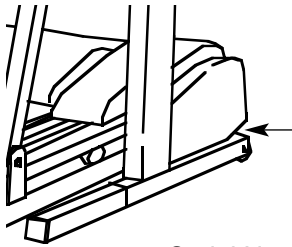


595 PRO-FORM[®] P E R F O R M A N C E T R E A D M I L L

Model No. PCTL58570

Serial No. _____



Serial Number Decal

QUESTIONS?

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

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

CUSTOMER HOT LINE:

1-888-936-4266

Mon.–Thu., 6:00 a.m.–6:30 p.m.,
Fri., 6:00 a.m.–6:00 p.m. ET



CAUTION

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

USER'S MANUAL

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	4
ASSEMBLY	5
OPERATION AND ADJUSTMENT	7
HOW TO FOLD AND MOVE THE TREADMILL	10
MAINTENANCE AND TROUBLE-SHOOTING	12
CONDITIONING GUIDELINES	14
PART LIST	16
CUSTOMER RECORD	18
ORDERING REPLACEMENT PARTS	19
LIMITED WARRANTY	20

Note: An EXPLODED DRAWING is attached in the center 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 eight feet of clearance behind it. 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 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.
11. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.
12. Keep the power cord and the surge protector away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)
14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

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

16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.

17. 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.

18. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.

19. 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 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

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

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

22. Never insert any object into any opening.

23. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

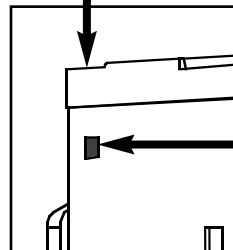
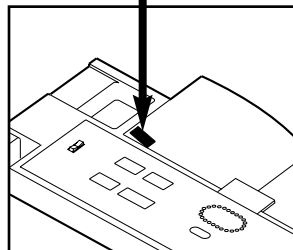
24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

The decals shown have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on page 19 of this manual). Apply the decal in the location shown.

IMPORTANT:
Incline must be set at lowest level before folding treadmill into storage position.



⚠ ATTENTION

- Gardez les enfants éloignés du tapis roulant en tout temps.
- Veuillez vous assurer que le loquet de rangement est complètement fermé avant de déplacer le tapis roulant ou de le ranger.

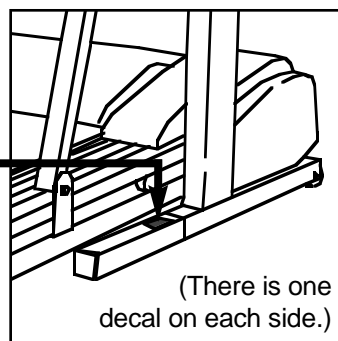
⚠ WARNING

- Never allow children to play on or around treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.

