

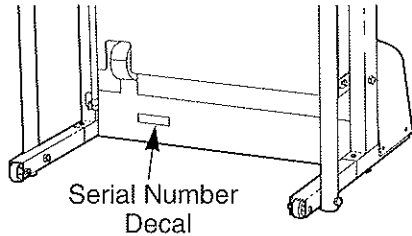
PRO·FORM® 435EX

P . A . C . E . R . C I R C U I T

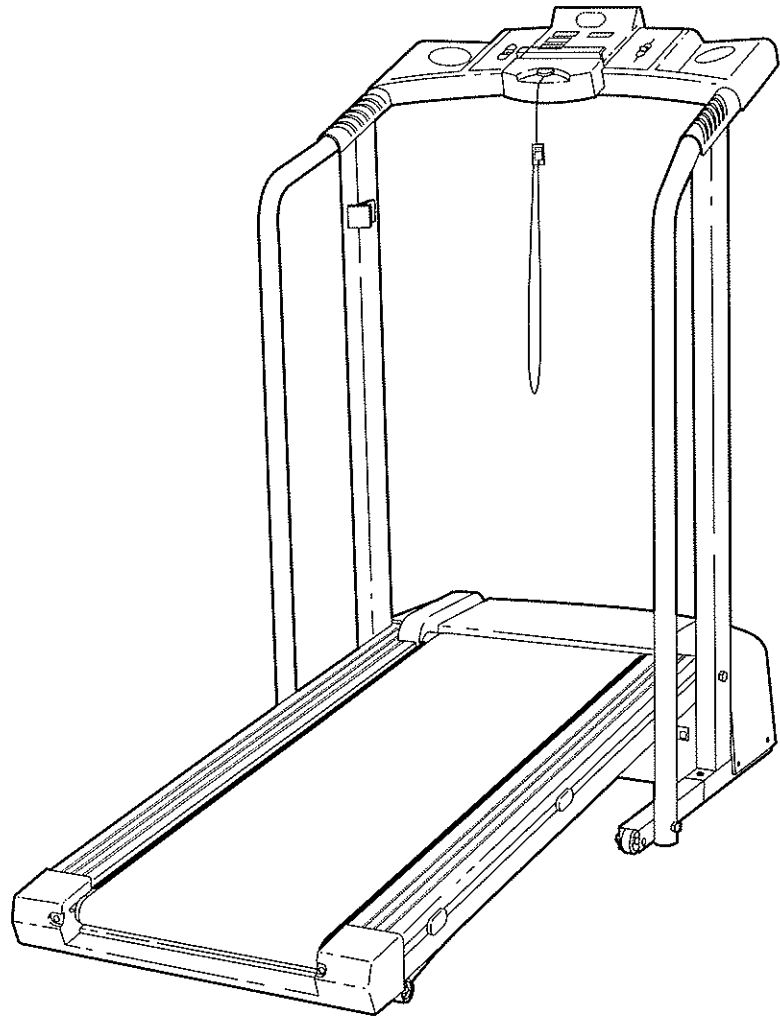
Model No. PCTL43590

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above for future reference.



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY 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:

1-888-936-4266

Mon.–Fri., 8 a.m.–6:30 p.m. EST
(excluding holidays)

⚠ CAUTION

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



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

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 8 feet of clearance behind it. Do not place the treadmill on a surface that blocks any 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 clothing when using the treadmill. Do not wear loose clothing 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 HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge suppressor away from heated surfaces.

13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
16. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.
17. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 and 6, and HOW TO MOVE THE TREADMILL on page 10.) You

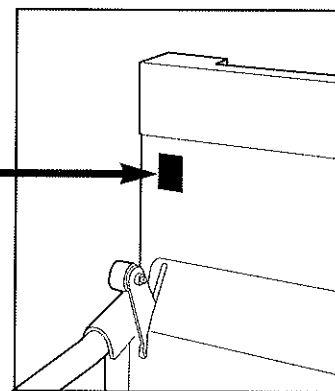
must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

18. When folding or moving the treadmill, make sure that the storage latch is fully closed.
19. Inspect and tighten all parts of the treadmill every three months.
20. Never insert any object into any opening.
21. Always unplug the power cord 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.
22. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.



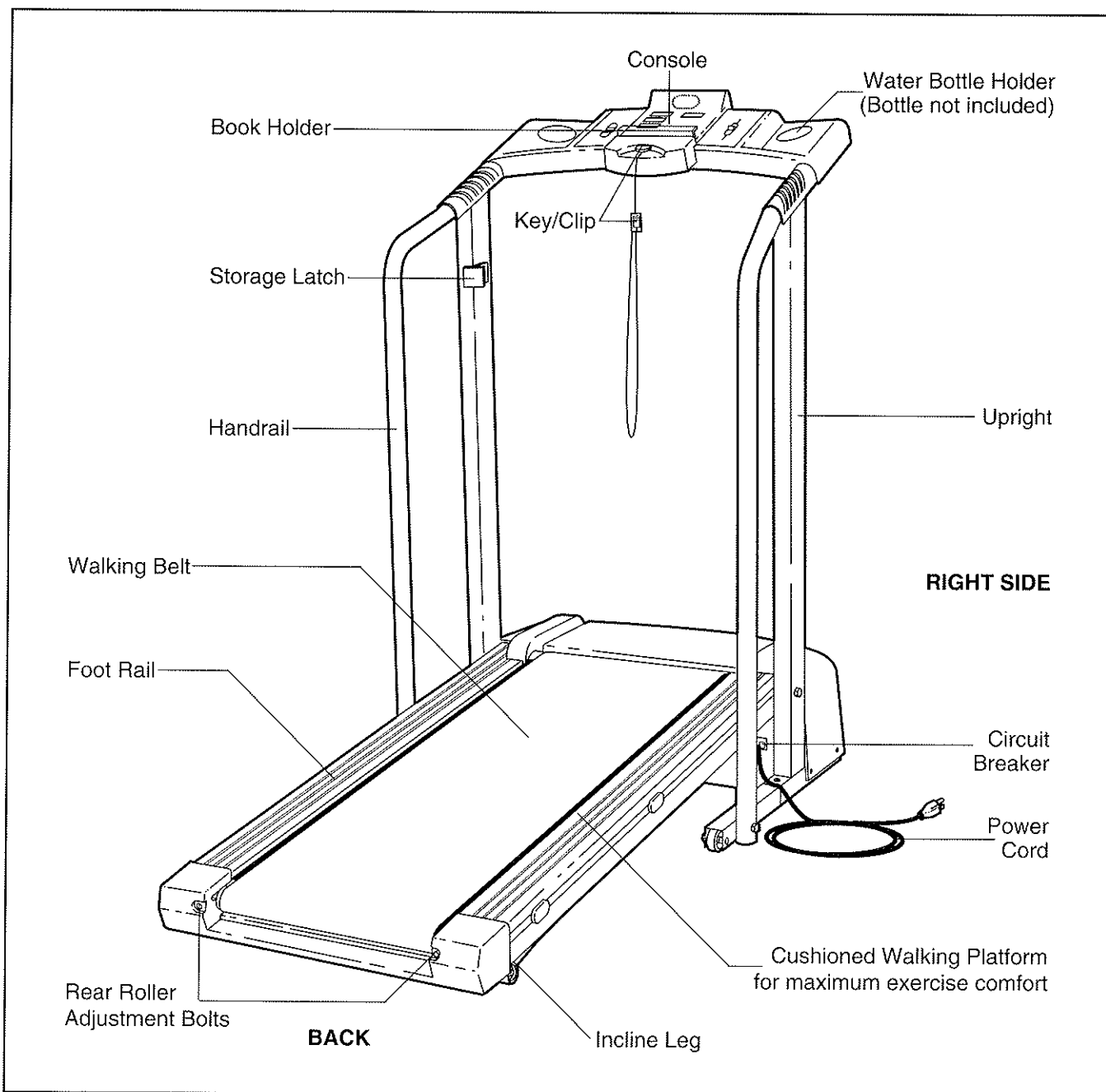
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 435EX treadmill. The 435EX 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 435EX can be folded up, requiring less than half the floor space of other treadmills.

