

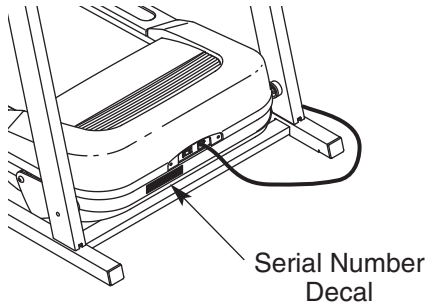
# PRO-FORM<sup>®</sup>

## 495Pi

### USER'S MANUAL

Model No. PFTL33105.2

Serial No. \_\_\_\_\_



### 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.

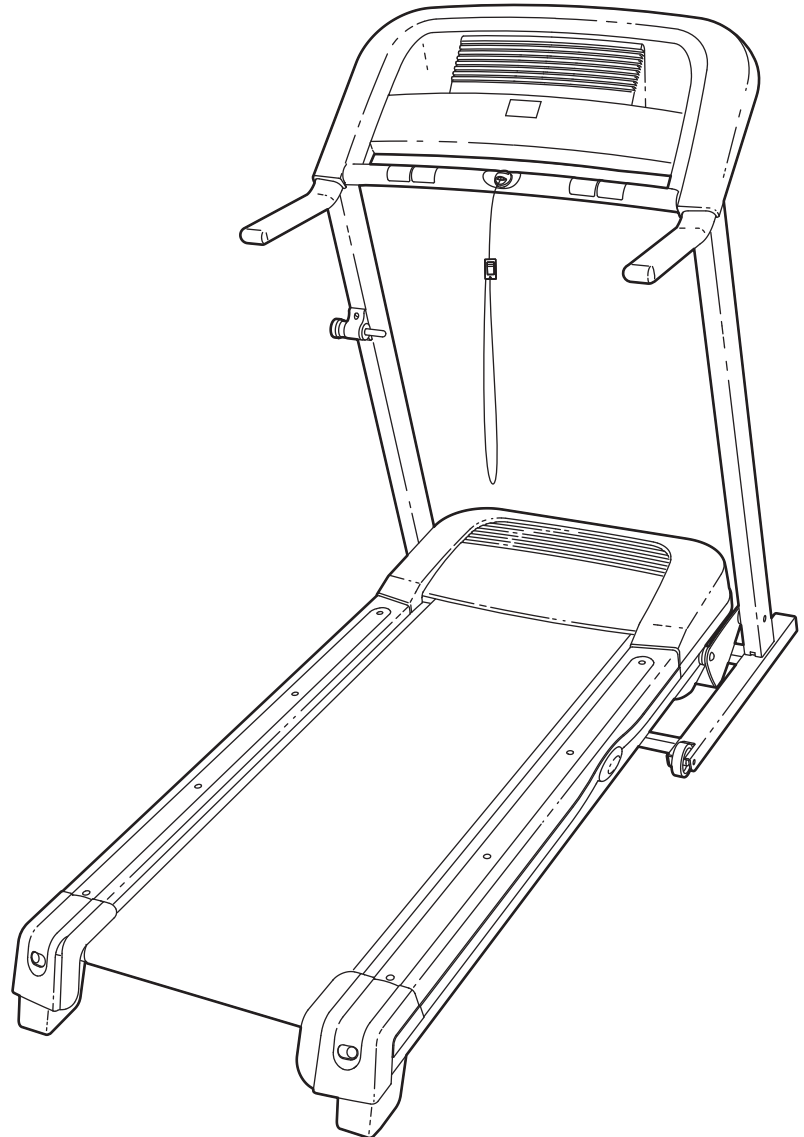
CALL TOLL-FREE:

**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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## **495Pi**

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Note: An EXPLODED DRAWING and a PART LIST are 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.
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 250 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 11), 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 11. 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 16 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT).
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. 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 14.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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

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

22. Never 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 a commercial, rental, or institutional setting.

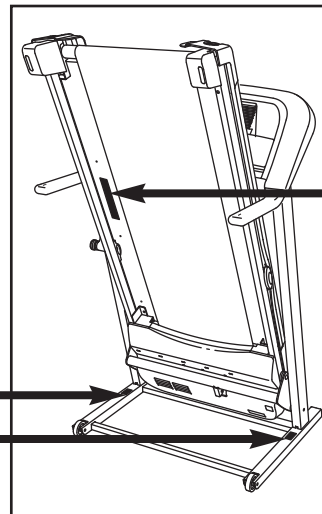
**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

