ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

• the MODEL NUMBER of the product (PETL52020)

• the NAME of the product (PROFORM® 3.5 P treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)
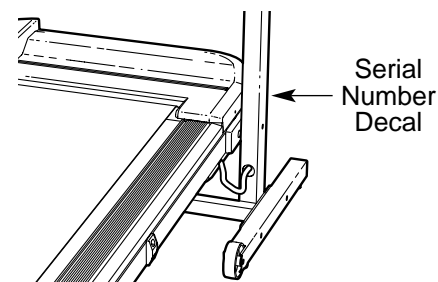
PROFORM is a registered trademark of ICON Health & Fitness, Inc.

PRO·FORM 3.5 P

Model No. PETL52020
Serial No. _____

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

Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:
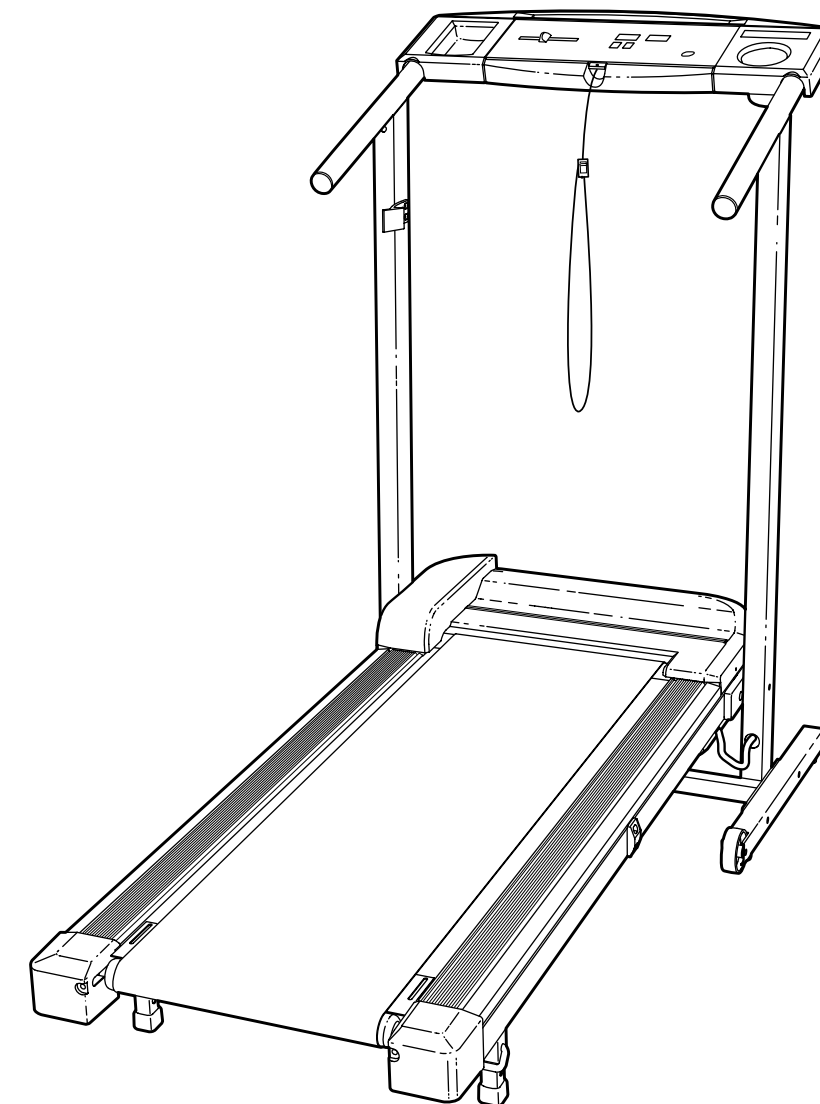
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds,
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

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

 Visit our website at

www.iconeurope.com

TABLE OF CONTENTS

Note: A PART LIST and an EXPLODED DRAWING are attached in the centre of this manual.

IMPORTANT PRECAUTIONS

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

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described in this manual.**

3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

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

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

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

7. **The treadmill should not be used by persons weighing more than 115 kg (250 lbs.).**

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

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

10. **When connecting the power cord (see page 7), 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.**

11. **If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**

12. **Keep the power cord away from heated surfaces.**

13. **Never move the walking belt whilst 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 whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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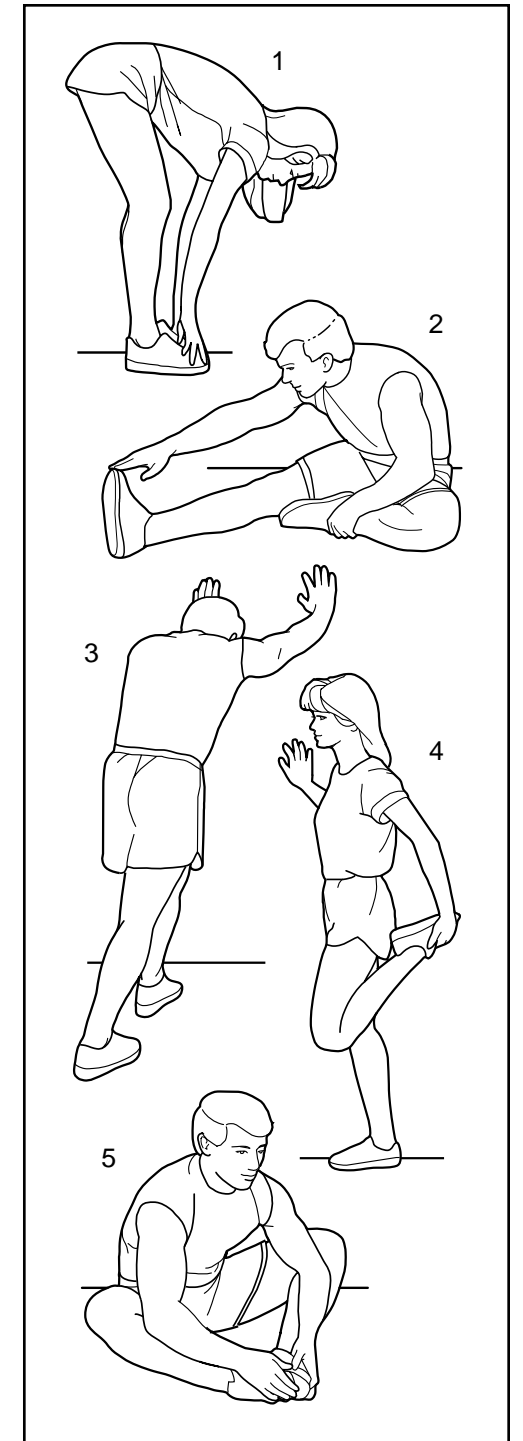
CONDITIONING GUIDELINES