PART#138641

⚠ CAUTION

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



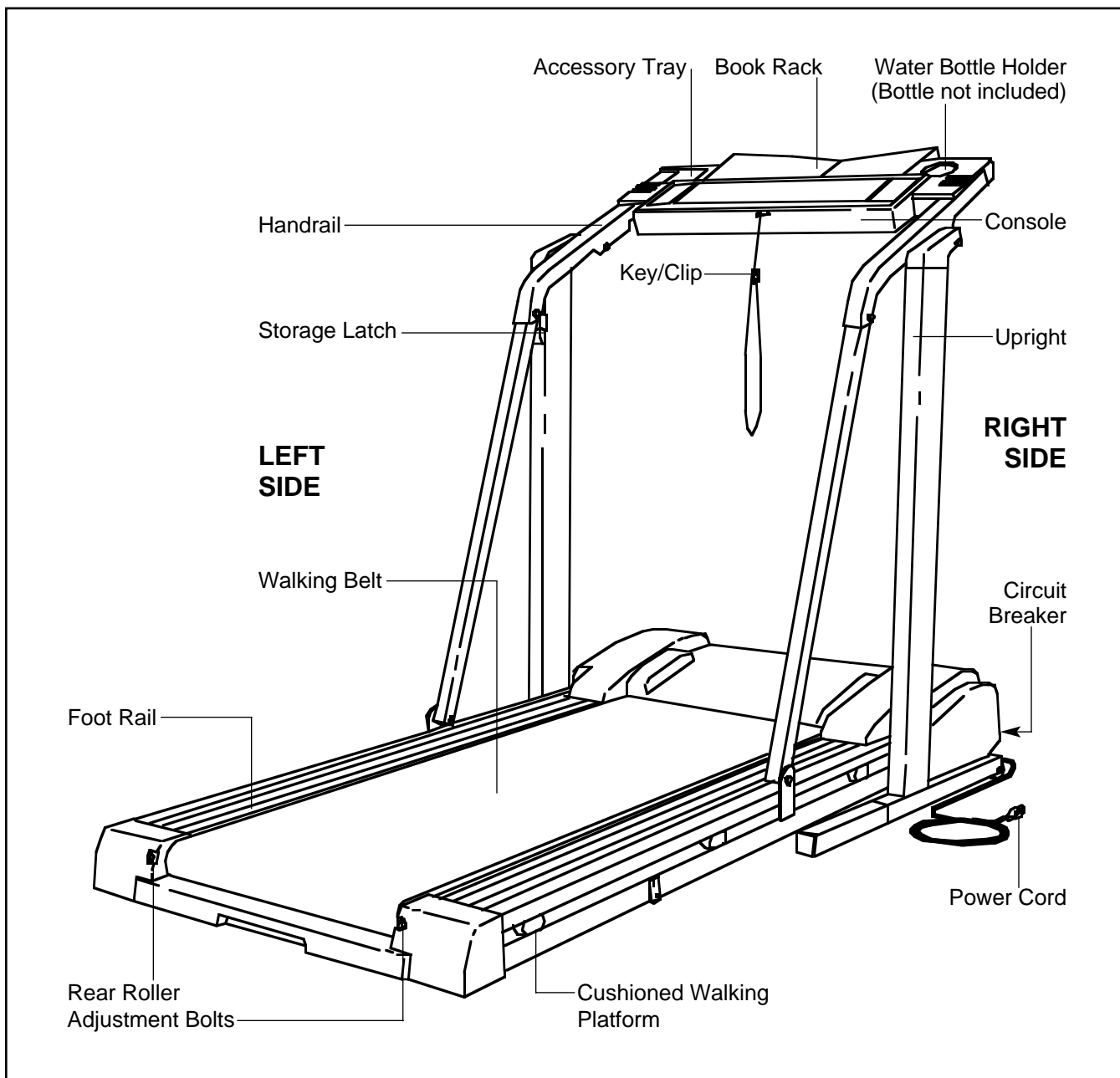
BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® 595 treadmill. The PROFORM® 595 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-888-936-4266**, Monday through Thursday, 6 a.m. until 6:30 p.m., Friday, 6 a.m. until 6 p.m. Eastern Time



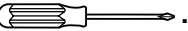
(excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL58570. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



ASSEMBLY

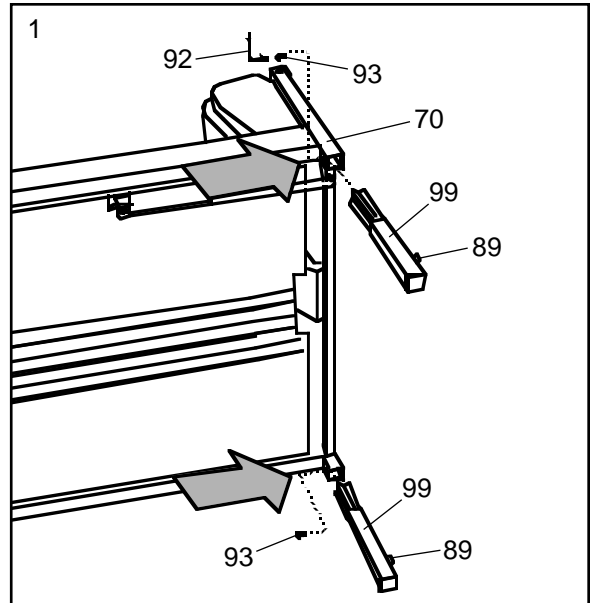
Assembly requires two people. Set the treadmill in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included allen wrench , and your own adjustable wrench , and phillips screwdriver .

1. Refer to the drawing on page 4 and identify the left side of the treadmill. With the help of a second person, carefully lay the treadmill on its left side.

Firmly slide an Extension Leg (99) into each side of the Base (70) as shown. Make sure that the Extension Legs are turned so the Base Pads (89) are on the indicated sides. Using the included Allen Wrench (92), attach each Extension Leg with an Extension Screw (93).

With the help of a second person, carefully raise the treadmill to the vertical position so both Extension Legs (99) are resting flat on the floor.



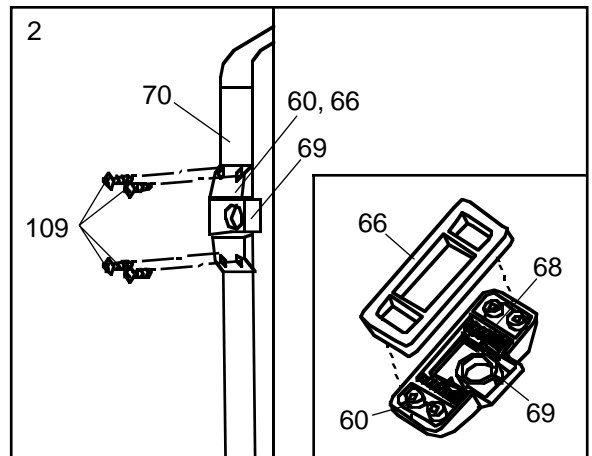
2. Remove the four Latch Screws (109) from the left Upright (70).

