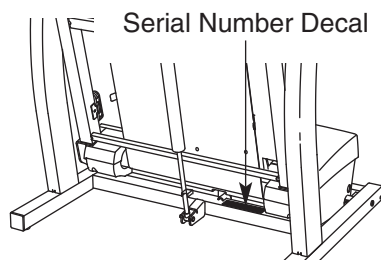


# PRO-FORM<sup>®</sup> FRONTRUNNER

Model No. PFTL517041

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

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



## 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:

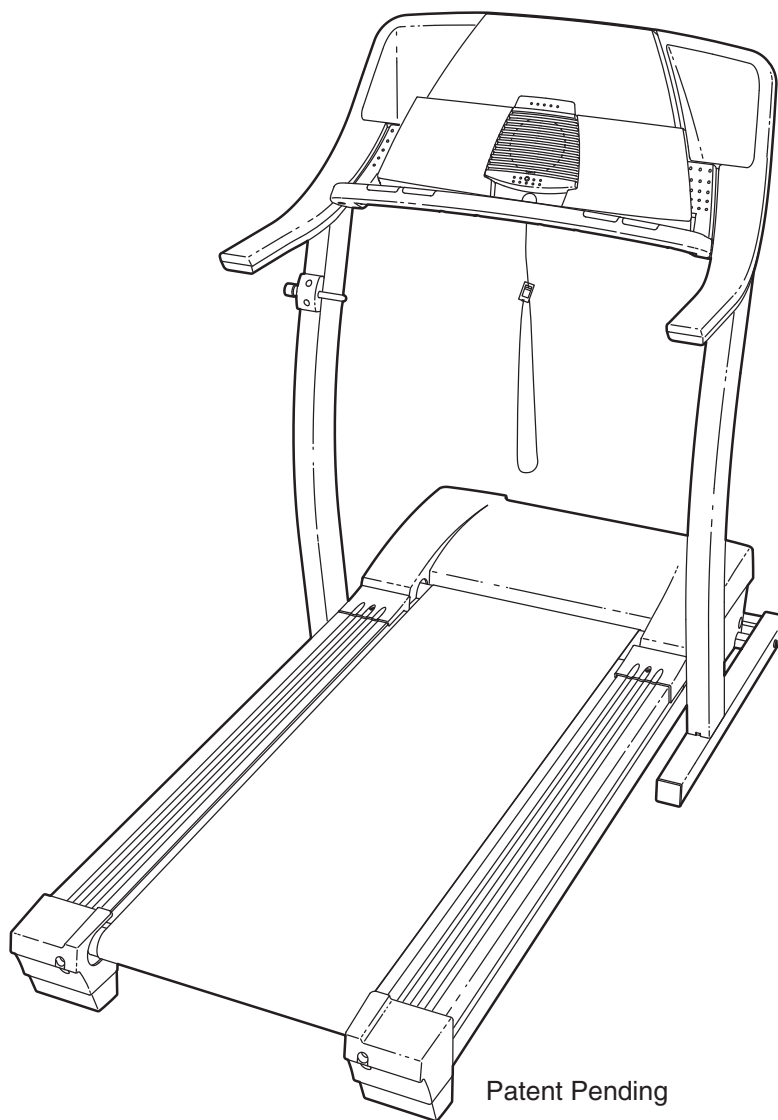
**1-888-533-1333**

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.

## USER'S MANUAL



Visit our website at

[www.proform.com](http://www.proform.com)

*new products, prizes,  
fitness tips, and much more!*

# **PRO-FORM<sup>®</sup>** **FRONTRUNNER**

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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 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 300 pounds.
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 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 1-888-533-1333 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, 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

24. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

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

26. Never insert or drop any object into any opening.

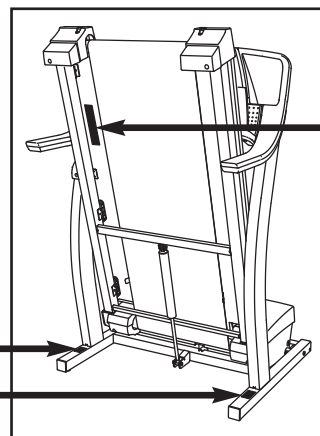
27. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other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

28. 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 below have been placed on the treadmill. If the decal is missing, or if it is not legible, 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 may not be shown at actual size.



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

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

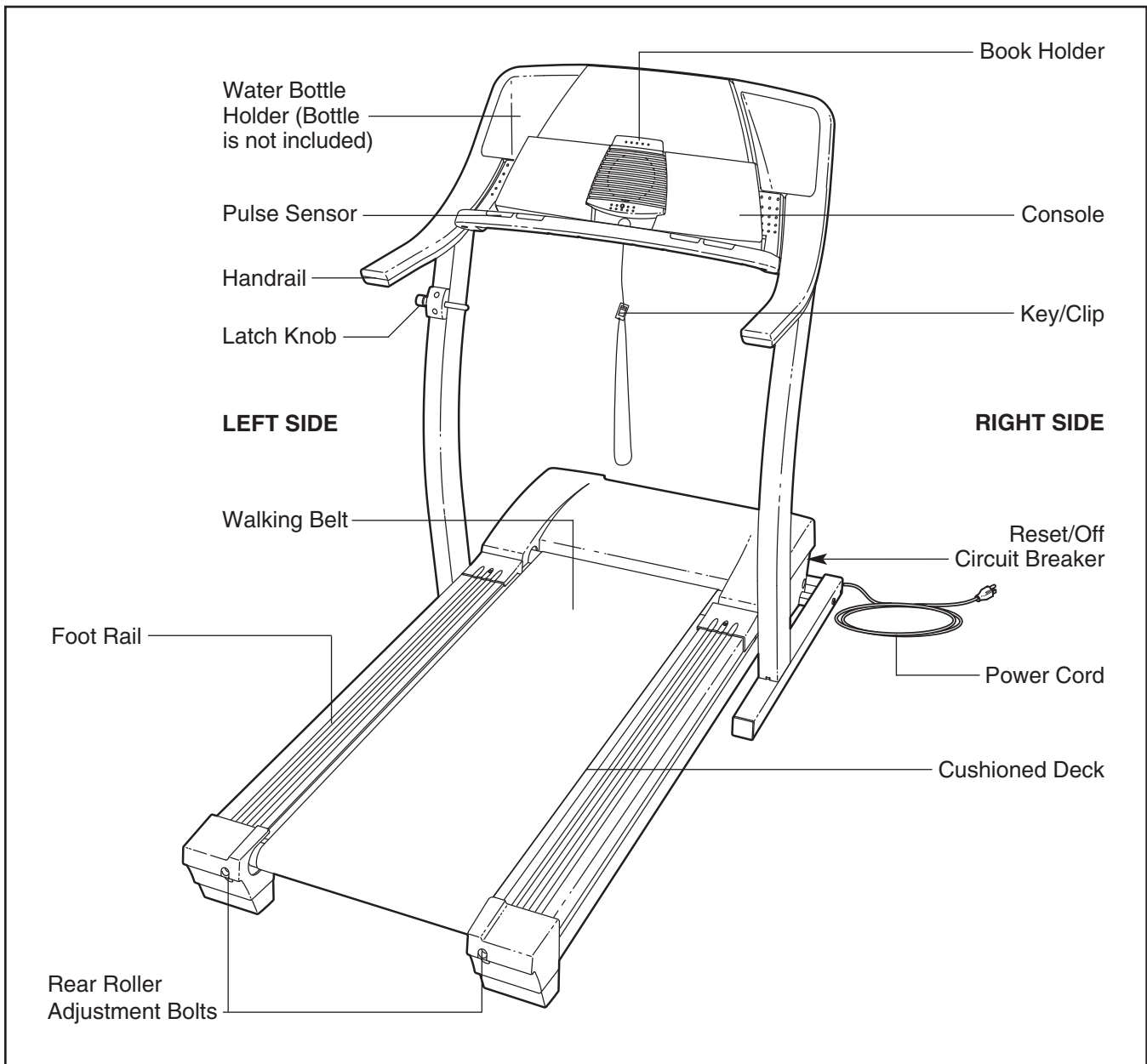
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® FRONT RUNNER treadmill. The FRONT RUNNER treadmill combines advanced technology with innovative design to help you get the greatest benefit from your exercise program in the convenience of your home. And when you're not exercising, the unique FRONT RUNNER 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 read-

ing this manual, call our Customer Service Department toll-free at 1-888-533-1333, 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 PFTL517041. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