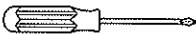

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free

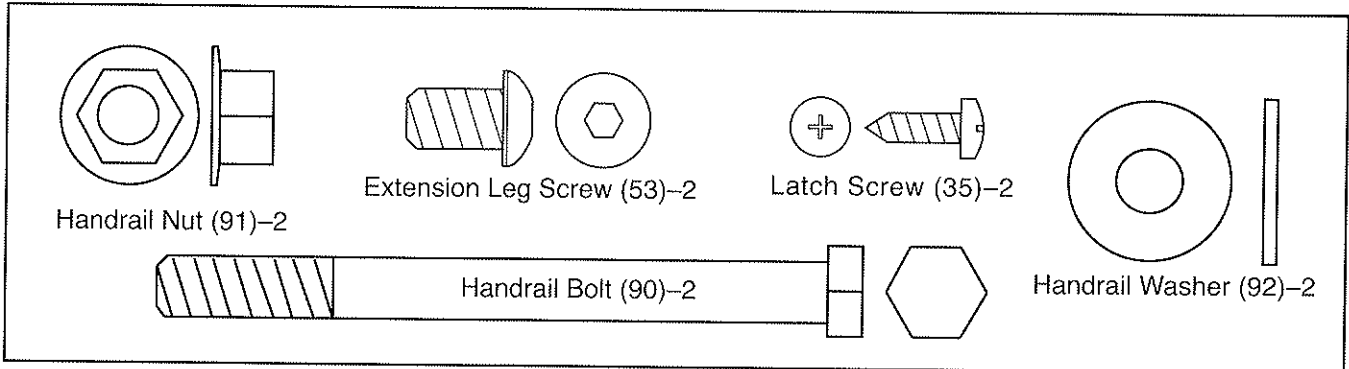
at **1-888-936-4266**, Mon.–Fri., 8 a.m.–6:30 p.m. Eastern Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL43590. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



ASSEMBLY

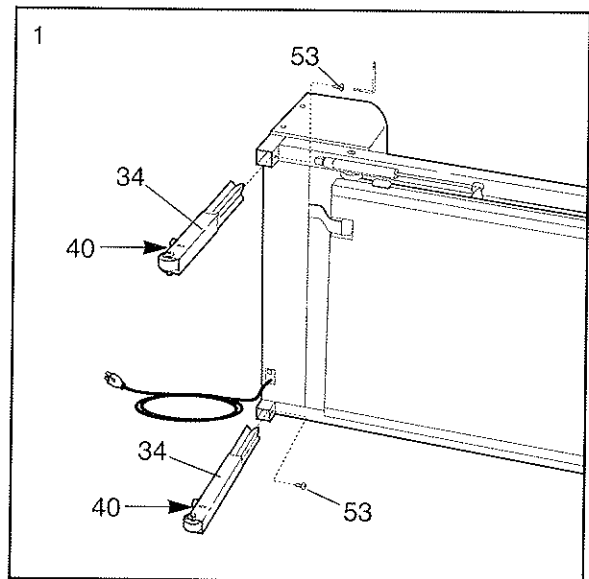
Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver**  **and two adjustable wrenches**  **(not included).**



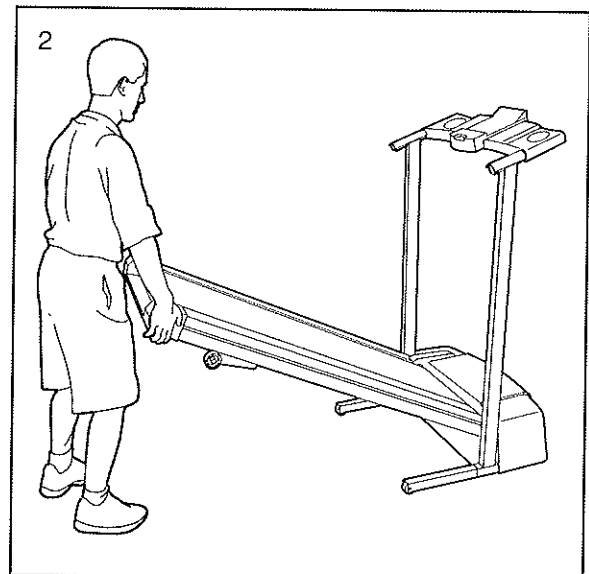
1. With the help of a second person, carefully lay the treadmill on its right side. Insert one of the Extension Legs (34) into the treadmill as shown. Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (53). **Be sure to push on the head of the Extension Leg Screw while tightening it.**

Attach the other Extension Leg (34) as described above.

With the help of a second person, carefully raise the treadmill to the upright position so that both Extension Legs (34) are resting flat on the floor.

