

ORDERING REPLACEMENT PARTS

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

ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4, Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133  
Fax: 0 (044) 113 387 7125

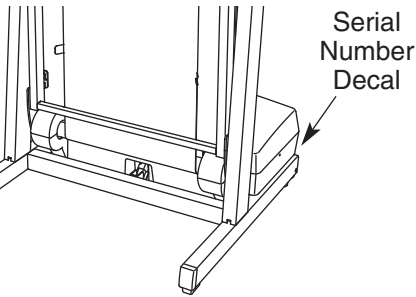
To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PETL35135)
- The NAME OF THE PRODUCT (PROFORM® 390 P treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)

PRO-FORM 390 P  
Preset Programs

Class H Fitness Product

Model No. PETL35135  
Serial No. \_\_\_\_\_



QUESTIONS?

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

08457 089 009

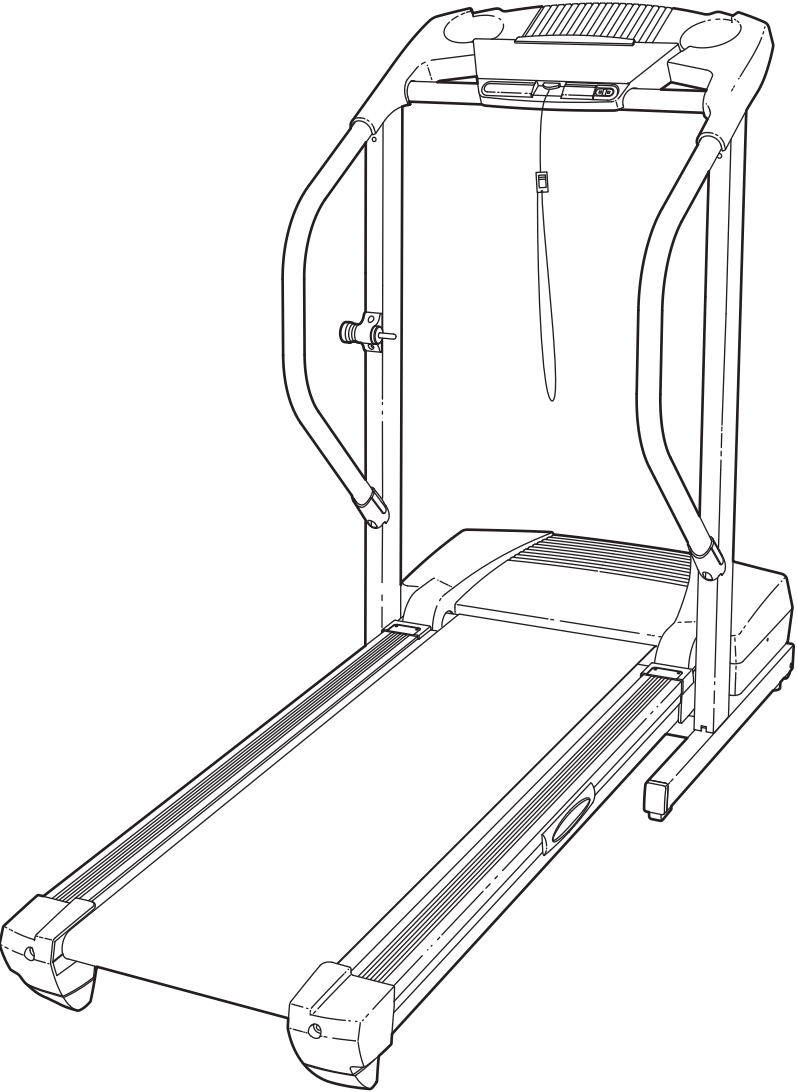
or write:  
ICON Health & Fitness, Ltd.  
Customer Service Department  
Unit 4  
Revie Road Industrial Estate  
Revie Road  
Beeston  
Leeds, LS118JG  
UK

email: csuk@iconeurope.com

CAUTION

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

USER'S MANUAL



Visit our website at  
[www.iconeurope.com](http://www.iconeurope.com)

# PRO-FORM® 390 P

## Preset Programs

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

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

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

#### EXERCISE INTENSITY

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

	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 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.

#### Fat Burning

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

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

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

#### Aerobic Exercise

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

#### WORKOUT GUIDELINES

Each workout should include the following three parts:

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

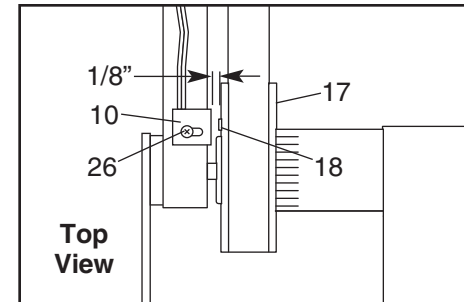
**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply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

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

#### EXERCISE FREQUENCY

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

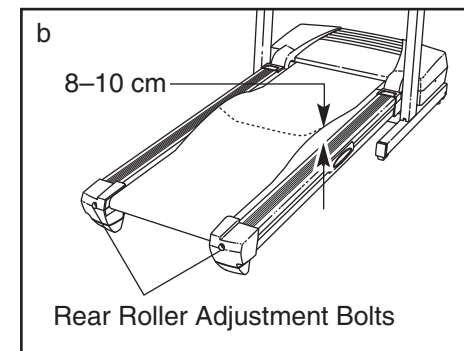
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (26), move the Reed Switch slightly, and then retighten the Screw. Re-attach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

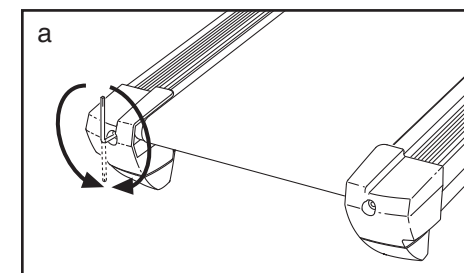
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 8–10 cm (3–4 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.



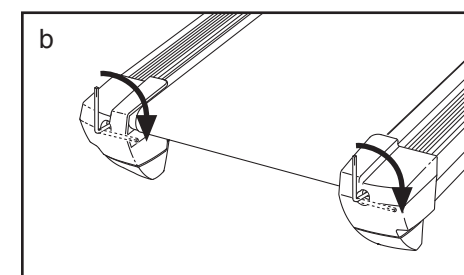
c. If the walking belt still slows when walked on, call our Customer Service Department.

**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 hex key to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centred.



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 side of the walking belt 8–10cm (3–4 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.



## IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. 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 oxygen is 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 113 kg (250 lbs.) or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear suitable exercise clothes whilst 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 9), 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, 1mm<sup>2</sup> (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 5 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.
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, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.
19. When folding or moving the treadmill, make sure that the storage latch is fully closed.
20. Whilst using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

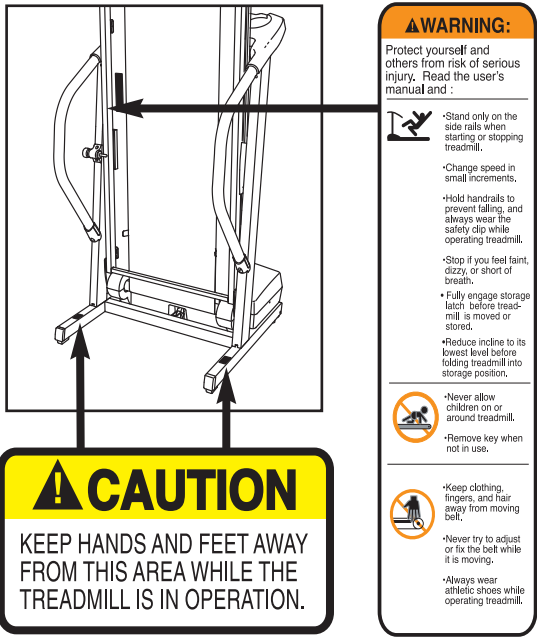


21. Whilst using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.
22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert any object into any opening.