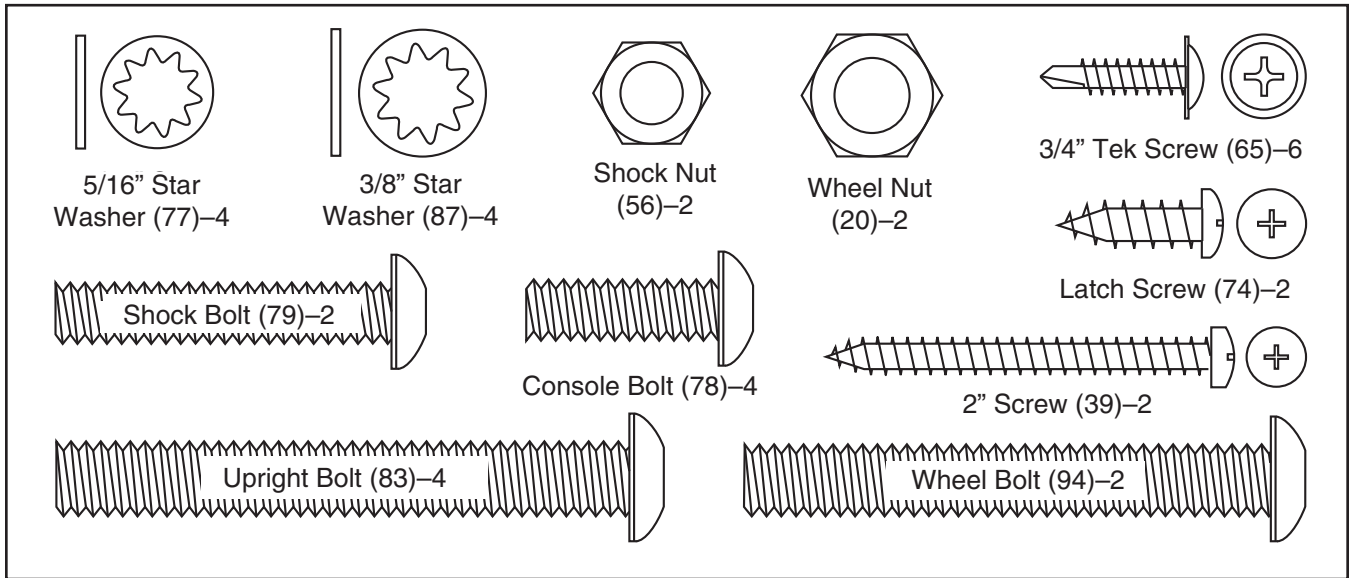
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# 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.

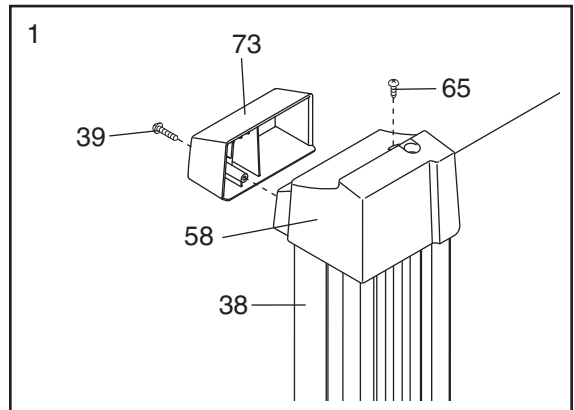
**Assembly requires the included allen wrench**  **and your own phillips screwdriver**  **and adjustable wrench**  **. For help identifying assembly hardware, see the drawings below.**



1. **Make sure that the power cord is not plugged in.** With the help of a second person, raise the Frame (38) to the vertical position; **do not raise the Frame past the vertical position.**

While the second person holds the Frame (38), attach the Right Rear Endcap (58) to the end of the Frame with a 3/4" Tek Screw (65). **Be careful not to overtighten the Tek Screw.** Attach the Right Foot (73) to the bottom of the Right Rear Endcap with a 2" Screw (39).

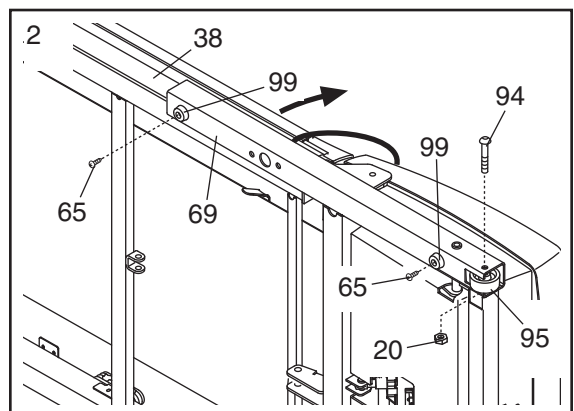
Attach the Left Rear Endcap (not shown) and the Left Foot (not shown) in the same way.



2. With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (38) so that the treadmill will be more stable. **Do not fully fold the treadmill.**

Attach the four Base Pads (99) (only two are shown) to the bottom of the Base (69) with four 3/4" Tek Screws (65).

Attach a Wheel (95) to the Base (69) with a Wheel Bolt (94) and a Wheel Nut (20). **Do not overtighten the Wheel Bolt; the Wheels must be able to turn freely.**

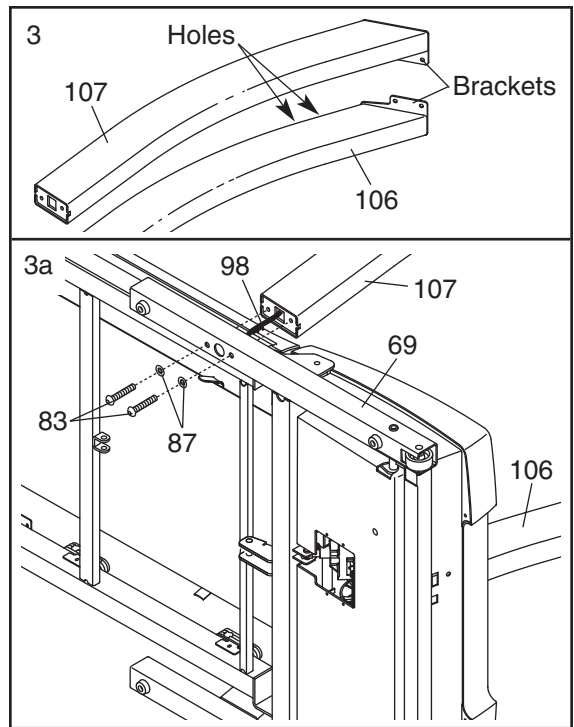


- Identify the Left and Right Uprights (106, 107); the Left Upright has two small holes in the indicated location. Orient the Uprights so that the brackets are in the positions shown.

See drawing 3a. Have a second person hold the Right Upright (107) near the Base (69). Insert the Upright Wire Harness (98) into the lower end of the Right Upright and out of the upper end.

Hold the Right Upright (107) against the Base (69). **Be careful not to pinch the Upright Wire Harness (98).** Insert two Upright Bolts (83), with two 3/8" Star Washers (87), into the Base, and **loosely thread** the Upright Bolts into the lower end of the Right Upright.

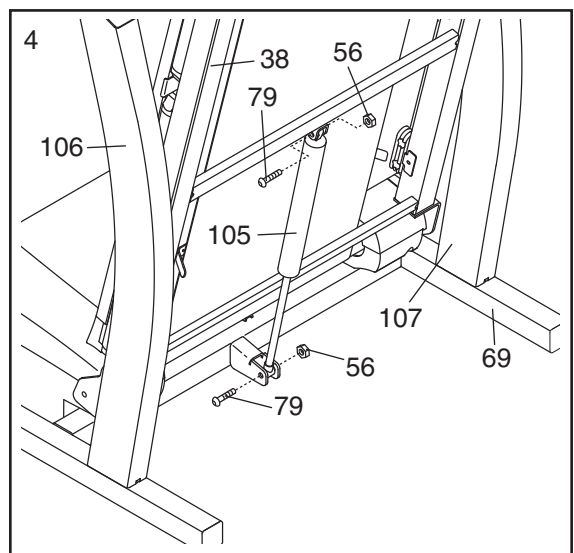
With the help of a second person, tip the treadmill onto its other side. Attach the Left Upright (106) and the other Wheel (see step 2) as described above. Note: There are no wires in the Left Upright.



