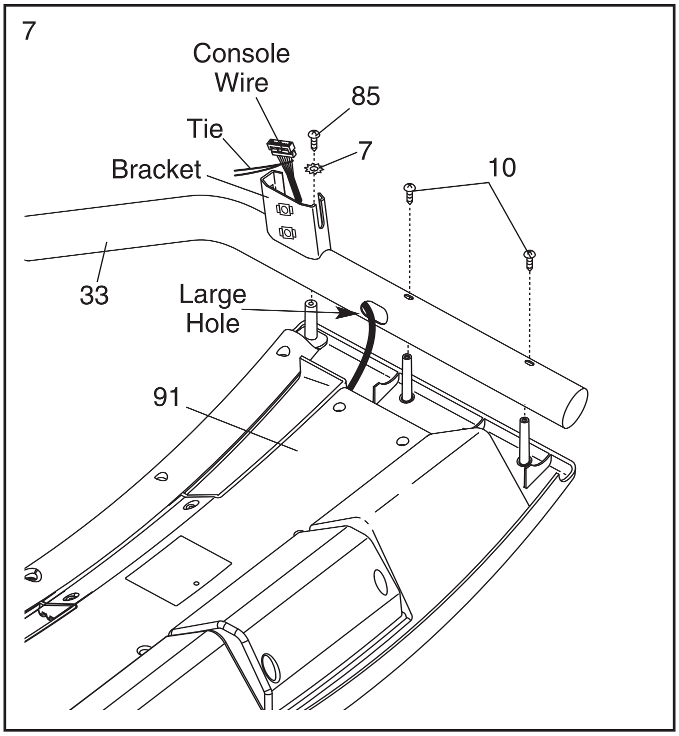

6
53
9
1
14
11
23
11
Inner Side
Outer Side
53
14
1
11
9
23

7. Set the Console (91) face-down on a soft surface to avoid scratching the Console. Hold the Right Handrail (33), which has a large hole in the location shown, near the Console.

   Next, insert the console wire and tie into the hole in the side of the Right Handrail (33). If necessary, use needlenose pliers to pull the console wire out of the hole near the bracket on the Right Handrail.

   Then, set the Right Handrail (33) on the Console (91). **Make sure that no wires are pinched.** Start an M5 x 16mm Screw (85) with an M5 Star Washer (7) into the Right Handrail, and then start two M4.2 x 19mm Screws (10) into the Right Handrail. **Tighten the M5 x 16mm Screw and then the two M4.2 x 19mm Screws; do not overtighten the Screws.**

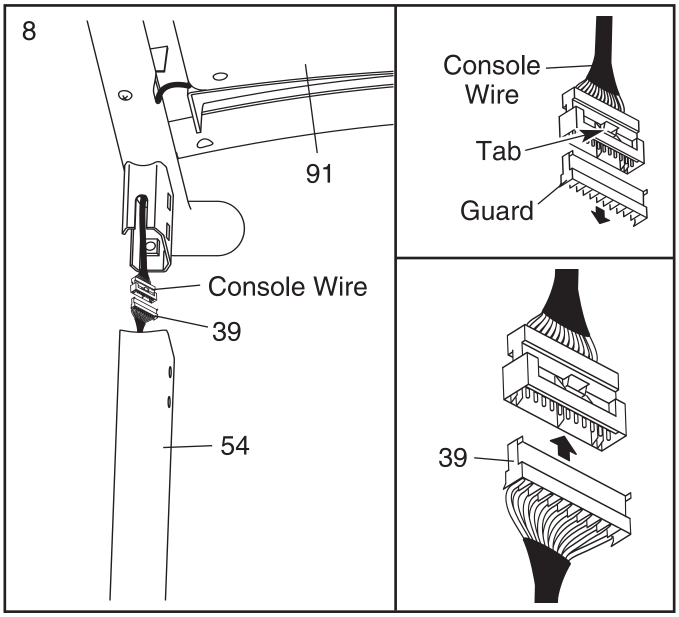
   Attach the Left Handrail (not shown) to the Console (91) in the same way. Note: There are no wires on the left side.



8. **See the upper inset drawing.** If there is a guard on the end of the Console Wire, press the indicated tab and remove the guard with needlenose pliers. Discard the guard.

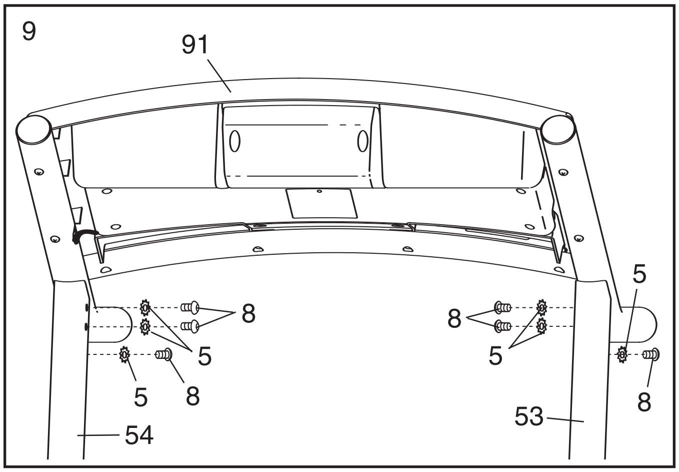
   With the help of a second person, hold the Console (91) near the Right Upright (54).

   Remove the colored tie from the Wire Harness (39). Connect the Wire Harness to the console wire. **See the lower inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors and excess wire into the Right Upright (54).



9. Attach the Console (91) to the Right Upright (54) and the Left Upright (53) with six M8 x 15mm Bolts (8) and six M8 Star Washers (5). **Make sure that no wires are pinched. Start all six Handrail Bolts before tightening them.**

   With the help of a second person, carefully lower the Uprights (53, 54) to the floor.