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

### SAVE THESE INSTRUCTIONS

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



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

## 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.

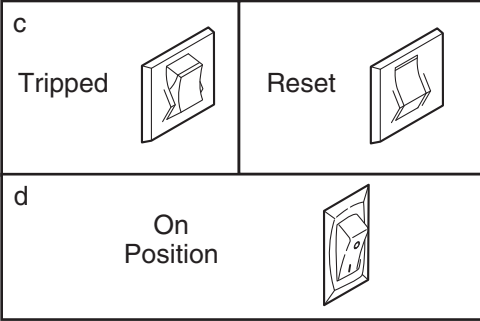
**PROBLEM:** The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 9.) If an extension cord is needed, use only a 3-conductor, 1 mm<sup>2</sup> (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the 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.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



**PROBLEM:** The power turns off during use

**SOLUTION:** a. Check the circuit breaker located on the treadmill near the power cord (see c. 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.

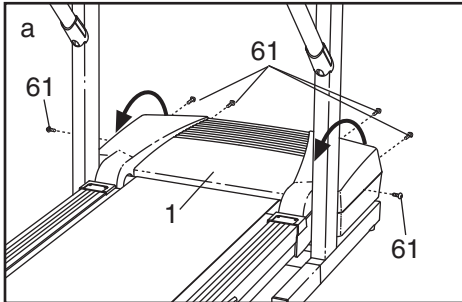
c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the on position (see d. above).

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

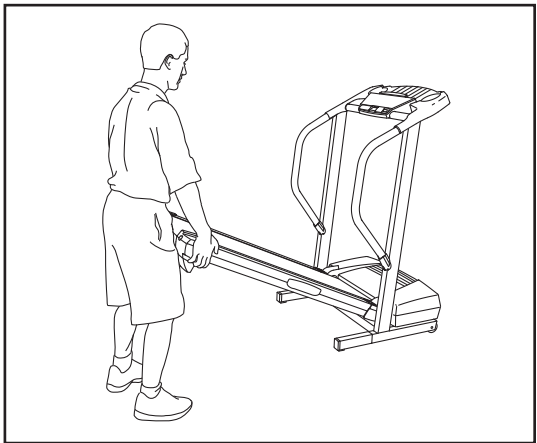
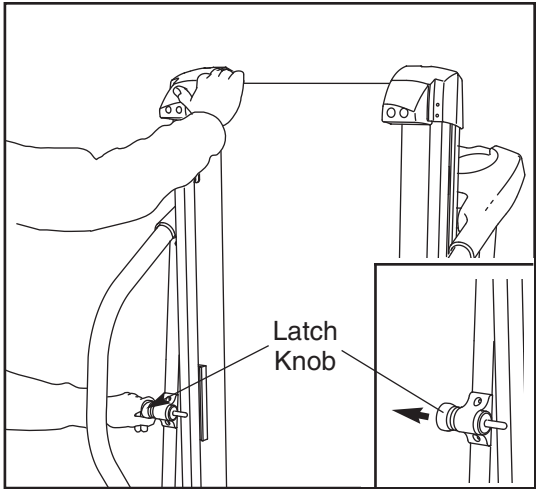
**PROBLEM:** The displays of the console do not function properly

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the six 3/4” Screws (61) from the Hood, and carefully pivot the Hood (1) off.



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. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.
- 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.**



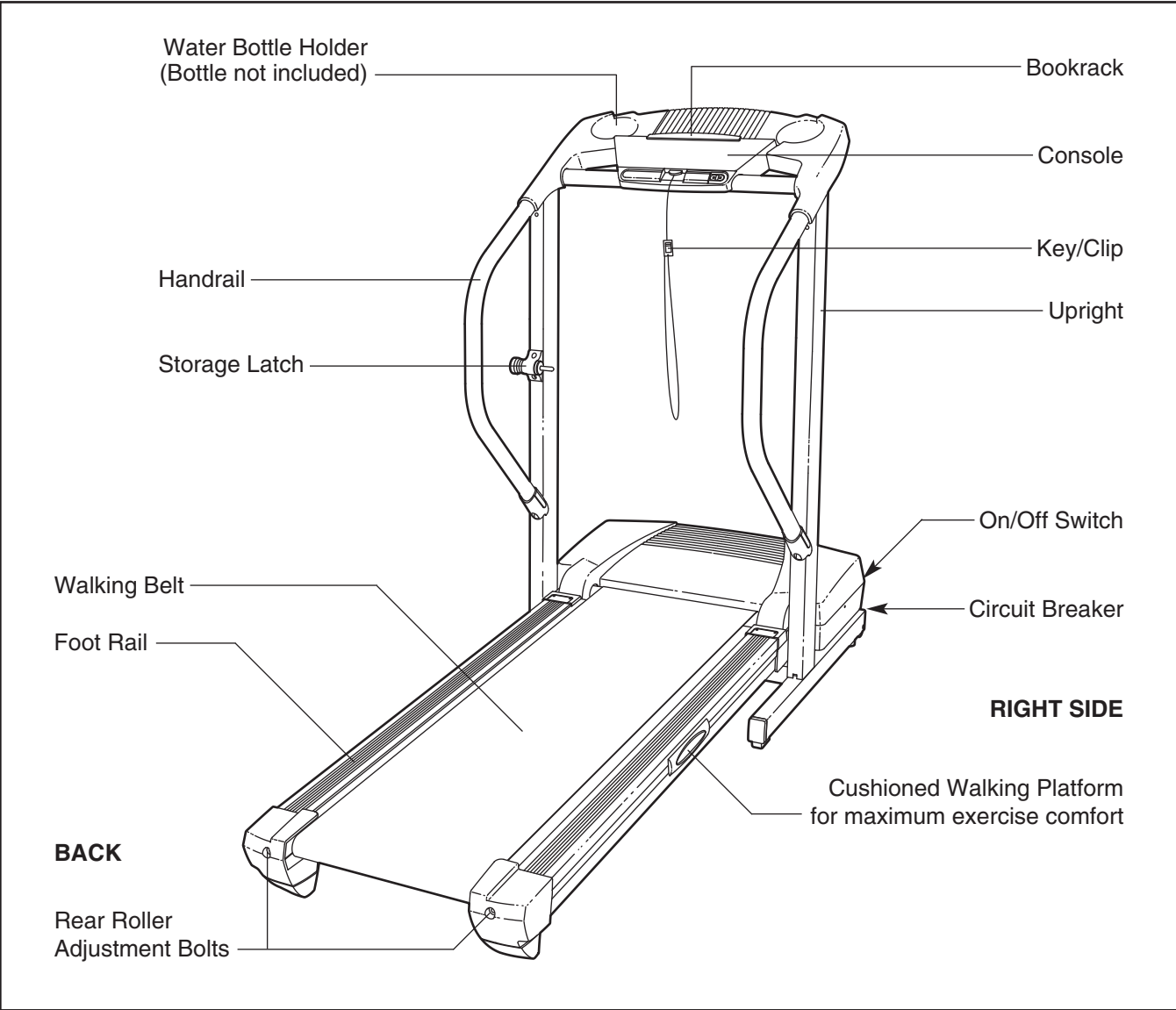
BEFORE YOU BEGIN

Congratulations for selecting the PROFORM® 390 P treadmill. The 390 P treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience and privacy of your home. And when you're not exercising, the unique 390 P 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 read-






ing this manual, 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 calling. The model number of the treadmill is PETL35135. 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.