## SAVE THESE INSTRUCTIONS

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

**⚠ CAUTION**

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



### ⚠ 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

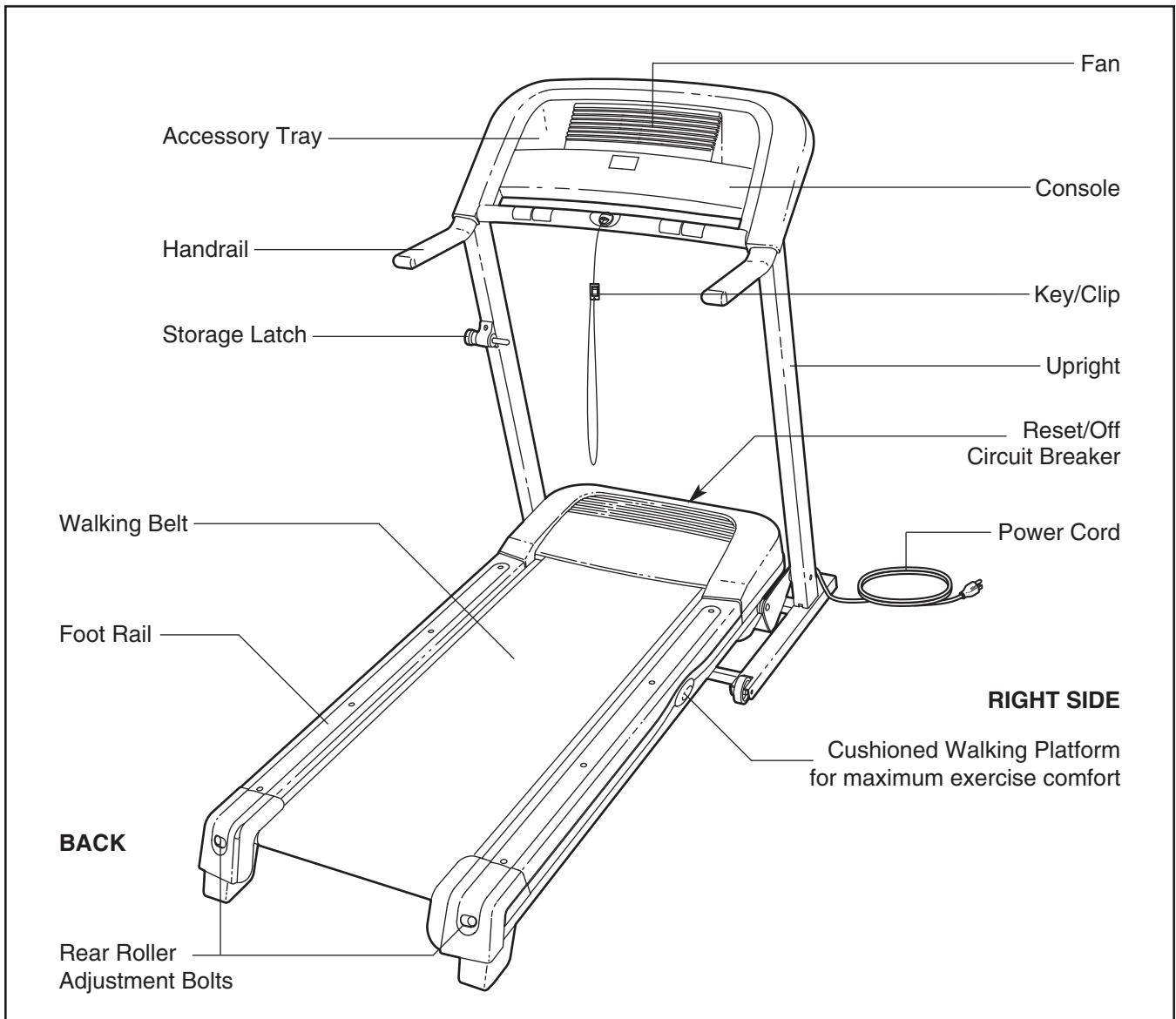
Thank you for selecting the new PROFORM® 495 Pi treadmill. The 495 Pi treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the 495 Pi treadmill can be folded up, requiring less than half the floor space of other treadmills.

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

number and serial number before calling. The model number of the treadmill is PFTL33105.2. 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.



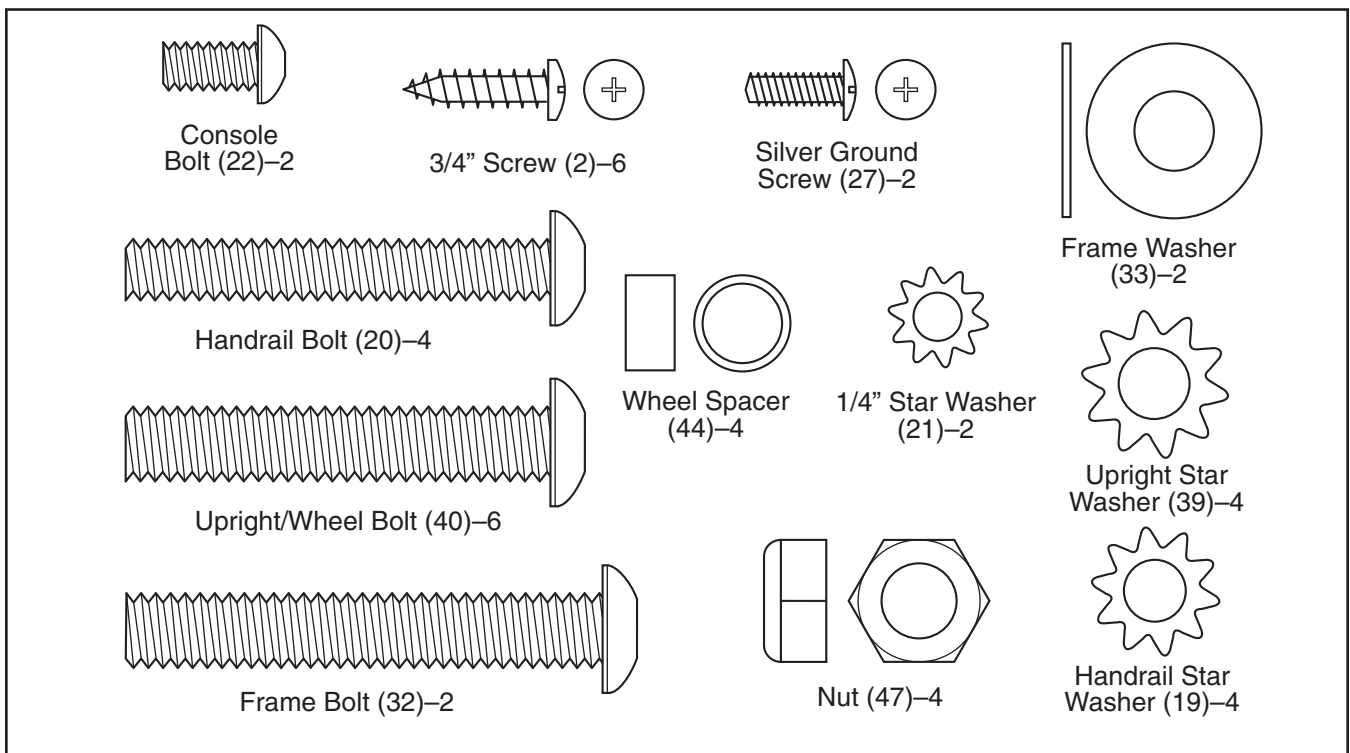
# ASSEMBLY

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

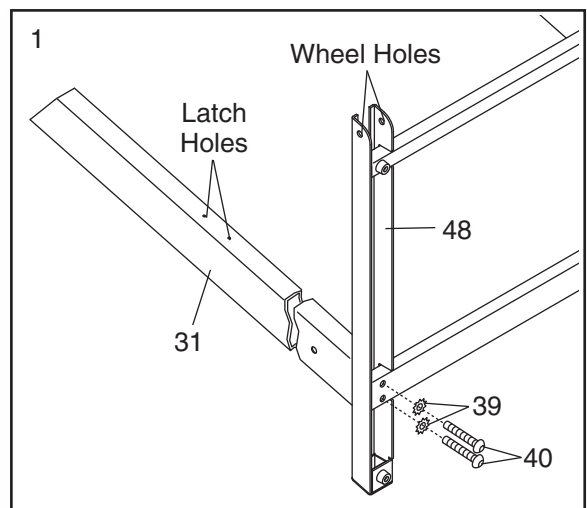
**Assembly requires the included allen wrenches**  **and your own phillips screwdriver**  **, rubber mallet**  **, adjustable wrench**  **, and wire cutters** .

