

# HOW TO ORDER REPLACEMENT PARTS

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

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

**Tel: Country Code: 0345-08900**

Fax: 0113-2411120

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

- The MODEL NUMBER OF THE PRODUCT (PETL60000)
- The NAME OF THE PRODUCT (PROFORM® 600 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 pages 22 and 23 and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST on pages 22 and 23 and the EXPLODED DRAWING attached in the centre of this manual).

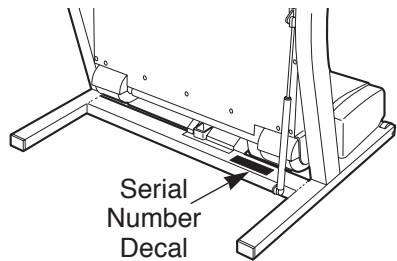
PROFORM is a registered trademark of ICON Health & Fitness, Inc.

# PRO·FORM® 600

## USER'S MANUAL

Model No. PETL60000  
Serial No. \_\_\_\_\_

Find the serial number in the location shown below. Write the serial number in the space above for reference.



### 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.

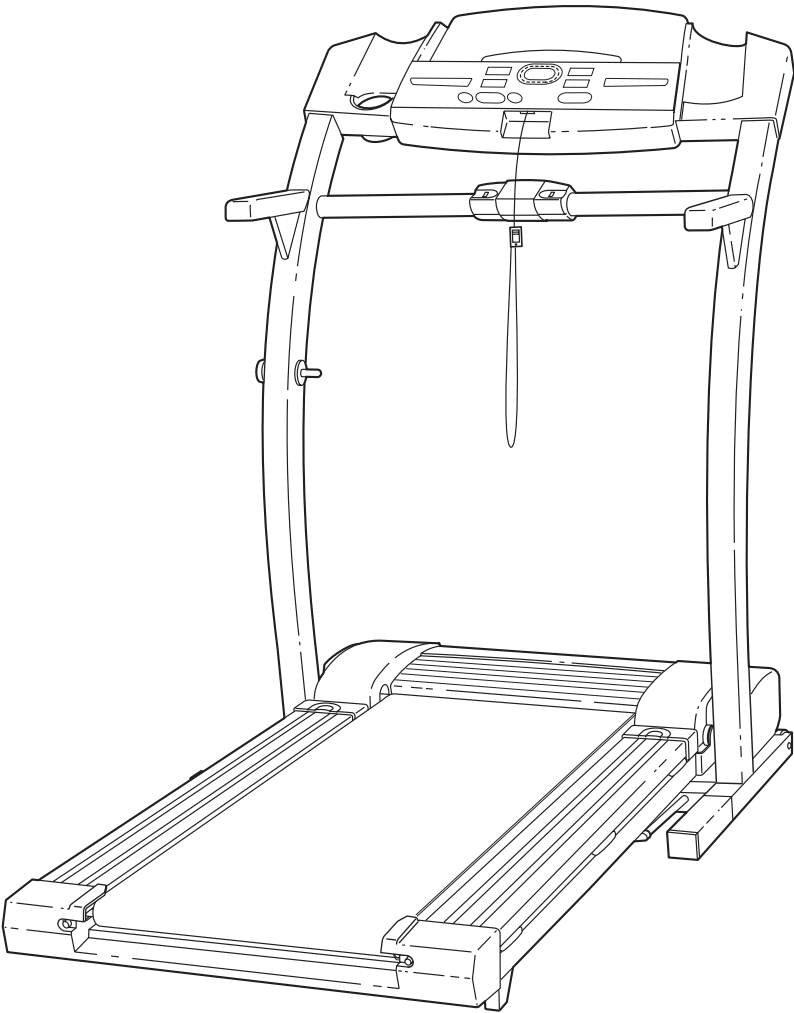
Please CALL:

**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.



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new products, prizes,  
fitness tips, and much more!

# PRO-FORM®600

## TABLE OF CONTENTS

IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	5
ASSEMBLY .....	6
OPERATION AND ADJUSTMENT .....	8
HOW TO FOLD AND MOVE THE TREADMILL .....	18
TROUBLE-SHOOTING .....	19
CONDITIONING GUIDELINES .....	21
PART LIST .....	22
HOW TO ORDER REPLACEMENT PARTS .....	Back Cover

Note: An EXPLODED DRAWING is attached in the centre of this manual.

101	21	Screw	125	1	50" Wire Harness
102	1	Lock Knob	126*	2	Extension Leg Assembly
103	2	Extension Leg	127	1	Belly Pan Foot
104	2	Extension Leg Cap	128	1	Foam Tape
105	1	Shock	129	1	Filter
106	1	Choke	130	4	Motor Square Bushing
107	2	Pulse Bar Bolt	131	1	Motor Isolator Plate
108	2	Pulse Bar Washer	#	1	8" White Wire, 2F
109	1	Pulse Bar	#	1	4" Black Wire, M/F
110	2	Handrail Foam Grip	#	1	8" Blue Wire, 2F
111	1	Lock Knob Sleeve	#	1	4" Blue Wire, 2F
112	1	Spring	#	1	4" Black Wire, 2F
113	1	Lock Pin Collar	#	1	4" Green Wire, F/Ring
114	1	Pin Clip	#	1	8" Green Wire, F/Ring
115	1	Lock Pin	#	1	8" Green Wire, 2 Ring
116	1	Console Base Bottom	#	1	6" Green/Yellow
117	2	Upright Endcap	#	1	User's Manual
118	1	Choke Bracket	* Includes all parts shown in the box **For more information about the optional hand weight set, see page 17 # These parts are not illustrated		
119	4	Base Pad Spacer			
120	1	Rear Foot Spacer			
121	1	I-Fit.com CD (not included)			
122**	2	3 lbs. (1.3 kg) Weight			
123*	1	Latch Assembly			
124	4	Wood Screw			

