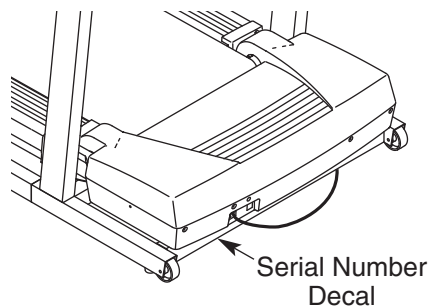


PRO-FORM

5.0 FX

Model No. PFTL611040

Serial No. _____



USER'S MANUAL

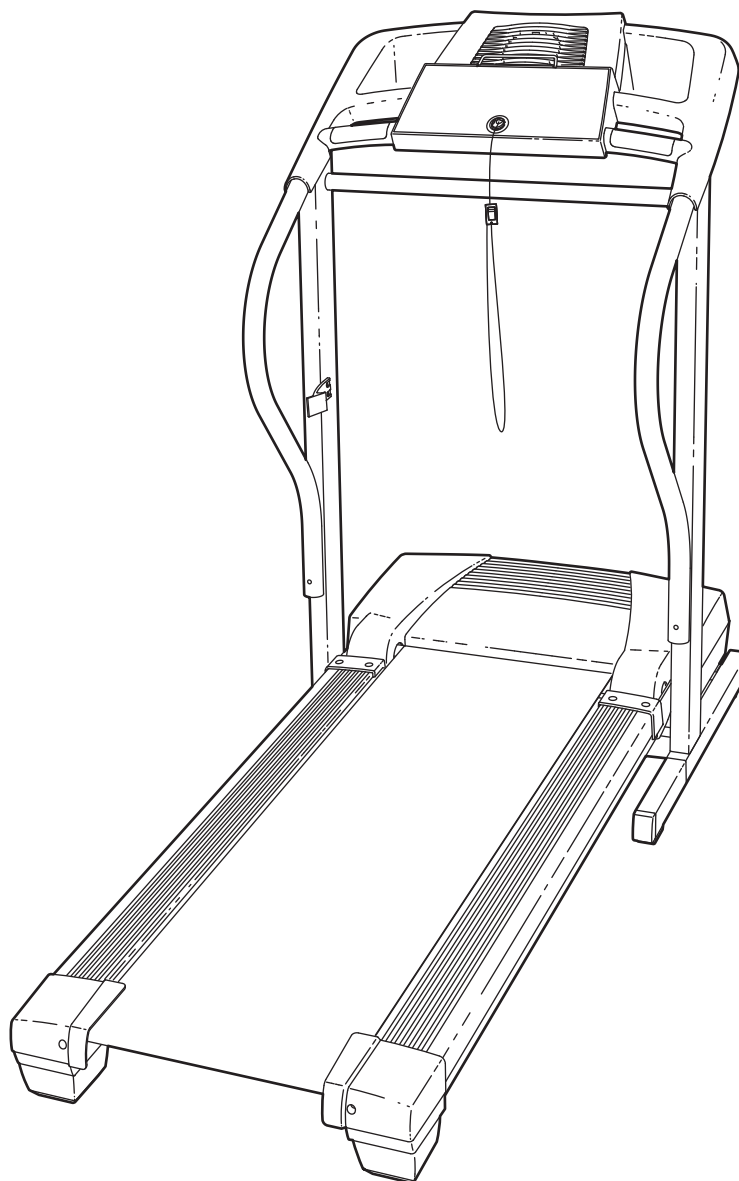
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction through direct assistance from our factory. If you have questions, or if parts are damaged or missing, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance.

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.



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www.proform.com

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

PRO-FORM

5.0 FX

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 300 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 10), 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 10. To purchase a surge suppressor, see your local PROFORM dealer or call 1-888-533-1333 and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 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 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.
18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

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

22. When using iFIT.com programs, you can manually override the speed settings by pressing the speed buttons. However, when the next “chirp” is heard, the speed will change to the next setting of the program.

23. Remove iFIT.com CDs and videocassettes from your CD player and VCR when you are not using them.

24. Inspect and properly tighten all parts of the

⚠ 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

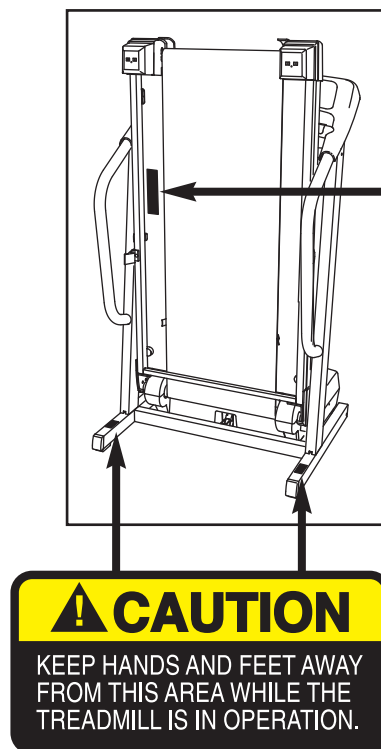
treadmill regularly.

25. Never insert any object into any opening.

26. **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.

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

The decals shown below have been placed on your treadmill. If a decal is missing, or if it is not legible, call our Customer Service Department toll-free at 1-888-533-1333 and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



⚠ WARNING:

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



- Stand only on the side rails when starting or stopping treadmill.

- Change speed in small increments.

- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

- Stop if you feel faint, dizzy, or short of breath.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.

- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.

- Never try to adjust or fix the belt while it is moving.

- Always wear athletic shoes while operating treadmill.

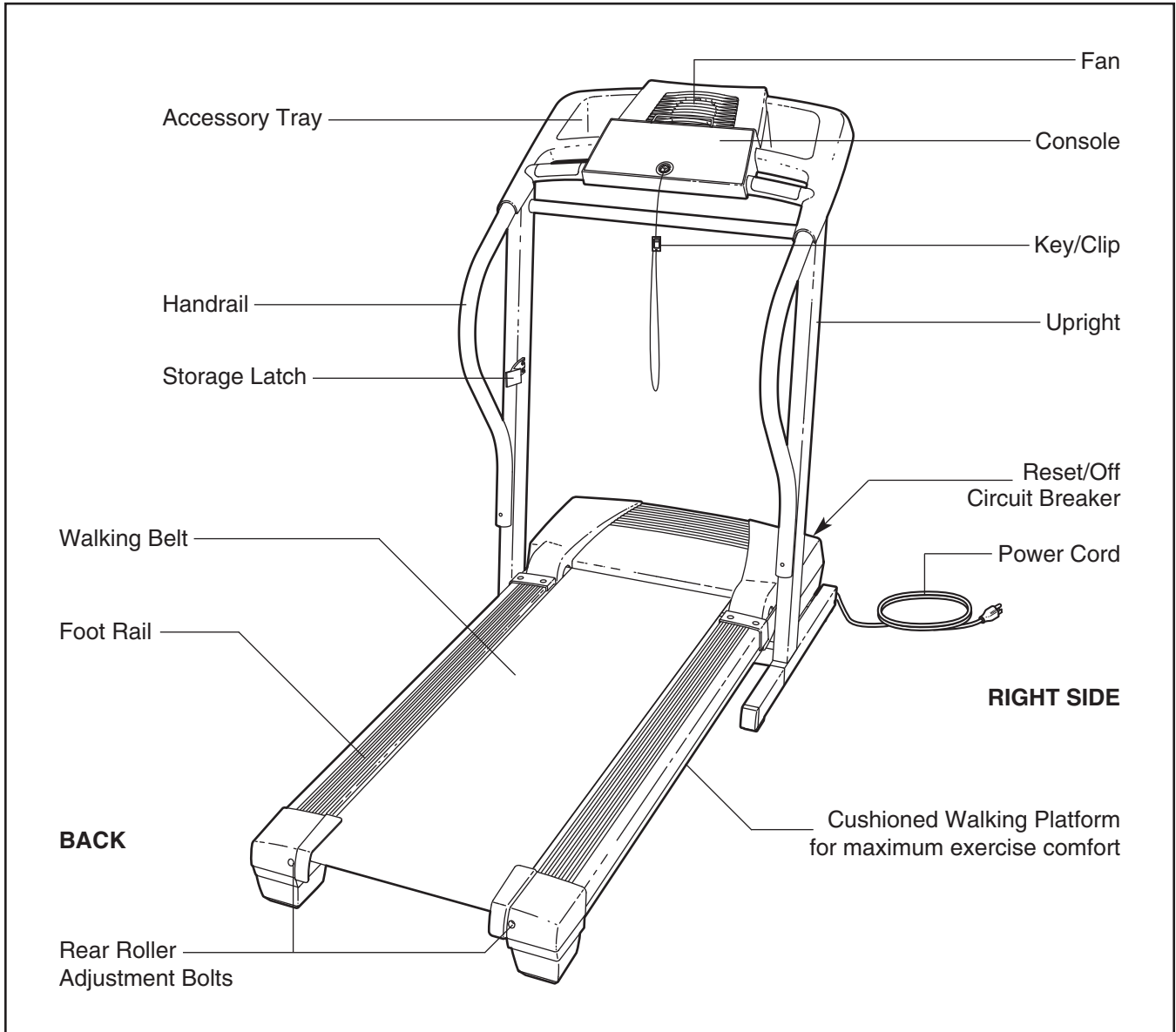
BEFORE YOU BEGIN

Congratulations for purchasing the PROFORM® 5.0 FX treadmill. The 5.0 FX treadmill offers a selection of features designed to help you achieve your fitness goals in the convenience of your home. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading 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 is PFTL611040. 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.



