

ORDERING REPLACEMENT PARTS

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

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

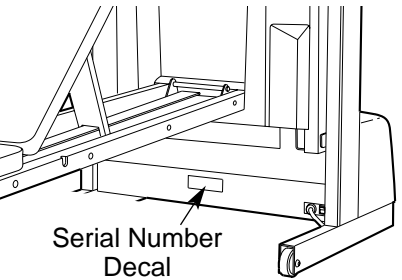
- The MODEL NUMBER OF THE PRODUCT (PETL50070)
- The NAME OF THE PRODUCT (PROFORM® CROSSTRAINER treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST on page 19 and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST on page 19 and the EXPLODED DRAWING attached in the centre of this manual).

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

PROFORM is a registered trademark of ICON Health & Fitness, Inc.



Model No. PETL50070
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

CAUTION

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

CLASS H C
Fitness Product



USER'S MANUAL



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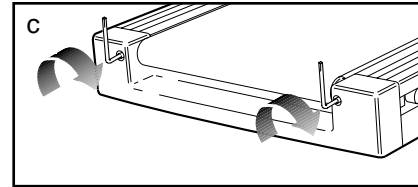
Note: An EXPLODED DRAWING is attached in the centre of this manual. Save the EXPLODED DRAWING for future reference.

PART LIST—Model No. PETL50070 R0698A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest	55	1	Incline Bracket	113	1	Receptacal
2	6	Backrest Screw	56	1	Incline Motor	114	1	Filter
3	6	Nut	57	14	Incline Nut	115	2	Extension Leg Screw
4	4	Backrest Support Bolt	58	1	Bench Lock Pin	116	1	Allen Wrench
5	1	Left Backrest Frame	59	2	Bench Latch Bolt	117	4	Base Pad
6	1	Right Backrest Frame	60	2	Bench Latch Washer	118	2	Upright Pivot Bolt
7	2	Bench Frame Spacer	61	1	Latch Frame Spacer	119	2	Upright Pivot Washer
8	1	Bench Bracket	62	1	Latch Slide	120	1	Belly Pan
9	2	Bench Bracket Bolt	63	1	Latch Bracket	121	2	Bench Lock Bolt
10	1	Bench Pivot Bolt	64	2	Latch Bolt	122	2	Ground Nut
11	2	Bench Support Pivot Bolt	65	1	Latch Bracket	123	1	Controller
12	1	Backrest Support	66	2	Incline Leg Bolt	124	1	Hood Cover
13	1	Bench Adjustment	67	2	Wheel Bolt	125	1	Hood
14	1	Bench Seat	68	2	Wheel	126	2	Backrest Spacer
15	1	Bench Pin	69	1	Motor	127	2	Bench Pin Cap
16	1	Bench Back	70	1	Flywheel	128	6	Front Belly Pan Screw
17	10	Plastic Fastener	71	1	Incline Leg	129	1	Adhesive Clip
18	2	Bench Leg Cap	72	1	Latch Spring	130	1	Incline Switch
19	1	Bench Leg	73	4	Tie Clamp	131	1	8" Green Ground Wire
20	1	Bench Leg Pivot Bolt	74	2	Spring Screw	132	1	Console Plug
21	1	Bench Poster	75	2	Releasable Tie	133	3	Nylon Washer
22*	1	Latch Assembly	76	4	7 1/2" Cable Tie	134	1	Incline Wire Harness
23	1	Bench Bottom	77	12	Weight Rack Screw	135	1	Left Handrail
24	2	Rear Roller Adj. Bolt	78	2	Lock Knob	136	1	Right Handrail
25	5	Adjustment Washer	79	2	2-lb. Weight	137	2	Handrail Extension
26	2	Rear Roller Endcap Screw	80	2	4-lb. Weight	138	1	Incline Stop Bracket
27	2	Endcap Screw	81	2	6-lb. Weight	139	2	Ground Washer
28	2	Rear Roller Endcap	82	1	Left Weight Rack	140	2	Ground Screw
29	1	Latch Warning Decal	83	1	Lock Knob Spring	141	4	Handrail Bolt
30	1	Belly Pan	84	1	Lock Pin Collar	142	4	Handrail nut
31	1	Frame	85	1	Incline Motor Spacer	#	1	10" White, 2 Female/1 Male
32	1	Solid Isolator	86	1	Latch Clip	#	1	4" White, 2 Female
33	2	Rear Isolator Screw	87	1	Treadmill Lock Pin	#	1	8" White Jumper
34	4	Isolator Screw	88	2	Handrail Cap	#	1	4" Black, 2 Female
35	4	Isolator	89	1	Motor Belt	#	1	8" Blue Male/Female
36	1	Rear Roller	90	4	Console Base Screw	#	1	4" Green/Yellow
37	1	Left Foot Rail	91	2	Frame Guide	#	1	User's Manual
38	1	Right Foot Rail	92	1	Console Base	#	1	
39	1	Walking Belt	93	1	Speed Control Knob			
40	1	Motor Pivot Nut	94	1	Speed Potentiometer			
41	6	Walking Platform Screw	95	1	Battery Cover			
42	1	Walking Platform	96*	1	Console			
43	2	Upright Spacer	97	3	Nylon Washer			
44	1	Magnet	98	1	Key/Clip			
45	1	Reed Switch/Sensor Wire	99	1	Right Weight Rack			
46	1	Reed Switch Clip	100*	1	Motor Assembly			
47	1	Ground Wire	101	1	Motor Pivot Bolt			
48	2	Upright Pivot Washer	102	1	Upright Base			
49	1	Front Roller/Pulley	103	1	Shock			
50	2	Cage Nut	104	1	Frame Guide Spacer			
51	1	Front Roller Adj. Bolt	105	1	Motor Tension Washer			
52	2	Belt Guide	106	1	Tension Star Washer			
53	50	Screw	107	1	Motor Tension Nut			
54	4	Incline Bracket Bolt	108	1	Wire Harness			
			109	2	Front Wheel Bolt			
			110	2	Front Wheel			
			111	2	Front Wheel Nut			
			112	1	Choke			

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

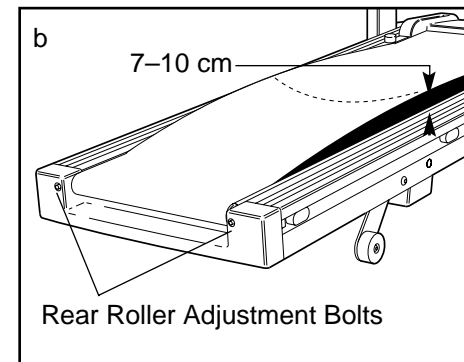
- c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 7 to 10 cm off the walking platform. The centre of the walking belt should just touch 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.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a 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 **UN-PLUG 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 7 to 10 cm off the walking platform. The centre of the walking belt should just touch 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.



