

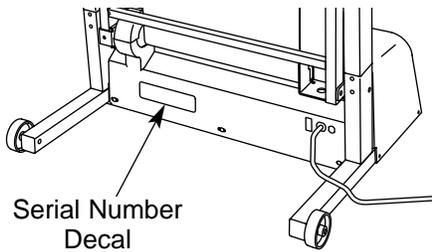


# CrossWalk 325

Model No. PFTL39120

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

Write the serial number in the space above for future reference.



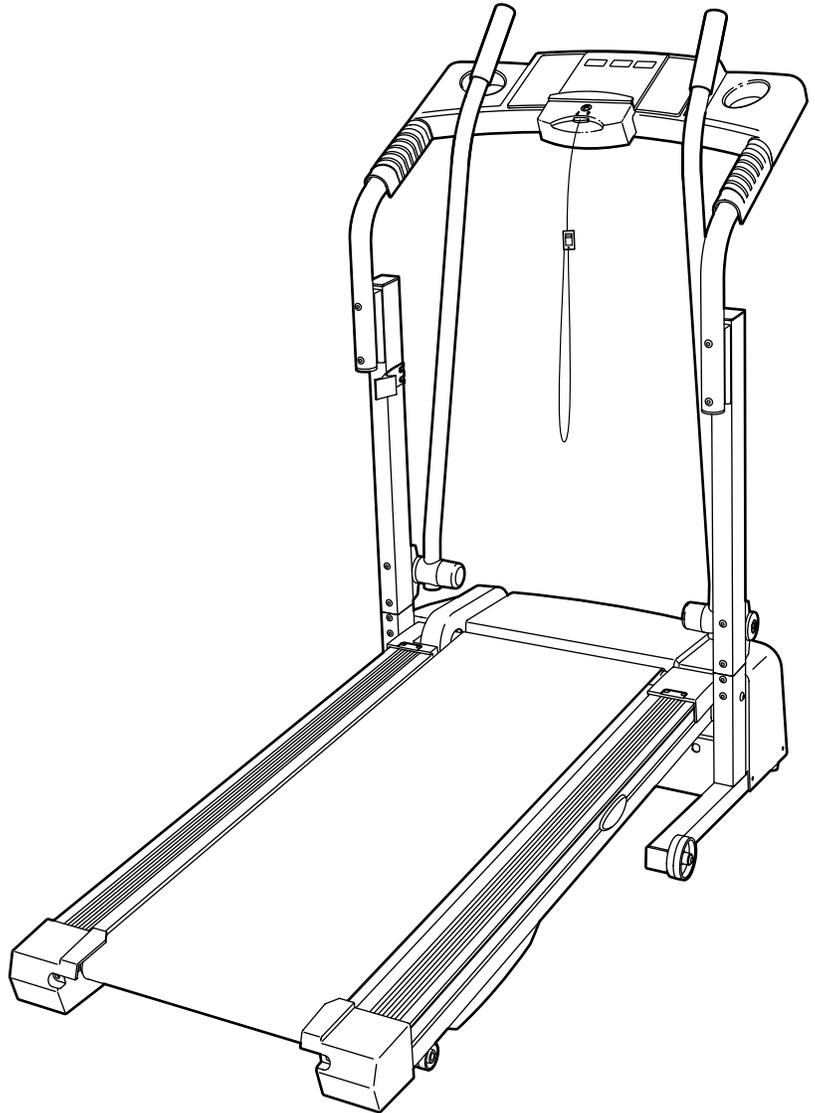
## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**  
**1-800-999-3756**  
Mon.–Fri., 6 a.m.–6 p.m. MST



### CAUTION

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



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# TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	4
ASSEMBLY	5
OPERATION AND ADJUSTMENT	9
HOW TO FOLD AND MOVE THE TREADMILL	12
MAINTENANCE AND TROUBLE-SHOOTING	13
CONDITIONING GUIDELINES	15
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

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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 not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear suitable 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 single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-806-3651 and order part number 146148.
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 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 page 4 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or the upper body arms while using the treadmill.

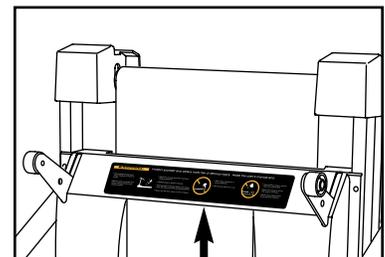
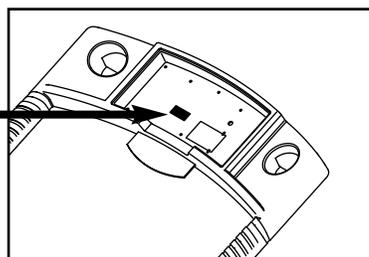
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 12.) You must be able to safely lift 45 pounds (20 kg) 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 properly 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.

**⚠ 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 have been placed on your treadmill. If a decal is missing, or if it is illegible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). 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:

- 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.