Without removing the tape from the Latch Bracket (60) and Latch Spacer (66), hold the Latch Spacer against the left Upright (70) as shown. Attach the Latch Bracket and Latch Spacer with the four Latch Screws (109).

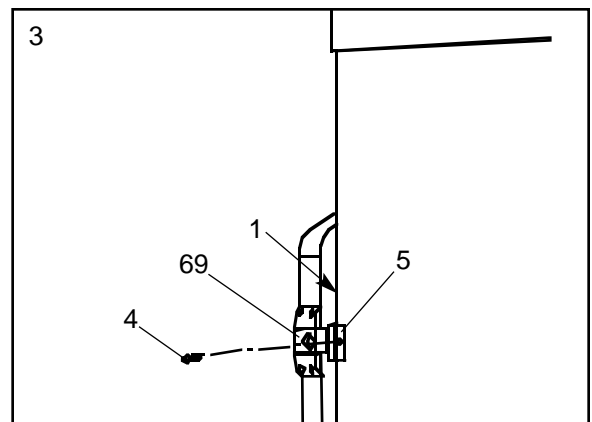
Make sure that the Screws are tight, but do not overtighten them; if the Screws are overtightened, the Storage Latch (69) will not slide smoothly.

Remove any tape that is still visible.

Note: The inset drawing shows how the Latch Bracket (60), Latch Springs (68), Storage Latch (69), and Latch Spacer (66) fit together.

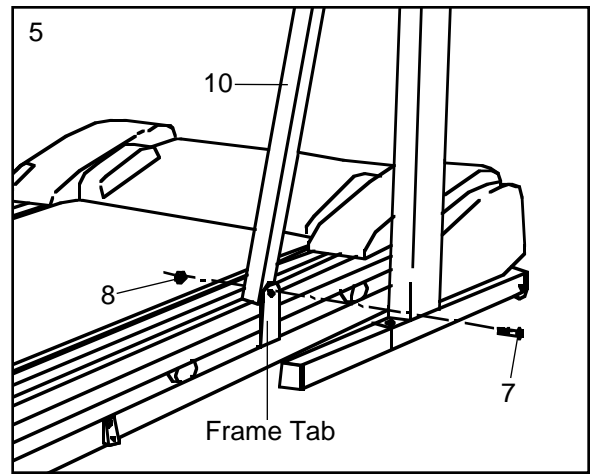


3. Remove the indicated Screw (4) from the treadmill Frame (1). Attach the plastic Catch (5) to the Frame with the Screw. Note: It may be necessary to slide the Storage Latch (69) to the left while attaching the Catch.

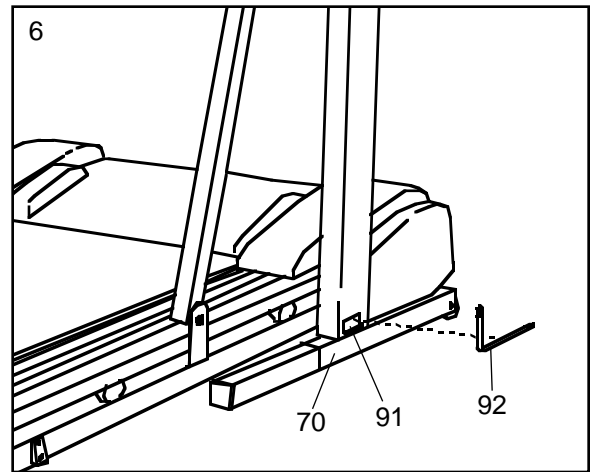


5. Align the hole in the lower end of the right Handrail Arm (10) with the hole in the frame tab as shown. Attach the Handrail Arm with a Handrail Bolt (7) and a Handrail Nut (8).

Repeat this step on the left side.



6. Remove the backing from the Adhesive Clip (91). Press the Adhesive Clip onto the base of the Uprights (70) in the indicated location. Press the Allen Wrench (92) into the Adhesive Clip.



7. **Make sure that all parts are tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill. To order a mat, see page 19 of this manual.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

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

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off.

To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.