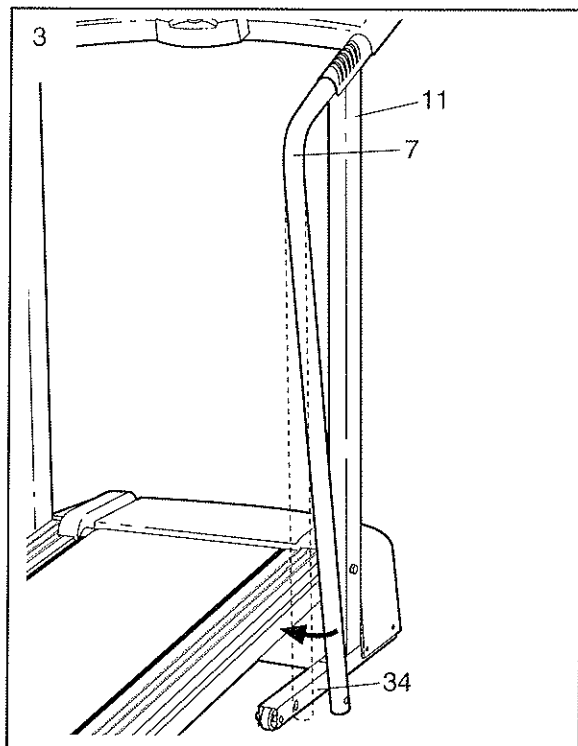


2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



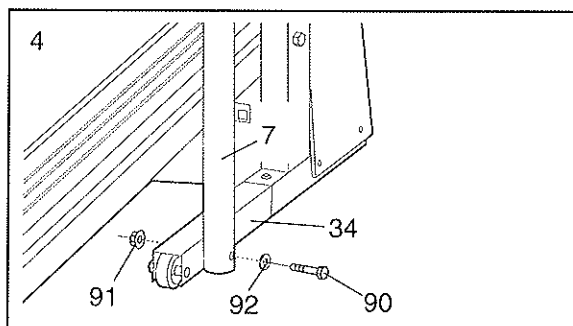
3. Hold the Right Handrail (7) at an angle as shown and insert the upper end into the Right Upright (11). **Keep the lower end of the Handrail away from the treadmill to avoid scratching the finish.** Next, rotate the lower end of the Handrail to the position shown by the dotted line.

Make sure that the hole in the lower end of the Right Handrail (7) is aligned with the hole in the Extension Leg (34). If the holes are not aligned, rotate the Handrail away from the treadmill and pull the upper end of the Handrail out of the Upright (11) slightly. Then, rotate the Handrail back to the position shown by the dotted line. Repeat until the holes are aligned.

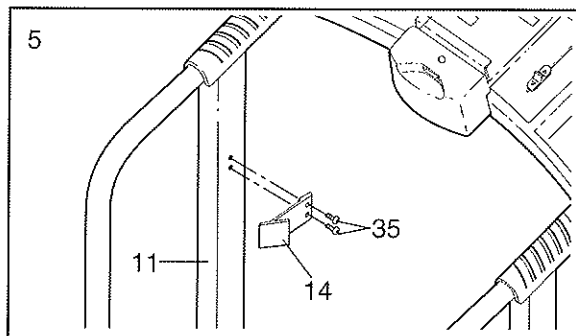


4. Attach the Right Handrail (7) to the Extension Leg (34) with a Handrail Bolt (90), a Handrail Washer (92) and a Handrail Nut (91).

Repeat steps 3 and 4 to attach the Left Handrail (not shown).

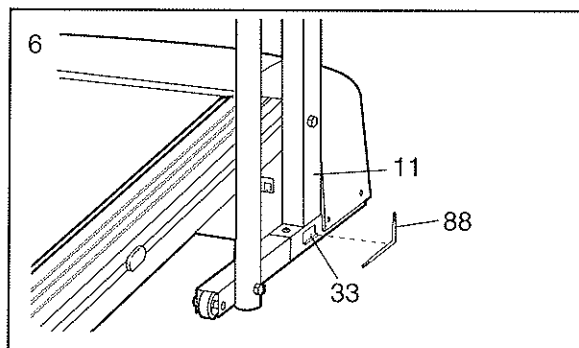


5. Attach the Storage Latch (14) to the left Upright (11) with two Latch Screws (35). **Be careful not to overtighten the Latch Screws.**



6. Remove the backing from the Adhesive Clip (33). Press the Adhesive Clip onto the right Upright (11) in the indicated location. Press the Allen Wrench (88) into the Adhesive Clip.

7. **Make sure that all parts are tightened before you use the treadmill.** Some parts may be left over after assembly is completed. 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. They 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 protector (not included) with your treadmill.

Surge protectors are sold at most hardware stores and department stores. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

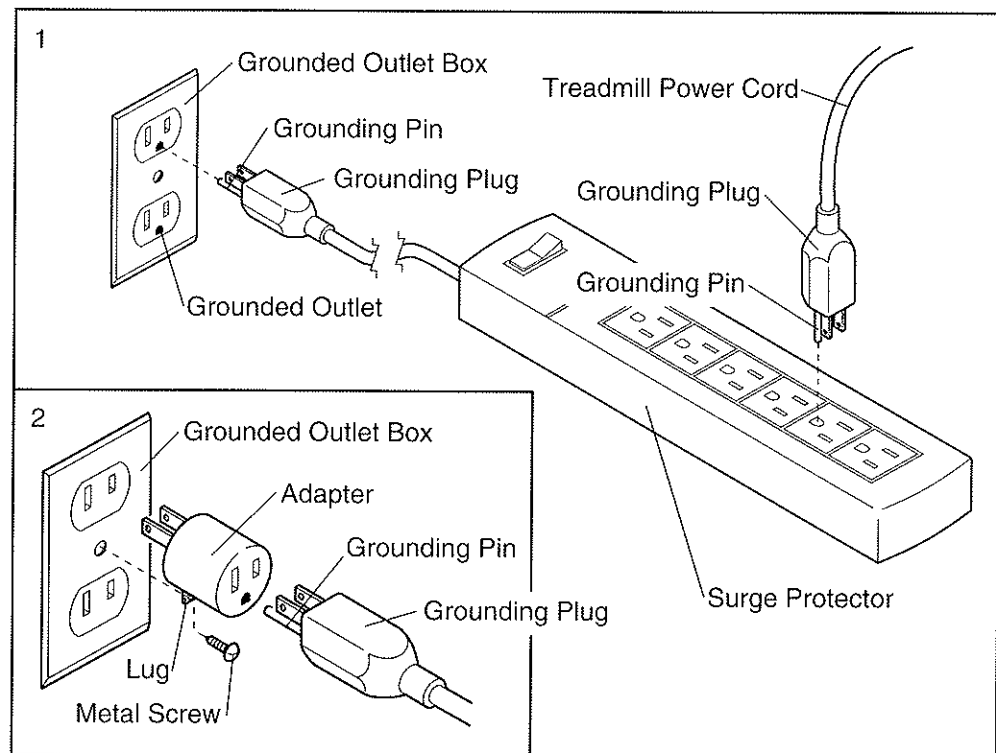
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of

