ORDERING REPLACEMENT PARTS

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

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

Tel:

08457 089 009

Fax: 0 (044) 113 387 7125

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

• The MODEL NUMBER of the product (PETL54021)

• The NAME of the product (PROFORM® 6.5Q 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 and the EXPLODED DRAWING attached in the centre of this manual)

• The DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

PRO·FORM 6.5Q

Model No. PETL54021
Serial No. _____

Serial Number
Decal

USER'S MANUAL
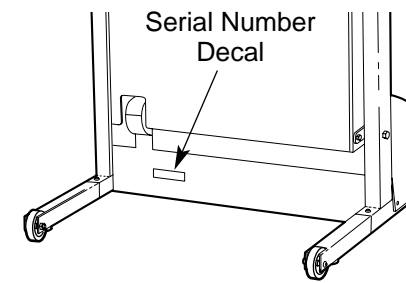
QUESTIONS?

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

08457 089 009
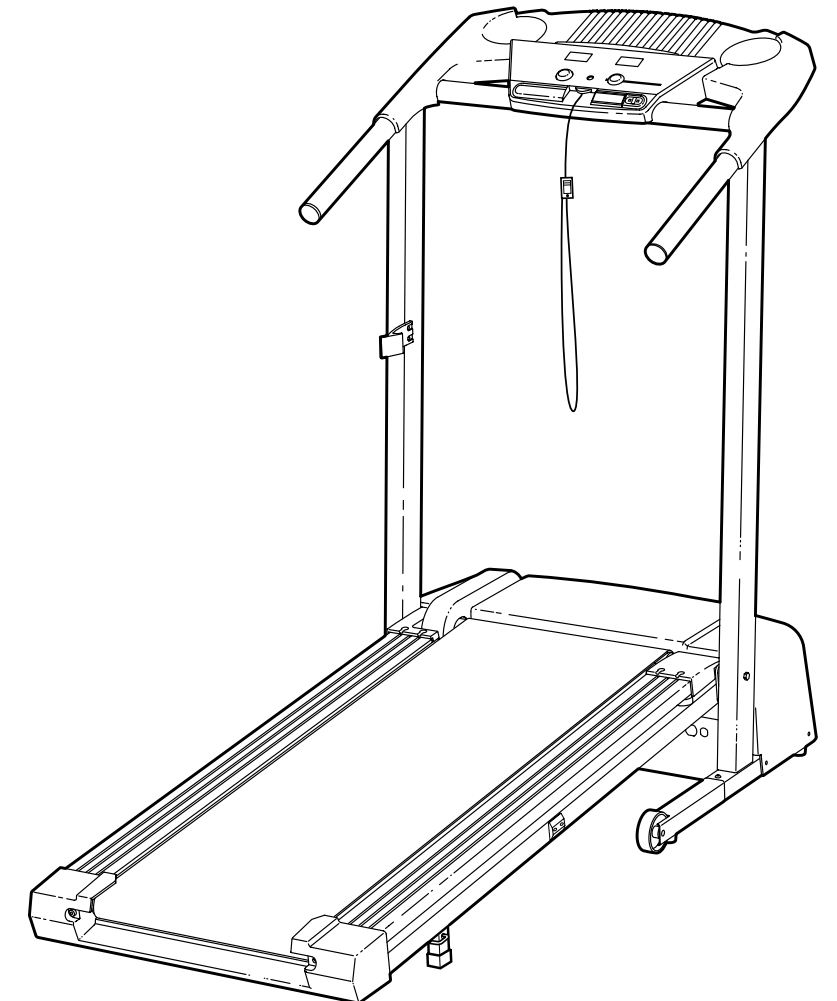
Or write:
**ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS118JG
UK**

email: csuk@iconeurope.com

⚠ CAUTION

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

Visit our website at
www.iconeurope.com

TABLE OF CONTENTS

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

IMPORTANT PRECAUTIONS

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

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

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with 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 where oxygen is being administered.

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

7. The treadmill should be used only by persons weighing 115 kg (250 lbs.) or less.

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

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

10. When connecting the power cord (see page 7), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

11. If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

12. Keep the power cord away from heated surfaces.

13. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

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

4. Quadriceps Stretch

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

5. Inner Thigh Stretch

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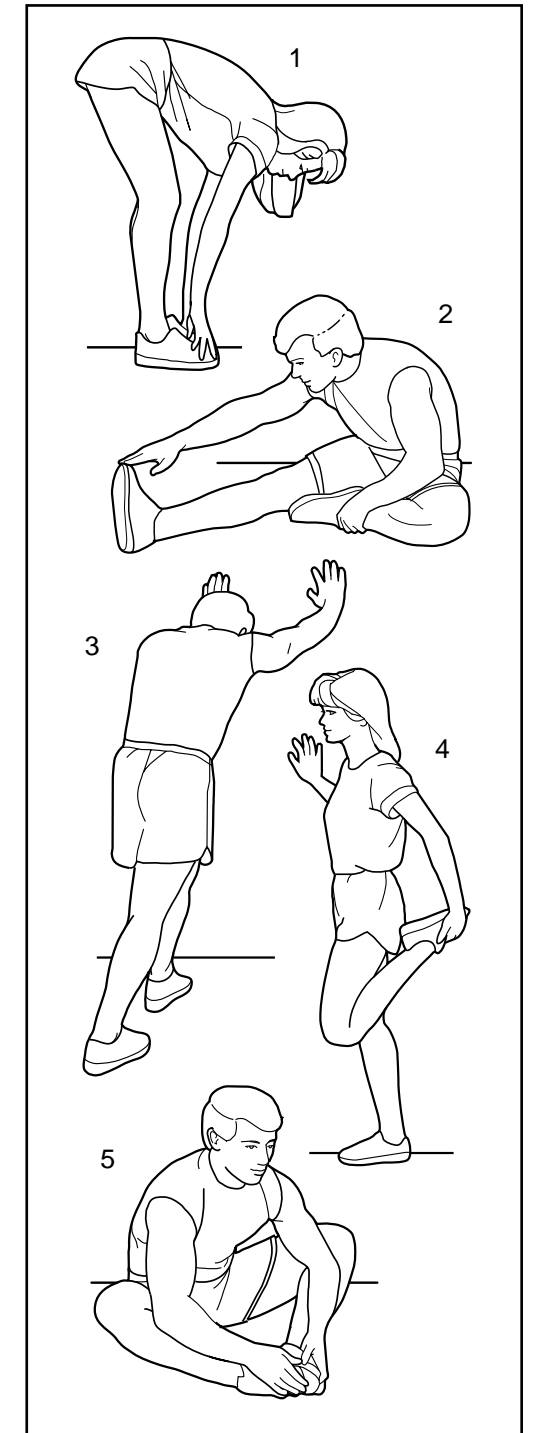
CONDITIONING GUIDELINES

