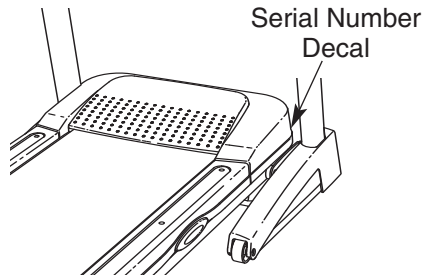


# PRO-FORM® AT 500

Model No. PFTL49906.0

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.

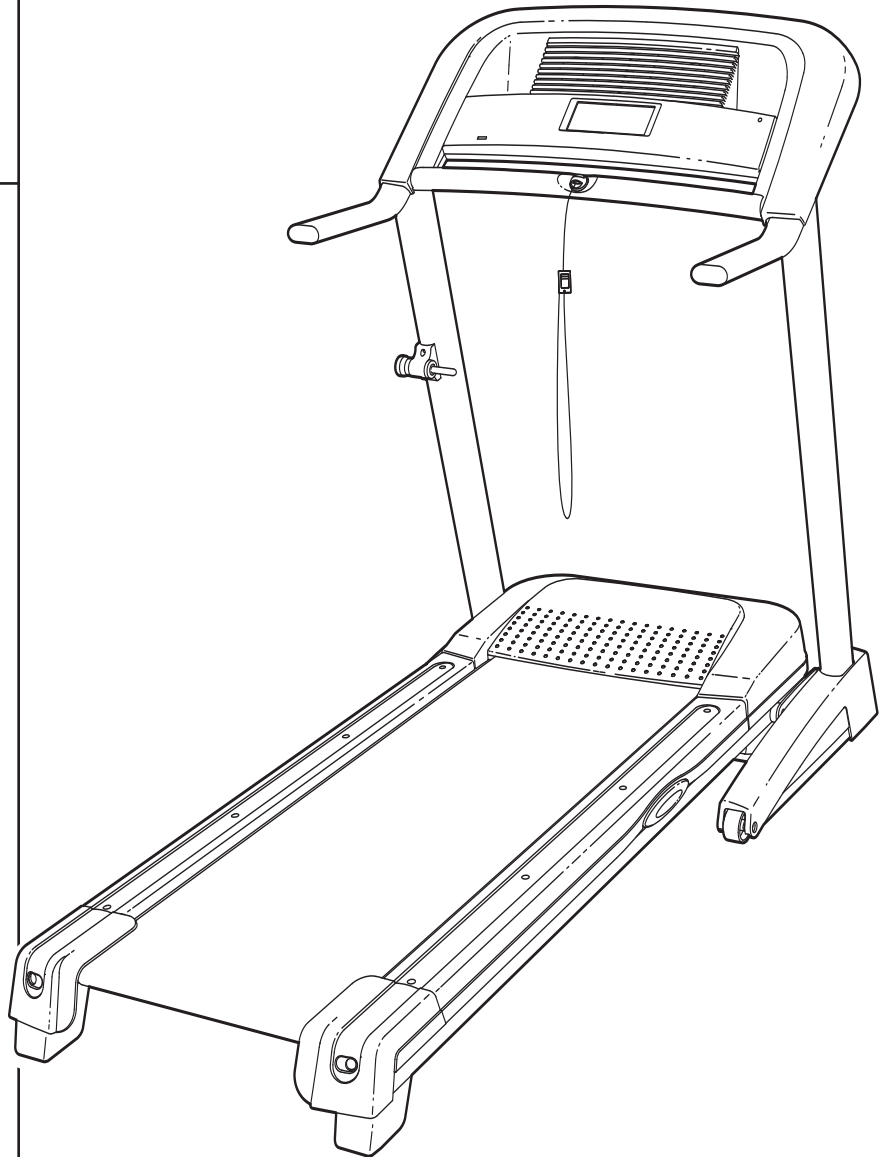
CALL TOLL-FREE:

**1-888-533-1333**

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

ON THE WEB:

[www.proformservice.com](http://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<sup>®</sup>** **AT 500**

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# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with 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 where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 300 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 12), 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 12. 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.
12. 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.
13. Keep the power cord and the surge suppressor 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 TROUBLESHOOTING on page 19 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
19. 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.

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

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

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

23. Never insert any object into any opening.

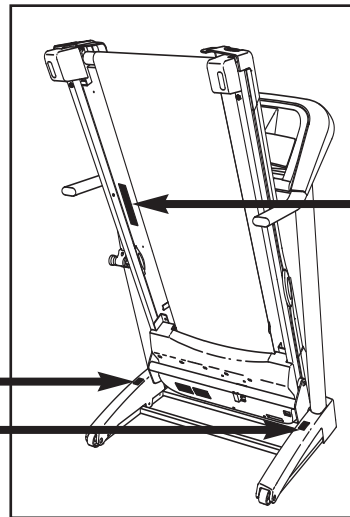
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other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

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


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

## SAVE THESE INSTRUCTIONS


The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. 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

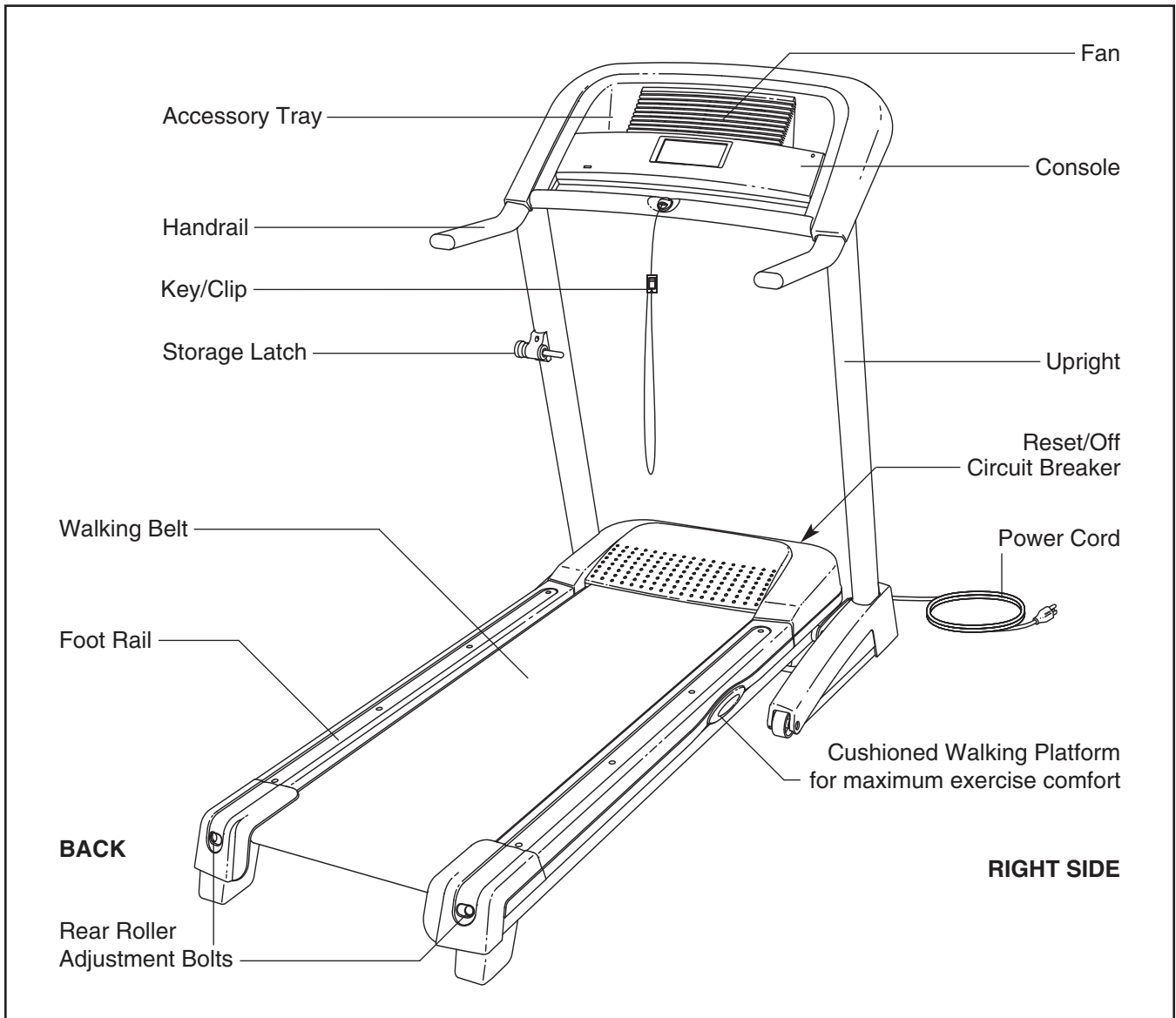
Thank you for selecting the new PROFORM® AT 500 treadmill. The AT 500 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique AT 500 treadmill can 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 contacting us. The model number of the treadmill is PFTL49906.0. 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](http://www.proformservice.com/registration).**