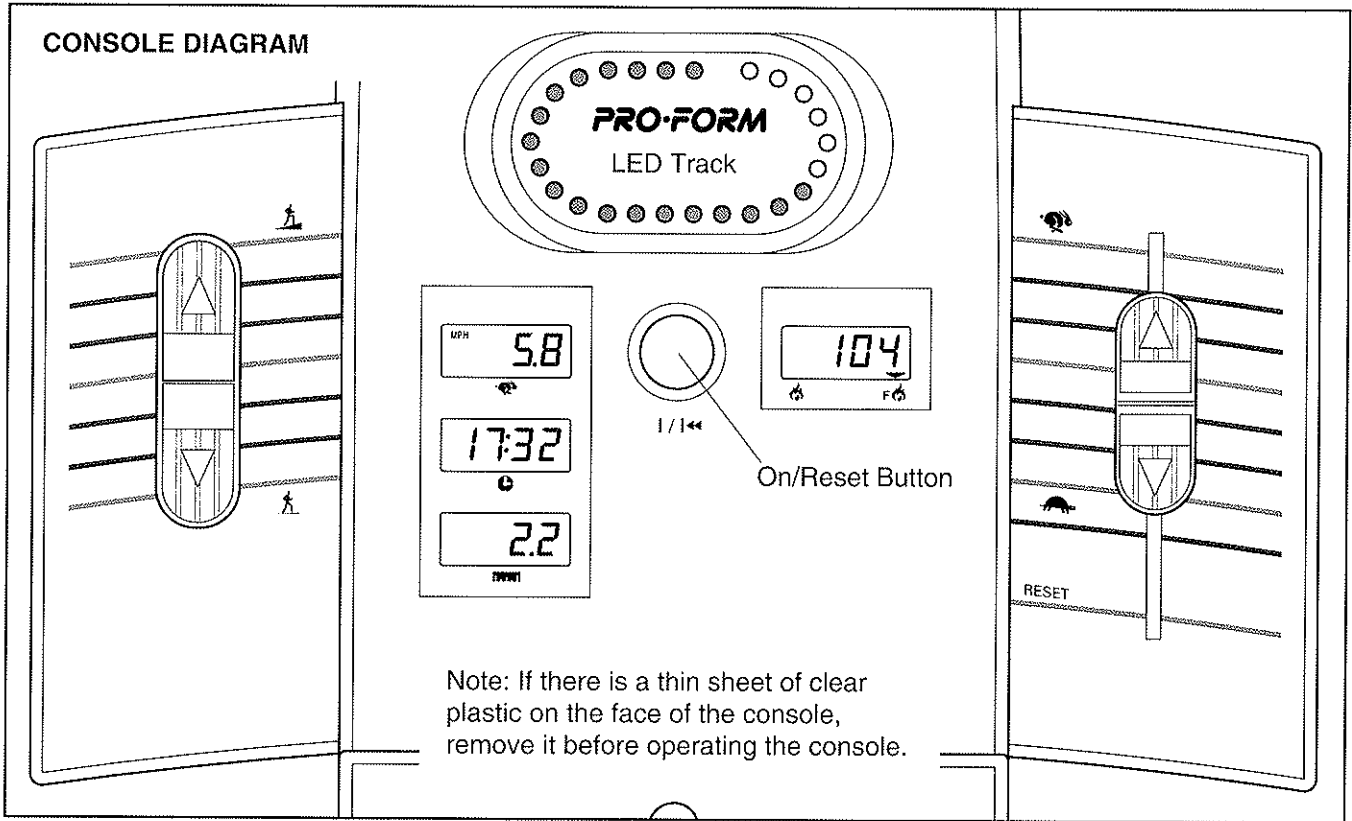
electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

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 protector 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.**



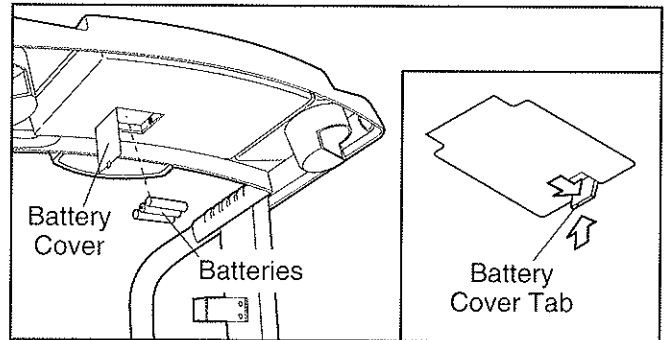


CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing at the lower right) while using the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.

BATTERY INSTALLATION

The console requires three “AA” batteries (not included). Alkaline batteries are recommended. Open the battery cover as shown in the drawing at the upper right. Insert three batteries into the battery compartment, making sure that the negative (–) ends of the batteries are touching the springs in the battery compartment. Close the battery cover, push up on the bat-

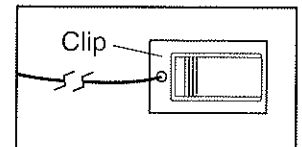


tery cover tab, and then push the tab forward as shown in the inset drawing. Be sure that the tab locks into place.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

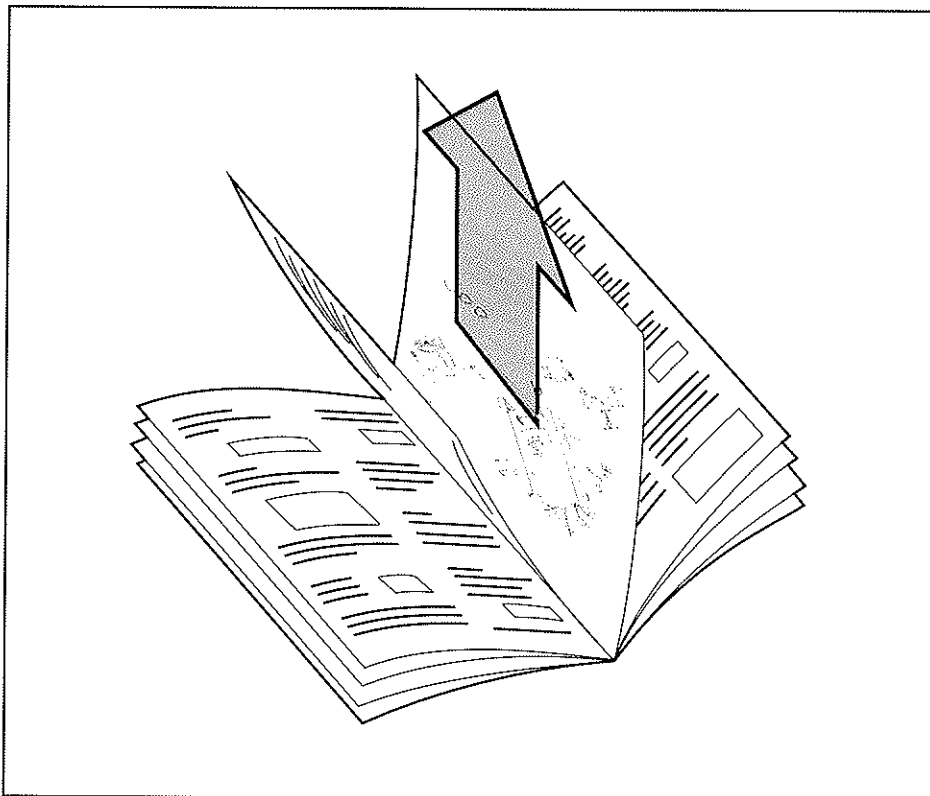
Next, step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothing.