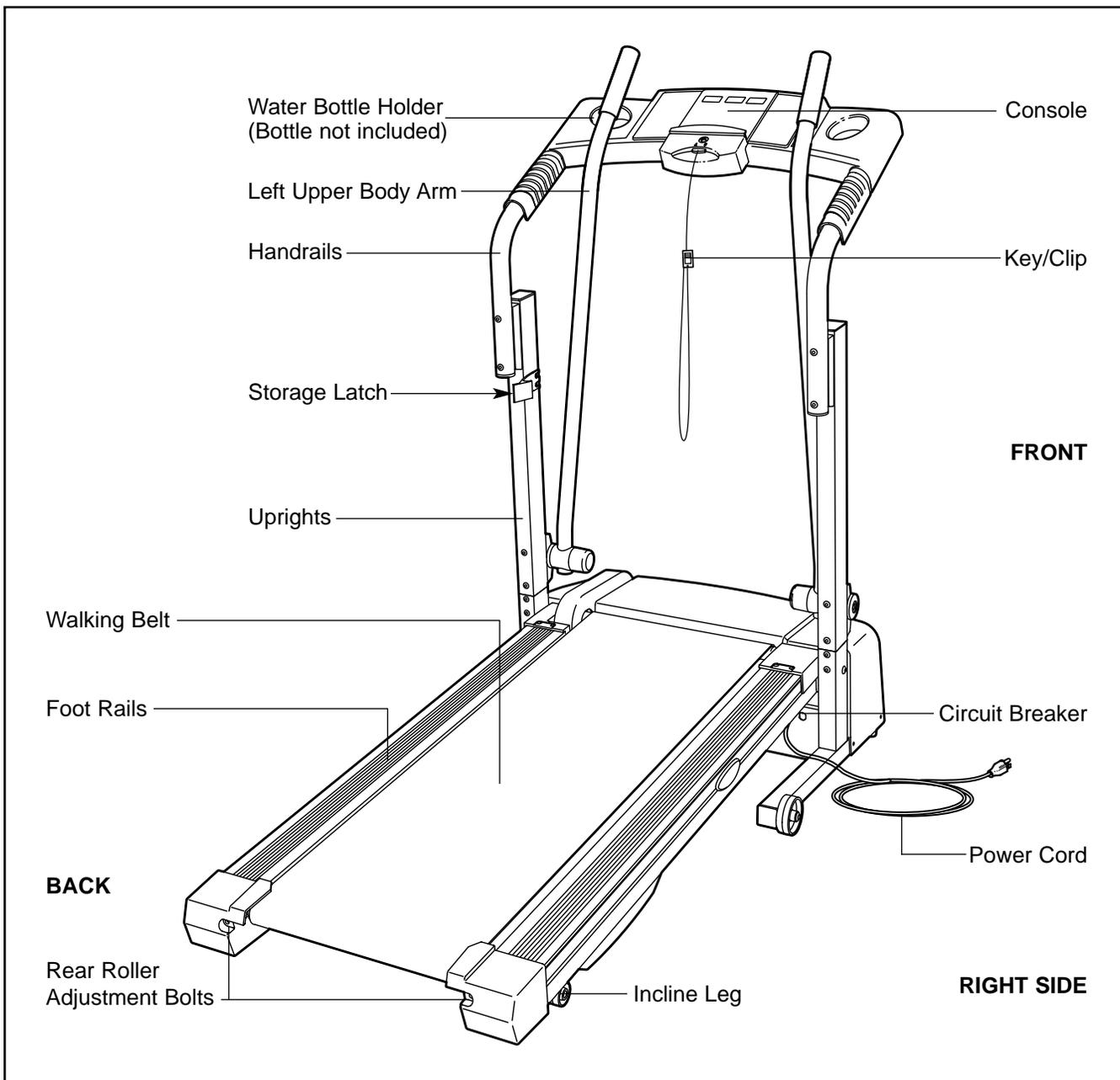
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® CROSSWALK 325 treadmill. The CROSSWALK 325 treadmill combines advanced technology with innovative design to let you enjoy an effective form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CROSSWALK 325 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, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain 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 PFTL39120. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

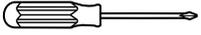
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# ASSEMBLY

**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 , wire cutters , adjustable wrench , and needlenose pliers .

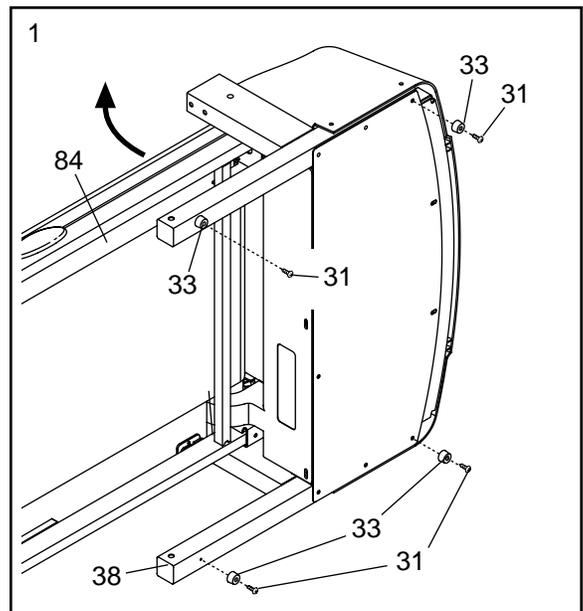
To identify small parts during assembly, use the PART IDENTIFICATION CHART in the center of this manual.

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



With the help of a second person, carefully tip the treadmill onto one side. Partially fold the Frame (84) so that the treadmill will be more stable. **Do not fully fold the treadmill until it is completely assembled.**

Attach four Base Pads (33) to the Base (38) with four 1" Tek Screws (31).

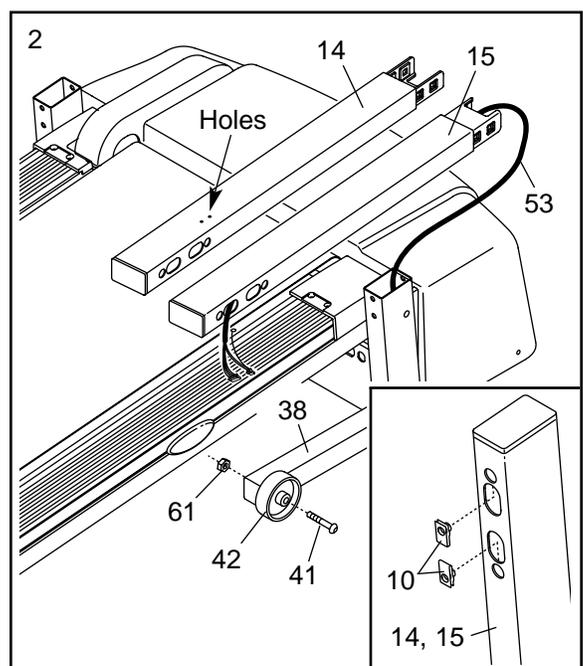


## 2. With the help of a second person, tip the treadmill down to the position shown.

Attach a Wheel (42) to each side of the Base (38) with a Wheel Bolt (41) and a Wheel Nut (61) as shown.

Refer to the inset drawing. Clip two U-nuts (10) over the two round holes in each of the Uprights (14, 15) as shown.