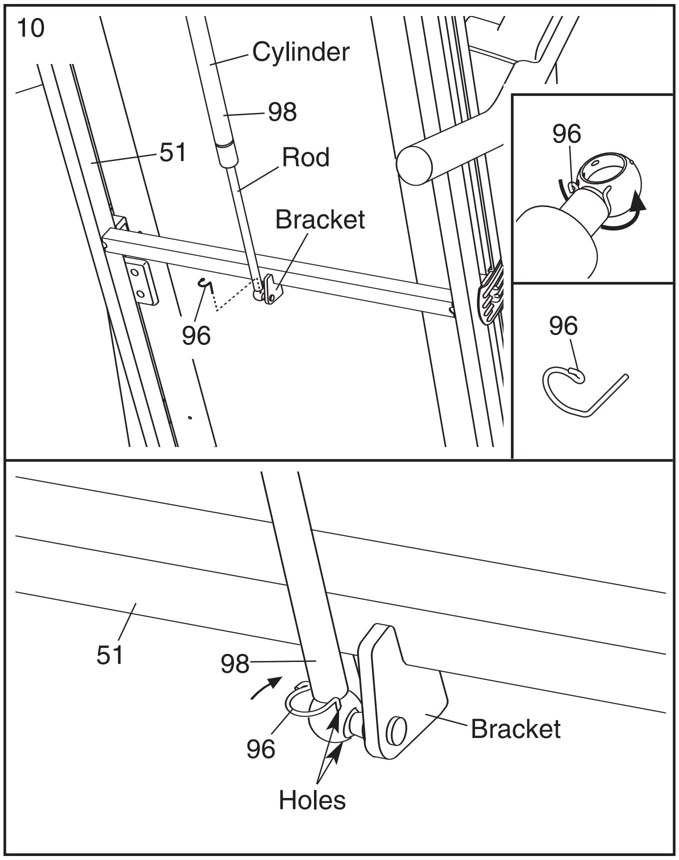


10. Have a second person raise and hold the treadmill Frame (51).

    Identify the Gas Spring (98). Note that the Gas Spring has a cylinder end and a rod end. See the two small inset drawings. Locate the Spring Clip (96) in the rod end of the Gas Spring. Using your fingernail or the end of a screwdriver, press on the end of the Spring Clip to loosen it, rotate the Spring Clip, and then pull the Spring Clip out of the Gas Spring. **Be careful to avoid losing the Spring Clip.** Note: Extra Spring Clips are included.

    Next, hold the rod end of the Gas Spring (98) near the bracket in the center of the Frame (51). Press the end of the Gas Spring as far as possible onto the ball on the bracket.

    See the lower inset drawing. Insert the Spring Clip (96) into the two indicated small holes in the rod end of the Gas Spring (98). Then, rotate the Spring Clip until it clips onto the Gas Spring.

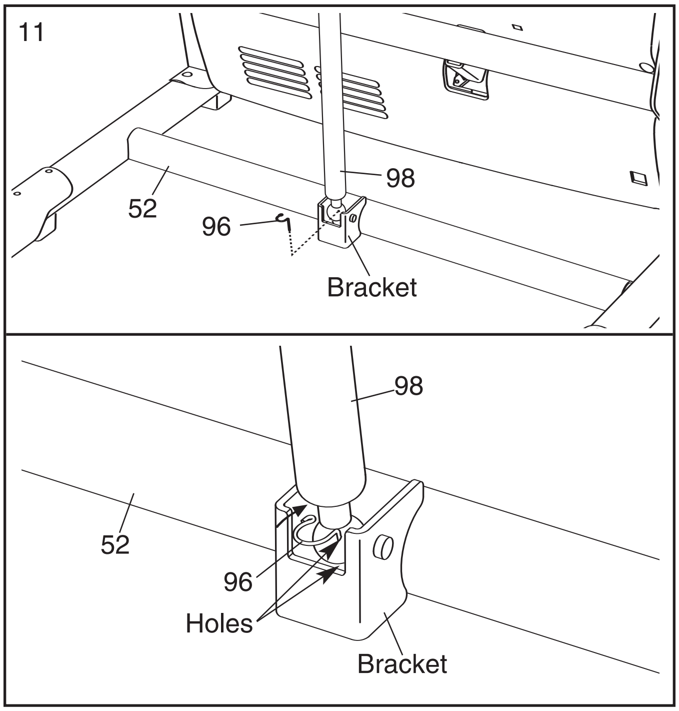


11. Pivot the cylinder end of the Gas Spring (98) down to the position shown. Remove the Spring Clip (96) from the end of the Gas Spring.

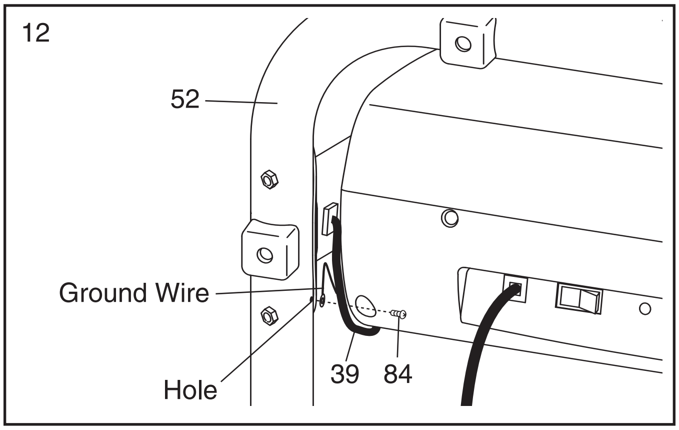
    Next, align the cylinder end of the Gas Spring (98) with the bracket in the center of the Base (52). Press the end of the Gas Spring onto the ball on the bracket. Note: It may be necessary to pivot the Frame (not shown) forward or backward slightly to align the end of the Gas Spring with the ball.

    See the lower drawing. Insert the Spring Clip (96) into the two indicated small holes in the Gas Spring (98). Then, rotate the Spring Clip until it clips onto the Gas Spring.

    With the help of a second person, lower the Frame (not shown) to the floor.

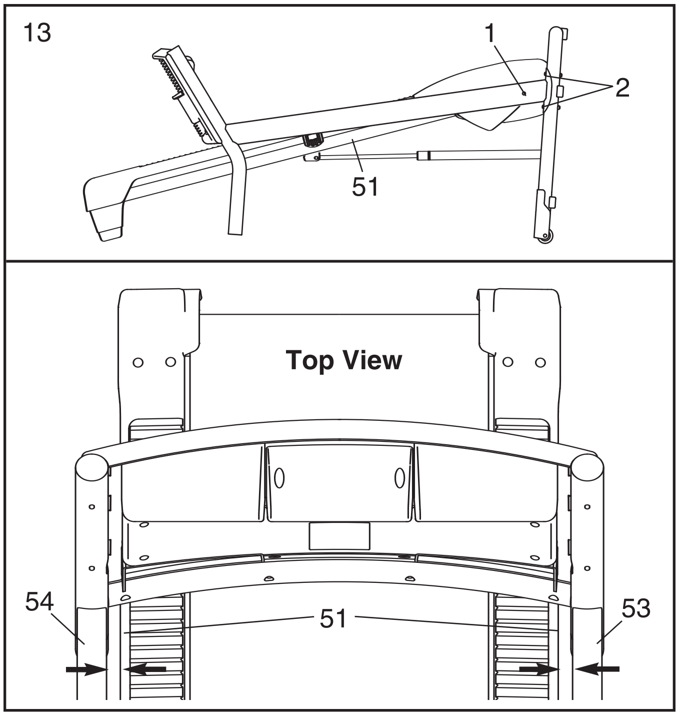


12. Attach the ground wire on the Wire Harness (39) to the indicated hole in the Base (52) with a 1/2" Ground Screw (84).