**For help identifying the assembly hardware, see the drawings below.** If a part is not in the parts bag, check to see if it has been pre-assembled. **To avoid damaging plastic parts, do not use power tools for assembly.**



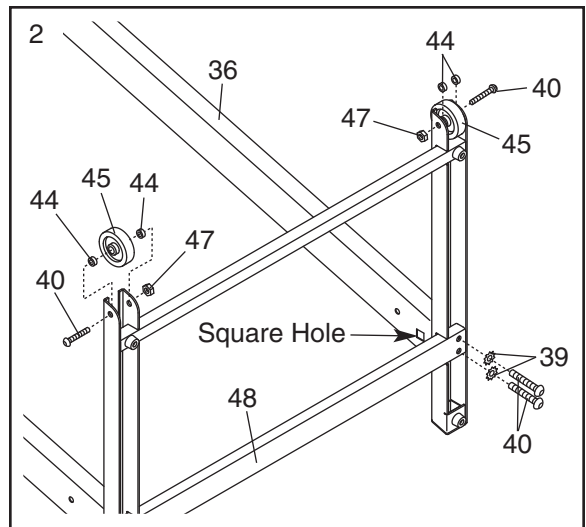
## 1. Make sure that the power cord is unplugged.

Have a second person hold the Upright Base (48) in the position shown, with the wheel holes at the top. Identify the Left Upright (31), which has two latch holes in one side. Orient the Left Upright as shown, and attach it to the Upright Base with two Upright Bolts (40) and two Upright Star Washers (39). **Do not tighten the Upright Bolts yet.** Note: There may be left and right stickers on the Uprights and on the Upright Base.



- Orient the Right Upright (36) so that the square hole at the lower end is oriented as shown. Attach the Right Upright to the Upright Base (48) with two Upright Bolts (40) and two Upright Star Washers (39). **Do not tighten the Upright Bolts yet.**

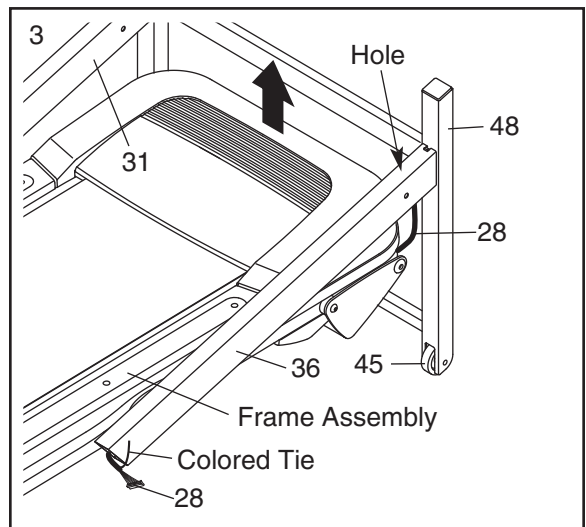
Attach each Wheel (45) to the Upright Base (48) with a Wheel Bolt (40), two Wheel Spacers (44), and a Nut (47) as shown. **Do not overtighten the Wheel Bolts;** the Wheels should turn freely.



- Cut the tie holding the Upright Wire (28) in a bundle. **Leave the large colored tie on the end of the Upright Wire.**

Orient the Upright Base (48) on the Wheels (45) as shown, and center the frame assembly between the Uprights (31, 36). With the help of another person, lower the frame assembly and insert the Wire Harness (28) into the large hole at the bottom of the Right Upright (36) and out of the top.

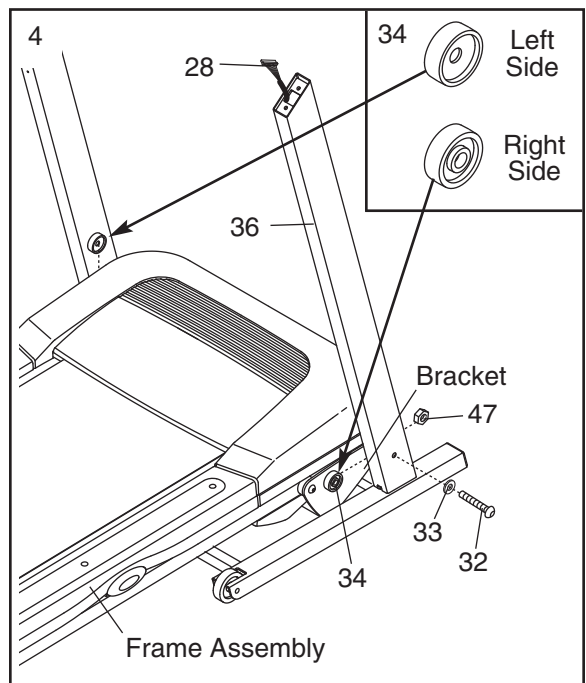
While the frame assembly is raised, raise the Uprights (31, 36) so the Upright Base (48) is flat on the floor. **Make sure that the end of the Wire Harness (28) does not fall into the Right Upright (36).** It may be helpful to bend the colored tie on the end of the Wire Harness over the Right Upright.



- Orient the two Frame Spacers as shown in the inset drawing. Open the included packet of grease and apply equally to both sides of each Frame Spacer.