PART LIST—Model No. PETL60000

R0600A

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Belt	51	1	Front Belly Pan
2	1	Pulley/Flywheel/Fan	52	1	Euro Power Cord
3	4	3/8" Motor Flange Nut	53	4	Cable Tie Clamp
4*	1	Motor/Pulley/Flywheel/Fan	54	13	Belly Pan Screws
5	2	Incline Motor Bolt	55	1	Walking Belt
6	1	Incline Motor Spacer	56	1	20" Wire Harness
7	1	Incline Motor	57	1	Rear Roller
8	1	Stop Bracket	58	2	Rear Isolator
9	2	Electronics Nut	59	2	Rear Foot
10	4	Star Washer	60	6	Rear Foot Screw
11	1	Optic Switch	61	1	Ground Wire
12	1	Frame	62	28	Hex Screw
13	2	Electronics Bolt	63	1	Belly Pan
14	1	Incline Optic Disk	64	1	Rear Endcap
15	8	3/8" Nut	65	2	Rear Roller Adj. Bolt
16	1	UK Power Cord	66	1	Motor
17	4	Plastic Stand-Off	67	1	Latch Decal
18	1	Hood Bracket (short)	68	2	Rear Platform Screw
19	1	Hood Bracket (long)	69	2	Electronics Screw
20	2	Caution Decal	70	1	Latch Catch
21	1	Reed Switch	71	1	Walking Platform
22	1	Reed Switch Clip	72	5	8" Cable Tie
23	1	Motor/Controller Wire	73	1	Jack
24	1	Controller	74	1	Motor Tension Bolt
25	1	Electronics Bracket	75	2	Foot Rail Insert
26	1	Circuit Breaker	76	6	Small Screw
27	1	Receptacle	77	1	Console
28	1	Tension Bolt Sleeve	78**	2	2 lbs. (1 kg) Weight
29	1	On/Off Switch	79	1	Plastic Trim
30	1	Power Inlet Bracket	80	1	10' I-Fit Wire
31	1	Incline Leg	81	1	Circuit Board
32	2	Frame Pivot Bolt	82	1	Upright
33	2	Frame Pivot Spacer	83	2	Incline Leg Pivot Bolt
34	1	Upright Wire Harness	84	2	Static Warning Decal
35	1	Front Roller Adj. Bolt	85	2	Handrail Extension
36	3	Roller Adj. Washer	86	2	Wheel Bolt
37	2	Motor Tension Nut/Front Roller Nut	87	1	Console Base
38	4	Motor Carriage Bolt	88	1	Motor Tension Washer
39	2	Cap Screw	89	10	Console/Catch Screw
40	1	Left Foot Rail Cap	90	1	Key/Clip
41	2	Foot Rail	91	1	Incline Motor Belly Pan
42	1	Front Roller/Pulley	92	1	Right Foot Rail Cap
43	1	Magnet	93	1	Motor Tension Spacer
44	4	Platform Screw	94	1	Motor Hood
45	4	Isolator	95	2	Front Wheel
46	2	Isolator Screw	96	1	Incline Motor Shield
47	15	Fastener	97	6	Base Pad
48	1	Shield	98	1	12" Audio Wire
49	2	Belt Guide	99	2	Electronics Bracket Grommet 1"
50	1	Book Holder	100	1	Allen Wrench

IMPORTANT PRECAUTIONS

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

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

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

3. Place the treadmill on a level surface, with at least 2 metres 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. When choosing a location for the treadmill, make sure that the location and position permit access to a plug.

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

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

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

8. The treadmill should not be used by persons weighing more than 115 kg.

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

10. 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.

11. When connecting the power cord (see 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.
12. If an extension cord is needed, use only a 3-conductor, 1mm² (14 gauge) cord that is no longer than 1.5 meters.

13. Keep the power cord away from heated surfaces.

14. 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 5 if the treadmill is not working properly.)

15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

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

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, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)

19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 18.) You must be able to safely lift 20 kg in order to raise, lower, or move the treadmill.

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

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

22. When using i-Fit.com CD's and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using i-Fit.com CD's and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

24. Always remove i-Fit.com CD's and videos from your CD player or VCR when you are not using them.

25. Inspect and tighten all parts of the treadmill regularly.

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

27. **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.

28. 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 below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department at 0345-089009 to order a free replacement decal (see the front cover of this manual). Apply the decal in the location shown.

**⚠ 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.

Note: This decal is shown at 38% of actual size.

**CAUTION**

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

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 only. 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.

4

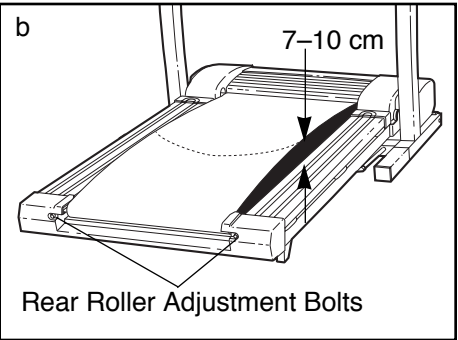
21



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

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

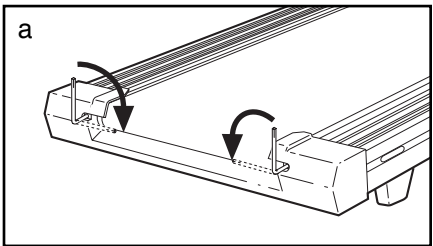
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7 to 10 cm off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



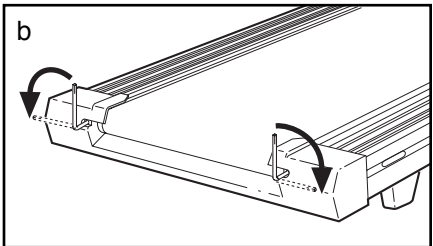
c. If the walking belt still slows when walked on, please call our Customer Service Department.

**PROBLEM: The walking belt is off-centre**

**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.

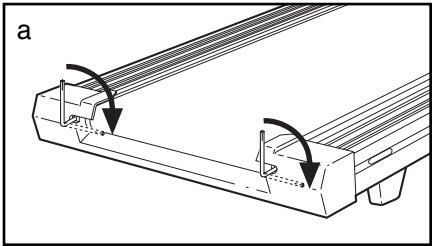


b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power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



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

**SOLUTION:** a. 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. 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.



**PROBLEM: The incline of the treadmill does not change correctly or does not change when i-Fit.com CD's and videos are played**

**SOLUTION:** a. With the key inserted in the console, press one of the incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline.