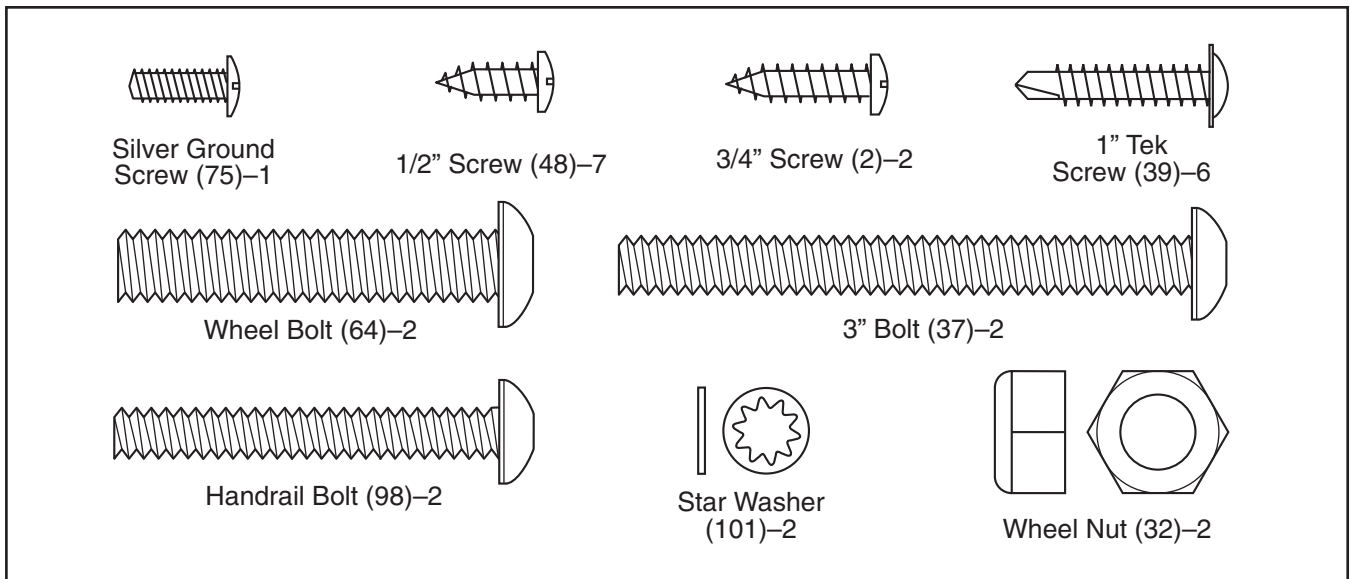
ASSEMBLY

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 wrenches  **and your own phillips screwdriver** , **rubber mallet** , **and adjustable wrench** .

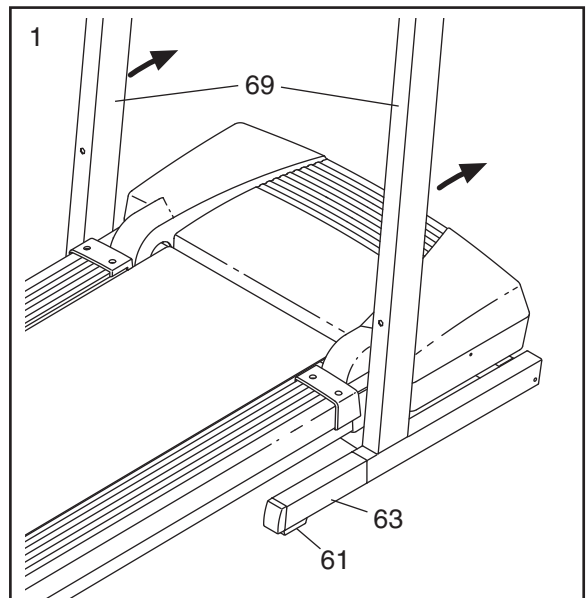
For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, first check to see if it has been pre-assembled. **If a part is missing, call toll-free 1-888-533-1333.**



1. Make sure that the power cord is unplugged.

With the help of another person, carefully raise the Uprights (69) to the vertical position. Insert one of the Extension Legs (63) into the treadmill as shown. (Note: It may be helpful to tip the Uprights as you insert the Extension Leg.) Make sure that the Base Pad (61) is under the Extension Leg.

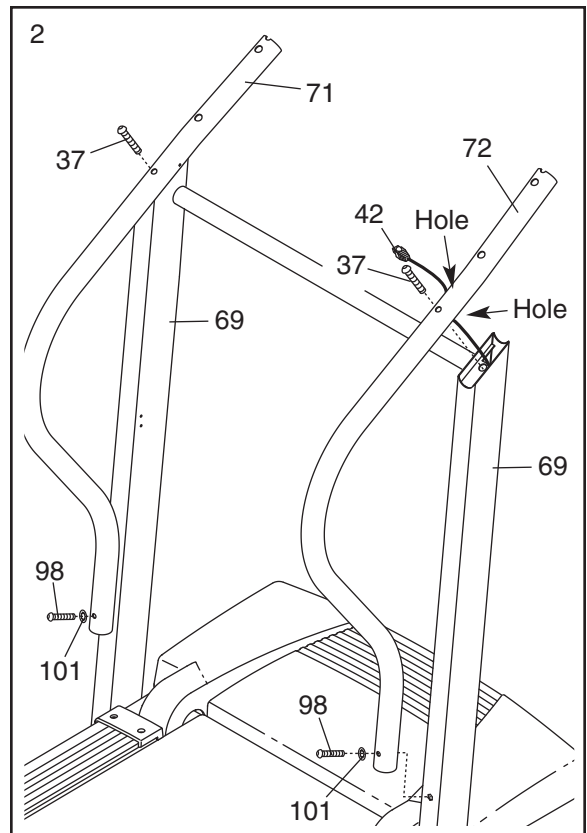
Insert the other Extension Leg (63) in the same way.



- Identify the Right Handrail (72), which has a large hole in the left side. Feed the Upright Wire (42) into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Wire Harness out of the hole.

Attach the upper end of the Right Handrail (72) to the right Upright (69) with a 3" Bolt (37). **Do not tighten the Bolt yet.** Attach the lower end of the Right Handrail with a Handrail Bolt (98) and a Star Washer (101). **Tighten both Bolts; be careful not to overtighten the Handrail Bolt.**

Attach the upper end of the Left Handrail (71) to the left Upright (69) with a 3" Bolt (37). **Do not tighten the Bolt yet.** Attach the lower end of the Left Handrail with a Handrail Bolt (98) and a Star Washer (101). **Tighten both Bolts; be careful not to overtighten the Handrail Bolt.** Note: There is not a wire harness on the left side.