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

EXERCISE INTENSITY

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

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

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 the lowest number in your training zone.

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

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

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15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

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

17. Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO FOLD AND MOVE THE TREADMILL on page 10.) You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

19. Do not change the incline of the treadmill by placing objects under the treadmill.

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

21. Inspect and properly tighten all parts of the treadmill every three months.

22. Never insert or drop any object into any opening.

23. The roller guards must be 3 mm (1/8 in.) from the rear roller (see the drawing on page 4). Remove the key and adjust the roller guards, if necessary.

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 authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

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

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.
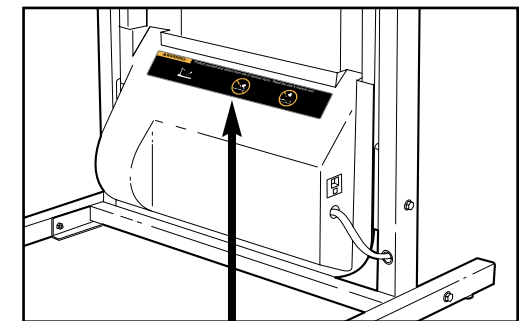
Note: This decal is shown at 40% of actual size.

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

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.
- Stand only on 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.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
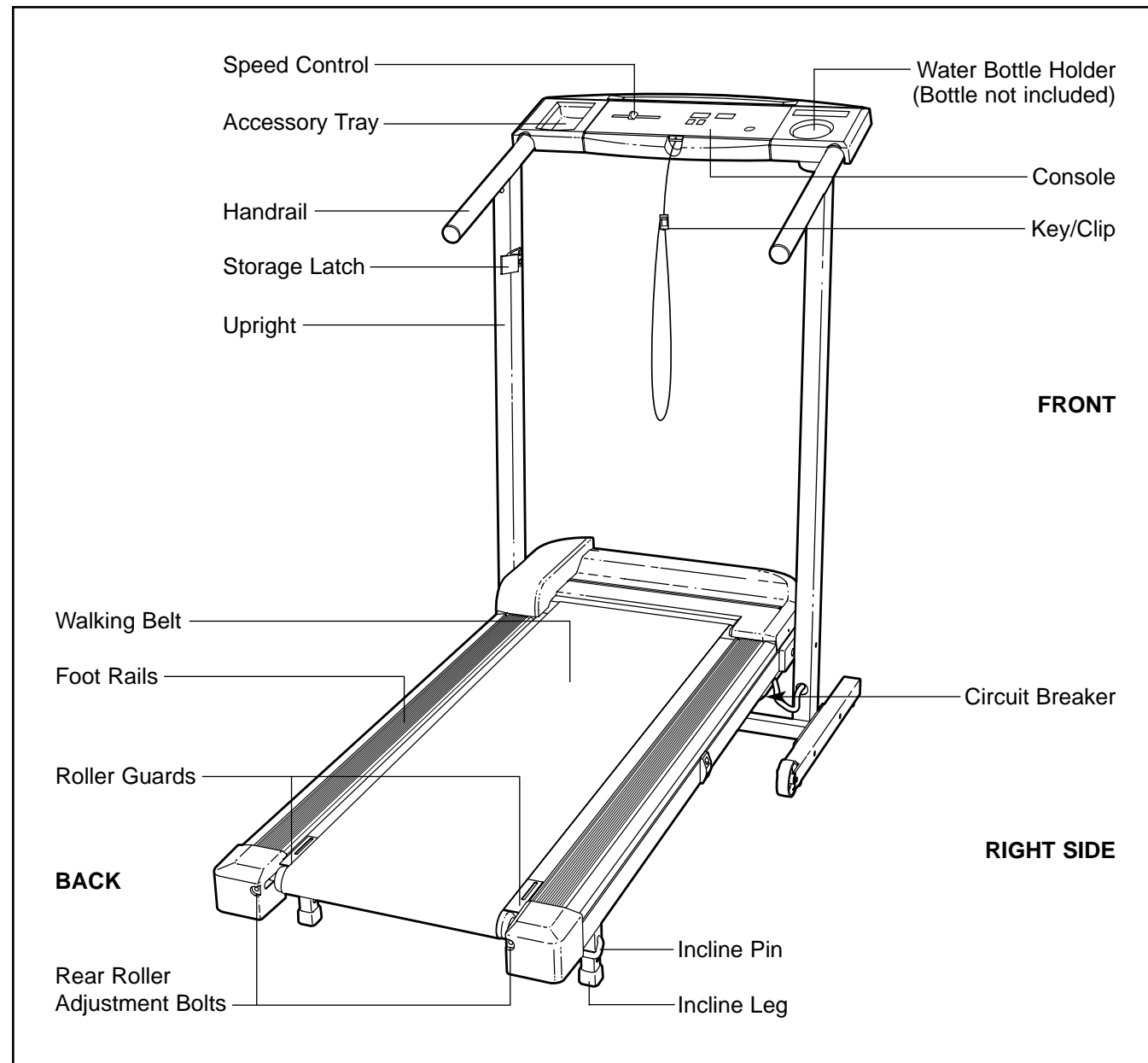- Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 3.5 P tread-mill. The PROFORM® 3.5 P 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 PROFORM® 3.5 P 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 at **08457 089 009**. To help us assist you, please note the product model number and serial number before call-ing. The model number of the treadmill is PETL52020. 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 familiarise yourself with the parts that are labelled in the drawing below.