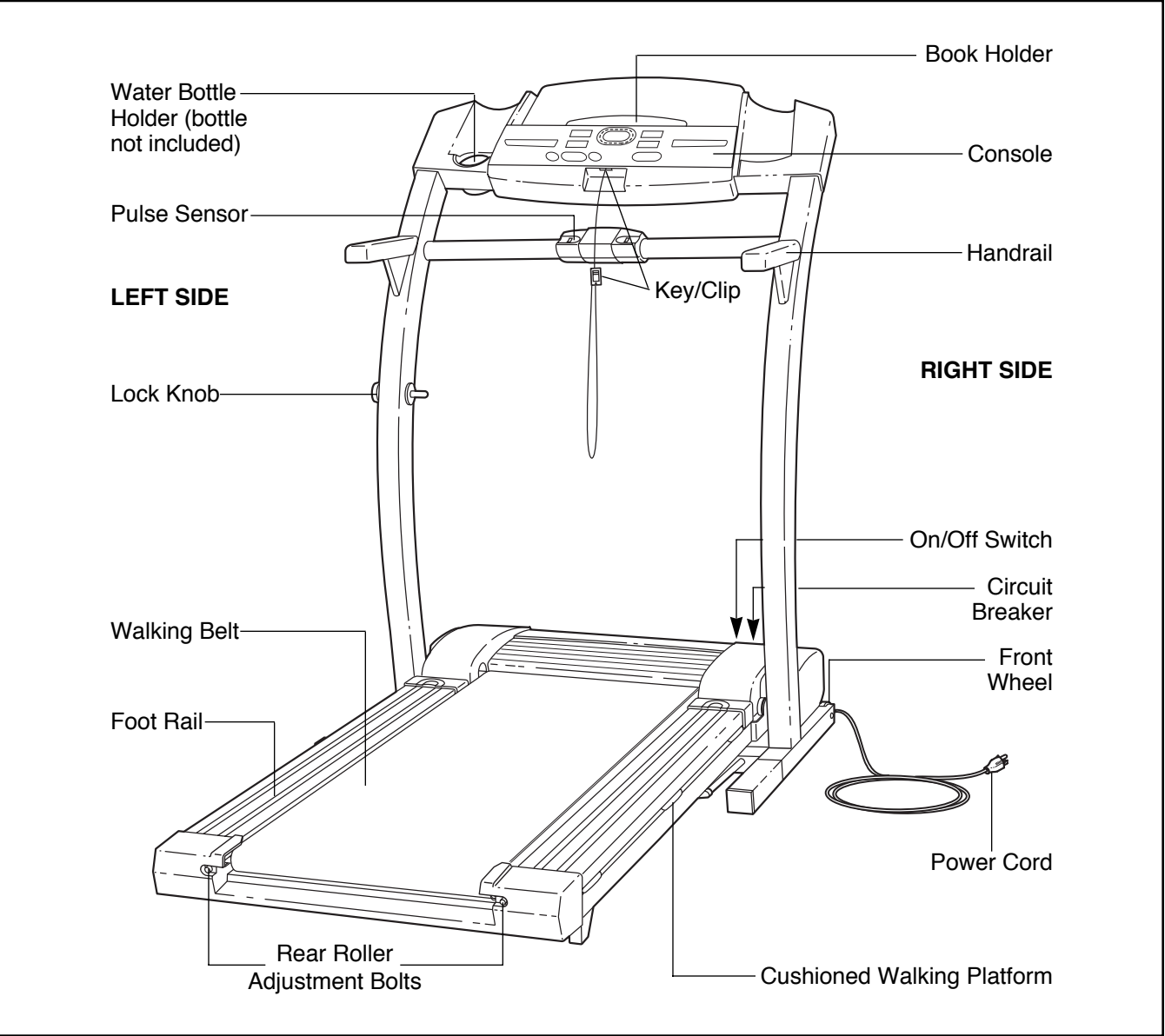
**BEFORE YOU BEGIN**

Thank you for selecting the revolutionary PROFORM® 600 treadmill. The treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience and privacy of your home. And when you're not exercising, the unique PROFORM® 600 can be folded up, requiring less than half the floor space of other treadmills.

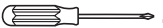
**For your benefit, read this manual carefully before using the treadmill.** If you have additional questions, please call our our Customer Service Department at

**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 PETL60000. 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.



# 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** .

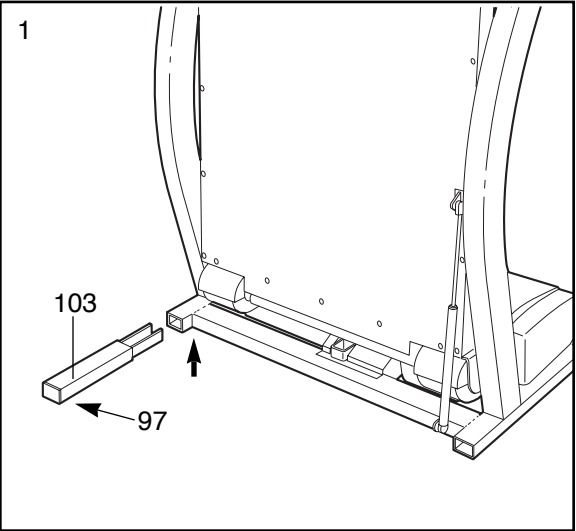
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant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

If you have additional questions, please call our our Customer Service Department at 0345-089009.

1. With the help of a second person, carefully raise the treadmill to the upright position.

While a second person tips the treadmill to one side and holds it, insert one of the Extension Legs (103) into the treadmill as shown. Make sure that the Extension Leg is turned so the Base Pad (97) is on the bottom.

Next, tip the treadmill to the other side and insert the other Extension Leg (not shown) in the same way. Lower the side of the treadmill so that both Extension Legs (103) are resting flat on the floor.

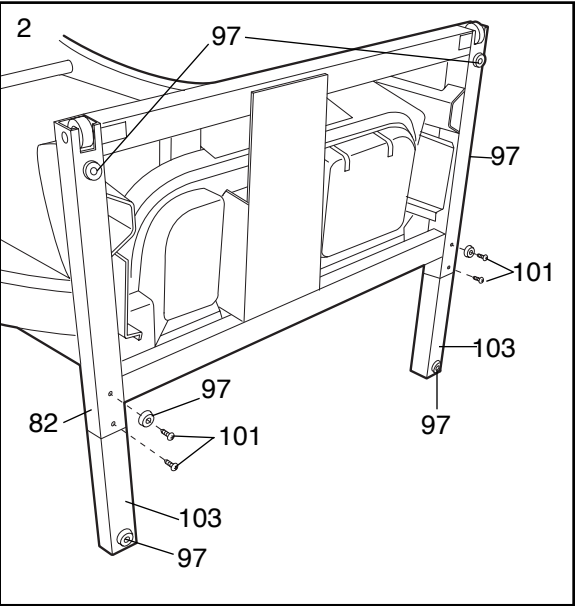


2. With the help of a second person, carefully tip the Uprights (82) down as shown. **Make sure that the Extension Legs (103) remain in the Uprights.**

Attach each Extension Leg (103) with two Screws (101) and a Base Pad (97) as shown.

With the help of a second person, carefully tip the Uprights (82) back to the vertical position.

Note: One replacement Thick Base Pad (97) may be included. Use the extra Pad if one becomes worn or needs to be replaced.



# TROUBLE-SHOOTING

**Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our Customer Service Department at 0345-089009.**

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

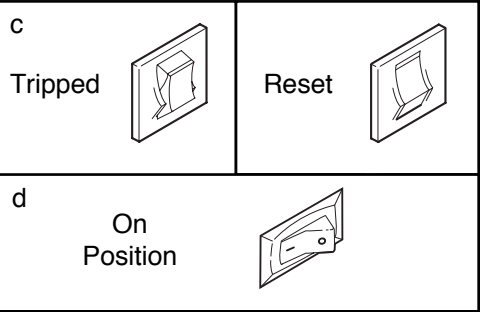
**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm<sup>2</sup>) cord that is no longer than 1.5 meters (5 feet). Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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

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

- e. Check the fuse in the power cord shown on page 7. If the fuse is blown, replace it with an equivalent fuse.



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

**SOLUTION:** a. 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.

- b. Check the fuse in the power cord. Replace the fuse if required.

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

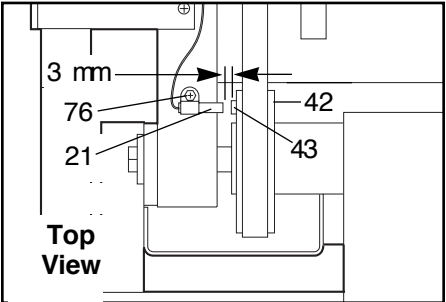
- c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 10.

- d. Make sure that the on/off switch is in the on position.