Hold a Frame Spacer (34) between the frame assembly and the Right Upright (36). **Make sure that the Frame Spacer is oriented as shown in the inset drawing.** Insert a Frame Bolt (32) through a Frame Washer (33), the Right Upright, and the Frame Spacer and through the bracket on the frame assembly. **Be careful not to pinch the Wire Harness (28) in the Right Upright (36).** Tighten a Nut (47) onto the Frame Bolt several turns. **Do not tighten the Frame Bolt yet.**

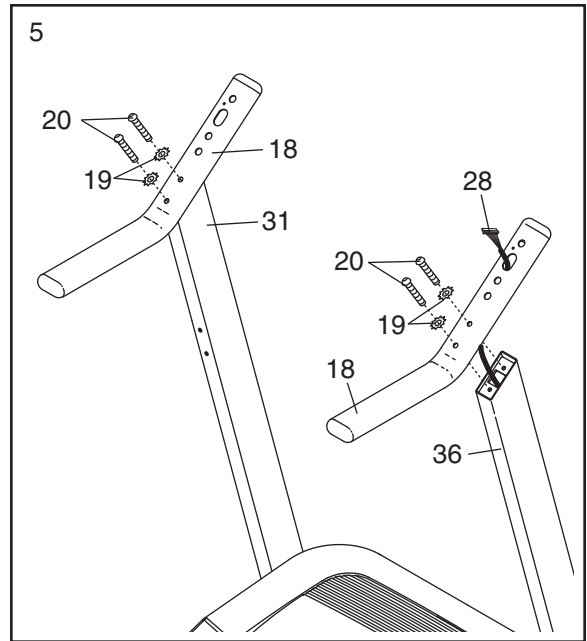
Repeat this step on the left side. Note: There is not a wire harness on the left side.



5. Hold one of the Handrails (18) near the Right Upright (36). Insert the Wire Harness (28) into the hole in the bottom of the Handrail and out of the hole in the top as shown. Remove the tie from the Wire Harness.

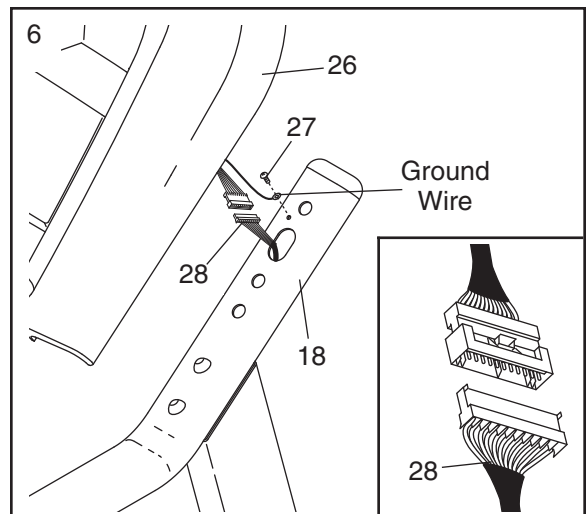
Set the Handrail (18) on the Right Upright (36), and tighten two Handrail Bolts (20) with two Handrail Star Washers (19) into the Handrail and the Right Upright. **Make sure that the Wire Harness (28) does not get pinched.**

Attach the other Handrail (18) to the Left Upright (31) as described above. Note: There is not a wire on the left side.

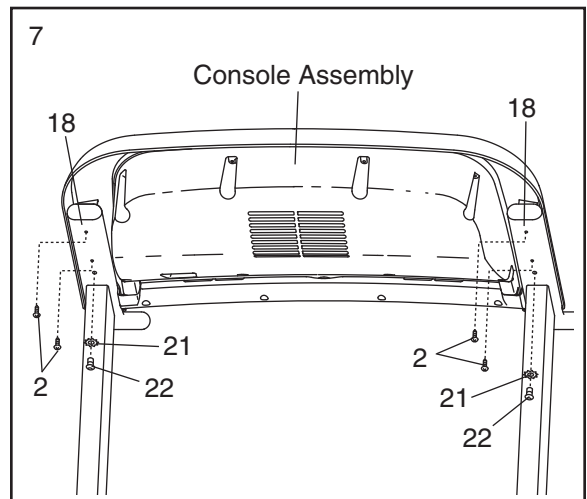


6. Hold the Console Base (26) near the right Handrail (18). Attach the end of the ground wire on the Console Base to the indicated small hole in the Handrail with a Silver Ground Screw (27).

Connect the Wire Harness (28) to wire harness on the Console Base (26). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



7. Set the console assembly on the Handrails (18); insert the excess wiring down into the right Handrail. Attach the console assembly with four 3/4" Screws (2) and two Console Bolts (22) with two 1/4" Star Washers (21). **Make sure that no wires are pinched. Start all four Screws and both Console Bolts before tightening any of them.**

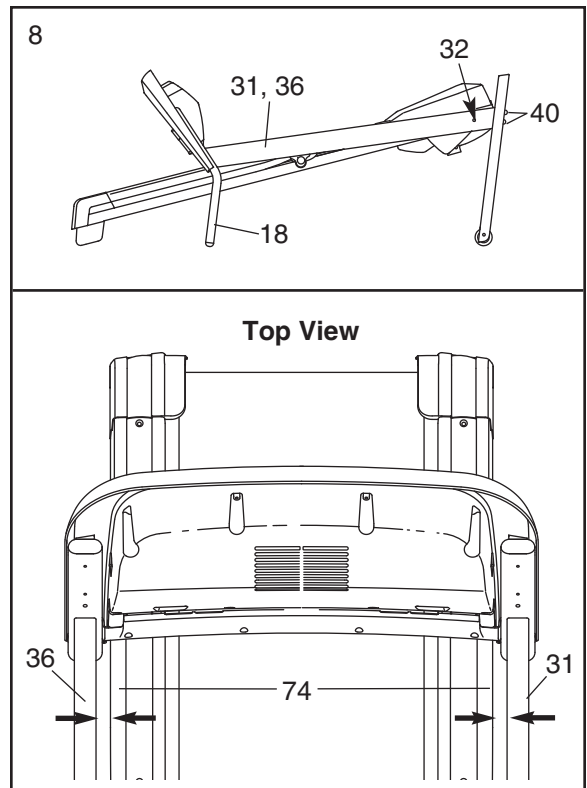




8. Lower the Uprights (31, 36) until the Handrails (18) are touching the floor.

See the lower drawing. Position the Uprights (31, 36) so that the treadmill Frame (74) is centered between the Uprights.