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

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

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

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

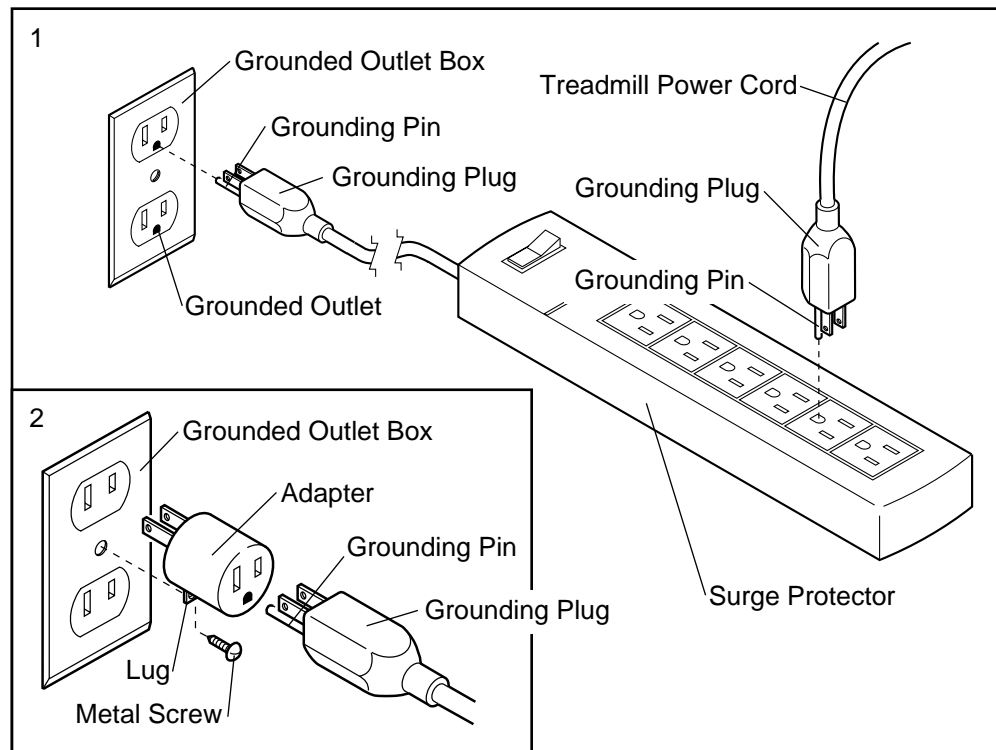
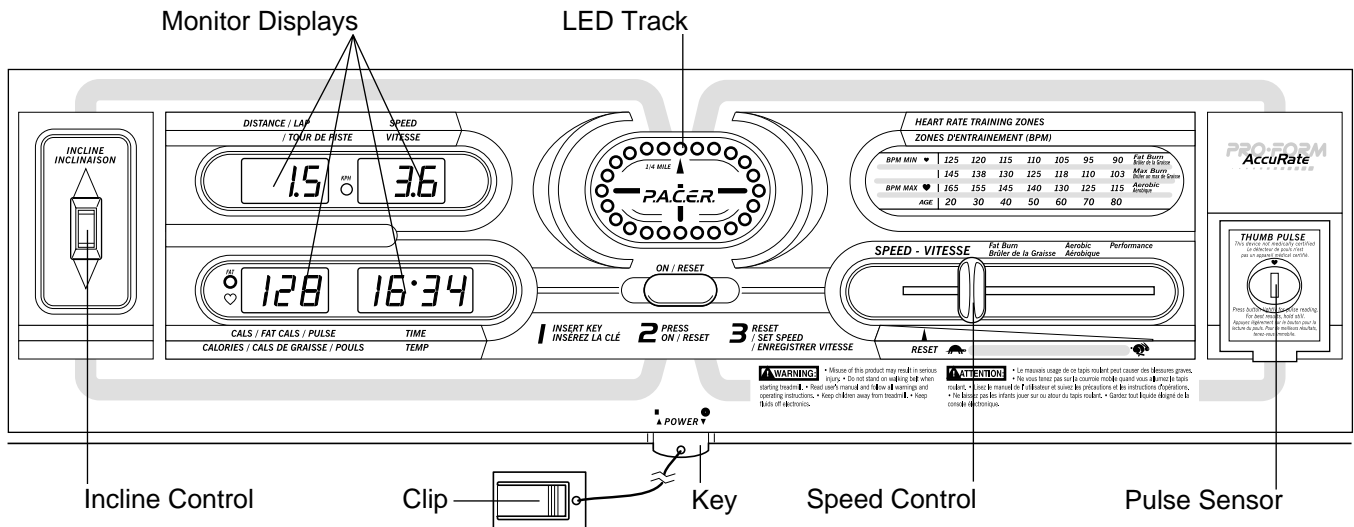


DIAGRAM OF THE CONSOLE



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

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while using the treadmill. When the key is removed from the console, the walking belt will stop.
- Adjust the speed in small increments.
- The settings marked above the speed control (Fat Burn, Aerobic, and Performance) are general guidelines only. See page 14 for more information.
- 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

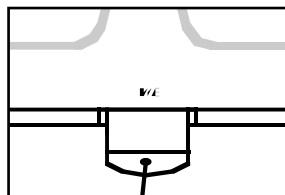
If there is a thin sheet of clear plastic on the face of the console, remove it. Next, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 7).

Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps below to operate the console.

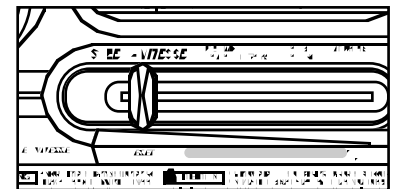
1 Insert the key fully into the power switch.

After a moment, the four displays and one indicator in the LED track will light.



2 Reset the speed control.

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



3 Start the walking belt.

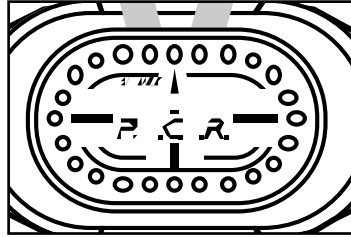
Slowly slide the speed control to the right until the walking belt begins to move at slow speed. Step onto the walking belt. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position. After a few seconds, the displays will pause.

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

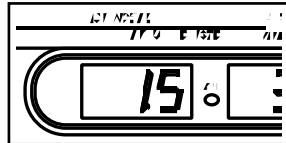
The LED Track—

The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.



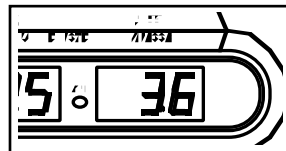
DISTANCE/LAPS display—

This display shows the distance that you have walked and the number of laps you have completed. The display will change from one number to the other every seven seconds. An "L" will appear in the display when the number of laps is shown. Note: If the KPH indicator beside the SPEED display is lit, the distance will be shown in kilometers; if the indicator is not lit, the distance will be shown in miles.



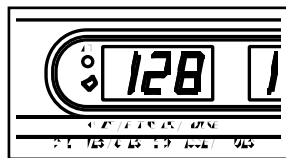
SPEED display—

This display shows the speed of the walking belt. If the KPH indicator beside the display is lit, the speed will be shown in kilometers; if the indicator is not lit, the speed will be shown in miles. To change the unit of measurement, press the ON/RESET button for seven seconds.



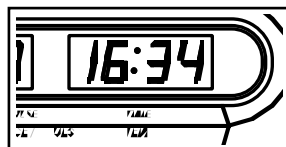
CALS/FAT CALS/

PULSE display—This display shows the approximate numbers of calories and fat calories you have burned. (See BURNING FAT on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. The FAT indicator will light when the number of fat calories is shown. Note: This display also shows your pulse when the pulse sensor is used.



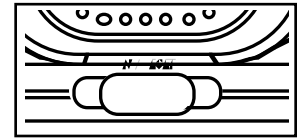
TIME display—

This display shows the elapsed time.



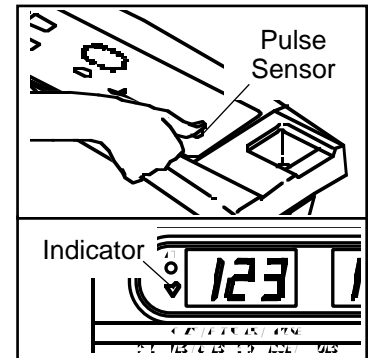
Note: If the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off. To light the displays, press the ON/RESET button.

To reset the displays, press the ON/RESET button. The displays will darken for a moment and then light.



5 Measure your pulse, if desired.

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 by the CALS/FAT CALS/PULSE display flashes **steadily**.

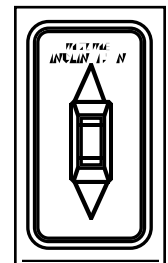


Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your then pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

6 Change the incline of the treadmill, if desired.

To change the incline, hold down the top or bottom of the incline control until the desired incline level is reached. **Important: Before folding the treadmill, adjust the incline to the lowest position.**



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

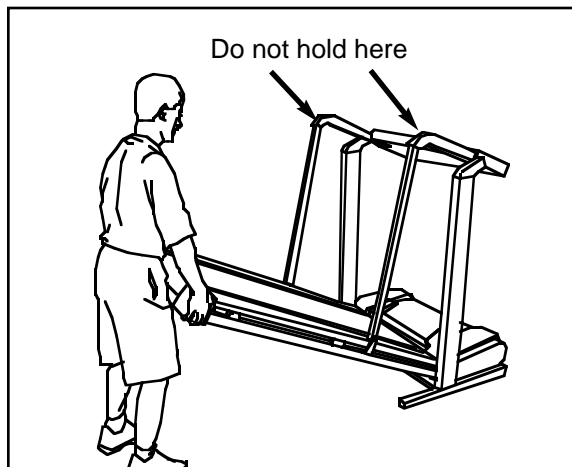
Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