Follow the steps on page 9 to operate the console.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

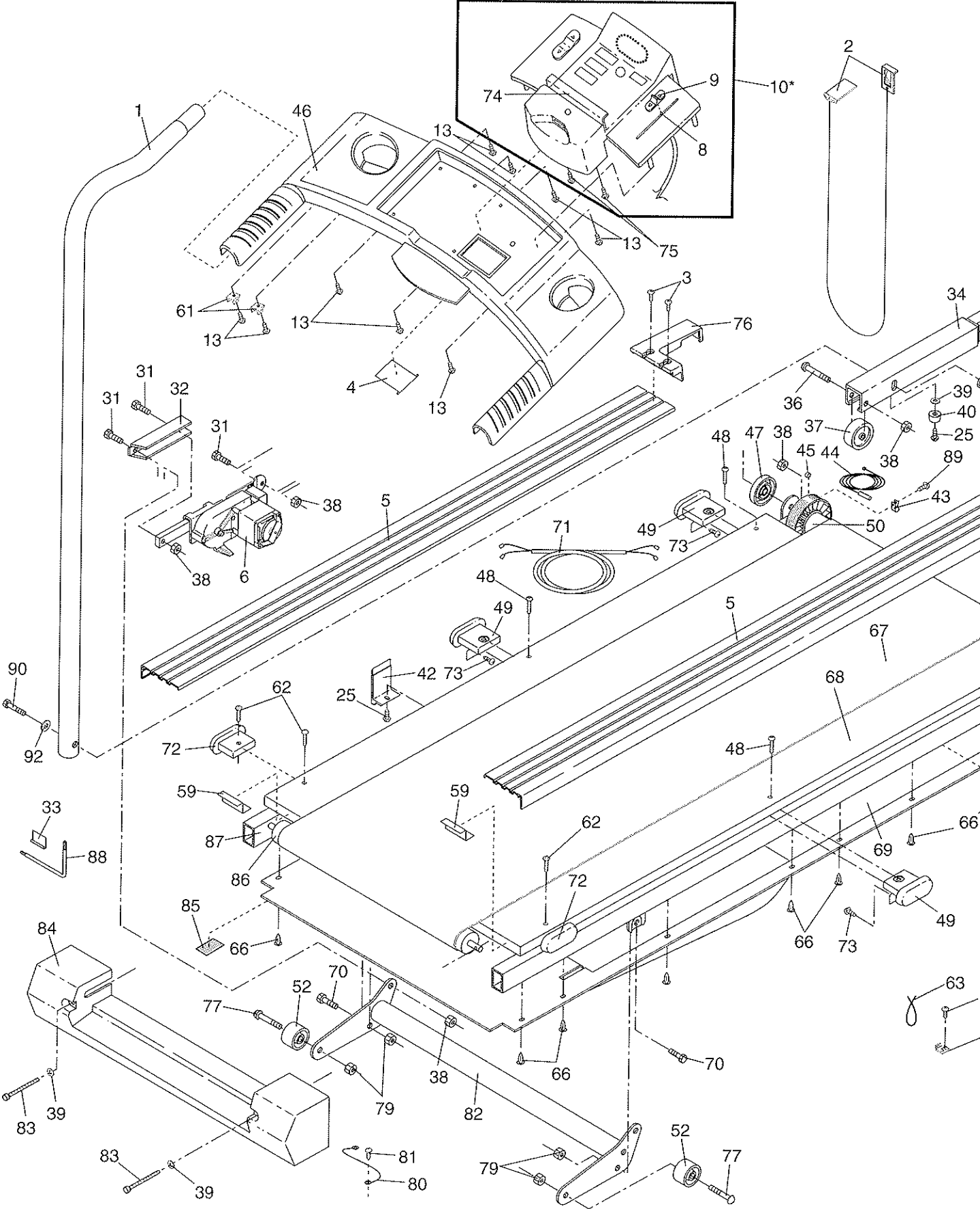
Save this EXPLODED DRAWING and PART LIST for future reference.