Speed Control
Accessory Tray
Water Bottle Holder (Bottle not included)
Console
Handrail
Key/Clip
Storage Latch
Upright

FRONT

Walking Belt
Foot Rails
Circuit Breaker

Roller Guards

RIGHT SIDE

BACK

Rear Roller Adjustment Bolts
Incline Pin
Incline Leg

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. If the walking belt is overtightened, treadmill perfor-mance 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 coun-terclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.


b
5–8 cm
Rear Roller Adjustment Bolts
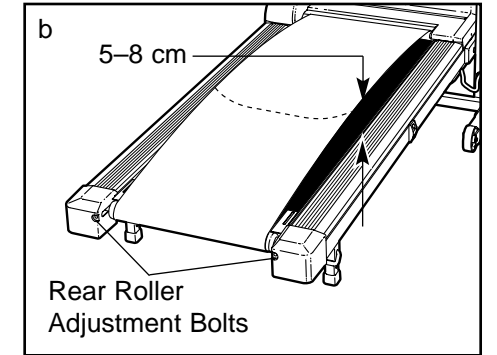
c. If the walking belt still slows when walked on, please call our Customer Service Department.

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

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

a
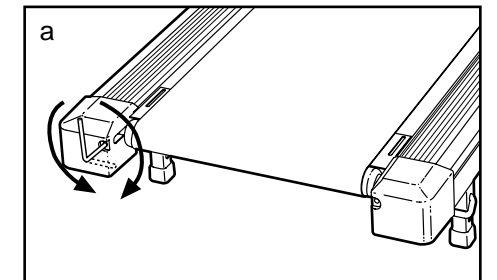
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clock-wise, 1/4 of a turn. When the walking belt is correct-ly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. 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.


b
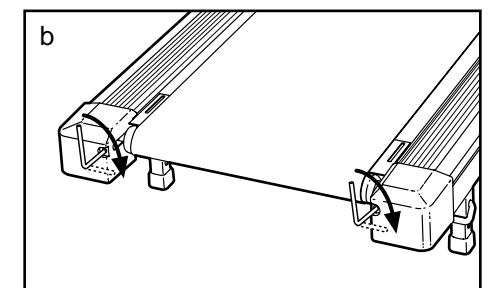
MAINTENANCE AND TROUBLESHOOTING

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 call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 7.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

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

c. Check the 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.

c		
	Tripped	Reset
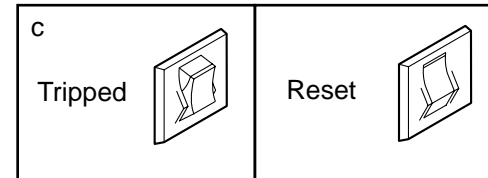
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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

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

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

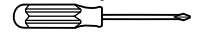**PROBLEM: The displays of the console do not function properly**

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console. If the batteries need to be replaced, see assembly step 6 on page 6. Most problems are the result of drained batteries.

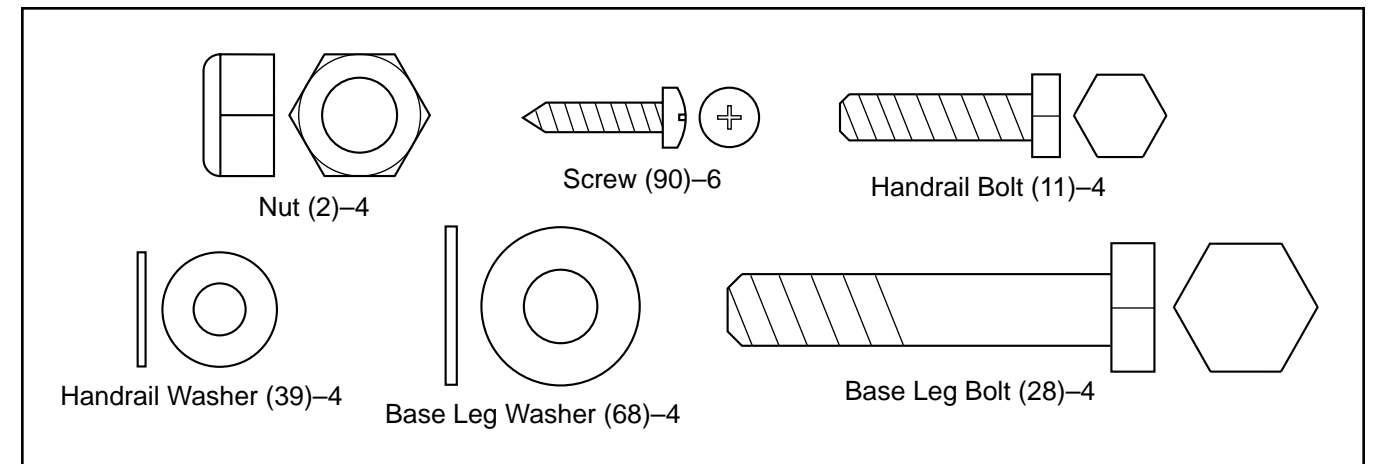b. Remove the screws from the hood, and carefully remove the hood.

