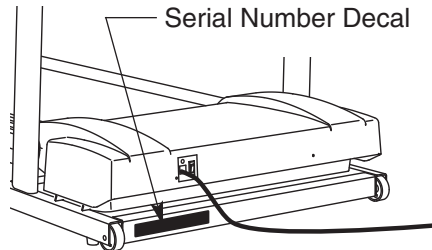


PRO-FORM®



Model No. PFTL31304.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

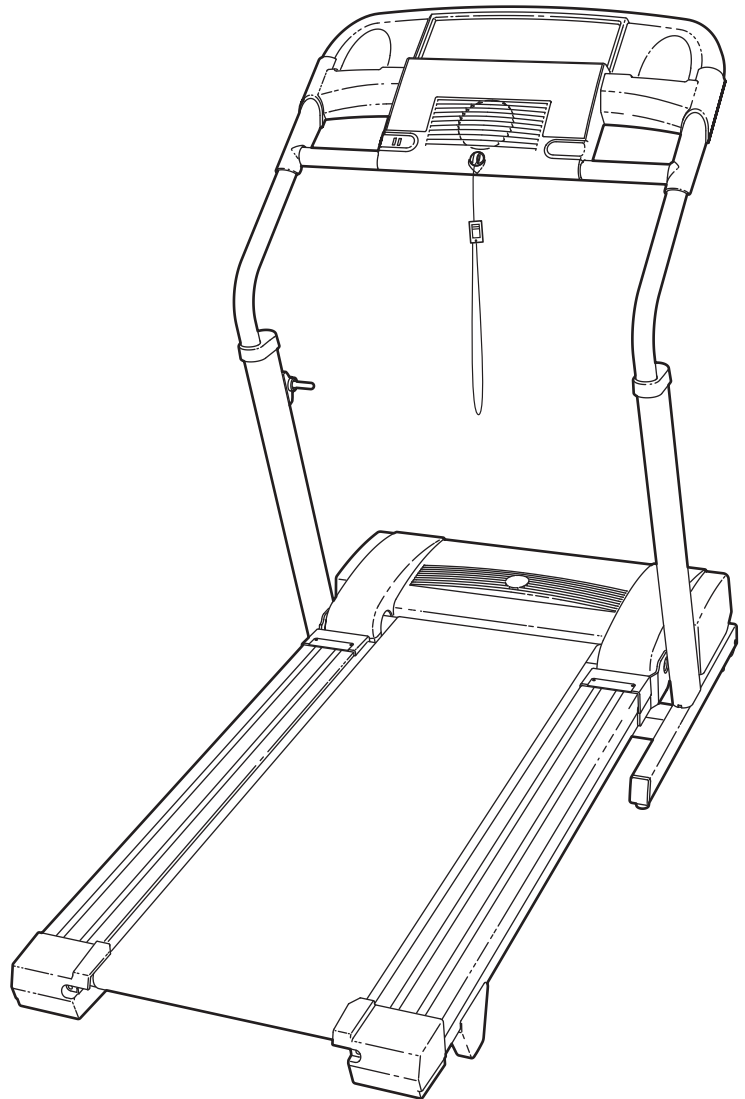
CALL TOLL-FREE:

1-888-533-1333

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

www.proformservice.com



CAUTION

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



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PRO-FORM®



TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
OPERATION AND ADJUSTMENT	10
HOW TO FOLD AND MOVE THE TREADMILL	13
TROUBLESHOOTING	15
CONDITIONING GUIDELINES	17
PART LIST	20
EXPLODED DRAWING	21
ORDERING REPLACEMENT PARTS	Back Cover
WARRANTY	Back Cover

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 eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or oxygen is administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds. Never allow more than one person on the treadmill at a time.
8. 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.*
9. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
11. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 5 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see **OPERATION AND ADJUSTMENT** on page 10).
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 reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
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 13.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

- 21. Inspect and properly tighten all parts of the treadmill every three months.
- 22. Never drop or insert any object into any opening.
- 23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures de-

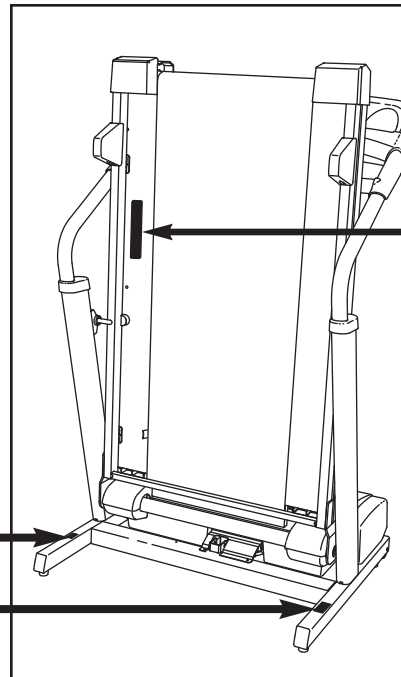
scribed in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

- 24. The treadmill is intended for in-home use only. Do not use the 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 here have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Note: The decals are not shown at actual size.




⚠ WARNING:

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

-  •Stand only on the 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.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