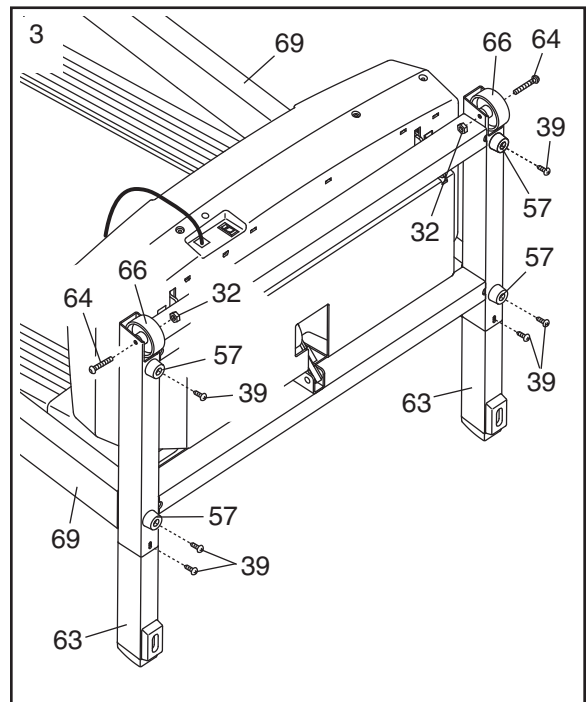
- With the help of another person, carefully lower the Uprights (69) as shown. Note: It may be helpful to place one foot on one of the Extension Legs (63) as you tip the Uprights. **Make sure that the Extension Legs remain in the Uprights.**

Attach each Extension Leg (63) with two 1" Tek Screws (39) and a Base Pad (57) as shown. **Attach the lower Tek Screw, without the Base Pad, first.**

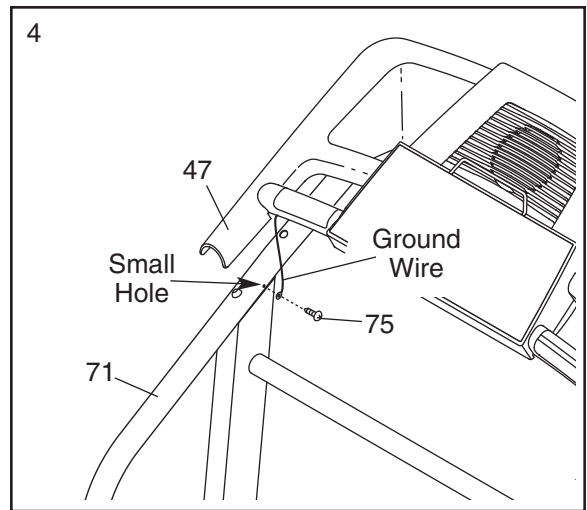
Attach two Base Pads (57) to the base of the Uprights (69) with two 1" Tek Screws (39).

Attach the two Wheels (66) with two Wheel Bolts (64) and two Wheel Nuts (32) as shown. **Do not overtighten the Bolts;** the Wheels should be able to turn freely.

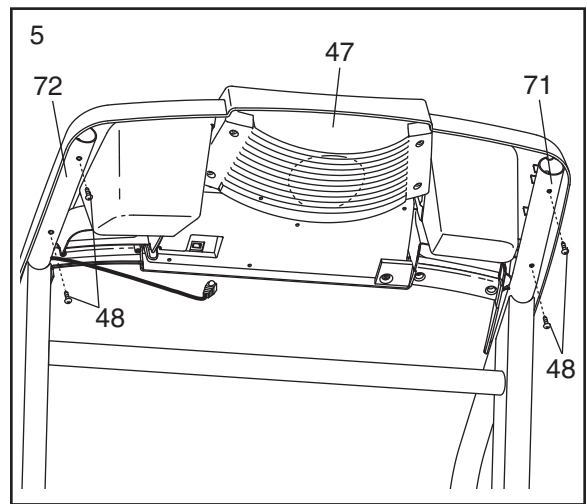
With the help of another person, carefully raise the Uprights (69) to the vertical position.



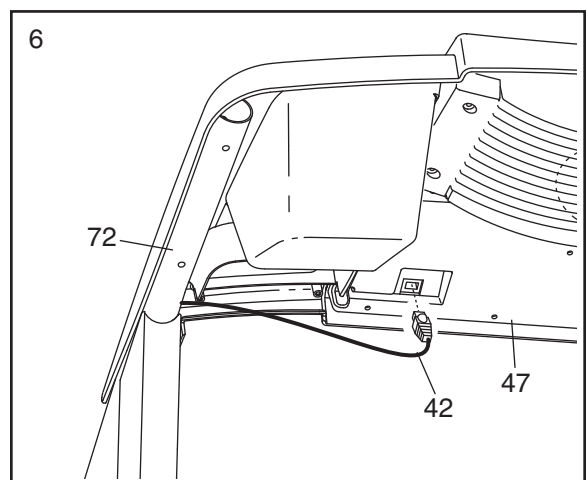
4. Hold the Console Base (47) near the Left Handrail (71). Attach the end of the ground wire on the Console Base to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).



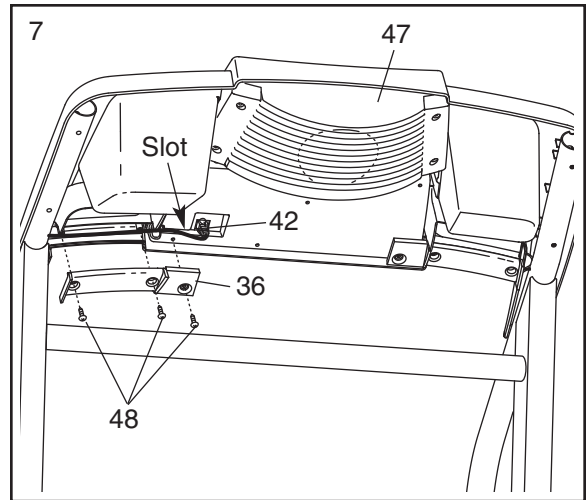
5. Set the Console Base (47) on the Right Handrail (72) and the Left Handrail (71). Attach the Console Base with four 1/2" Screws (48). **Start all four Screws before tightening them; do not overtighten the Screws.**



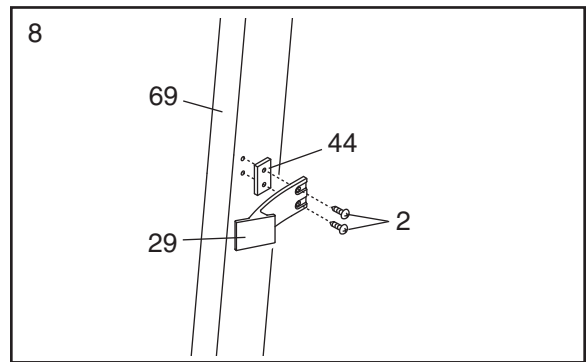
6. **Touch the Right Handrail (72) to discharge any static.** Press the end of the Upright Wire (42) into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it.



7. Press the Upright Wire (42) into the slot in the underside of the Console Base (47) in the indicated area. Cover the Upright Wire with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten three 1/2" Screws (48) into the Right Grip Plate and the Console Base.



8. Attach the Storage Latch (29) and the Latch Spacer (44) to the left Upright (69) with two 3/4" Screws (2) as shown. **Do not overtighten the Screws.**



9. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The large allen wrench is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform.** Such substances will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

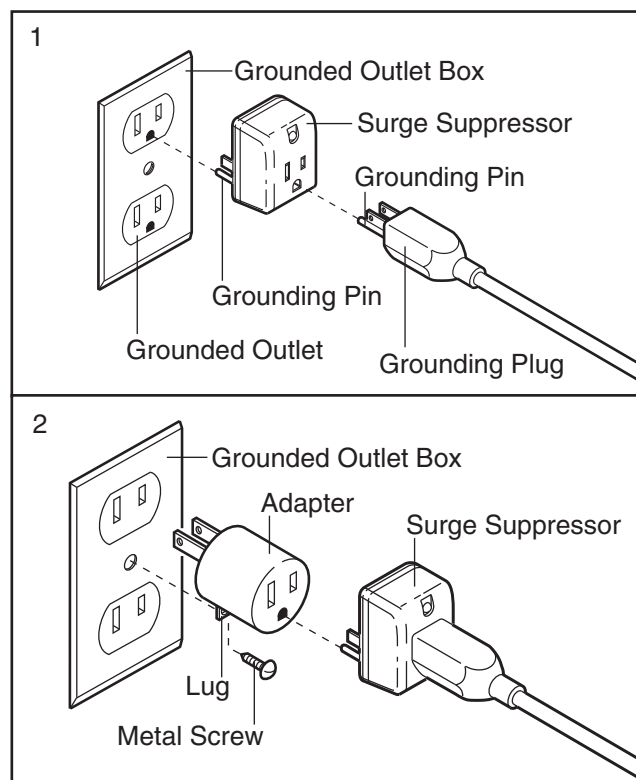
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local PROFORM dealer or call 1-888-533-1333 and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of 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.**