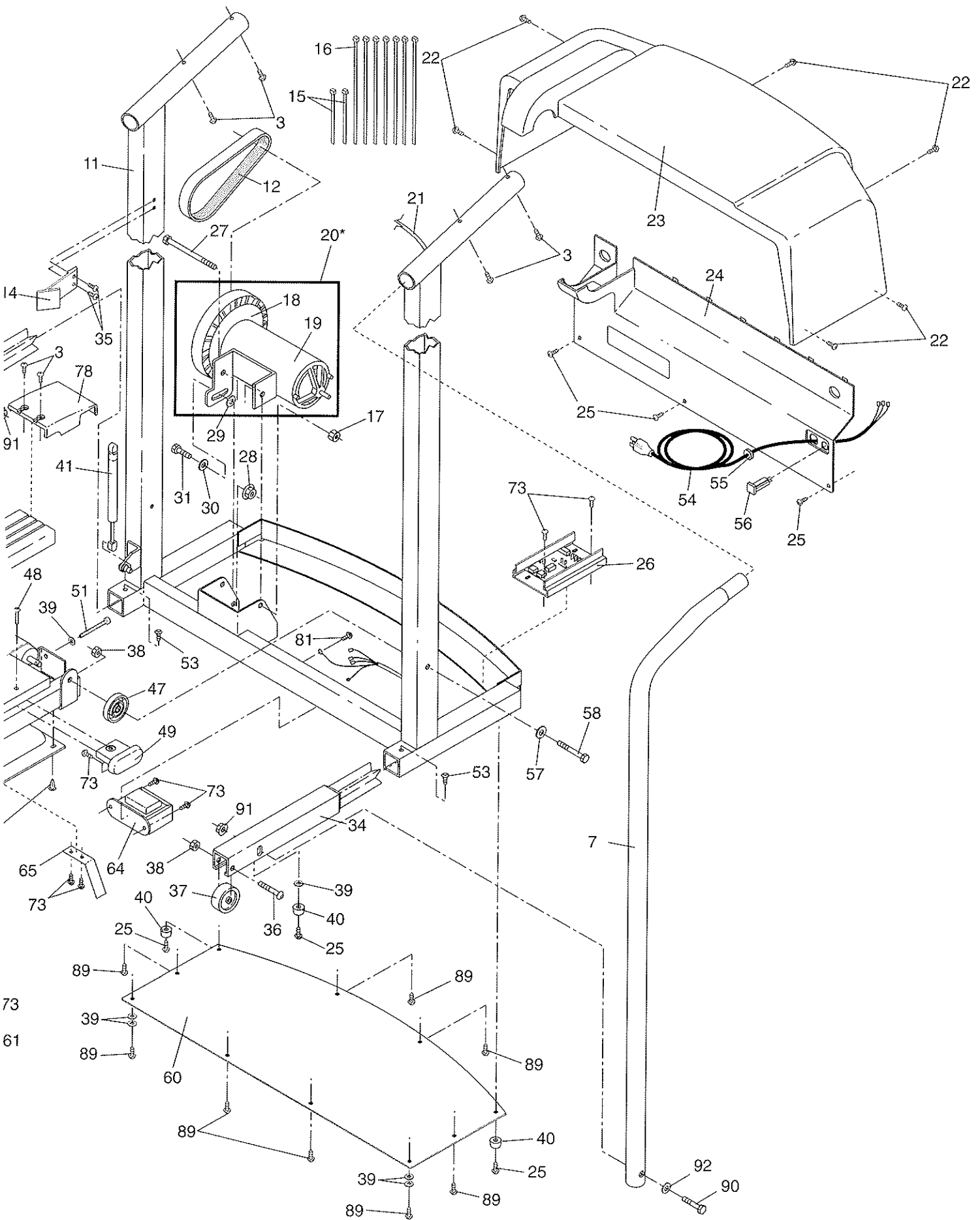


Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. PCTL43590

R0799A





PART LIST—Model No. PCTL43590

R0799A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Handrail	51	1	Front Roller Adj. Bolt
2	1	Key/Clip	52	2	Incline Wheel
3	8	Screw	53	2	Extension Leg Screw
4	1	Battery Cover	54	1	Power Cord
5	2	Foot Rail	55	1	Power Cord Grommet
6	1	Lift Motor	56	1	Circuit Breaker
7	1	Right Handrail	57	2	Frame Pivot Washer
8	1	Speed Potentiometer	58	2	Frame Pivot Bolt
9	1	Speed Control Knob	59	2	Roller Guard
10*	1	Console Assembly	60	1	Motor Belly Pan
11	1	Upright Base	61	6	Cable Tie Clamp
12	1	Motor Belt	62	4	Rear Platform Screw
13	9	Small Screw	63	1	Releasable Tie
14	1	Storage Latch	64	1	Choke
15	2	4" Cable Tie	65	2	Belt Guide
16	7	8" Cable Tie	66	12	Belly Pan Fastener
17	1	Motor Swivel Nut	67	1	Walking Belt
18	1	Pulley/Flywheel/Fan	68	1	Walking Platform
19	1	Motor	69	1	Belly Pan
20*	1	Motor/Pulley/Flywheel/Fan	70	2	Incline Leg Bolt
21	1	Wire Harness	71	1	Incline Wire Harness
22	6	Hood Screw	72	2	Rear Isolator
23	1	Motor Hood	73	16	Isolator Screw/Electronic Screw
24	1	Hood Shield	74	1	Book Rack
25	8	Small Screw	75	2	Book Rack Screw
26	1	Controller	76	1	Left Front Endcap
27	1	Motor Swivel Bolt	77	2	Incline Wheel Bolt
28	1	Motor Tension Nut	78	1	Right Front Endcap
29	1	Motor Tension Star Washer	79	4	Incline Wheel Nut
30	1	Motor Tension Washer	80	1	Ground Wire
31	4	Motor Tension Bolt/Leg Bolt	81	2	Ground Screw
32	1	Lift Extension Bar	82	1	Incline Leg
33	1	Adhesive Clip	83	2	Rear Roller Adj. Bolt
34	2	Extension Leg	84	1	Rear Endcap
35	2	Latch Screw	85	1	Latch Decal
36	2	Wheel Bolt	86	1	Rear Roller
37	2	Wheel	87	1	Frame
38	7	Wheel Nut/Lift Nut	88	1	Allen Wrench
39	9	Washer	89	9	Reed Switch Screw/Belly Pan Screw
40	4	Base Pad	90	2	Handrail Bolt
41	1	Shock	91	2	Handrail Nut
42	1	Latch Catch	92	2	Handrail Washer
43	1	Reed Switch Clip	#	1	8" Blue Wire, Male/Female
44	1	Reed Switch	#	1	8" Red Wire, Male/Female
45	1	Magnet	#	1	8" White Wire, Pigtail
46	1	Console Base	#	1	User's Manual
47	2	Frame Pivot Spacer			
48	4	Platform Screw			
49	4	Isolator			
50	1	Front Roller/Pulley			

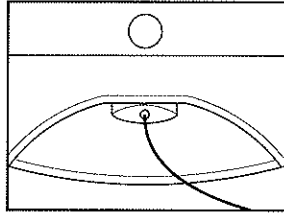
* Includes all parts shown in the box

These parts are not illustrated

1 Insert the key fully into the power switch.

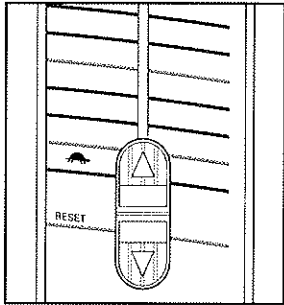
Inserting the key will not turn on the displays. The displays will turn on when the on/reset button is pressed or when the walking belt is started.

Note: If you just installed batteries, the displays will already be on.



2 Reset the speed control.

Slide the speed control down to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**



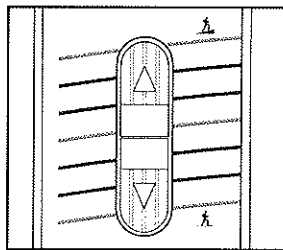
3 Start the walking belt.

After you have moved the speed control to the RESET position, slowly slide it upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

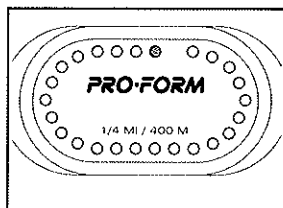
4 Adjust the incline of the treadmill as desired.

To change the incline of the treadmill, press the top or bottom of the incline control until the desired incline level is reached.



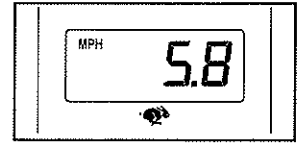
5 Follow your progress with the LED track and the four displays.

The LED track—The track in the center of the console represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a



time until you have completed 1/4 mile. A new lap will then begin.

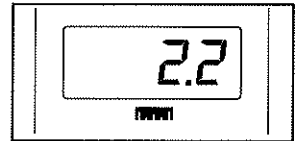
SPEED display—This display shows the speed of the walking belt, in miles per hour.



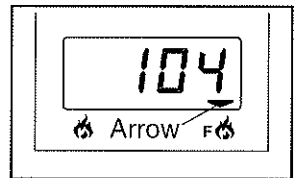
TIME display—This display shows the elapsed time.