# ASSEMBLY

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

Assembly requires the included hex keys  and your own phillips screwdriver  , wire cutters  , needlenose pliers  and a rubber mallet .

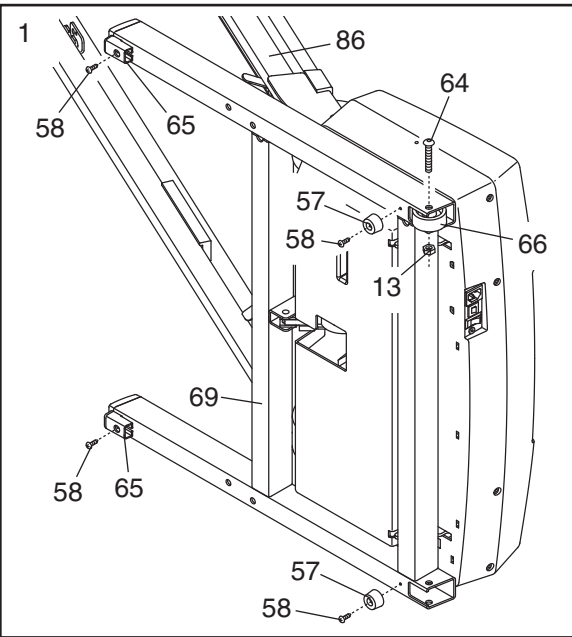
For help identifying the assembly hardware, refer to the **PART IDENTIFICATION CHART** in the centre of this manual. **Note: The assembly hardware and other small parts are packaged in separate part bags. Do not open the part bags until instructed to do so.**

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

With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so that the treadmill will be more stable. **Do not fully fold the treadmill until it is completely assembled.**

**Open part bag A.** Attach the two Base Pads (57) and two Base Endcaps (65) to the bottom of the Base (69) with four 1" Tek Screws (58). Attach a Wheel (66) to the Base with a 2" Bolt (64) and a Wheel Nut (13).

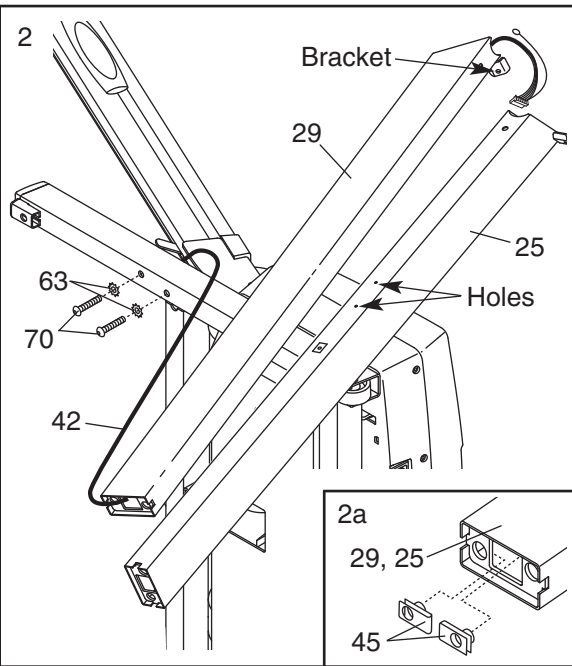
Note: It may be helpful to tap on the Base Endcaps with a rubber mallet as you insert the Base Endcaps.



2. Identify the Right and Left Uprights (29, 25); the Left Upright has two small holes in the indicated location. Make sure that there are two U-nuts (45) in the lower end of each Upright (see drawing 2a).

Hold the Right Upright (29) near the Base (69), and **orient the Right Upright so the indicated bracket is in the position shown.** Straighten the Wire Harness (42), and feed it into the lower end of the Right Upright and out of the upper end. **Make sure that no wires are pinched.** Hand tighten two 3" Bolts (70) with Star Washers (63) into the bottom of the Base and the lower end of the Right Upright.

With the help of a second person, tip the treadmill onto its other side. Attach the Left Upright (25) as described above. (Note: There is not a wire harness on the left side.) Attach the other Wheel (not shown) to the Base (69) as described in step 1.

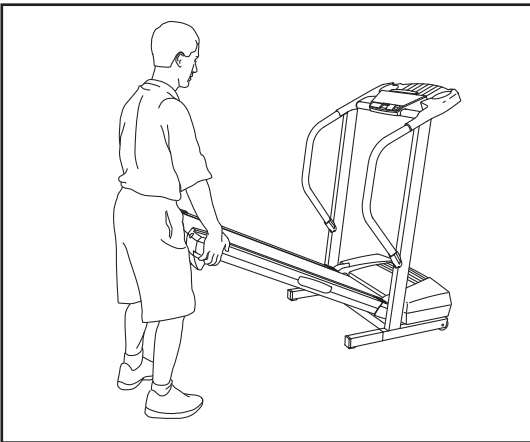


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

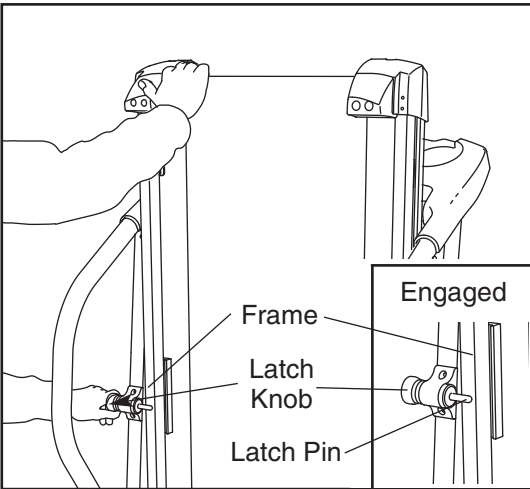
**Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**

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 hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

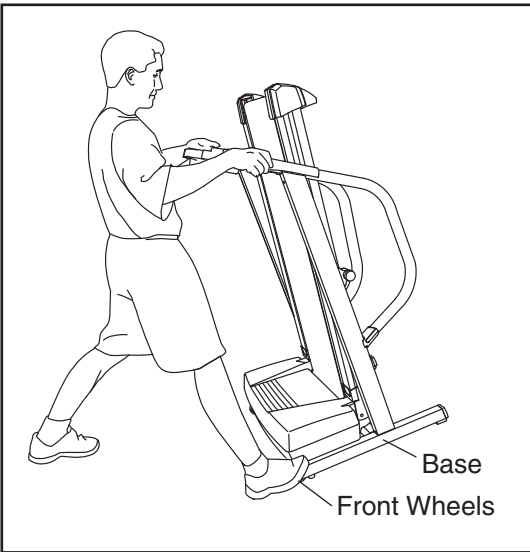
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).**



## HOW TO MOVE THE TREADMILL

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

1. Hold the upper ends of the handrails. Place one foot on the base as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst 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 USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 10.

### 2 Select the iFIT.com mode.

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



### 3 Go to your computer and start an internet connection.

### 4 Start your Web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

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

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

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

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

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

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

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

If the speed or incline setting is too high or too low, you can manually override the setting at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next setting for the program.**

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

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

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

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

See step 5 on page 11.