⚠️ **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. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

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

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

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

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

Fat Burning

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

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

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

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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 and unplug the power cord when the treadmill is not in use.

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

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

20. Inspect and properly tighten all parts of the treadmill regularly.

21. Never insert any object into any opening.

22. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

23. This treadmill is intended for in-home use only. Do not use this treadmill in a 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 below has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.
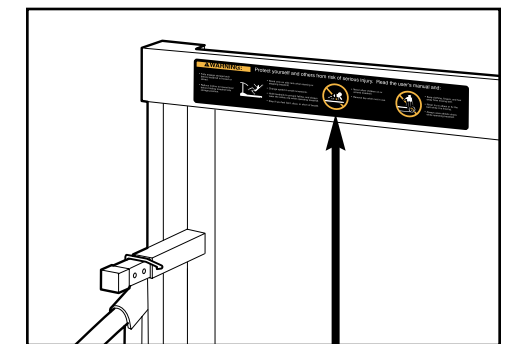
Note: The decal is shown at 38% of actual size.

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

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.
- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
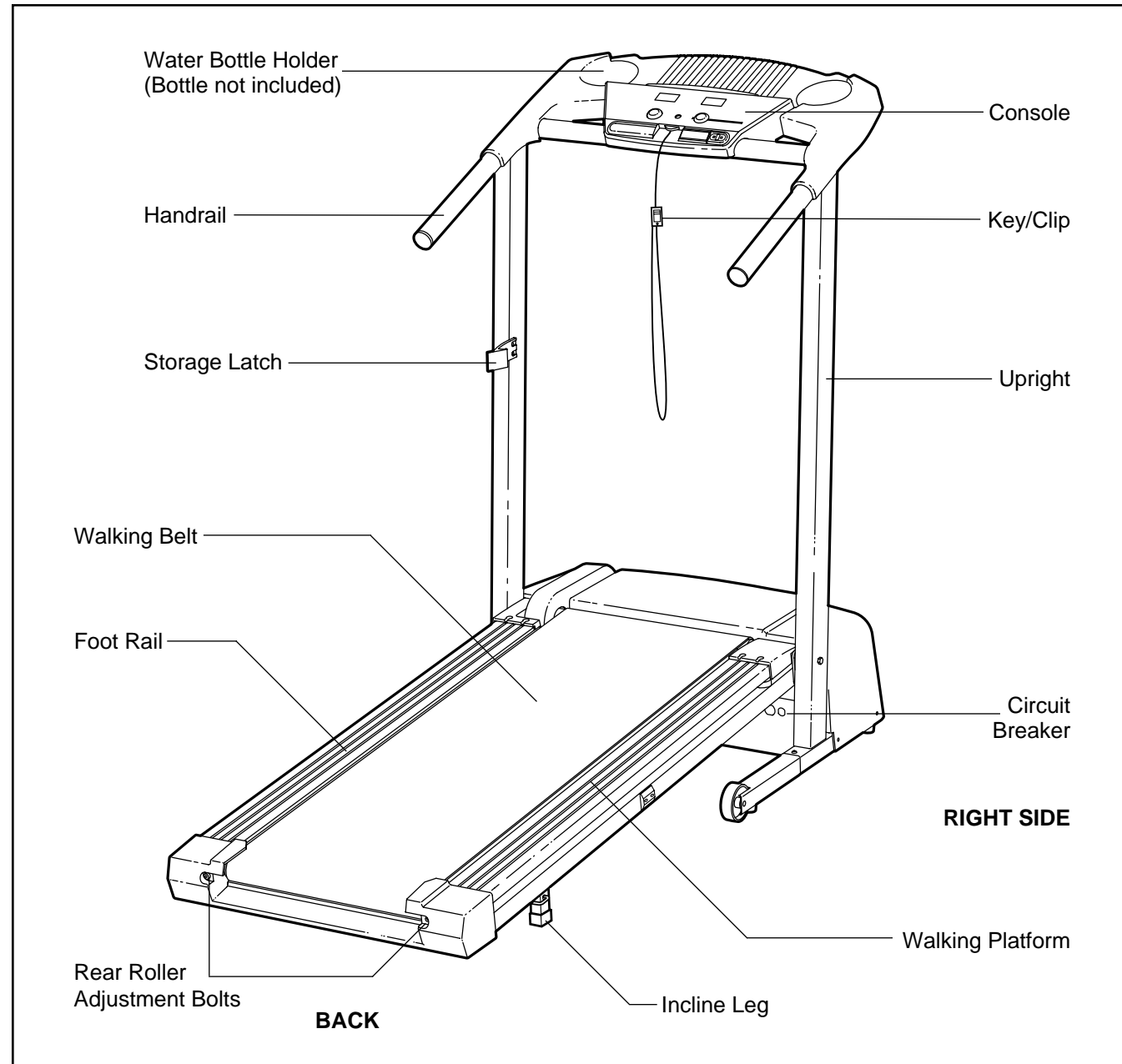- Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 6.5Q treadmill. The 6.5Q 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 6.5Q 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 additional questions,

please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL54021. 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 familiarise yourself with the parts that are labelled.