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

**PROBLEM: The speed display on the console does not function properly**

**SOLUTION:** a. 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 (21) and the Magnet (43) on the left side of the Pulley (42). 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.** If necessary, loosen the Small Screw (76) 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 pulse display on the console does not function properly**

**SOLUTION:** a. Wash your hands prior to using the pulse sensor. Clean the sensor with a damp cloth and soap.

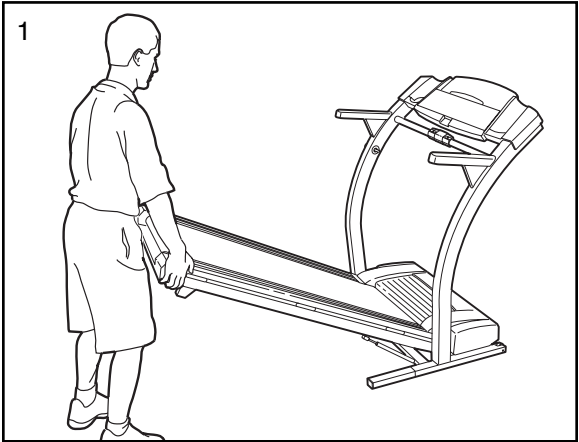
- b. Make sure that there is not a bright light or direct sunlight shining directly on the pulse sensor.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

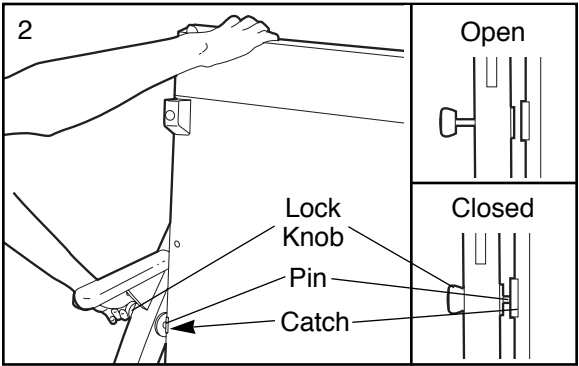
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 20 kg in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the catch. Insert the latch pin into the catch. **Make sure that the latch pin is fully inserted into the catch.**

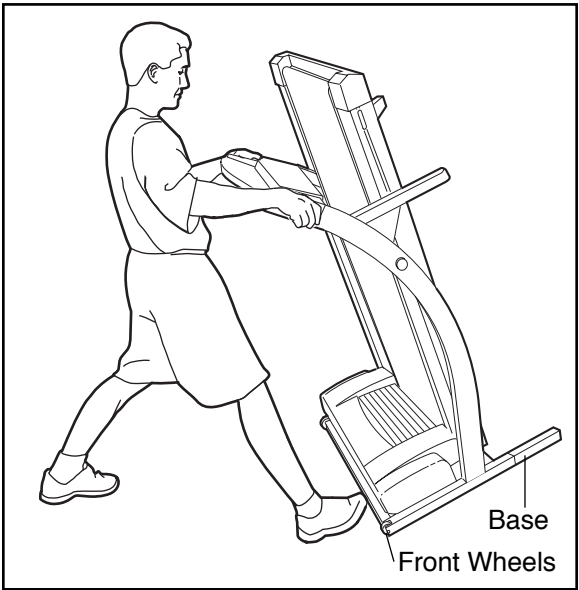
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30°Celsius.



## HOW TO MOVE THE TREADMILL

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

1. Hold the handrails as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. 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.



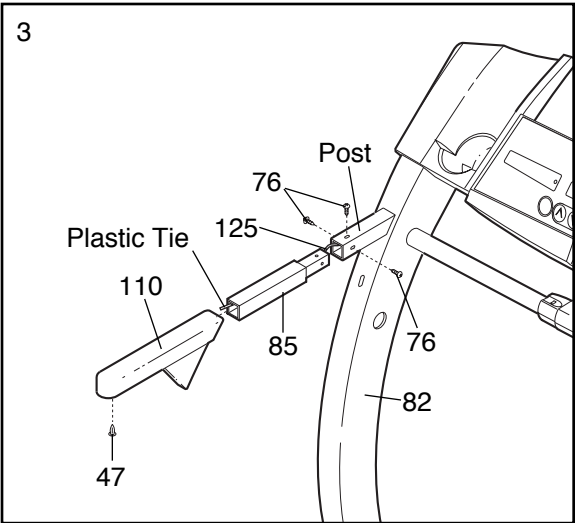
## HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin. Slowly release the latch knob.
2. Refer to drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

3. Locate the plastic tie in the post on the left Upright (82). Hold a Handrail Extension (85) in the position shown. Insert the plastic tie into the Handrail Extension as you insert the Handrail Extension into the post. Attach the Handrail Extension with three Small Screws (76). **Note: The plastic tie is tied to the 50" Wire Harness (125). Be careful to avoid damaging the Hand Pulse Wire. The 50" Wire Harness is used with the optional chest pulse sensor (see page 17).**

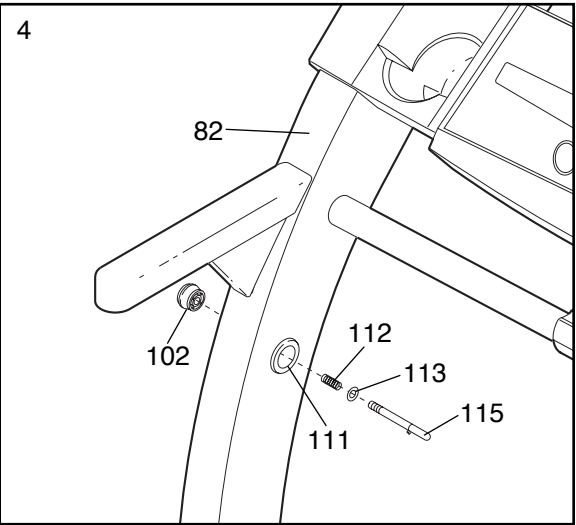
Slide a Handrail Foam Grip (110) onto the Handrail Extension (85). Press one Fastener (47) into the Handrail Foam Grip.

Attach the other Handrail Extension and Handrail Foam Grip to the right Upright (not shown). Note: There is not a pulse wire in the right Upright.



4. Make sure that the Lock Knob Sleeve (111) is fully inserted into the left Upright (82).

Remove the Lock Knob (102) from the Lock Pin (115). Make sure that the Lock Pin Collar (113) and the Spring (112) are on the Lock Pin. Insert the Lock Pin into the left Upright (82) and tighten the Lock Knob onto it.



5. **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 20). To protect the floor or carpet from damage, place a mat under the treadmill.



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.**

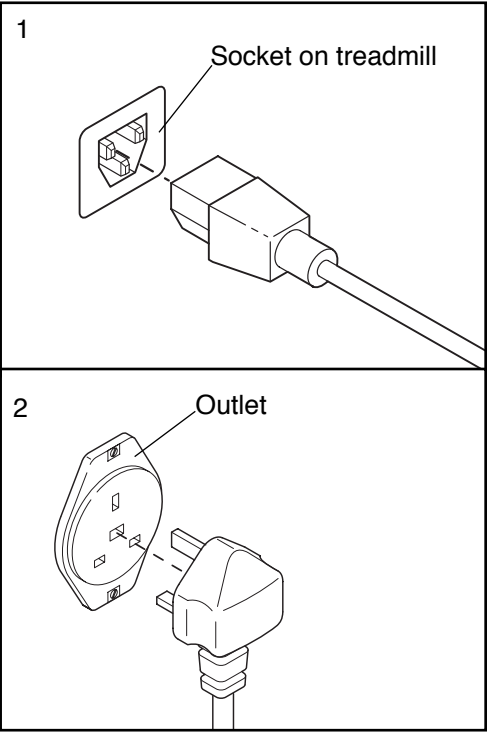
HOW TO PLUG IN THE POWER CORD

**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. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adapter (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

Use only a power cord type H05VV-F with a conductor of at least 1mm², with a country recognised plug and an appliance coupler.

**⚠ 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.



**8** Follow your progress with the LED track and the four displays.

See step 5 on page 10.

**9** Measure your pulse, if desired.

See step 6 on page 11.