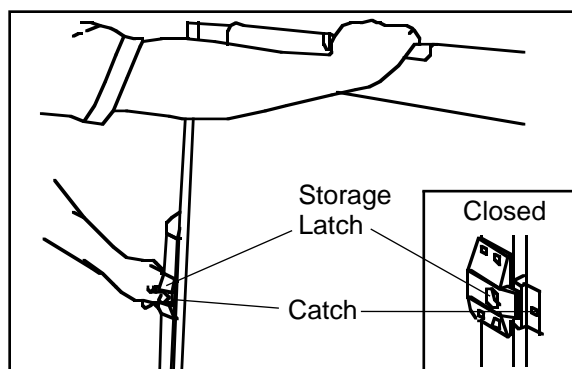
Before folding the treadmill, adjust the incline to the lowest position. **If the incline is not at the lowest position, the treadmill will be permanently damaged.** Next, unplug the power cord. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **Caution: To avoid pinching your hands, do not hold the treadmill in the locations indicated by the arrows.** To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch closes fully over the catch.**

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



HOW TO MOVE THE TREADMILL

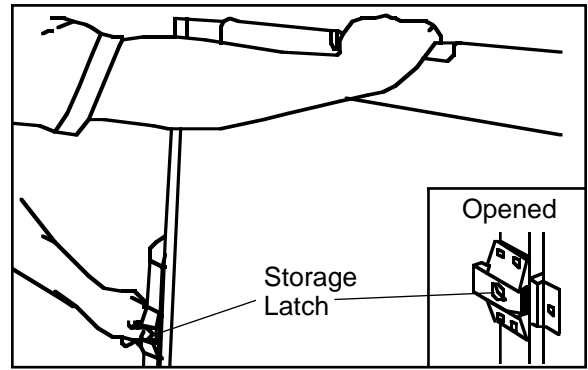
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

1. Hold the upper ends of the treadmill. Place one foot on the base 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 while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

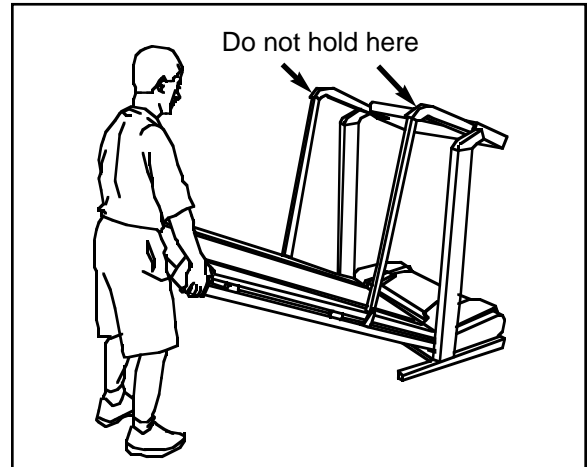


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, slide open the storage latch and hold it open. Pivot the treadmill until the frame is past the storage latch.



2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Caution: To avoid pinching your hands, do not hold the treadmill in the locations indicated by the arrows. To decrease the possibility of injury, bend your legs and keep your back straight.**

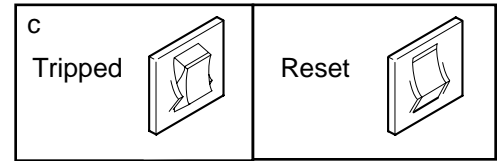


MAINTENANCE AND TROUBLE-SHOOTING

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 toll-free at 1-888-936-4266, Monday through Thursday, 6 a.m. until 6:30 p.m., Friday, 6 a.m. until 6 p.m., Eastern Time (excluding holidays).

PROBLEM: The power does not turn on

- SOLUTION:**
- Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.
 - After the power cord has been plugged in, make sure that the key is fully inserted into the console. (See step 1 on page 8.)
 - 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.

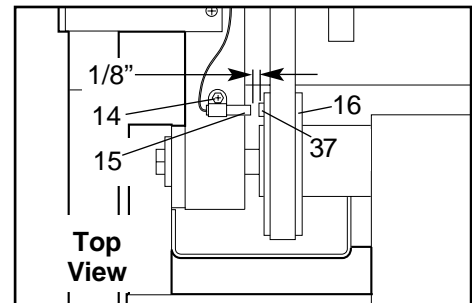


PROBLEM: The power turns off during use

- SOLUTION:**
- Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
 - Make sure that the power cord is plugged in.
 - Remove the key from the console. Reinsert the key fully into the console. (See step 1 on page 8.)
 - If the treadmill still will not run, please call our Customer Service Department, toll-free.