- With the help of a second person, carefully tip the treadmill onto the Base (69), and raise the Frame (38) to a vertical position; **do not raise the Frame past the vertical position. Be careful not to scratch the Frame on the top of the Uprights, (106, 107).**

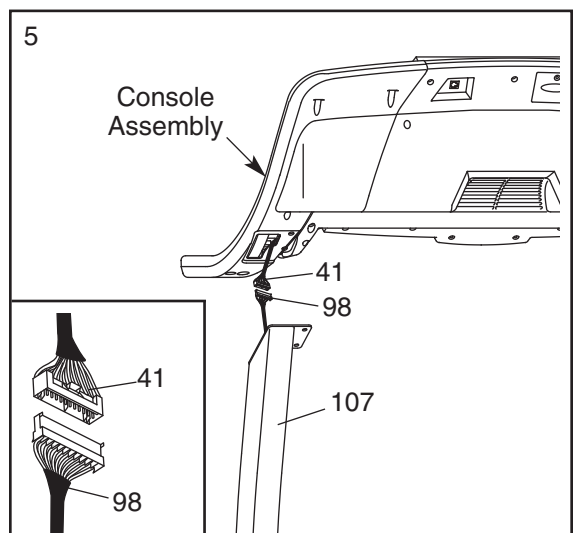
While the other person holds the Frame (38), orient the Lift Shock (105) **exactly as shown**. Attach the Lift Shock with two Shock Bolts (79) and two Shock Nuts (56). If necessary, tip the Frame forward or backward slightly to attach the Lift Shock. Be careful not to scratch the Frame on the top of the Uprights (106, 107).

Carefully lower the Frame (38) to the floor.



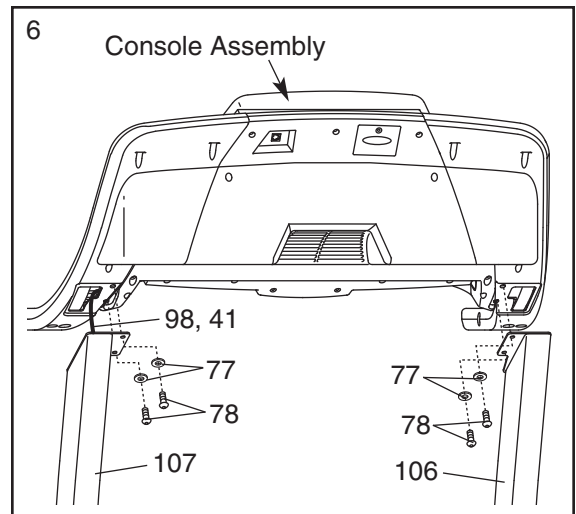
- Have a second person hold the console assembly near the Right Upright (107) as shown. Look under the console assembly and locate the Console Wire Harness (41).

Connect the Upright Wire Harness (98) to the Console Wire Harness (41). **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.**



6. Insert the excess Wire Harness (98, 41) into the Right Upright (107).

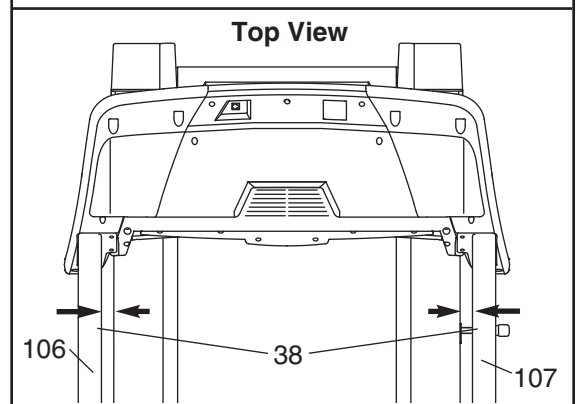
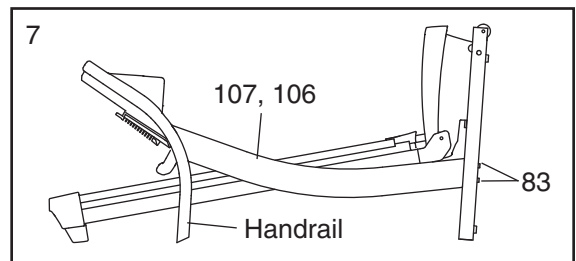
Set the console assembly on the Uprights (106, 107). While a second person holds the console assembly, attach the console assembly with four Console Bolts (78) and four 5/16" Star Washers (77) as shown. **Start all four Console Bolts before tightening any of them; firmly tighten the Console Bolts.**



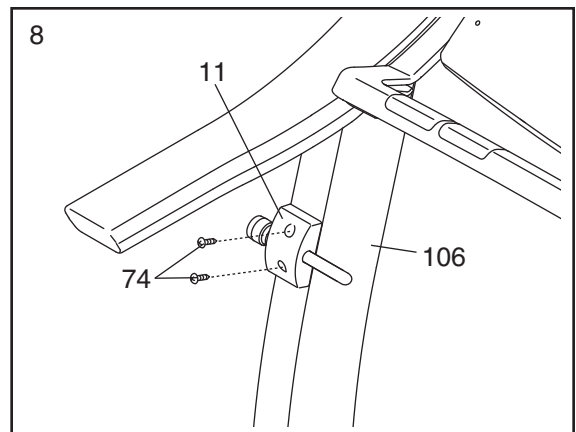
7. Lower the Uprights (106, 107) until the handrails are touching the floor.

See the lower drawing. Position the Uprights (106, 107) so that the treadmill Frame (38) is centered between the Uprights.

Firmly tighten the four Upright Bolts (83). Then, raise the Uprights (106, 107) back to the vertical position.



8. Attach the Latch Assembly (11) to the Left Upright (106) with the two Latch Screws (74). **Start both Latch Screws before tightening either of them.** Note: It may be necessary to remove the Latch Screws from the Left Upright before attaching the Latch Assembly.



9. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 25). To protect the floor or carpet from damage, 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.

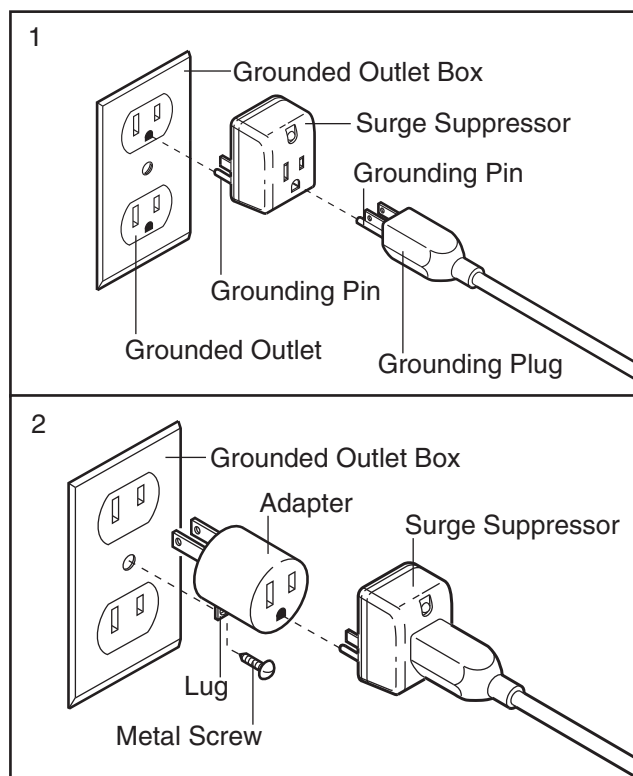
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 1-888-533-1333 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, 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 electric shock. This product is equipped with a cord having

