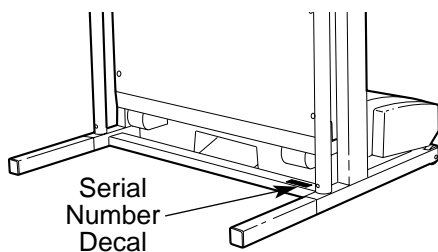


PRO·FORM[®] 595Le

Model No. PCTL53691

Serial No. _____

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



If you require SERVICE for this product, please call

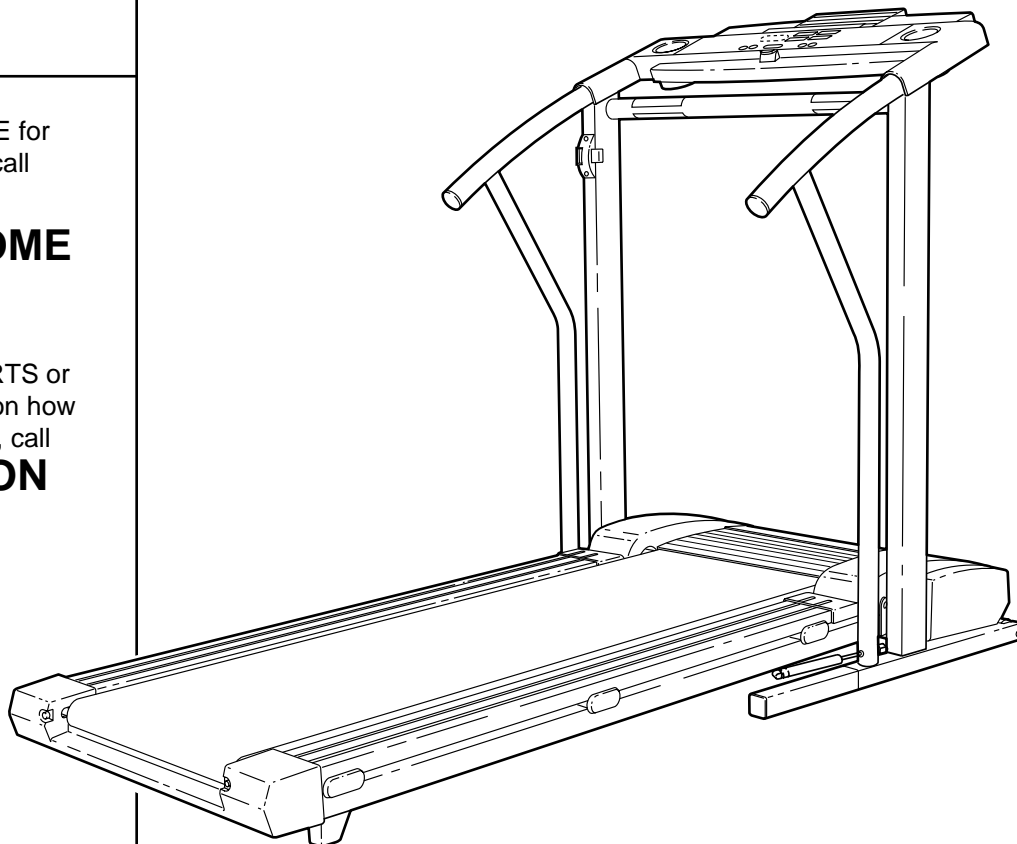
SEARS:

1-800-4 MY HOME
(469-4663)

If you are MISSING PARTS or require INFORMATION on how to operate this product, call

1-888-936-ICON
(4266)

USER'S MANUAL



CAUTION

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



Visit our website at

www.proform.com

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

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. 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 not be used by persons weighing more than 115 kg (250 lbs.).
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 9), 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 CUL-listed surge suppressor of 450 joules minimum surge dissipation with voltage rating of 400 volts or less, rated at 15 amps, with a 14-gauge cord of 1.5 m (5 ft.) or less in length. Do not use an extension cord.
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 4 if the treadmill is not working properly.)

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

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

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

17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 4 for the location of the on/off switch.)

18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO FOLD AND MOVE THE TREADMILL on page 11.) You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

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

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

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

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 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.

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

SAVE THESE INSTRUCTIONS

⚠ 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. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The decals shown below have been placed on the treadmill. If a decal is missing or illegible, please call our customer service department to order a free replacement decal. Apply the decal in the location shown.

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

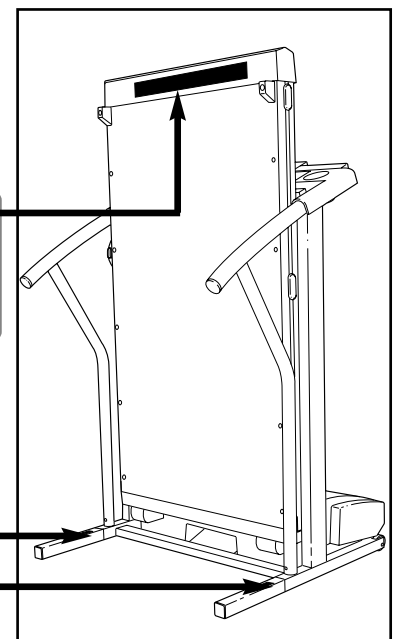
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.
- Stand only on side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the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



⚠ CAUTION **⚠ ATTENTION**

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

GARDEZ VOS PIEDS ET VOS MAINS ÉLOIGNÉS DE CET ENDROIT QUAND LE TAPIS ROULANT EST EN MARCHÉ.