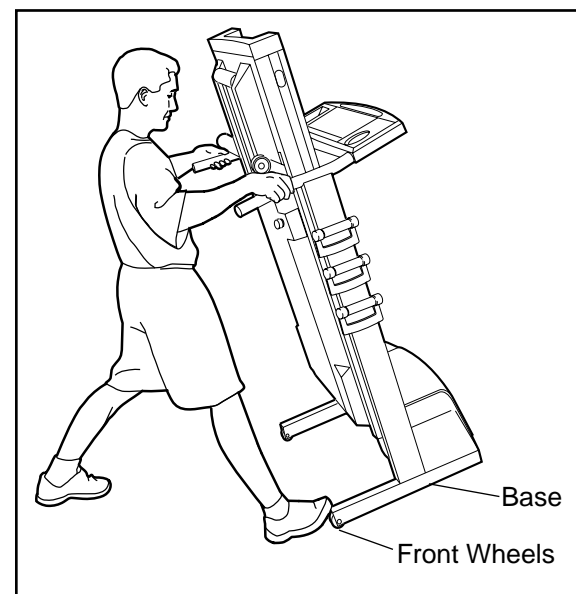
- c. If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

HOW TO MOVE THE CROSSTRAINER

Before moving the CROSSTRAINER, make sure that the bench and treadmill are folded to the storage position, and that the lock pins are fully engaged (see **HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION** on page 11, and **HOW TO FOLD THE BENCH TO THE STORAGE POSITION** on page 14).

To move the CROSSTRAINER, first hold the handrails and place one foot on the base as shown.

Next, tilt the CROSSTRAINER back until it rolls freely on the front wheels. Carefully move the CROSSTRAINER to the desired location. Place one foot on the base, and carefully lower the CROSSTRAINER until it is resting on the base. **Never move the CROSSTRAINER without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution whilst moving the CROSSTRAINER. Do not move the CROSSTRAINER over an uneven surface.**



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 PROFORM® CROSSTRAINER.

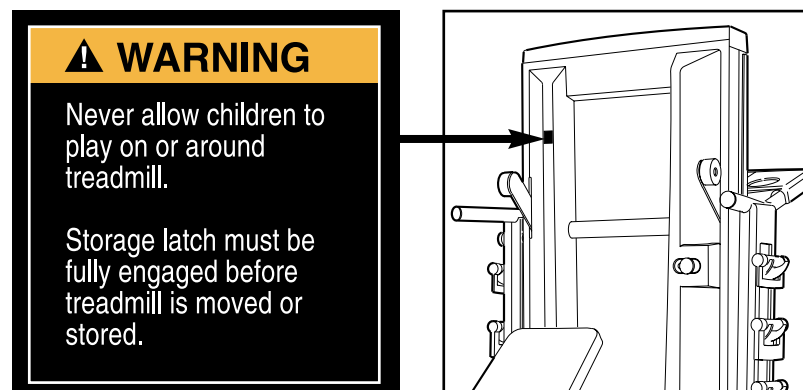
1. It is the responsibility of the owner to ensure that all users of the CROSSTRAINER are adequately informed of all warnings and precautions.
2. Use the CROSSTRAINER only as described in this manual.
3. Place the CROSSTRAINER on a level surface, with eight feet of clearance behind it. Do not place the CROSSTRAINER on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the CROSSTRAINER.
4. Keep the CROSSTRAINER indoors, away from moisture and dust. Do not put the CROSSTRAINER in a garage or covered patio, or near water.
5. Do not operate the CROSSTRAINER where aerosol products are used or where oxygen is being administered.
6. Keep children under 12 and pets away from the CROSSTRAINER at all times.
7. The CROSSTRAINER should be used only by persons weighing 250 pounds (115 kg) or less.
8. The CROSSTRAINER should never be used by more than one person at a time.
9. Wear appropriate exercise clothing when using the CROSSTRAINER. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women.
10. Always wear athletic shoes when using the CROSSTRAINER. Never use the CROSSTRAINER with bare feet, wearing only stockings, or in sandals.
11. Inspect and tighten all parts of the CROSSTRAINER regularly.
12. When connecting the power cord (see **HOW TO PLUG IN THE POWER CORD** on page 8), plug the power cord into an earthed circuit. When replacing the fuse, on ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.
13. If you need an extension cord, use only a 14-gauge cord of 5 feet (1,5 m) or less in length.
14. Keep the power cord away from heated surfaces.
15. Never move the walking belt whilst the power is turned off. Do not operate the CROSSTRAINER if the power cord or plug is damaged, or if the CROSSTRAINER is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the CROSSTRAINER is not working properly.)
16. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
17. The CROSSTRAINER is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
19. Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.
20. Do not attempt to raise, lower, or move the CROSSTRAINER until it is properly assembled.
21. You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the CROSSTRAINER.

22. The CROSSTRAINER includes three pairs of hand weights. Do not use any other weights with the CROSSTRAINER.
23. Before moving the CROSSTRAINER, make sure that the bench and treadmill are folded to the storage position, and that the lock pins are fully engaged (see HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION on page 11, and HOW TO FOLD THE BENCH TO THE STORAGE POSITION on page 14).
24. Never insert any object into any opening.
25. 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 only by an authorized service representative.
26. The CROSSTRAINER is intended for in-home use only. Do not use the CROSSTRAINER in any commercial, rental, or institutional setting.

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

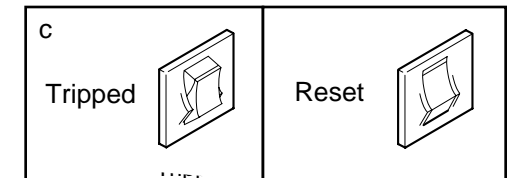
SAVE THESE INSTRUCTIONS

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



- b. After the power cord has been plugged in, make sure that the key is fully inserted into the console. See step 1 on page 10.

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



PROBLEM: The power turns off during use

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

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

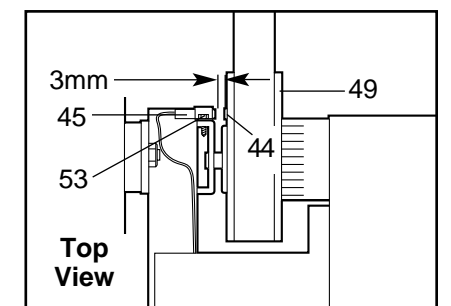
- c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 10.

- d. 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

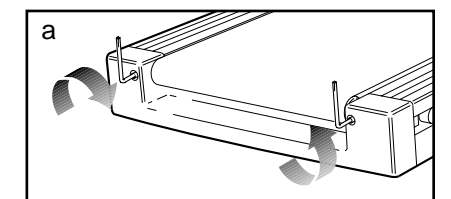
SOLUTION: a. Check the batteries in the console. See BATTERY INSTALLATION on page 9. Most problems are the result of drained batteries.

- b. Remove the six screws from the hood. Carefully remove the hood. Locate the Reed Switch (45) and the Magnet (44) on the left side of the Pulley (49). 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 3mm.** If necessary, loosen the Screw (53) and move the Reed Switch slightly. Retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

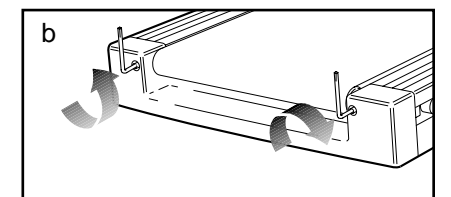


PROBLEM: The walking belt is off-centre or slips when walked on

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 centred.



- 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 centred.



WEIGHT BENCH EXERCISES

The exercise chart on the CROSSTRAINER shows twenty exercises that can be performed on the weight bench. **Read the exercise guidelines on this page before beginning any exercises.**

1. **Flat Bench Press**—Press the weights up in a straight line from your chest.