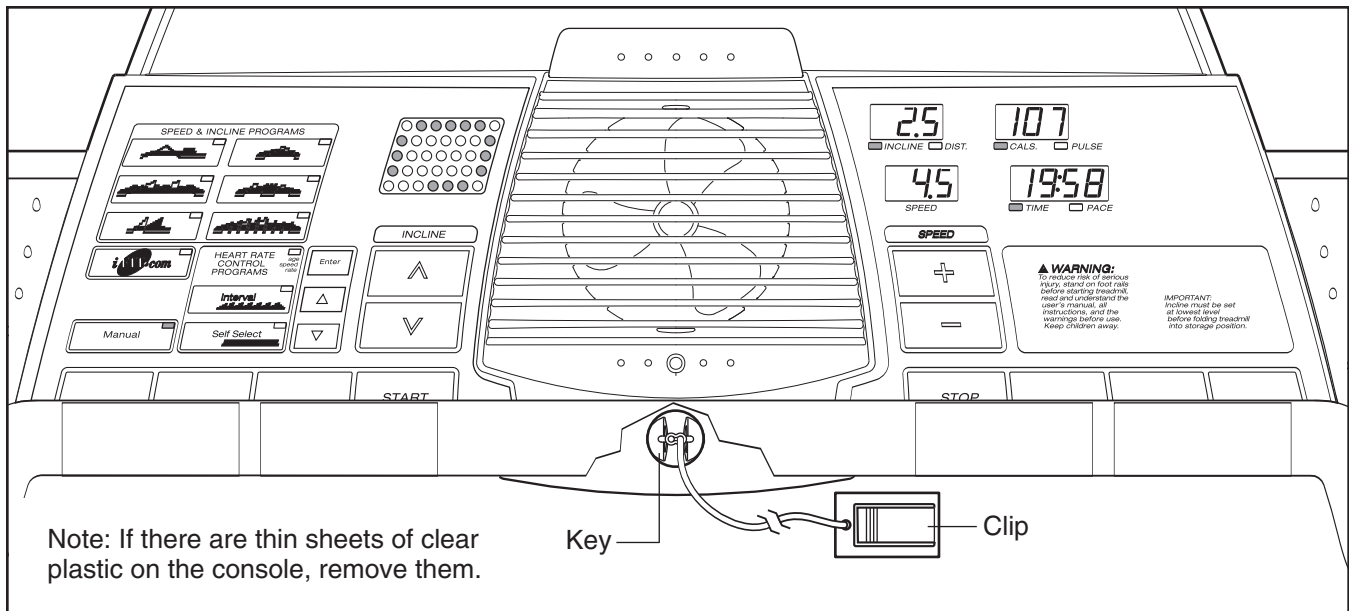
an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped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



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 22).

The console also offers six preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. Two heart rate programs are also offered. Each program adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate while you exercise. Note: The heart rate programs require the use of the optional chest pulse sensor.

The console also features new iFIT.com interactive technology. Having iFIT.com technology is like having a

personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call toll-free 1-888-533-1333.**

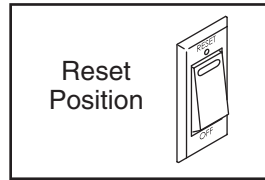
With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. Additional options are soon to be available. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To use a heart rate program**, see page 15. **To use an iFIT.com CD or video program**, see page 19. **To use an iFIT.com program directly from our Web site**, see page 21.

## HOW TO TURN ON THE POWER

**1** Plug in the power cord (see page 9).

**2** Locate the reset/off circuit breaker on the treadmill near the power cord. Switch the circuit breaker to the reset position.



**3** Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 10) and slide the clip onto the waistband of your clothes. Next, route the cord attached to the clip **under the handgrip pulse sensor**, and insert the key into the console. After a moment, the displays and various indicators 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.**

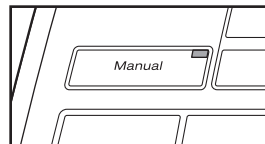
## HOW TO USE THE MANUAL MODE

**1** Insert the key into the console.

See HOW TO TURN ON THE POWER above.

**2** Select the manual mode.

When the key is inserted, the manual mode will be selected and the indicator on the Manual button will light. If you have selected a program, reselect the manual mode by pressing the Manual button.



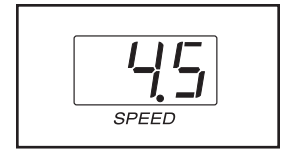
**3** Press the Start button or the Speed + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the Speed + and –

buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.

**Note: The console can display speed and distance in either miles or kilometers. For simplicity, all instructions in this section refer to miles.**

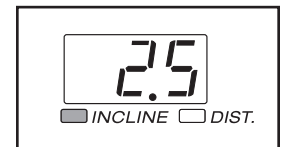


To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the walking belt, press the Start button or the Speed + button.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 25).

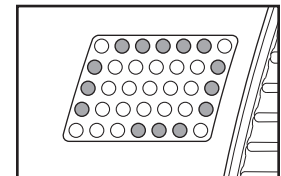
**4** Change the incline of the treadmill as desired.

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

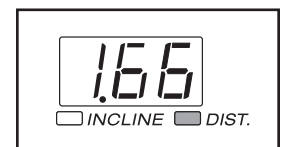


**5** Follow your progress with the matrix and the displays.

**The matrix**—When the manual mode or the iFIT.com mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



**Incline/Distance display**—This display shows the incline level of the treadmill and the distance that you have walked or run. The display will change from one number to the other every few seconds. Note: Each time the incline changes, the display will show the incline setting for several seconds.

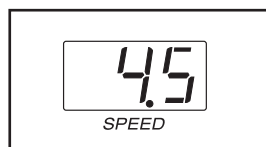


### Calories/Pulse

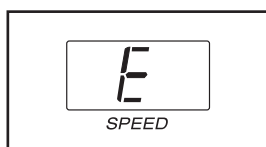
**display**—This display shows the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. The display will change from one number to the other every few seconds.



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



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key.



### Time/Pace display

When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time and your current pace (in minutes per mile). The display will change from one number to the other every few seconds. When a program is selected, the display will show the elapsed time and the time remaining in the program.

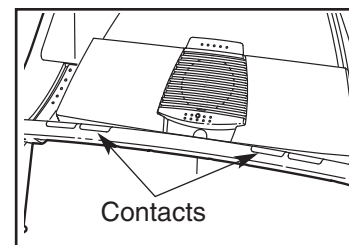


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

## 6 Measure your heart rate if desired.

To use the handgrip pulse sensor, first make sure that your hands are clean. Next, **stand on the**

**foot rails** and hold the handgrip pulse sensor, with your palms on the metal contacts. **Avoid moving your hands.**



When your pulse is detected, two dashes (--) will appear in the Calories/Pulse display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

Note: The pulse bar is intended to be used only for heart rate measurement. **Do not use the pulse bar as a handlebar. Always hold the handrails for support when you are not measuring your heart rate.**

## 7 Turn on the fan if desired.

To turn on the fan, press the button below the fan. 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: A few minutes after the walking belt is stopped, the fan will automatically turn off.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 22 and turn off the demo mode.**

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

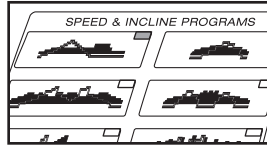
## HOW TO USE PRESET PROGRAMS

### 1 Insert the key into the console.

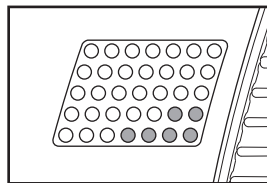
See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the preset programs.

To select a preset program, press one of the six buttons in the upper left corner of the console. The indicator on the button that you press will light. When a preset program is selected, the Speed display will flash the maximum speed setting of the program for a few seconds, and the Incline/Distance display will flash the maximum incline setting. The Time/Pace display will show how long the program will last.



The matrix will show the first four speed settings of the program. Note: The diagrams on the buttons in the upper left corner of the console show how the speed and incline of the treadmill will change during the preset programs.

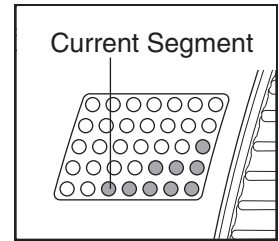


### 3 Press the Start button or the Speed + button to start the program.

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

Each program is divided into several time segments of different lengths. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment is shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next four segments are shown in the four columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Incline/Distance display will flash to alert you. When the first segment ends, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

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

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.)

**Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

**4 Follow your progress with the displays.**

See step 5 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 12.

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

When the program has ended, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 22 and turn off the demo mode.**

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

## HOW TO USE HEART RATE PROGRAMS

**CAUTION:** If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

### 1 Put on the optional chest pulse sensor.

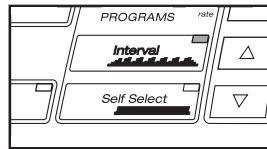
You must wear the optional chest pulse sensor (see page 22) to use a heart rate program.

### 2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

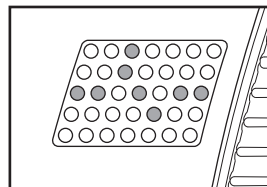
### 3 Select a heart rate program.