Water Bottle Holder (Bottle not included)

Handrail

Storage Latch

Walking Belt

Foot Rail

Rear Roller Adjustment Bolts

BACK

Console

Key/Clip

Upright

Circuit Breaker

RIGHT SIDE

Walking Platform

Incline Leg

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).
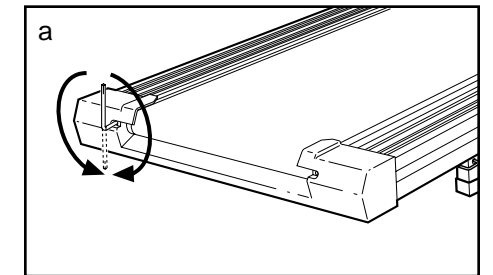
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7 to 10 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b 7–10 cm

Rear Roller Adjustment Bolts

c. If the walking belt still slows when walked on, call our Customer Service Department.
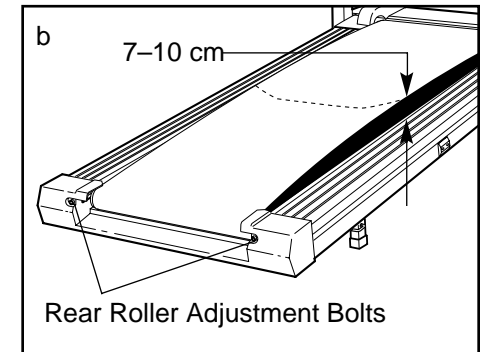
PROBLEM: The walking belt is off-centre or slips when walked on

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

a

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts 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 (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

b
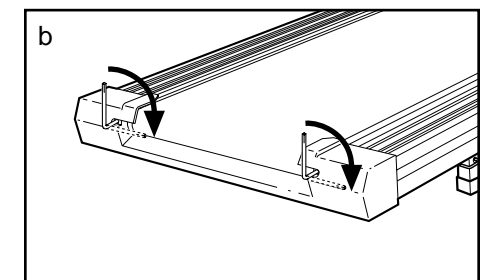
TROUBLESHOOTING

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 on page 7.) If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

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

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

c

Tripped   Reset
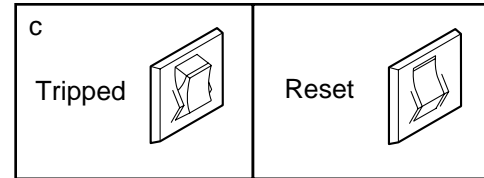
PROBLEM: The power turns off during use

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

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

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

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

PROBLEM: The displays of the console do not function properly

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console. If the batteries need to be replaced, see BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood, and carefully remove the hood.

Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8").** If necessary, loosen the Screw (33) 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. Reattach the Resistance Knob.

3 mm
44   50
45
33

Top View
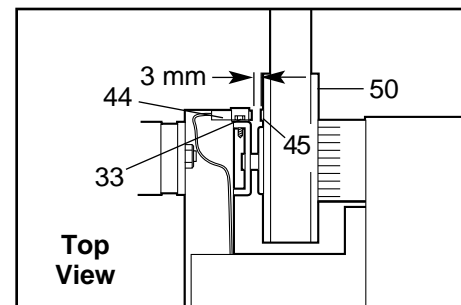
ASSEMBLY

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

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.

Extension Leg Screw/Handrail Screw (53)–4   Console Screw (66)–8   Ground Screw (89)–1
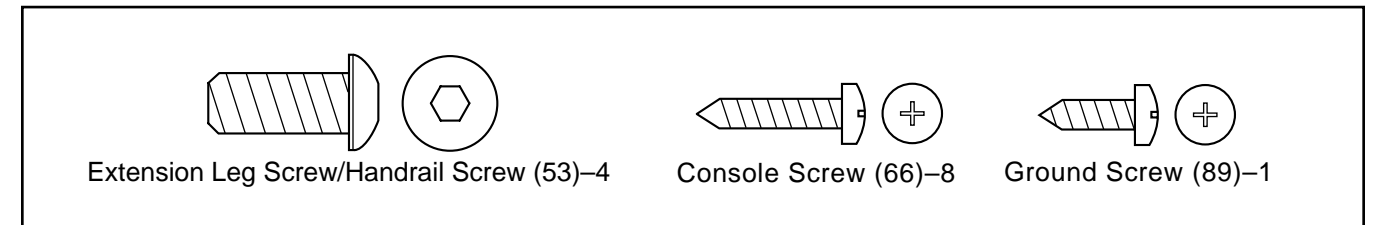
⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