13. **See the lower drawing.** Position the Uprights (53, 54) so that the treadmill Frame (51) is centered between the Uprights.

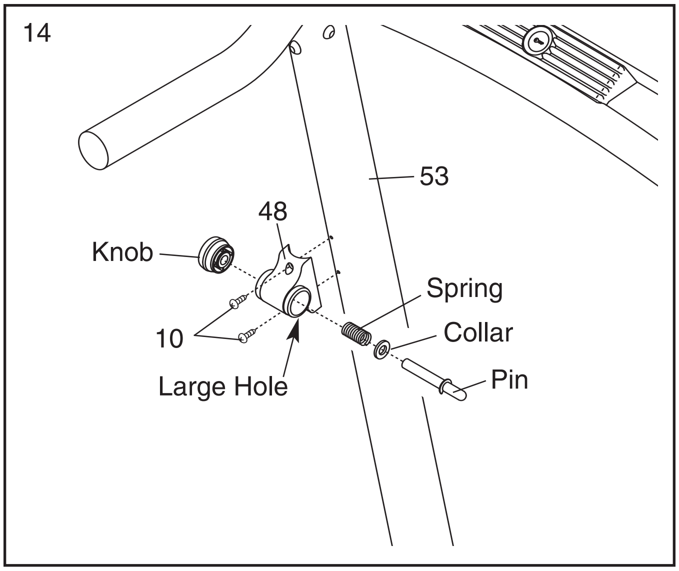
    Firmly tighten the two M10 x 60mm Patch Bolts (1) and the four M10 x 58mm Bolts (2). **Be careful not to overtighten the M10 x 60mm Patch Bolts.**



14. Attach the Latch Housing (48) to the Left Upright (53) with two M4.2 x 19mm Screws (10); **start both Latch Screws before tightening them. Make sure that the large hole in the Latch Housing is on the indicated side.**

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Insert the pin into the Latch Housing (48). Then, tighten the knob onto the pin.

    Plug in the power cord (see OPERATION AND ADJUSTMENT on page 12). **Next, change the incline of the treadmill to the lowest level as described on page 14. If this is not done, the latch may not hold the treadmill in the storage position.**



15. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. The hex key is used to adjust the walking belt (see page 20). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

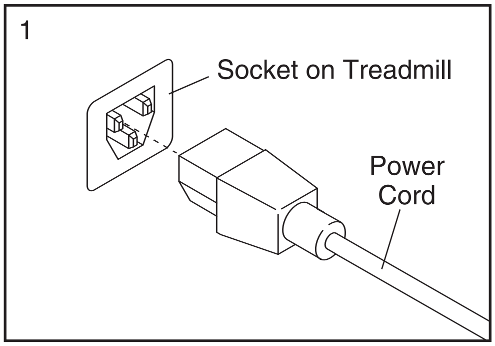
THE PRE-LUBRICATED WALKING BELT

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

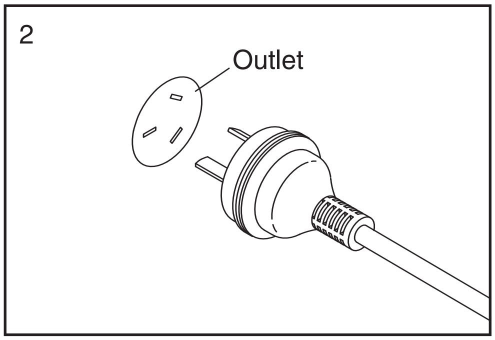
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

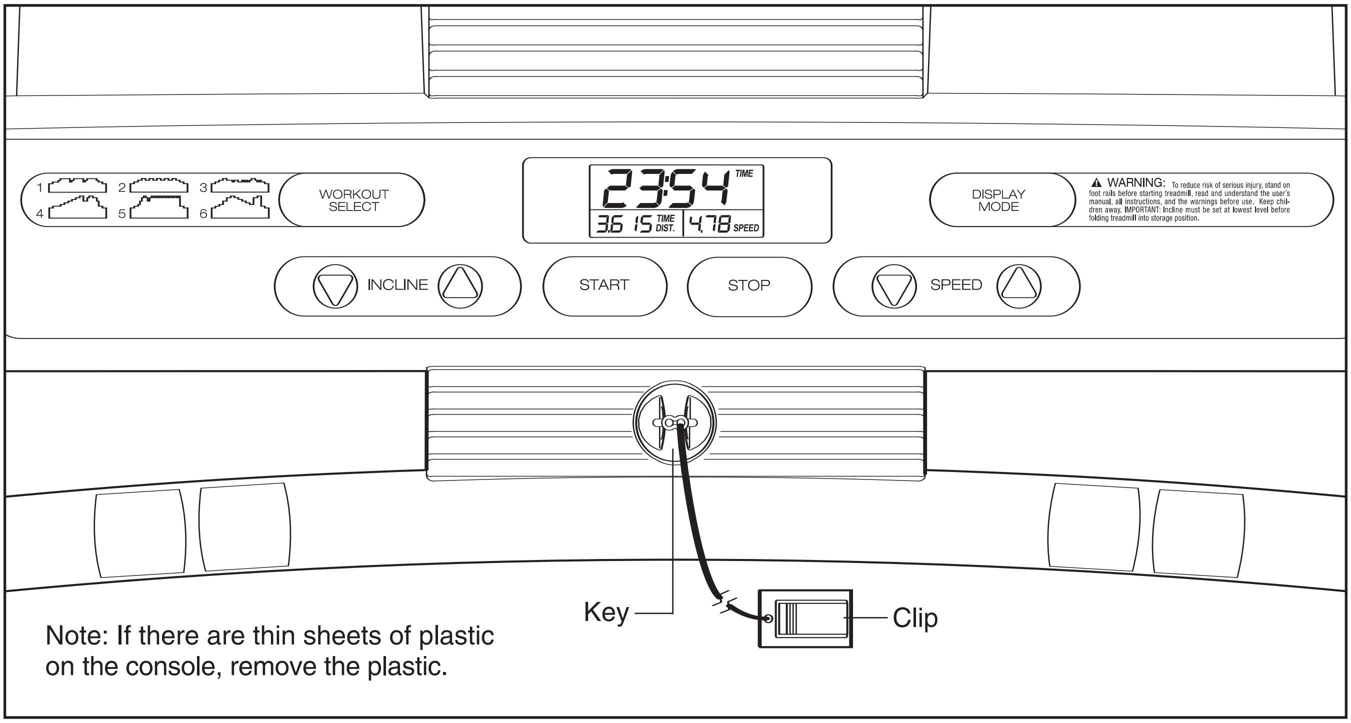


See drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ **DANGER: Improper connection of the equipment-earthing 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 earthed. 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.**

CONSOLE DIAGRAM


1
2
3
4
5
6
WORKOUT SELECT
23:54
TIME
3.6
15
TIME DIST.
4.78
SPEED
DISPLAY MODE
⚠ 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.
INCLINE
START
STOP
SPEED
Key
Clip

Note: If there are thin sheets of plastic on the console, remove the plastic.