2. **Flat Bench Flyes**—With the bench in a flat position, bend your elbows slightly and bring the weights together above your chest.

3. **Incline Flyes**—With the bench in an inclined position, bend your elbows slightly and bring the weights together above your chest.

4. **One Arm Row**—Lift a weight up and back, bending your elbow as shown. Repeat this exercise with your other arm.

5. **Bent Over Lat Raise**—Lift the weights to the side, bringing your shoulder blades towards each other.

6. **Seated Overhead Raise**—Press the weights up in a straight line until they are overhead.

7. **Lateral Raise**—Raise the weights to the side until they are even with your shoulders.

8. **Front Raise**—Raise the weights to the front until your arms are in a horizontal position.

9. **Upright Row**—Keeping your hands close together and your elbows outward, bring the weights up to your chin.

10. **Seated Curl**—Keeping your upper arms stationary, bring the weights up to shoulder level.
11. **Incline Curl**—With the bench in an inclined position, bring the weights up to shoulder level. Be sure to keep your upper arms stationary.

12. **Concentration Curl**—Keeping one elbow pressed against your inner thigh, lift a weight by bending your elbow. Repeat this exercise with the other arm.

13. **Seated Overhead Press**—Whilst seated on the bench, press a weight up in a straight line by bending your elbow. Repeat this exercise with your other arm.

14. **Lying Overhead Press**—Whilst lying on the bench, press a weight up in a straight line by bending your elbow. Repeat this exercise with your other arm.

15. **Kickback**—Keeping your upper arm stationary, bring a weight up and back as shown. Repeat this exercise with the other arm.

16. **Flat Bench Crunch**—Lie on the bench. Using your abdominal muscles, raise your upper body a few inches. Be sure to keep your back straight.

17. **Vertical Sit-ups**—Hold the bench as shown and pull both knees toward your chest.

18. **Crunch with Weights**—Lie on the bench and hold one or two weights against your chest. Using your abdominal muscles, raise your upper body a few inches. Be sure to keep your back straight.

19. **Shrug**—Keeping your arms against your sides, raise your shoulders.

20. **Forearm Curl**—Rest your forearm on the bench as shown. Using your wrist, curl a weight upward. Repeat this exercise with your other arm.

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 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) If an extension cord is needed, use only a 14-gauge cord of five feet (1,5 m) or less in length.

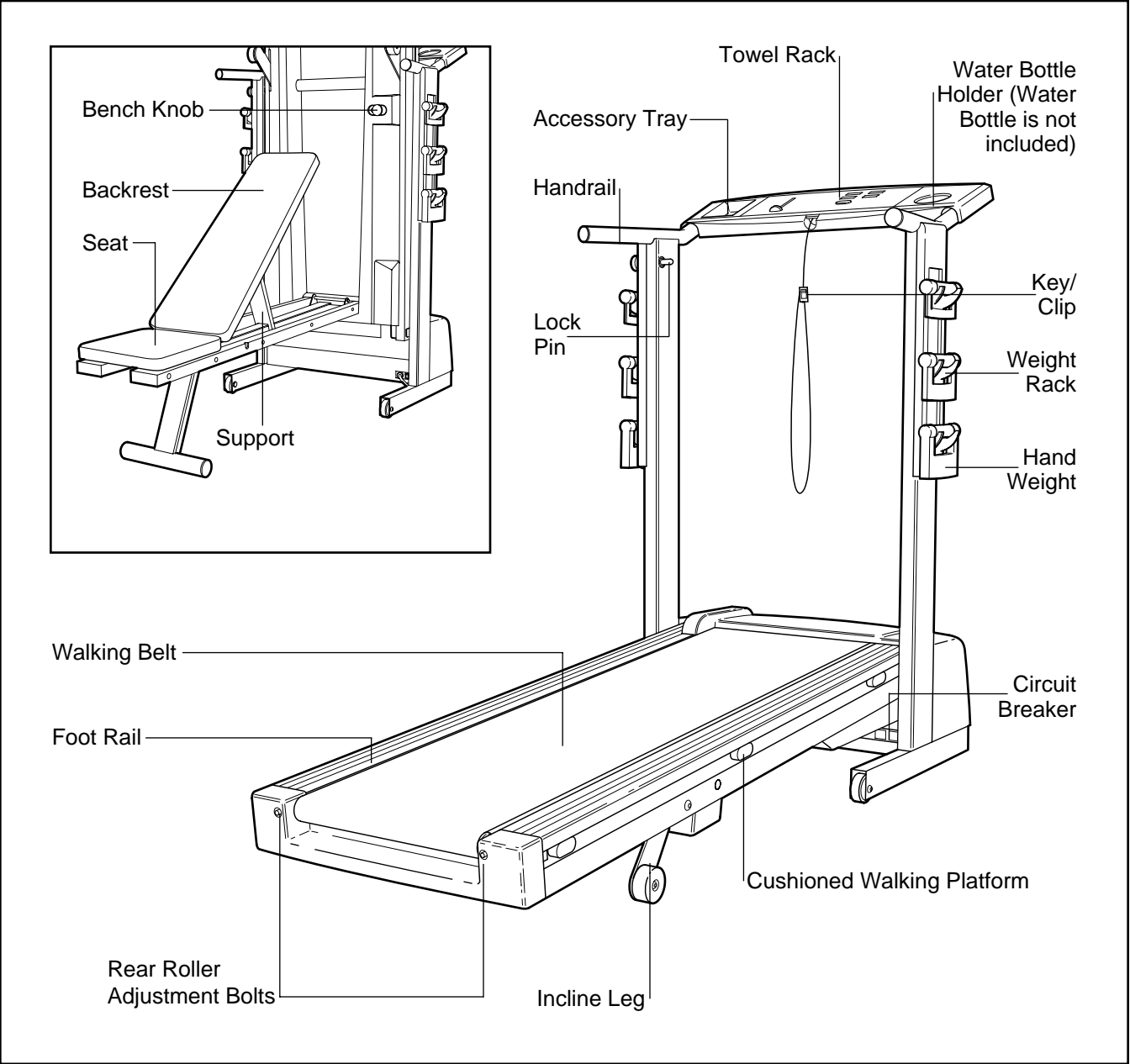
BEFORE YOU BEGIN

Congratulations for purchasing the revolutionary CROSSTRAINER from PROFORM®. The unique CROSSTRAINER offers both aerobic exercise and strength training exercise to help you achieve total fitness in the convenience of your home. And when you're not exercising, the CROSSTRAINER can be folded up, taking a fraction of the space needed for both a treadmill and a bench.


For your benefit, read this manual before using the CROSSTRAINER. If you have additional questions,

please call our Customer Service Department at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL50070. The serial number can be found on a decal attached to the CROSSTRAINER (see the front cover of this manual for the location).