1. With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.

1

11
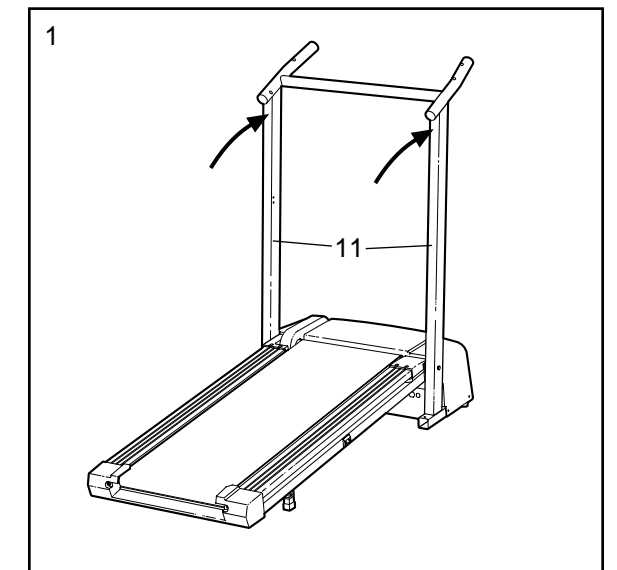
2. Insert one of the Extension Legs (34) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [11] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (53). **Be sure to push on the head of the Extension Leg Screw whilst tightening it.**

Attach the other Extension Leg (34) in the same way.

2
11
53
34
40
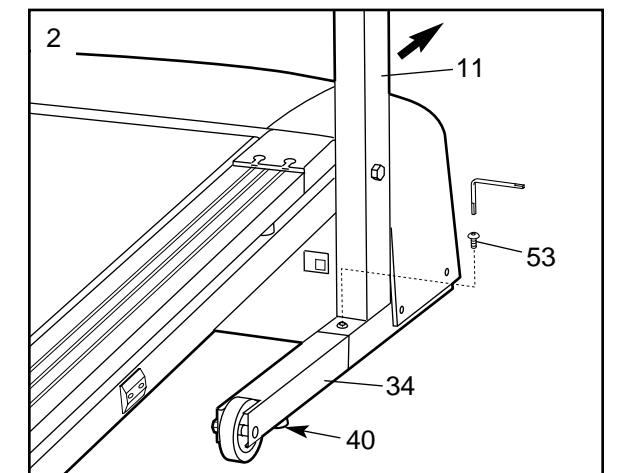
3. Remove the Handrail Screw (53) from one of the Handrails (1). Insert the Handrail into the tube at the top of the left Upright (11), and align the hole in the Handrail with the slotted hole in the Upright. Loosely thread the Handrail Screw into the Handrail, rotate the Handrail until the Screw is touching one end of the slotted hole, and then fully tighten the Screw.

   Attach the other Handrail (1) to the right Upright (11) in the same way.

4. There may be a plastic tie in the tube on the right Upright (11). If there is, **do not remove the tie.**

5. Place the Console Base (46) on the Uprights (11) (only the right Upright is shown). Pull out just enough of the two Wires (21) to connect them to the receptacles in the Console Base. Make a loop with the indicated plastic tie and insert the end through the tie holder on the bottom of the Console Base. Locate the Wire that has a two-pin connector and a three-pin connector. Plug the connectors into the matching receptacles in the Console Base. **If the connectors do not fit easily**, **rotate them and then plug them in.** Slide the Wire Cover (87) onto the connectors so that they are completely covered. Next, plug the other Wire into the other receptacle on the Console Base. **WARNING: Do not connect or disconnect the Wires whilst the treadmill power cord is plugged in.** Tighten the plastic tie and cut off the end.

   See the inset drawing. Loop the included plastic tie around the Wire Cover (87) so that the plastic tie is in the two notches in the Wire Cover. Tighten the plastic tie and cut off the end.

   Refer to drawing 5b. Thread six Console Screws (66) into the Uprights (11) and the Console Base (46). After all six Console Screws have been started, **tighten the Screws until they are snug. Do not overtighten the Screws.**

   Attach the indicated ground wire to the Uprights (11) with the Ground Screw (89). **WARNING: The console must be grounded.**

6. Attach the Storage Latch (14) to the left Upright (11) with two Console Screws (66). **Be careful not to overtighten the Screws.**

7. **Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 13). To protect the floor or carpet, place a mat under the treadmill.
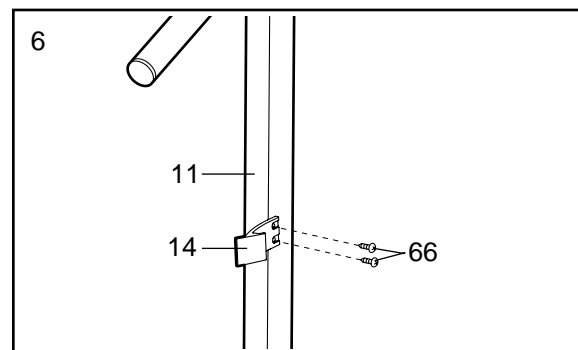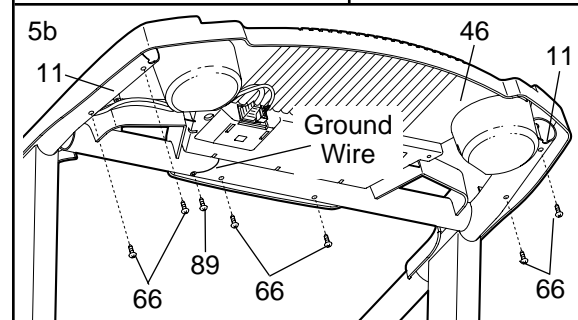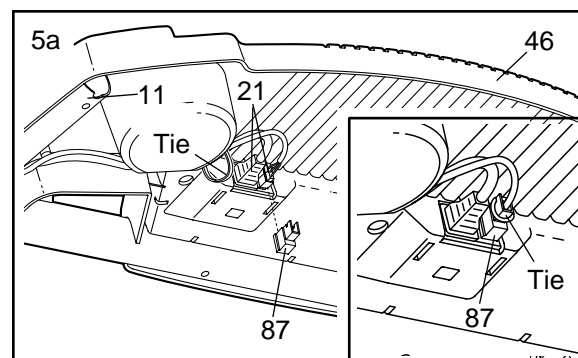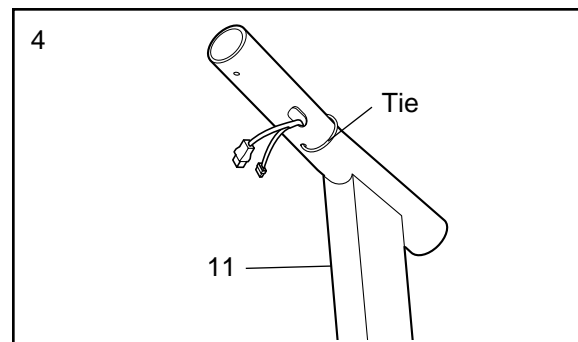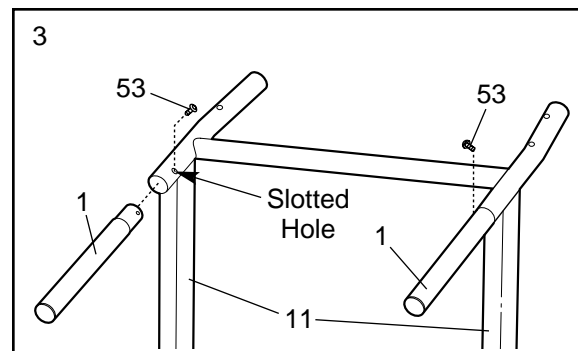
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described on page 10. **Make sure that the storage latch is closed fully over the catch.**