To select a heart rate program, press the Interval or Self Select button. The indicator on the button that you press will light.



During the Interval Program, your heart rate will reach approximately 85% of your *estimated maximum heart rate*; during the Self Select program, your heart rate will remain near a level that you select. Note: Your estimated maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ).

During heart rate programs, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, a peak will appear.



### 4 Enter your age.

When a heart rate program is selected, the word “AGE” and the current age setting will flash in the Calories/Pulse display. If you have already entered your age, simply press the Enter button. If you have not entered your age, press the increase and decrease buttons below the Enter button to enter your age, and then press the Enter button.



### 5 Enter a maximum speed.

After you have entered your age, the letters “SPd” and the maximum speed setting of the program will flash in the Speed display. If desired, press the increase and decrease buttons below the Enter button to adjust the maximum speed setting. When the desired setting is shown, press the Enter button.



If the Interval Program is selected, go to step 7. If the Self Select program is selected, go to step 6.

### 6 Enter a target heart rate.

The letters “PLS” and the target heart rate setting for the program will flash in the Calories/Pulse display. If desired, press the increase and decrease buttons below the Enter button to adjust the target heart rate setting. When the desired setting is shown, press the Enter button.



### 7 Press the Start button or the Speed + button to start the program.

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

Each heart rate program is divided into several time segments of different lengths. One target heart rate is programmed for each segment. Note: If the Self Select program is selected, the same target heart rate is programmed for all segments.

During each segment, the console will regularly compare your heart rate to the current target heart rate. If your heart rate is too far below or above the target heart rate, a tone will sound and the speed of the treadmill will automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 5 on page 15) and your heart rate is still too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the Speed display and the Incline/Distance display will flash.

The program will continue until the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to

the current target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the Calories/Pulse display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions included with the optional chest pulse sensor.

To stop the program at any time, press the Stop button. Heart rate programs cannot be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

### **8 Follow your progress with the displays.**

See step 5 on page 11.

### **9 Turn on the fan if desired.**

See step 7 on page 12.

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

See step 7 on page 14.



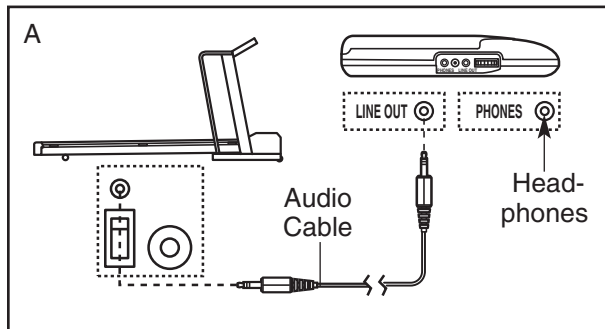
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 17 and 18 for connecting instructions. To use **iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 19 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 18 for connecting instructions.

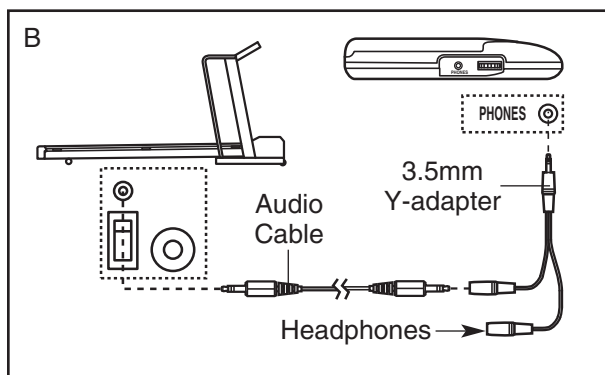
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



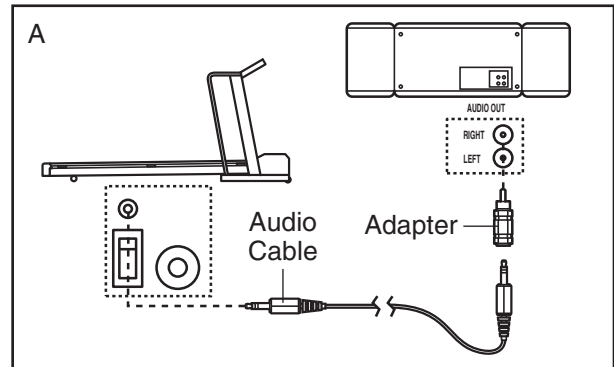
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



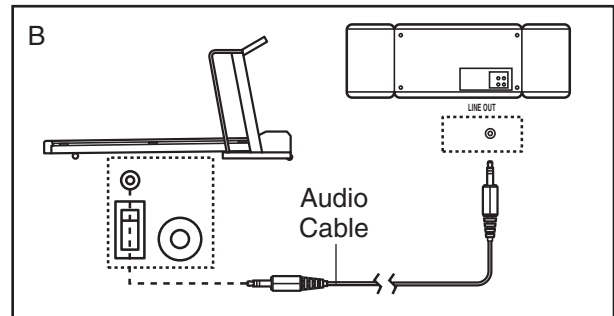
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

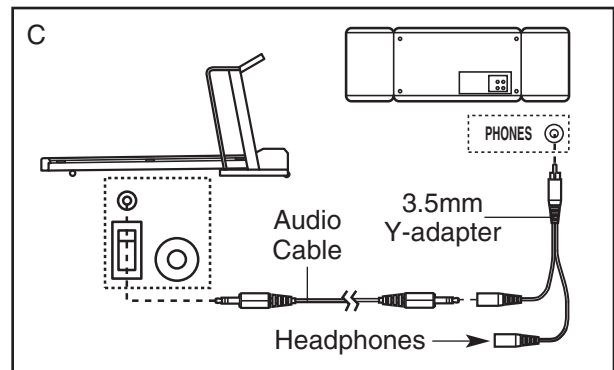
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



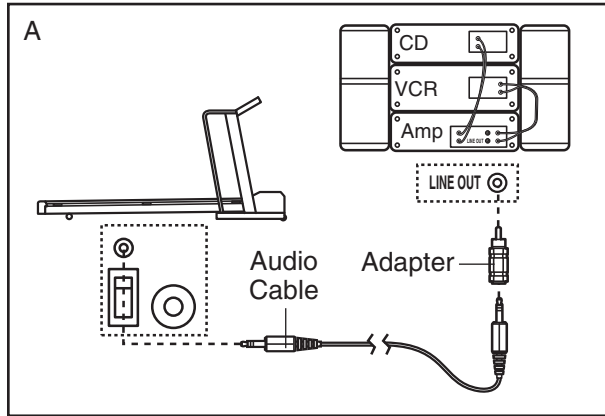
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



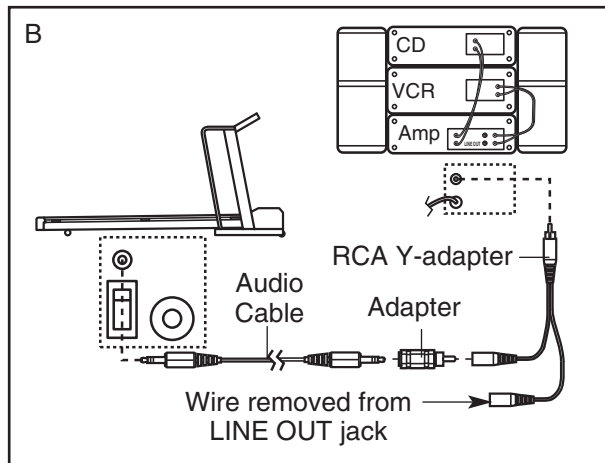
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



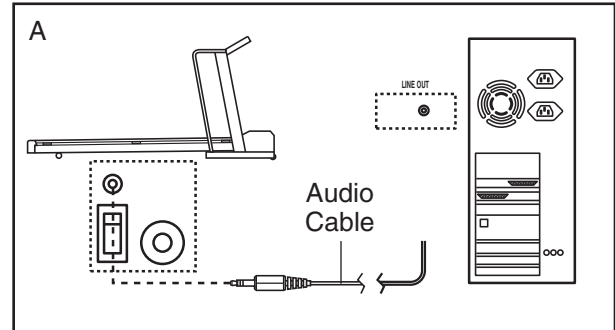
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug the wire into the unused side of the **Y-adapter**. Plug the **Y-adapter** into the **LINE OUT** jack on your stereo.