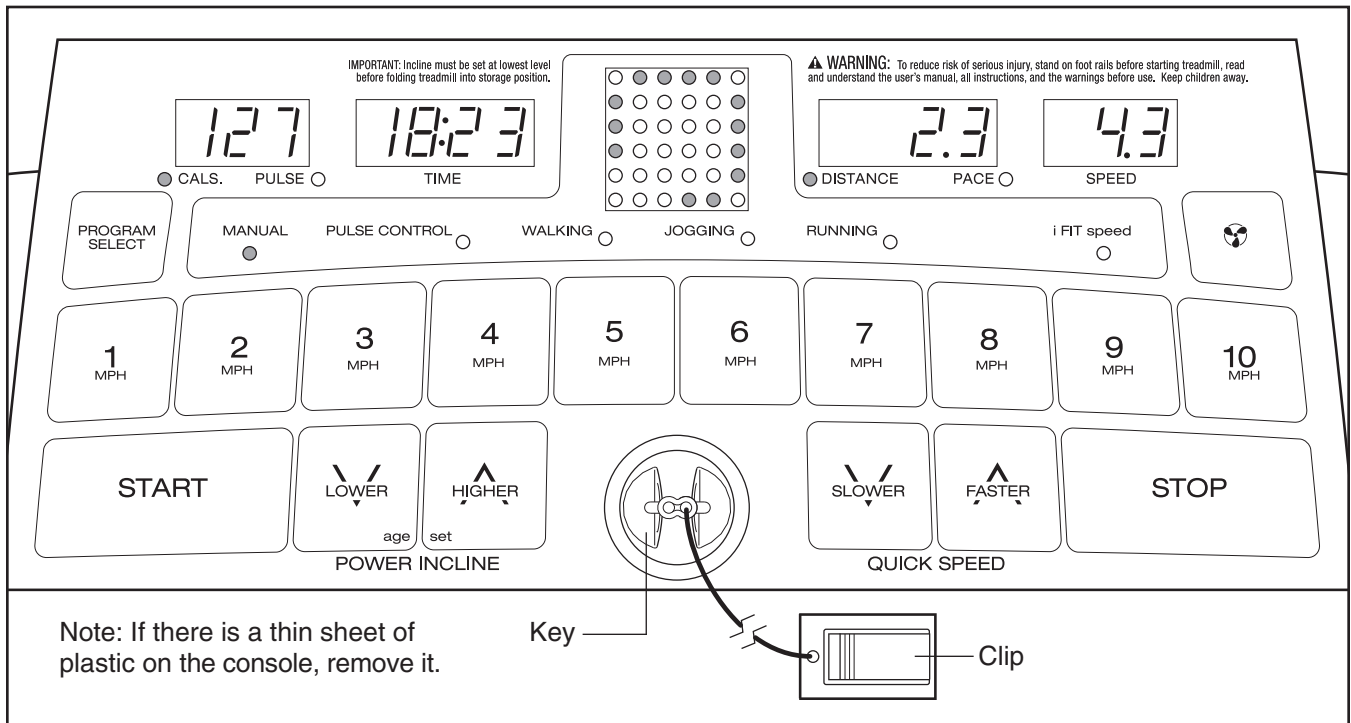
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if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



FEATURES OF THE CONSOLE

The console offers a selection of features designed to help you get the most from your exercise. 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 continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Four speed programs are also offered. Each program automatically controls the speed of the treadmill as it guides you through an effective walking, jogging, or running workout. Two pulse programs are also featured. Each program controls the speed of the treadmill to keep your heart rate near a target heart rate during your workout.

The console also features 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

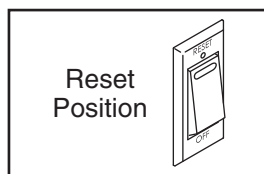
stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed of the treadmill as a personal trainer coaches you through every step of your workout. High-energy 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 and access programs directly from the internet. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a speed program**, see page 14. **To use a pulse program**, see page 15. **To use an iFIT.com CD or video program**, see page 20. **To use an iFIT.com program directly from our Web site**, see page 21.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker located on the frame near the power cord, and switch the circuit breaker to the reset position.



Find the clip attached to the key (see the drawing on page 11), and slide the clip onto the waistband of your clothes. Next, 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.**

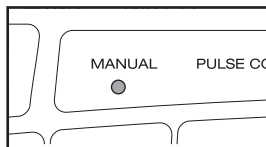
HOW TO USE THE MANUAL MODE

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 Manual indicator will light. If a program or the iFIT.com mode has been selected, press the Program Select button repeatedly until the Manual indicator lights.



3 Start the walking belt.

To start the walking belt, press the Start button, the Faster button, or one of the buttons numbered 1 through 10.

If the Start button or the Faster button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Faster and Slower

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 (see THE SPEED DISPLAY on page 13). For simplicity, all instructions in this section refer to miles.**

If one of the buttons numbered 1 through 10 is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The Time display will begin to flash. To restart the walking belt, press the Start button, the Faster button, or one of the numbered buttons.

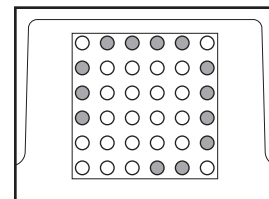
Note: The first time you use the treadmill, periodically inspect the alignment of the walking belt, and align it if necessary (see page 26).

4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Higher or Lower button until the desired incline level is reached.

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 show a track representing 1/4 mile. As you walk or run, 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.



The 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 pulse sensor (see step 6 on page 13).



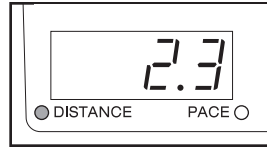
The Time display—

When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time. When a program is selected, the display will show the time remaining in the program.



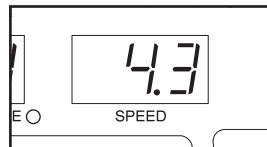
The Distance/Pace display—

This display shows the distance that you have walked or run and your pace, in minutes per mile.

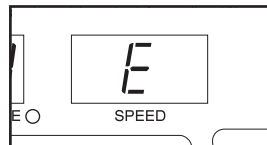


The Speed display—

This display shows the speed of the walking belt.



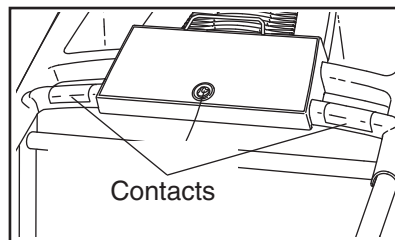
Note: The console can display speed and distance in either miles or kilometers. To see which unit of measurement is selected, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a few seconds. An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the Faster button to change the unit of measurement. 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.

6 Measure your heart rate if desired.

To use the pulse sensor, first make sure that your hands are clean. If there are

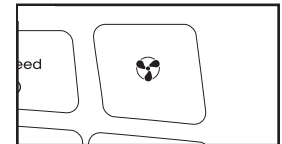


sheets of clear plastic on the metal contacts on the pulse sensor, peel off the plastic. Next, **stand on the foot rails** and hold the pulse sensor with your hands on the metal contacts. **Avoid moving your hands.** After a few seconds, the Pulse indicator below the Calories/Pulse display will light, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your hands off the pulse sensor for a few seconds. Then, place your hands on the pulse sensor as described above. Remember to stand still while measuring your heart rate.

7 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.



8 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest setting. **The incline must be at the lowest setting when the treadmill is raised 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 display remains 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.

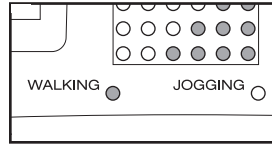
HOW TO USE A SPEED PROGRAM

1 Insert the key into the console.

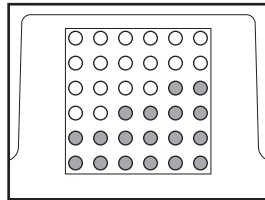
See HOW TO TURN ON THE POWER on page 12.

2 Select a speed program.

To select one of the two walking programs, the jogging program, or the running program, press the Program Select button repeatedly. The Walking, Jogging, or Running indicator will light.



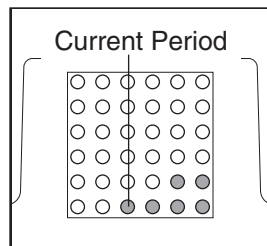
When a walking, jogging, or running program is selected, the maximum speed setting of the program will flash in the Speed display for a few seconds. The Time display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.



3 Press the Start button or the Faster button to start the program.

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

Each program is divided into 30 one-minute periods. One speed setting is programmed for each period. (The same speed setting may be programmed for two or more consecutive periods.) The speed setting for the first period will be shown in the flashing Current Period column of the matrix. The speed settings for the next three periods will be shown in the three columns to the right.



When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash, the Speed display will flash, and a series of tones will sound. When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed setting for the second period.

Note: If all of the indicators in the Current Period column are lit after the speed settings have moved to the left, *the speed settings will move downward so that only the highest indicators in each column appear in the matrix*. If some indicators in the Current Period column are not lit after the speed settings have moved to the left again, the speed settings will move back up.