Locate the Reed Switch (8) and the Magnet (14) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that there is a gap of about 3 mm (1/8 in.) between the Magnet and the Reed Switch.** If necessary, loosen the Screw (77) 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.

Top View
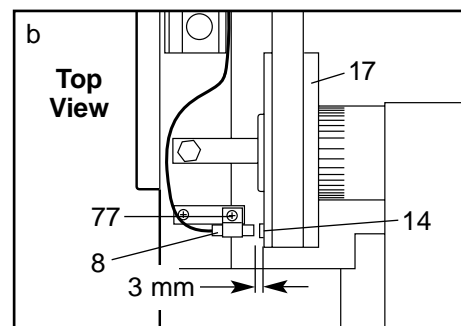
ASSEMBLY

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 spanners.

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

Nut (2)–4   Screw (90)–6   Handrail Bolt (11)–4

Handrail Washer (39)–4   Base Leg Washer (68)–4   Base Leg Bolt (28)–4

⚠ **WARNING: Do not plug in the power cord until the treadmill is completely assembled.**

1. Note that the Right Handrail and the Console Base (not shown) are connected to the treadmill by a Wire Harness. **During assembly steps 1 to 3, be careful not to pull on or damage the Wire Harness.**

   With the help of a second person, carefully lay the treadmill on its side. Position one of the Base Legs (55) on the base of the Upright (37) as shown. Make sure that the Base Leg Pads (31) and the Wheel (34) are in the indicated positions. Attach the Base Leg with two Base Leg Bolts (28), two Base Leg Washers (68), and two Nuts (2).

   Carefully turn the treadmill onto its other side. Assemble the other Base Leg (55) as described.

   With the help of a second person, carefully raise the treadmill to the upright position so that both Base Legs (55) are resting flat on the floor.

2. Attach the Storage Latch (38) to the left Upright (37) with two Screws (90). **Be careful not to overtighten the Screws.**
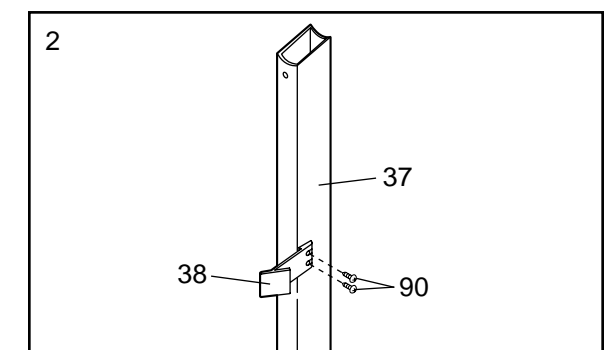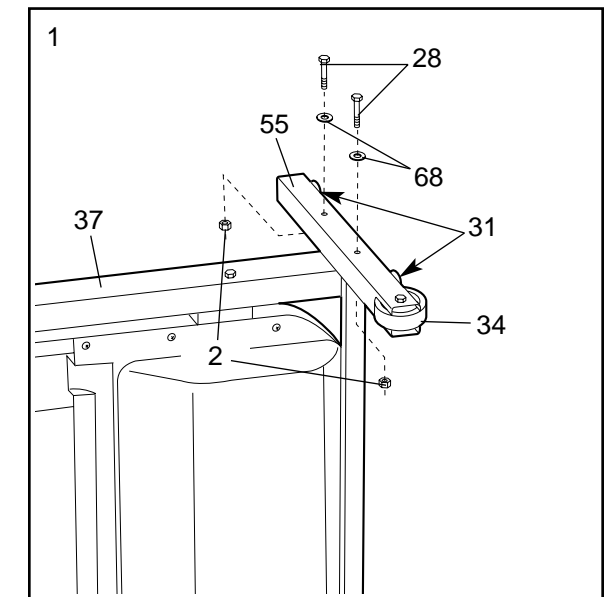
3. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 11. Follow step 2 on page 11 to lower the treadmill.

   If there are plastic ties on the Left and Right Handrails (4, 5) in the indicated locations, cut them off.

   Position the Left Handrail (4) on the left Upright (37).

   With the help of a second person, hold the Right Handrail (5) and the Console Base (45) near the right Upright (37). Feed all of the excess Wire Harness (53) down into the Right Handrail, through the indicated bracket, and down into the right Upright; bend the Wire Harness, if necessary. Make sure that the Wire Harness is in the bracket and insert the bracket into the right Upright. **Make sure that the Wire Harness is not pinched.**
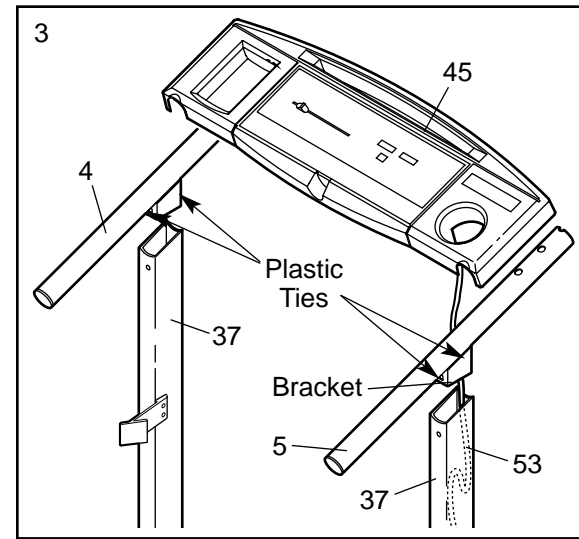
4. Thread two Handrail Bolts (11) with Handrail Washers (39) two complete turns into the left Upright (37) and the Left Handrail (4). **Do not tighten the Bolts yet.**
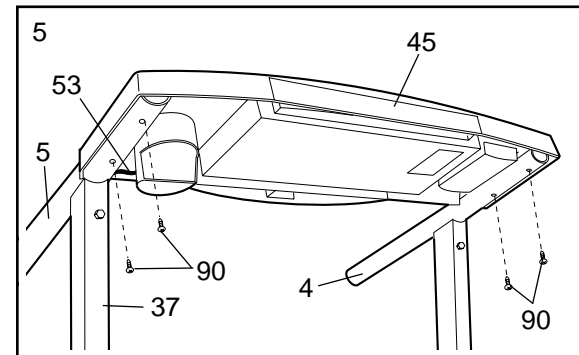
   Thread two Handrail Bolts (11) with Handrail Washers (39) two complete turns into the right Upright (37) and the Right Handrail (5). **Do not tighten the Bolts yet.**
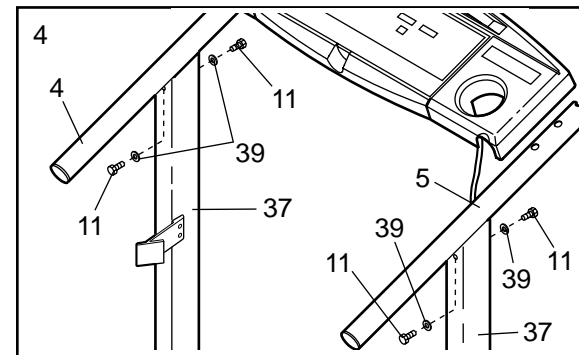
5. Attach the Console Base (45) to the Left and Right Handrails (4, 5) with four Screws (90).