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

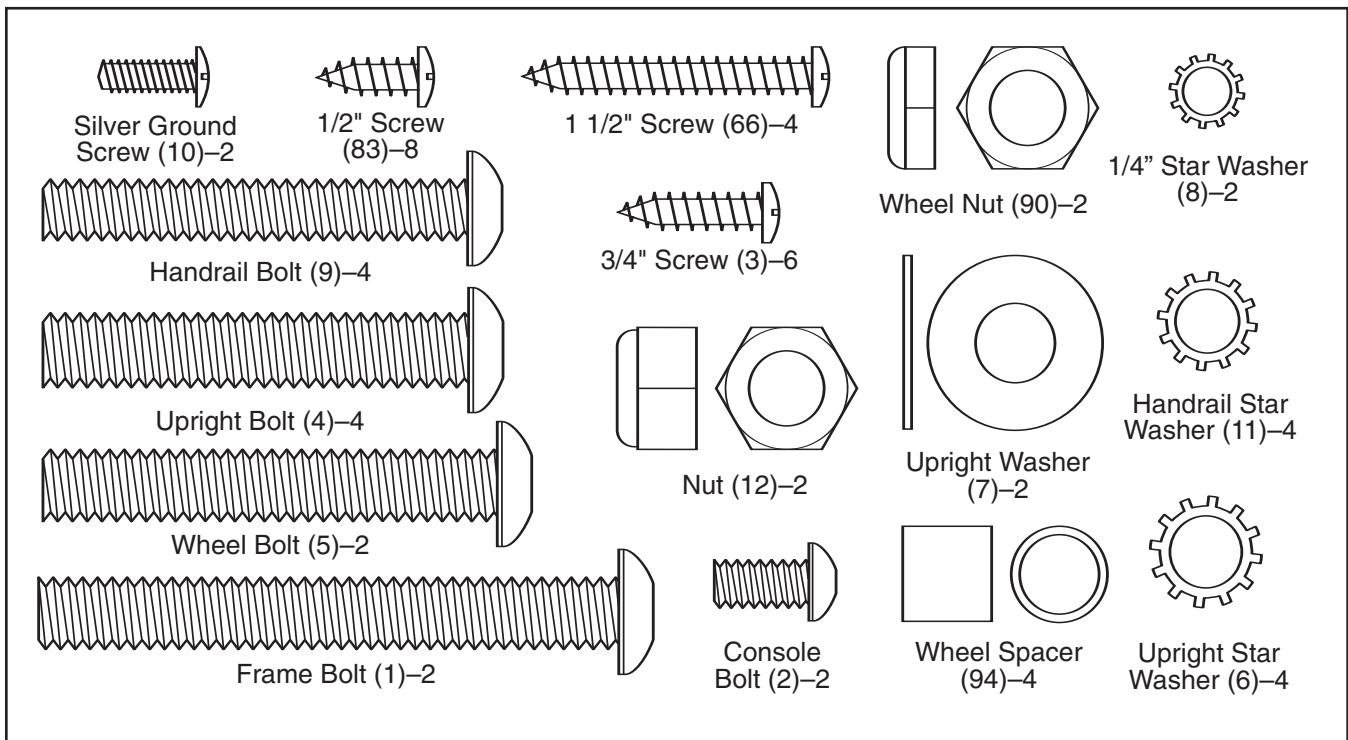


# ASSEMBLY

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 the packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, lubricant may be transferred to the top of the walking belt or to the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and mild, non-abrasive cleaner.

Assembly requires the included hex keys  and your own phillips screwdriver , rubber mallet , adjustable wrench , and needlenose pliers .

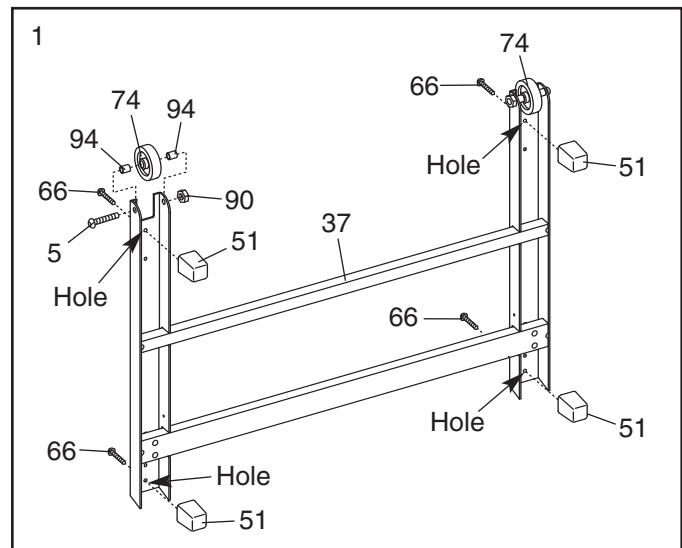
To identify assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 23. The number following the parentheses is the quantity used in assembly. **To avoid damaging plastic parts, do not use power tools for assembly.**



1. Attach a Wheel (74) to one side of the Base (37) with a Wheel Bolt (5), two Wheel Spacers (94), and a Wheel Nut (90) as shown. **Do not overtighten the Wheel Nut; the Wheel should turn freely.**

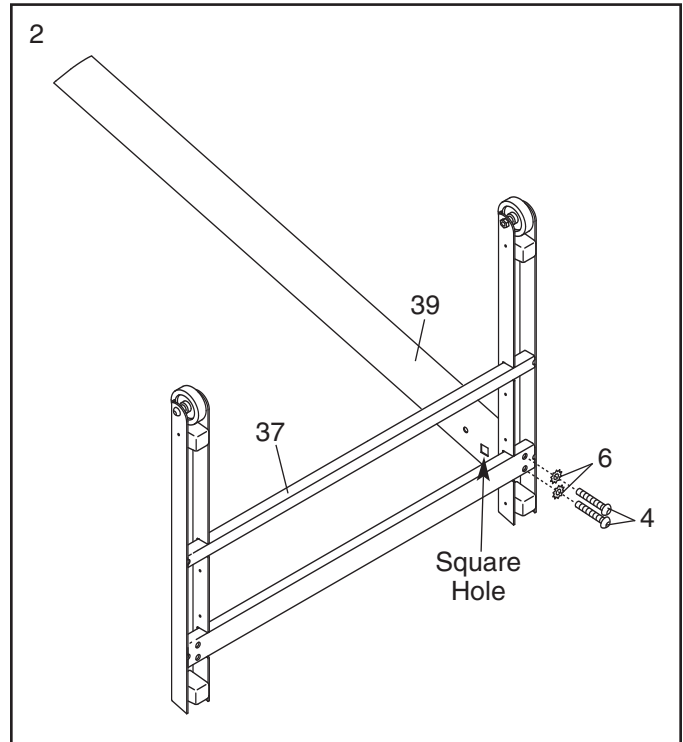
**Attach the other Wheel (74) to the other side of the Base (37) in the same way.**

Attach the four Base Pads (51) to the Base (37) with four 1 1/2" Screws (66); **make sure that the screws are in the indicated holes in the Base.**



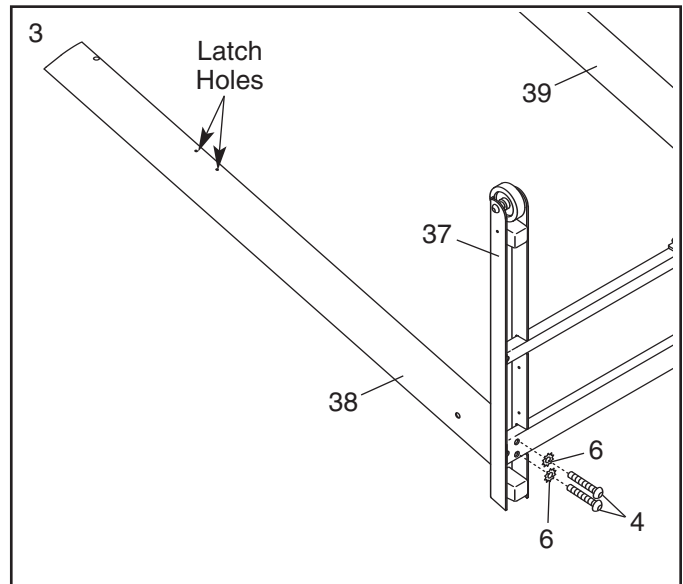
- Identify the Right Upright (39), which has a square hole in the location shown.

Orient the Right Upright (39) and the Base (37) as shown. Attach the Right Upright to the Base with two Upright Bolts (4) and two Upright Star Washers (6); **do not tighten the Upright Bolts yet.**



- Orient the Left Upright (38) as shown. Note the location of the two small latch holes. Attach the Left Upright to the Base (37) with two Upright Bolts (4) and two Upright Star Washers (6); **do not tighten the Upright Bolts yet.**

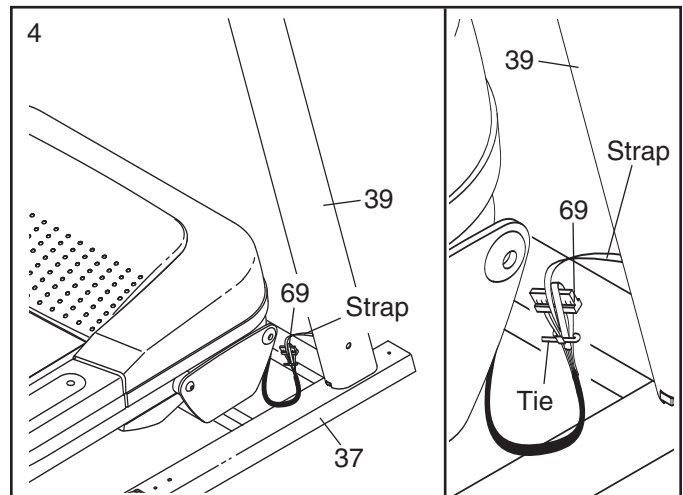
Raise the Uprights (38, 39).



- Position the Base (37) near the front of the treadmill as shown.