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

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

Note: If the speed setting for the current period is too high or too low, you can manually override the setting by pressing the Faster or Slower button. Every few times a button is pressed, an additional indicator will light or darken in the Current Period column. (If any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may light or darken in those columns as well.) **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed setting for the next period.**

To stop the program at any time, press the Stop button. The Time display will begin to flash. To restart the program, press the Start button or the Faster button. The walking belt will begin to move at 1 mph. When the next period of the program begins, the treadmill will automatically adjust to the speed setting for the next period.

4 Follow your progress with the displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 Turn on the fan if desired.

See step 7 on page 13.

7 When the program is completed, remove the key.

When the program ends, **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 safe place. **Note: If the display remains 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 A PULSE PROGRAM

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

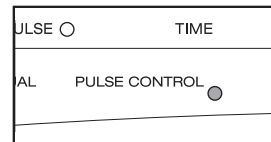
Follow the steps below to use a pulse program.

1 Insert the key into the console.

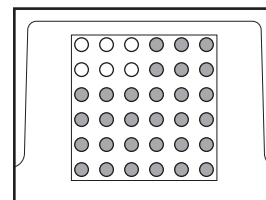
See HOW TO TURN ON THE POWER on page 12.

2 Select a pulse program.

To select one of the two pulse programs, press the Program Select button repeatedly until the Pulse Control indicator lights.



When a pulse program is selected, the Time display will show how long the program will last. A profile of the target heart rate settings of the selected program will scroll across the matrix.



3 Enter your age.

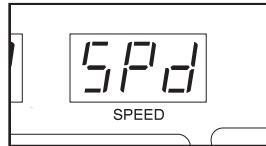
When a pulse program is selected, the letters AGE and the current age setting will begin to flash in the Calories/Pulse display. You must enter your



age to use a pulse program. If you have already entered your age, press the Start button (the program will not start at this time). If you have not entered your age, press the Age Set (Lower and Higher) buttons until your age is shown, and then press the Start button.

4 Enter a maximum speed setting.

After you have entered your age, the letters “SPd” and the maximum speed setting of the program will begin to flash in the Speed display. If desired, press the Faster or Slower button to change the maximum speed setting.



5 Hold the pulse sensor.

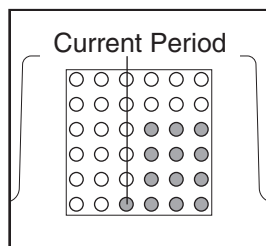
To use a pulse program, you must hold the pulse sensor. It is not necessary to hold the pulse sensor continuously during the program; however, you should hold the pulse sensor frequently for the program to operate properly. **Each time you hold the pulse sensor, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the pulse sensor, the letters “PLS” will appear in the Calories/Pulse display instead of your heart rate.

6 Press the Start button or the Faster button to start the program.

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

Each pulse program is divided into either 20 or 30 one-minute periods. One target heart rate is programmed for each period. Note: The same target heart rate may be programmed for two or more consecutive periods.

The target heart rate setting for the first period will be shown in the flashing Current Period column of the matrix. The target heart rate settings for the next three periods will be shown in the columns to the right.



When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash, the Speed display will flash, and a series of tones will sound.

When the first period ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second period will then be shown in the flashing Current Period column.

During each period, the console will compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed reaches the maximum speed setting of the program (see step 4 at the left) and your heart rate is still too far below the target heart rate setting, you can increase the incline of the treadmill to bring your heart rate closer to the target heart rate setting.

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

If the speed of the walking belt is too fast or too slow at any time during the program, you can adjust the speed with the Slower or Faster button. However, when the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change.

To stop the program at any time, press the Stop button. The Time display will begin to flash. To restart the program, press the Start button or the Faster button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change.

7 Follow your progress with the displays.

See step 5 on page 12.

8 Turn on the fan if desired.

See step 7 on page 13.

9 When the program is completed, remove the key.

See step 7 on page 15.

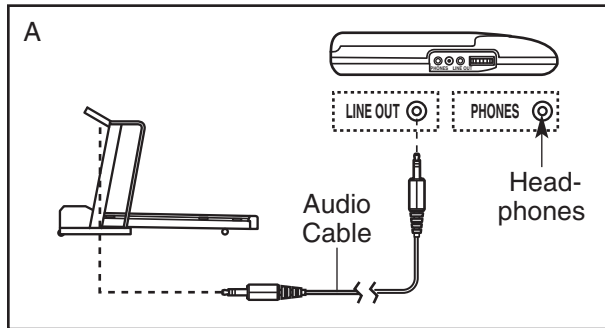
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

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 video-cassettes**, the treadmill must be connected to your VCR. See page 19 for connecting instructions. To use **iFIT.com programs directly from our internet site**, the treadmill must be connected to your home computer. See page 18 for connecting instructions.

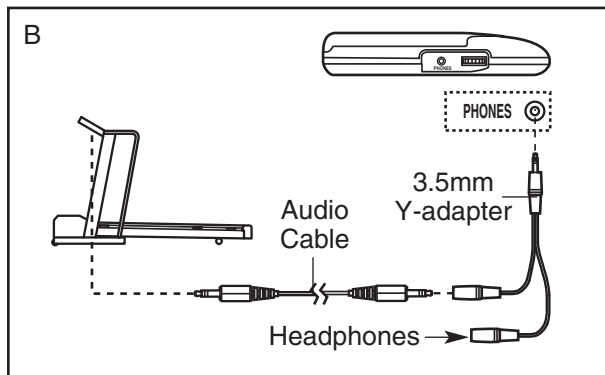
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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 beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



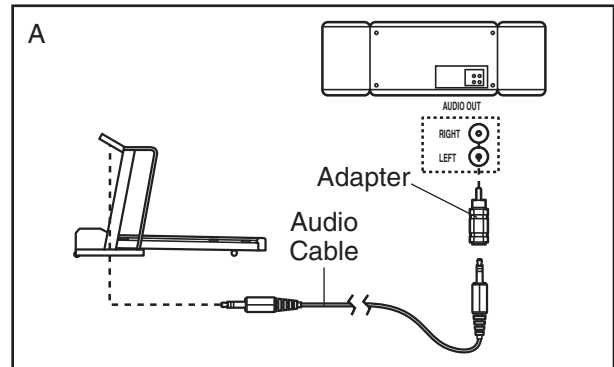
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



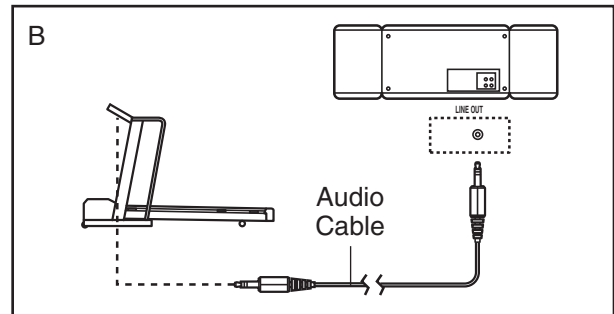
HOW TO CONNECT YOUR PORTABLE STEREO

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.

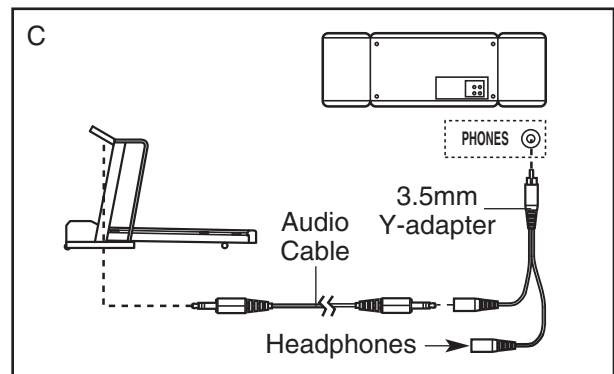
- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



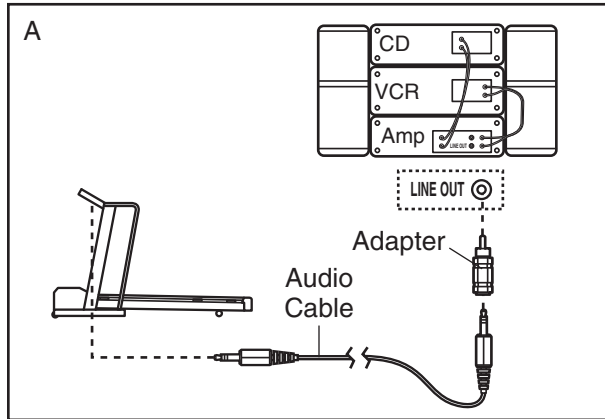
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