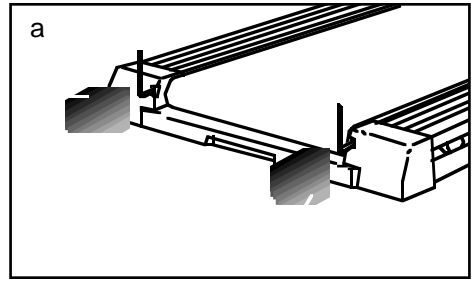
PROBLEM: The displays of the console do not function properly

- SOLUTION:**
- Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (15) and the Magnet (37) on the left side of the Pulley (16). 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 (14) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

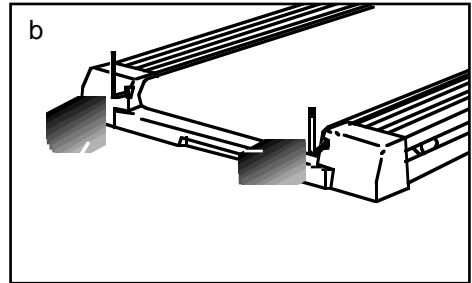


PROBLEM: The walking belt is off-center or slips when walked on

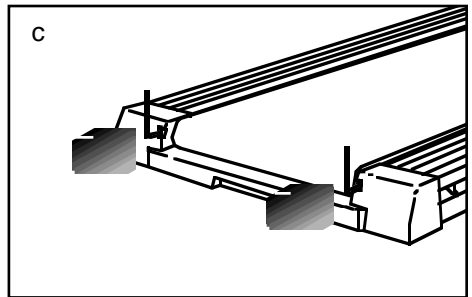
SOLUTION: a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug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



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



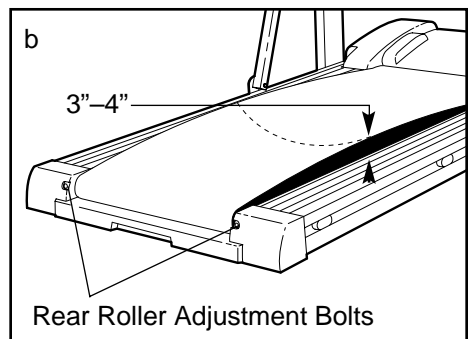
c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches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



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

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 your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines. For more detailed information about exercise, obtain a 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. (The chart is also found on the treadmill console.)

MIN BPM ♥	125	120	115	110	105	95	90	Fat Burn
	145	138	130	125	118	110	103	Max Burn
MAX BPM ♥	165	155	145	140	130	125	115	Aerobic
AGE	20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. These numbers are your “training zone.” The smaller two numbers are recommended heart rates for fat burning; the larger number is the recommended heart rate for aerobic exercise. To measure your heart rate during exercise, use the pulse sensor on the console. (See page 9.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat,

adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level (see page 8).

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 higher number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level (see page 8).

High Performance Athletic Conditioning

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level (see page 8). Note: During the first few weeks of your exercise program, keep your heart rate near the low end of 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 heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

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

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

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

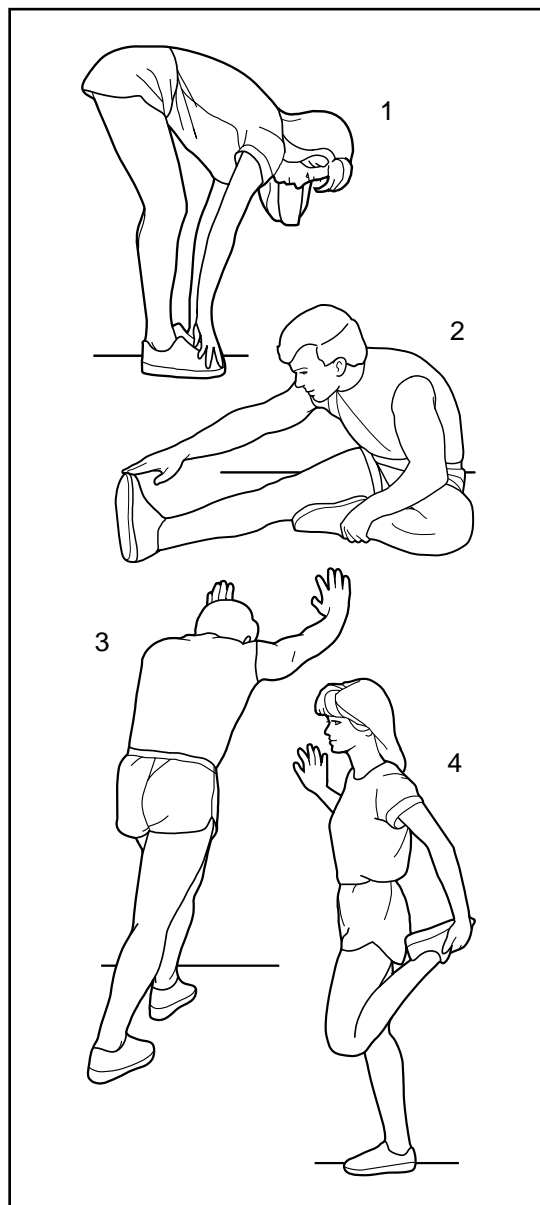
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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