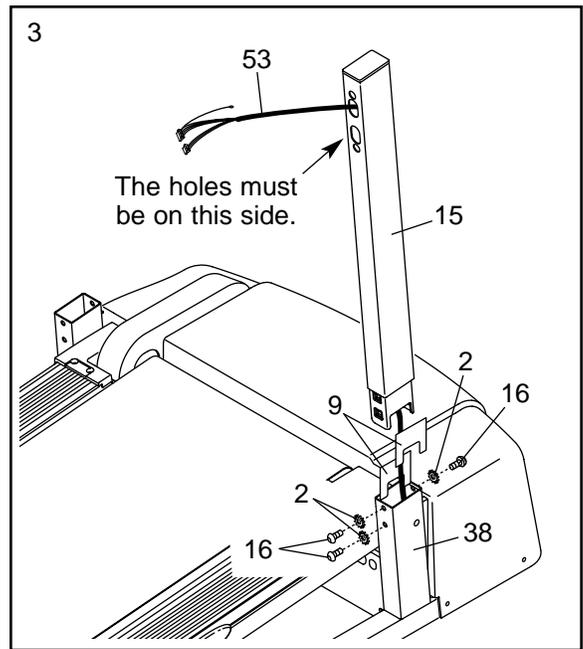
Identify the Right Upright (15) and the Left Upright (14) (there are two small holes in the side of the Left Upright). While a second person holds the Right Upright near the Wire Harness (53), insert the end of the Wire Harness into the lower end of the Right Upright and out of the indicated hole near the upper end as shown. If there are plastic ties in the lower ends of the Uprights, remove the plastic ties.



- Insert a Plastic Shim (9) into each side of the post on the right side of the Base (38). Next, orient the Right Upright (15) as shown, and insert it into the Base. **Make sure that the Wire Harness (53) does not fall into the Right Upright. Be careful to avoid pinching the Wire Harness.** Note: If necessary, tap the Right Upright with a rubber mallet until it is fully seated in the Base. If the Right Upright cannot be fully seated, remove the outer Plastic Shim and then insert the Right Upright.

Attach the Right Upright (15) to the Base (38) with three 1" Bolts (16) and three 1/4" Star Washers (2). **Do not tighten the Bolts yet.**

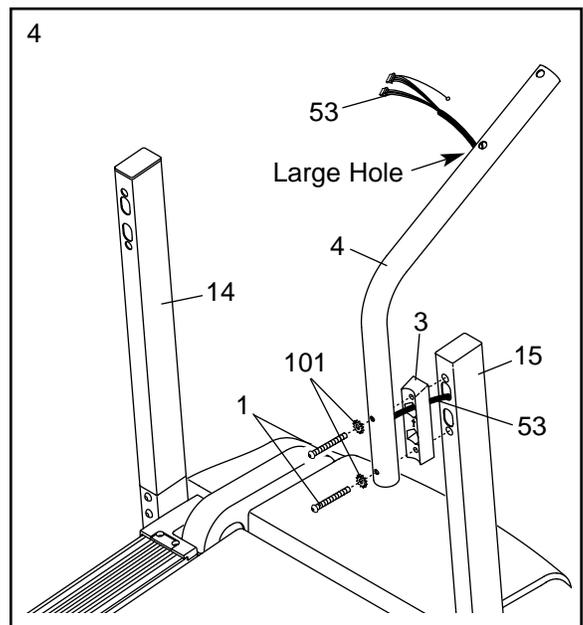
Assemble the Left Upright (not shown) in the same way.



- Hold a Handrail Spacer (3) with the arrow between the two holes pointing upward. Thread the Wire Harness (53) through the upper hole in the Handrail Spacer. Insert the Wire Harness into one of the Handrails and out of the large hole. If necessary, use needlenose pliers to pull the Wire Harness out of the hole.

Hold the Handrail Spacer (3) and the right Handrail (4) against the right Upright (15). Attach the right Handrail and the Handrail Spacer with two 3" Handrail Bolts (1) and two 5/16" Star Washers (101) as shown. **Do not tighten the Handrail Bolts yet.**

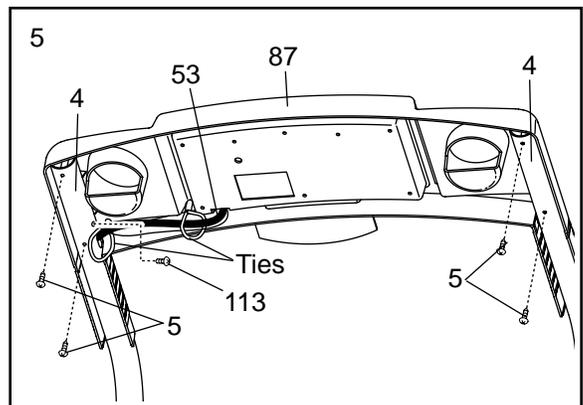
Attach the other Handrail (not shown) to the Left Upright (14) as described above. Note: There is not a Wire Harness in the Left Upright.



- Attach the end of the ground wire to the small hole in the side of the right Handrail (4) with a Silver Ground Screw (113).

Set the Console Base (87) on the Handrails (4). Thread four 3/4" Screws (5) into the Handrails and the Console Base. After you have started all four Screws, **tighten the Screws until they are snug; do not overtighten the Screws.**

Insert the Wire Harness (53) through the two indicated plastic ties on the Console Base (87) and then through the hole in the bottom of the Console Base.

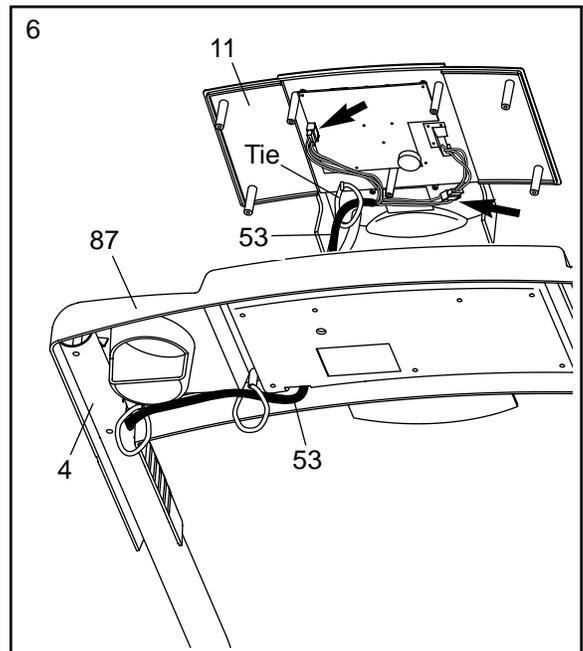


6. **Touch the right Handrail (4) to discharge any static.**

Hold the Console (11) near the Console Base (87). Insert the Wire Harness (53) through the plastic tie on the bottom of the Console.

Plug the widest connector on the Wire Harness (53) into the widest connector on the Console (11). **If the connector does not fit easily, rotate it and then connect it.** Plug the other connector on the Wire Harness into the other connector on the Console. Note: The locations of the connectors are shown by arrows.