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective.

While 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 displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also offers six speed workouts. Each workout automatically controls the speed of the treadmill as it guides you through an effective workout.

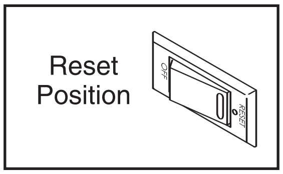
To use the manual mode of the console, follow the steps beginning on page 14. **To use a speed workout**, see page 16.

Note: To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 20).

HOW TO TURN ON THE POWER

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

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.


Reset Position

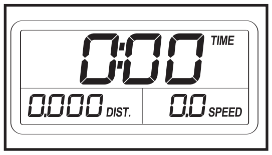
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled 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 on page 13.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a speed workout, reselect the manual mode by pressing the Workout Select button repeatedly until only zeros appear in the displays.

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

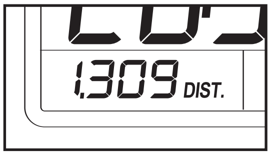
   When you press either button, the walking belt will begin to move at 2 km/h. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time you press a button, the speed setting will change by 0.1 km/h; if you hold down a button, the speed setting will change in increments of 0.5 km/h. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

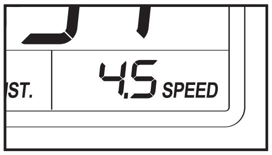
4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, hold down the Incline increase or decrease button until the desired incline level is reached.

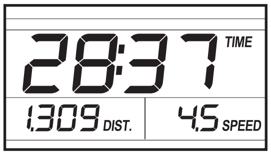
5. **Follow your progress with the displays.**

   The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. Note: During a speed workout, the display will show the time remaining in the workout instead of the elapsed time.

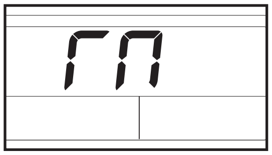
   

   The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 6 on page 15).

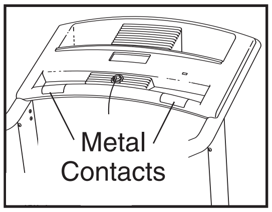
   The upper display—The upper display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Display Mode button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or right display.

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



Note: The console can display speed and distance in either kilometers or miles. To see which unit of measurement is selected, first remove the key, hold down the Stop button, reinsert the key into the console, and then release the Stop button. An “M” for metric kilometers or an “E” for English miles will appear in the upper display. Press the Speed increase button to change the unit of measurement if desired. When the desired unit of measurement is selected, remove the key and then reinsert it.

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



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

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

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

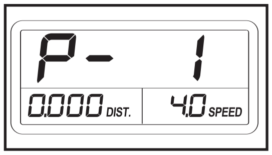
When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A SPEED WORKOUT

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

   See HOW TO TURN ON THE POWER on page 13.

2. **Select one of the six speed workouts.**

   To select a speed workout, press the Workout Select button repeatedly; “P- 1,” “P- 2,” “P- 3,” “P- 4,” “P- 5,” or “P- 6” will appear in the upper display for a few seconds to show which workout is selected. The maximum speed setting of the selected workout will also flash in one of the displays for a few seconds.

   Each workout consists of 30 one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for two or more consecutive segments. The profiles on the console show how the speed of the walking belt will change during the workouts.

3. **Press the Start button or the Speed increase button to start the workout.**

   When you press either button, the treadmill will automatically adjust to the speed setting that is programmed for the first segment of the workout. Hold the handrails and begin walking.

   When the first segment ends, a series of tones will sound. If a different speed setting is programmed for the second segment, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change.** The workout will continue until all the segments are completed. The walking belt will then slow to a stop.

   If the speed setting is too high or too low during the workout, you can manually override 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.**

   To stop the workout, press the Stop button. The time will begin to flash in one of the displays. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the next segment begins, the speed of the walking belt will change if a different speed setting is programmed for the next segment.

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

   See step 4 on page 14.

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

   See step 5 on pages 14 and 15.

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

   See step 6 on page 15.

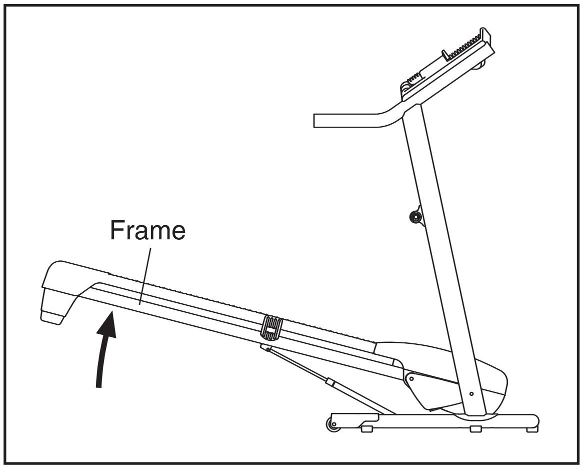
7. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 15.

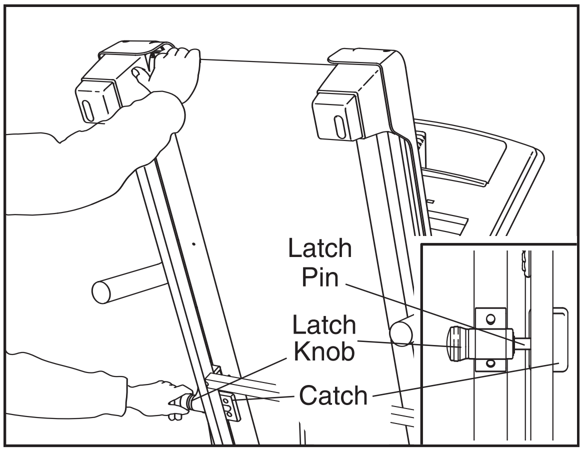
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

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



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

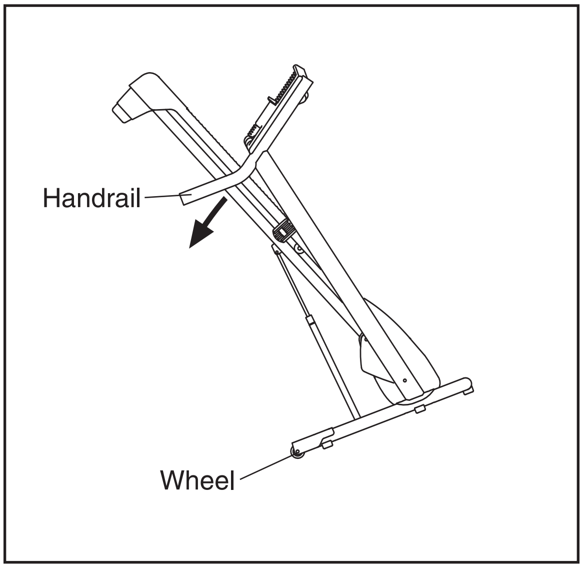


2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the frame is held securely by the latch pin.**