### 9 Measure your heart rate if desired.

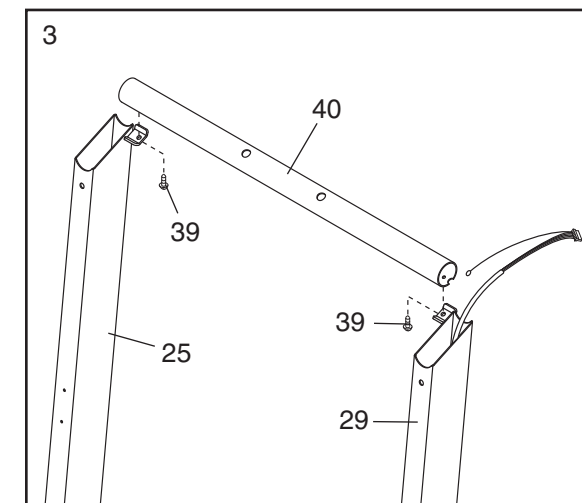
See step 6 on page 12.

### 10 When the program ends, remove the key.

See step 6 on page 13.

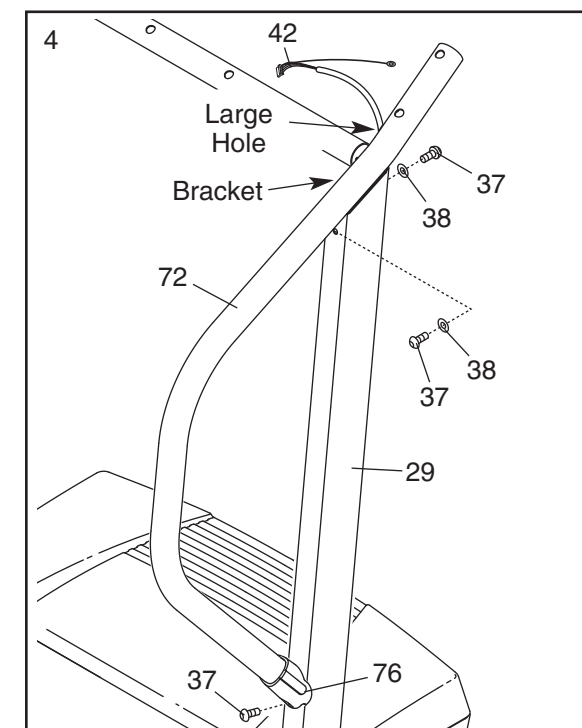
### 3. With the help of a second person, raise the Uprights (25, 29) to the vertical position.

**Open part bag B.** Set the Crossbar (40) on the brackets on the Uprights (25, 29). Attach the Crossbar with two Crossbar Screws (39). **Do not tighten the Crossbar Screws yet.**



### 4. Identify the Right Handrail (72), which has a large hole in the left side. Feed the Wire Harness (42) up into the bracket on the Right Handrail and out of the large hole in the left side. (Note: It may be helpful to use needle-nose pliers to pull the Wire Harness out of the hole.) Press a Handrail Cap (76) onto the lower end of the Right Handrail as shown. Remove any plastic ties from the bracket.

Insert the bracket on the Right Handrail (72) into the top of the Right Upright (29) so the Handrail Cap (76) is resting against the Upright as shown. Attach the Right Handrail and the Handrail Cap with **three 1” Bolts (37)** and **two Washers (38)** as shown. **Do not tighten the Bolts yet.**

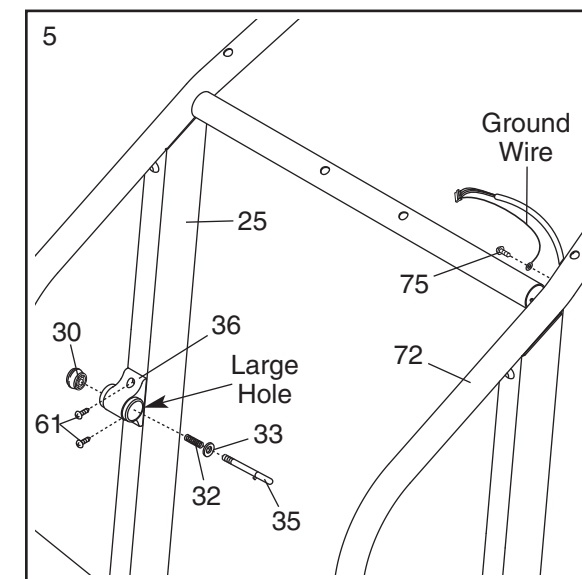


### 5. **Open part bag C.** Attach the end of the ground wire to the small hole in the side of the Right Handrail (72) with a Silver Ground Screw (75).

Attach the Storage Latch (36) to the Left Upright (25) with two 3/4” Screws (61).

Remove the Latch Knob (30) from the Latch Pin (35). Make sure that the Latch Pin Collar (33) and the Spring (32) are on the Latch Pin. Insert the Latch Pin into the Storage Latch (36), and then tighten the Latch Knob back onto the Latch Pin.

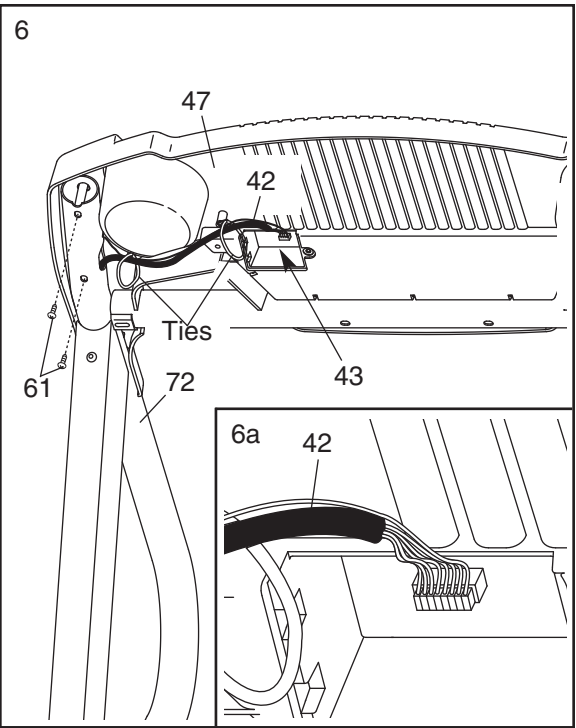
Attach the left Handrail (not shown) in the same way as in step 4.



6. Place the Console Base (47) on the Right Handrail (72) and the Left Handrail (not shown). Attach the Console Base with four 3/4" Screws (61) (only two Screws are shown). **Do not overtighten the Screws.**

Insert the Wire Harness (42) through the two indicated nylon ties on the Console Base (47). Next, **touch the Right Handrail (72) to discharge any static.** Refer to drawing 6a. Find the connector on the end of the Wire Harness (42). Insert the connector into the red socket beneath the Console (43). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it.

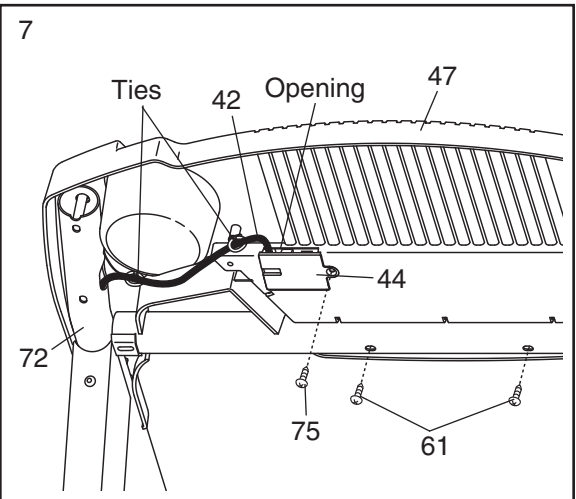
Make sure that the connector and wires appear as shown in drawing 6a. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



7. Insert the excess Wire Harness (42) into the large hole in the side of the Right Handrail (72). **Securely tighten the nylon ties on the bottom of the Console Base (47) to prevent the Wire Harness from slipping.** Then, cut off the ends of the nylon ties.