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

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **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.
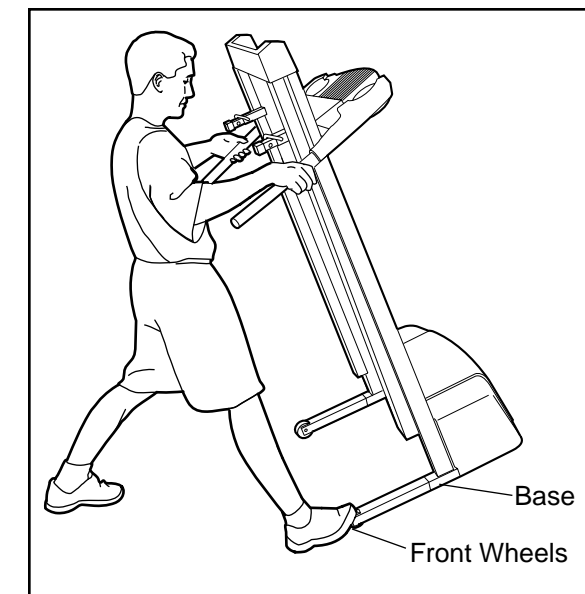
HOW TO LOWER THE TREADMILL FOR USE

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

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**
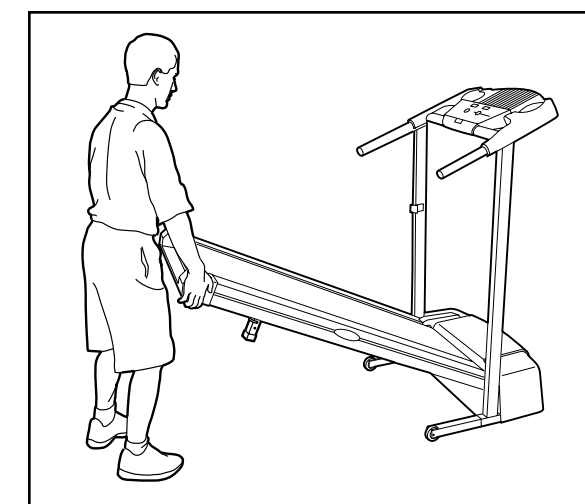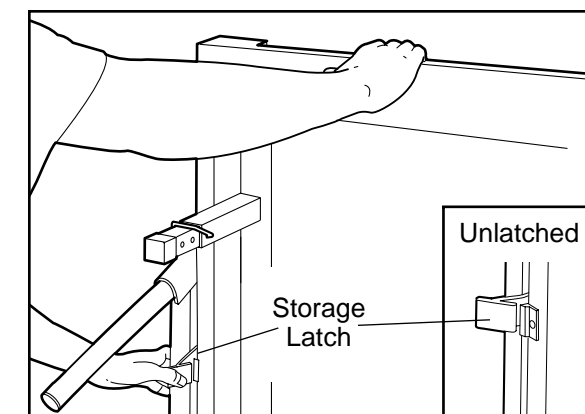
5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, slide the speed control to the reset position, and remove the key from the console. The displays will turn off a few minutes after the key is removed. **Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for a few minutes, the displays will automatically turn off to conserve the batteries.**

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see the section below).