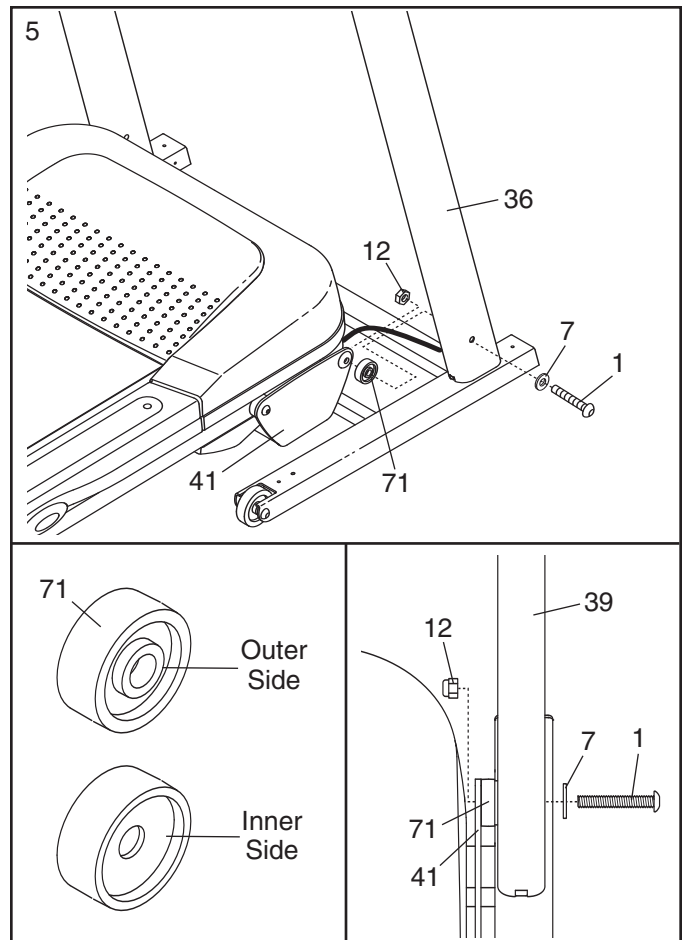
Cut the small tie (not shown) holding the Upright Wire (69) in a bundle.

Wrap the strap around the Upright Wire (69) and secure the strap using the included plastic tie. Then, insert the connector into the square hole in the Right Upright. Pull the opposite end of the strap until the end of the Upright Wire is pulled through the Right Upright (39).



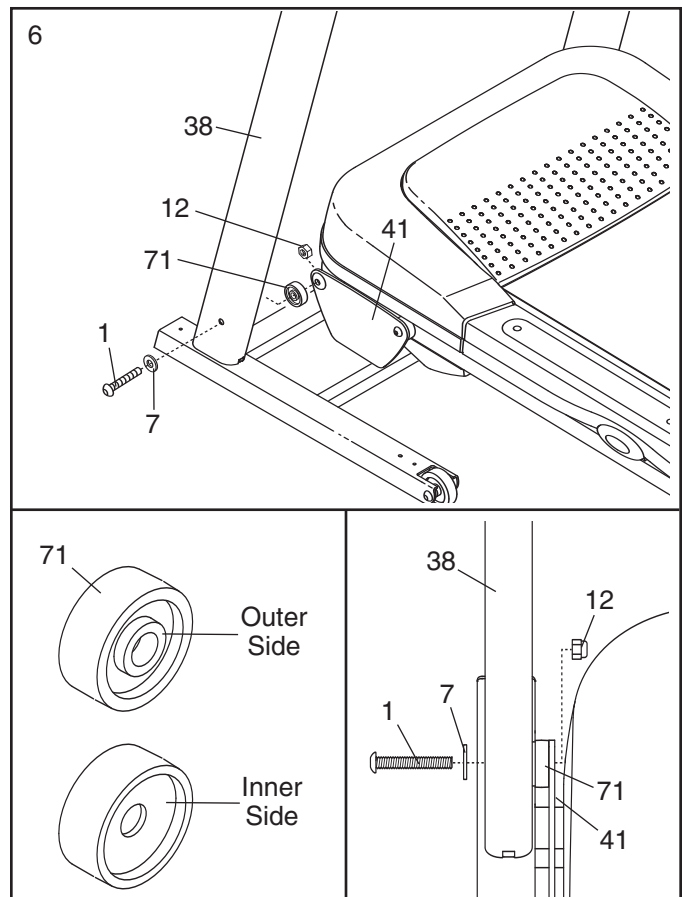
- See the left inset drawing. Identify the two Frame Spacers (71). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

Hold a Frame Spacer (71) between the Right Upright (39) and the Lift Frame (41), **with the outer side of the Frame Spacer facing the Right Upright**. Attach the Right Upright to the Lift Frame with a Frame Bolt (1), an Upright Washer (7), and a Nut (12); **do not tighten the Nut yet**.



- See the left inset drawing. Identify the outer side of the remaining Frame Spacer (71).

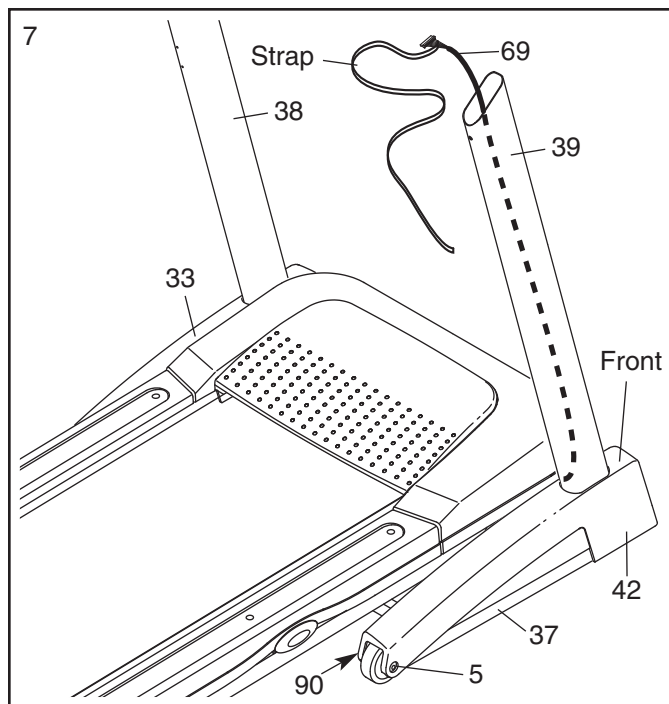
Hold the Frame Spacer (71) between the Left Upright (38) and the Lift Frame (41), **with the outer side of the Frame Spacer facing the Left Upright**. Attach the Left Upright to the Lift Frame with a Frame Bolt (1), an Upright Washer (7), and a Nut (12); **firmly tighten the two Nuts used in steps 5 and 6**.





7. Pull the indicated strap until the Upright Wire (69) is extending from the upper end of the Right Upright (39).

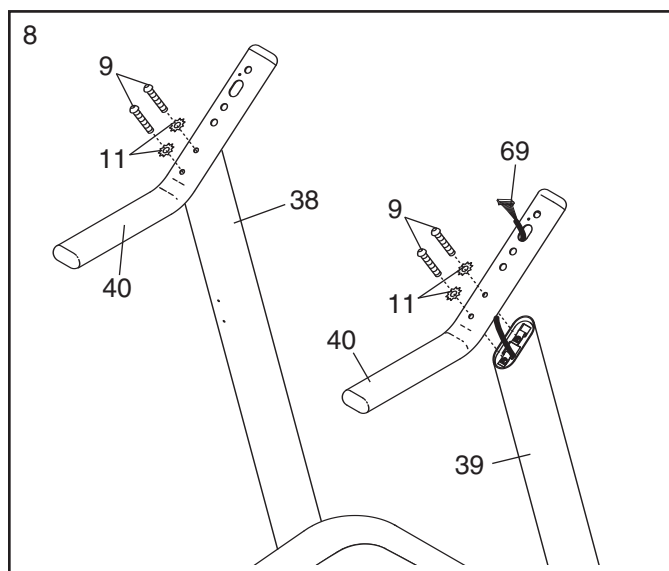
Slide the Right and Left Base Leg Covers (42, 33) onto the Left and Right Uprights (38, 39). Starting at the front of the Base Leg Cover, press them down onto the Base (37) as shown. If necessary, pry lightly on the sides of the Base Leg Covers to fit them over the Wheel Nuts (90) and Bolts (5).



8. Route the Upright Wire (69) through one of the Handrails (40). Attach the Handrail to the Right Upright (39) with two Handrail Bolts (9) and two Handrail Star Washers (11). **Do not pinch the Upright Wire.**

Attach the other Handrail (40) to the Left Upright (38) with two Handrail Bolts (9) and two Handrail Star Washers (11). Firmly tighten the Handrail Bolts.

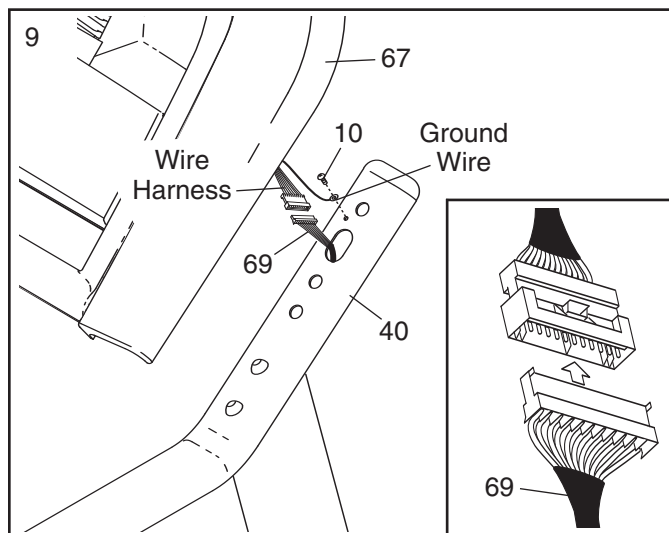
Cut the plastic tie and remove the strap from the Upright Wire (69).