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

HOW TO MOVE THE TREADMILL

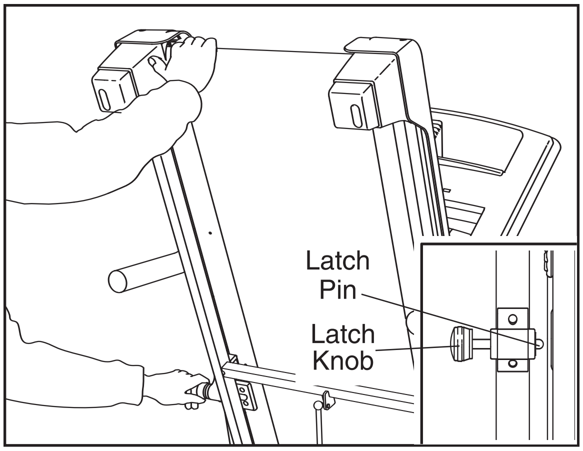
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is held securely by the latch pin.**



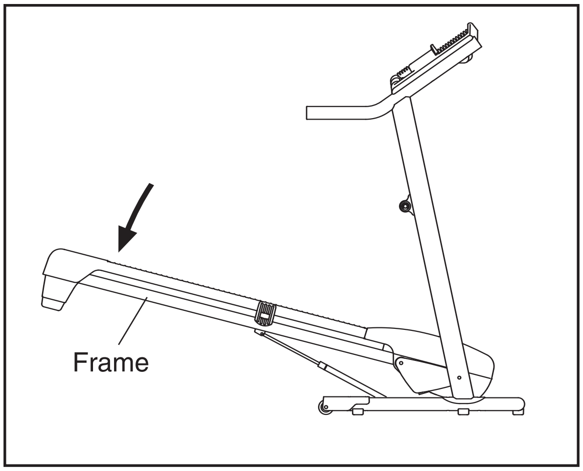
1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**
2. Tilt the treadmill backward until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. To reduce the risk 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 it is in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. 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

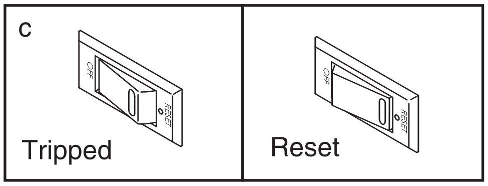
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 12). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 5 ft. (1.5 m). **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the 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.

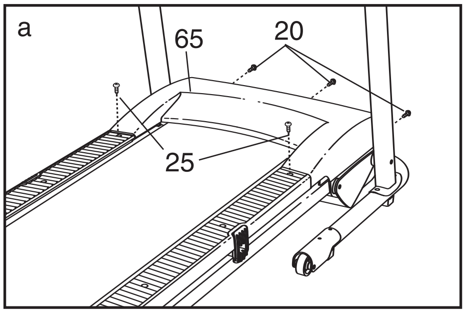
b. Make sure that the power cord is plugged in.

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

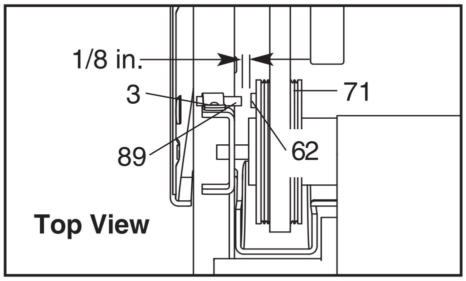
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three indicated M4.2 x 19mm Hood Screws (20) and two M5.5 x 25mm Screws (25). Then, carefully remove the Hood (65).



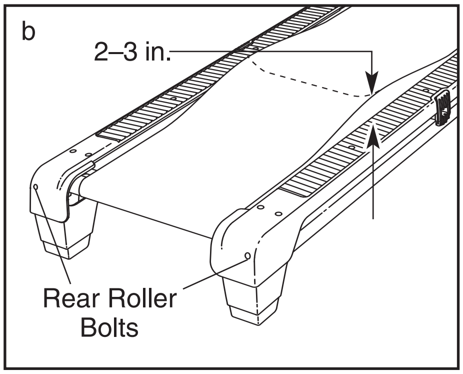
Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Tek Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 5 ft. (1.5 m).

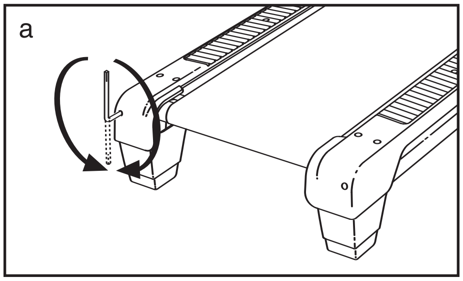
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 8 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



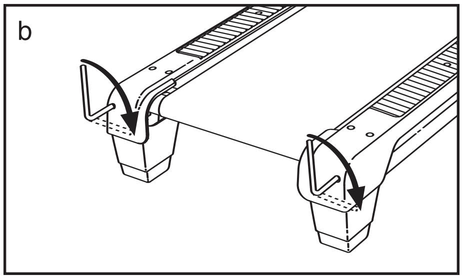
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

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



b. **If the walking belt slips when walked on,** 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 2 to 3 in. (5 to 8 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

PART LIST—Model No. PATL50707.0

R0907A

To locate the parts listed below, see the EXPLODED DRAWING near the end of the manual.