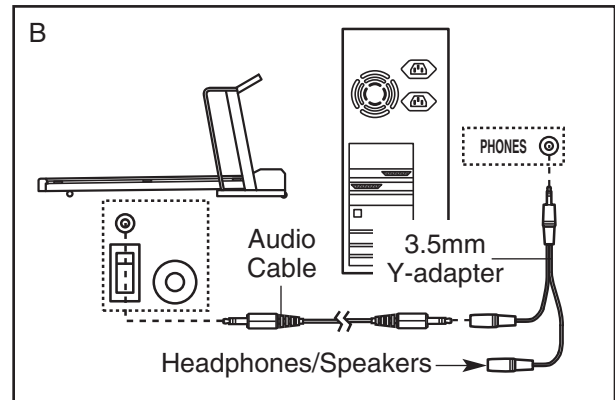
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



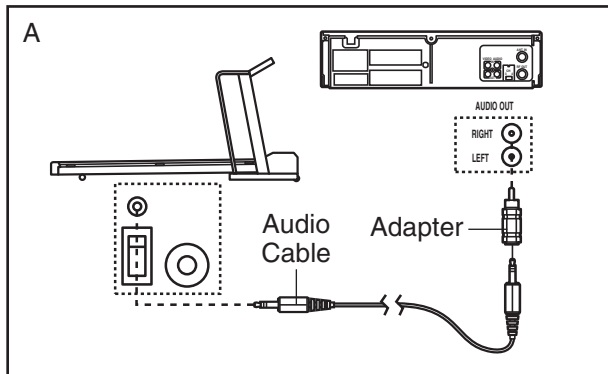
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the **Y-adapter**.



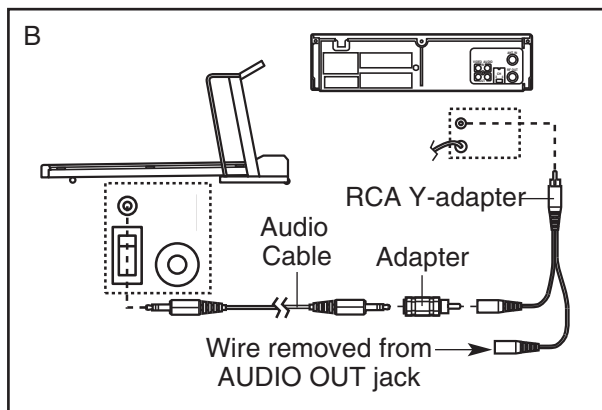
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 18.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on pages 17 to 19. **Note:** To purchase iFIT.com CDs or iFIT.com videocassettes, call toll-free 1-888-533-1333.

Follow the steps below to use an iFIT.com CD or video program.

### 1 Insert the key into the console.

See **HOW TO TURN ON THE POWER** on page 11.

### 2 Select the iFIT.com mode.

To use an iFIT.com CD or video program, press the iFIT.com button. The indicator on the button will light.



### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the Time/Pace display, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program while the Time/Pace display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the time will begin to flash in the Time/Pace display. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 19.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:**

- **Make sure that the indicator on the iFIT.com button is lit and that the time is not flashing in the Time/Pace display. If the Time/Pace display is flashing, press the Start button or the Speed + button on the console.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

**5 Follow your progress with the LED track and the displays.**

See step 5 on page 11.

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

See step 6 on page 12.

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

See step 7 on page 12.

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

See step 7 on page 14.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.**

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for more information.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select the iFIT.com mode.

To use a program from our Web site, press the iFIT.com button. The indicator on the button will light.



### 3 Go to your computer and start an internet connection.

### 4 Start your web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the Time/Pace display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program ends, the walking belt will stop and the time will begin to flash in the Time/Pace display. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the indicator on the iFIT.com button is lit and that the Time/Pace display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 8 Follow your progress with the LED track and the displays.

See step 5 on page 11.

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

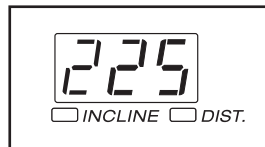
See step 7 on page 14.

## THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles or kilometers that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

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

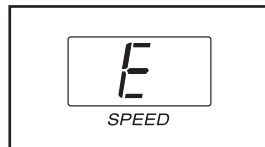
The Incline/Distance display will show the total number of miles (or kilometers) that the walking belt has moved.



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



An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed + button to change the unit of measurement.

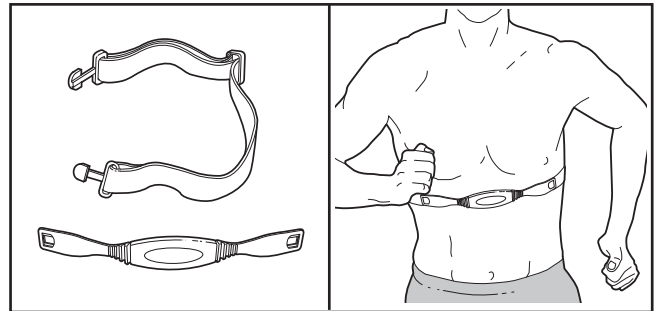


**IMPORTANT: The Calories/Pulse display should be blank.** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Calories/Pulse display when the information mode is selected, press the Speed decrease button so the display is blank.**

To exit the information mode, remove the key.

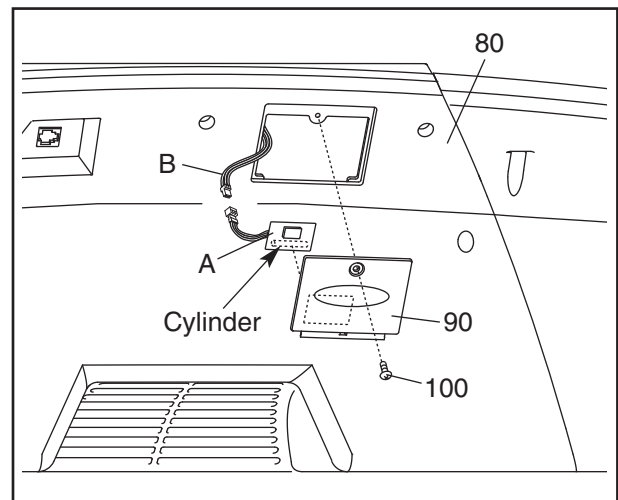
## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor provides hands-free operation and allows you to use the console's heart rate programs. **To purchase the optional chest pulse sensor, call toll-free 1-888-533-1333 .**



**If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.**

1. **Make sure that the power cord is unplugged.** Remove the indicated Screw (100) and the Access Door (90).



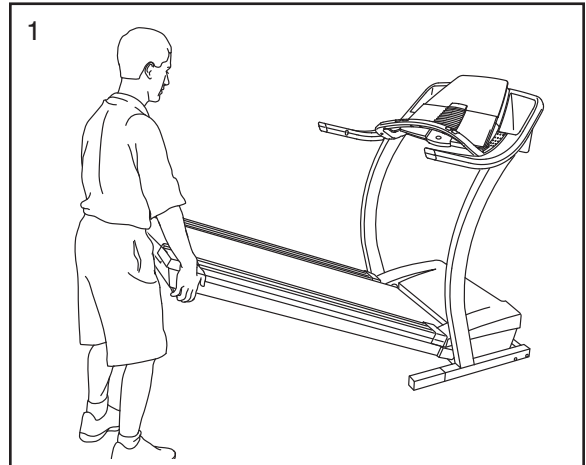
2. Remove the paper from the adhesive pad on the back of the receiver (A). **Orient the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console Back (80) as shown.** Firmly press the receiver onto the indicated corner of the Access Door (90). Connect the wire on the receiver to the pulse wire (B) extending from the Console Back.
3. **Make sure that no wires are pinched.** Reattach the Access Door (90) with the Screw (100). Note: The other wires included with the receiver may be discarded.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

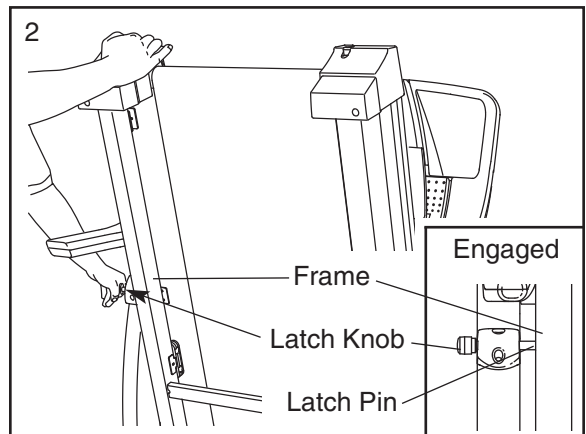
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