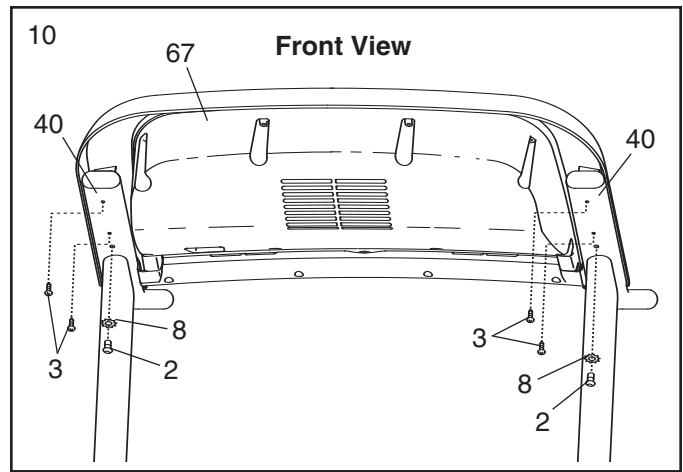
9. Have another person hold the Console Base (67) near the right Handrail (40). Attach the ground wire on the Console Base to the right Handrail (40) with a Silver Ground Screw (10).

Connect the wire harness on the Console Base (67) to the Upright Wire (69) as shown in the inset drawing. **Important: If the connectors are oriented correctly, they will slide together easily and snap into place. If the connectors are not oriented correctly, the console may be damaged when the power is turned on.**

Insert the connectors and excess wire into the Console Base (67).



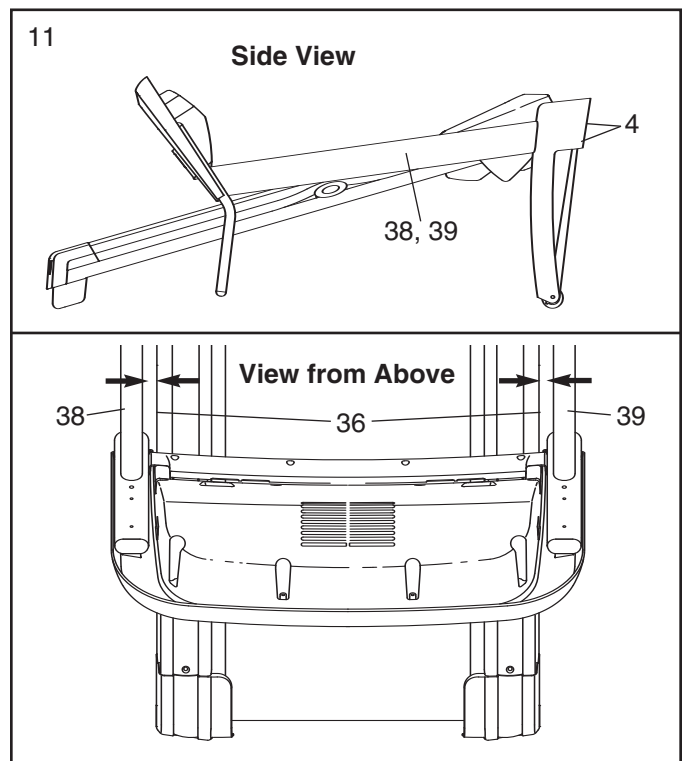
10. Set the Console Base (67) onto the top of the Handrails (40). Next, start the two Console Bolts (2) with 1/4" Star Washers (8) into the Handrails and the Console Base. **Do not fully tighten the Bolts yet.** Start all four 3/4" Screws (3) before tightening them. **Be careful not to overtighten the Screws. Tighten the two Console Bolts.**



11. Lower the Uprights (38, 39).

See the inset drawing. Position the Uprights (38, 39) so that the treadmill Frame (36) is centered between the Uprights.

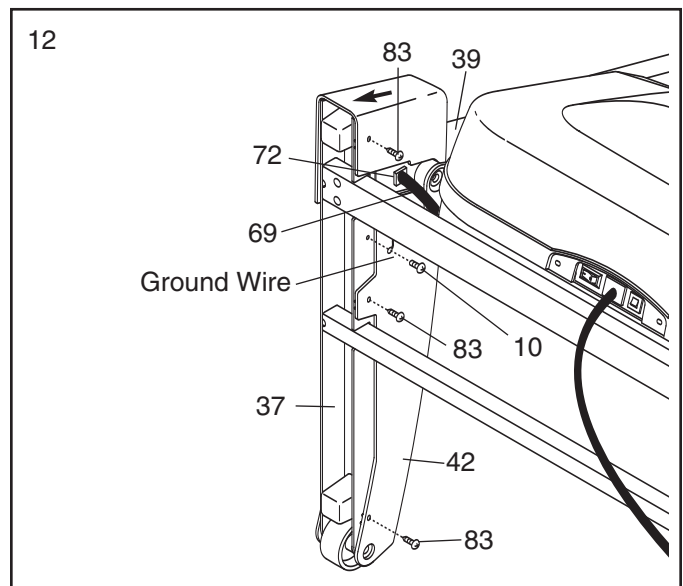
Firmly tighten the Upright Bolts (4) on each side of the treadmill.



12. Attach the ground wire on the Upright Wire (69) to the indicated hole in the Base (37) with a Silver Ground Screw (10).

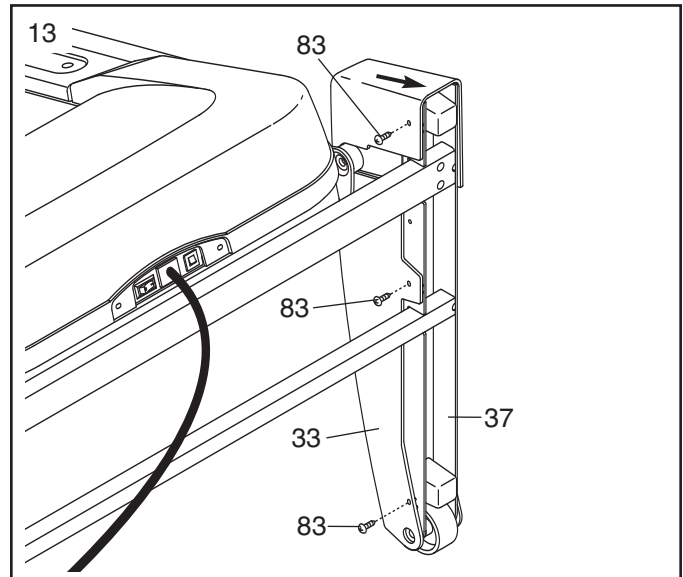
Press the indicated Grommet (72) into the Right Upright (39).

Align the holes in the Right Base Leg Cover (42) with the holes in the Base (37). Note: It may be necessary to press on the Right Base Leg Cover to align the holes. Attach the Right Base Leg Cover (42) with three 1/2" Screws (83). **Be careful not to pinch the Upright Wire (69). Do not overtighten the Screws.**



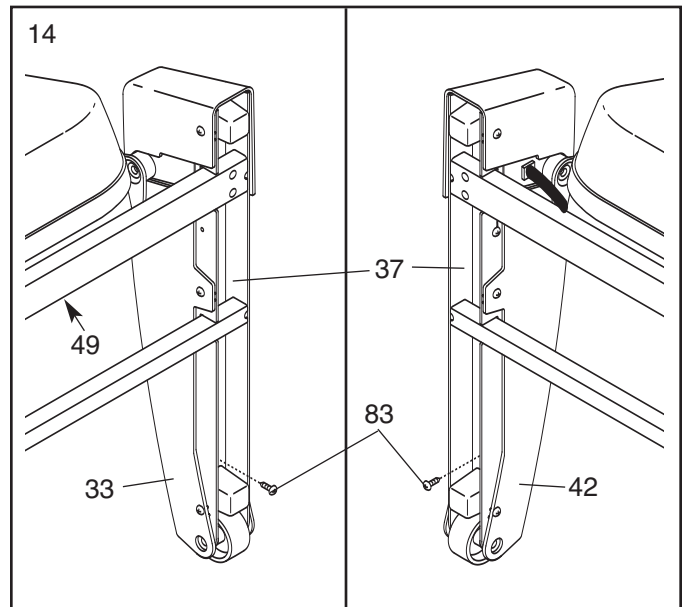
13. Align the holes in the Left Base Leg Cover (33) with the holes in the Base (37). Note: It may be necessary to press on the Left Base Leg Cover to align the holes.

Attach the Left Base Leg Cover (33) with three 1/2" Screws (83). **Be careful not to overtighten the Screws.**



14. Tighten a 1/2" Screw (83) into each side of the Base (37) and each Base Leg Cover (33, 42). **Be careful not to overtighten the Screws.**

Remove the plastic packaging from the bottom of the Belly Pan (49).