To change the incline, first remove the incline pin from one of the incline legs as shown at the right. Adjust the incline leg to the desired height and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing.
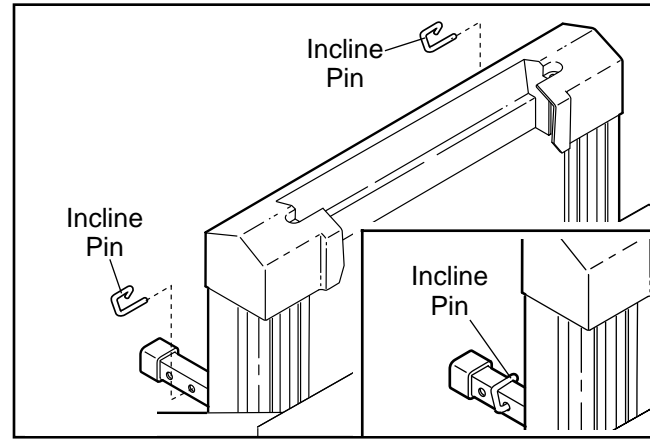
Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown.**

CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 11).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

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

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
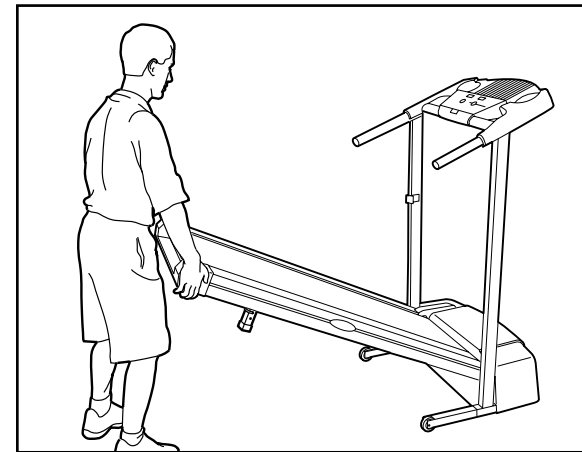
2. Move your right hand to the position shown and hold the treadmill firmly. Press out on the latch. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**
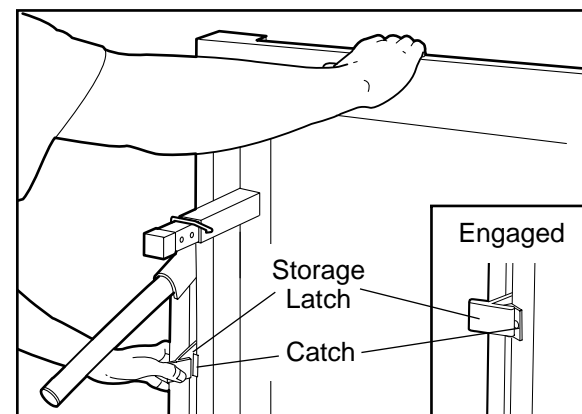
   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F) Fahrenheit.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

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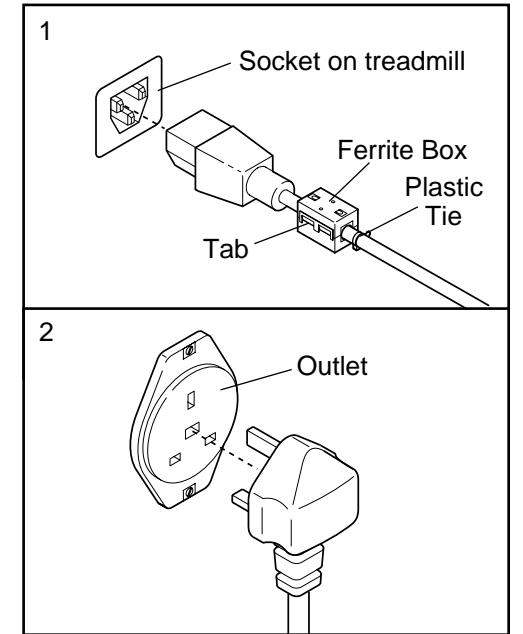
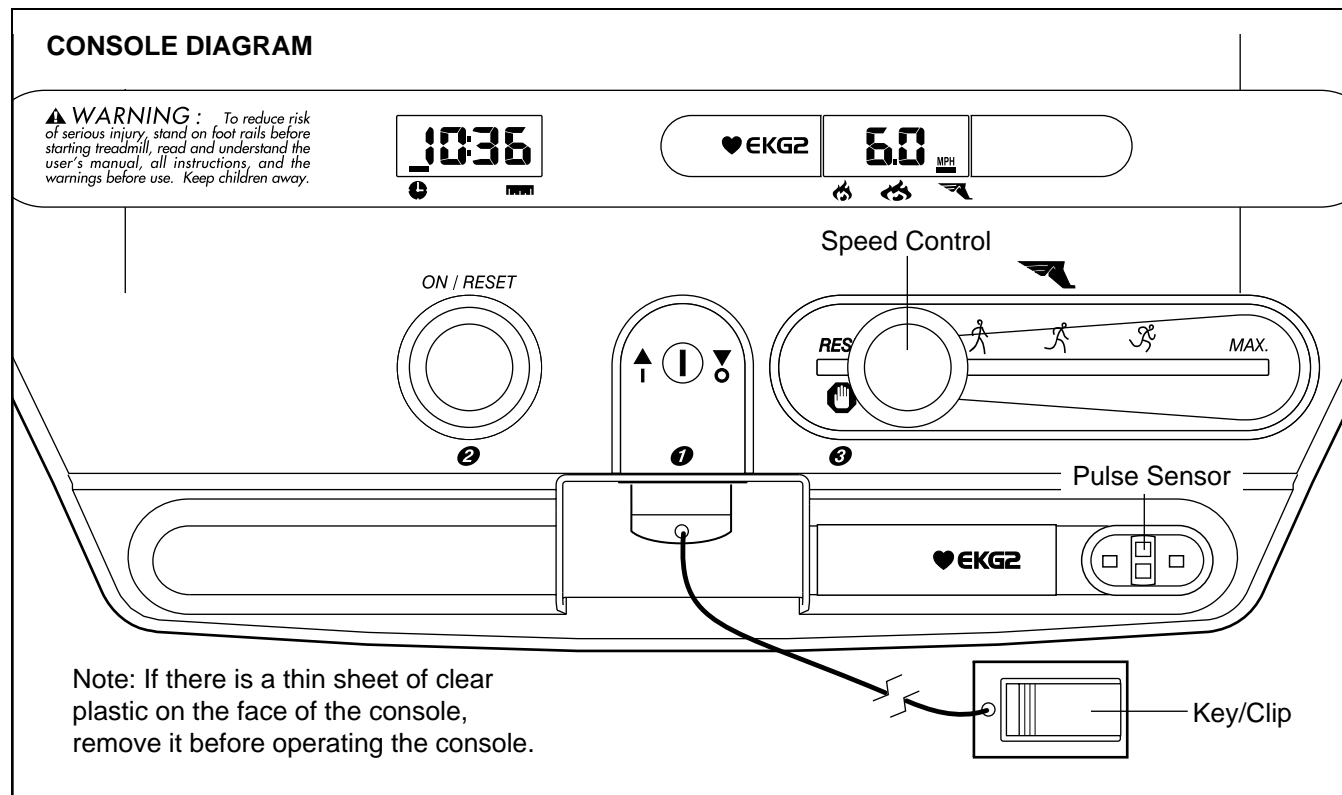### HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