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



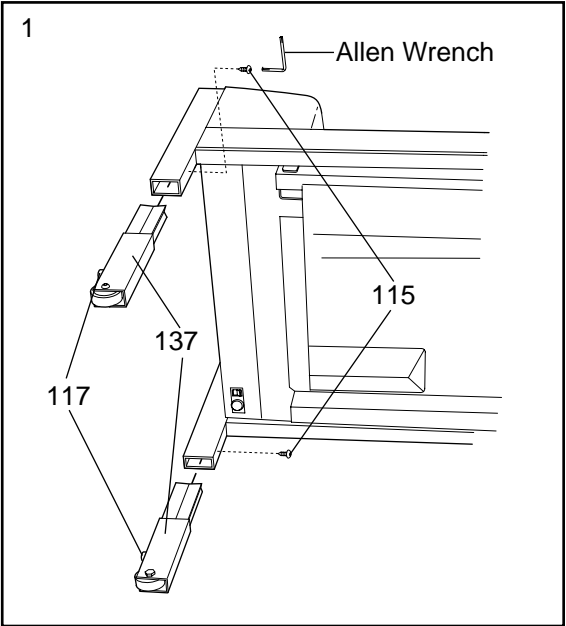
ASSEMBLY

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

1. With the help of a second person, carefully lay the treadmill on its right side as shown (refer to the drawing on page 4 to identify the right side).

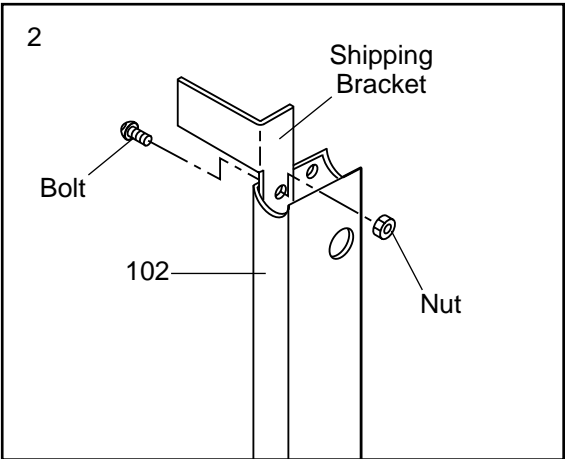
Insert the Extension Legs (137) into the treadmill. Make sure that the Extension Legs are turned so the Base Pads (117) are on the indicated side. Attach each Extension Leg with an Extension Leg Screw (115).

With the help of a second person, carefully raise the treadmill to the upright position so the Extension Legs (137) are resting flat on the floor.

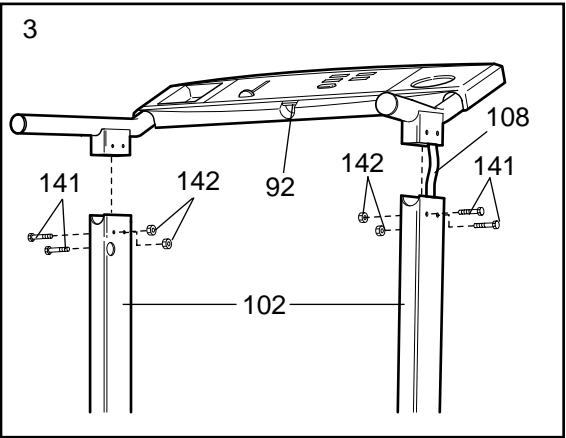


2. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 9. Follow the instructions on page 9 to lower the treadmill.

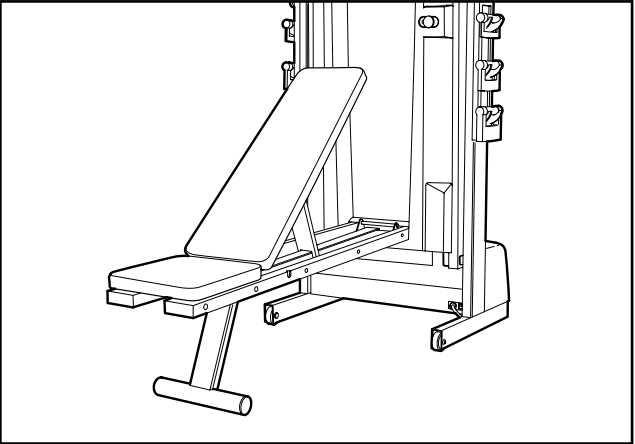
Next, remove the nut, bolt, and shipping bracket from the left Upright (102).



3. Insert the brackets on the Console Base (92) into the Uprights (102). Insert any slack in the Wire Harness (108) into the right Upright. Attach the Console Base with the four Handrail Bolts (141) and Handrail Nuts (142). **Tighten all four Handrail Bolts and Handrail Nuts.**



HOW TO EXERCISE ON THE WEIGHT BENCH



The CROSSTRAINER offers a variety of exercises designed to trim, tone, and strengthen the body. **Please read these guidelines before using the weight bench. WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

STRENGTH TRAINING GUIDELINES

Your strength training program should include three workouts each week. To give your body time to rest, workouts should be on alternating days, such as Monday, Wednesday, and Friday. Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise may result in greater productivity throughout the day. For others, exercising before dinner offers a chance to wind down from the day's activities. Whatever time you choose, be consistent and stick with it.

Each workout should include three important parts: (1) a warm-up, (2) 6 to 10 exercises, and (3) a cool-down.

Warming Up

Begin each workout with 5 to 8 minutes of stretching (see SUGGESTED STRETCHES on page 13). Stretching prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature.

Exercises

Next, perform 6 to 10 of the exercises shown on the exercise chart on the CROSSTRAINER. To give bal-

ance and variety to your workouts, vary the exercises from workout to workout.

Begin with 1 set of 12 repetitions for each exercise that you do. (A "repetition" is one cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed without pausing.) As your fitness level increases, perform 2 sets of 12 repetitions for each exercise that you do. When you are ready for an advanced workout, try 3 sets of 12 repetitions. Always rest for at least 1 minute after each set. When you can complete 3 sets of 12 repetitions without difficulty, you may choose to use heavier weights.

CAUTION: The CROSSTRAINER includes three pairs of hand weights. Do not use any other weights with the CROSSTRAINER.

Cooling Down

Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase your flexibility, and will help to reduce post-exercise soreness.

Be careful to avoid overdoing it during the first few months of your exercise program—it is important to progress at your own pace. **CAUTION: If you feel pain or dizziness at any time, stop immediately and begin cooling down.**

EXERCISE FORM

For the best results, correct form is important. The exercise chart on the CROSSTRAINER shows the correct form for twenty different exercises. Try to move through the full range of motion for each exercise and move only the appropriate parts of the body.

Perform each exercise with a smooth, steady motion. Exhale as you exert yourself, and inhale as you return to the starting position; never hold your breath.

STAYING MOTIVATED

To stay motivated, try listening to music or watching television whilst you exercise. It may also be helpful to work out with a partner. Use a calendar to keep a record of your workouts, and write key body measurements at the end of every month.

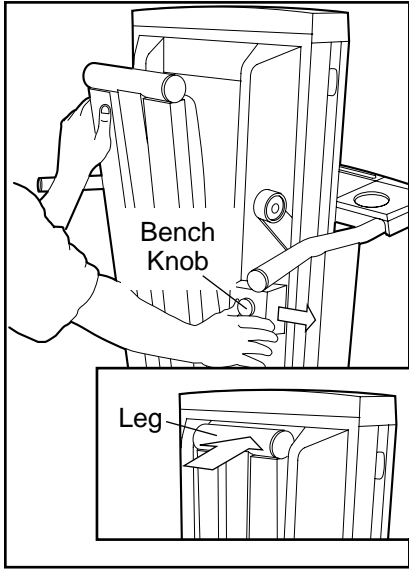
Remember, the key to lasting results is to make exercise a regular and enjoyable part of your daily life.