-  •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

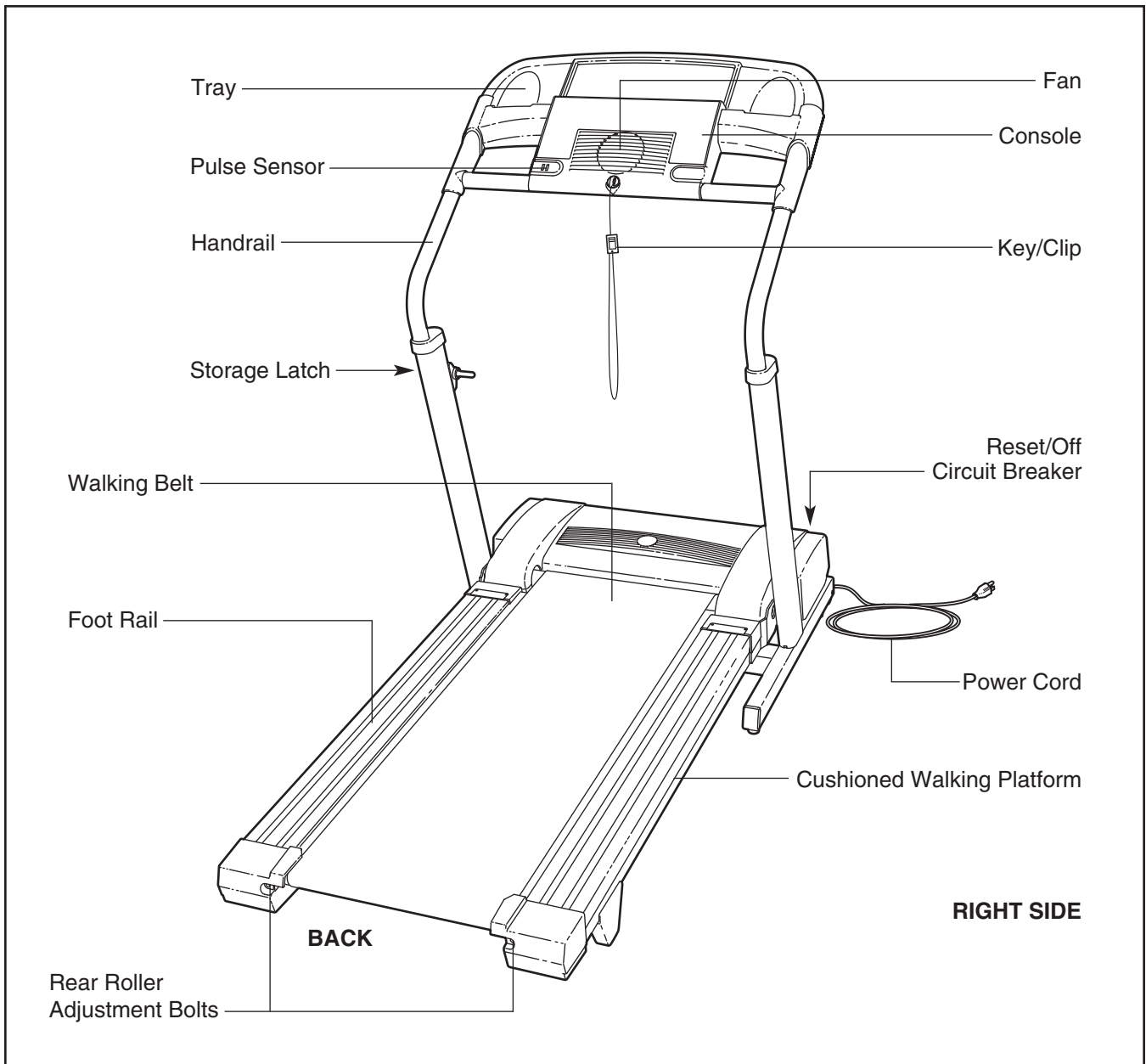
Thank you for selecting the new PROFORM® 330i treadmill. The PROFORM 330i treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique PROFORM 330i treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before calling. The model number of the treadmill is PFTL31304.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

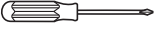

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

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



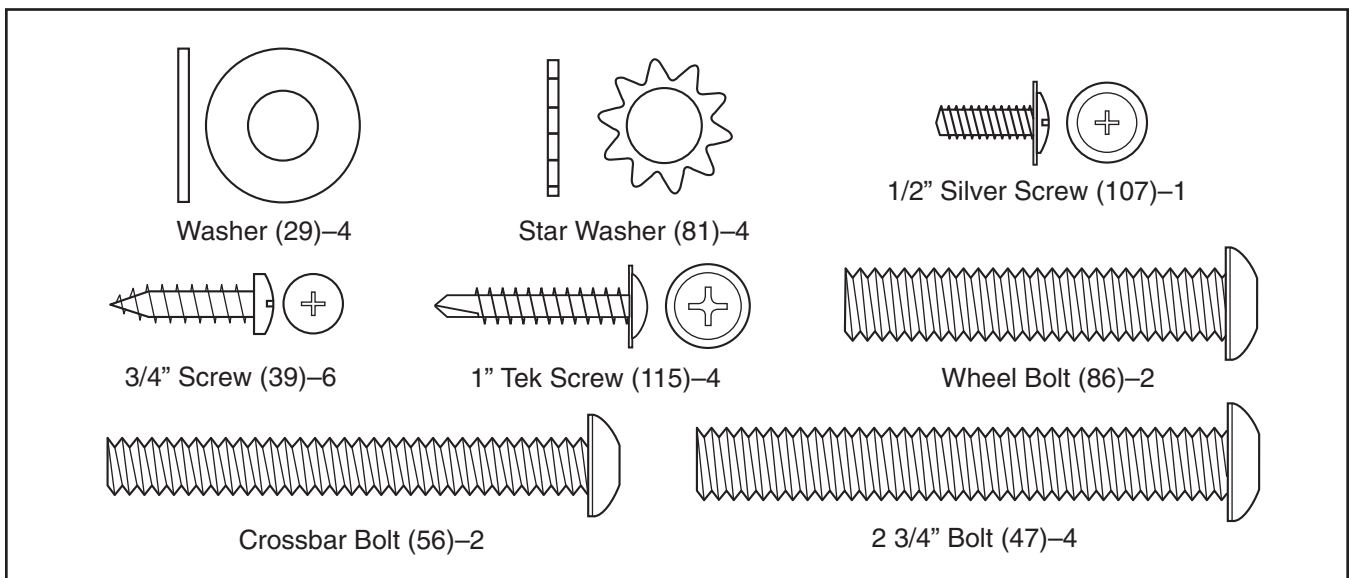
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

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

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.

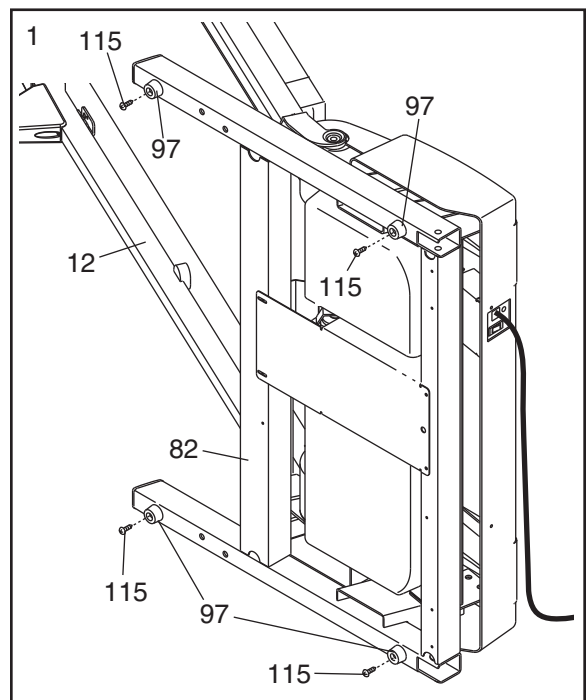
For help identifying the assembly hardware, see the drawings below. **Note: The assembly hardware and other small parts are packaged in separate part bags. Do not open the part bags until instructed to do so. To avoid damaging plastic parts, do not use power tools for assembly.**



1. Make sure that the power cord is not plugged in.

With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (12) so that the treadmill will be more stable. **Do not fully fold the treadmill until it is completely assembled.**

Open part bag A. Attach the four Base Pads (97) to the bottom of the Base (82) with four 1" Tek Screws (115).