Route the Wire Harness (42) through the indicated opening in the Console Base (47). Attach the Wire Cover (44) to the Console Base with a Silver Ground Screw (75).

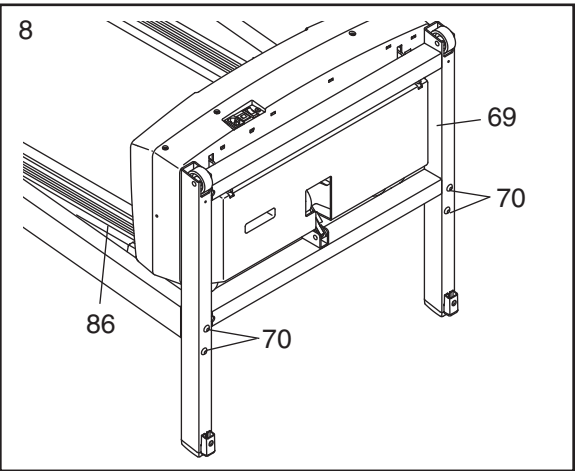
Tighten two 3/4" Screws (61) into the Console Base (47).



8. Lower the Handrails (not shown) to the floor. **Make sure that the Frame (86) is centered between the Handrails.** Firmly tighten the 3" Bolts (70).

**Firmly tighten the bolts and screws used in steps 3, 4, and 6.**

Raise the Handrails to the vertical position.



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

If the speed or incline setting is too high or too low, you can manually override the setting at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next setting for the CD or video program.**

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

When the CD or video program is completed, the walking belt will stop and the Time/Incline display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 16.

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

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

- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

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

See step 5 on page 11.

- 6** Measure your heart rate if desired.

See step 6 on page 12.

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

See step 6 on page 13.

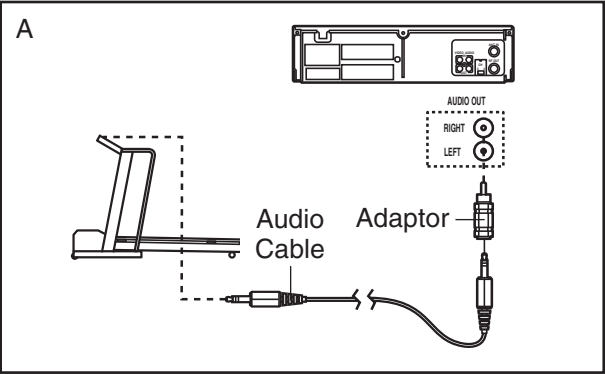
**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.**



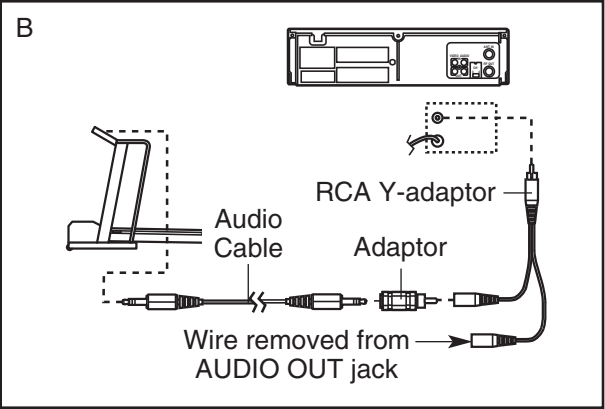
HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.

A. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.



B. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **Note:** To purchase iFIT.com CDs and videocassettes, visit our Web site at [www.iFIT.com](http://www.iFIT.com).

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

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

See HOW TO TURN ON THE POWER on page 11.

**2** Select the iFIT.com mode.

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



**3** Insert the iFIT.com CD or videocassette.

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

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

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

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

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.**

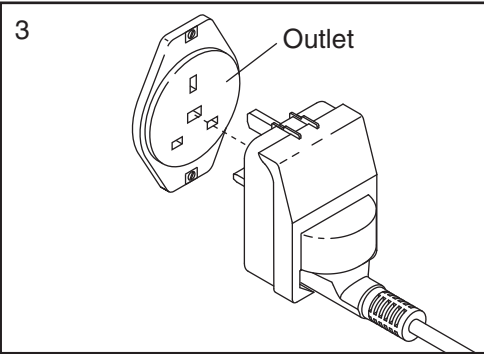
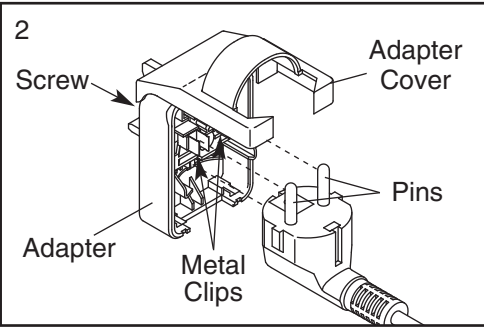
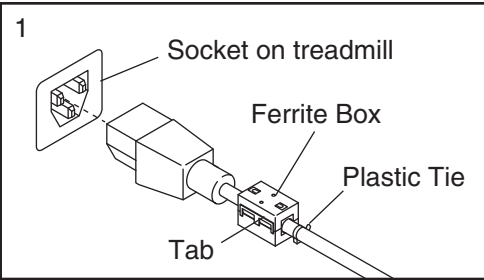
HOW TO PLUG IN THE POWER CORD

**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 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.**

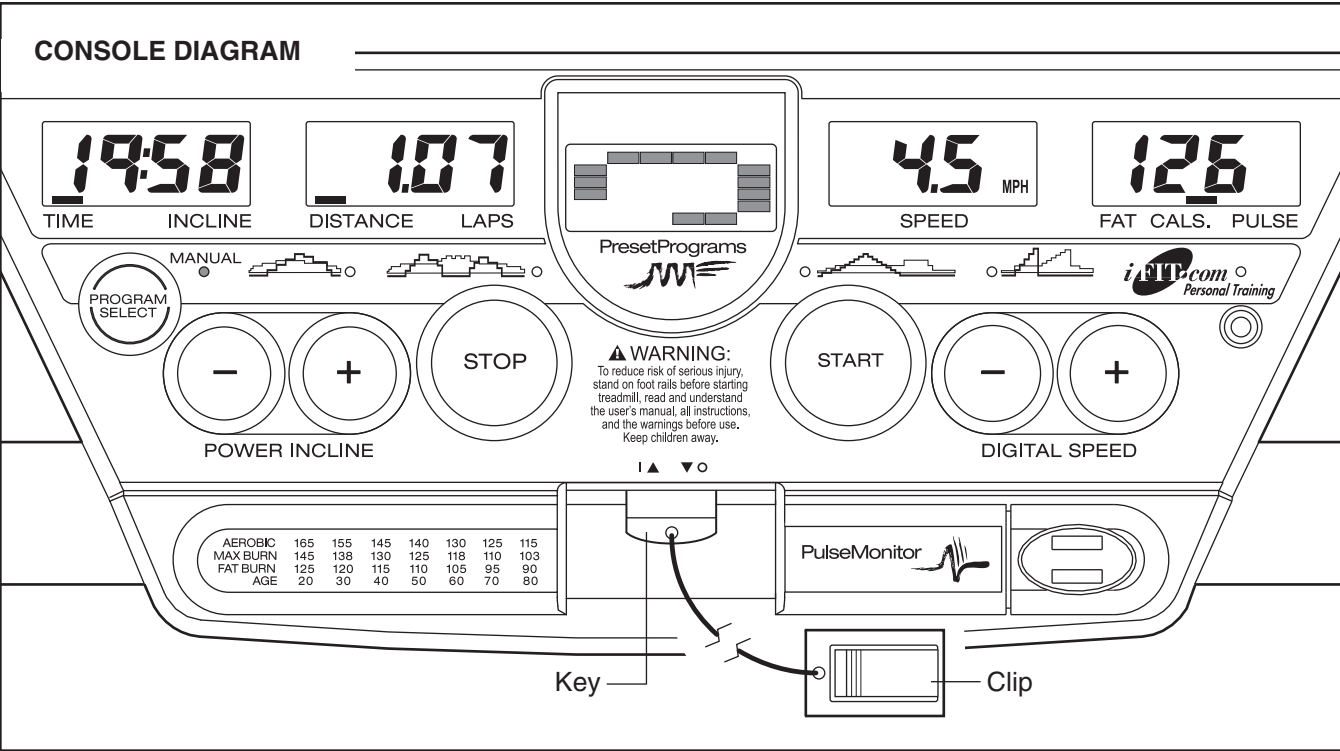
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. **If a ferrite box is included**, lift the tab on the ferrite box and clamp the ferrite box around the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. The plastic tie will prevent the ferrite box from sliding along the power cord.