   Feed the excess Wire Harness (53) into the upper end of the Right Handrail (5).

   Tighten all parts used in steps 4 and 5.

6. The console requires two 1,5 V batteries (included); alkaline batteries are recommended.

   Open the Battery Cover (48) as shown. Press two batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the battery cover, push up on the Battery Cover tab, and then push the tab forward as shown in the inset drawing. Be sure that the tab locks into place.
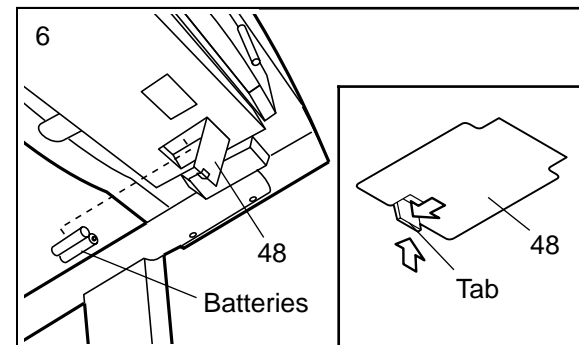
7. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.

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 locked fully over the catch.**

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

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

3. Place one foot on a wheel, and carefully lower the treadmill until the base leg is resting in the storage position.
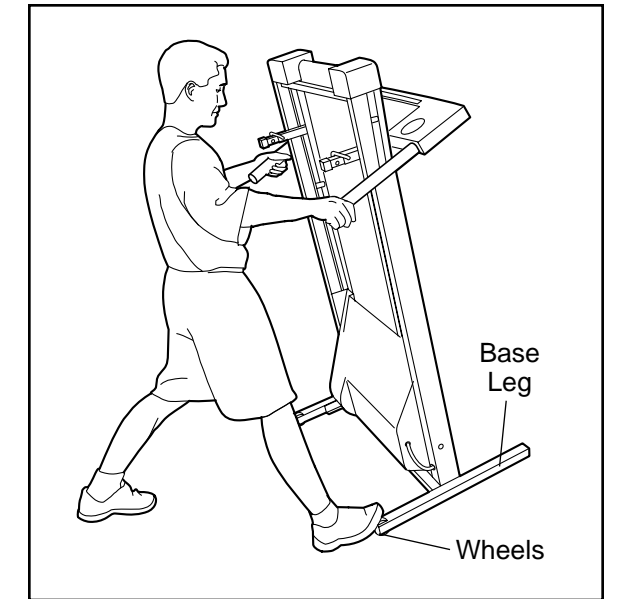
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**
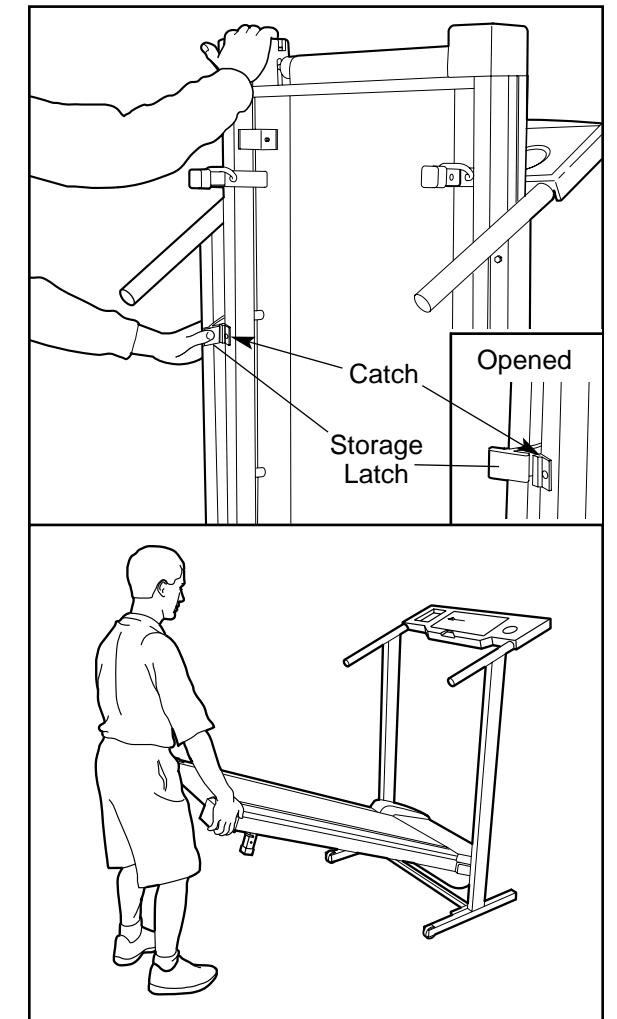
HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD.** Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**