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



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the frame is past the latch pin. Slowly release the latch knob. **Make sure that the frame is securely held by the latch pin.**

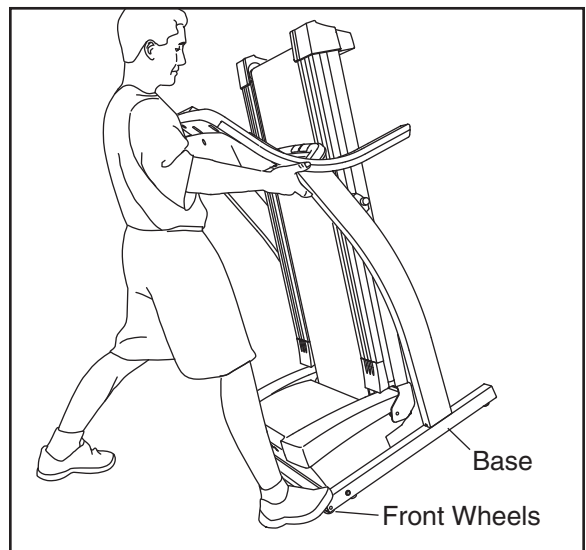
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

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

1. Hold the upper ends of the handrails. Place one foot on the base 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 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. See drawing 2 above. Hold the upper end of the treadmill with your right hand. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the latch knob.
2. See 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.**

# TROUBLESHOOTING

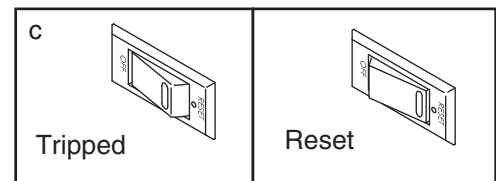
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding 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 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 reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

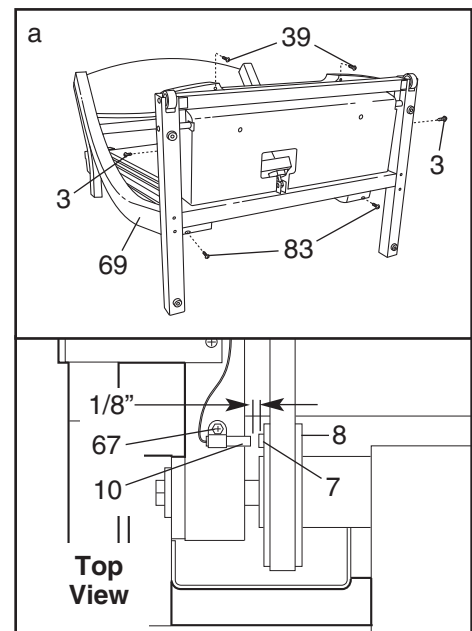
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

d. If the treadmill still will not run, 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**. Carefully tip the treadmill down as shown in the drawing at the right. Remove the Screws (3, 39, and 83) from the hood. Raise the Uprights (69) and carefully remove the hood.



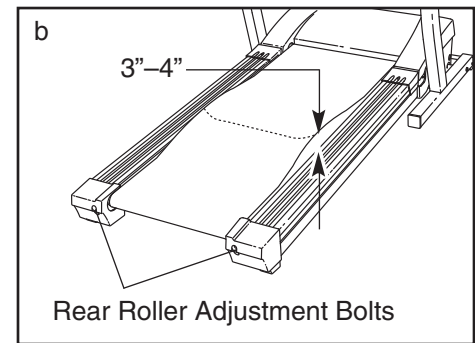
Locate the Reed Switch (10) and the Magnet (7) on the left side of the Pulley (8). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the 1/2" Screw (67), move the Reed Switch slightly, and then retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

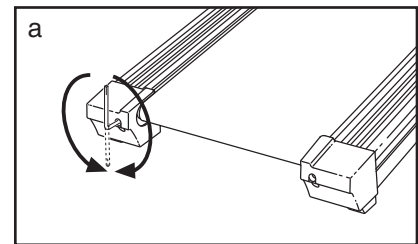
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened,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



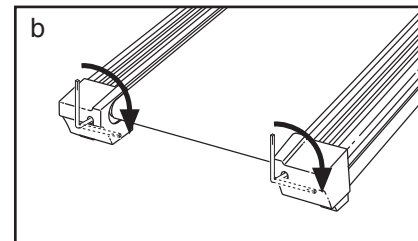
- c. If the walking belt still slows, please call our Customer Service Department, toll-free.

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

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



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



**PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT.com CDs 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, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline.