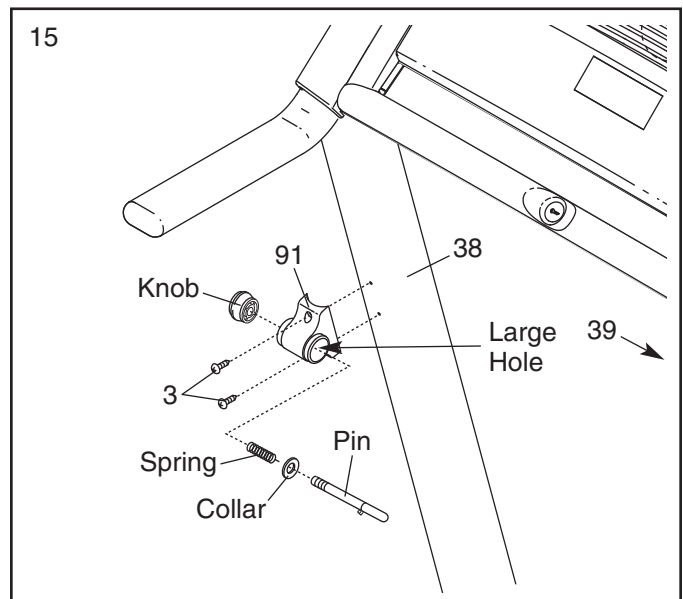


15. Carefully raise the Uprights (38, 39).

Attach the Latch Housing (91) to the Left Upright (38) with two 3/4" Screws (3). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Housing (91), and tighten the knob back onto the pin.

16. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 20). 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.

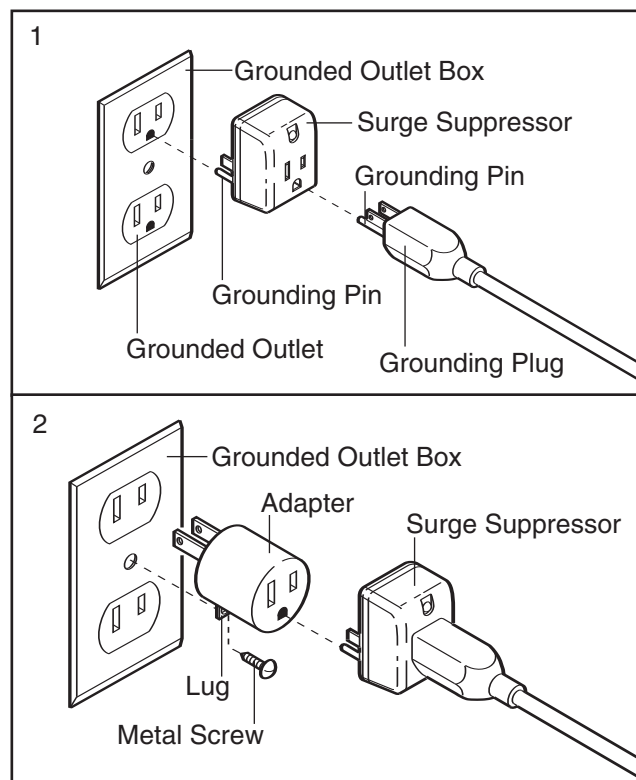
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

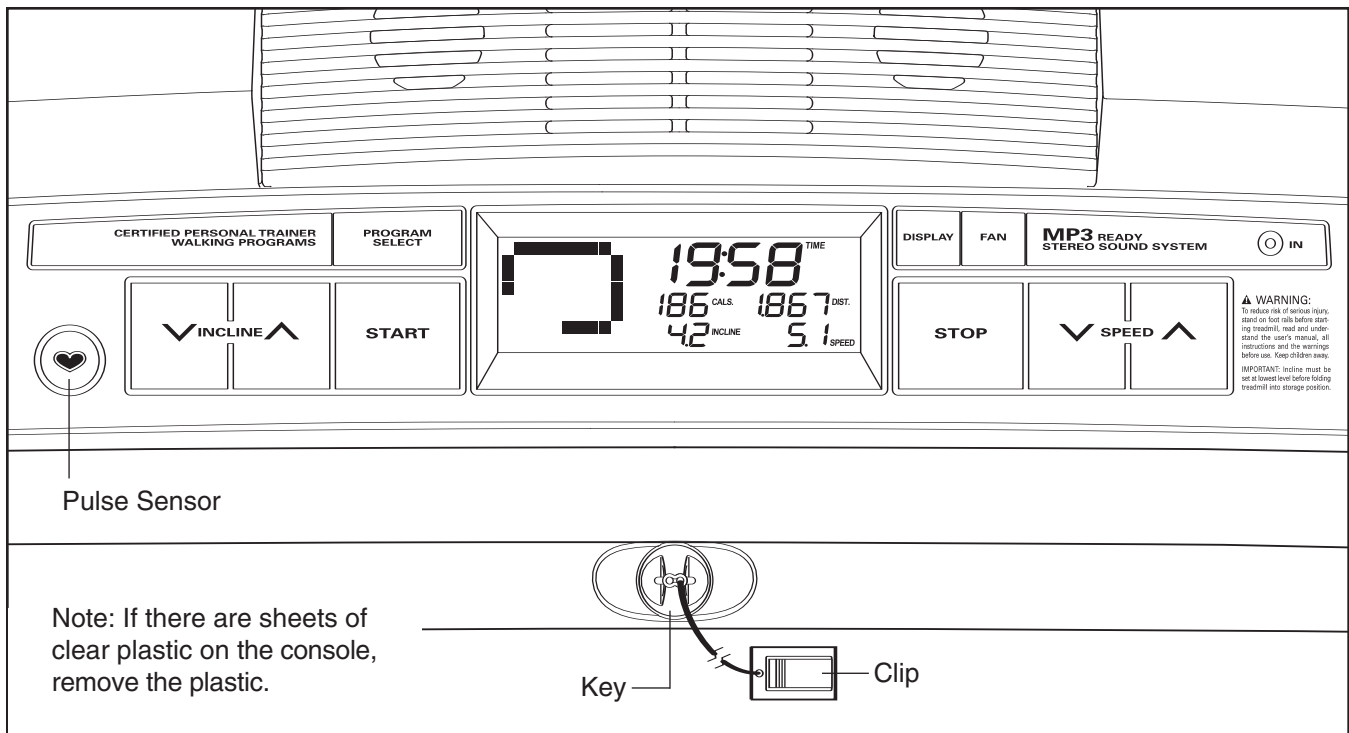
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if 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



## FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also features four preset programs. Each program controls the speed and incline of the treadmill as it guides you through an effective workout.

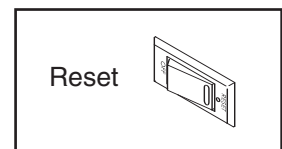
You can even listen to your favorite workout music or audio books with the console's MP3 stereo sound system.

**To use the manual mode of the console**, follow the steps beginning on page 14. **To use a preset program**, see page 16. **To use the stereo sound system**, see page 17.

**To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 20).**

## HOW TO TURN ON THE POWER

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Then, 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.**

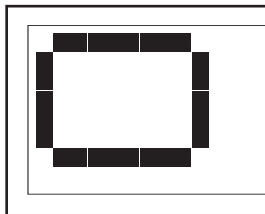
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a preset program, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the display.



### 3 Start the walking belt.

To start the walking belt, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

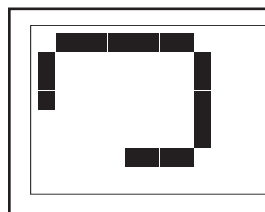
To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

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

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

### 5 Follow your progress with the matrix and the display.

When the manual mode is selected, the matrix will show a track representing 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the



track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The center of the display will show the approximate number of calories you have burned and the incline level of the treadmill.



When you use the built-in pulse sensor, the center of the display will also show your heart rate.

The lower right corner of the display can show the distance you have walked or run, the elapsed time, your pace (in minutes per mile), and the speed of the walking belt. Note: When a preset program is selected, the lower right corner of the display will show the time remaining in the program instead of the elapsed time.



The top of the display is the priority display. The priority display can show the elapsed time, your pace (in minutes per mile), your pulse (when you use the built-in pulse sensor), the speed of the walking belt, or the distance you have walked or run. Press the Display button repeatedly until the priority display shows the information that you want to view. Note: While information is displayed in the priority display, the same information will not be displayed in the other displays.



Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, see THE INFORMATION MODE on page 17. **Note: For simplicity, all instructions in this section refer to miles.**

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

### 6 Turn on the fan if desired.

To turn on the fan, 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 left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

## **7** Measure your heart rate if desired.

To measure your heart rate, **stand on the foot rails** and place your thumb on the pulse sensor (see the drawing on page 13). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the lower right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for at least 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

## **8** When you are finished exercising, remove the key from the console.

**Change the incline of the treadmill to the lowest level by holding down the Incline decrease button. If this is not done, the latch may not hold the treadmill in the storage position.**

Step onto the foot rails and press the Stop button. Next, remove the key from the console and put it in a secure place.

Switch the reset/off circuit breaker to the “off” position and unplug the power cord.

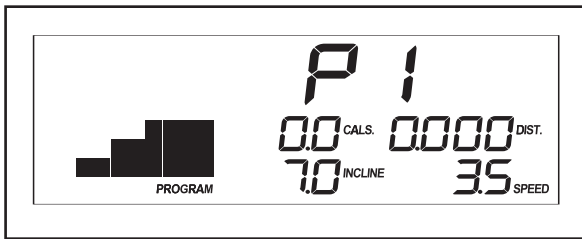
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2 Select a preset program.