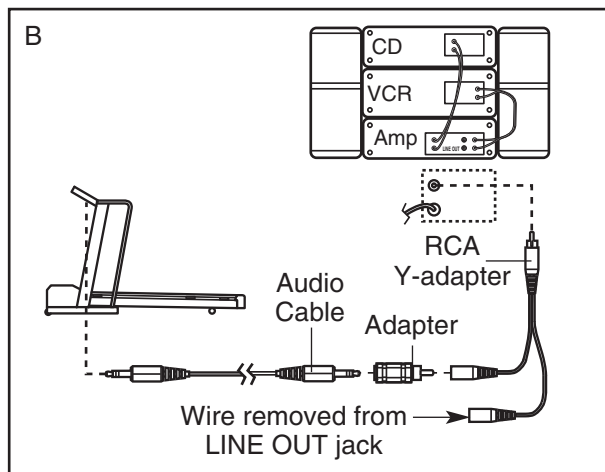
HOW TO CONNECT YOUR HOME STEREO

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 beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



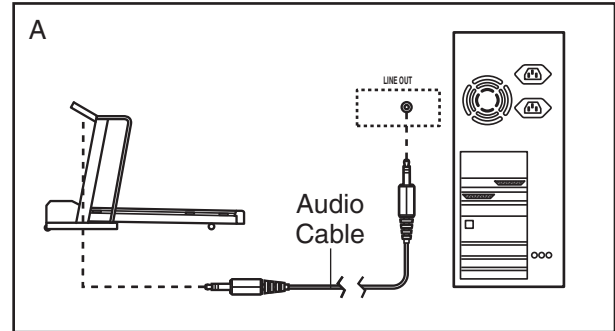
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and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



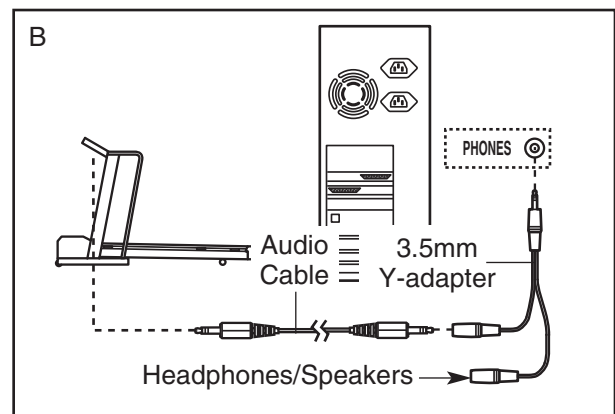
HOW TO CONNECT YOUR COMPUTER

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 beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your computer.



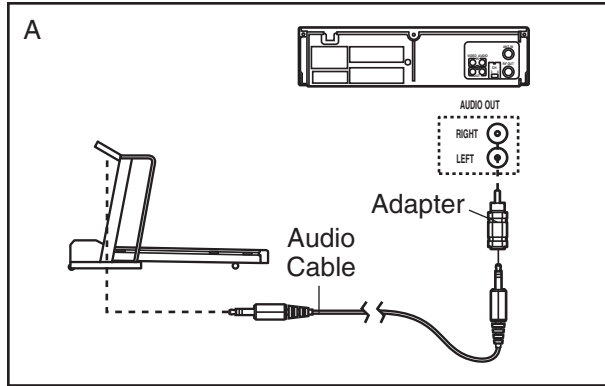
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



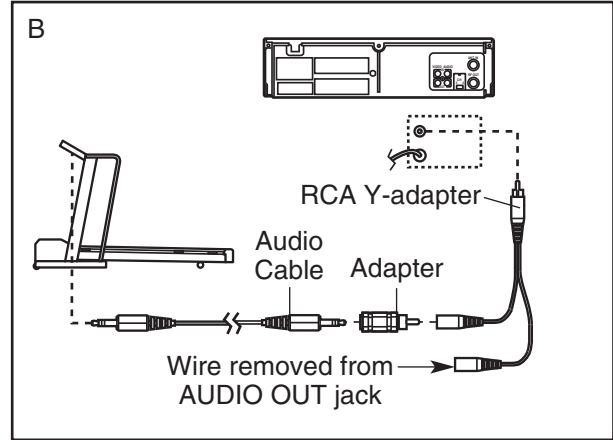
HOW TO CONNECT YOUR VCR

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 beneath the console. 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 beneath the console. 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 page 17. **Note: iFIT.com CD and video programs will control only the speed of your treadmill.**

To purchase iFIT.com CDs or videocassettes, call toll-free 1-888-533-1333.

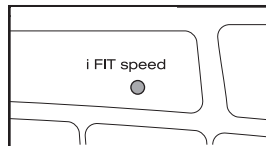
Follow the steps below to use an iFIT.com CD or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

To use iFIT.com CDs or videocassettes, press the Program Select button repeatedly until the iFIT Speed indicator lights.



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 display is flashing, press the Start button or the Faster button on the console. The treadmill will not respond to a CD or video program when the Time display is flashing.

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

If the speed setting is too fast or too slow, you can manually override the setting at any time by pressing the Slower or Faster button on the console. However, **when the next "chirp" is heard, the speed will change to the next setting of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Faster button. After a moment, the walking belt will begin to move. **When the next "chirp" is heard, the speed will change to the next setting of the CD or video program.**

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

Note: If the speed of the treadmill does not change when a "chirp" is heard:

- Make sure that the iFIT Speed indicator is lit and that the Time display is not flashing. If the Time display is flashing, press the Start button or the Faster button on the console.
- If the audio cable is plugged into the PHONES jack on your CD player, adjust the volume of the CD player. 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.

5 Follow your progress with the matrix and the displays.

See step 5 on page 12.

6 Measure your heart rate if desired.

See step 6 on page 13.

7 Turn on the fan if desired.

See step 7 on page 13.

8 When the program is completed, remove the key.

See step 7 on page 15. **CAUTION: Remove iFIT.com CDs and videocassettes from your CD player and VCR when you are finished using them.**

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access programs directly from the internet. See www.iFIT.com for details. **Note: Programs will control only the speed of your treadmill.**

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 12.

2 Select the iFIT.com mode.

See step 2 on page 20.

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.

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 of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed changes.**

If the speed setting is too fast or too slow, you can manually override the setting at any time by pressing the Slower or Faster button on the console. **However, when the next “chirp” is heard, the speed will change to the next setting for the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time display will begin to flash. To restart the program, press the Start button or the Faster button. After a moment, the walking belt will begin to move. **When the next “chirp” is heard, the speed will change to the next setting for the program.**

When the program is completed, the walking belt will stop and the Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed of the treadmill does not change when a “chirp” is heard, make sure that the iFIT Speed indicator is lit and that the Time 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 matrix and the displays.

See step 5 on page 12.

9 Measure your heart rate if desired.

See step 6 on page 13.

10 Turn on the fan if desired.

See step 7 on page 13.

11 When the program is completed, remove the key.

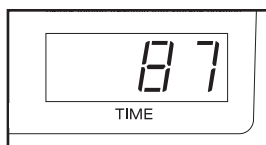
See step 7 on page 15.

THE INFORMATION MODE/DEMO MODE

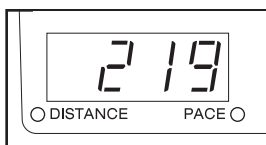
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement. In addition, the information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

To select the information mode, hold down the Stop button, insert the key into the console, and continue to hold the Stop button for a few seconds. When the information mode is selected, the following information will be shown:

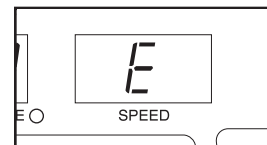
The Time display will show the total number of hours that the treadmill has been used.



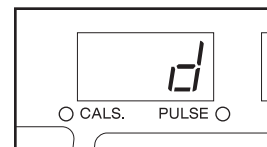
The Distance/Pace display will show the total number of miles (or kilometers) that the walking belt has moved.