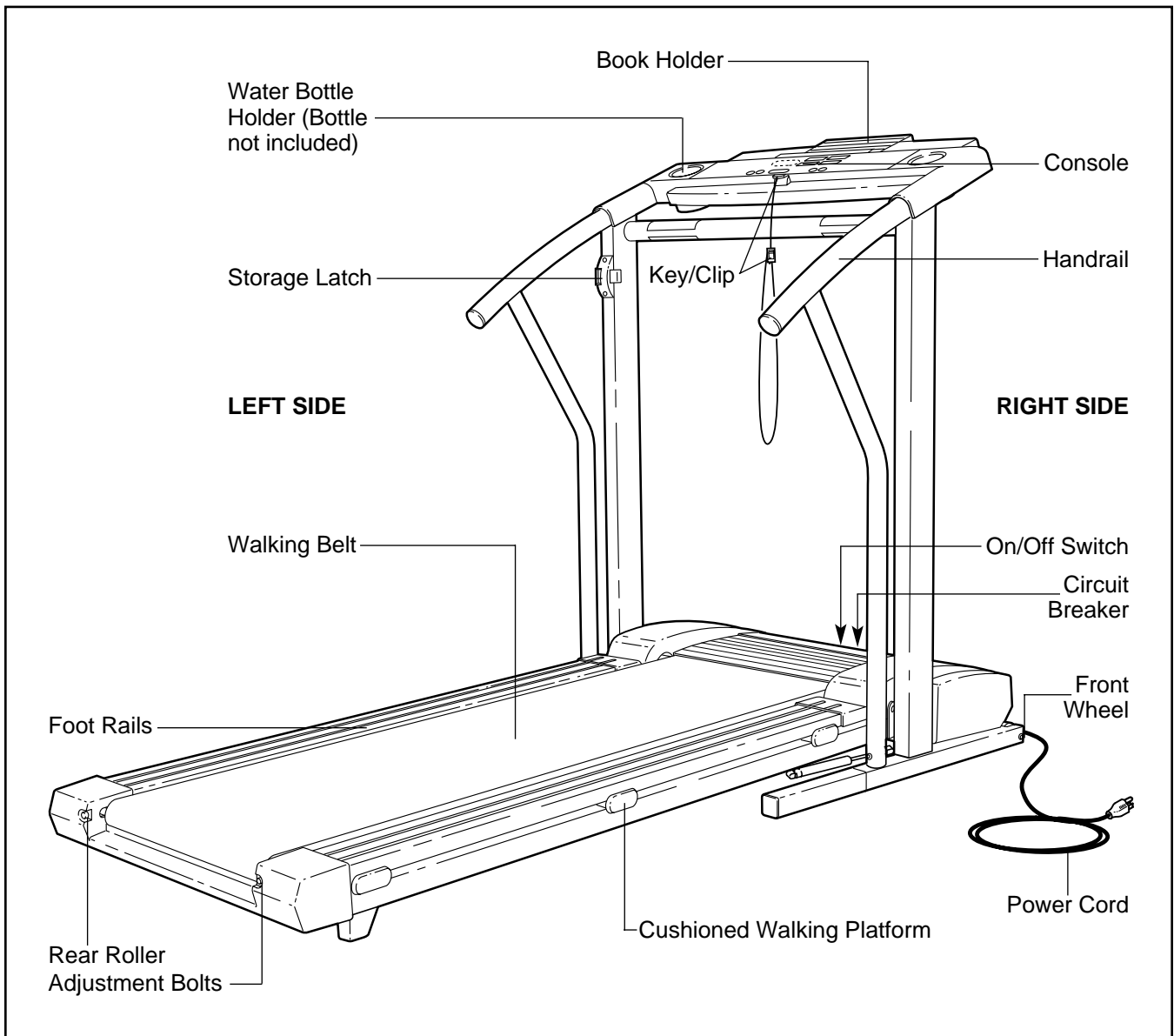
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 595LE treadmill. The 595LE 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 595LE can be folded up, requiring less than half the floor space of other treadmills.

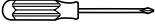

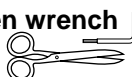
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our toll-free customer service department at

1-888-936-4266, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PCTL53691. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



ASSEMBLY

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

1. With the help of a second person, carefully raise the Uprights (82) until the treadmill is in the position shown. Insert one of the Extension Legs (103) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [82] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (97) is on the indicated side of the Extension Leg. Attach the Extension Leg with a Base Leg Screw (119). **Be sure to push on the head of the Extension Leg Screw while tightening it.**

Attach the other Extension Leg (103) in the same way.