**10** When the program is finished, remove the key.

Step onto the foot rails and remove the key from the console. Keep the key in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. Refer to the instructions below and turn off the demo mode.**

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

THE INFORMATION MODE/DEMO MODE

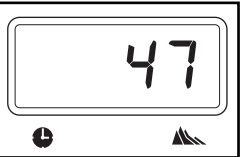
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometres per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

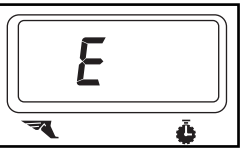
The distance/laps display will show the total number of miles that the walking belt has moved.



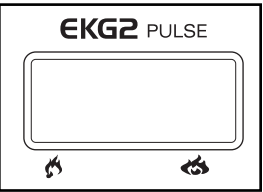
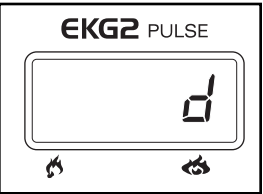
The time/incline display will show the total number of hours the treadmill has been used.



An “E,” for english miles, or an “M,” for metric kilometres, will appear in the speed/min-mile display. Press the speed △ button to change the unit of measurement.



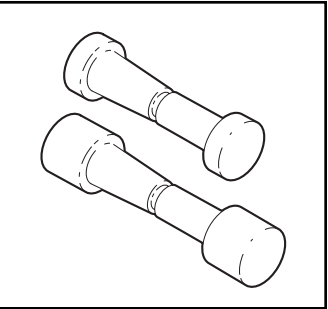
**IMPORTANT: The calories/fat calories/pulse display should be blank.** If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears in the calories/fat calories/pulse display when the information mode is selected, press the speed ▽ button so the calories/fat calories/pulse display is blank.**



To exit the information mode, remove the key from the console.

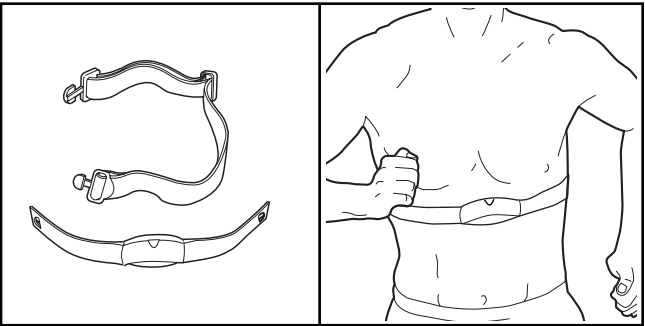
OPTIONAL HAND WEIGHTS

Optional hand weights let you include upper-body exercise in your workouts. The hand weights fit into convenience holders in the console. **To purchase the hand weights, contact our Customer Service Department at 0345-089009.**



OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor offers hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor contact our Customer Service Department at 0345-089009.**



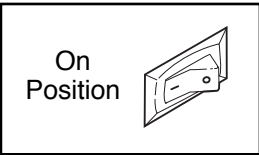


**HOW TO USE PROGRAMS DIRECTLY FROM OUR INTERNET SITE**

Our new internet site at [www.iFit.com](http://www.iFit.com) allows you to access a large selection of programs that interactively control your treadmill to help you achieve your specific exercise goals. In addition, you can play iFit.com audio and video programs directly from the internet. You can use even more features on our internet site. Explore [www.iFit.com](http://www.iFit.com) for details.

To use programs from our internet site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 13. In addition, you must have at least a 56K modem and an account with an internet service provider. A list of additional system and software requirements will be found on our internet site.

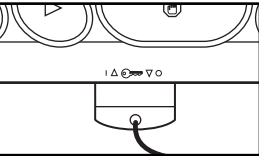
Next, make sure that the on/off switch near the power cord is in the on position. In addition, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 8).



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

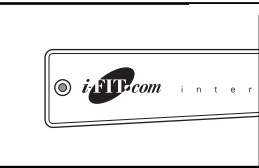
**1 Insert the key fully into the console.**

When the key is inserted, the four displays and various indicators on the console will light.



**2 Press the mode button.**

When the key is inserted, the manual mode will automatically be selected. To use a program from our internet site, press the mode button. The iFit.com indicator will light.



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

**4 Start your web browser, if necessary, and go to our internet site at [www.iFit.com](http://www.iFit.com).**

**5 Follow the desired links on our internet site to select a program.**

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

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

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

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

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

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

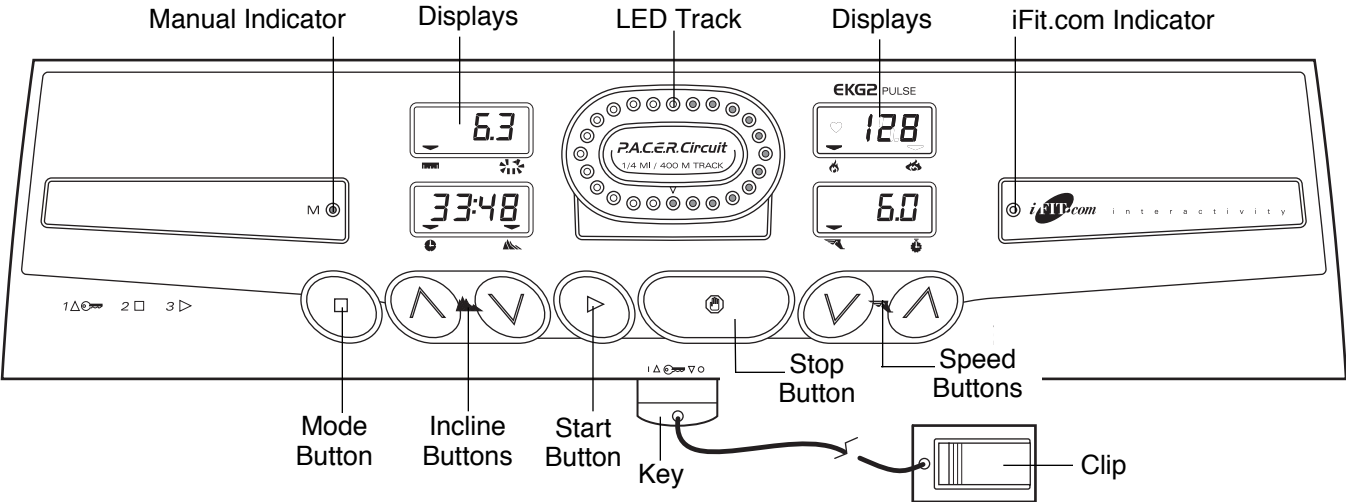
If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the speed or incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the program at any time, press the stop button on the console. The time/incline display will begin to flash. To restart the program, press the start button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

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

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

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

**FEATURES OF THE CONSOLE**

The treadmill console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be controlled with a touch of a button. As you exercise, the LED track and the four displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also features advanced iFit.com interactive technology. iFit.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play special iFit.com CD programs (one CD is included). iFit.com CD programs automatically control the speed

and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two different programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFit.com video programs (videocassettes are not included). Video programs offer the same benefits as iFit.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

With the treadmill connected to your computer, you can also go to our new internet site at [www.iFit.com](http://www.iFit.com) and access even more programs. Choose from a selection of basic programs that interactively control the speed and incline of your treadmill to help you achieve your personal exercise goals. Or, use iFit.com audio and video programs directly from our internet site. Visit [www.iFit.com](http://www.iFit.com) for complete details and to learn about other iFit.com features.