DISTANCE display—This display shows the distance that you have walked or run, in miles.

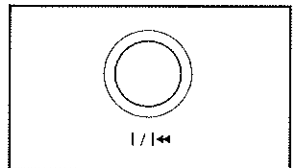


CALS/FAT CALS display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT BURNING on page 13.)



Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown.

To reset the displays at any time, press the on/reset button.



6 When you are finished exercising, stop the walking belt and remove the key.

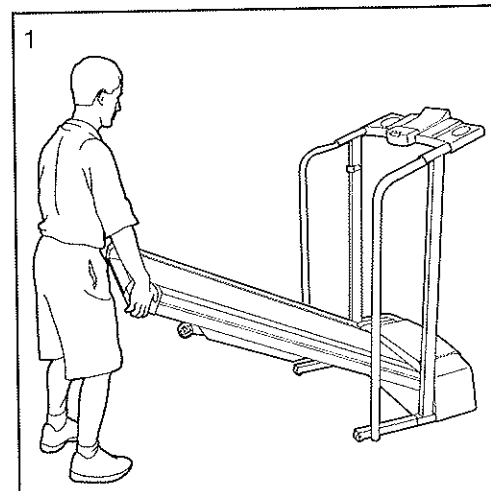
Step onto the foot rails, stop the walking belt and remove the key from the console. The displays will turn off about five minutes after the key is removed. **Note: To conserve the batteries, the displays will automatically turn off any time that the walking belt is stopped and the on/reset button is not pressed for five minutes.**

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

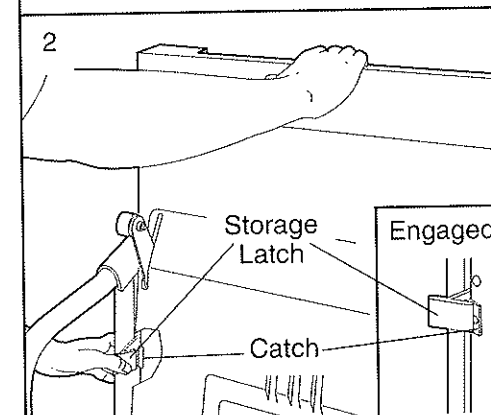
Before folding the treadmill, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

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. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

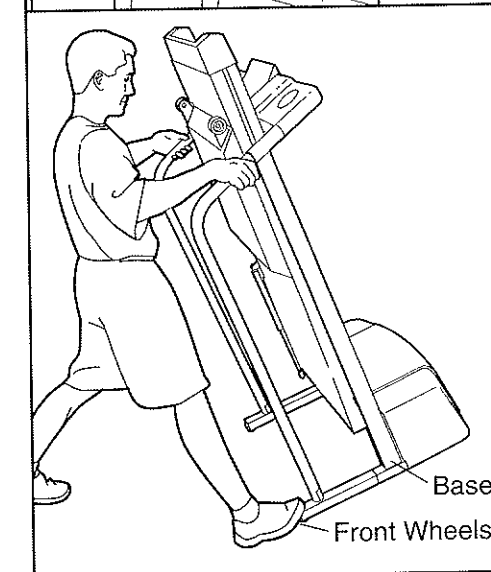
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

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. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

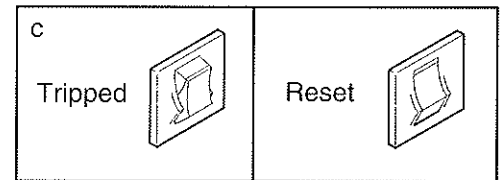
1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**

TROUBLE-SHOOTING

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, please call our Customer Service Department at 1-888-936-4266, Mon.–Fri., 8 a.m.–6:30 p.m. Eastern Standard Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- 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 7). Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 9.
- Check the circuit breaker located on the treadmill 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.

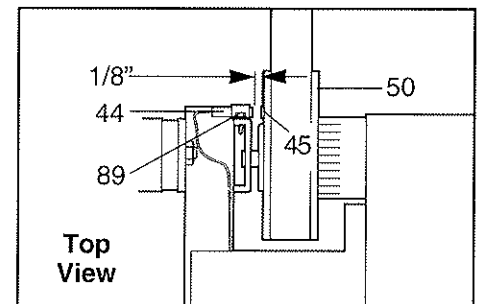


2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in.
- Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 9.
- If the treadmill still will not run, please call our Customer Service Department, toll-free.

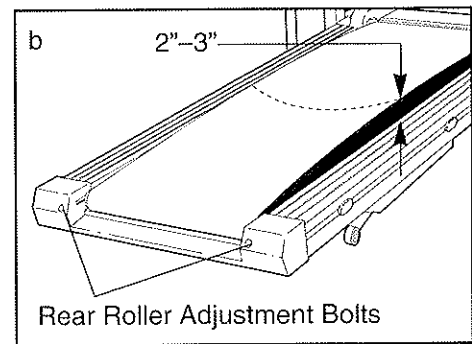
3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

- Check the batteries in the console. See BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.
- Remove the key from the console and **UNPLUG THE POWER-CORD**. Next remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (89) 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.



4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

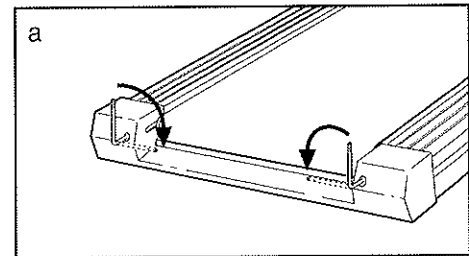
- a. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen 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. The center of the walking belt should just touch 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.



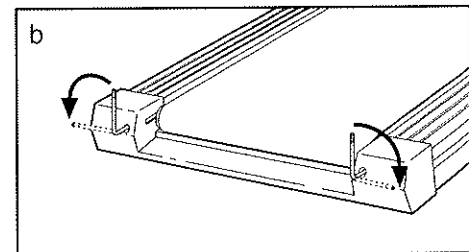
- c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

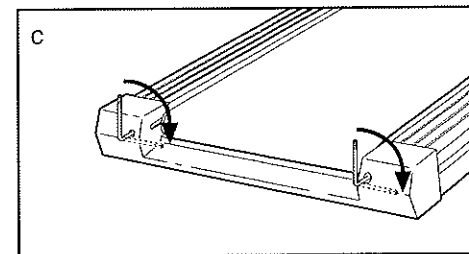
- a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. 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.



- c. 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 adjustment 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 run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

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

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. 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 ZONE			
	MIN BPM ♥		♥ MAX BPM
AGE	Fat Burn	Max Burn	Aerobic
20	125	145	165
30	120	138	155
40	115	130	145
50	110	125	140
60	105	118	130
70	95	110	125
80	90	103	115

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are 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.