Key No.	Qty.	Description
1	2	M10 x 60mm Patch Bolt
2	6	M10 x 58mm Bolt
3	2	M4.2 x 13mm Tek Screw
4	14	M4.2 x 16mm Screw
5	6	M8 Star Washer
6	1	Latch Warning Decal
7	2	M5 Star Washer
8	6	M8 x 15mm Bolt
9	6	M10 Star Washer
10	16	M4.2 x 19mm Screw
11	4	Frame Spacer
12	1	Console Back
13	4	M6 x 58mm Bolt
14	2	M10 Washer
15	1	Key/Clip
16	4	M10 Jam Nut
17	1	6mm Hex Key
18	1	4mm Hex Key
19	4	M8 x 30mm Screw
20	3	M4.2 x 19mm Hood Screw
21	8	M4.2 x 13mm Screw
22	1	Left Handrail
23	1	Lift Frame
24	1	Latch Pin Assembly
25	6	M5.5 x 25mm Screw
26	6	M4 x 19mm Tek Screw
27	2	M8 x 35mm Bolt
28	4	M4.2 x 13mm Belt Guide Screw
29	2	M6 x 70mm Bolt
30	2	1/4" Motor Bolt
31	1	M8 x 102mm Bolt
32	4	M6 Washer
33	1	Right Handrail
34	2	M8 x 20mm Bolt
35	2	M10 x 65mm Bolt
36	2	M6 Star Washer
37	1	Reset/Off Circuit Breaker
38	2	M8.4 Star Washer
39	1	Wire Harness
40	1	Incline Motor
41	4	M4.2 x 13mm Belly Pan Screw
42	4	M4.2 Star Washer
43	4	M6 Nut
44	6	M8 Nut
45	2	Wheel Housing
46	1	M8 Jam Nut

Key No.	Qty.	Description
47	3	Hood Clip
48	1	Latch Housing
49	2	Grommet
50	2	Isolator Fastener
51	1	Frame
52	1	Base
53	1	Left Upright
54	1	Right Upright
55	1	Rear Roller
56	1	Motor Belt
57	1	Electronics Bracket
58	1	3/8" x 1 3/4" Bolt
59	1	Motor Bracket
60	1	Left Rear Roller Bracket
61	1	Right Rear Roller Bracket
62	1	Magnet
63	6	Base Pad
64	1	Latch Catch
65	1	Hood
66	1	Belly Pan
67	1	Left Foot Rail
68	1	Right Foot Rail
69	4	Wheel Spacer
70	2	Wheel
71	1	Front Roller/Pulley
72	1	3/8" x 1 1/4" Bolt
73	1	Access Door
74	1	Rear Foot, Left
75	4	M5.5 x 30mm Screw
76	1	Walking Belt
77	4	Handrail Endcap
78	2	Platform Cushion
79	1	Drive Motor
80	3	Wire Tie
81	9	8" Tie
82	1	3/8" Nut
83	1	Reed Switch Clip
84	1	#8 x 1/2" Ground Screw
85	2	M5 x 16mm Screw
86	1	Walking Platform
87	1	Controller
88	1	Console Crossbar
89	1	Reed Switch
90	1	Power Cord
91	1	Console
92	1	3/8" Jam Nut

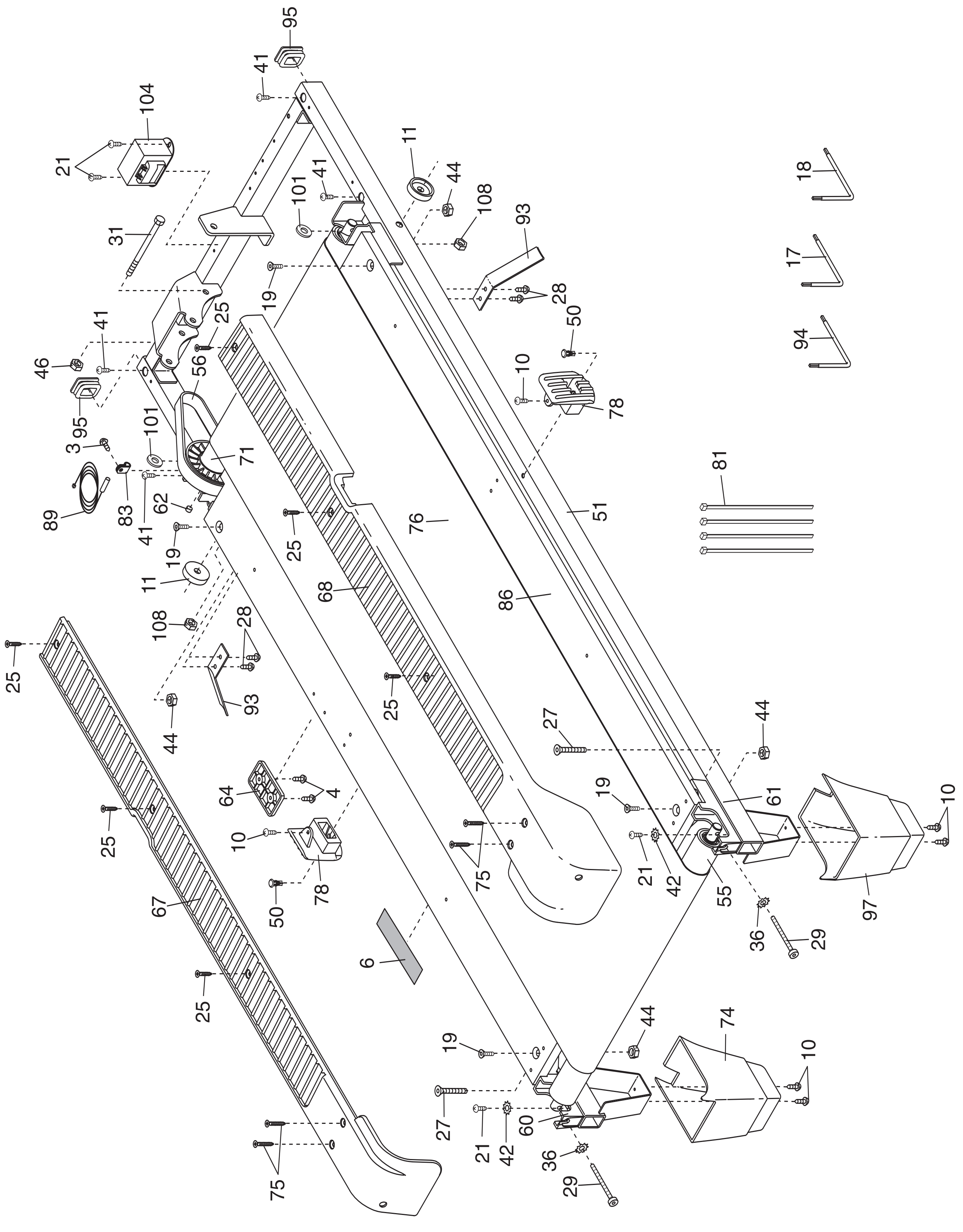
Key No.	Qty.	Description
93	2	Belt Guide
94	1	5mm Hex Key
95	2	Frame Endcap
96	1	Gas Spring Clip Kit
97	1	Rear Foot, Right
98	1	Gas Spring
99	1	Receptical
100	1	Incline Motor Wire
101	2	Front Roller Washer
102	6	Cage Nut
103	2	Caution Decal
104	1	Transformer
105	1	Incline Motor Spacer
106	1	Motor Isolator
107	2	Motor Bushing
108	4	M10 Lock Nut
109	2	M4 x 10mm Screw