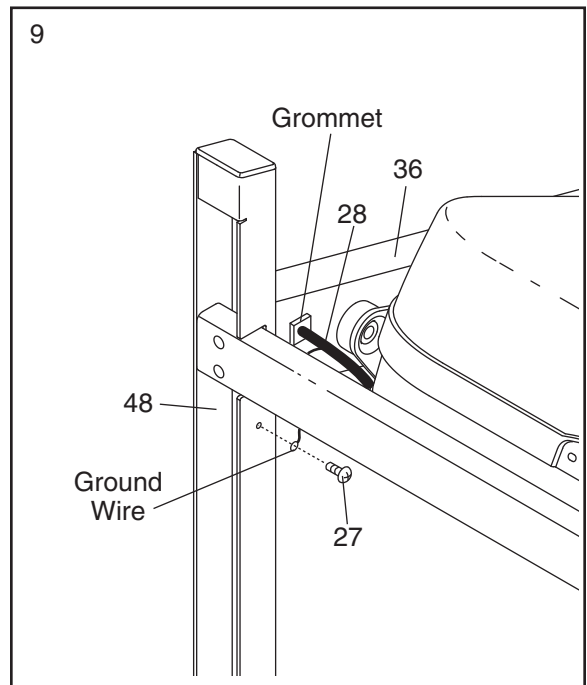
Firmly tighten the four Upright Bolts (40) and the two Frame Bolts (32). **Be careful not to overtighten the Frame Bolts.**



9. Attach the end of the ground wire from the Wire Harness (28) to the indicated small hole in the Upright Base (48) with a Silver Ground Screw (27).

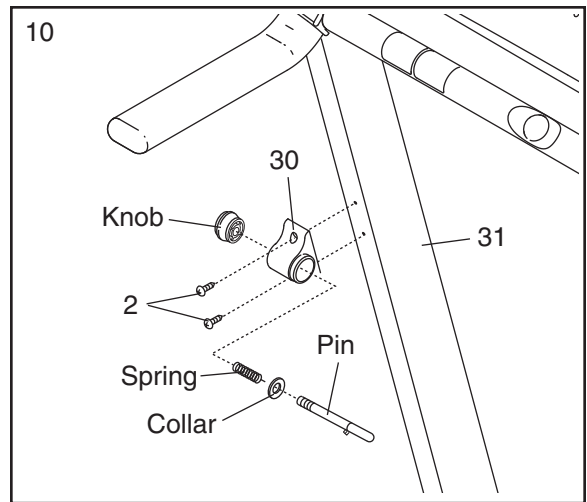
Make sure that the grommet is pressed into the side of the Right Upright (36).

Raise the Uprights (36, 31) to the vertical position.



10 Attach the Latch Housing (30) to the Left Upright (31) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown. Do not over-tighten the Screws.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (30), and tighten the knob back onto the pin.



11. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 17). 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.

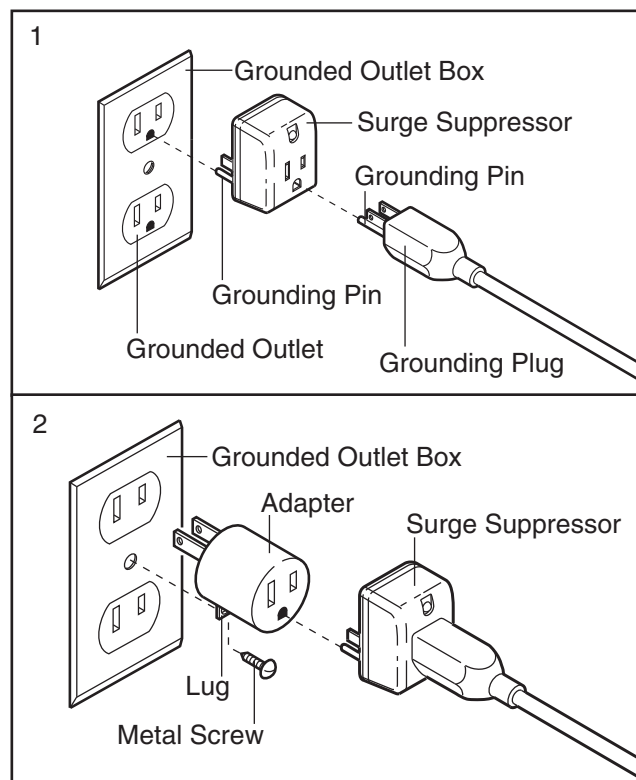
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

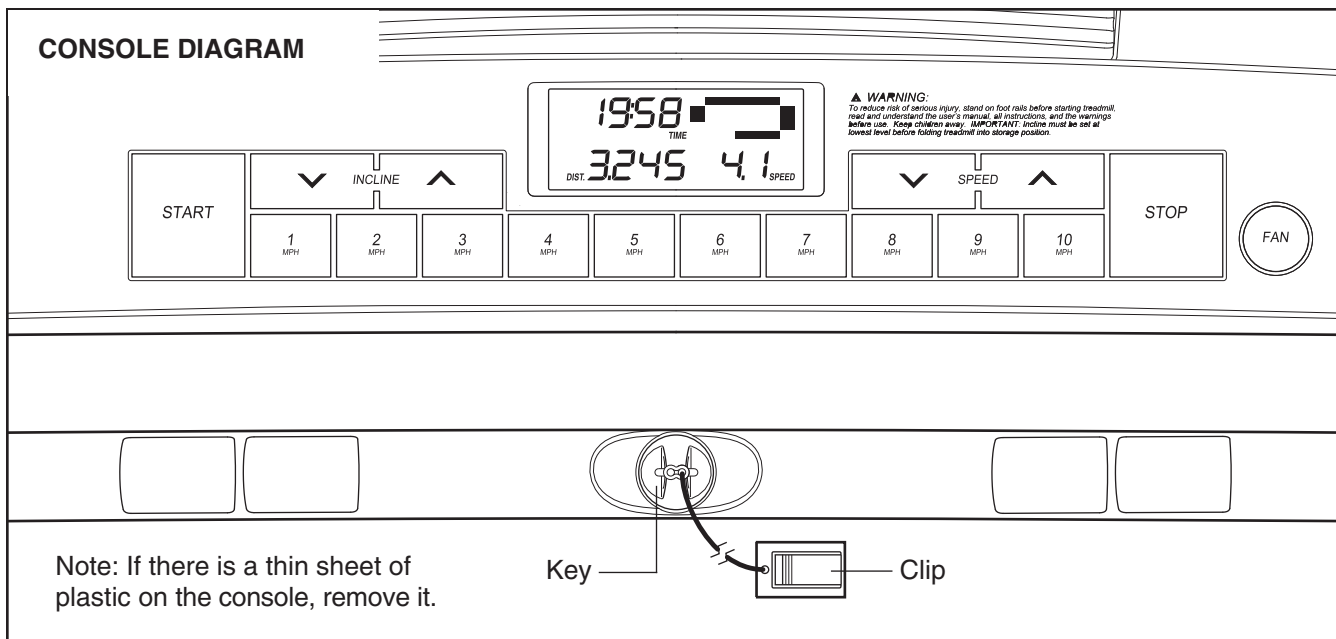
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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.