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

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

⚠ **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.

CONSOLE DIAGRAM

⚠ *WARNING :* *To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.*

`_1036`

♥EKG2 `6.0` MPH

Speed Control

ON / RESET

RES

MAX.

❷   ❶   ❸

Pulse Sensor

♥EKG2

Key/Clip

Note: If there is a thin sheet of clear plastic on the face of the console, remove it before operating 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) whilst using the treadmill. When the key is removed from the console, the walking belt will stop.**

- **Adjust the speed in small increments.**

- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

BATTERY INSTALLATION

UNPLUG THE POWER CORD. The console requires 1.5 V batteries (included). Alkaline batteries are recommended. Open the battery cover as shown in the drawing at the upper right. Insert the batteries into the battery compartment, making sure that the negative (–) ends of the batteries are touching the springs in the battery compartment.

Batteries   Battery Cover   Tab
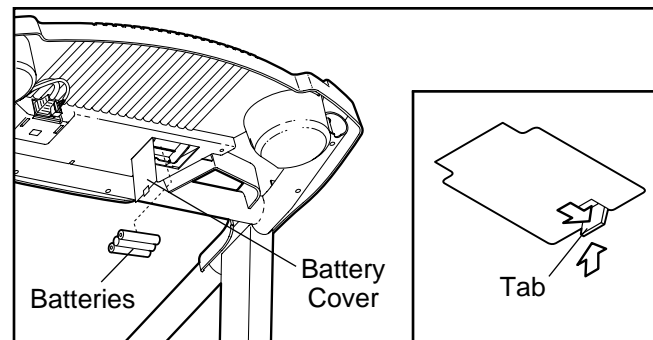
Close the battery cover, push up on the battery cover tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See on page 7.)

Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing at the top of this page), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Follow the steps below to operate the console.

1   **Insert the key fully into the power switch.**

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started.
Note: If you just installed batteries, the displays will already be on.
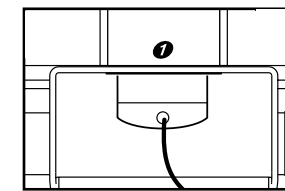
2   **Reset the speed control and start the walking belt.**

Slide the speed control fully to the left 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.**

MIN.   MAX.

❸
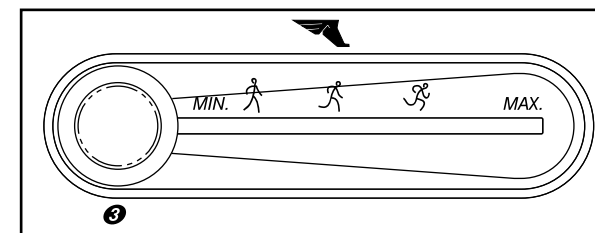
Next, slowly slide the speed control to the right until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

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

During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 13).

**3**   **Monitor your progress with the two displays.**

TIME/DISTANCE display—This display shows the elapsed time and the distance that you have walked or run, in kilometers or miles. Every few seconds, the display will change from one number to the other, as shown by the indicator in the display.

Indicator

`_1036`
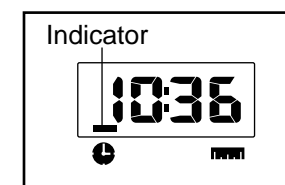
CALS/FAT CALS/ SPEED display—This display shows the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 14). In addition, the display shows the speed of the walking belt, in kilometers per hour or miles per hour. Every few seconds, the display will change from one number to the next, as shown by the indicator in the display.

Indicator

`6.0` MPH
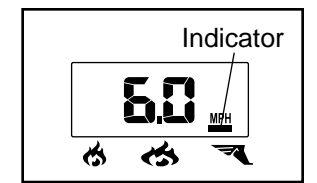
To reset the displays at any time, press the ON/RESET button.
Note: The displays can show distance and speed in kilometers or miles. To change from one measurement to the other, press and hold the ON/RESET button for five seconds.