2. Refer to HOW TO LOWER THE TREADMILL FOR USE on page 11. Follow step 2 to lower the treadmill.

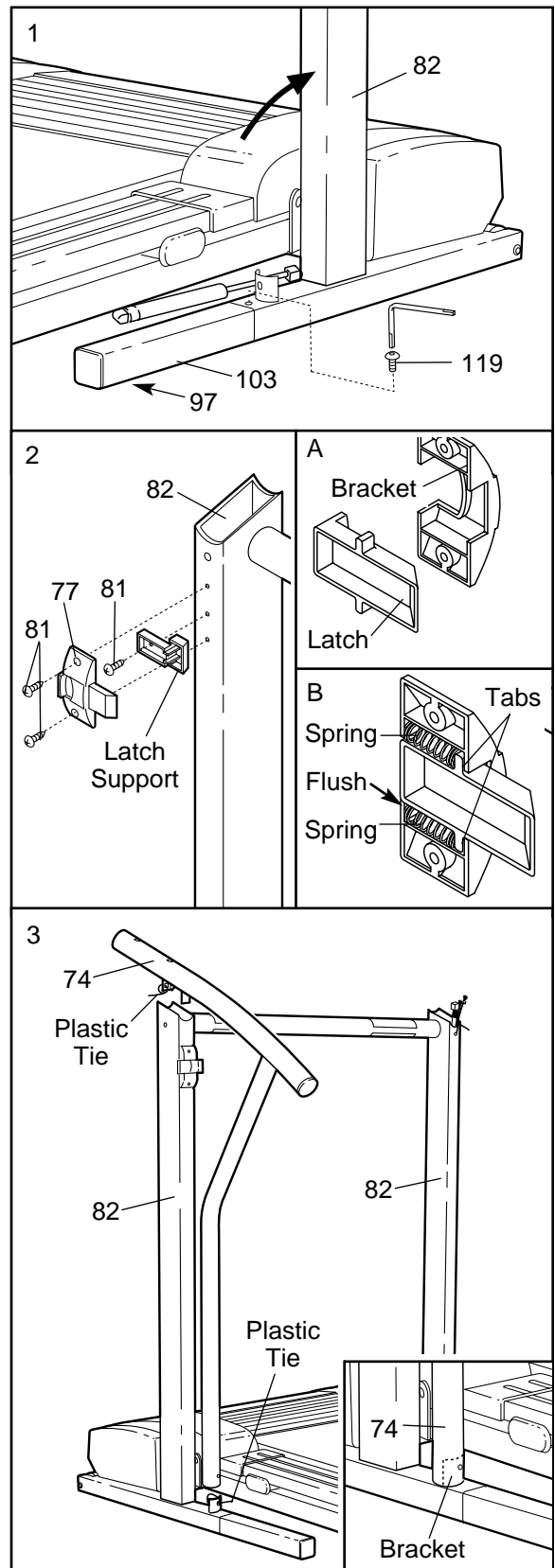
Attach the latch support to the center hole in the left Upright (82) with a 3/4" Screw (81) as shown. **Make sure that the Screw is tight, but do not overtighten it; if the Screw is overtightened, the latch will not slide smoothly.**

Remove the tape from the Storage Latch (77). **Be careful to hold the parts together.** Inset drawings A and B shows how the parts fits together. Make sure that the tabs on the latch are touching one side of the bracket and the back end of the latch is flush with the other side of the bracket. Then, insert the two springs into the bracket.

Attach the Storage Latch (77) to the left Upright (82) with two 3/4" Screws (81).

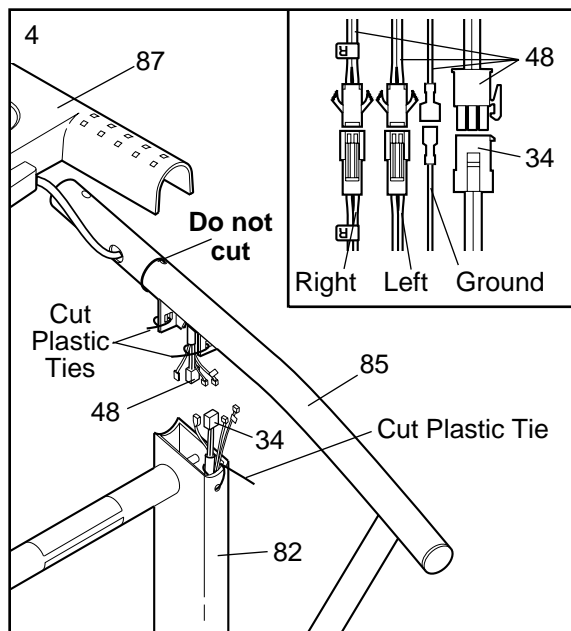
3. Cut the plastic tie off the bracket on the base of each Upright (82).

Next, cut the plastic tie off the Left Handrail (74). Position the Left Handrail on the left Upright (82). The bracket on the base of the left Upright should be **inside** of the lower end of the Left Handrail, as shown in the inset drawing.



4. While a second person holds the Right Handrail (85) and the Console Base (87) near the right Upright (82), cut the indicated plastic ties off the Right Handrail. **Do not cut the other plastic tie off the Right Handrail.** Next, cut the plastic tie off the Upright Wire Harness (34) in the right Upright (82). **Do not drop the Upright Wire Harness into the right Upright.**

Refer to the inset drawing. Connect the Upright Wire Harness (34) to the Console Wire Harness (48). The latch on the Console Wire Harness should snap onto the Upright Wire Harness. **If the Wire Harnesses do not fit together easily, turn them; do not force the Wire Harnesses together.** Next, connect the right pulse wire (with the "R" tag), the left pulse wire, and the ground wire to the corresponding connectors on the Console Wire Harness (48); **make sure that the wires with tags are connected to each other.**

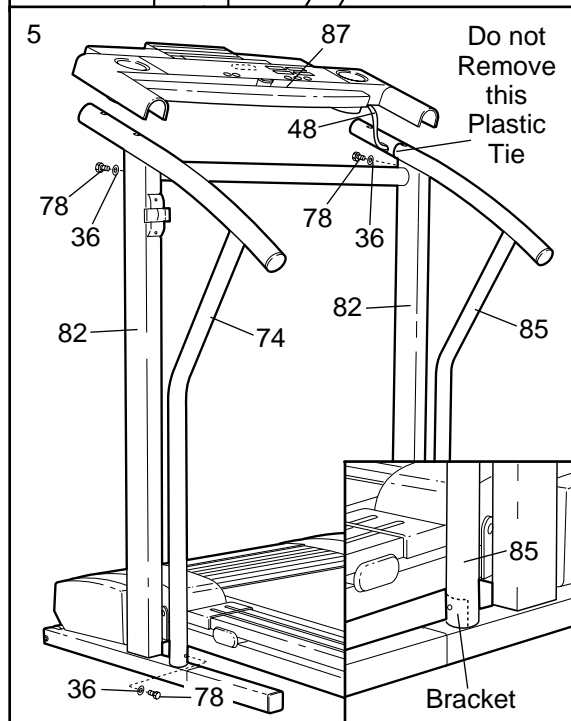


5. **Note that there is still a plastic tie in the Right Handrail (85); do not remove this plastic tie.**

Position the Right Handrail (85) on the right Upright (82) as shown. The bracket on the base of the right Upright should be **inside** of the lower end of the right Handrail, as shown in the inset drawing.