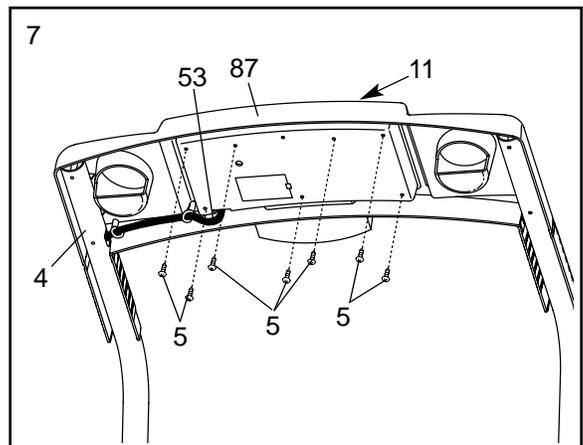
**Securely tighten the plastic tie on the Console (11) to prevent the Wire Harness (53) from slipping.** Then, cut off the end of the plastic tie.



7. Set the Console (11) in the Console Base (87). **Be careful to avoid pinching any wires.** Insert the excess Wire Harness (53) into the large hole in the side of the right Handrail (4).

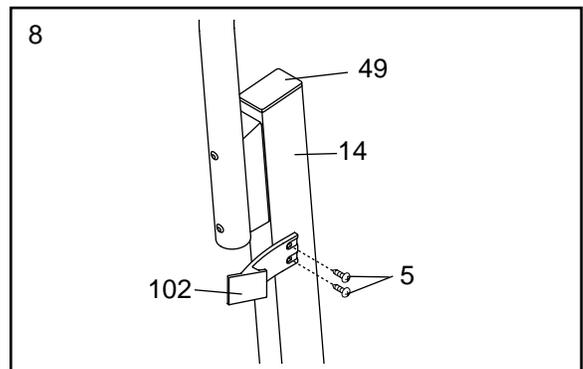
**Make sure that no wires are pinched.** Tighten seven 3/4" Screws (5) into the Console Base (87) and the Console (11). **Do not overtighten the Screws.**

**Securely tighten the plastic ties on the bottom of the Console Base (87) to prevent the Wire Harness (53) from slipping.** Cut off the ends of the plastic ties.



8. Attach the Storage Latch (102) to the left Upright (14) with two 3/4" Screws (5). **Be careful not to overtighten the Screws.**

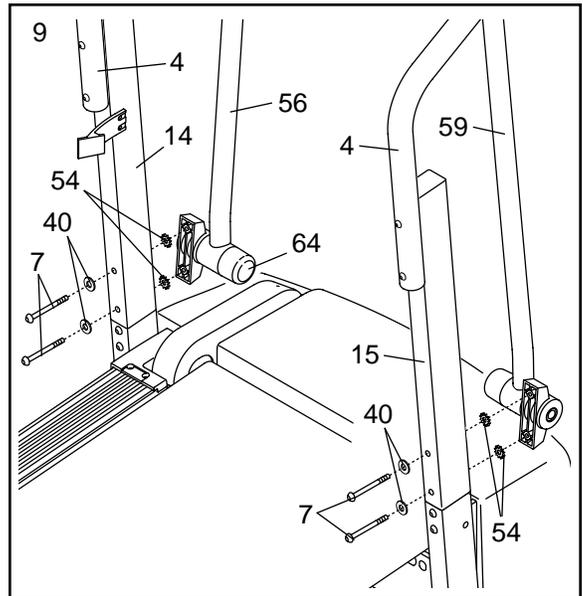
Make sure the Upright Endcaps (49) are pressed into the top of the Left Upright (14) and Right Upright (not shown).



9. Identify the Left Upper Body Arm (56) (refer to the drawing on page 4). Hold the Left Upper Body Arm near the Left Upright (14) as shown. Make sure that the Resistance Knob (64) is on the indicated side. Attach the Left Upper Body Arm to the Left Upright with two 3" Bolts (7), two Washers (40), and two 3/8" Star Washers (54) as shown.

Attach the Right Upper Body Arm (59) to the Right Upright (15) as described above. **Be careful not to pinch the wires in the Right Handrail (109).**

Lift the treadmill frame (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 12). Make sure that the frame is centered between the two Handrails (4). **Firmly tighten all of the bolts and screws used in steps 3 and 4.** Then, lower the frame to the floor.



10. **Make sure that all parts used in assembly are properly tightened before you use the treadmill.** Keep the included allen wrenches in a secure place for adjustment purposes (see page 14). To protect the floor or carpet, place a mat under the treadmill.