Console
Screws
Switch
Screws
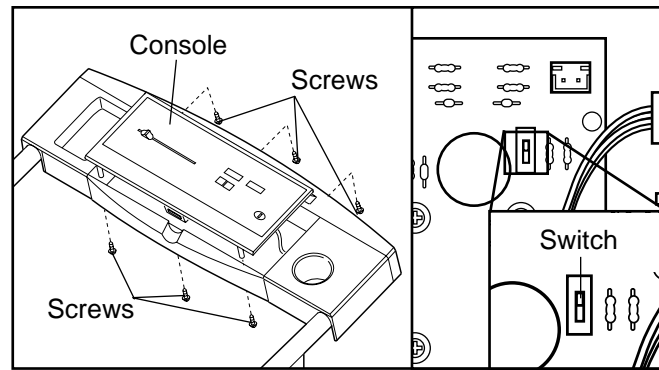
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, **UNPLUG THE POWER CORD. CAUTION: You must be able to safely lift 20 kg (45 lbs.) 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. 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. Close the storage latch 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 30° C (85° F).
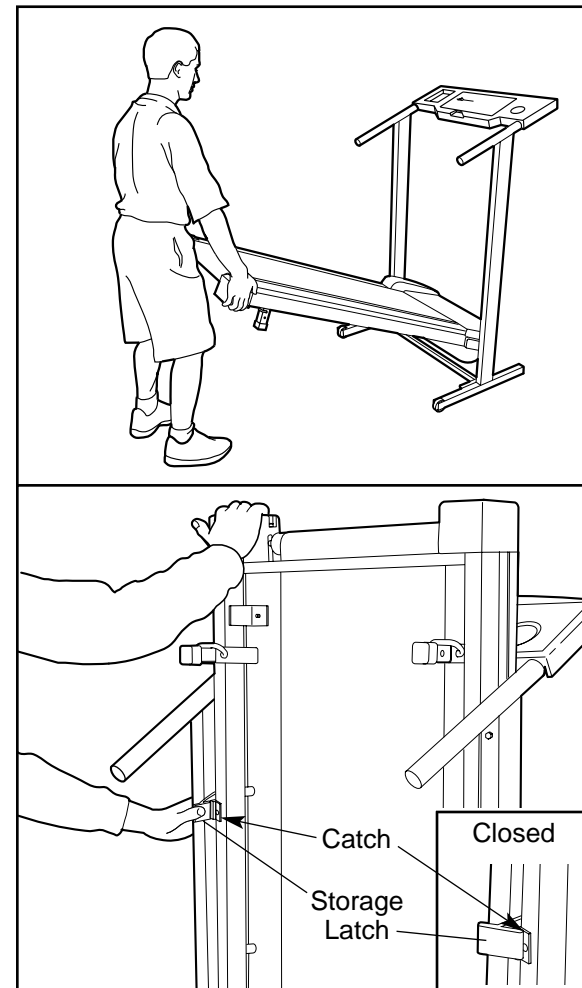

Catch
Closed
Storage Latch

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

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 cord having an equipment-earthing conductor and an earthing plug.

Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket on the treadmill. Next, lift the indicated tab on the ferrite box and clamp the ferrite box around the power cord. The ferrite box should not be allowed to slide along the power cord. Please fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

1
Socket on treadmill
Ferrite Box
Plastic Tie
Tab

2
Outlet

⚠ **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.
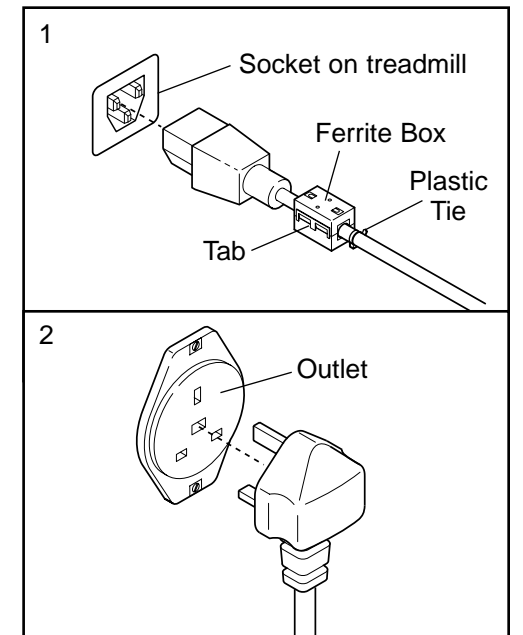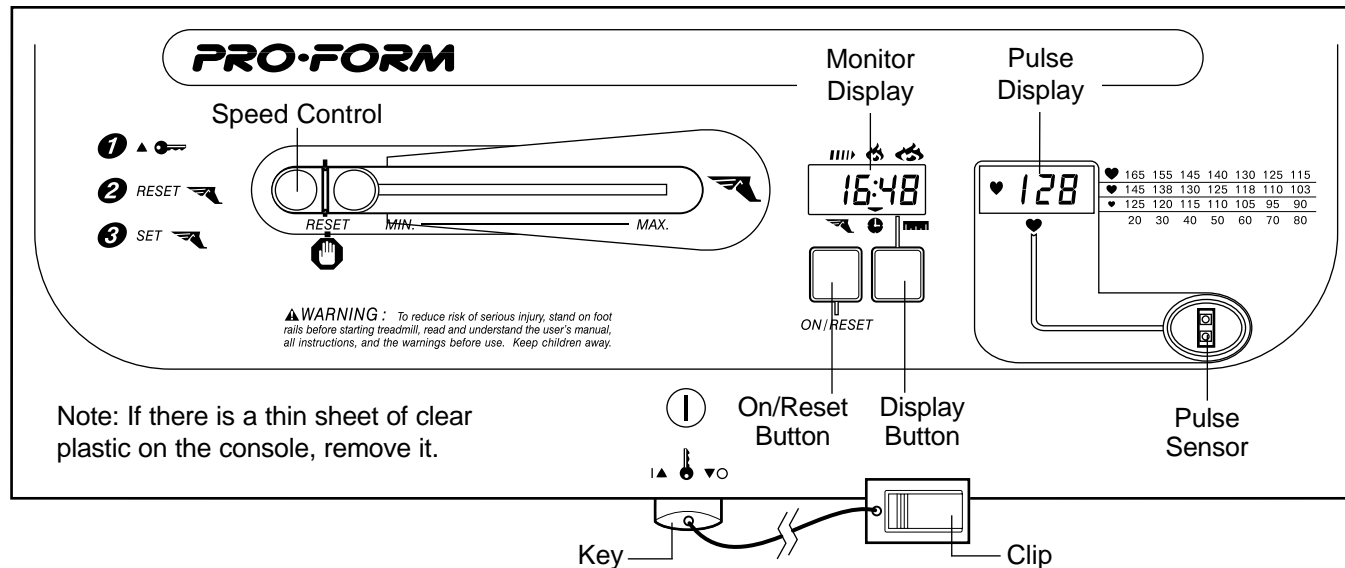
DIAGRAM OF THE CONSOLE