See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

See drawing 3. 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.



**⚠ 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.
- Adjust the speed in small increments in order to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

**FEATURES OF THE CONSOLE**

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

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

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at [www.iFIT.com](http://www.iFIT.com).**

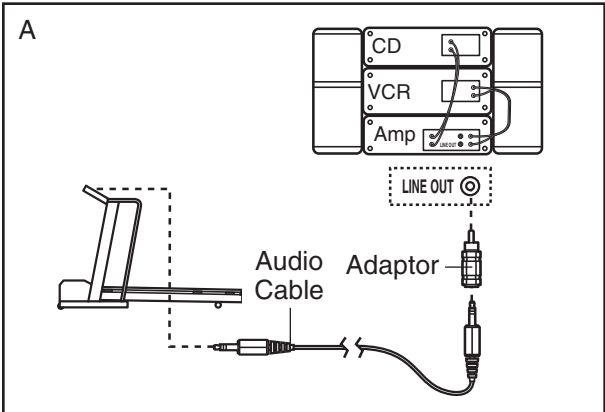
With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console,** follow the steps beginning on page 11. **To use a preset program,** see page 13. **To use an iFIT.com CD or video program,** see page 16. **To use an iFIT.com program directly from our Web site,** see page 18.

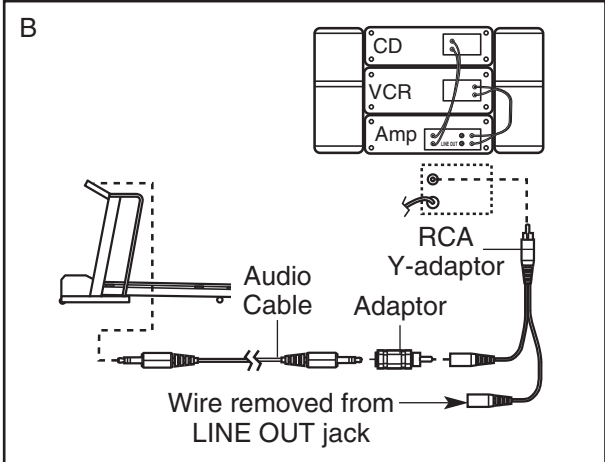
**HOW TO CONNECT YOUR HOME STEREO**

**Note:** If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the adaptor. Plug the adaptor into the LINE OUT jack on your stereo.



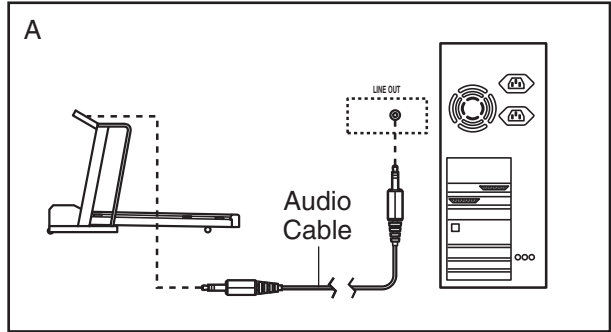
B. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo.



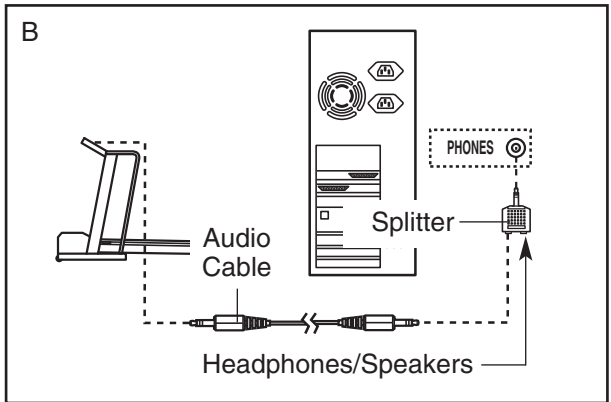
**HOW TO CONNECT YOUR COMPUTER**

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

A. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the LINE OUT jack on your computer.



B. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



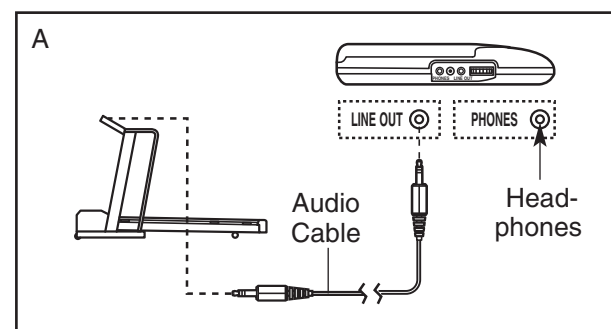
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. To use iFIT.com video-cassettes, the treadmill must be connected to your VCR. See page 16 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your home computer. See page 15 for connecting instructions.

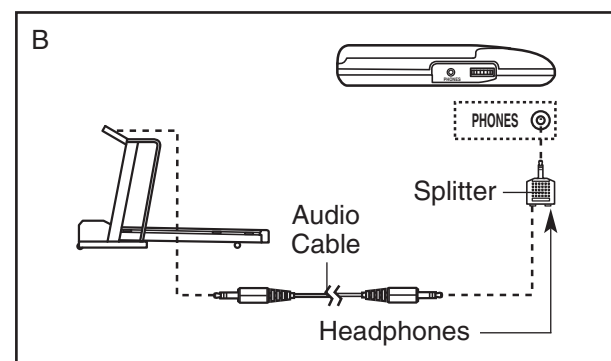
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

A. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



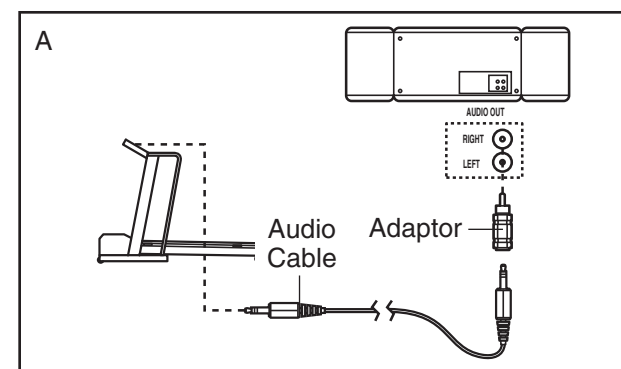
B. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.