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



Note: 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 pre-set sequence, although the buttons on the console will not operate. **If a "d" appears in the display when the information mode is selected, press the Slower button so the display is blank.**

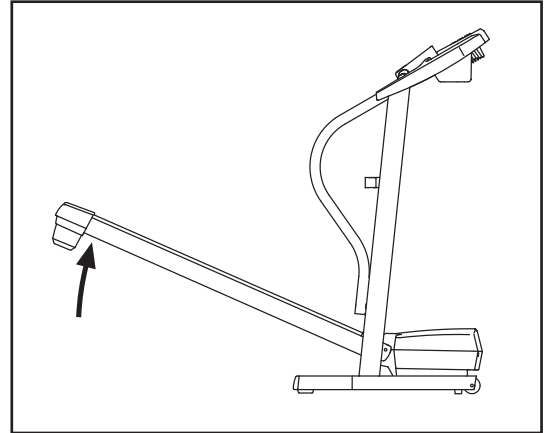
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

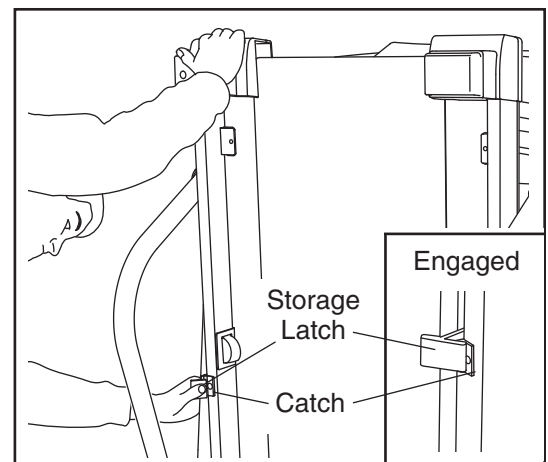
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown by the arrow 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 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.**

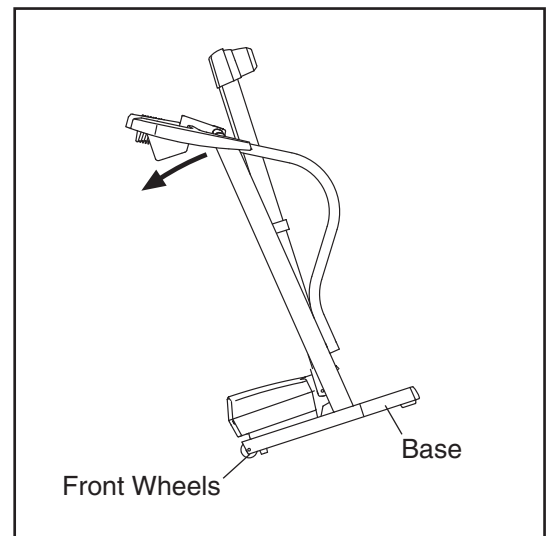
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

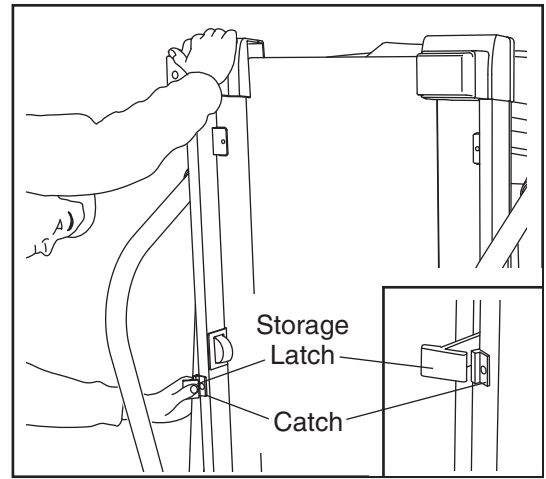
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the storage latch.**

1. Hold the upper ends of the handrails. Place one foot on a front wheel.
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.

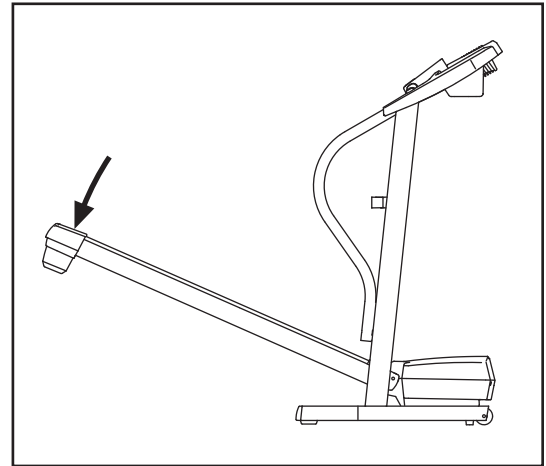


HOW TO LOWER THE TREADMILL FOR USE

1. 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. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

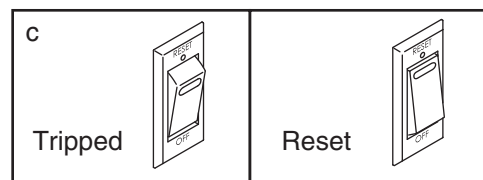
Most treadmill problems can be solved by following the instructions below. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

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 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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



PROBLEM: The power turns off during use

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

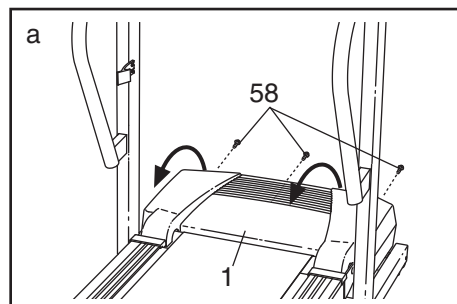
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

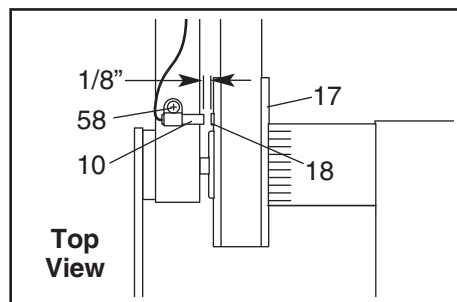
d. If the treadmill still will not run, please call our Customer Service Department toll-free.

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 (58) from the Hood (1), and carefully pivot the Hood off.



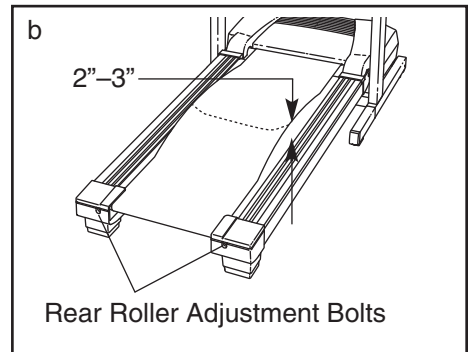
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (58), move the Reed Switch slightly, and 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 10.

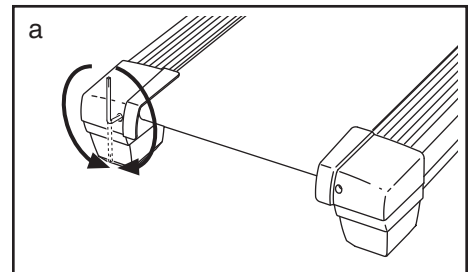
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened,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



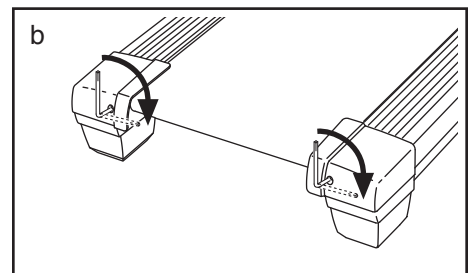
c. If the walking belt still slows when walked on, call our Customer Service Department toll-free.

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 left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



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



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.

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 en-

ergy. 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.

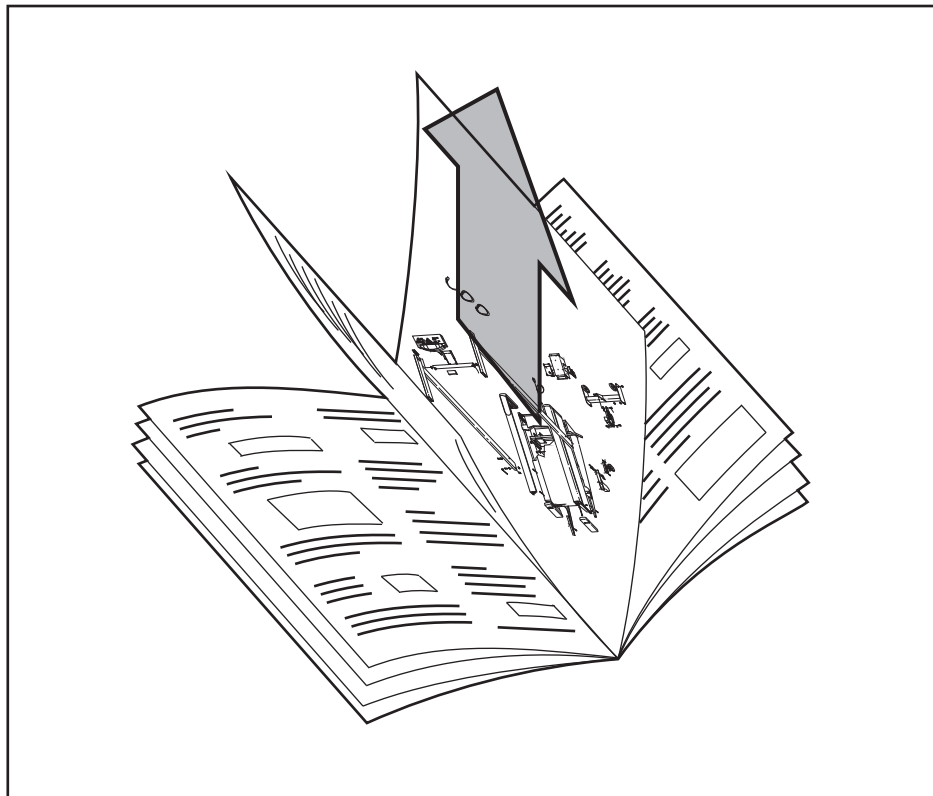
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