PRO·FORM

Speed Control

Monitor Display

Pulse Display

❶ ▲ ⌐
❷ RESET ◤
❸ SET ◤

RESET   MIN.   MAX.

16:48

♥ 128

♥ 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

⚠ 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.

ON/RESET

♥

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

I| On/Reset Button   Display Button   Pulse Sensor

I▲ ⌂ ▼O

Key —   — Clip

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

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

- **Always wear the clip (see the drawing above) whilst operating 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.**

STEP-BY-STEP CONSOLE OPERATION

Make sure that there are batteries in the console (see assembly step 6 on page 6). In addition, make sure that the power cord is properly plugged in (see page 7). Next, step onto 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. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Follow the steps on this page and page 9 to operate the console.

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

Inserting the key will not turn on the two displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.

2 **Reset the console and start the walking belt.**

Slide the speed control 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.**

RESET   MIN.

Next, slowly slide the speed control to the right 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.

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3 **Follow your progress with the main display.**

The main display offers six modes that provide instant exercise feedback:

Mode Indicator

IIII▶ ♨ ♨
12:04
◤ 🕐 ▦▦

🔺 Speed—This mode shows your speed.

🕐 Time—This mode shows the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause.

▦▦ Distance—This mode shows the total distance that you have walked or run.

♨ Fat Calories—This mode shows the approximate number of fat calories you have burned. (See Fat Burning on page 14.)

♨ Calories—This mode shows the approximate number of calories you have burned.

IIII▶ Scan—This mode displays the other five modes, for five seconds each, in a repeating cycle.

When the power is turned on, the Scan mode will be selected. One mode indicator will appear by the scan symbol, and a second mode indicator will show which mode is currently displayed.

If desired, you can select the Speed, Time, Distance, Fat Calories, or Calories mode individually. Press the display button repeatedly until a mode indicator appears by the desired symbol. Make sure that there is not a mode indicator by the scan symbol.

To reset the display, press the ON/RESET button.

4 **Measure your heart rate, if desired.**

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the heart rate display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and then your heart rate will be shown. Hold your thumb on the sensor for another 15 seconds for the most accu-

Pulse Sensor

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rate reading. If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Try the sensor several times until you become familiar with it. Remember to stand still whilst measuring your heart rate.


♥ 128

Pulse Indicator
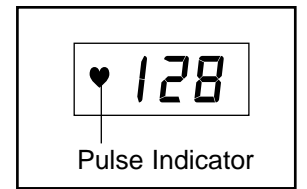
5 **Turn off the display.**

To turn off the display, simply wait for a few minutes. If the walking belt is stationary and the console buttons are not pressed for a few minutes, the displays will turn off automatically.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three incline levels. **Before changing the incline, remove the key and UNPLUG THE POWER CORD.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 10).

To change the incline, first remove the incline pin from the right incline leg as shown below. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the locked position shown in the inset drawing. Adjust the left incline leg in the same manner. **Make sure that both incline pins are inserted from the direction shown.**