Key No.	Qty.	Description
110	2	M4 x 12mm Screw
111	3	M4 Nut
112	1	M4 x 10mm Ground Screw
113	2	M4 Washer
114	1	M4 Star Washer
115	1	Ground Wire w/Decal
116	1	Outlet Plate
*	–	8" Black Wire, M/F
*	–	4" Black Wire, 2F
*	–	6" Blue Wire, 2F
*	–	22" Blue Wire, M/F
*	–	10" Red Wire, M/F
*	–	16" White Wire, 2F
*	–	6" Green/Yellow Wire, F/Ring
*	–	User's Manual

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

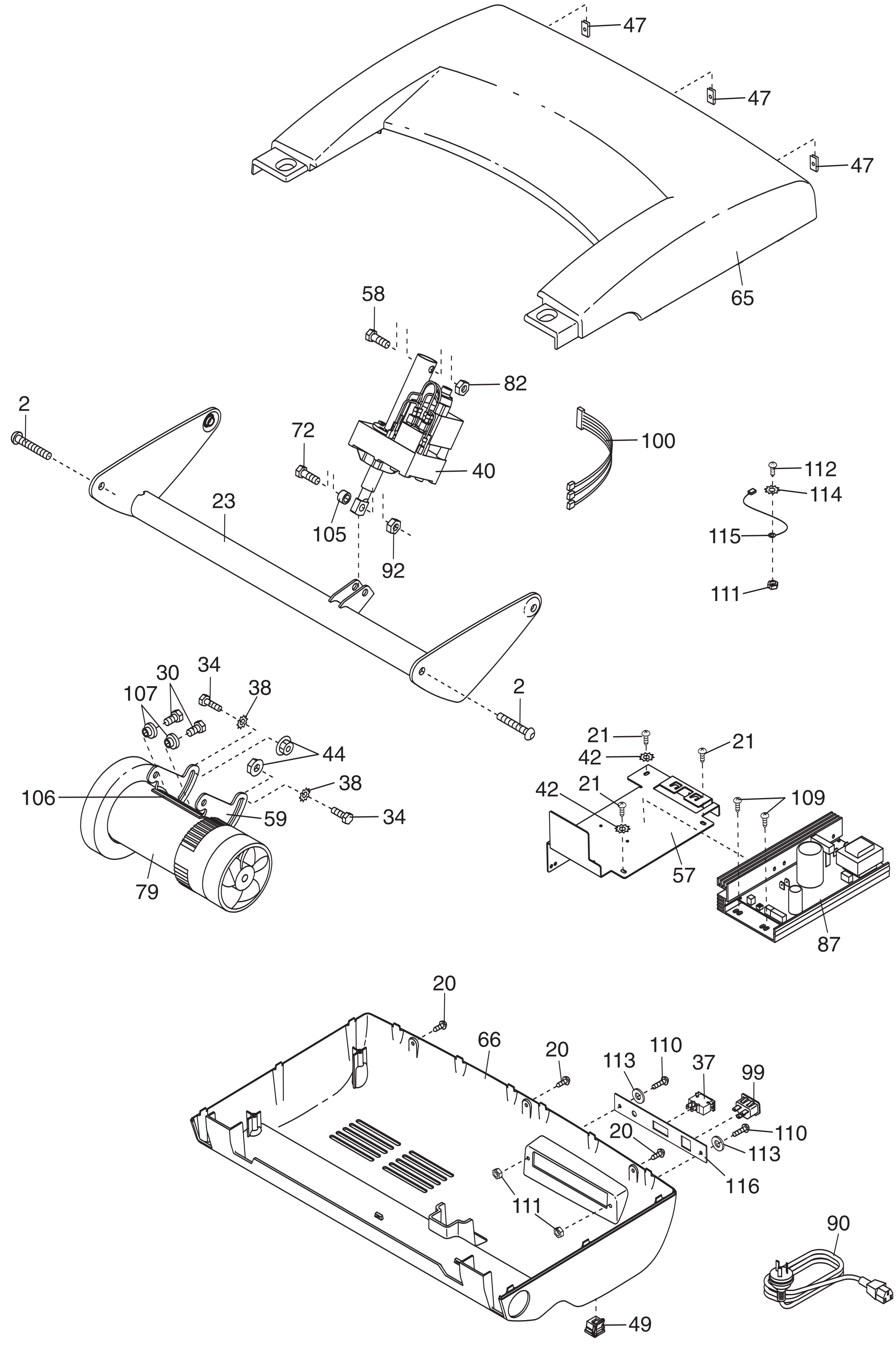
EXPLODED DRAWING A—Model No. PATL50707.0

R0907A


95
41
104
21
31
11
44
108
101
41
93
19
28
50
25
41
46
56
10
95
101
3
71
78
89
83
62
41
19
81
76
51
25
18
17
94
11
108
28
68
86
25
93
25
44
27
44
64
4
19
61
10
10
25
78
75
21
42
55
97
50
67
36
29
6
25
44
74
19
10
27
60
21
42
36
29
75

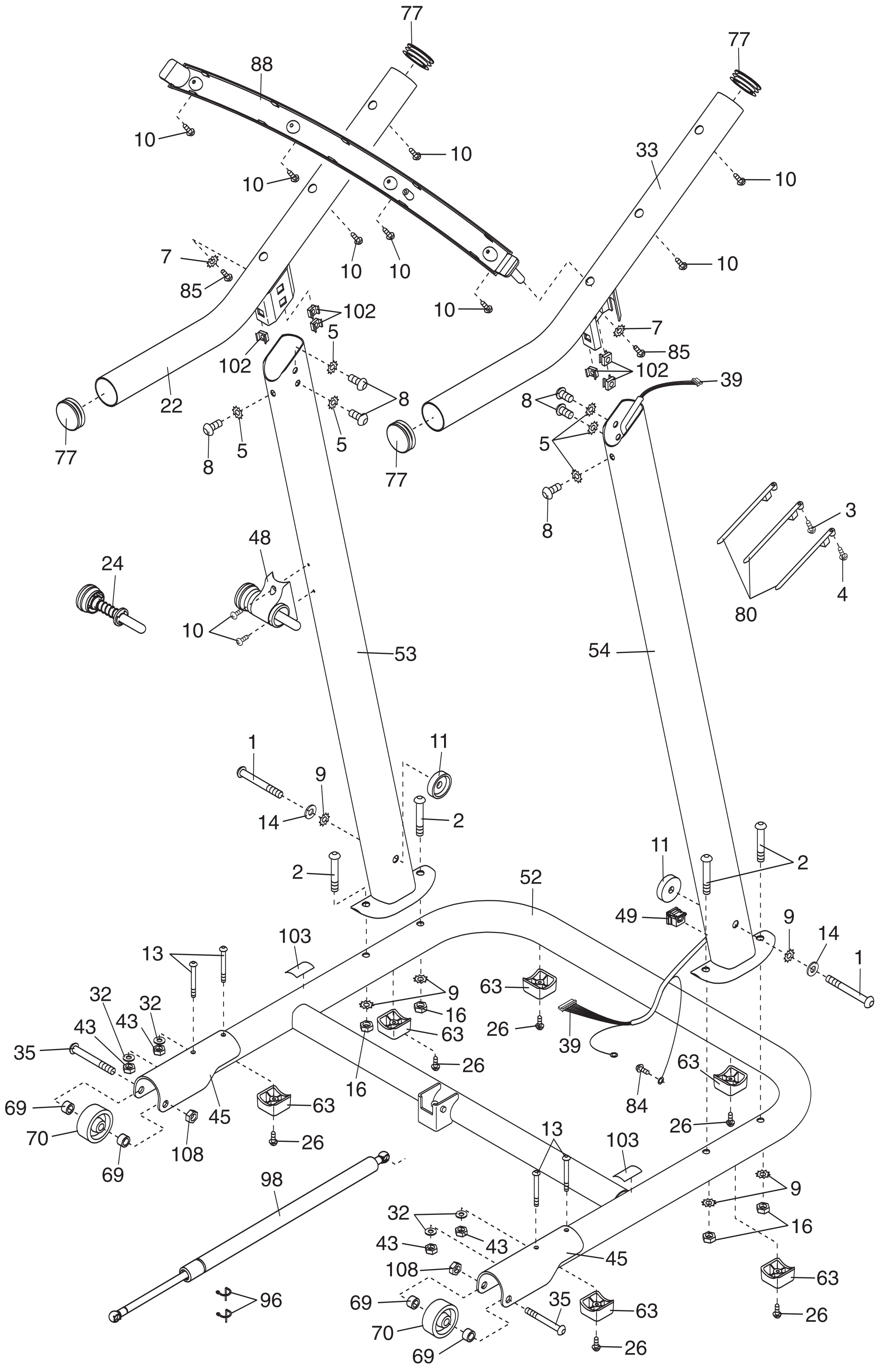
EXPLODED DRAWING B—Model No. PATL50707.0