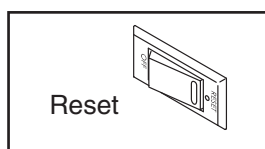
The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a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



## STEP-BY-STEP CONSOLE OPERATION

**Note: To prevent damage to the walking platform, always wear clean shoes when using the treadmill.**

Before operating the console, make sure that the power cord is properly plugged in (see page 11). In addition, locate the reset/off circuit breaker on the treadmill frame near the power cord, and 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 display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Follow the steps below to operate the console.

### 1 Insert the key into the console.

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

### 2 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 to 10.

If the Start button or the Speed increase button is pressed, 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 a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

If one of the numbered speed buttons is pressed, the walking belt will gradually change in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The elapsed time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 17).

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

To change the incline of the treadmill, press either of the Incline buttons. Each time a button is pressed, the incline setting will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

#### 4 Follow your progress with the display.

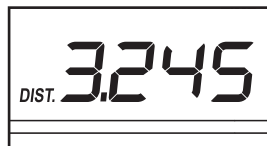
A track representing 1/4 mile will appear in the upper right corner of the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The upper left corner of the display will show the elapsed time.



The lower left corner of the display will show the distance that you have walked or run and the incline level of the treadmill.



The lower right corner of the display will show the speed of the walking belt and the approximate number of calories that you have burned during your workout. The lower right corner of the display will also show your heart rate when you use the handgrip pulse sensor.



Note: The console can display speed and distance in either miles



or kilometers. To see which unit of measurement is selected, select the console's information mode by holding down the Stop button, inserting the key into the console, and then releasing the Stop button. An "E" for English miles or an "M" for metric kilometers will appear in the display. Press the Speed increase button to change the unit of measurement if desired. When the information mode is selected, the console will also show the total number of hours that the treadmill has been used and the total distance that the walking belt has moved since the treadmill was purchased. **Important:** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord

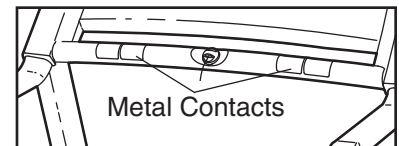
can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

To exit the information mode, remove the key from the console and then reinsert it.

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

#### 5 Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will begin to 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, continue to hold the contacts for about 15 seconds.**

#### 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 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put the key in a secure place.

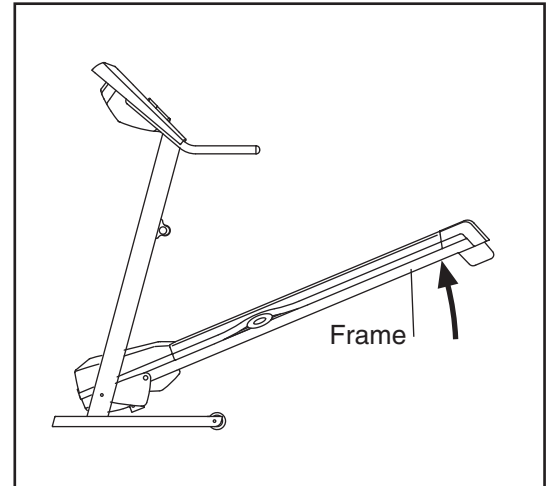
**When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.**

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

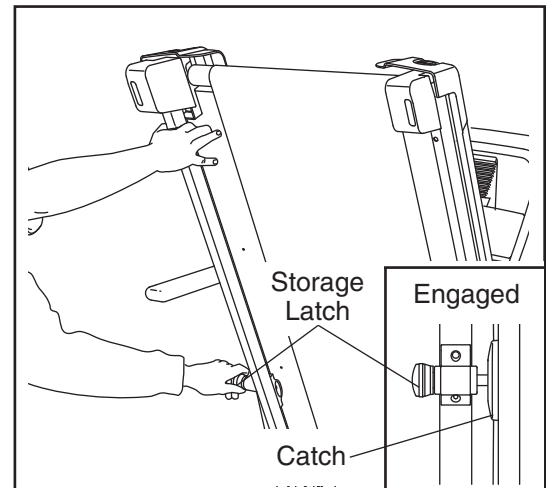
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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 treadmill by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill about halfway to the vertical position.



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

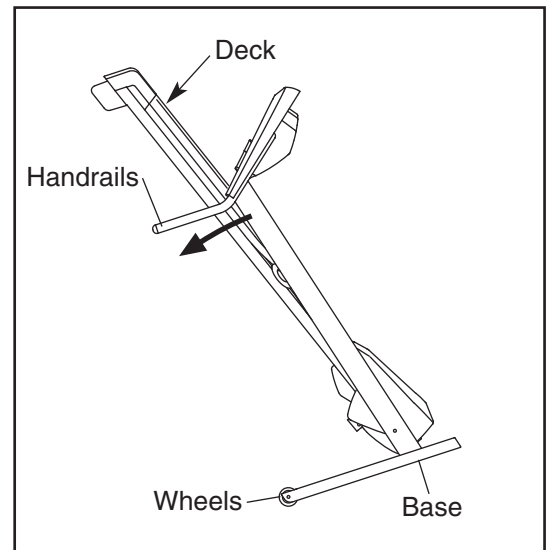
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



## HOW TO MOVE THE TREADMILL

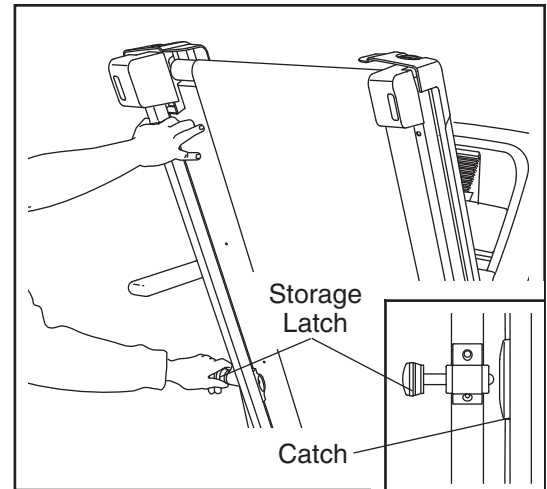
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the storage latch.**