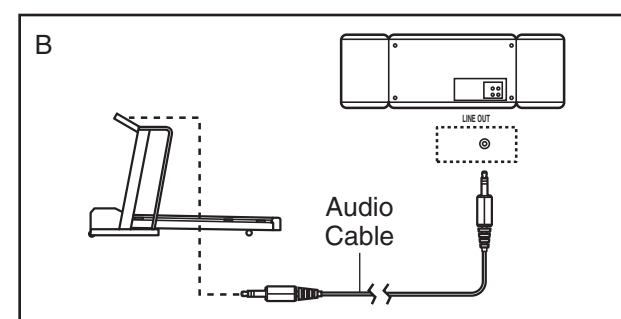
## HOW TO CONNECT YOUR PORTABLE STEREO

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

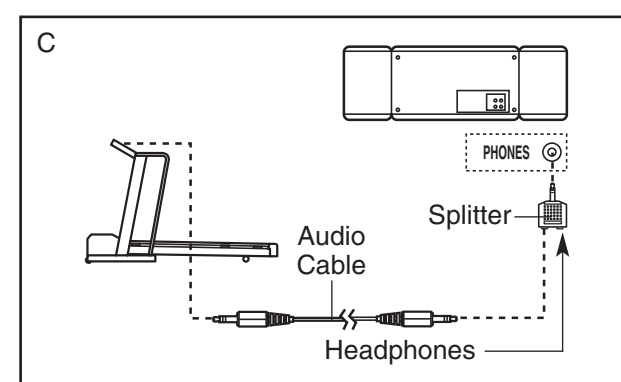
A. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the adaptor. Plug the adaptor into an AUDIO OUT jack on your stereo.



B. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



C. Plug one end of the audio cable into the jack on the right side of the console. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.

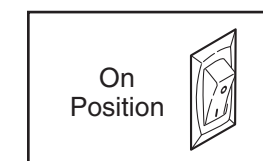


## HOW TO TURN ON THE POWER

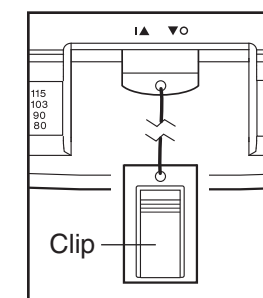
**Note:** If there is a sheet of clear plastic on the face of the console, remove the plastic.

**1** Plug in the power cord (see page 9).

**2** Locate the on/off switch on the right side of the console. Make sure that the switch is in the on position.



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



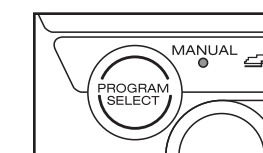
## HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER above.

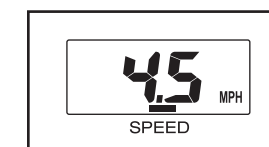
**2** Select the manual mode.

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



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

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed will change by 0.1 mph. If a button is held down, the speed will change in increments of 0.5 mph.



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

**Note:** During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 22).

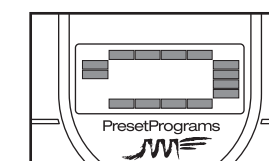
**4** Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%.



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

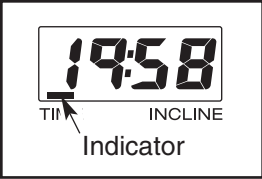
**The matrix**—When the manual mode or the iFIT.com mode is selected, a 1/4-mile track will appear in the matrix. As you walk or run on the treadmill, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.





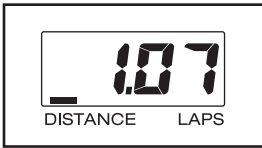
**Time/Incline display—**

When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time and the incline level of the treadmill. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. When a preset program is selected, the display will show the time remaining in the program and the incline level of the treadmill.



**Distance/Laps display—**

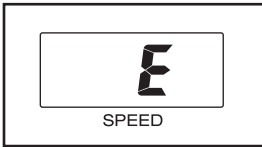
This display shows the distance that you have walked or run and the number of 1/4-mile laps you have completed. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display.



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



Note: The console can display speed and distance in either miles or kilometers. The letters “MPH” or “Km/H” will appear in the Speed display to show which unit of measurement is selected. To change the unit of measurement, press the Stop button whilst inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



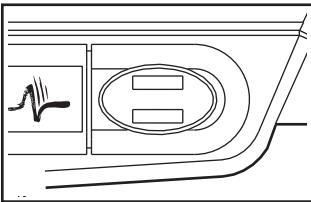
**Fat Calories/Calories/Pulse display—**This display shows the approximate numbers of *fat calories* and *calories* you



have burned (see FAT BURNING on page 23). The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the pulse sensor (see step 6).

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

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor.



**Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** When your pulse is detected, the heart-shaped indicator in the Fat Calories/Calories/Pulse display will flash each time your heart beats, and your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate 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 pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still whilst measuring your heart rate.

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

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

When you are finished using the treadmill, move the on/off switch to the off position.

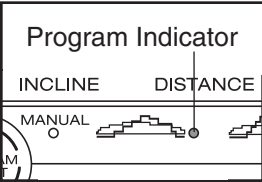
**HOW TO USE A PRESET PROGRAM**

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

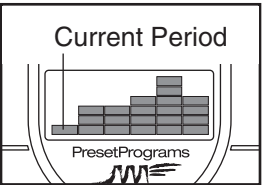
See HOW TO TURN ON THE POWER on page 11.

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

When the key is inserted, the manual mode will be selected. To select a preset program, press the Program Select button repeatedly until one of the four program indicators lights. Note: The graphs beside the program indicators show how the speed and incline of the treadmill will change during the programs.



Each program consists of either 20 or 30 one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment appears in the left column of the matrix. The speed settings for the next five segments appear in the five columns to the right. Note: One bar in a column represents a speed setting of either 1 mph or 1.5 mph, two bars represent a speed setting of 2 mph or 2.5 mph, three bars represent a speed setting of 3 mph or 3.5 mph, and so forth. **Important: Even if the same number of bars appear in two consecutive columns, a different speed setting may be programmed for each segment.**



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

When the button is pressed, the left column of the matrix will begin to flash, and the treadmill will automatically adjust to the speed and incline settings for the first segment. Hold the handrails and begin walking.

When the first segment of the program ends, a series of tones will sound and *all speed settings will move one column to the left*. **If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Time/Incline display will flash to alert you.** The speed setting for the second segment will then appear in the left column of the matrix and the treadmill will automatically adjust to the speed and incline settings for the second segment.

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

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. However, **when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program, press the Stop button. The Time/Incline display will begin to flash. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

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

Refer to step 5 on page 11.

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

See step 6 on page 12.

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

When the program ends, **make sure that the treadmill is at the lowest incline level.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, move the on/off switch to the off position.