R0907A


47
47
47
65
58
82
2
72
100
40
112
114
23
105
115
92
111
34
30
38
107
2
44
21
21
42
106
38
42
21
109
59
34
79
57
87
20
66
20
110
113
37
99
110
20
113
116
111
90
49

EXPLODED DRAWING C—Model No. PATL50707.0

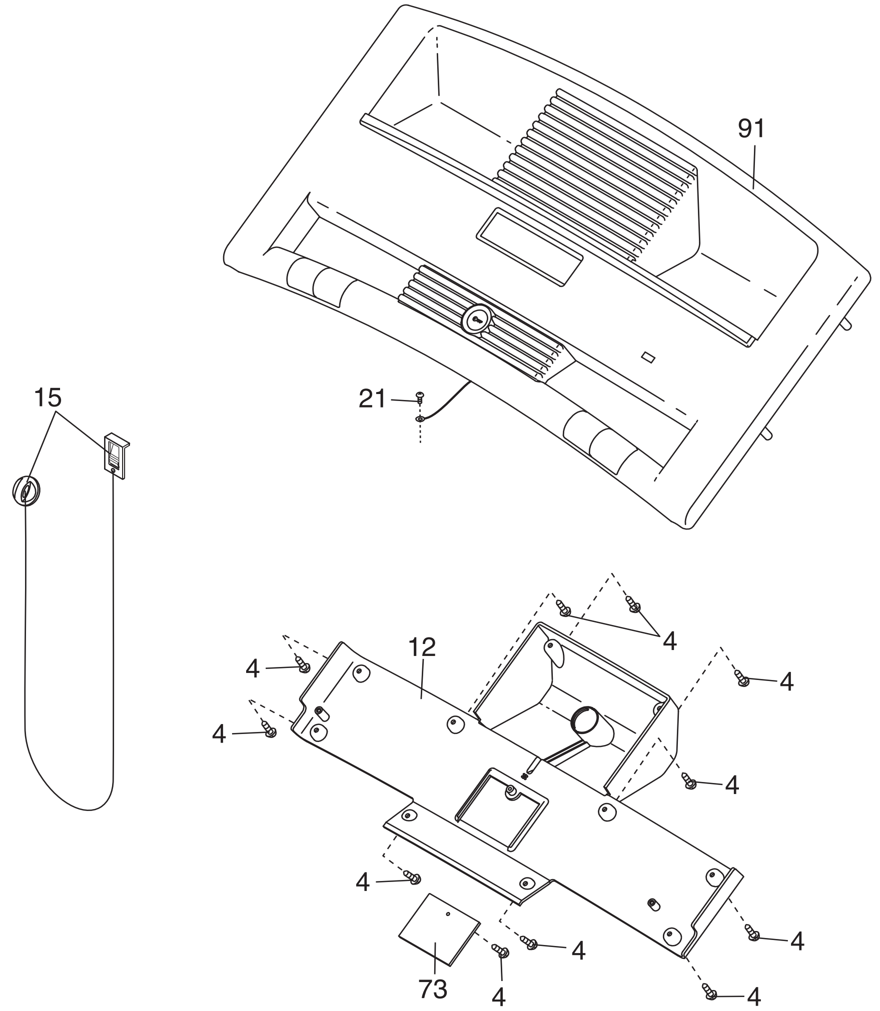
R0907A



77
77
88
10
10
10
33
10
10
10
10
10
7
85
10
102
7
5
85
102
102
39
8
8
8
22
5
5
5
77
8
77
8
3
48
24
4
80
10
53
54
1
11
9
2
14
11
2
2
52
49
9
103
14
1
13
32
32
9
63
43
43
16
26
63
39
35
26
63
16
84
69
63
45
26
70
13
103
108
26
69
98
9
32
16
43
43
45
108
63
96
69
35
63
26
70
26
69

EXPLODED DRAWING D—Model No. PATL50707.0

R0907A


91
15
21
12
4
4
4
4
4
4
4
4
4
4
4
73

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the dealer contact information on this page or on the included service card. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

The ICON Authorized Dealer (Dealer), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for ten (10) years after the date of purchase. The drive motor is warranted for five (5) years after the date of purchase. Parts and labor are warranated for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. The Dealer's obligation under this warranty is limited to replacing or repairing, at the Dealer's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by the Dealer. 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 a Dealer 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 the Dealer.

The Dealer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON Authorized Dealer:

Printed in China © 2007 ICON IP, Inc.

Free Manuals Download Website

http://myh66.com

http://usermanuals.us

http://www.somanuals.com

http://www.4manuals.cc

http://www.manual-lib.com

http://www.404manual.com

http://www.luxmanual.com

http://aubethermostatmanual.com

Golf course search by state

http://golfingnear.com

Email search by domain

http://emailbydomain.com

Auto manuals search

http://auto.somanuals.com

TV manuals search

http://tv.somanuals.com