# PART LIST—Model No. PFTL39120

R0103A

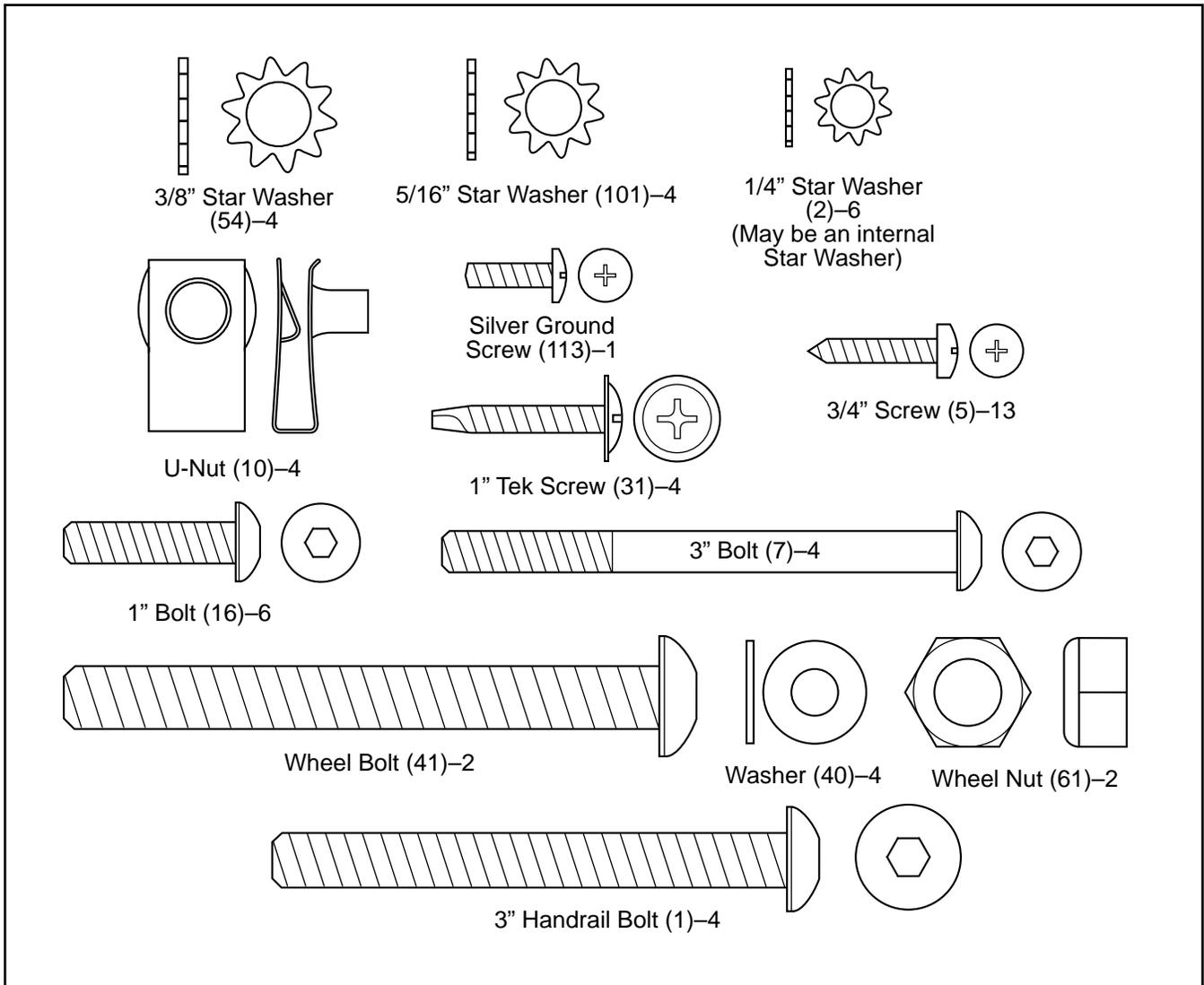
Key No.	Qty.	Description	Key No.	Qty.	Description
1	4	3" Handrail Bolt	66	4	Thrush Washer
2	6	1/4" Star Washer	67	1	Walking Belt
3	2	Handrail Spacer	68	3	Wire Tie
4	1	Left Handrail	69	4	Wire Tie Clamp
5	9	3/4" Screw	70	2	Frame Spacer
6	1	Key/Clip	71	1	Walking Platform
7	1	3" Bolt	72	2	Thrust Bearing
8	1	Incline Leg	73	2	Resistance Cone
9	2	Shim	74	1	Sensor Clip
10	4	U-nut	75	1	Front Roller/Pulley
11	1	Console	76	10	Electronic Screw
12	1	Battery Cover	77	1	Ground Wire
13	1	Reed Switch	78	2	Rear Roller Adj. Bolt
14	1	Left Upright	79	1	Left Rear Endcap
15	1	Right Upright	80	1	Upright Grommet
16	6	1" Bolt	81	1	Allen Wrench
17	6	Cage Nut	82	1	Latch Decal
18	1	Motor Belt	83	1	Rear Roller
19	2	Motor Tension Bolt	84	1	Frame
20	1	Motor Tension Washer	85	1	Console Lens
21	1	Tension Star Washer	86	2	Resistance Sleeve
22	1	Motor Pivot Nut	87	1	Console Base
23	1	Motor/Pulley/Flywheel/Fan	88	1	Motor Shield
24	1	Pulley/Flywheel/Fan	89	1	Reed Switch Screw
25	1	Motor	90	1	Right Rear Endcap
26	1	Motor Pivot Bolt	91	1	Left Front Endcap
27	5	8" Cable Tie	92	1	Right Front Endcap
28	19	Screw	93	2	Handrail Endcap
29	1	Hood	94	1	Hole Plug
30	1	Hood Shield	95	1	Left Foot Rail
31	4	1" Tek Screw	96	1	Console Warning Decal
32	6	Plastic Fastener	97	1	5/32" Allen Wrench
33	4	Base Pad	98	2	Resistance Bracket
34	1	Motor Belly Pan	99	2	Resistance Bolt
35	1	Controller	100*	1	Console Assembly
36	2	Frame Pivot Bolt	101	1	5/16" Star Washer
37	7	3/8" Washer	102	1	Latch
38	1	Base	103	2	Front Hood Screw
39	4	Belt Guide Screw	104	2	Incline Wheel Bolt
40	9	Washer	105	2	Incline Wheel
41	2	Wheel Bolt	106	4	Incline Wheel Nut
42	2	Wheel	107	2	Incline Leg Pivot Bolt
43	4	Frame Pivot Nut/Incline Motor Nut	108	2	Belly Pan Screw
44	2	Base Endcap	109	1	Right Handrail
45	1	Circuit Breaker	110	1	Incline Motor
46	1	Grommet	111	1	Incline Motor Bolt
47	1	Power Cord	112	1	Incline Stop Bracket
48	1	Motor Tension Nut	113	1	Silver Ground Screw
49	2	Upright Endcap	114	1	Belly Pan
50	1	Right Foot Rail	115	1	Latch Catch
51	4	Platform Screw	116	1	Power Board
52	1	Front Roller Adj. Bolt	117	1	Incline Wire Harness
53	1	Wire Harness	118	1	Motor Controller Wire
54	4	3/8" Star Washer	119	1	Incline Warning Decal
55	2	Foam Grip	120	1	Power Board Bracket
56	1	Left Upper Body Arm w/Foam Grip	121	4	Front Endcap Screw
57	1	Choke	122	4	Plastic Stand-off
58	2	Belt Guide	#	1	4" White Wire, Male/Female
59	1	Right Upper Body Arm w/Foam Grip	#	1	8" White Wire, 2F
60	2	Isolator	#	1	4" Blue Wire, 2F
61	2	Wheel Nut	#	1	8" Blue Wire, 2F
62	1	Catch Screw	#	1	User's Manual
63	1	Magnet			
64	2	Resistance Knob			
65	2	Spring Washer			

\* Includes all parts shown in the box  
Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