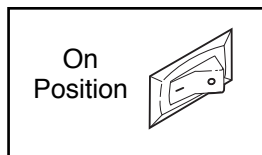
To purchase iFit.com CD's or iFit.com videocassettes call Customer Service Department. For information about other optional accessories, see page 17.

**To use the manual mode of the console**, follow the steps beginning on page 10. **To use iFit.com CD or video programs**, refer to page 14. **To use iFit.com programs directly from our internet site**, see page 16.

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

## HOW TO USE THE MANUAL MODE

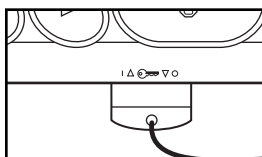
Before operating the console, make sure that the on/off switch near the power cord is in the on position. Next, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 8).



When you are ready to begin exercising, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9), and slide the clip onto the waistband of your clothing. Follow the steps below to use the manual mode.

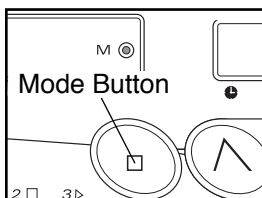
### 1 Insert the key fully into the console.

When the key is inserted, the four displays and various indicators on the console will light.



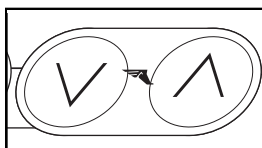
### 2 Select the manual mode.

When the key is inserted, the manual mode will automatically be selected. If the iFit.com indicator is lit, press the mode button to select the manual mode.



### 3 Press the start button or the speed Δ button to start the walking belt.

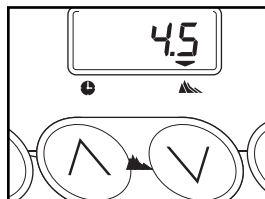
A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and carefully begin walking. As you exercise, change the speed of the walking belt as desired by pressing the speed buttons.



To stop the walking belt, press the stop button. The time/incline display will begin to flash. To restart the walking belt, press the start button or the speed Δ button.

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

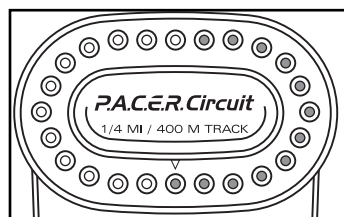
To change the incline of the treadmill, press the incline buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The incline range is 1.5% to 12%. Note: When one of the incline buttons is pressed, the time/incline display will show the incline setting for seven seconds. After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



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

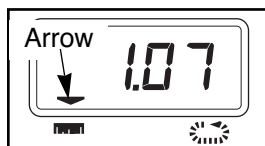
#### The LED Track—

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 or run and the number of laps you have completed (one lap equals 1/4 mile). The display will alternate between one number and the other every seven seconds, as shown by the arrows in the display.



#### Time/incline display—

This display shows the elapsed time and the incline level of the treadmill. The incline level will be shown for seven seconds each time the incline is adjusted.



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

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time/incline display is flashing, press the start button or the speed Δ button on the console. The treadmill will not respond to a CD or video program while the time/incline display is flashing.

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

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

To stop the program at any time, press the STOP button on the console. The time/incline display will begin to flash. To restart the program, press the start button again. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program.** The program can also be stopped by pressing the stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the time/incline display will begin to flash. Note: To use another CD or video program, press the stop button or remove the key and go to step 1 on page 14.

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

- make sure that the iFit.com indicator is lit and that the time/incline display is not flashing. If the time/incline display is flashing, press the start button or the speed Δ button on console.

- adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals

- make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord

- if you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

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

See step 5 on page 10.

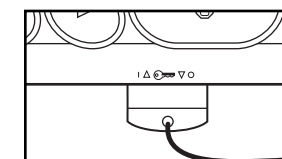
### 6 Measure your pulse, if desired.

See step 6 on page 11.

### 7 When the iFit.com CD or video program is finished, remove the key.

Step onto the foot rails and remove the key from the console. Keep the key in a secure place.

**Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 17 and turn off the demo mode.**



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

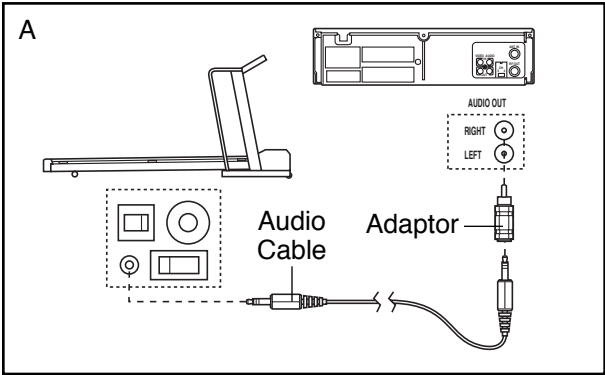
When you are finished using the treadmill, move the on/off switch near the power cord to the off position.



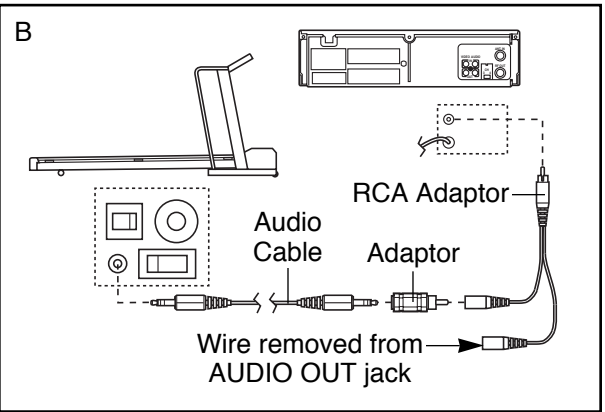
HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 13.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into the AUDIO OUT jack on your VCR.



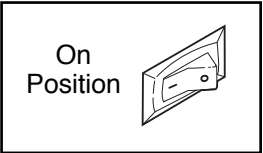
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into an RCA Adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA Adaptor. Plug the RCA Adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFit.com CD's or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE COMPUTER TO YOUR CD PLAYER, VCR, OR COMPUTER on page 12. **Note: One iFit.com CD is included. To purchase other iFit.com CD's or to purchase iFit.com video-cassettes, call our Customer Service Department.**

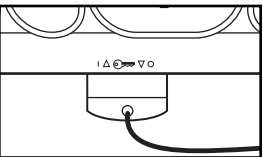
Make sure that the on/off switch near the power cord is in the on position. In addition, make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 8).



When you are ready to begin exercising, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 9), and slide the clip onto the waistband of your clothing. Follow the steps below to use an iFit.com CD or video. **Note: The instructions included in the CD case describe how to use the CD with a variety of PROFORM treadmills. Some instructions may not apply to this treadmill.**

1 Insert the key fully into the console.

When the key is inserted, the four displays and various indicators on the console will light.



2 Press the mode button.

When the key is inserted, the manual mode will automatically be selected. To use an iFit.com CD or video program, press the mode button. The iFit.com indicator will light.



3 Insert the iFit.com CD or videocassette.

If you are using an iFit.com CD, insert the CD into your CD player. If you are using an iFit.com video-cassette, insert the videocassette into your VCR.

Calories/fat calories/pulse display

—This display shows the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 21). Every seven seconds, the display will change from one number to the other, as shown by the arrows in the display. This display will also show your heart rate when the pulse sensor is used (see step 6 on this page).