PART LIST—Model No. PCTL58570

R0698A

To identify the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key			Key		
No.	Qty.	Description	No.	Qty.	Description
1	1	Frame	53	2	Rear Pad
2	2	Rear Isolator	54	1	Rear Endcap
3	4	Rear Platform Screw	55	1	Warning Decal
4	23	Screw	56	2	Rear Roller Adj. Bolt
5	1	Catch	57	2	Handrail Spacer
6	4	Isolator	58	2	Roller Guard
7	4	Handrail Bolt	59	1	Walking Belt
8	2	Handrail Arm Nut	60	1	Latch Bracket
9	2	Foot Rail	61	1	Front Roller Adj. Bolt
10	2	Handrail Arm	62	2	Handrail Bolt
11	5	Incline Pivot Bolt	63	2	Handrail Pivot Spacer
12	2	Incline Pivot Spacer	64	2	Handrail Pivot Cap
13	1	Reed Switch Clip	65	1	Key/Clip
14	1	Reed Switch Screw	66	1	Latch Spacer
15	1	Reed Switch	67	1	Ground Wire
16	1	Front Roller/Pulley	68	2	Latch Spring
17	4	Platform Screw	69	1	Storage Latch
18	2	Incline Warning Decal	70	1	Upright/Base
19	1	Incline Frame	71	1	Book Holder
20	2	Hood Bracket	72	1	Right Handrail
21	23	Small Screw	73	1	Left Handrail
22	8	Incline Nut	74	4	Console Base Screw
23	2	Base Endcap	75	2	Wire Harness Grommet
24	1	Incline Motor Spacer	76	1	Upright Wire Harness
25	2	Incline Motor Bolt	77	4	Endcap Spacer Screw
26	1	Incline Motor	78	1	Console
27	1	Controller	79	1	Incline Control
28	1	Electronics Plate	80	1	Speed Control Knob
29	1	Choke	81	1	Speed Potentiometer
30	1	Transformer	82	1	Console Base
31	1	Power Cord	83	2	Handrail Cover
32	1	Power Cord Grommet	84	1	Motor Hood
33	1	Plug	85	1	Incline Motor Plate
34	1	Outlet Bracket	86	2	Interface Bracket
35	1	Circuit Breaker	87	2	Hood Interface Bracket Screw
36	11	Adjustment Washer	88	4	Handrail Nut
37	1	Magnet	89	4	Base Pad
38	1	Front Belly Pan	90	1	Rear Roller
39	1	Motor Pivot Bolt	91	1	Adhesive Clip
40	1	Motor Pivot Nut	92	1	Allen Wrench
41	1	Pulley/Flywheel/Fan	93	2	Extension Screw
42	1	Motor Belt	94	8	Ground Screw/Foot Screw
43	1	Motor	95	1	Incline Motor Shield
44	6	Endcap Clip	96	2	Wheel Bolt
45	1	Motor Tension Washer	97	2	Wheel
46	1	Star Washer	98	2	Wire Clip
47	22	Belly Pan Fastener	99	2	Extension Leg
48	2	Belt Guide	100	1	Shock
49	2	Endcap Spacer	101	5	8" Cable Tie
50	2	Frame Guide	102	2	Cable Tie Clamp
51	1	Belly Pan	103	1	Releasable Tie
52	4	Handrail Washer	104	1	Walking Platform

Key		
No.	Qty.	Description
105	1	Front Hood Bracket
106*	1	Motor/Pulley/ Flywheel/Fan
107	1	Motor Locknut
108	1	Incline Stop Bracket
109	4	Hood Screw
110	1	Upright Plug
111	4	4" Cable Tie
112	2	23" Cable Tie
113	1	Battery Cover
114	2	Caution Decal
115	8	Cap Screw

Key		
No.	Qty.	Description
#	1	8" White Wire, Pigtail
#	1	8" Blue Wire, Pigtail
#	1	6" Blue Wire, 2 F/M
#	1	6" Blue Wire, 2 F/ 1M
#	1	User's Manual

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

CUSTOMER RECORD

Model No.: _____ Serial No.: _____

Retailer Name: _____ Purchase Date: _____

Retailer Address: _____

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Thursday 6 a.m. until 6:30 p.m., Friday, 6 a.m. until 6 p.m., Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PCTL58570).
- The NAME OF THE PRODUCT (PROFORM® 595 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 on pages 16 and 17 and the EXPLODED DRAWING attached in the center of this manual).

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

**PLACE
STAMP
HERE**

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


LIMITED WARRANTY

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

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

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



WEIDER PRO-FORM WESLO

of/du Canada Inc.

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

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

RETAILER NAME: _____ RETAILER ADDRESS: _____

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

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