

PRO-FORM

P E R F O R M A N C E T R E A D M I L L

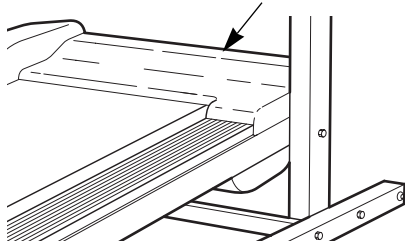
325E

Model No. PETL32570

Serial No. _____

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

Serial Number Decal



Class H C
Fitness Product

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire



CAUTION

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

USER'S MANUAL

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Note: A PART LIST and an EXPLODED DRAWING are attached in the centre of this manual. Remove the PART LIST and EXPLODED DRAWING before beginning assembly.

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 8 feet (2 m) of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds (115 kg).
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier; a 13 amp fuse should be used.
11. If an extension cord is needed, use only a 14-gauge cord of 5 feet (1,5 m) or less in length.
12. Keep the power cord away from heated surfaces.
13. Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)
14. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.
15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

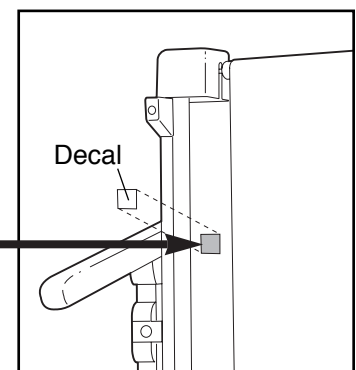
16. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than one hour.
17. Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.
18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 10.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
19. When moving the treadmill or folding the treadmill to the storage position, make sure that the storage latch is fully closed.
20. The roller guards must be 1/8 inch (3 mm) from the rear roller (see the drawing on page 4). Unplug the power cord and adjust the roller guards, if necessary.
21. Inspect and tighten all parts of the treadmill every three months.
22. Never insert any object into any opening.
23. Do not attempt to modify the incline of the treadmill by placing objects under the front or rear of the treadmill.
24. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

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

SAVE THESE INSTRUCTIONS

Refer to the drawing at the right. Locate the indicated warning decal on the treadmill. The text on the warning decal is in English. If English is not your native language, find the sheet of square decals included with the treadmill. Peel off the decal that is in your native language, and press it onto the warning decal so that it covers the English text.

IMPORTANT: If the warning decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal. Apply the decal in the location shown.



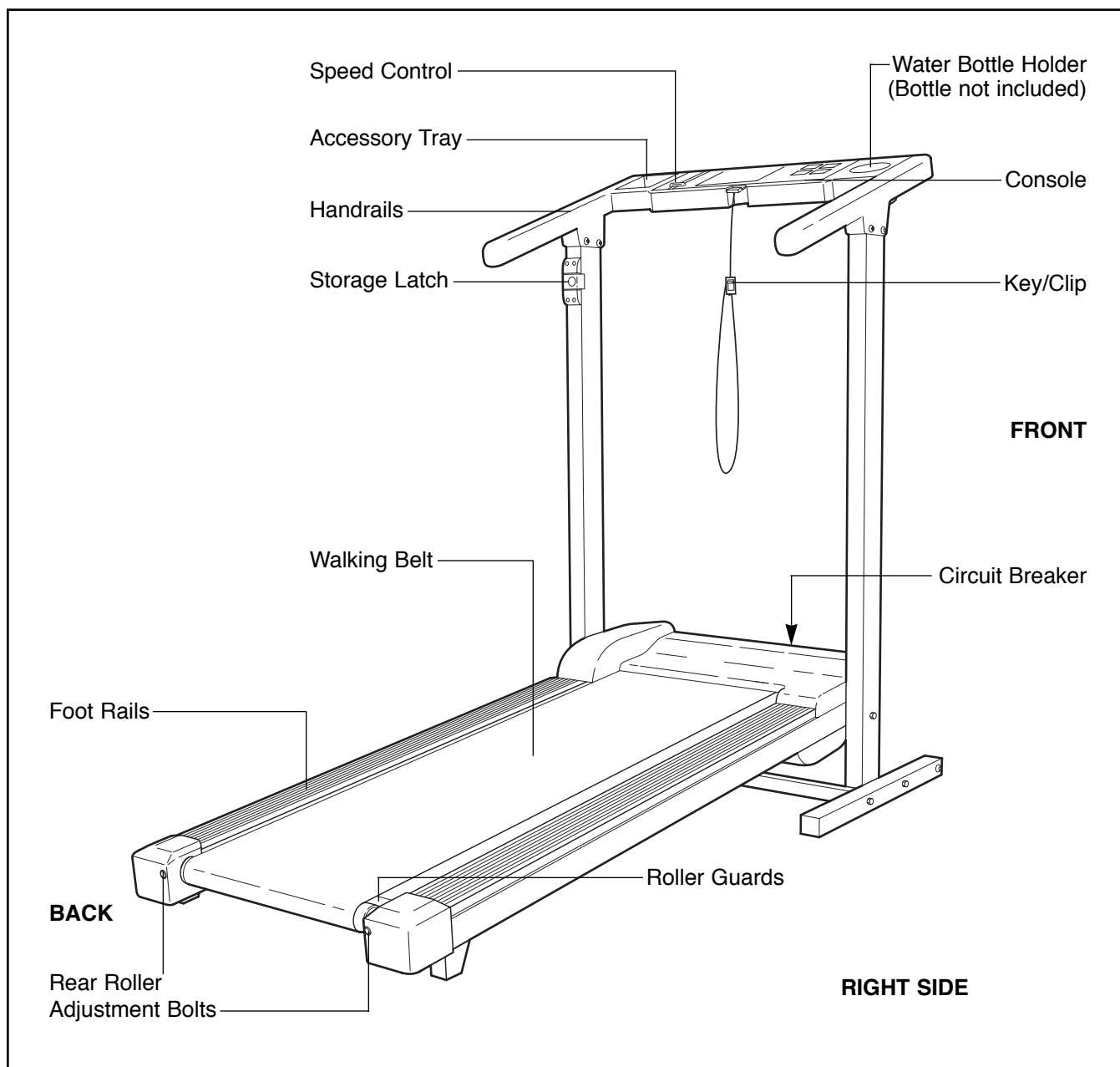
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® 325E treadmill. The 325E treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique 325E can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at