ON / RESET

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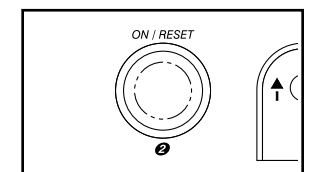
4   **Measure your heart rate, if desired.**

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

Pulse Sensor

`130` ♥
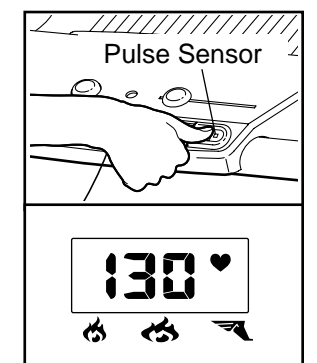
If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Try the sensor several times until you become familiar with it. Remember to stand still whilst measuring your heart rate.
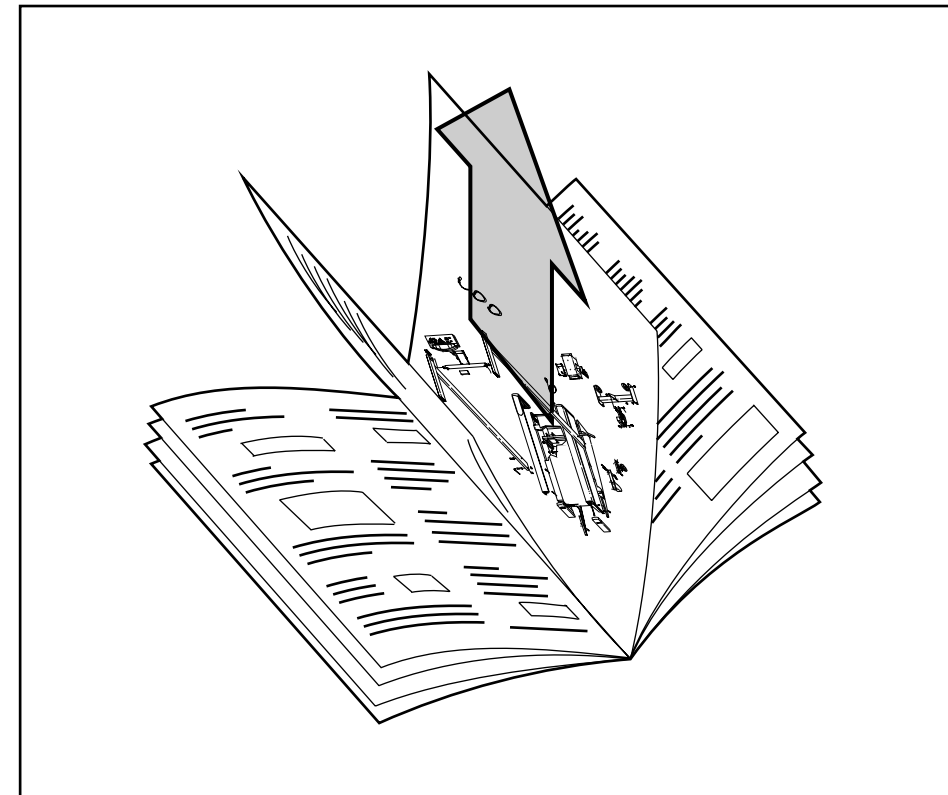
PART LIST—Model No. PETL54021

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handrail	50	1	Front Roller/Pulley
2	1	Key/Clip	51	1	Front Roller Adj. Bolt
3	2	Incline Pin	52	2	Incline Leg Cap
4	1	Battery Cover	53	4	Extension Leg/Handrail Screw
5	2	Foot Rail	54	1	Receptical
6	2	Incline Leg	55	1	Filter
7	1	Rear Roller	56	1	Circuit Breaker
8	1	Speed Potentiometer	57	2	3/8" Washer
9	1	Speed Control Knob	58	2	Frame Pivot Bolt
10*	1	Console Assembly	59	1	Latch Decal
11	1	Upright	60	1	Motor Belly Pan
12	1	Motor Belt	61	2	Cable Tie Clamp
13	5	Small Screw	62	2	Rear Platform Screw
14	1	Storage Latch	63	3	Releasable Tie
15	2	Frame Pivot Spacer	64	1	Choke
16	7	8" Cable Tie	65	2	Belt Guide
17	1	Motor Nut	66	10	Console Screw
18	1	Pulley/Flywheel/Fan	67	1	Walking Belt
19	1	Motor	68	1	Walking Platform
20*	1	Motor/Pulley/Flywheel/Fan	69	1	Motor Belt Shield
21	1	Wire Harness	70	12	Electronics Screw
22	4	Belt Guide Screw	71	2	Motor Pivot Bushing
23	1	Motor Hood	72	3	Grommet
24	1	Hood Shield	73	2	Isolator Screw
25	12	Screw	74	1	Allen Wrench
26	1	Controller	75	1	Frame
27	1	Motor Swivel Bolt	76	2	Front Endcap
28	1	Motor Tension Nut	77	1	Book Rack
29	1	Motor Tension Star Washer	78	1	Power Cord Set
30	1	Motor Tension Washer	79	3	Nylon Washer
31	1	Motor Tension Bolt	80	1	Ground Wire
32	2	Incline Leg Washer	81	3	Hood Screw (Front)
33	9	Belly Pan/Clip Screw	82	1	Electronic Bracket
34	2	Extension Leg	83	2	Rear Roller Adj. Bolt
35	4	Endcap Screw	84	1	Rear Endcap
36	2	Wheel Bolt	85*	2	Extension Leg Assembly
37	2	Wheel	86	1	Ferrite Box
38	4	Wheel Nut/Lift Nut	87	1	Wire Cover
39	10	Washer	88	1	Filter Wire
40	4	Base Pad	89	1	Ground Screw
41	2	Handrail Cap	#	1	8" White Wire, 2F
42	1	Latch Catch	#	1	4" White Wire, 2F
43	1	Reed Switch Clip	#	1	4" Black Wire, 2F
44	1	Reed Switch	#	1	4" Green/Yellow Wire, M/F
45	1	Magnet	#	1	User's Manual
46	1	Console Base			
47	4	Isolator			* Includes all parts shown in the box
48	4	Platform Screw			# These parts are not illustrated
49	1	Motor Pivot Bushing			

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.

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