Incline Pin

Incline Pin
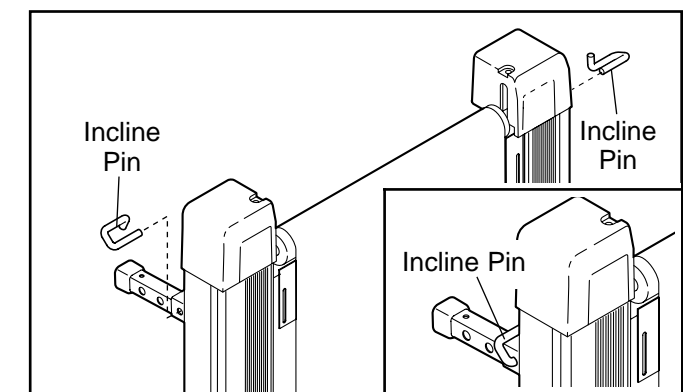
Incline Pin

CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).
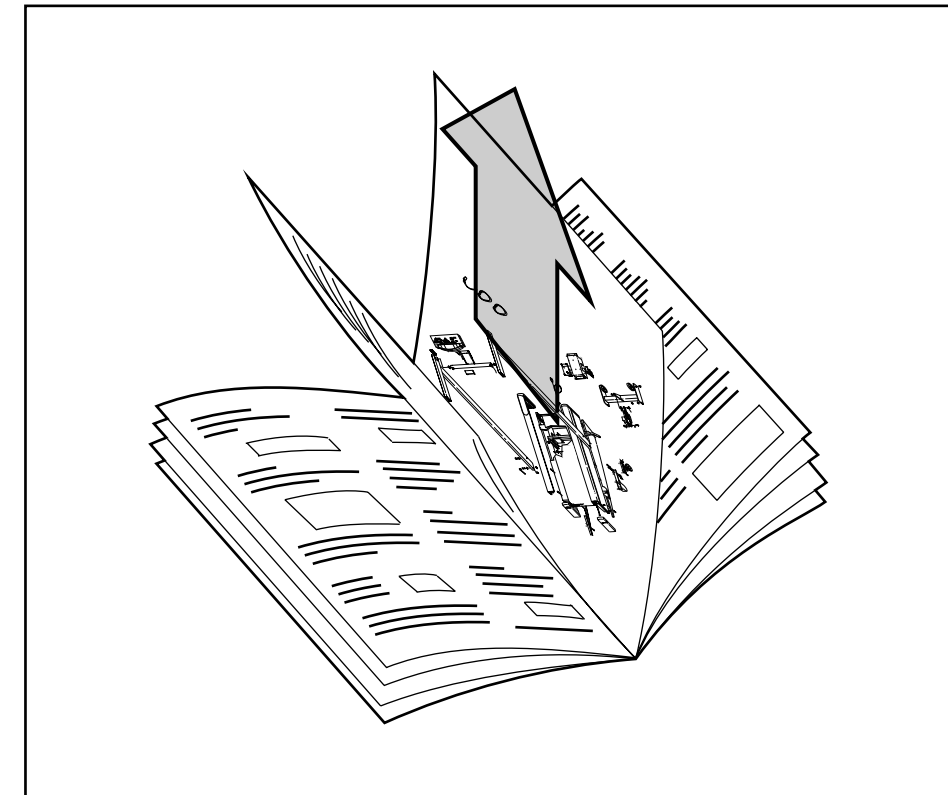
PART LIST—Model No. PETL52020

R0802A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	53	1	Wire Harness
2	6	Nut	54	1	Grommet
3	1	Motor Belt	55	2	Base Leg
4	1	Left Handrail	56	7	Belly Pan Fastener
5	1	Right Handrail	57	1	Belly Pan
6	1	Right Frame Guide	58	2	Upright Spacer
7	1	Motor	59	1	Motor Tension Washer
8	1	Reed Switch	60	1	Left Foot Rail
9	6	Electronics Screw	61	4	Base Leg Nut
10	1	Reed Switch Clip	62	2	Belt Guide
11	4	Handrail Bolt	63	2	Wire Clip
12	4	Hood Anchor	64	1	Right Foot Rail
13	2	Front Roller Bolt	65	2	Roller Guard
14	1	Magnet	66	1	Latch Catch
15	4	Platform Screw	67	2	Incline Leg Endcap
16	1	Motor Tension Nut	68	4	Base Leg Washer
17	1	Front Roller/Pulley	69	1	Right Endcap
18	1	Motor Tension Bolt	70	2	Rear Roller Adj. Bolt
19	1	Circuit Breaker	71	4	Roller Adjustment Washer
20	1	Reed Switch Bracket	72	1	Rear Roller
21	1	Frame	73	1	Ground Wire
22	1	Receptical	74	1	Walking Platform
23	1	Controller	75	1	Walking Belt
24	1	Motor Pivot Bolt	76	1	Releaseable Tie
25	9	Latch Screw/Hood Screw	77	2	Reed Switch Screw
26	1	Choke	78	2	Cable Tie Clamp
27	1	Electronics Bracket	79	4	8" Cable Tie
28	4	Base Leg Bolt	80	3	Motor Star Washer
29	2	Wheel Washer	81	2	Front Roller Nut
30	1	Power Cord Set	82	2	Endcap Washer
31	4	Base Leg Pad	83	1	Left Endcap
32	2	Base Leg Endcap	84	1	Motor Pivot Sleeve
33	2	Wheel Bolt	85	2	Motor Pivot Bushing
34	2	Wheel	86	1	Grounding Screw
35	1	Allen Wrench	87	2	Handrail Endcap
36	2	Frame Pivot Bolt	88	4	Nylon Washer
37	1	Upright	89	1	Ferrite Box
38	1	Storage Latch	90	15	Screw
39	4	Handrail Washer	91	2	Platform Screw (Rear)
40	16	Small Screw	92	1	Grounding Star Washer
41	4	Cage Nut	93	1	Grounding Nut
42	1	Key/Clip	94	2	Roller Guard Screw
43	1	Latch Decal	#	1	8" Black Wire, 2 Female
44	1	Filter	#	1	4" Black Wire, 2 Female
45	1	Console Base	#	1	4" Black Wire, Male/Female
46	2	Incline Pin	#	2	8" White Wire Harness, 2 Female
47	2	Incline Leg	#	1	8" Green/Yellow Wire, F/Ring
48	2	Battery Cover	#	1	4" Green/Yellow Wire, F/Ring
49*	1	Console Assembly	#	1	User's Manual
50	1	Speed Potentiometer			
51	1	Speed Control Knob			* Includes all parts shown in the box
52	4	Belt Guide Screw			Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

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. PETL52020

R0802A