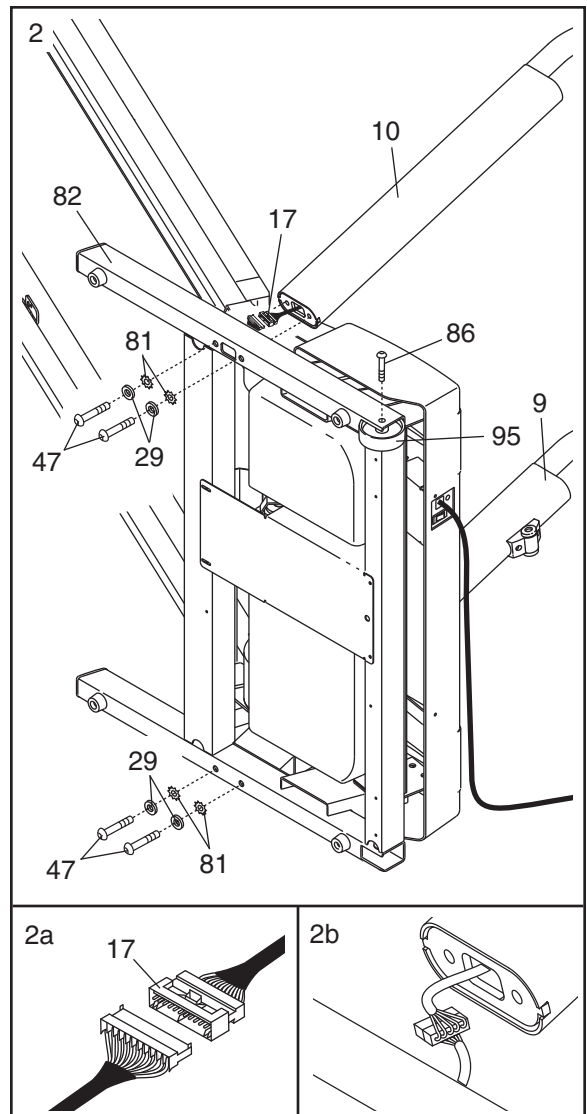
- Identify the Right Upright (10), which has the Upright Wire Harness (17) inside of it. Orient the Right Upright as shown. Cut the band securing the lower end of the Upright Wire Harness.

Have a second person hold the Right Upright (10) near the Base (82). Connect the Upright Wire Harness (17) to the wire harness extending from the Base. **Make sure to connect the connectors properly (see drawing 2a). The connectors should slide together easily and snap into place. IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** See drawing 2b. Carefully wrap the wires around the connectors. Insert the connectors and the excess Wire Harness into the Base as shown, and then hold the Right Upright against the Base. **Be careful not to pinch the wires.**

Insert two 2 3/4" Bolts (47), with two Washers (29) and two Star Washers (81), into the Base (82), and **loosely thread** the Bolts into the lower end of the Right Upright (10).

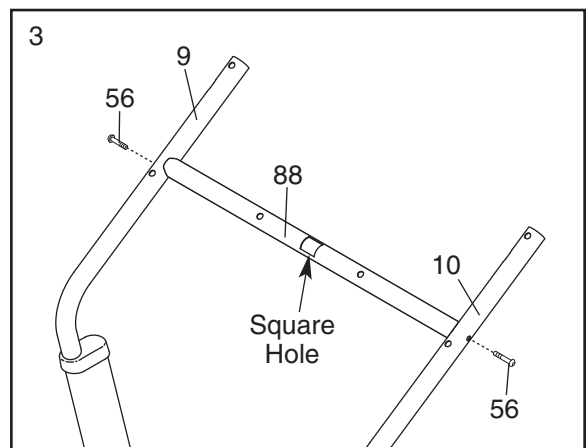
Attach a Wheel (95) to the Base (82) with a Wheel Bolt (86). **Do not overtighten the Bolt; the Wheel must be able to turn freely.**

With the help of a second person, tip the treadmill onto its right side. Attach the Left Upright (9) and the other Wheel (not shown) as described above. Note: There are no wires in the Left Upright.



- With the help of a second person, tip the treadmill onto the Base (not shown), with the Left and Right Uprights (9, 10) in a vertical position.

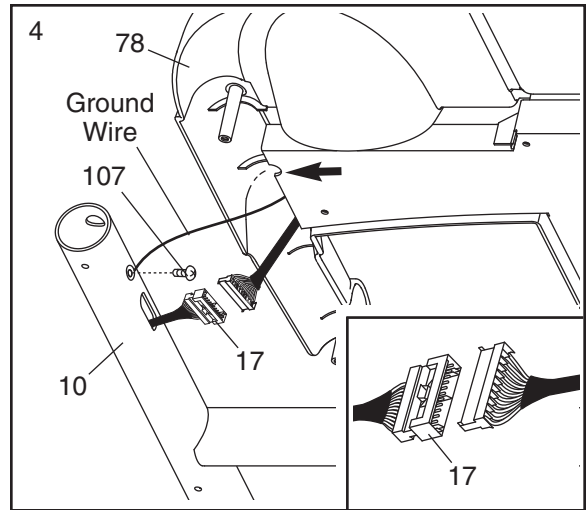
Open part bag B. Hold the Crossbar (88) between the handrails on the Left and Right Uprights (9, 10). Make sure that the square hole in the Crossbar is on top as shown. Attach the Crossbar with two Crossbar Bolts (56). **Firmly tighten the Crossbar Bolts.**



- Cut the tie securing the upper end of the Upright Wire Harness (17).

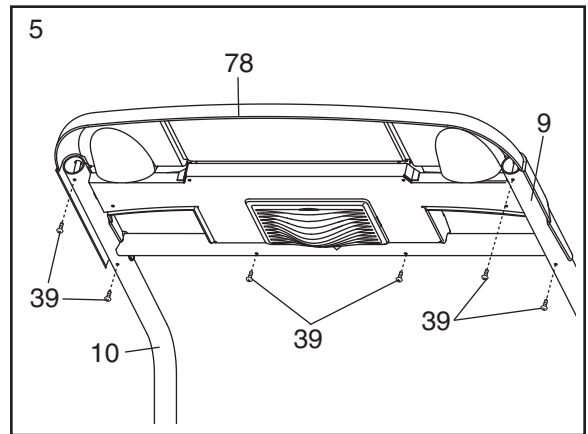
Have a second person hold the Console (78) near the Right Upright (10). Attach the ground wire from the Console to the Right Upright with the 1/2" Silver Screw (107).

Connect the Upright Wire Harness (17) to the wire harness on the Console (78). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place. IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Insert the connectors into the Console.