HOW TO OPERATE THE WEIGHT BENCH

HOW TO LOWER THE BENCH FOR USE

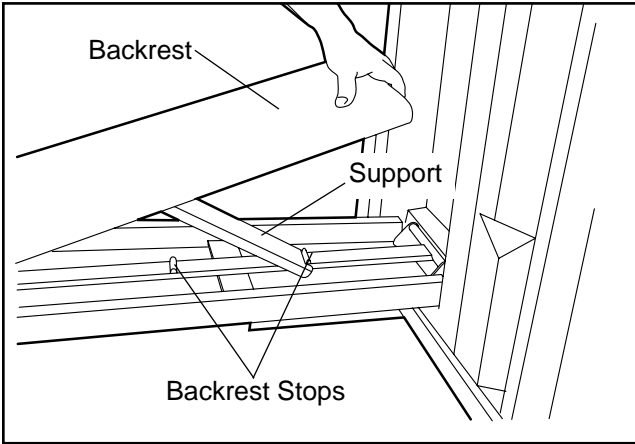
To use the bench, the treadmill must be folded to the storage position. See HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION on page 11.

Hold the end of the bench as shown—do not hold the leg. Using your right hand, slide the bench knob to the right as far as possible. **Make sure that the knob is moved all of the way to the “bench” position.** Note: It may be necessary to push on the leg whilst you slide the knob to the “bench” position. Lower the bench until the leg is resting on the floor.

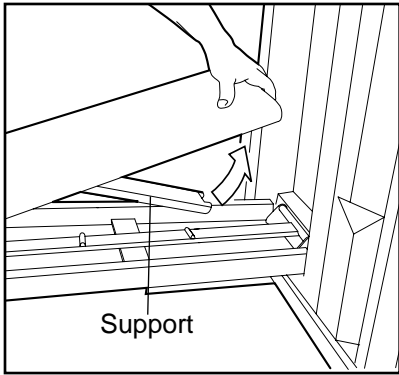


HOW TO ADJUST THE BACKREST

The backrest can be used in a level position or in either of two inclined positions. When the bench is first lowered, the backrest will be in the level position. To adjust the backrest to one of the inclined positions, first raise the backrest and lower the support (see the drawing below). Rest the end of the support against either of the backrest stops as shown. **Make sure that the support is resting against one of the backrest stops.**

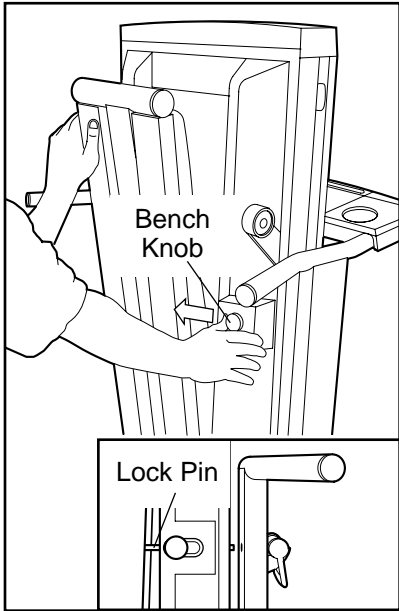


To adjust the backrest to the level position, first raise the backrest slightly. Pivot the end of the support in the direction shown by the arrow. Lower the backrest onto the bench frame.



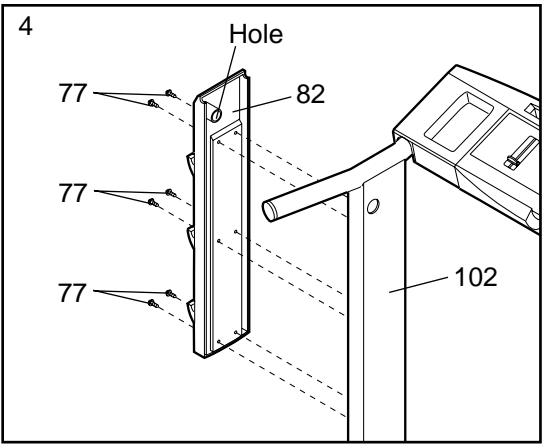
HOW TO FOLD THE BENCH TO THE STORAGE POSITION

Raise the bench to the vertical position and hold it in place. Using your right hand, slide the bench knob to the left as far as possible. **Make sure that the knob is moved all of the way to the “treadmill” position.** Refer to the inset drawing. **Make sure that the lock pin is inserted in the hole into the bench frame.**

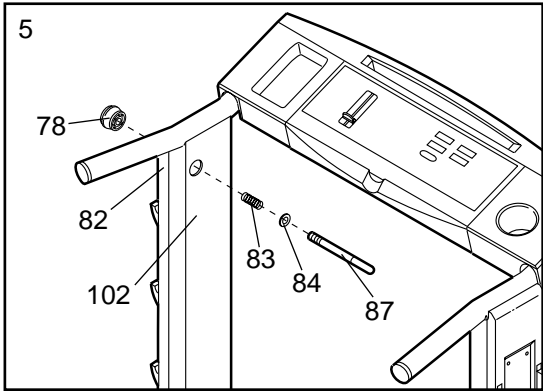


4. Locate the Left Weight Rack (82), which can be identified by the hole near the top. Attach the Left Weight Rack to the left Upright (102) with six Weight Rack Screws (77).

Attach the Right Weight Rack to the right Upright in the same manner (not shown).

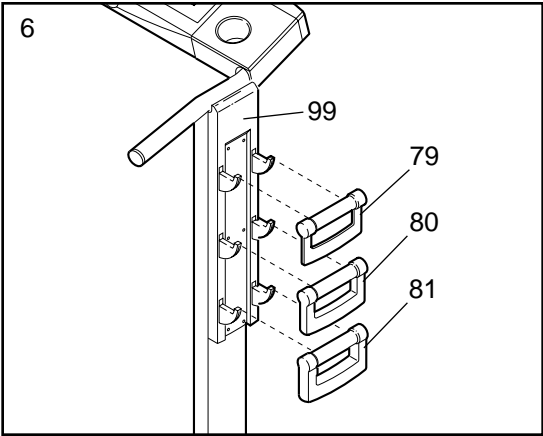


5. Slide the Lock Pin Collar (84) and the Spring (83) onto the Lock Pin (87). Insert the Lock Pin into the left Upright (102) and the Left Weight Rack (82). Tighten the Treadmill Knob (78) onto the Lock Pin.

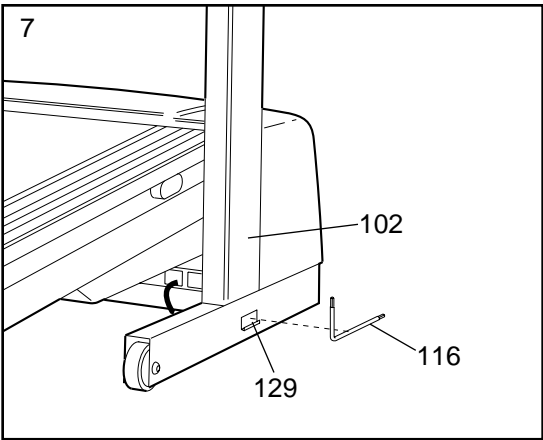


6. Put a 2-lb. Weight (79) on the upper hooks on the Right Weight Rack (99). Put a 4-lb. Weight (80) on the centre hooks on the Right Weight Rack. Put a 6-lb. Weight (81) on the lower hooks on the Right Weight Rack.