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.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

PART LIST—Model No. PFTL611040

R0105A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	38	2	Washer	78	1	Reset/Off
2	14	3/4" Screw	39	6	1" Tek Screw			Circuit Breaker
3	1	Motor Belt	40	1	Flat Nut	79	1	Power Cord
4	1	Motor Tension Bolt	41	1	iFIT.com Wire	80	1	Power Cord Grommet
5	5	3/8" Washer	42	1	Upright Wire	81	1	Belly Pan
6	1	Motor Star Washer	43	1	Console	82	2	Belt Guide
7	1	Flywheel	44	1	Latch Spacer	83	4	Belt Guide Screw
8	1	Drive Motor	45	4	Isolator	84	1	Fan
9*	1	Motor Assembly	46	1	Book Holder	85	1	Rear Roller
10	1	Reed Switch	47	1	Console Base	86	1	Frame
11	1	Latch Warning Decal	48	6	1/2" Screw	87	1	Walking Platform
12	2	Frame Spacer	49	9	Hood Screw/ Endcap Screw	88	1	Ground Wire
13	7	Frame Pivot Nut/Motor Nut	50	1	Key/Clip	89	2	Cable Tie Clamp
14	2	Frame Pivot Bolt	51	1	Incline Motor	90	1	Outlet Plate
15	4	Walking Platform Screw	52	1	Incline Bracket	91	1	Sensor Clip
16	2	Foot Rail	53	1	Incline Motor Bolt, Lower	92	2	Rear Roller Adjustable Bolt
17	1	Front Roller/Pulley	54	3	Incline Pivot Bolt	93	1	Right Rear Endcap
18	1	Magnet	55	1	Motor Mount Bracket	94	1	Allen Wrench
19	1	Motor Pivot Bolt	56	1	Motor Controller Wire	95	1	iFIT.com Jack
20	2	Motor Bracket Bolt	57	4	Base Pad	96	1	Walking Belt
21	1	Right Foot Rail Endcap	58	9	3/4" Tek Screw	97	1	Small Bolt
22	3	Belly Pan Clip	59	1	Controller	98	2	Handrail Bolt
23	1	Front Roller Adjustment Bolt	60	1	Lift Frame	99	1	Filter Wire
24	1	Left Rear Endcap	61	2	Base Pad	100	1	Pulse Plate, Left
25	4	Ground Screw	62	2	Warning Decal	101	2	Star Washer
26	2	Walking Platform Screw, Rear	63	2	Extension Leg	102	1	Power Bracket Screw
27	1	Fan Grill, Back	64	2	Wheel Bolt	103	2	Handrail Endcap
28	1	Motor Tension Nut	65	2	Base Endcap	104	1	Pulse Plate, Right
29	1	Storage Latch	66	2	Wheel	105	1	Optic Disk
30	1	Latch Catch	67	2	U-Nut	106	1	Small Nut
31	2	Rear Endcap Pad	68	4	8" Cable Tie	107	1	Photo Switch
32	2	Wheel Nut	69	1	Upright	#	1	8" Black Wire, 2 Ring
33	2	Static Decal	70	1	Grommet	#	1	6" Black Wire, 2 Ring
34	1	Left Grip Plate	71	1	Left Handrail	#	1	4" Black Wire, M/F
35	1	Small Star Washer	72	1	Right Handrail	#	1	4" Blue Wire, 2F
36	1	Right Grip Plate	73	1	Choke	#	1	8" Green Wire, F/R
37	2	3" Bolt	74	1	Left Foot Rail Endcap	#	1	4" Red Wire, M/F
			75	1	Silver Ground Screw			User's Manual
			76	1	iFIT.com Cable			
			77	2	Wire Tie Screw			

*Includes all parts shown in the box.

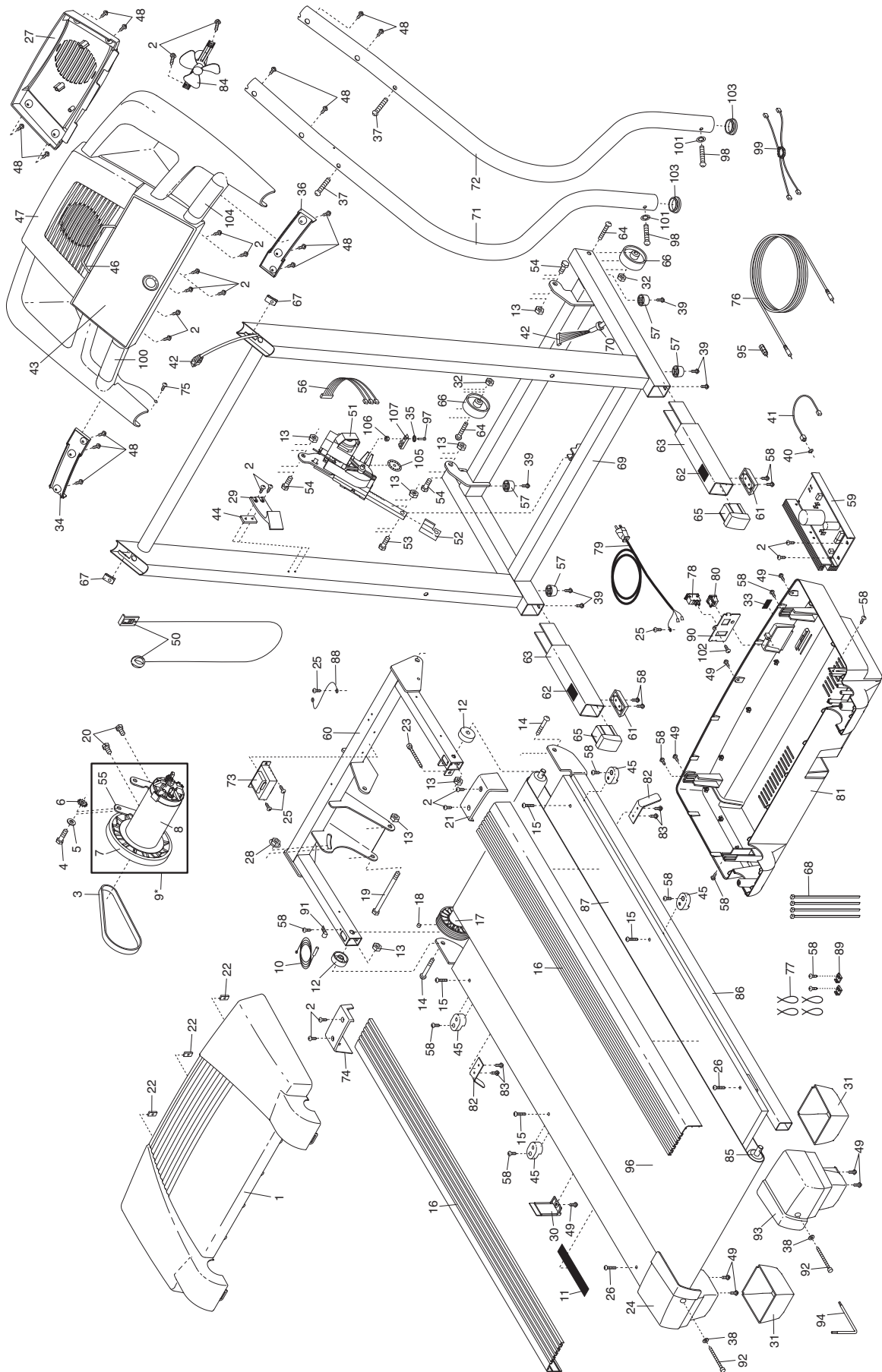
#These parts are not illustrated.

EXPLODED DRAWING—Model No. PFTL611040

R0105A

EXPLODED DRAWING Model No. PFTL611040

R0105A



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 (PFTL611040)
- The NAME OF THE PRODUCT (PROFORM 5.0 FX treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached in the center of this manual)

LIMITED WARRANTY

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

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be 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