To select one of the four preset programs, press the Program Select button repeatedly until "P1," "P2," "P3," or "P4" appears in the upper display. When a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the lower displays for a few seconds. The display will then show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

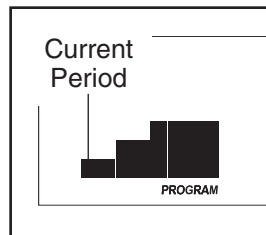


### 3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30 one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.

The speed setting for the first period will be indicated by the flashing Current Period column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next few periods will be indicated by the columns to the right.



When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash in the display to alert you.

When the first period is completed, *all speed settings will move one column to the left.* The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings programmed for the second period. Note: If all seven of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current period is too high or too low for you, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

To stop the program temporarily, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next period. To end the program, press the Stop button, remove the key, and then reinsert the key.



**4 Follow your progress with the matrix and the display.**

See step 5 on page 14.

**5 Turn on the fan if desired.**

See step 6 on page 14.

**6 Measure your heart rate if desired.**

See step 7 on page 15.

**7 When the program ends, remove the key from the console.**

See step 8 on page 15.

### HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player or CD player to the console. Plug one end of the included 3.5mm to 3.5mm stereo audio wire into a jack on your MP3 player or CD player. Plug the other end of the wire into the input jack on the console. **Make sure that both ends of the audio wire are fully plugged in.**

Next, press the Play button on your MP3 player or CD player. Then, adjust the volume of your MP3 player or CD player.

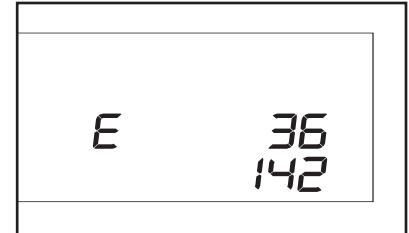
If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

### THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button. When the information mode is selected, the following information will be shown:

An "E" (for English miles) or an "M" (for metric kilometers) will appear in the center of the display. Press the Speed increase button to change the unit of measurement, if desired.



The upper right side of the display will show the total number of hours that the treadmill has been used.

The lower right side of the display will show the total number of miles (or kilometers) that the walking belt has moved.

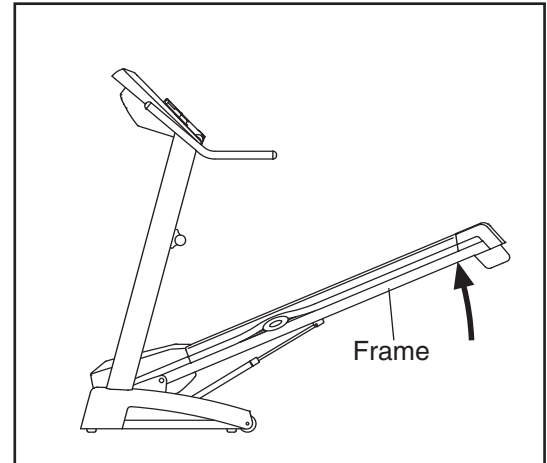
To exit the information mode, remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

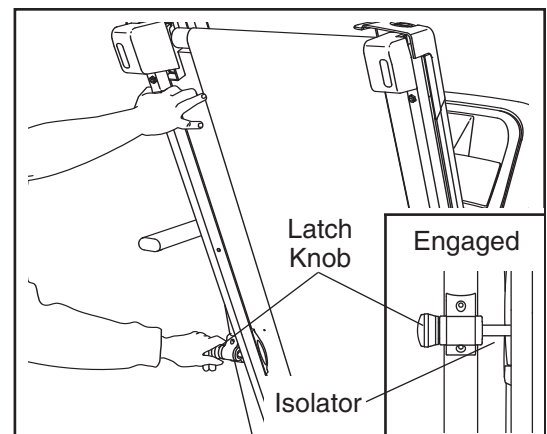
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs. Raise the frame 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 frame until the hole in the isolator is aligned with the latch pin, and then slowly release the latch knob. **Make sure that the frame is held securely by the latch pin, as shown.**

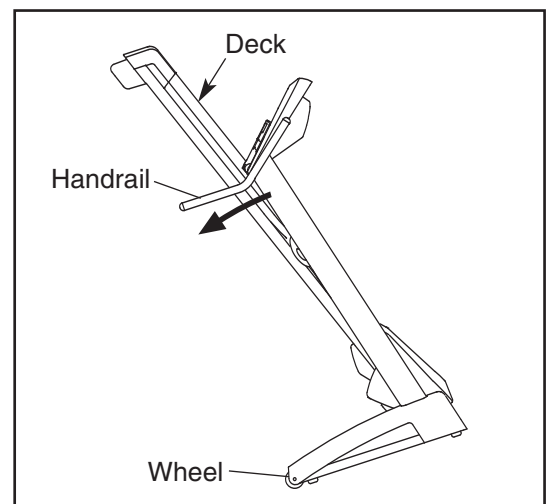
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the pin on the latch knob is resting securely against the catch.**

1. Hold one of the handrails and place your other hand on the deck. Place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, 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 left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and then release the latch knob.
2. **Hold the metal frame firmly with both hands, and lower it to the floor. CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

# TROUBLESHOOTING

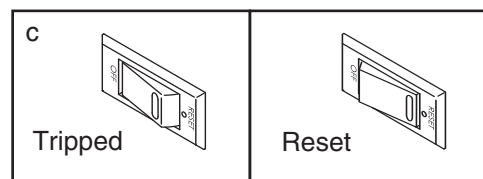
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**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 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. 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 inserted into the console.

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



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

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

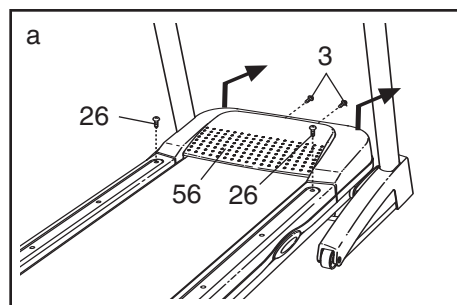
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

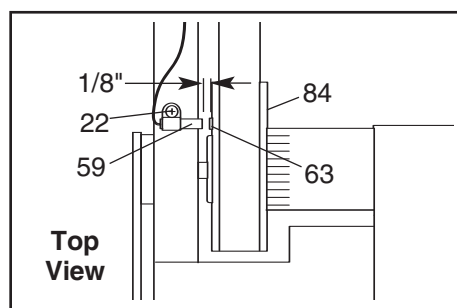
d. If the treadmill still will not run, please see the front cover of this manual.

**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the two Foot Rail Screws (26) and the two 3/4" Screws (3) and carefully remove the Hood (56).



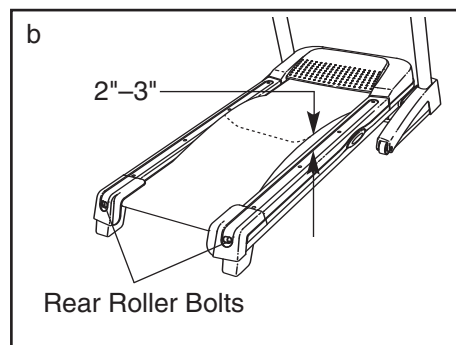
Locate the Reed Switch (59) and the Magnet (63) on the left side of the Pulley (84). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (22), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), 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 12.

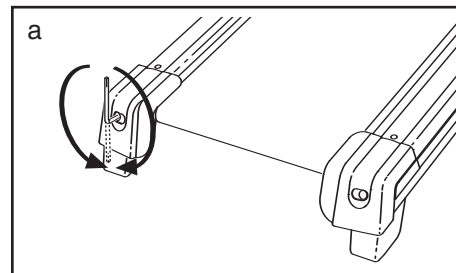
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



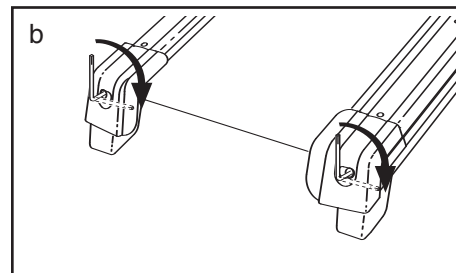
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

**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 hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, 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 hex key, 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 edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, 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 your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

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

## EXERCISE INTENSITY

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

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.

## 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.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

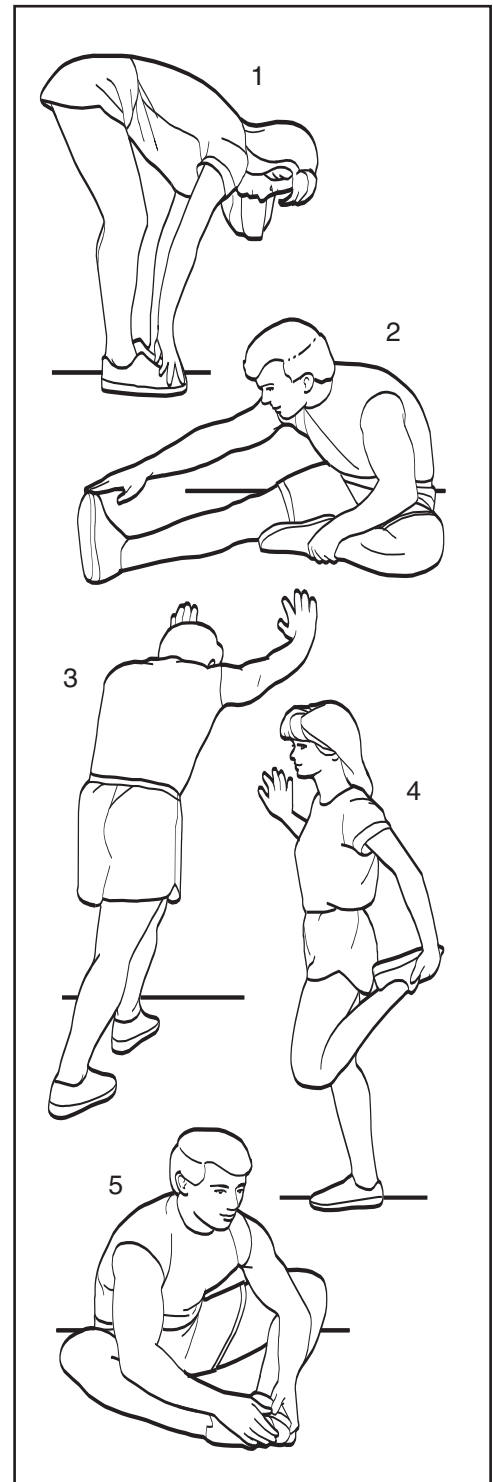
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 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.