Put the remaining Weights on the Left Weight Rack (not shown).



7. Remove the backing from the Adhesive Clip (129). Press the Adhesive Clip onto the base of the Uprights (102) in the indicated location. Press the Allen Wrench (116) into the Adhesive Clip.



8. **Make sure that all parts of the CROSSTRAINER are properly tightened.** To protect the floor or carpet from damage, place a mat under the CROSSTRAINER.

OPERATION AND ADJUSTMENT

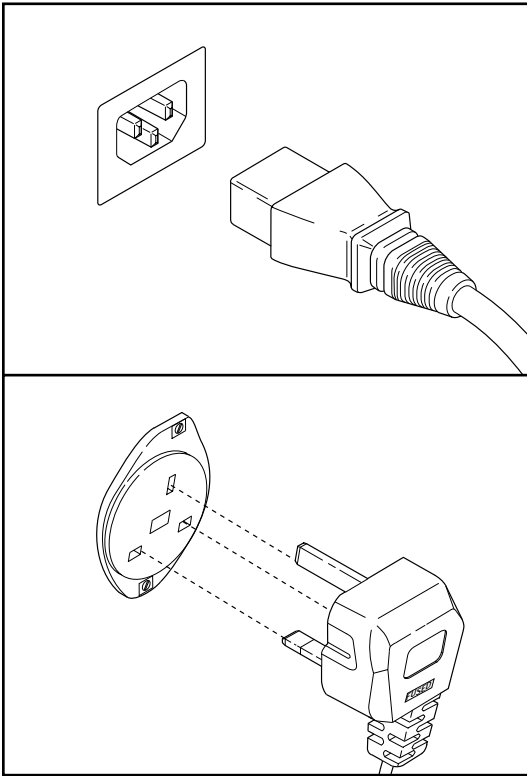
THE PERFORMANT LUBE™ WALKING BELT

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

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug. Plug one end of the cord into the treadmill. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.

⚠ 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.



A Cool-down

Finish each workout with 5 to 8 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three

workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

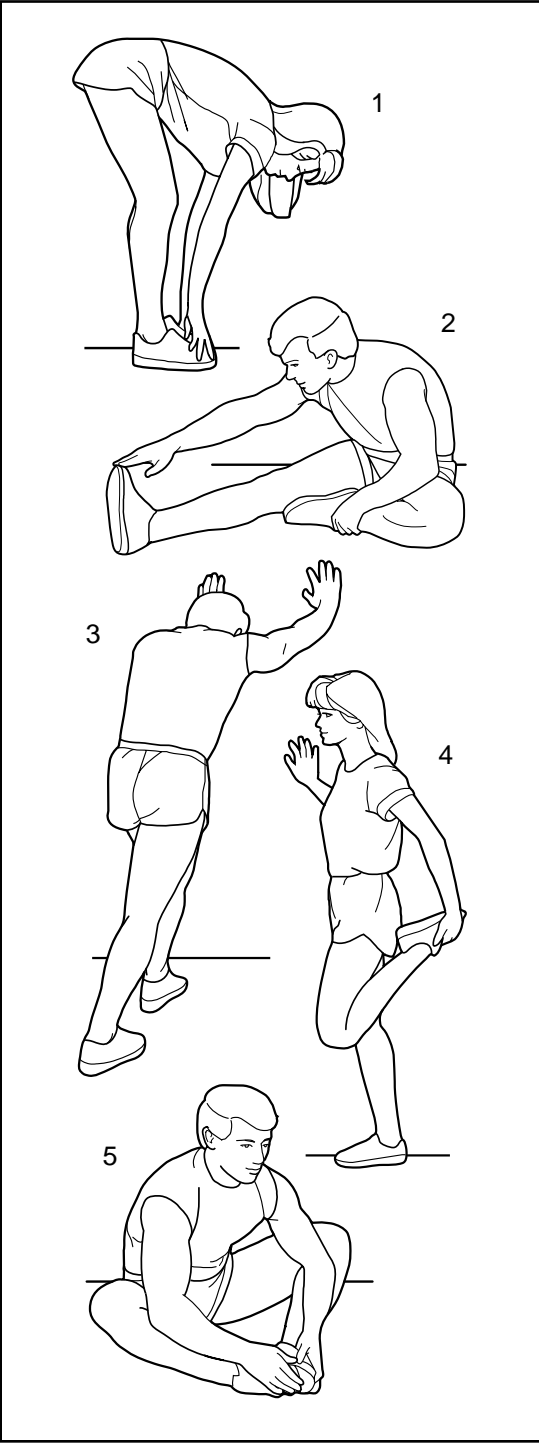
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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



HOW TO EXERCISE ON THE TREADMILL

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

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only.

EXERCISE INTENSITY

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

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

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

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

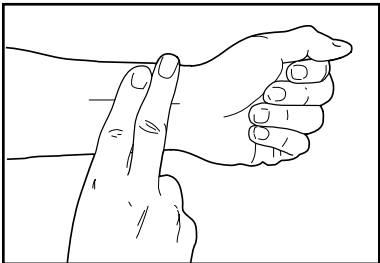
adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

Aerobic Exercise

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.



WORKOUT GUIDELINES

A well-rounded workout includes the following three important parts:

A Warm-up

Start each workout with 5 to 8 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 13). A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

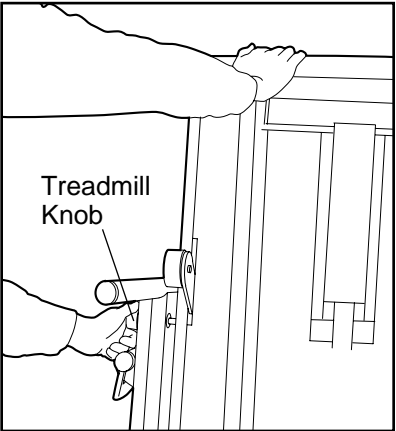
Training Zone Exercise

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.) Breathe regularly and deeply as you exercise—do not hold your breath.

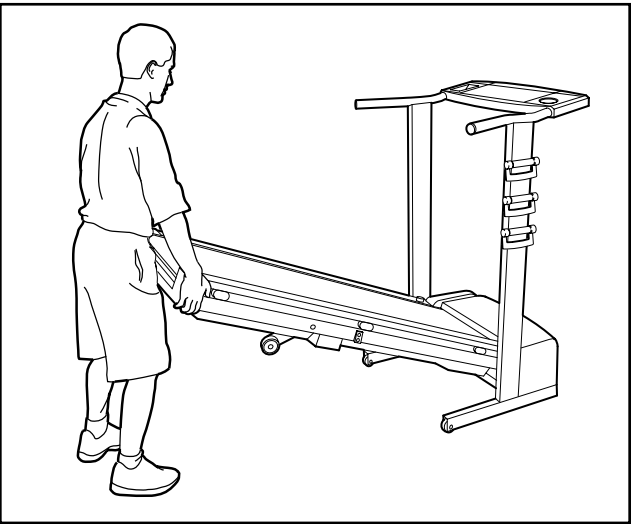
HOW TO LOWER THE TREADMILL FOR USE

To use the treadmill, the bench must be folded to the storage position. See HOW TO FOLD THE BENCH TO THE STORAGE POSITION on page 14. **Caution: You must be able to safely lift 45 pounds (20 kg) in order to lower the treadmill.**

To lower the treadmill, hold the upper end of the treadmill with your right hand as shown. Hold the treadmill knob with your left hand and pull it to the left. Pivot the treadmill down a few inches.