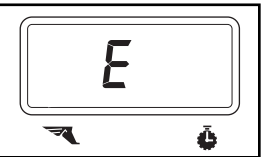


Speed/min-mile display

—This display shows the speed of the walking belt and your current pace (pace is measured in minutes per mile). Every seven seconds, the display will change from one number to the other, as shown by the arrows in the display.



**Note:** The speed/min-mile display can show speed in either miles per hour or kilometres per hour. To determine which unit of measurement is selected, hold down the stop button while inserting the key into the console. An "E," for english miles, or an "M," for metric kilometres, will appear in the display. Press the speed  $\Delta$  button to change the unit of measurement. When the desired unit of measurement is selected, remove and then reinsert the key. **Note:** For simplicity, all instructions in this manual refer to miles.

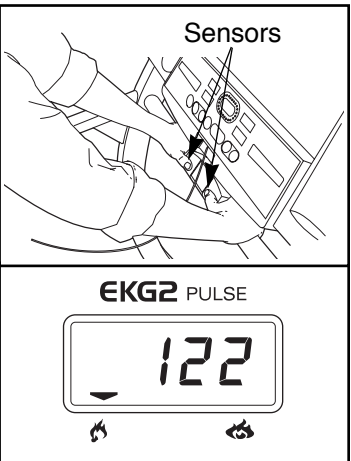


To reset the displays, press the stop button to stop the walking belt and then press the stop button again.

6 Measure your pulse, if desired.

**Note:** When using the pulse sensor, make sure that your hands are clean. The pulse sensor should also be kept clean with a damp cloth and mild detergent.

To measure your pulse, stand on the foot rails and place **both thumbs** on the pulse sensors as shown. **Do not press too hard, or the circulation in your thumbs will be restricted and your pulse will not be detected.** Next, wait until the heart-shaped indicator in the calories/fat calories/pulse display flashes **steadily**. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumbs on the sensor for another 15 seconds for the most accurate reading.

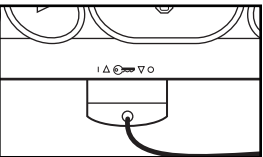


If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumbs off the sensors and allow the display to reset. Then, place your thumbs on the sensors as described above. Try the pulse sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

7 When you are finished exercising, remove the key.

Step onto the foot rails, press the stop button, and remove the key from the console. Keep the key in a secure place.

**Note:** If the displays and various indicators on the console remain lit after the key is removed, the console is in the "demo" mode. Refer to page 17 and turn off the demo mode.



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



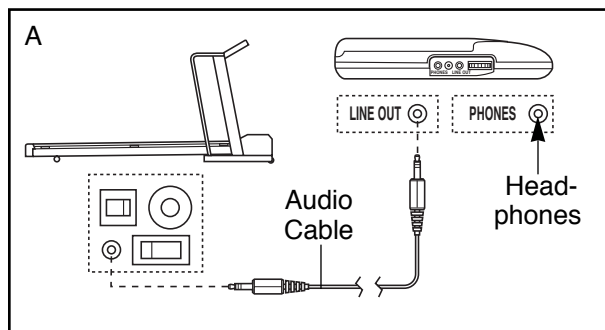
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFit.com CD's, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 12 and 13 for connecting instructions. To use iFit.com videocassettes, the treadmill must be connected to your VCR. See page 14 for connecting instructions. To use iFit.com programs directly from our internet site, the treadmill must be connected to your home computer. See page 13 for connecting instructions.

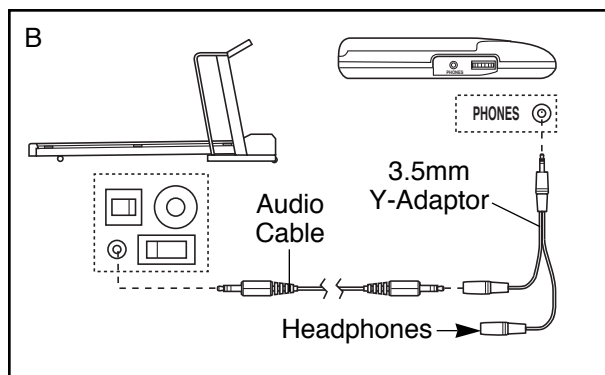
### HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



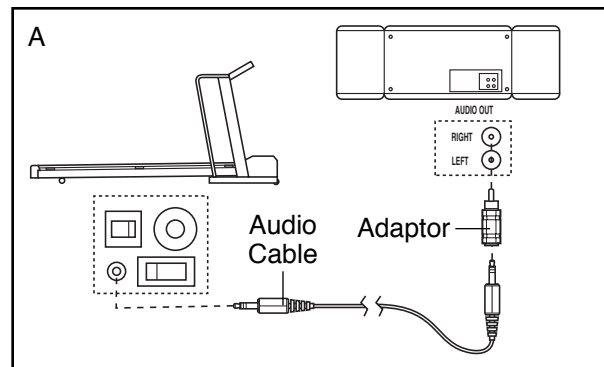
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-Adaptor (available at electronics stores). Plug the Y-Adaptor into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-Adaptor.



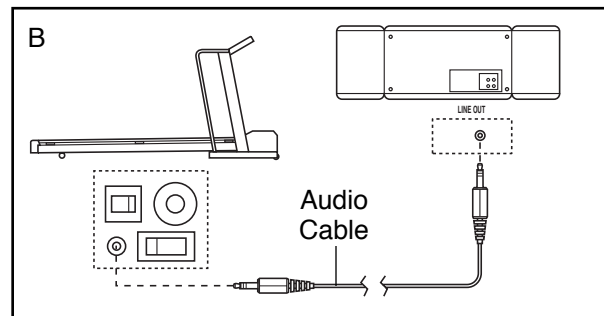
### HOW TO CONNECT YOUR PORTABLE STEREO

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

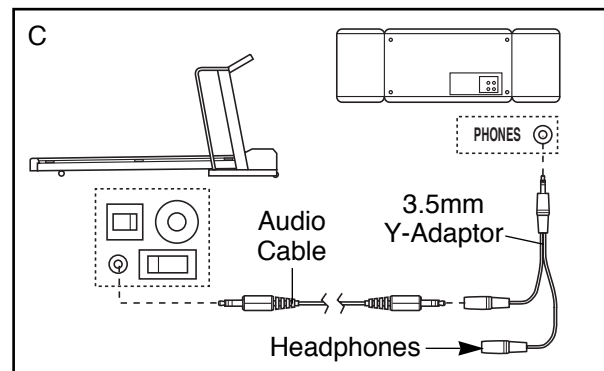
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into an AUDIO OUT jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.



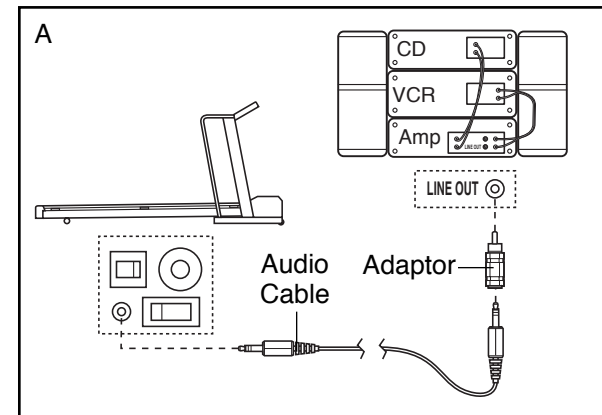
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-Adaptor (available at electronics stores). Plug the Y-Adaptor into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-Adaptor.