# 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.

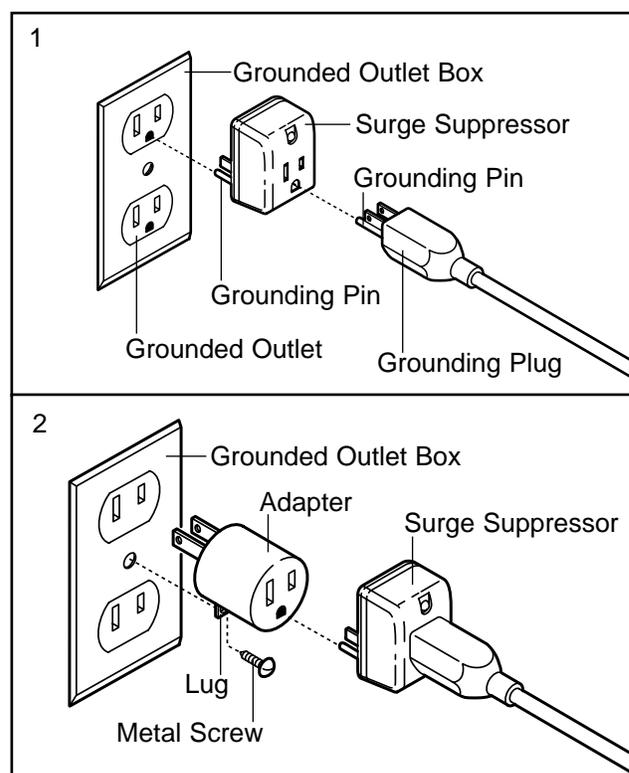
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call 1-800-806-3651 and order part number 146148.

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 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 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. Important: The treadmill is not compatible with GFCI-equipped outlets.**

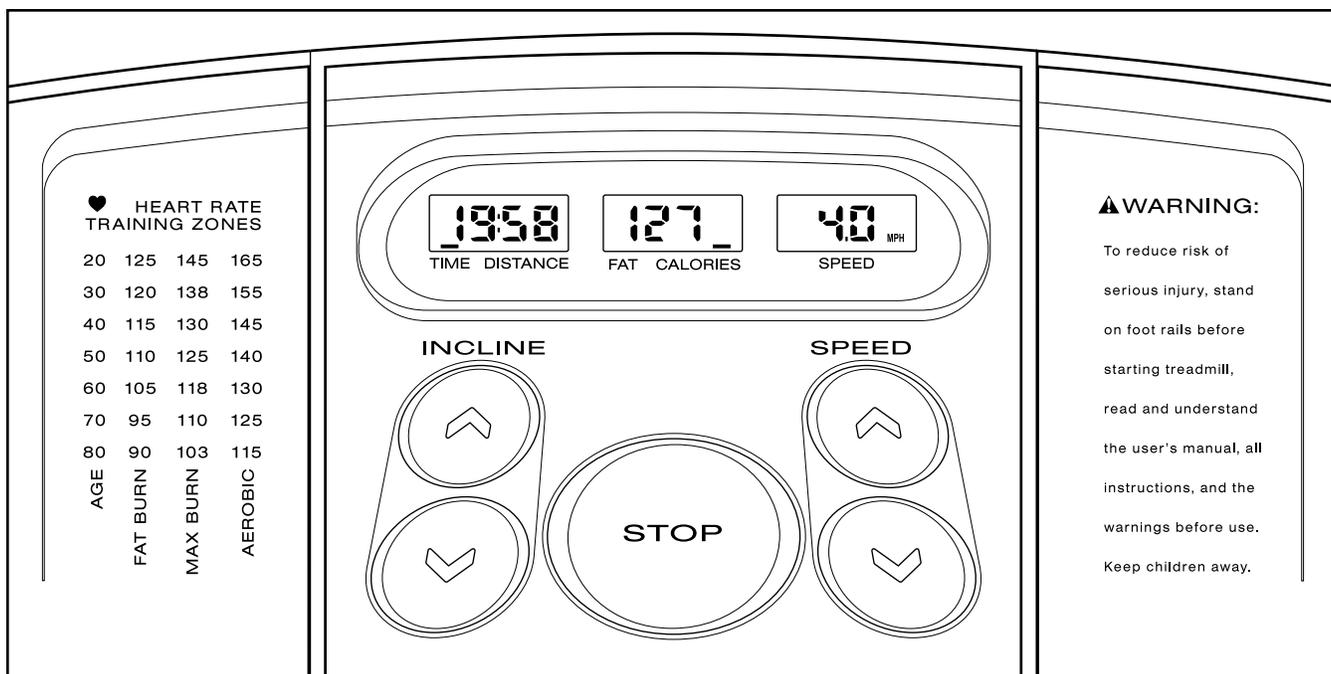
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



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

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

## CONSOLE DIAGRAM



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

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

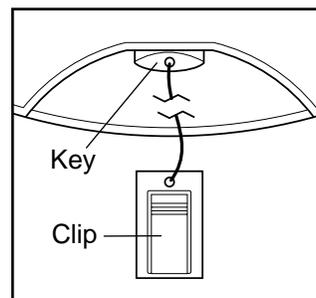
### STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in (see page 9). If there is a thin sheet of plastic on the console, remove the plastic. **Note: The console can display speed and distance in either miles or kilometers (see SPEED DISPLAY on page 11).** For simplicity, all instructions in this section refer to miles.

Follow the steps on this page and page 11 to operate the console.

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

Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. Next, insert the key fully into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.** Then, reinsert the key into the console.



#### 2 Press the Speed $\Delta$ button to start the walking belt.

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

As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.

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

Note: During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and align it if necessary (see page 14).

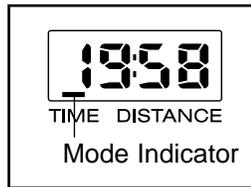
### 3 Change the incline of the treadmill as desired.

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

### 4 Follow your progress with the three displays.

#### Time/Distance display

—This display shows the elapsed time and the distance that you have walked or run. The display will change from one number to the other every few seconds, as shown by the mode indicators. When the Stop button is pressed, the elapsed time will flash in the display.



#### Fat Calories/Calories display

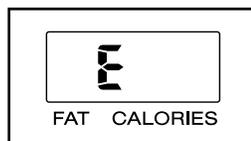
—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 15). The display will change from one number to the other every few seconds, as shown by the mode indicators.



**Speed display**—This display shows the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. The letters MPH or KPH in the Speed display will show which unit of measurement is selected. To change the unit of measurement, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a moment. An “E” for English miles or an “M” for metric kilometers will appear in the Fat Calories/Calories display. Press the Speed  $\Delta$  button to change the unit of mea-



surement. When the desired unit of measurement is selected, remove the key and then reinsert it.