While holding the Console Base (87) near the Right Handrail (85), feed the Console Wire Harness (48) into the Right Handrail. Next, place the Console Base on the Handrails (74, 85). Insert any remaining Console Wire Harness into the Right Handrail.

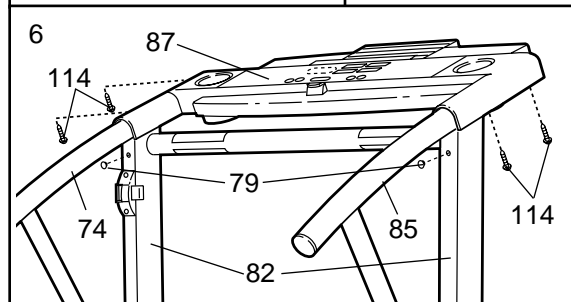
Thread two Handrail Bolts (78) with Handrail Washers (36) into the Left Handrail (74) and the left Upright (82) as shown. **Do not tighten the Handrail Bolts yet.** Next, thread two Handrail Bolts with Handrail Washers into the Right Handrail (85) and the right Upright. **Do not tighten the Handrail Bolts yet. Be careful to avoid damaging the Console Wire Harness (48).**



6. Attach the Console Base (87) to the Left and Right Handrails (74, 85) with four Long Screws (114).

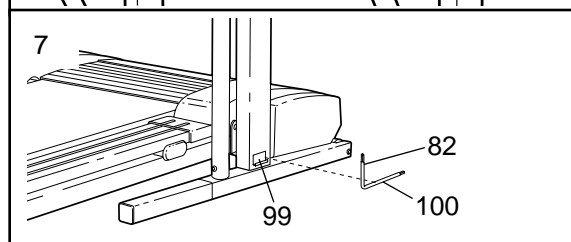
Refer to assembly step 5. Tighten the four Handrail Bolts (78) used in assembly step 5.

Press two Small Upright Plugs (79) into the holes near the upper ends of the Uprights (82).



7. Remove the backing from the Wrench Clip (99). Press the Adhesive Clip onto the base of the right Upright (82) as shown. Press the Allen Wrench (100) into the Adhesive Clip.

8. **Make sure that all parts are tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.



OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

⚠ 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).

Surge suppressors are sold at most hardware stores and department stores. Use only a CUL-listed surge suppressor with 450 joules minimum surge dissipation rated at 15 amps, with a 14-gauge cord of five feet or less in length.

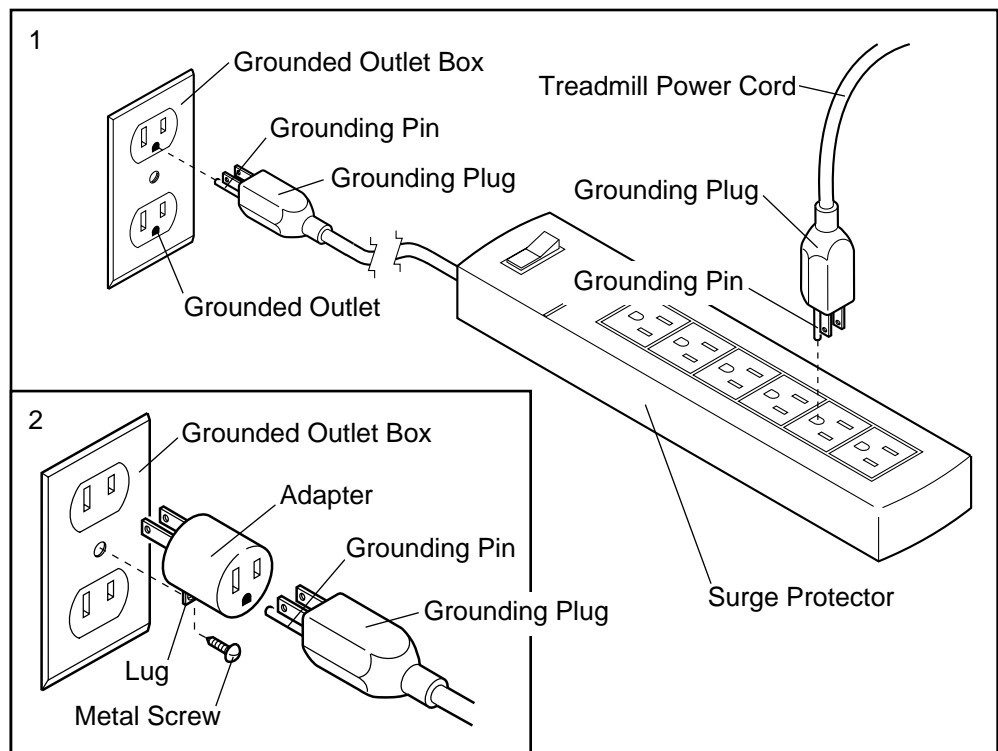
This product must be grounded. If it should malfunction or break down, grounding pro-

vides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-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.**