- Set the Console (78) on the Left and Right Uprights (9, 10). **Be careful not to pinch any wires.** See drawing 4 above. Make sure that the Upright Wire Harness (17) is **not** in the small cutout shown by the arrow.

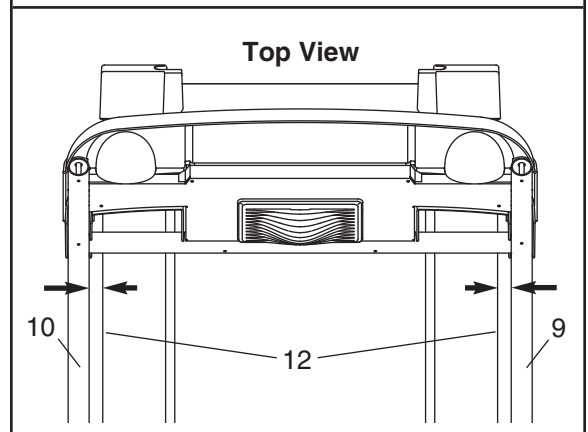
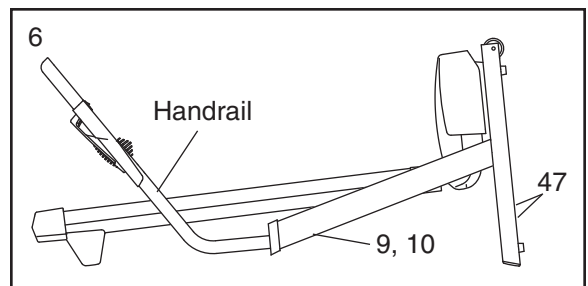
Attach the Console (78) to the Uprights (9, 10) with six 3/4" Screws (39). **Start all six Screws before tightening any of them; be careful not to overtighten the Screws.**



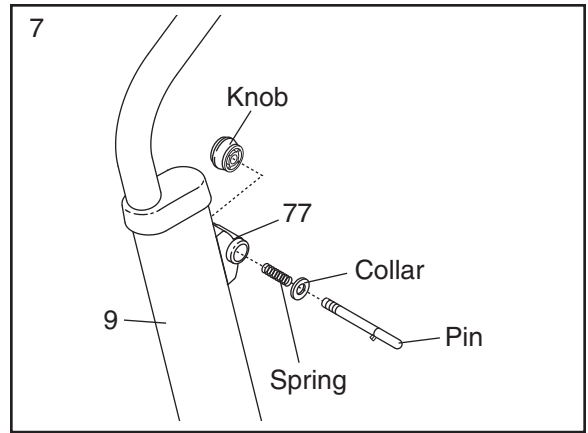
- Lower the Uprights (9, 10) until the handrails are touching the floor.

See the lower drawing. Position the Uprights (9, 10) so that the treadmill Frame (12) is centered between them.

Firmly tighten the four 2 3/4" Bolts (47). Then, raise the Uprights (9, 10) back to the vertical position.



7. Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Bracket (77), and tighten the knob back onto the pin.



8. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 16). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with 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

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

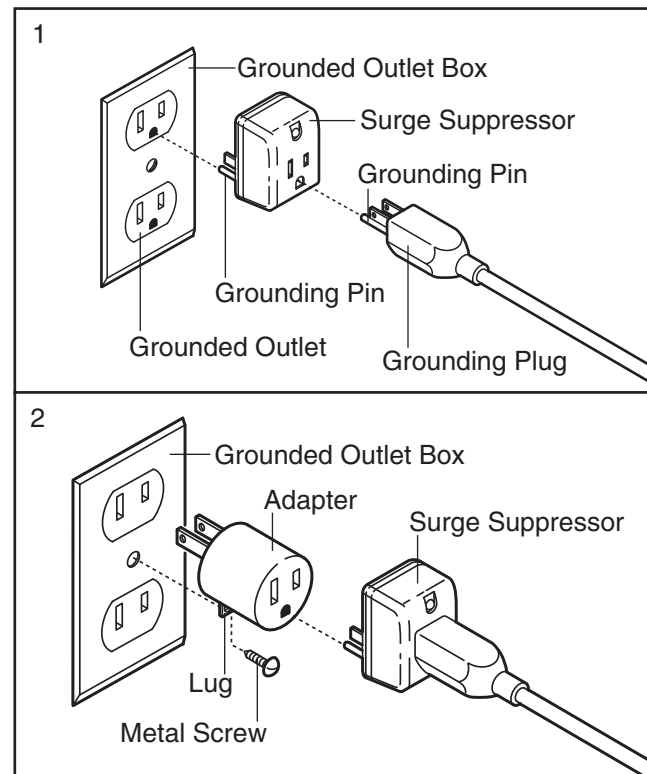
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

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

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

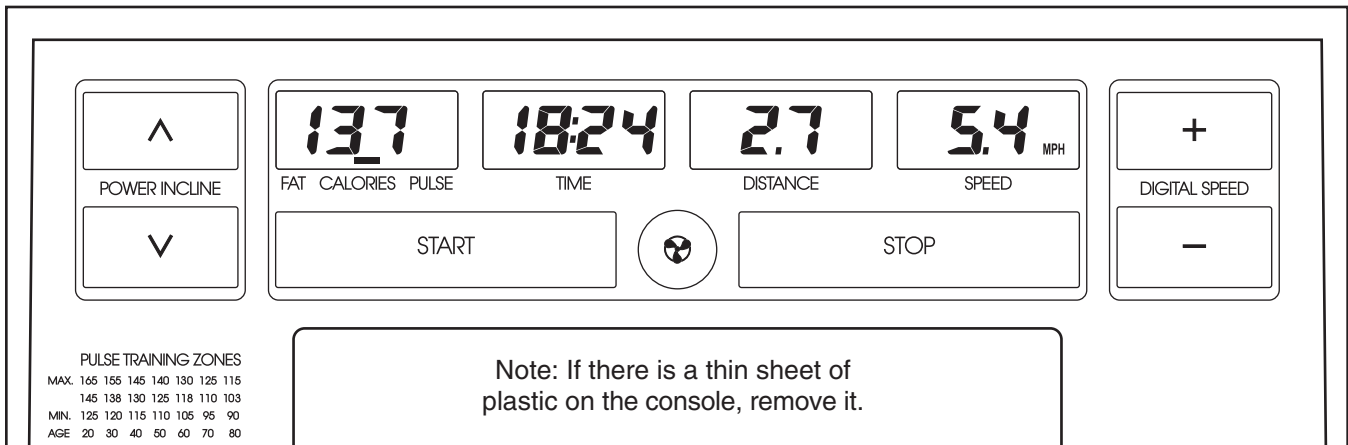
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



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

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

CONSOLE DIAGRAM



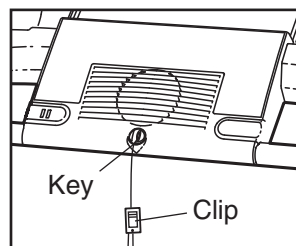
CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing below) 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.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 10).

Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing below), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays will light. **Important:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.



Follow the steps below to operate the console.

1 Insert the key into the console.

A moment after the key is inserted, the displays will light.

2 Press the Start button or the Speed increase button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. **Note: The console can display speed and distance in either miles or kilometers (see SPEED DISPLAY on page 12). For simplicity, all instructions in this section refer to miles.**

To stop the walking belt, press the Stop button. The elapsed time will begin to flash in the Time display.

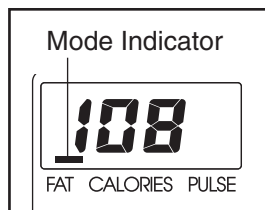
Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 16).

3 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press either of the Incline buttons until the desired incline level is reached.

4 Follow your progress with the four displays.

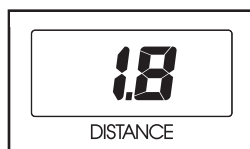
Fat Calories/Calories/Pulse display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 17). The display will change from one number to the other every few seconds, as shown by the mode indicators. The display will also show your heart rate when you use the pulse sensor (see step 5).



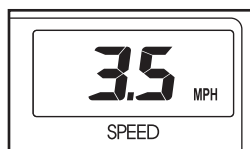
Time display—This display shows the elapsed time you have walked or run. When the Stop button is pressed, the elapsed time will flash.



Distance display—This display shows the distance that you have walked or run.



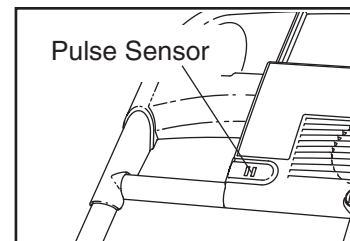
Speed display—This display shows the speed of the walking belt. Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "Km/H" will appear in the Speed display to show which unit of measurement is selected. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An "E" for English miles or an "M" for metric kilometers will appear in the Fat Calories/Calories/Pulse display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



To reset the displays, press the Stop button, remove the key, and then reinsert the key.

5 Measure your heart rate if desired.

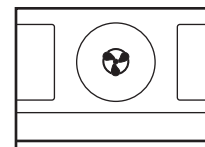
To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** After a few seconds, the heart-shaped indicator in the Fat Calories/Calories/Pulse display will begin to flash, one or two dashes (--) will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still while measuring your heart rate.

6 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.



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.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

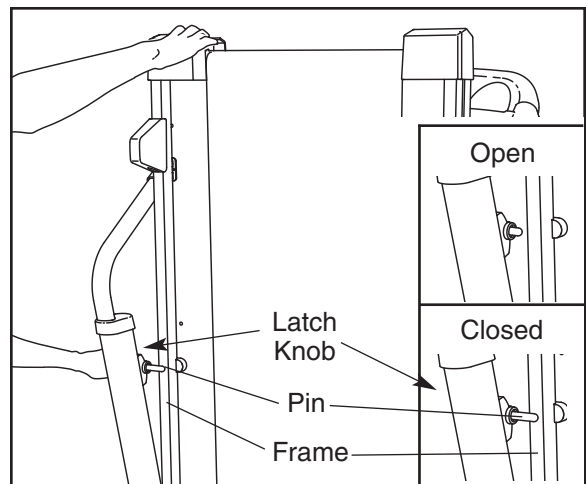
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

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 bottom of the frame is past the pin on the latch knob. Slowly release the latch knob. **Make sure that the frame is held by the pin.**

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



HOW TO MOVE THE TREADMILL

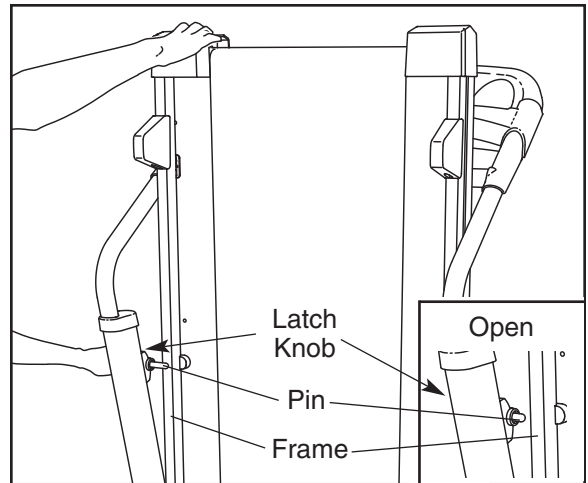
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the pin on the latch knob.**

1. Hold the upright as shown and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the 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 a wheel, and carefully lower the treadmill until it is resting in the storage position.

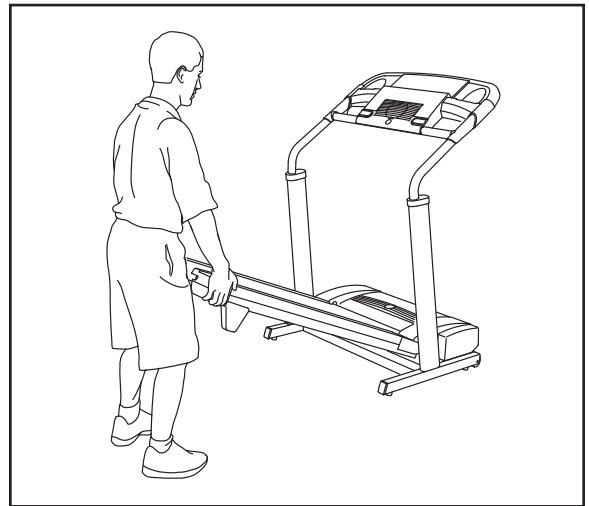


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left 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. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

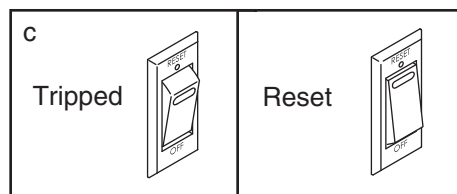
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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



PROBLEM: The power turns off during use

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

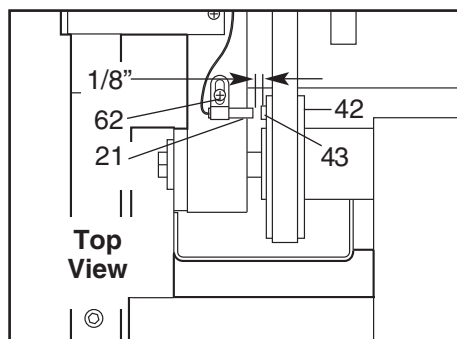
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

d. If the treadmill still will not run, see the front cover of this manual.