1. Hold onto one handrail and place the 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.

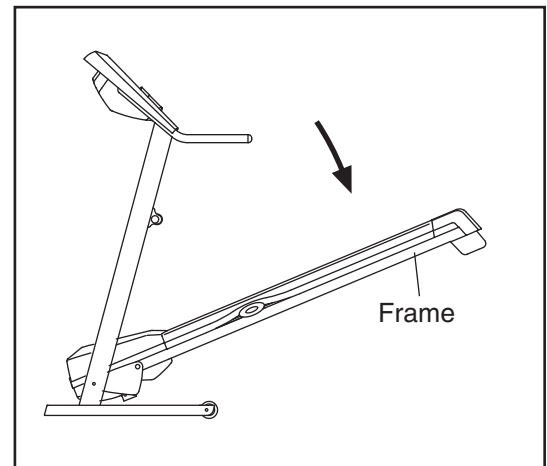


## HOW TO LOWER THE TREADMILL FOR USE

Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, do not lower the treadmill by gripping only the plastic foot rails. Do not drop the treadmill frame to the floor. Be sure to bend your legs and keep your back straight.**



# TROUBLESHOOTING

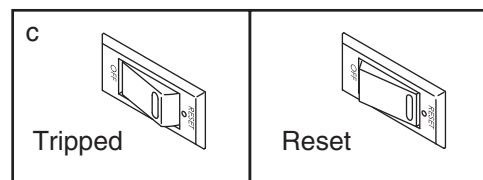
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on the front cover of this manual.

## 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 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

c. Check the reset/off circuit breaker located on the treadmill 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.

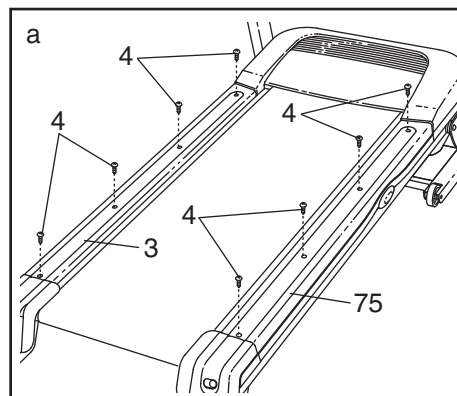
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

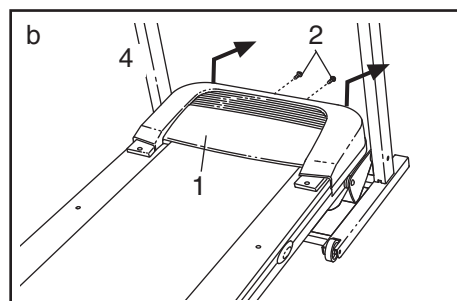
d. If the treadmill still will not run, see the front cover of this manual.

## 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 eight Foot Rail Screws (4) and lift of the Left and Right Foot Rails (3, 75).

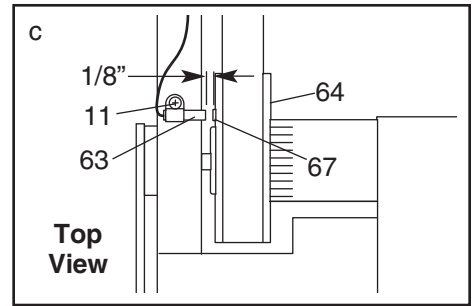


b. Remove the two Screws (2) from the Hood (1) and carefully remove the Hood.





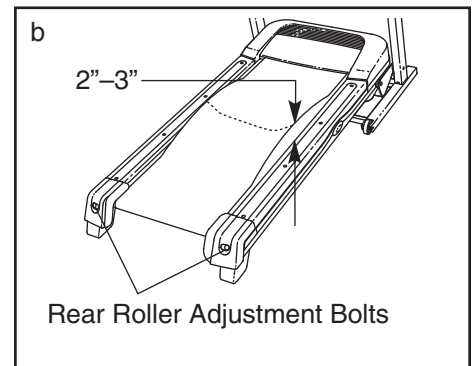
- c. Locate the Reed Switch (63) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (11), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (see step b), and run the treadmill for a few minutes to check for a correct speed reading. If the reading appears normal, reattach the Foot Rails (see step a).



**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 11.

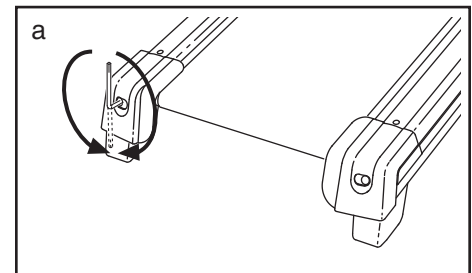
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened,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



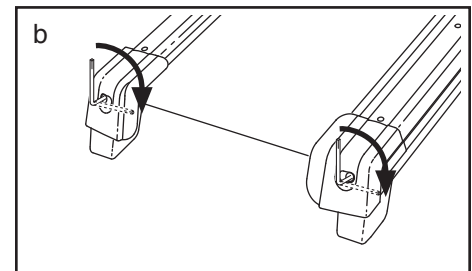
- c. If the walking belt still slows when walked on, see the front cover of this manual.