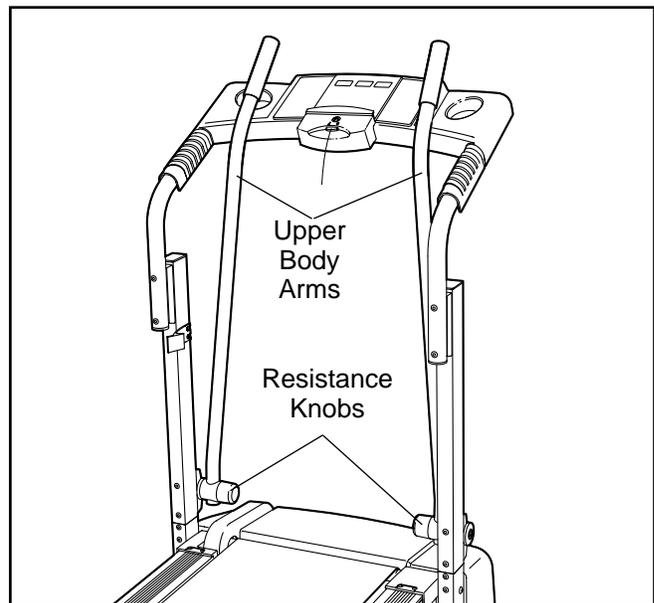
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

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

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

## HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, hold either the handrails or the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.



To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.

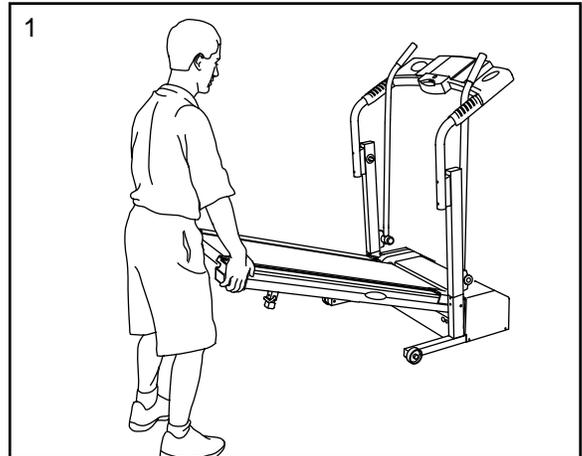
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

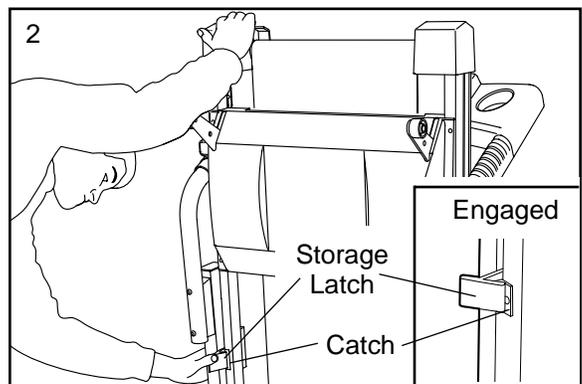
**CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower or move the treadmill.**

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



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

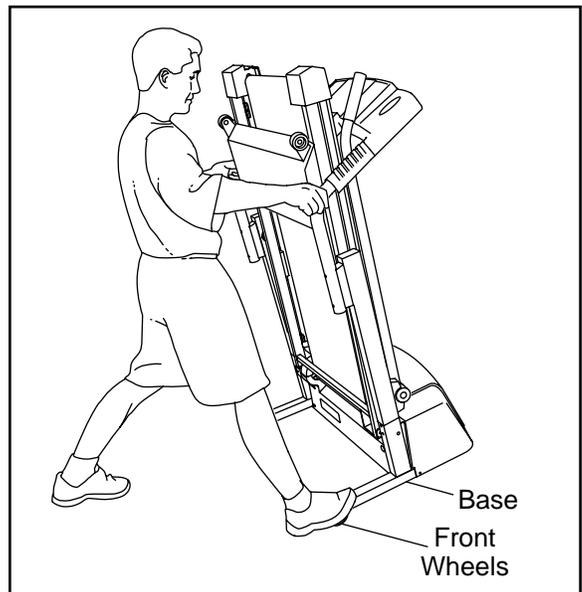
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

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

1. Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on a front wheel, 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. Press the storage latch to the left. Pivot the treadmill down until the frame and foot rail are past the storage latch.
2. Refer to drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# MAINTENANCE AND TROUBLESHOOTING

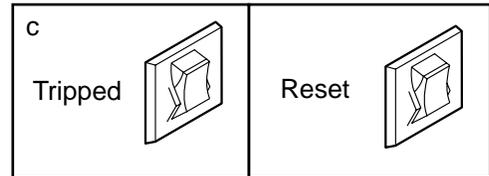
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

**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 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. 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 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 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

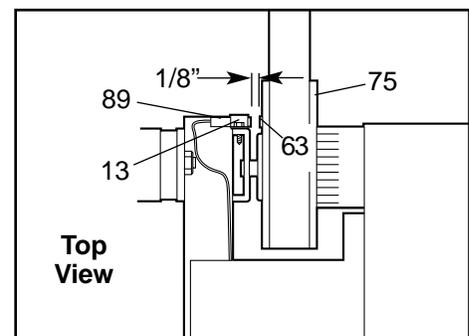
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

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

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

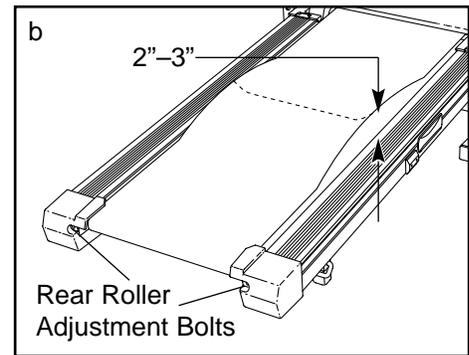
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (13) and the Magnet (63) on the left side of the Pulley (75). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Reed Switch Screw (89) 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. Reattach the Resistance Knob.



**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 9.

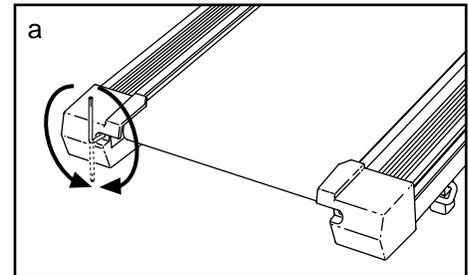
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 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.