# PART LIST—Model No. PFTL49906.0

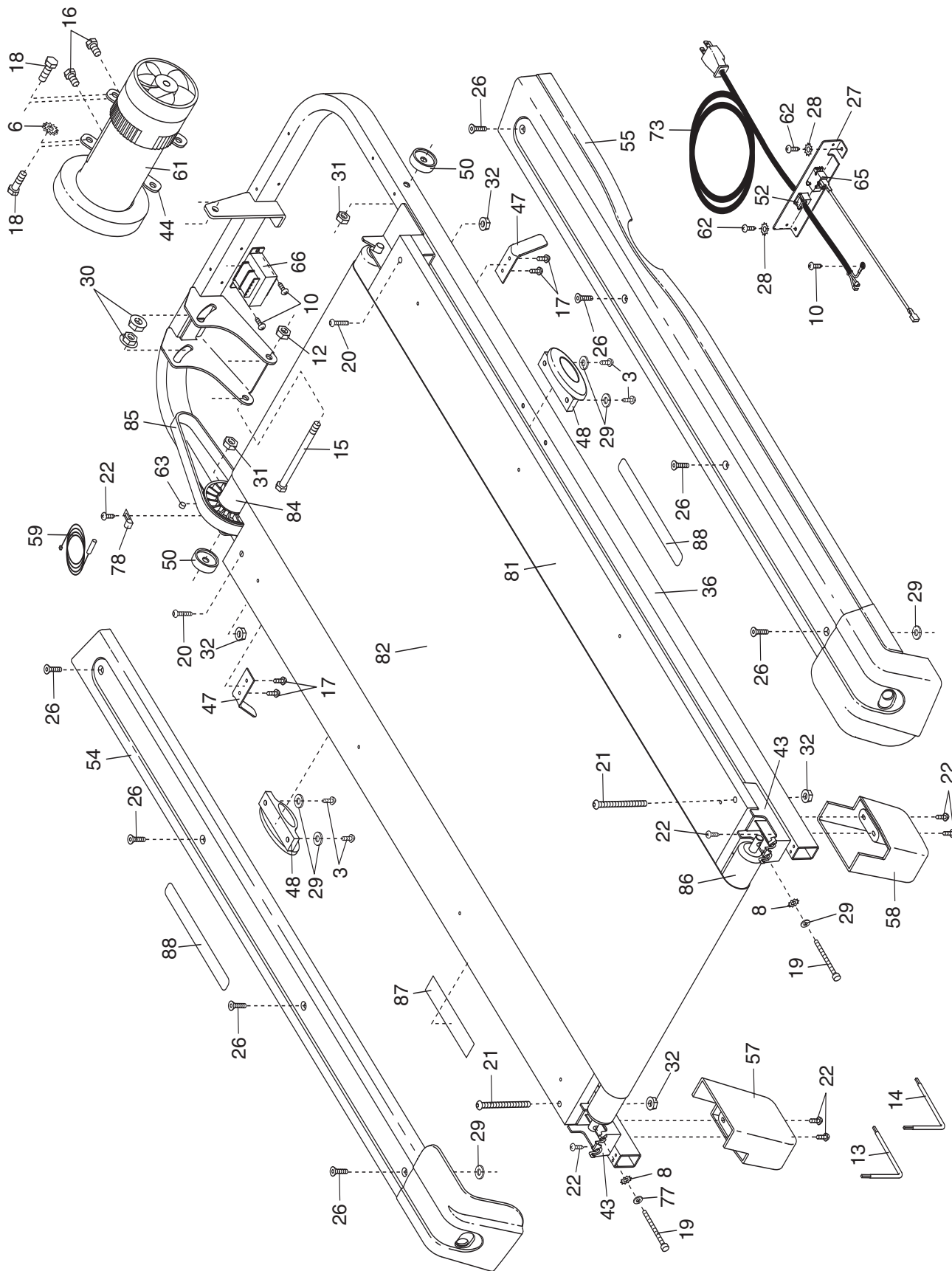
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Frame Bolt	52	1	Power Cord Grommet
2	2	Console Bolt	53	4	Handrail Endcap
3	29	3/4" Screw	54	1	Left Foot Rail
4	4	Upright Bolt	55	1	Right Foot Rail
5	2	Wheel Bolt	56	1	Hood
6	5	Upright Star Washer	57	1	Left Rear Foot
7	2	Upright Washer	58	1	Right Rear Foot
8	2	1/4" Star Washer	59	1	Reed Switch
9	4	Handrail Bolt	60	1	Lift Motor
10	5	Silver Ground Screw	61	1	Drive Motor
11	4	Handrail Star Washer	62	2	Power Cord Bracket Screw
12	5	Nut	63	1	Magnet
13	1	5/32" Hex Key	64	1	Controller
14	1	Hex Key	65	1	Reset/Off Circuit Breaker
15	1	Motor Pivot Bolt	66	4	1 1/2" Screw
16	2	Motor Bolt	67	1	Console Base
17	4	Belt Guide Screw	68	1	Console
18	2	Motor Tension Bolt	69	1	Upright Wire
19	2	Rear Roller Bolt	70	1	4" Black, F/R
20	2	Platform Bolt, Front	71	2	Frame Spacer
21	2	Platform Bolt, Rear	72	2	Grommet
22	16	3/4" Tek Screw	73	1	Power Cord
23	2	Lift Frame Bolt	74	2	Wheel
24	1	Incline Motor Bolt, Top	75	3	Plastic Tie
25	1	Incline Motor Bolt, Bottom	76	9	Wire Tie
26	8	Foot Rail Screw	77	1	8" Releasable Tie
27	1	Power Cord Bracket	78	1	Clip
28	2	Power Bracket Star Washer	79	1	Releasable Tie
29	8	Flat Washer	80	1	Hood Cover
30	2	3/8" Flange Nut	81	1	Walking Platform
31	2	3/8" Nut	82	1	Walking Belt
32	4	Platform Nut	83	12	1/2" Screw
33	1	Left Base Leg Cover	84	1	Front Roller/ Pulley
34	4	U-nut	85	1	Motor Belt
35	1	Audio Wire	86	1	Rear Roller
36	1	Frame	87	1	Warning Decal
37	1	Base	88	1	ProSoft Decal
38	1	Left Upright	89	2	Caution Decal
39	1	Right Upright	90	2	Wheel Nut
40	2	Handrail	91	1	Latch Housing
41	1	Lift Frame	92	1	Key/Clip
42	1	Right Base Leg Cover	93	1	Latch Pin Assembly
43	2	Rear Roller Bracket	94	4	Wheel Spacer
44	1	Motor Bracket	#	1	10" White Wire, M/F
45	1	Console Support Bracket	#	1	10" Blue Wire, 2F
46	1	Stop Bracket	#	1	4" Black Wire, M/F
47	2	Belt Guide	#	1	4" Green Wire, 2Ring/F
48	2	Isolator	#	1	6" Red Wire, M/F
49	1	Belly Pan	#	1	User's Manual
50	2	Frame Pivot Spacer			
51	4	Base Pad			

#These parts are not illustrated  
Specifications are subject to change without notice.