PART LIST—Model No. PETL35135

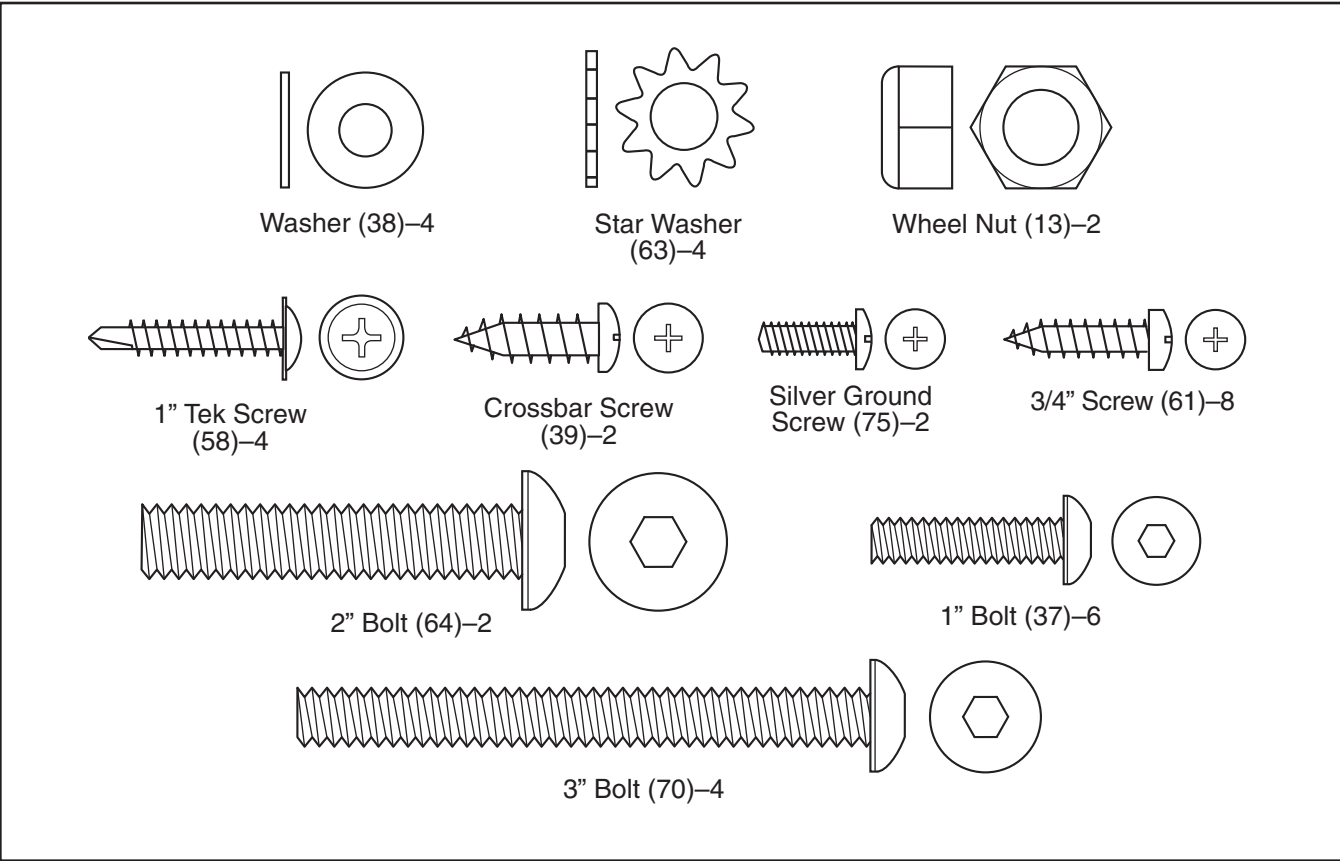
R0505A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	46	1	Bookrack			Endcap Pad
2	4	Rail Screw	47	1	Console Base	92	2	Rear Roller
3	1	Motor Belt	48	1	Lift Frame Ground Wire			Adjustable Bolt
4	1	Motor Tension Bolt	49	2	Console Screw	93	1	Right Rear Endcap
5	5	Flat Washer	50	1	Key/Clip	94	1	Hex Key
6	1	Motor Star Washer	51	1	Incline Motor	95	1	Left Rear Endcap
7	1	Flywheel	52	1	Incline Bracket	96	1	Walking Belt
8	1	Motor	53	1	Incline Motor Bolt	97	1	Walking Platform
9*	1	Motor Assembly	54	2	Lift Frame Bolt	98	1	Right Foot Rail
10	1	Reed Switch	55	2	Lift Frame Nut	99	1	Left Rear Endcap Pad
11	1	Latch Warning Decal	56	1	Motor Controller Wire	100	1	Rear Roller
12	2	Frame Spacer	57	2	Base Pad	101	2	Plastic Tie
13	7	Wheel Nut	58	4	1" Tek Screw	102	13	Rear Endcap Screw
14	2	Frame Pivot Bolt	59	1	Controller	103	1	Motor Mount Bracket
15	4	Walking Platform Screw	60	1	Lift Frame	104	1	Jack
16	1	Left Foot Rail	61	18	3/4" Screw	105	1	Audio Cable
17	1	Front Roller/Pulley	62	2	Warning Decal	106	1	Electronic Bracket
18	1	Magnet	63	4	Star Washer	107	1	Transformer
19	1	Motor Pivot Bolt	64	2	2" Bolt	108	1	Static Decal
20	2	Motor Bracket Bolt	65	2	Base Endcap	109	1	Ferrite Box
21	1	Right Foot Rail Endcap	66	2	Wheel	110	1	On/Off Switch
22	6	Belly Pan Clip	67	1	Motor Sleeve	111	2	Upright Insert
23	1	Front Roller Adjustment Bolt	68	4	8" Cable Tie	112	1	Power Cord Set
24	1	Filter	69	1	Base	113	1	Splitter
25	1	Left Upright	70	4	3" Bolt	114	1	Small Star Washer
26	8	Electronics Screw	71	1	Left Handrail	115	2	Nylon Washer
27	2	Foot Rail Cover	72	1	Right Handrail	116	2	Plastic Bushing
28	1	Motor Tension Nut	73	4	Cage Nut	117	1	Photo Switch
29	1	Right Upright	74	1	Left Foot Rail Endcap	118	1	Photo Switch Wire
30	1	Latch Knob	75	2	Silver Ground Screw	119	1	Filter Wire
31*	1	Latch Knob Assembly	76	2	Handrail Cap	120	3	Ground Wire Screw
32	1	Spring	77	1	Incline Bottom Bolt	121	1	1/4" Nut
33	1	Latch Pin Collar	78	1	Circuit Breaker	#	1	18" Blue Wire, M/F
34	1	Latch Pin Clip	79	1	Small Bolt	#	1	6" Blue Wire, 2F
35	1	Latch Pin	80	1	Receptical	#	1	14" Blue Wire, 2F
36	1	Storage Latch	81	1	Belly Pan	#	1	10" Black Wire, 2F
37	6	1" Bolt	82	2	Belt Guide	#	1	8" Black Wire, 2F
38	7	Washer	83	4	Belt Guide Screw	#	1	6" White Wire, M/F
39	2	Crossbar Screw	84	4	Plastic Fastener	#	1	8" White Wire, 2F
40	1	Crossbar	85	2	Isolator Cushion	#	1	8" Green Wire, 2 Ring
41	1	Adapter	86	1	Frame	#	1	8" Green Wire, F/Ring
42	1	Wire Harness	87	1	Small Nut	#	1	4" Green Wire, F/Ring
43	1	Console	88	1	Motor Fan	#	1	10 " Red Wire, M/F
44	1	Wire Cover	89	1	Cable Tie Clamp	#	1	User's Manual
45	4	U-nut	90	1	Ground Wire			
			91	1	Right Rear			

\*Includes all parts shown in the box  
#These parts are not illustrated

PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



EXPLODED DRAWING—Model No. PETL35135

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