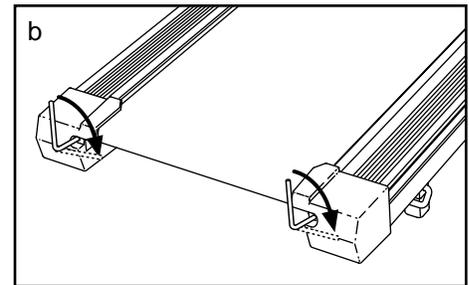
c. If the walking belt still slows when walked on, please call our toll-free Customer Service Department.

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

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

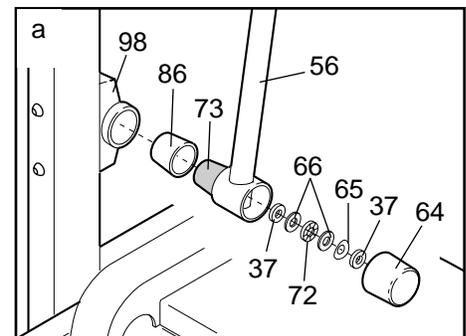


b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking 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.



**PROBLEM: ONE OF THE UPPER BODY ARMS SQUEAKS DURING USE**

**SOLUTION:** a. Correcting this problem requires a small amount of white marine grease, available at most hardware stores. Turn the Resistance Knob (64) counterclockwise until it can be removed. Remove the Resistance Cone (73) and the Upper Body Arm (56), along with the 3/8" Washers (37), Spring Washer (65), Thrust Washers (66), and Thrust Bearing (72). (Note: If the Resistance Sleeve [86] comes out of the Resistance Bracket [98], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (73). Reattach all parts in the order shown at the right.



# 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 following guidelines will help you to plan your exercise program. For 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 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, 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 of your training zone.

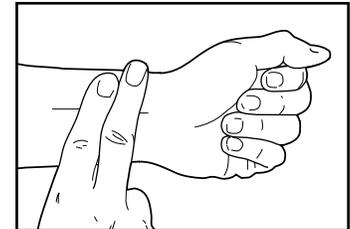
### Aerobic Exercise

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.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



## 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.)

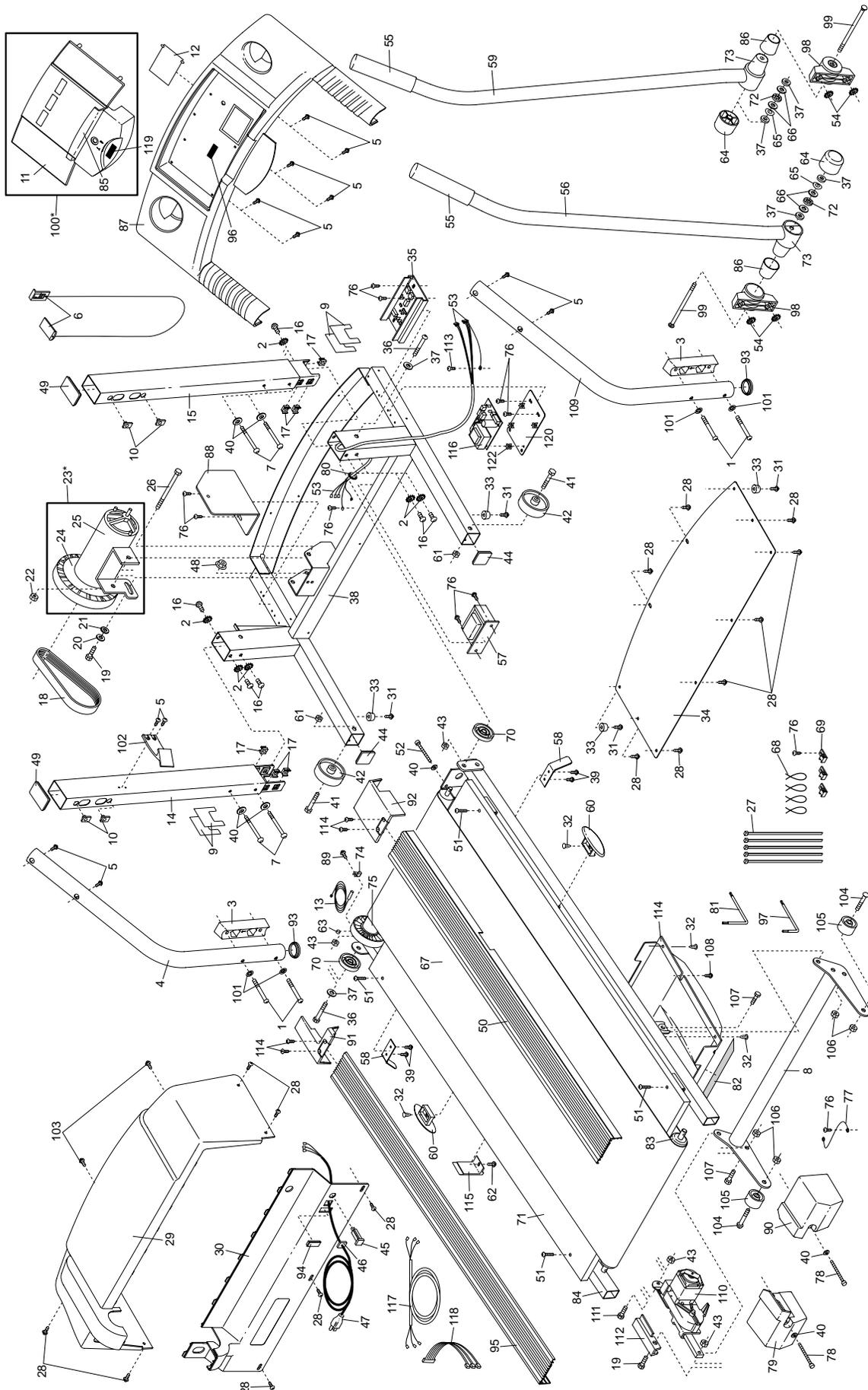
**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## 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.

# EXPLODED DRAWING—Model No. PFTL39120

R0103A



# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFTL39120)
- The NAME of the product (PROFORM® CROSSWALK 325 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 in the center of this manual)

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## LIMITED WARRANTY

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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.

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