Fat Burning

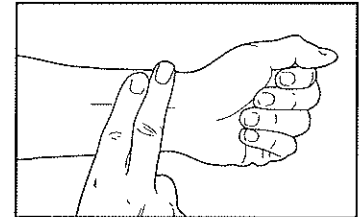
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers 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.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to



find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

A proper workout includes 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 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, 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.

CUSTOMER RECORD

Model No.: _____ Serial No.: _____

Retailer Name: _____ Purchase Date: _____

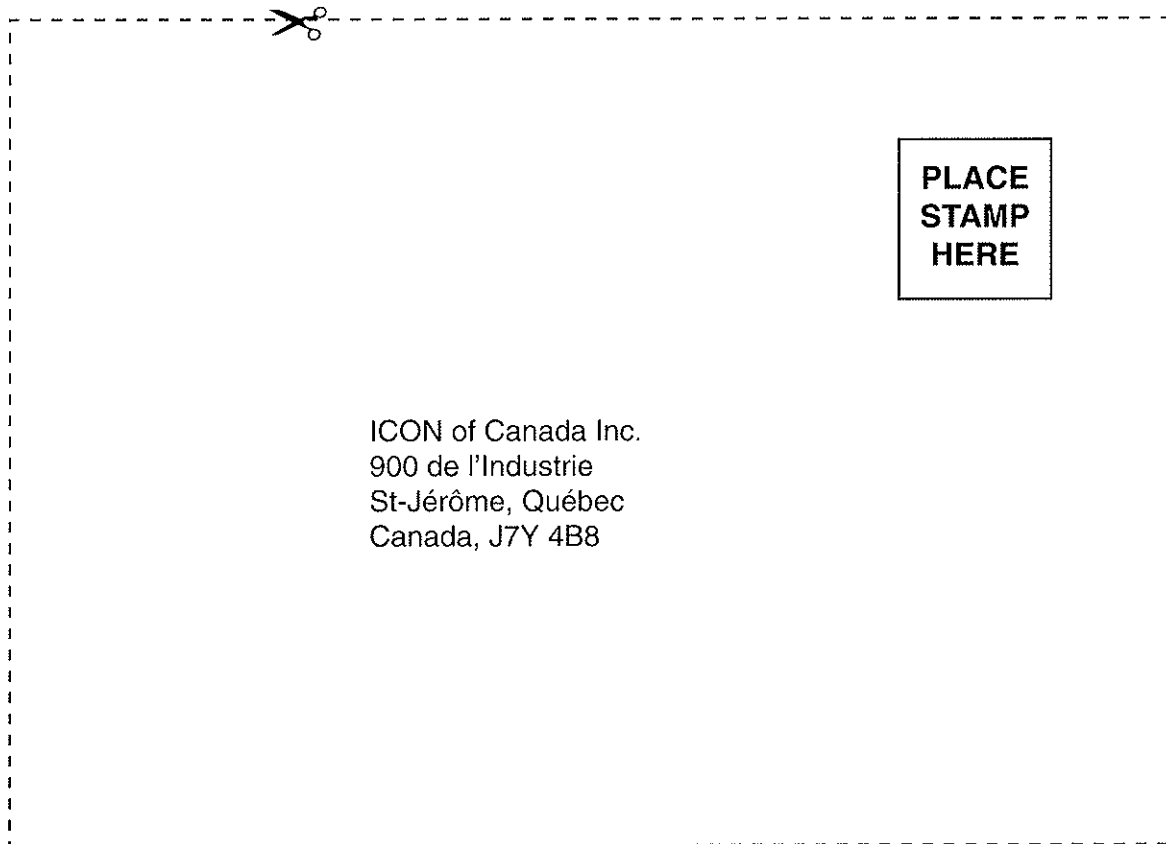
Retailer Address: _____


ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Mon.–Fri., 8 a.m.–6:30 p.m. Eastern Standard Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PCTL43590).
- The NAME OF THE PRODUCT (PROFORM® 435EX treadmill).
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual).
- The KEY NUMBER OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached in the center of this manual).
- The DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached in the center of this manual).

If possible, place the treadmill near your telephone for easy reference when calling.





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ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

LIMITED WARRANTY

ICON OF CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces 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 provinces 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 province to province or so specified by the retailer of your equipment.

ICON OF CANADA, 900 de l'Industrie, St. Jérôme, QC J7Y 4B8

✂

ICON WEIDER PRO-FORM WESLO **PRODUCT WARRANTY REGISTRATION**

ICON OF CANADA INC.

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO.: _____ SERIAL NO.: _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

<p>1) Primary user(s) of product: <input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Family</p> <p>2) Age of primary user: <input type="radio"/> 0-24 <input type="radio"/> 35-44 <input type="radio"/> 55-64 <input type="radio"/> 25-34 <input type="radio"/> 45-54 <input type="radio"/> 65 and over</p> <p>3) Annual household income: <input type="radio"/> 0-9,999 <input type="radio"/> 15,000-19,999 <input type="radio"/> 10,000-14,999 <input type="radio"/> 20,000+</p> <p>4) How many times a week do you exercise? <input type="radio"/> Less than 3 times <input type="radio"/> 3 times or more</p> <p>5) Have you ever purchased an ICON product before? <input type="radio"/> Yes <input type="radio"/> No</p> <p>6) Where did you first see or hear about ICON products? <input type="radio"/> Magazine <input type="radio"/> Friend/relative <input type="radio"/> Newspaper Ad <input type="radio"/> Store <input type="radio"/> Other</p> <p>7) What was the primary reason for purchasing this ICON product? <input type="radio"/> Store Employee <input type="radio"/> Television Ads <input type="radio"/> Colour <input type="radio"/> Electronic Features <input type="radio"/> Magazine Ads <input type="radio"/> Price <input type="radio"/> Product Design <input type="radio"/> Product Innovation <input type="radio"/> Other Features</p>	<p>8) Did you consider purchasing fitness equipment from another manufacturer? <input type="radio"/> No <input type="radio"/> Yes What other Manufacturer? _____</p> <p>9) Based on your impression of what you have purchased, would you buy another ICON product? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> No Opinion If not, what other brand name equipment would you purchase? _____</p> <p>10) What other type of exercise equipment do you own? <input type="radio"/> Bicycle <input type="radio"/> Exercise Cycle <input type="radio"/> Treadmill <input type="radio"/> Home Gym <input type="radio"/> Weight Bench <input type="radio"/> Stepper <input type="radio"/> Cardio Glide <input type="radio"/> Other</p> <p>11) Which type of magazines do you read regularly? <input type="radio"/> Sports <input type="radio"/> Fitness <input type="radio"/> Motoring <input type="radio"/> Business <input type="radio"/> Computer <input type="radio"/> General</p> <p>12) Do you wish to be sent further bulletins about ICON products? <input type="radio"/> Yes <input type="radio"/> No</p>
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THANK YOU FOR YOUR TIME

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