# EXPLODED DRAWING A—Model No. PFTL49906.0

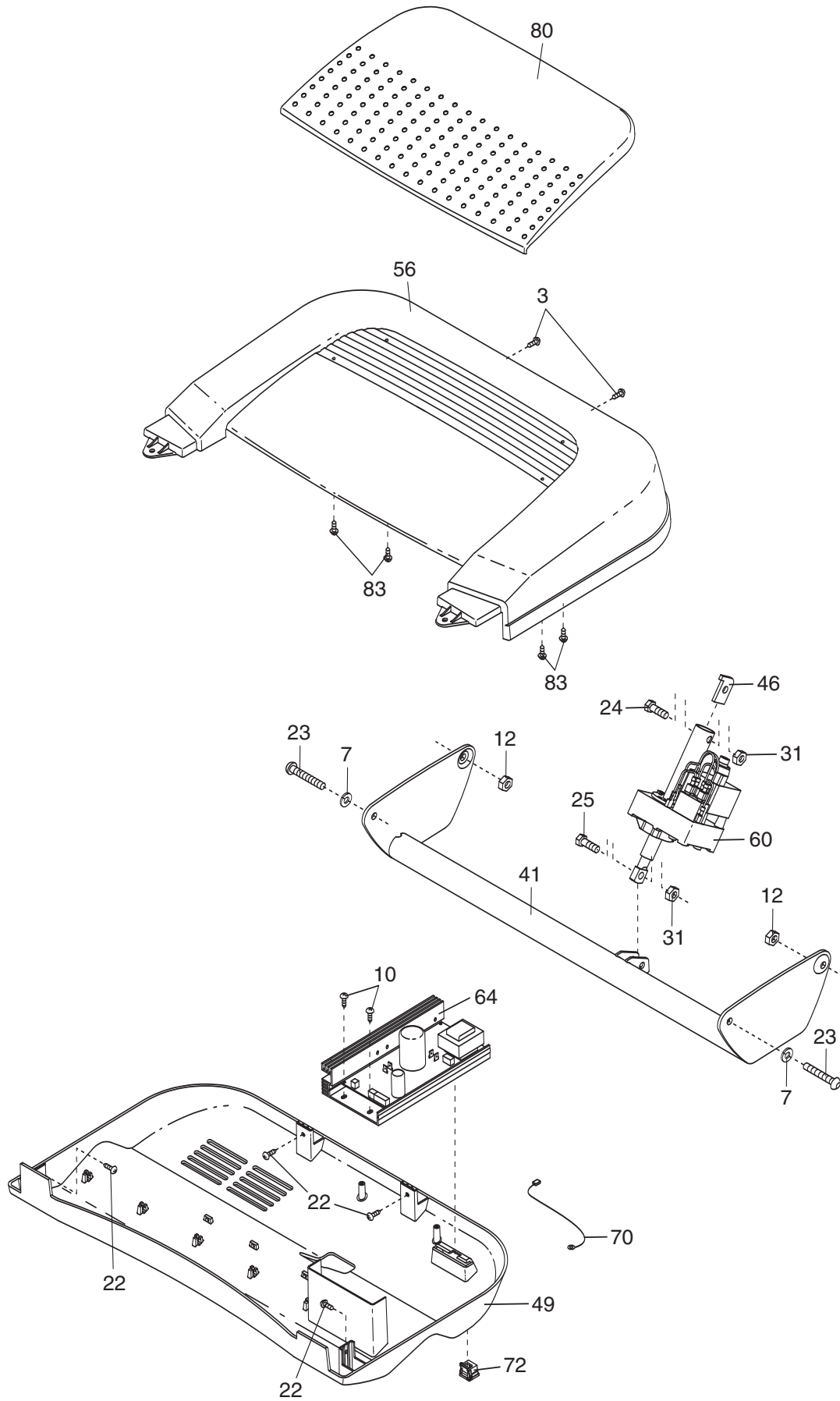
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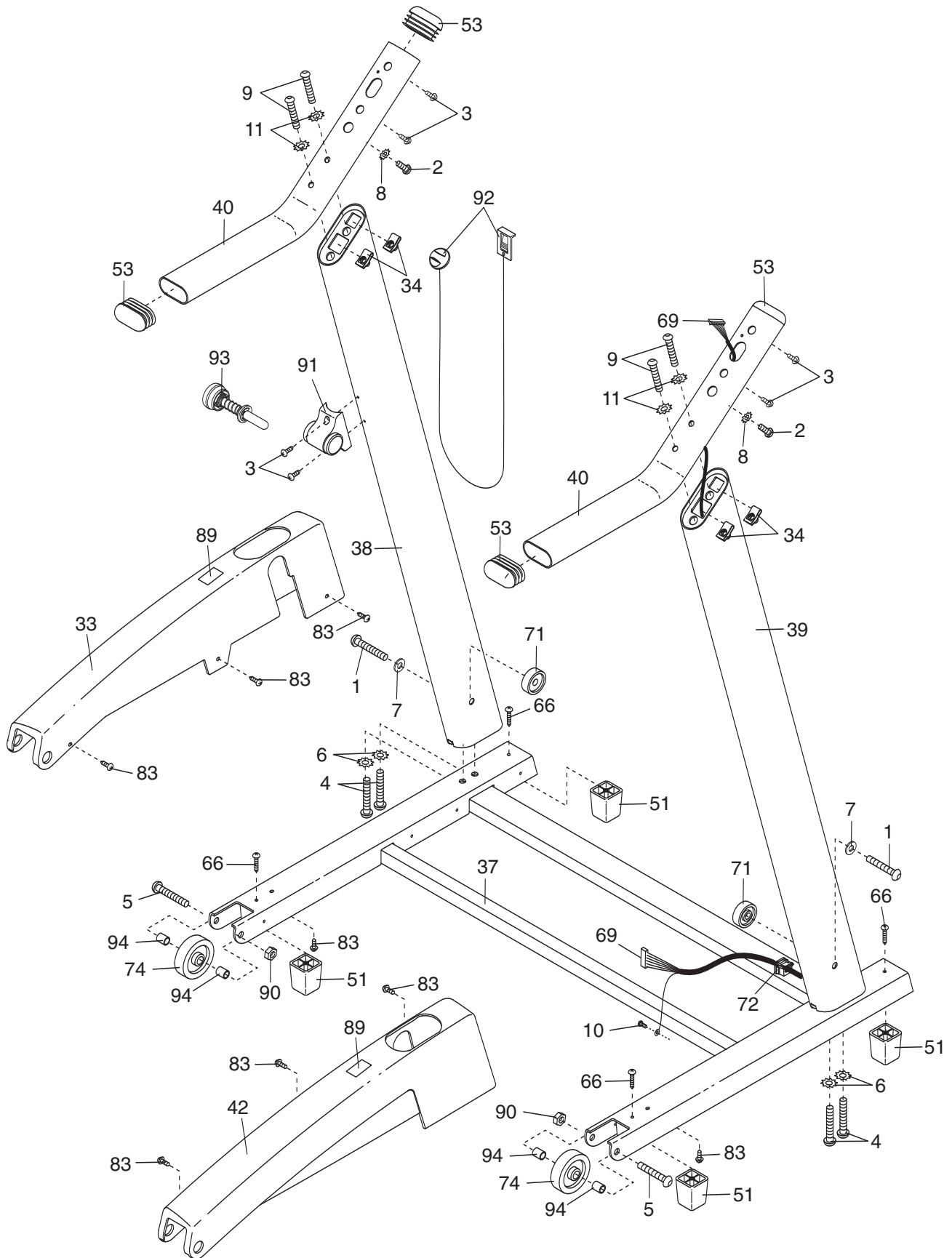
# EXPLODED DRAWING B—Model No. PFTL49906.0

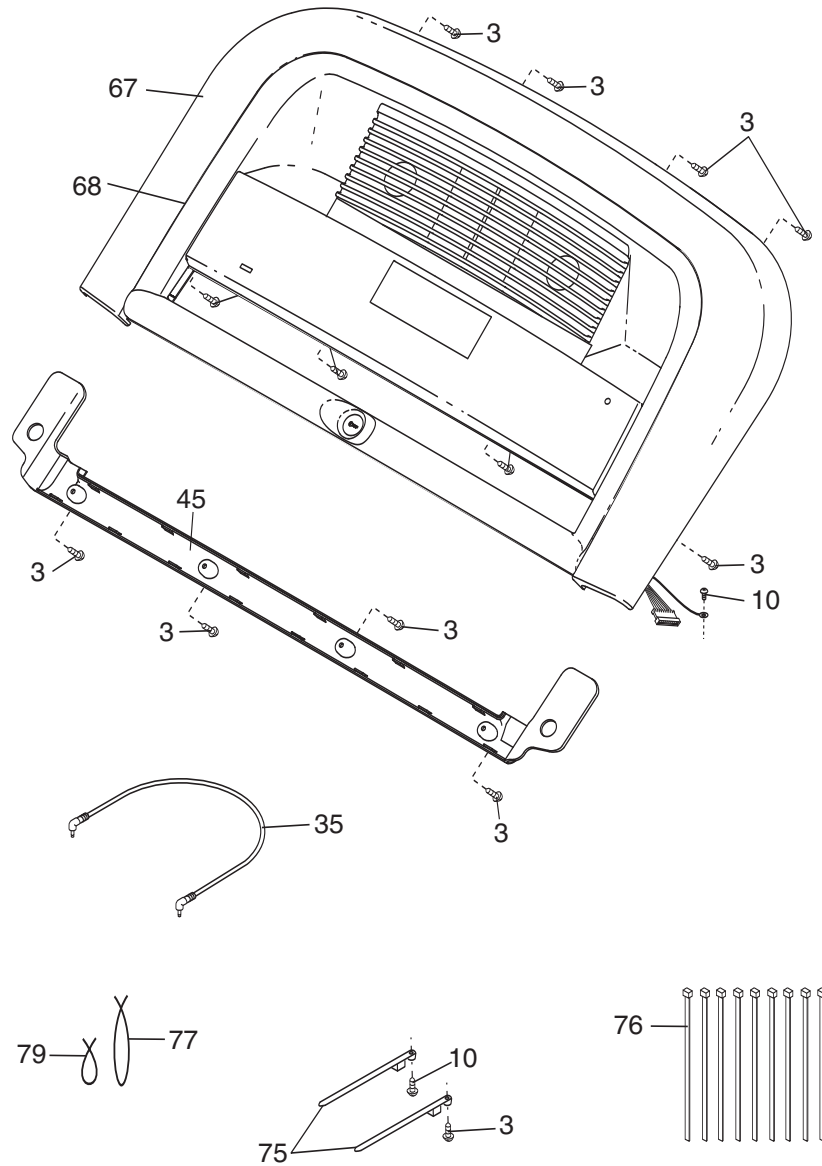
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# EXPLODED DRAWING C—Model No. PFTL49906.0

R1106A





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# ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFTL49906.0)
- the NAME of the product (PROFORM AT 500 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 23 to 27)

## 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 five (5) 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**