Next, hold the treadmill with both hands as shown below and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



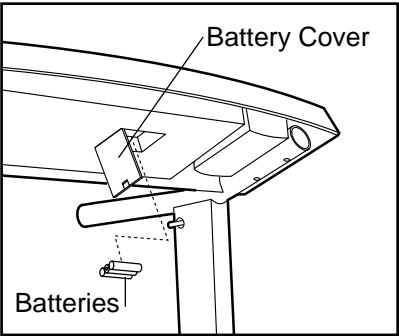
THE PERFORMANT LUBE™ WALKING BELT

The CROSSTRAINER 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.**

BATTERY INSTALLATION

The console requires **three "AA" batteries** (not included) for operation. Alkaline batteries are recommended.

To install batteries, first open the battery cover under the console as shown. Next, press three batteries into the battery compartment.



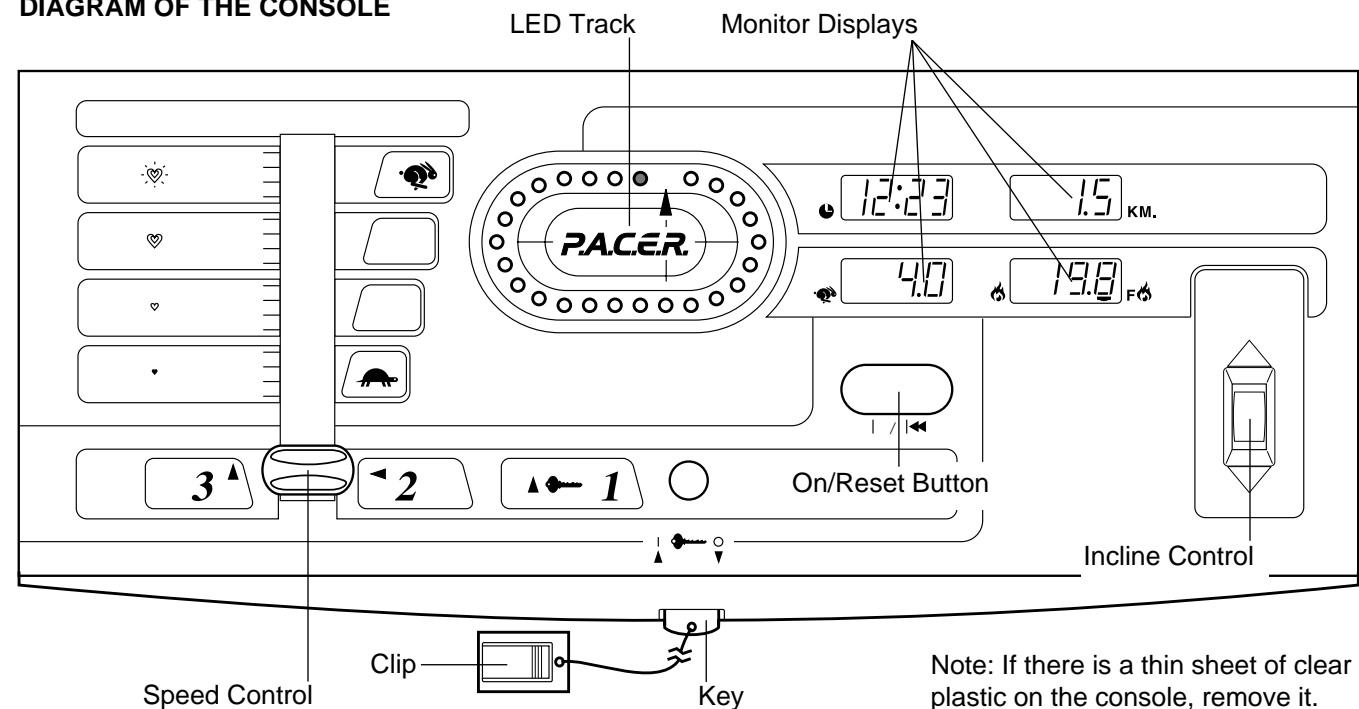
Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the battery compartment. Close the battery cover.

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

⚠ 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 on page 10) whilst using the CROSSTRAINER. When the key is removed from the console, the walking belt will stop.
- The CROSSTRAINER is capable of high speeds. Adjust the speed in small increments.
- The training zones marked beside the speed control are general guidelines only. See page 12 for more information.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.

DIAGRAM OF THE CONSOLE

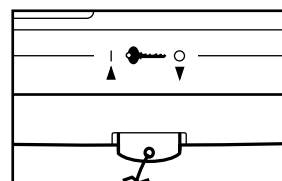


STEP BY STEP CONSOLE OPERATION

Step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing. Follow the steps below and on page 11 to operate the console.

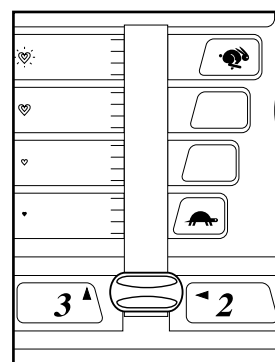
1 Insert the key fully into the power switch.

When the key is inserted, the first indicator in the LED track will light. The four displays will not turn on until the On/Reset button is pressed or the walking belt is started. Note: If you just installed batteries, the displays will already be on.



2 Reset the speed control.

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

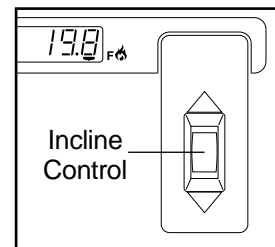


3 Start the walking belt.

After you have moved the speed control to the RESET position, slide it slowly upward until the walking belt begins to move at slow speed. Carefully begin walking on 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.

4 Change the incline of the treadmill, if desired.

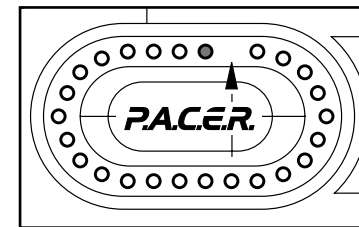
To increase or decrease the incline of the treadmill, hold down the top or bottom of the incline control. **Important: Do not change the incline of the treadmill by placing objects under the treadmill. Change the incline only with the incline control.**



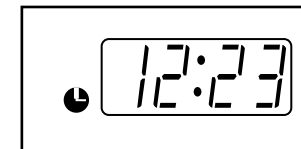
Important: Before folding the treadmill, adjust the incline to the lowest position.

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

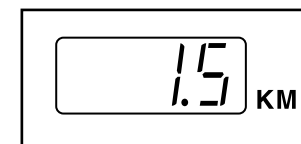
The LED Track—The LED track in the centre of the console represent a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. Another lap will then begin.