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

**SOLUTION:** a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

## 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

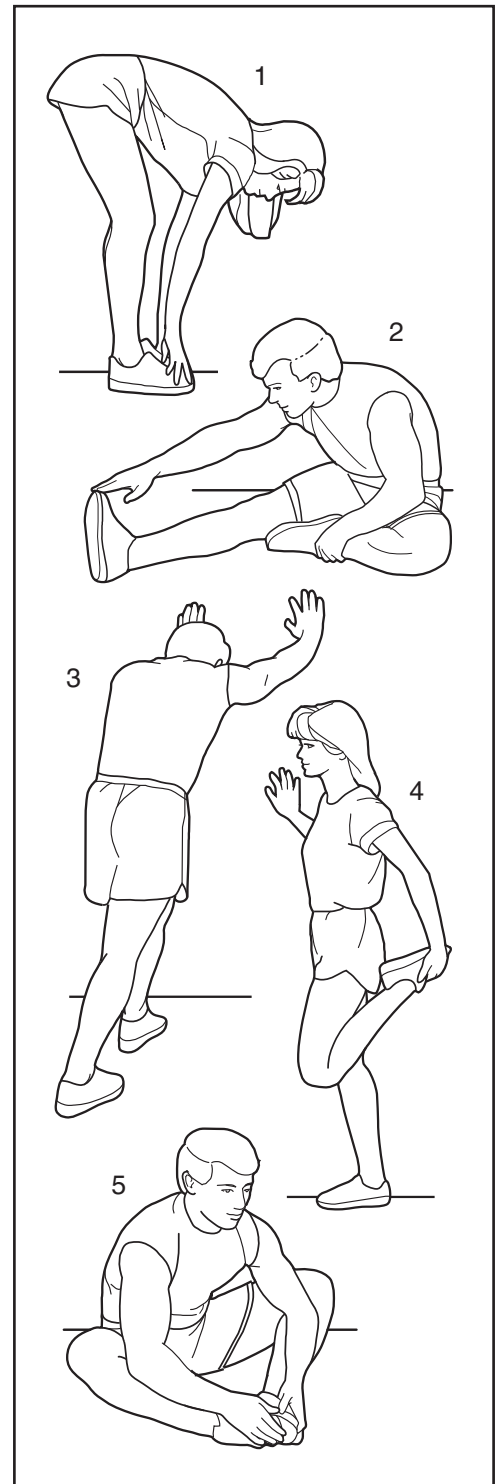
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. PFTL33105.2

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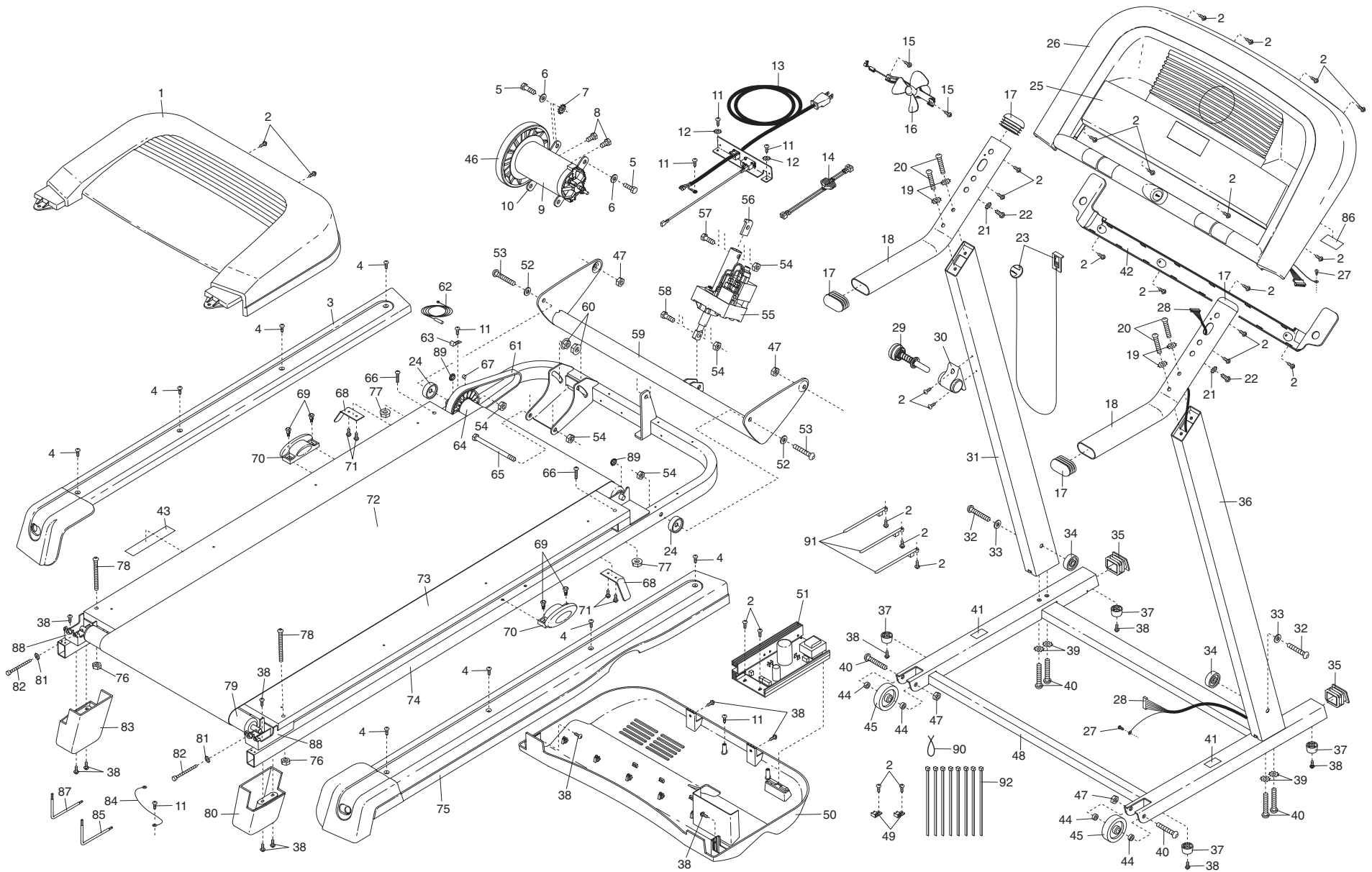
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	51	1	Controller
2	25	3/4" Screw	52	2	Lift Frame Washer
3	1	Left Foot Rail	53	2	Lift Frame Bolt
4	8	Foot Rail Screw	54	5	3/8" Nut
5	2	Motor Tension Bolt	55	1	Lift Motor
6	2	Motor Tension Washer	56	1	Stop Bracket
7	1	Motor Star Washer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

#These parts are not illustrated

Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. PFTL33105.2

R0406A



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# HOW TO ORDER REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (PFTL33105.2)
- the NAME of the product (PROFORM 495 Pi treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and the PART LIST attached in the center of this manual)

## LIMITED WARRANTY

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

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; 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 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**