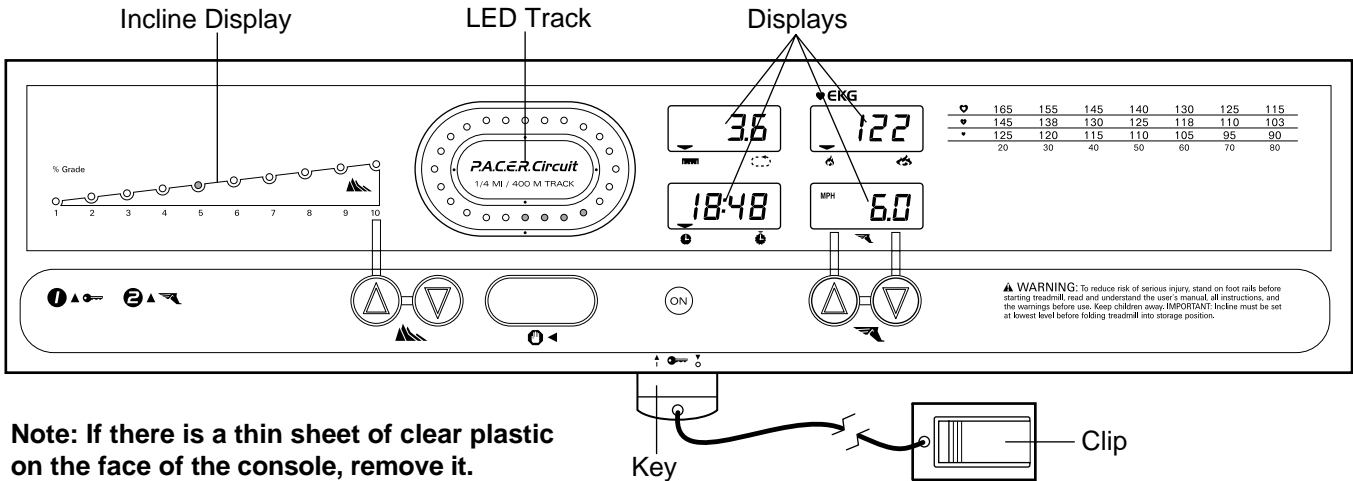
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



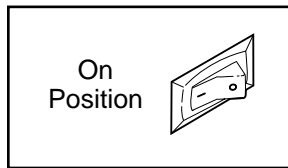
Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

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

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) while operating the treadmill.
- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console, and use only a sealed water bottle.

STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the on/off switch near the power cord is in the on position.



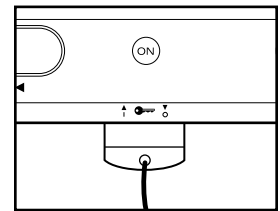
Next, make sure that the key is removed from the console and then plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 7).

When you are ready to begin exercising, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps below to operate the console.

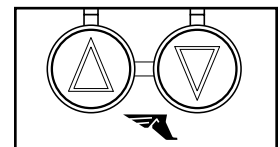
1 Insert the key fully into the console.

When the key is inserted, one indicator will light in the incline display, one indicator will light in the LED track, and the four displays will light.



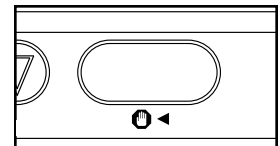
2 Press the Speed Δ button to start the walking belt.

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



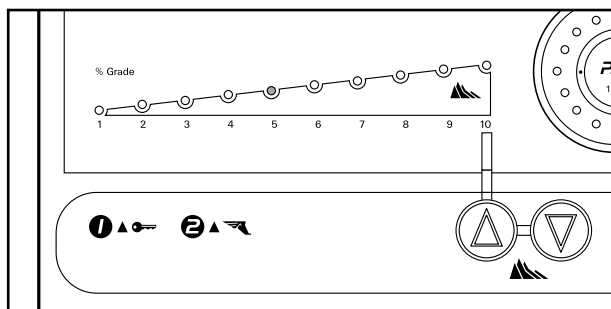
As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons.

To stop the walking belt, press the Stop/Reset button. The Time/Pace display will begin to flash. To restart the walking belt, press the Speed Δ button again. To stop the walking belt and reset the displays, press the Stop/Reset button for about two seconds.



3 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the incline buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline rapidly.

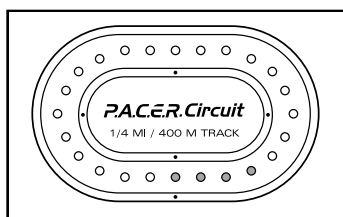


Note: In the incline display, the first indicator will light when the incline is set at 1.5%. The second indicator will light when the incline is set at 2% or 2.5%, the third indicator will light when the incline is set at 3% or 3.5%, and so forth. After the incline buttons are pressed, it will take a moment for the treadmill to reach the selected incline setting.

4 Follow your progress with the LED track and the four displays.

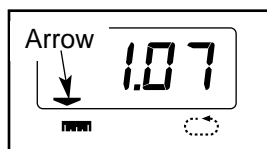
The LED Track—

The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.



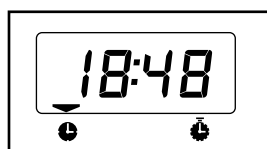
Distance/Laps display—

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



Time/Pace display—

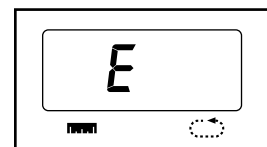
This display shows the elapsed time and your current pace (pace is measured in *minutes per mile*). Your pace will be shown for a few seconds each time the speed is adjusted.



Speed display—This display shows the speed of the walking belt, in miles per hour or kilometers per hour. The letters “MPH” or “KPH” will appear to show which unit of measurement is selected.



To change the unit of measurement, hold down the Stop/Reset button while inserting the key into the console. An “E,” for english miles, or an “M,” for metric kilometers, will appear in the Distance/Laps display. Press the Speed Δ button to change the unit of measurement. Remove and then reinsert the key.