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

SOLUTION: a. Remove the key and **UNPLUG THE POWER CORD**. Remove the hood from the treadmill. 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 1/8"**. If necessary, loosen the Screw (62), move the Reed Switch slightly, and then retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

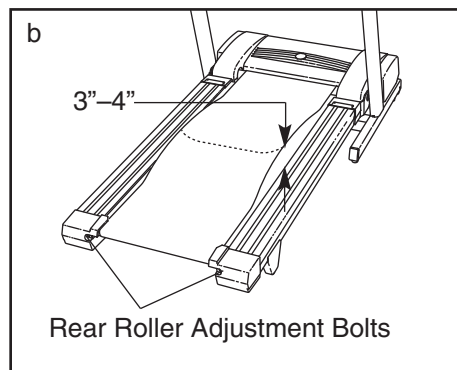


PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

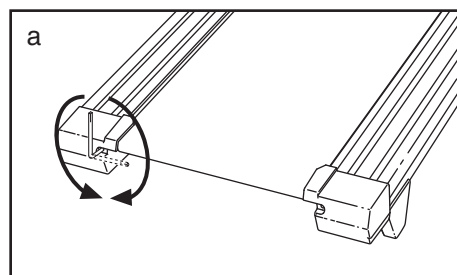
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened,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

c. If the walking belt still slows when walked on, see the front cover of this manual.

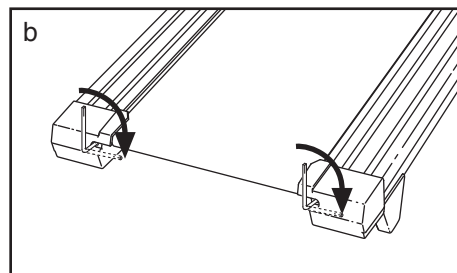


PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, 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 centered.



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 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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 highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor.

Fat Burning

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

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

For maximum fat burning, adjust the speed or 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 or 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.

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

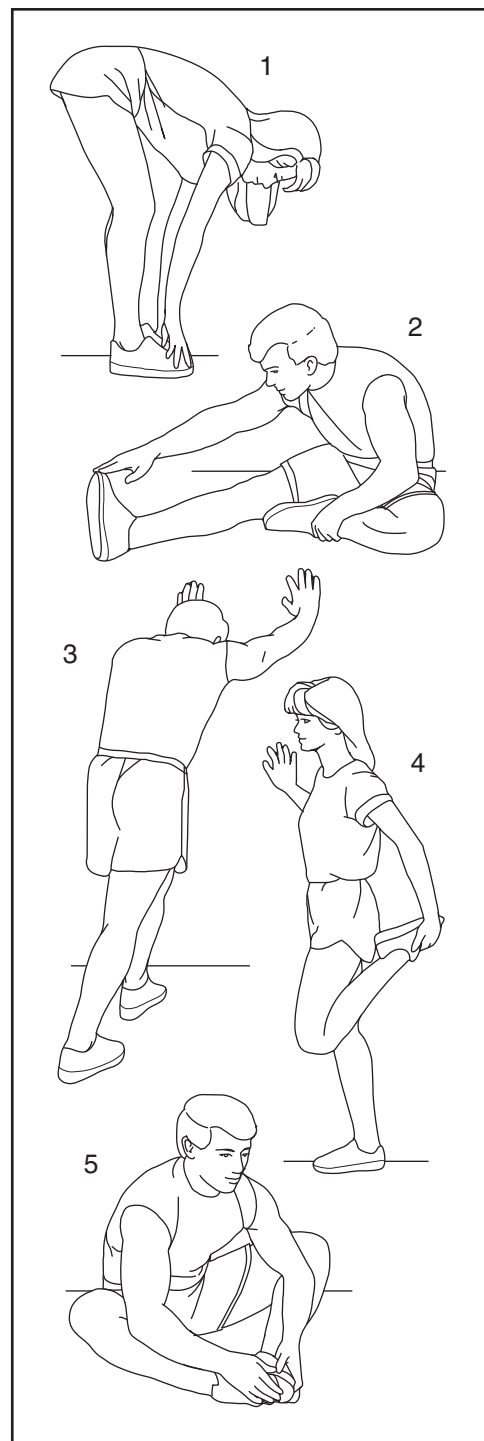
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST—Model No. PFTL31304.0

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To locate the parts listed below, see the EXPLODED DRAWING on pages 21 to 23.