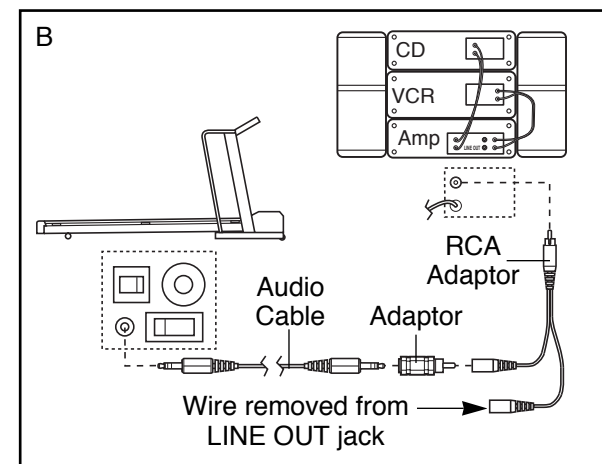
### HOW TO CONNECT YOUR HOME STEREO

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

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into the LINE OUT jack on your stereo.



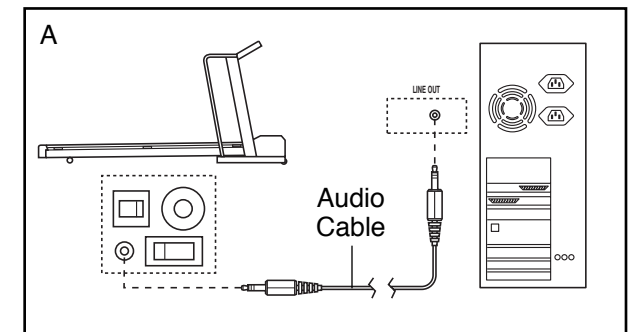
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included Adaptor. Plug the Adaptor into an RCA Adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the RCA Adaptor. Plug the RCA Adaptor into the LINE OUT jack on your stereo.



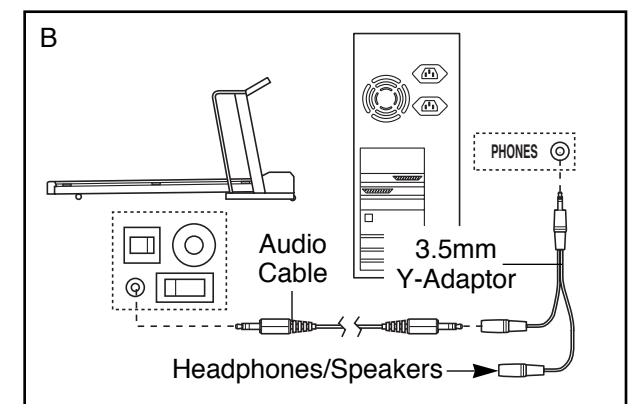
### HOW TO CONNECT YOUR COMPUTER

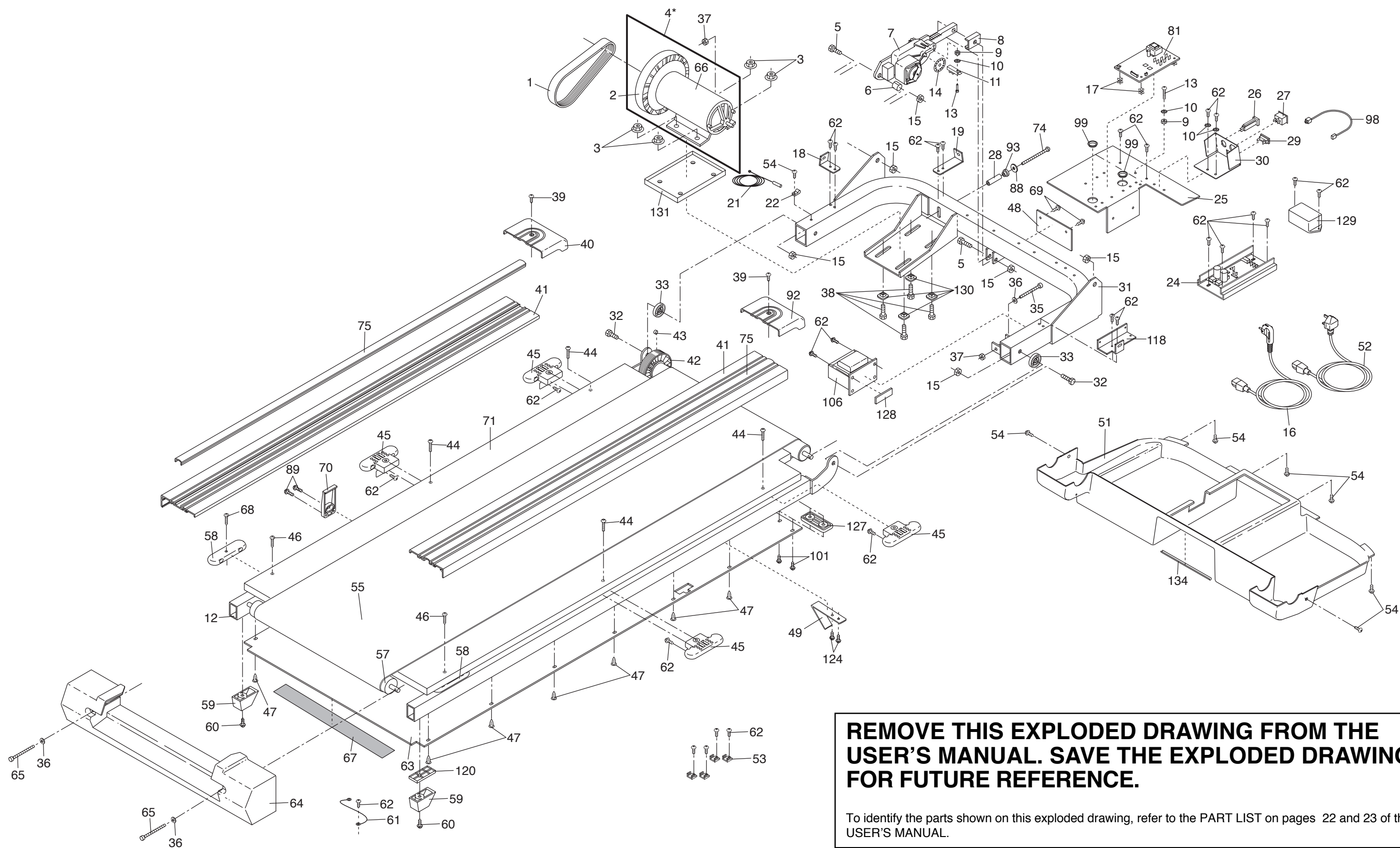
**Note:** If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-Adaptor (available at electronics stores). Plug the Y-Adaptor into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-Adaptor.





**REMOVE THIS EXPLODED DRAWING FROM THE USER'S MANUAL. SAVE THE EXPLODED DRAWING FOR FUTURE REFERENCE.**

To identify the parts shown on this exploded drawing, refer to the PART LIST on pages 22 and 23 of the USER'S MANUAL.

EXPLODED DRAWING—Model No. PETL60000

R0600A