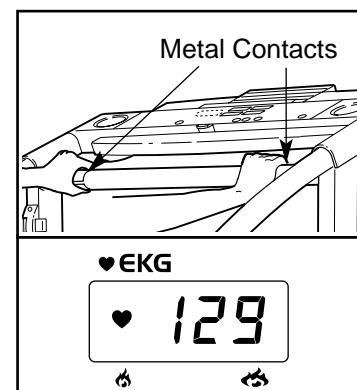
Cals/Fat Cals/Pulse display—

This display shows the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 14). Every seven seconds, the display will change from one number to the other, as shown by the arrows in the display. This display will also show your heart rate when the pulse sensor is used (see step 5).



5 Measure your pulse, if desired.

Stand on the foot rails and place your hands on the metal contacts on the handrail. Your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts—**avoid moving your hands.**

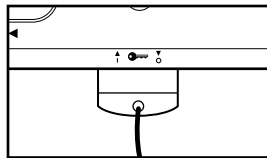


When your heart rate is detected, the heart-shaped indicator in the Cals/Fat Cals/Pulse display will flash **steadily** and a “P” will appear in the display. After a few seconds, three dashes will appear in the display and your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

Try the sensor several times until you become familiar with it. Remember to stand still while measuring your pulse.

6 When you are finished, remove the key.

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

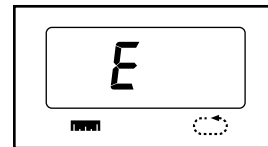


In addition, move the on/off switch to the off position. (See the drawing near the bottom of page 8.)

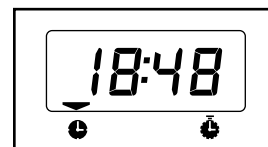
THE INFORMATION MODE

To access the information mode, hold down the Stop/Reset button while inserting the key into the console.

An "E," for english miles, or an "M," for metric kilometers, will appear in the Distance/Laps display. Press the Speed Δ button to change the unit of measurement.



The Time/Pace display will show the total number of hours the treadmill has been used.



The Speed display will show the total number of miles that the walking belt has moved.



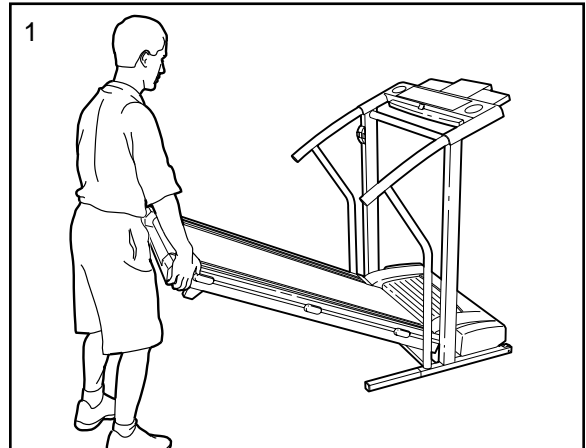
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

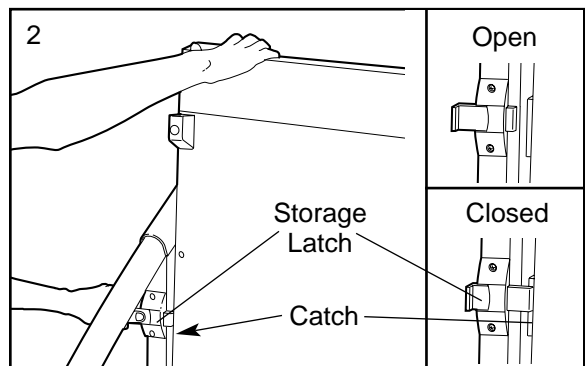
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **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 thumb, slide the storage latch to the left and hold it. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully closed over the catch.**

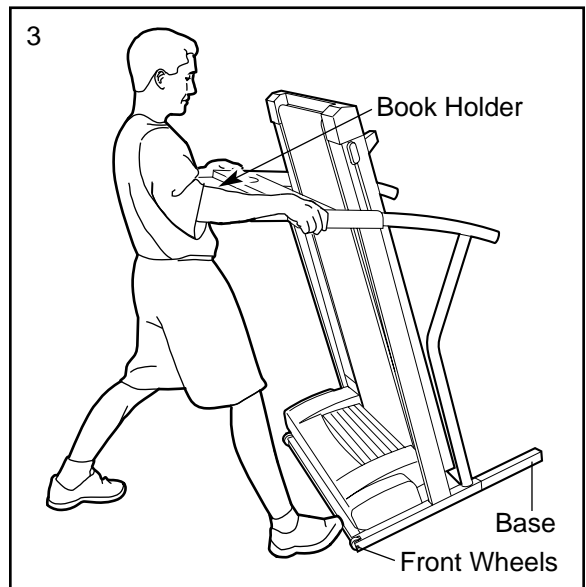
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



HOW TO MOVE THE TREADMILL

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

1. Hold the handrails as shown and place one foot against a wheel. **Do not hold or push on the book holder or the book holder may be damaged.**
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

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

TROUBLE-SHOOTING

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our toll-free customer service department at 1-888-936-4266, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays).

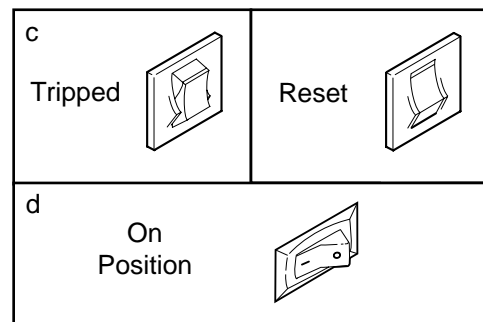
PROBLEM: THE POWER DOES NOT TURN ON

SOLUTION: a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet. (See HOW TO PLUG IN THE POWER CORD on page 8.) Use only a CUL-listed surge protector, rated at 15 amps, with a 1 mm² (14-gauge) cord of 1.5 m (5 ft.) or less in length.