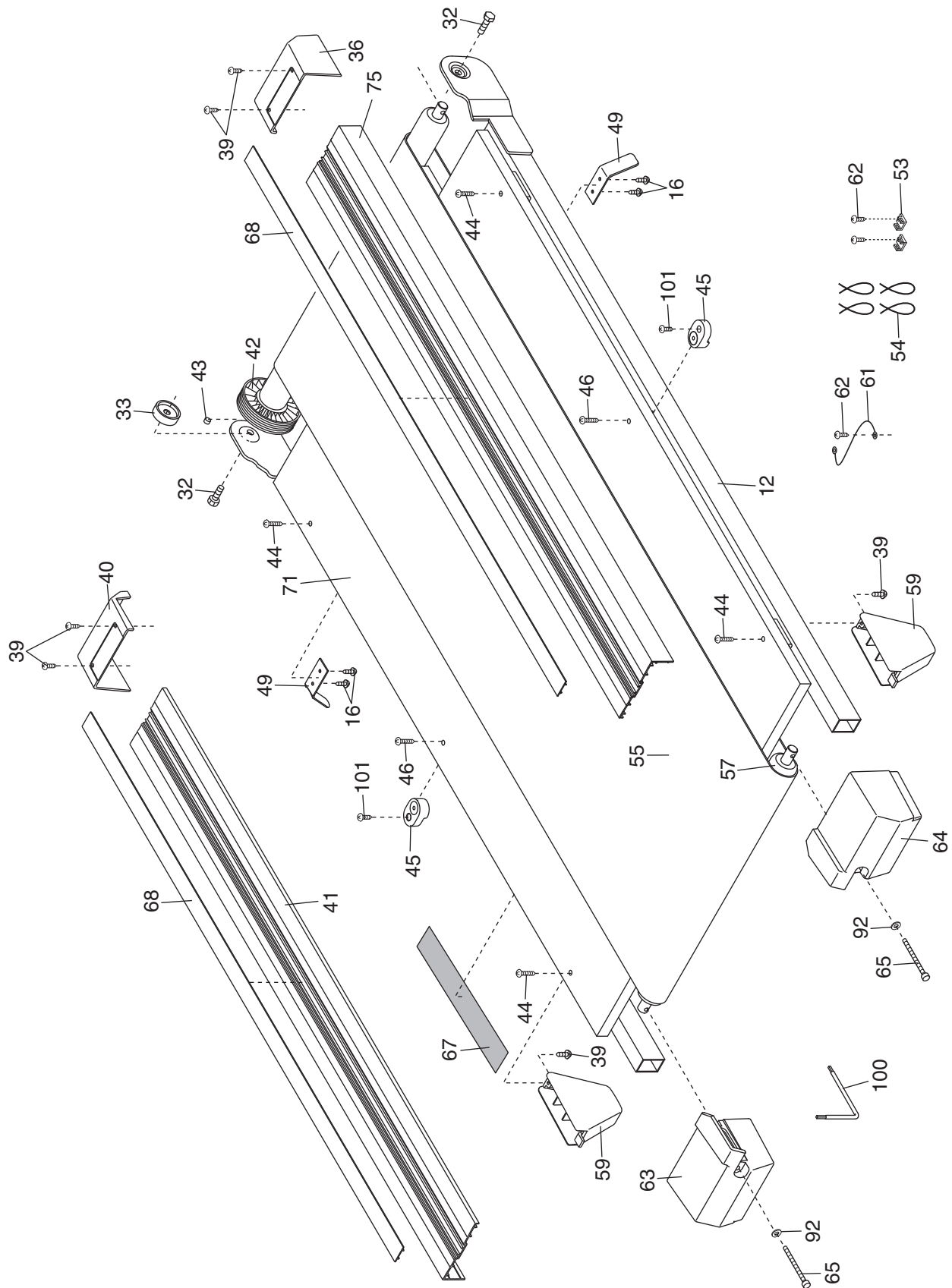
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Belt	42	1	Front Roller/Pulley	85	2	Latch Screw
2	1	Pulley/Flywheel/Fan	43	1	Magnet	86	2	Wheel Bolt
3	4	Motor Nut	44	4	Platform Screw	87	1	Console Base
4*	1	Motor/Pulley/ Flywheel/ Fan	45	2	Isolator	88	1	Console Crossbar
			46	2	Center Platform Screw	89	1	Static Decal
5	1	Incline Motor Bolt	47	4	2 3/4" Bolts	90	1	Key/Clip
6	1	Controller Wire	48	1	Shield	91	1	Incline Motor Belly Pan
7	1	Incline Motor	49	2	Belt Guide	92	2	Roller Adj. Washer
8	1	Filter Wire	50	1	Fan	93	1	Book Holder
9	1	Left Upright	51	1	Front Belly Pan	94	1	Motor Hood
10	1	Right Upright	52	1	Small Nut	95	2	Front Wheel
11	1	Console Plate	53	3	Cable Tie Clamp	96	1	Incline Motor Shield
12	1	Frame	54	4	Cable Tie	97	4	Base Pad
13	1	Fan Cover	55	1	Walking Belt	98	1	Small Bolt
14	2	Fan Screw	56	2	Crossbar Bolt	99	1	Upright Grommet
15	6	Wheel Nut/ Incline Motor Nut	57	1	Rear Roller	100	1	Allen Wrench
			58	4	Hood Screw	101	8	3/4" Tek Screw
16	4	Belt Guide Screw	59	2	Rear Foot	102	2	Controller Screw
17	1	Wire Harness	60	2	Upright Cap	103	1	Power Board Plate
18	2	Hood Bracket	61	1	Ground Wire	104	4	Base Cap
19	1	Front Hood Bracket	62	20	Screw	105	2	Incline Pivot Nut
20	2	Warning Decal	63	1	Left Rear Endcap	106	1	Transformer
21	1	Reed Switch	64	1	Right Rear Endcap	107	1	1/2" Silver Screw
22	1	Reed Switch Clip	65	2	Rear Roller Adj. Bolt	108	1	Photo Switch
23	1	Left Handrail	66	1	Drive Motor	109	2	Hood Plate
24	1	Controller	67	1	Latch Decal	110	2	1" Spacer
25	1	Electronics Bracket	68	2	Foot Rail Cover	111	1	Hood Spacer
26	1	Reset/Off Circuit Breaker	69	3	Small Star Washer	112	2	Bumper
			70	1	Incline Disk	113	1	Edge Guard
27	1	Power Cord	71	1	Walking Platform	114	2	1/2" Spacer
28	1	Power Cord Grommet	72	5	8" Cable Tie	115	4	1" Tek Screw
29	8	Washer	73	1	Incline Bolt	116	2	Belly Pan Interface
30*	1	Latch Assembly	74	1	Motor Tension Bolt	#	1	8" Blue Wire, 2F
31	1	Incline Frame	75	2	Right Foot Rail	#	1	4" Blue Wire, 2F
32	2	Frame Pivot Bolt	76	6	3/4" Screw	#	1	8" White Wire, 2F
33	2	Frame Pivot Spacer	77	1	Latch Bracket	#	1	8" White Wire, Pigtail
34	1	Tension Bushing	78	1	Console	#	1	4" White Wire, M/F
35	1	Front Roller Adj. Bolt	79	1	Stop Bracket	#	1	8" Green Wire, 2 Ring
36	1	Foot Rail Cap (Right)	80	2	Incline Pivot Nut	#	1	User's Manual
37	1	Motor Tension Nut	81	8	Star Washer			
38	4	Motor Bolt	82	1	Base			
39	10	Cap Screw	83	2	Incline Frame Bolt			
40	1	Foot Rail Cap (Left)	84	2	Motor Tension Washer			
41	1	Left Foot Rail						