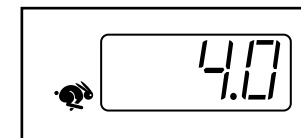
The TIME display—This display shows the total time that you have walked or run on the treadmill.



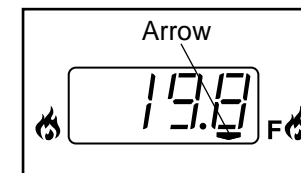
The DISTANCE display—This display shows the total distance that you have walked or run, in kilometres.



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



The CALORIES/FAT CALORIES display—This display shows the approximate numbers of calories and fat calories you have burned. (See FAT BURNING on page 12.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown.



Note: The displays can be reset by pressing the On/Reset button.

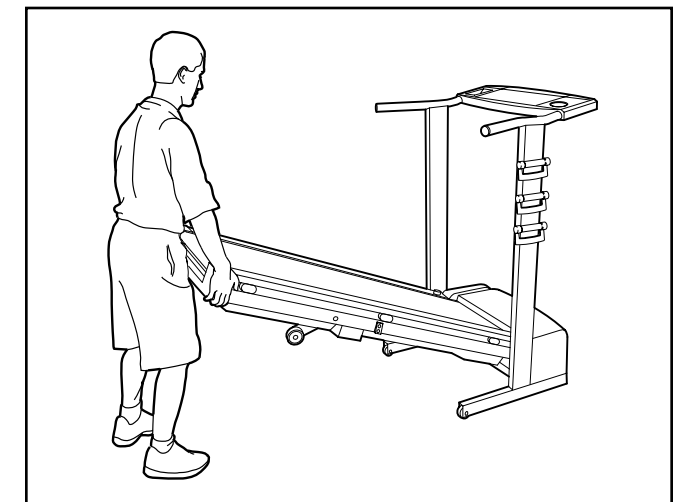
6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place. **After the key is removed, the displays will remain on for about five minutes. Note: Any time that the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off.**

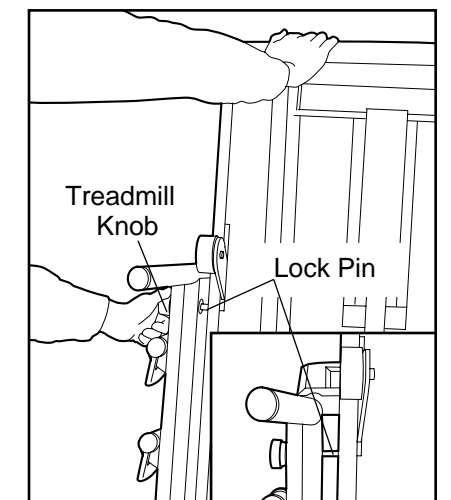
HOW TO FOLD THE TREADMILL TO THE STORAGE POSITION

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

Hold the treadmill in the locations shown below. **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 until it is almost vertical.



Next, hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the treadmill knob to the left. Pivot the treadmill until the lock pin is aligned with the hole in the side of the treadmill frame (refer to the inset drawing).

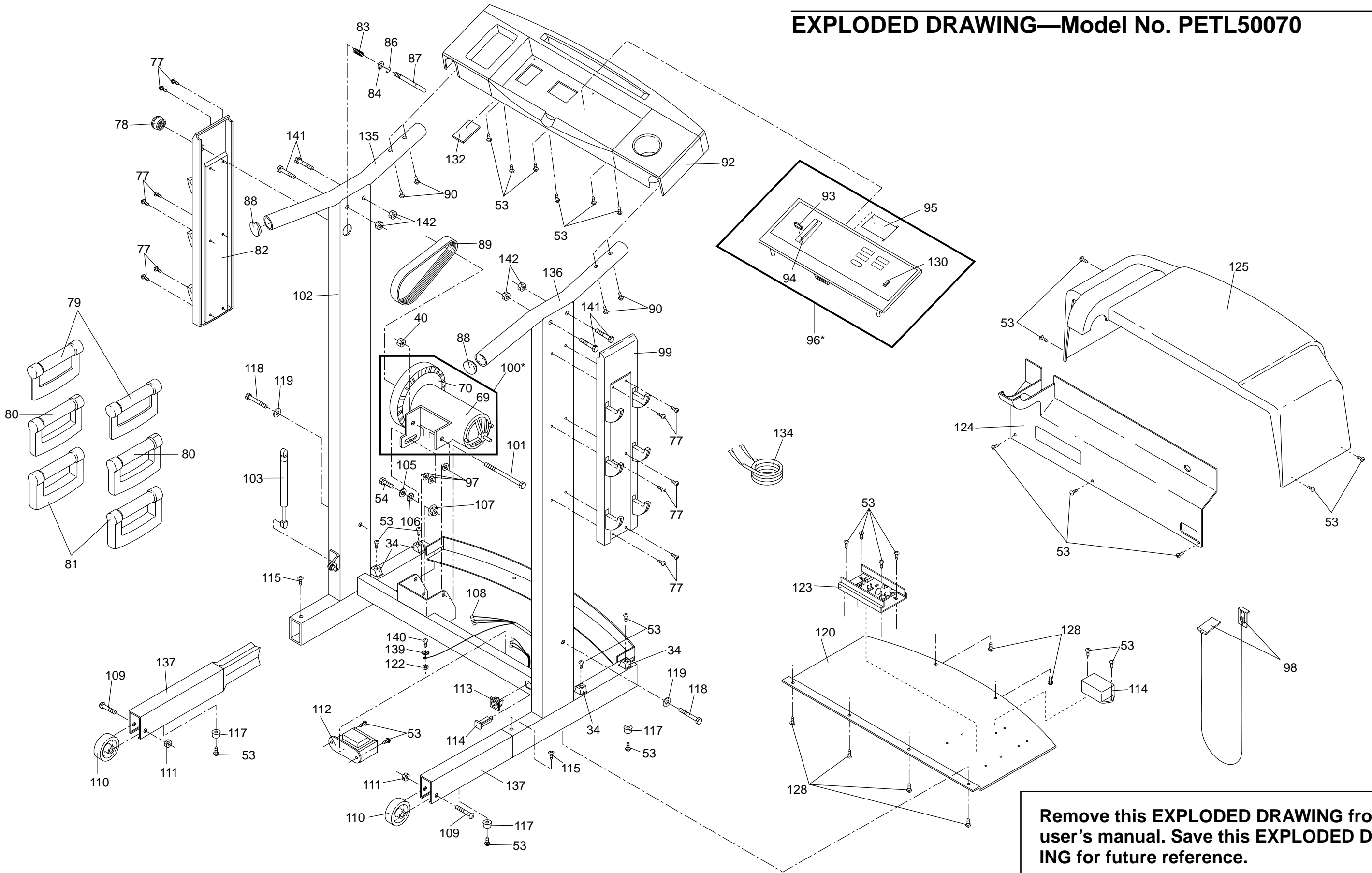


Slowly release the knob. **Make sure that the lock pin is inserted into the hole in the treadmill frame.**

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

EXPLODED DRAWING—Model No. PETL50070

R0698A



Remove this EXPLODED DRAWING from the user's manual. Save this EXPLODED DRAWING for future reference.

To identify parts shown on this EXPLODED DRAWING, refer to the PART LIST on page 19 of the user's manual.