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

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

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the 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.

c. Unplug the power cord, wait for five minutes, and then plug the power cord back in.

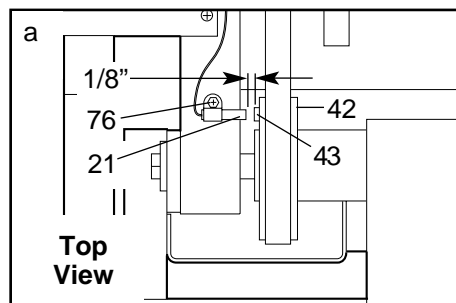
d. Remove the key from the console. Reinsert the key fully into the console.

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

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

PROBLEM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

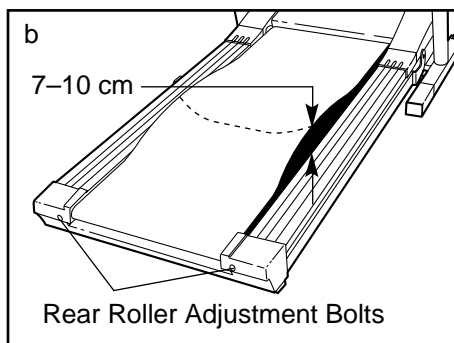
SOLUTION: a. Remove the key from the console and **unplug the power cord**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (21) and the Magnet (43) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Reed Switch Screw (76) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

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

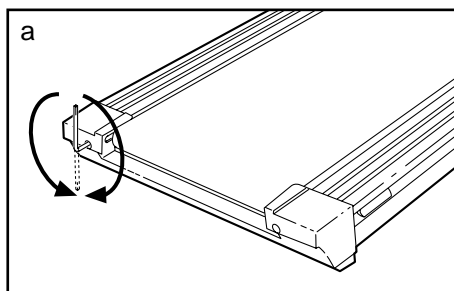
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7–10 cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



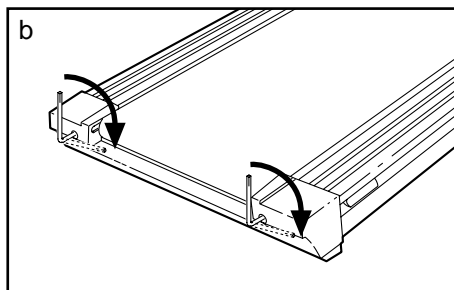
c. If the walking belt still slows when walked on, please call our Customer Service Department.

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

SOLUTION: a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. 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 adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 7–10 cm (3–4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

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

CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body

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

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

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

PART LIST—Model No. PCTL53691

R0901A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Belt	45	4	Isolator	90	1	Key/Clip
2	1	Pulley/Flywheel/Fan	46	10	Isolator Screw	91	1	Incline Motor Plate
3	4	Motor Nut	47	17	Belly Pan Fastener	92*	1	Pulse Bar
4*	1	Motor/Pulley/ Flywheel/Fan	48	1	Console Wire Harness	93	4	Pulse Sensor
			49	2	Belt Guide	94	1	Motor Hood
5	2	Incline Motor Bolt	50	1	Console Cover	95	2	Front Wheel
6	1	Incline Motor Spacer	51	1	Front Belly Pan	96	2	Pulse Bar Bolt
7	1	Incline Motor	52	1	Power Supply	97	4	Base Pad
8	1	Stop Bracket	53	2	Cable Tie Clamp	98	4	Base Pad Screw
9	1	Small Nut	54	1	Cable Tie	99	1	Wrench Clip
10	2	Star Washer	55	1	Walking Belt	100	1	Allen Wrench
11	1	Optic Switch	56	2	Roller Guard	101	9	Console Screw
12	1	Frame	57	1	Rear Roller	102	0	Not Used
13	1	Small Bolt	58	2	Rear Isolator	103	2	Extension Leg
14	1	Incline Optic Disk	59	2	Rear Foot	104	2	Extension Leg Cap
15	8	Incline Motor Nut/ Wheel Nut	60	2	Rear Foot Screw	105	1	Shock
			61	1	Ground Wire	106	1	Upright Grommet
16	16	Screw	62	1	Ground Wire Screw	107	1	Incline Motor Shield
17	4	Plastic Stand-off	63	1	Belly Pan	108	1	Book Holder
18	2	Hood Bracket, Short	64	1	Rear Endcap	109	1	Right Foot Rail Cap
19	1	Hood Bracket, Long	65	2	Rear Roller Adj. Bolt	110	1	Foot Spacer
20	2	Warning Decal	66	1	Motor	111	2	Foot Rail Insert
21	1	Reed Switch	67	1	Latch Decal	112	1	Motor Tension Nut
22	1	Reed Switch Clip	68	2	Rear Platform Screw	113	1	Motor Tension Bolt
23	1	Incline Wire	69	2	Catch Screw	114	4	Long Screw
24	1	Controller	70	1	Latch Catch	115	2	O Ring
25	1	Electronics Bracket	71	1	Walking Platform	116	1	Motor Bushing
26	1	Circuit Breaker	72	5	8" Cable Tie	117	1	Console Wire Harness
27	1	Power Cord	73	1	Plastic Plate	118	1	Motor Controller Wire
28	1	Power Cord Grommet	74	1	Left Handrail	119	1	Base Leg Screw
29	1	On/Off Switch	75	2	Handrail Endcap	#	1	30" Black Wire, M/F
30	1	Inlet Bracket	76	7	Reed Switch Screw/ Belly Pan Screw	#	1	23" Wire Harness
31	1	Incline Leg				#	1	Green Wire, 2 Ring
32	2	Frame Pivot Bolt	77	1	Storage Latch	#	1	8" Blue Wire, 2 F
33	2	Frame Pivot Spacer	78	4	Handrail Bolt	#	1	4" Blue Wire, 2 F
34	1	Upright Wire Harness	79	2	Small Upright Plug	#	1	10" White Wire, 2 F
35	1	Front Roller Adj. Bolt	80	4	Cage Nut	#	1	4" White Wire, M/F
36	7	HandrailWasher/ Roller Adj. Washer	81	3	3/4" Screw	#	1	9" Wire Harness
			82	1	Upright	#	1	4" Black Wire Harness, 2 F
37	1	Choke	83	2	Incline Leg Pivot Bolt			
38	4	Motor Bolt	84	2	Incline Leg Pivot Washer	#	1	4" Green Wire, F/Ring
39	2	Cap Screw				#	1	User's Manual
40	1	Left Foot Rail Cap	85	1	Right Handrail			
41	2	Foot Rail	86	2	Wheel Bolt			
42	1	Front Roller/Pulley	87	1	Console Base			
43	1	Magnet	88	1	Console			
44	4	Platform Screw	89	4	Motor Star Washer			