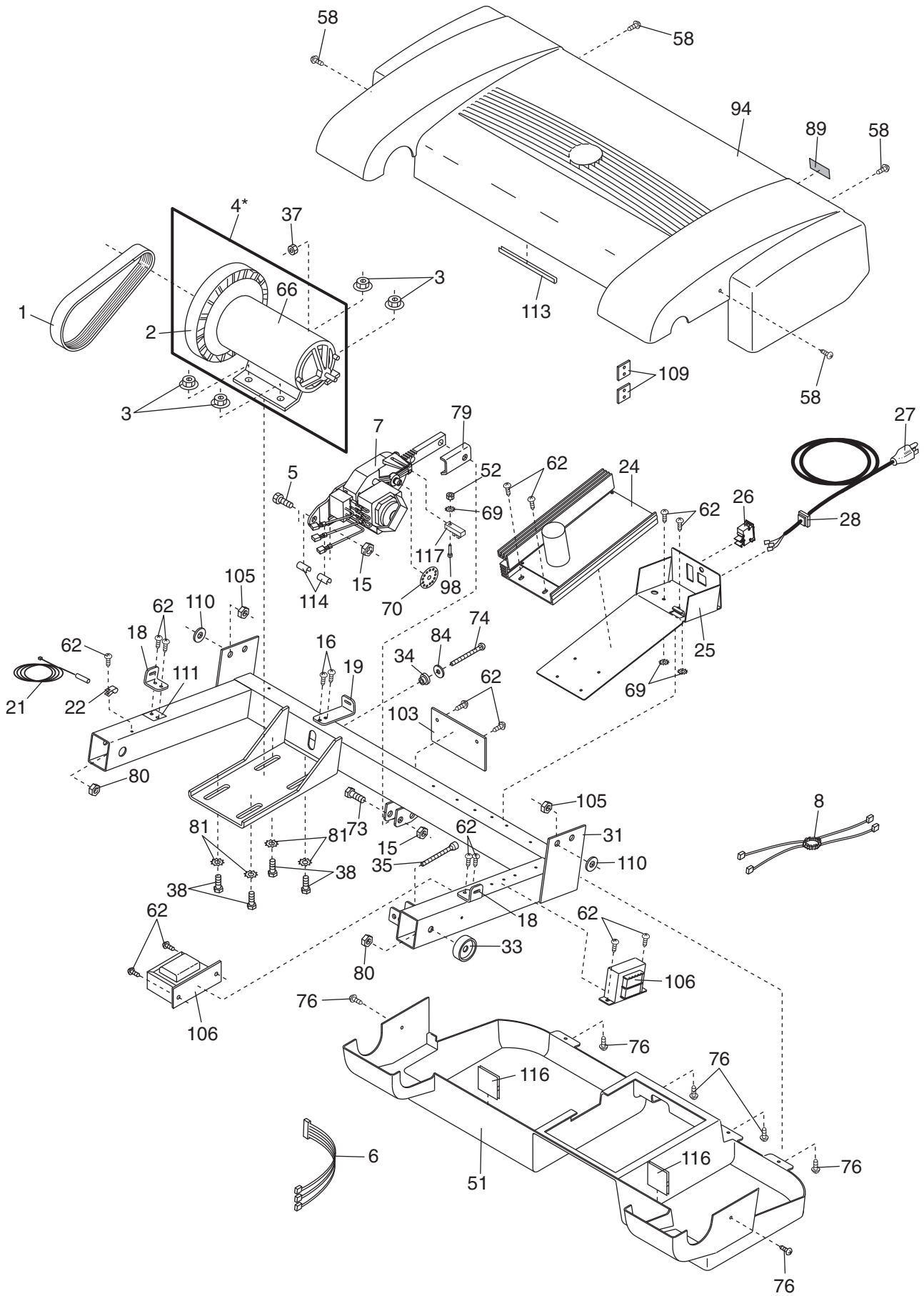
* Includes all parts shown in the box

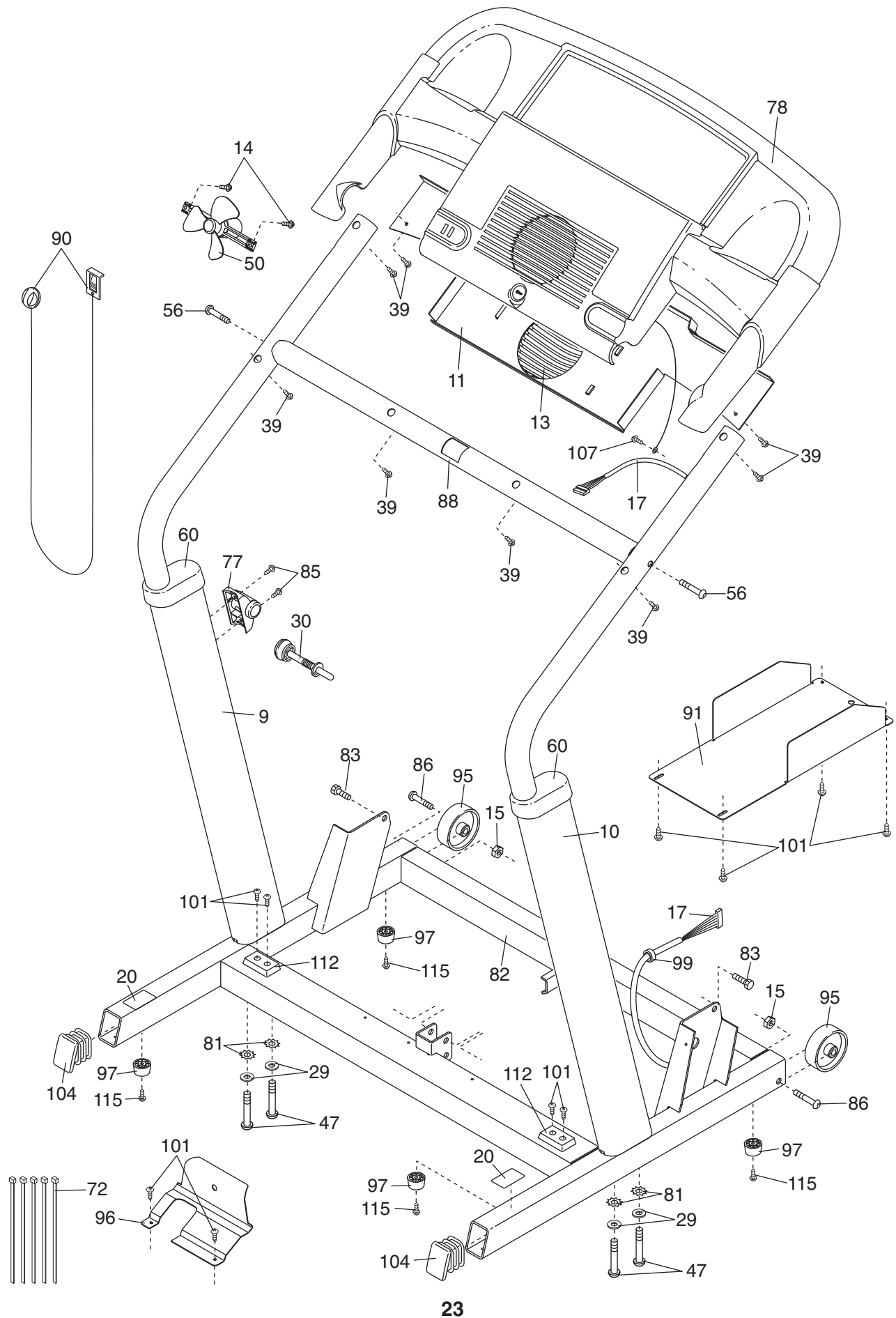
These parts are not illustrated

EXPLODED DRAWING—Model No. PFTL31304.0

R0406A







HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFTL31304.0)
- The NAME of the product (PROFORM 330i treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 20 to 23)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for three (3) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813