# 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.

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

## 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. PFTL517041

R1104A

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

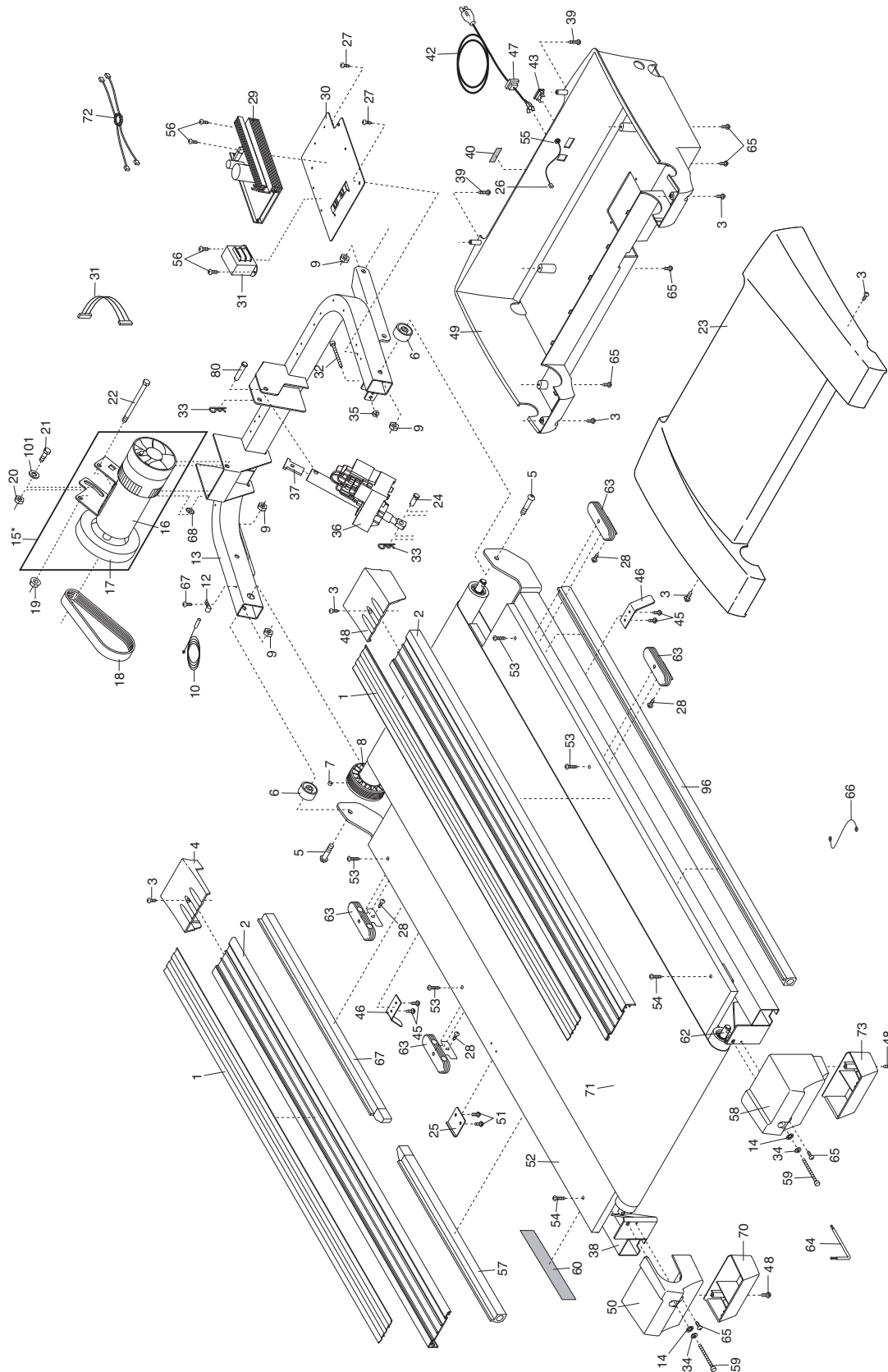
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	42	1	Power Cord	79	2	Shock Bolt
2	2	Foot Rail	43	1	Reset/Off	80	2	1 3/4" Clevis Pin
3	4	Foot Rail Cap Screw			Circuit Breaker	81	1	Console Base Top
4	1	Left Foot Rail Cap	44	1	Console Base	82	1	Console
5	2	Frame Pivot Bolt			(Bottom)	83	4	Upright Bolt
6	2	Frame Pivot Spacer	45	4	Belt Guide Screw	84	1	Key/Clip
7	1	Magnet	46	1	Belt Guide	85	1	iFIT.com Wire
8	1	Front Roller/Pulley	47	1	Power Cord Grommet	86	1	Jack
9	8	Frame Pivot Nut	48	1	Right Foot Rail Cap	87	4	3/8" Star Washer
10	1	Reed Switch/ Sensor Wire	49	1	Belly Pan	88	1	Console Frame
11*	1	Latch Assembly	50	1	Left Rear Endcap	89	1	Releaseable Tie
12	1	Reed Switch Clip	51	2	Catch Screw	90	1	Access Door
13	1	Lift Frame	52	1	Walking Platform	91	1	Cable Tie Clamp
14	1	Star Washer	53	4	Platform Screw	92	4	8" Cable Tie
15*	1	Motor Assembly	54	2	Rear Platform Screw	93	2	Lift Pivot Bolt
16	1	Drive Motor	55	1	Video Wire Nut	94	2	Wheel Bolt
17	1	Pulley/Flywheel/Fan	56	2	Shock Nut	95	2	Wheel
18	1	Motor Belt	57	1	Platform Cushion, Left Rear	96	1	Platform Cushion
19	1	Motor Pivot Nut	58	1	Right Rear Endcap	97	1	Grommet
20	4	Wheel Nut	59	2	Rear Roller Adj. Bolt	98	1	Upright Wire Harness
21	1	Motor Tension Bolt	60	1	Warning Decal	99	4	Base Pad
22	1	Motor Pivot Bolt	61	4	U-nuts	100	45	3/4" Screw
23	1	Hood	62	1	Rear Roller	101	1	Motor Washer
24	1	1 1/2" Clevis Pin	63	4	Isolator	102	2	Fan Screw
25	1	Latch Plate	64	1	Allen Wrench	103	1	Fan
26	1	Audio Wire	65	10	3/4" Tek Screw	104	2	Incline Warning Decal
27	5	Screw	66	1	Ground Wire	105	1	Lift Shock
28	4	Isolator Screw	67	1	Platform Cushion, Left Front	106	1	Left Upright
29	1	Controller			Motor Pivot	107	1	Right Upright
30	1	Electronics Plate	68	1	Star Washer	108	1	Top Left Handgrip
31	1	Transformer			Base	109	1	Bottom Left Handgrip
32	1	Front Roller Adj. Bolt	69	1	Left Foot	110	1	Top Right Handgrip
33	3	Cotter Pin	70	1	Walking Belt	111	1	Bottom Right Handgrip
34	2	Roller Washer	71	1	Filter Wire	#	1	14" Blue Wire, 2F
35	1	25" Wire Harness	72	1	Right Foot	#	1	10" Blue Wire, 2F
36	1	Incline Motor	73	1	Latch Screw	#	1	14" Black Wire, 2/Ring
37	1	Incline Motor Stop	74	2	Right Foam Grip	#	1	12" Black Wire, 2/Ring
38	1	Frame	75	1	Pulse Bar	#	1	8" Red Wire, M/F
39	4	2" Screw	76	1	5/16" Star Washer	#	1	User's Manual
40	2	Static Decal	77	4	Console Bolt			
41	1	Console Wire Harness	78	4				

\* Includes all parts shown in box

# These parts are not illustrated

# EXPLODED DRAWING—Model No. PFTL517041

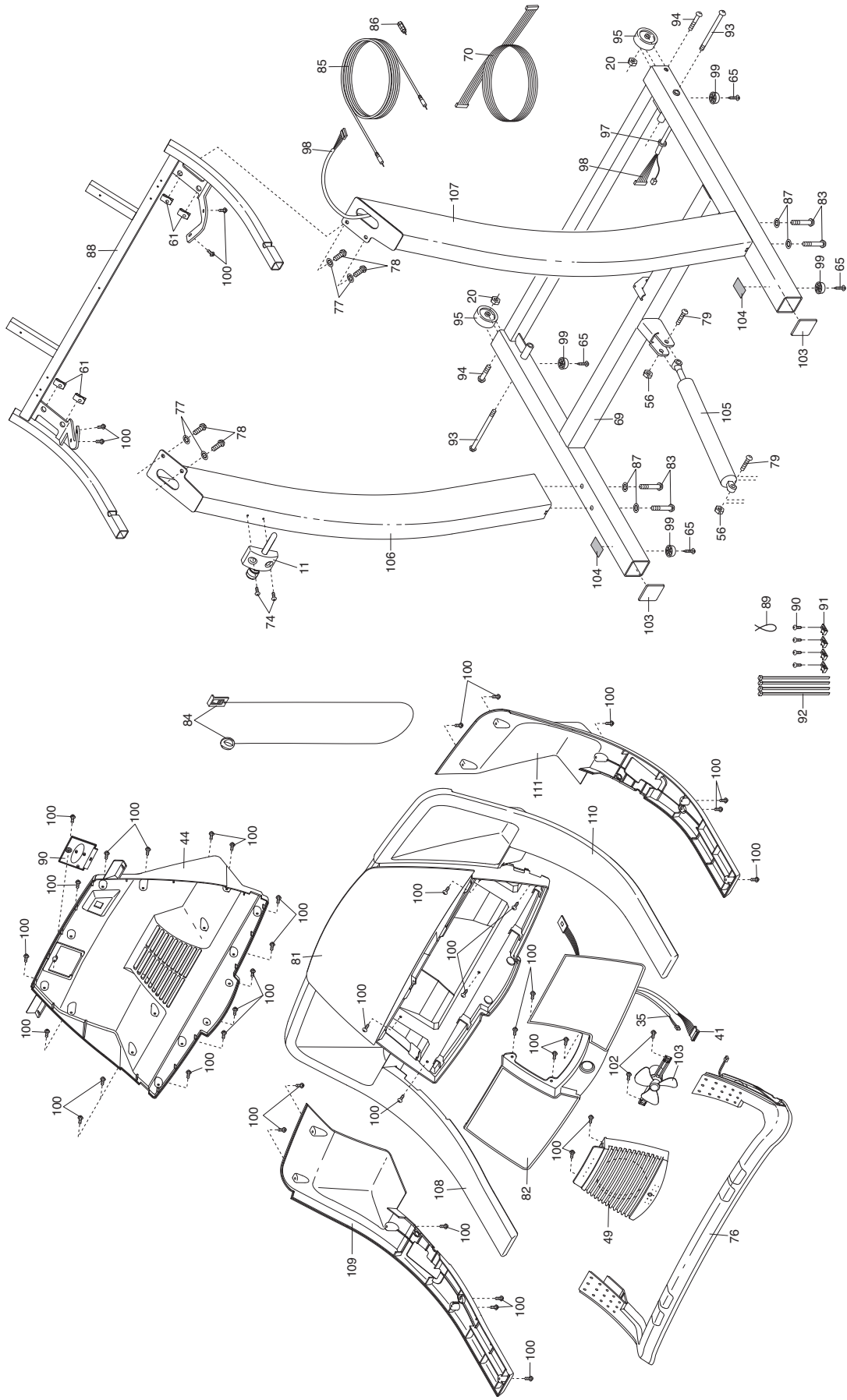
R1104A



To identify the parts shown on this exploded drawing, see the PART LIST on page 27 of the USER'S MANUAL.

# EXPLODED DRAWING—Model No. PFTL517041

R1104A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-533-1333, 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 (PFTL517041)
- The NAME OF THE PRODUCT (PROFORM FRONT RUNNER treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on page 27 and the EXPLODED DRAWING 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 eight (8) 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 preauthorized 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; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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