* Includes all parts shown in the box

These parts are not illustrated

ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PCTL53691)
- The NAME OF THE PRODUCT (PROFORM® 595 LE treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached in the center of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST on page 15 and the EXPLODED DRAWING attached in the center of this manual).

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period one year from 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. 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, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

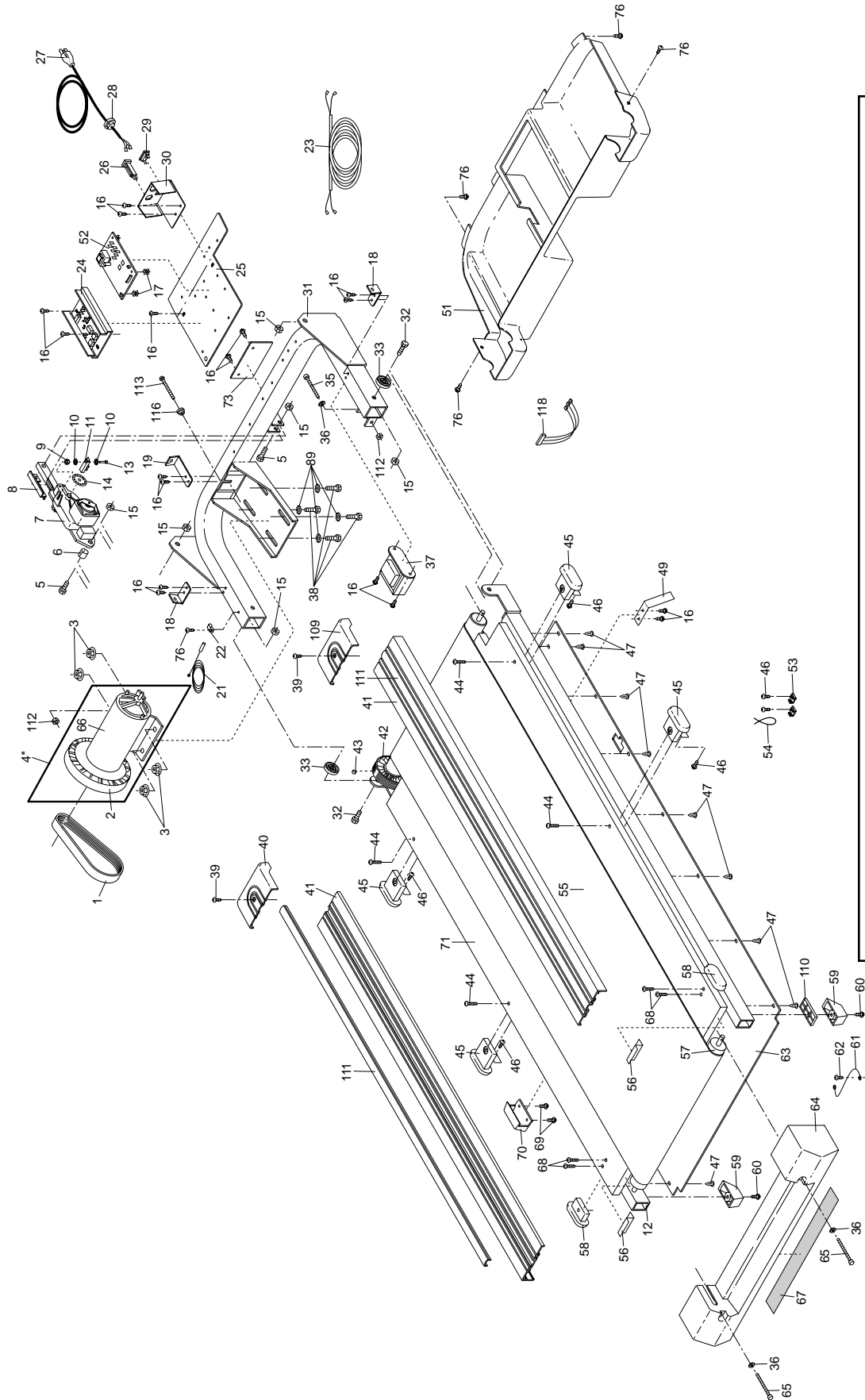
ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces 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 provinces 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 province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8

EXPLODED DRAWING—Model No. PCTL53691

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

To identify the parts shown on this exploded drawing, refer to the PART LIST on page 15 of the USER'S MANUAL.

EXPLODED DRAWING—Model No. PCTL53691

R0901A