0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL32570. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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


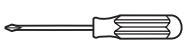


ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- As you assemble the treadmill, be sure that all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

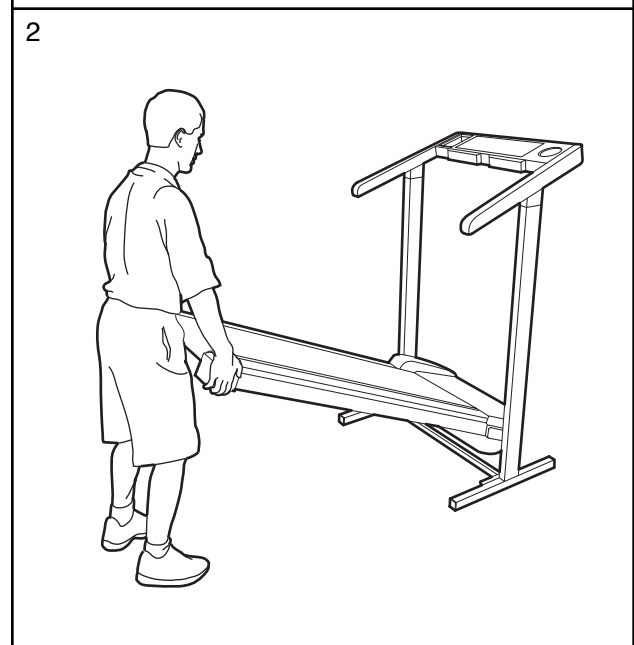
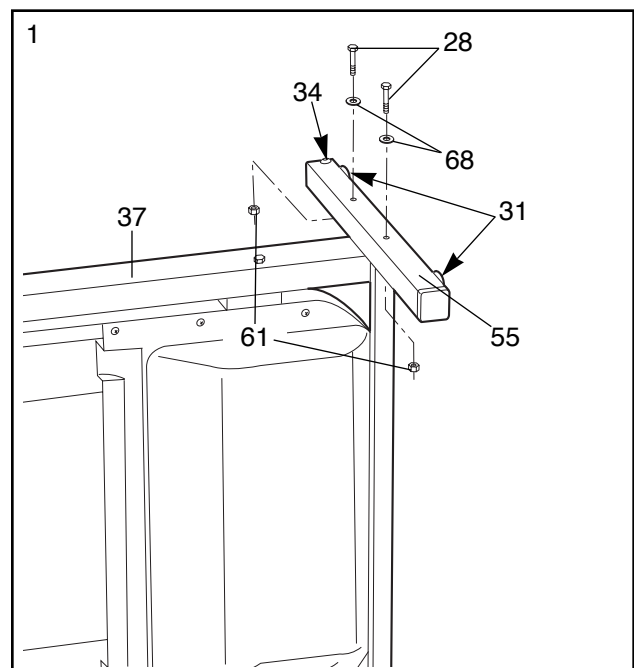
- **Two (2) adjustable spanners** 
- **One (1) phillips screwdriver** 

1. With the help of a second person, carefully lay the treadmill on its side. Position one of the Base Legs (55) on the base of the Upright (37) as shown. Make sure that the Base Leg Pads (31) and the Wheel (34) are in the indicated positions. Attach the Base Leg with two Base Leg Bolts (28), two Base Leg Washers (68), and two Base Leg Nuts (61).

Carefully turn the treadmill onto its other side. Assemble the other Base Leg (55) as described above.

With the help of a second person, carefully raise the treadmill to the upright position so the Base Legs (55) are resting flat on the floor.

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



- Carefully rotate the Console Base (45) to the position shown. Secure the Console Base with two Console Base Bolts (91), two Console Base Washers (90), and two Console Base Nuts (11) as shown.

Refer to the inset drawing. **Tighten all four Console Base Bolts (91) and Console Base Nuts (11) as tightly as possible. Carefully lift up and push down on the handrails to make sure that the Console Base (45) does not move. Regularly inspect and tighten all four Console Base Bolts and Console Base Nuts.**

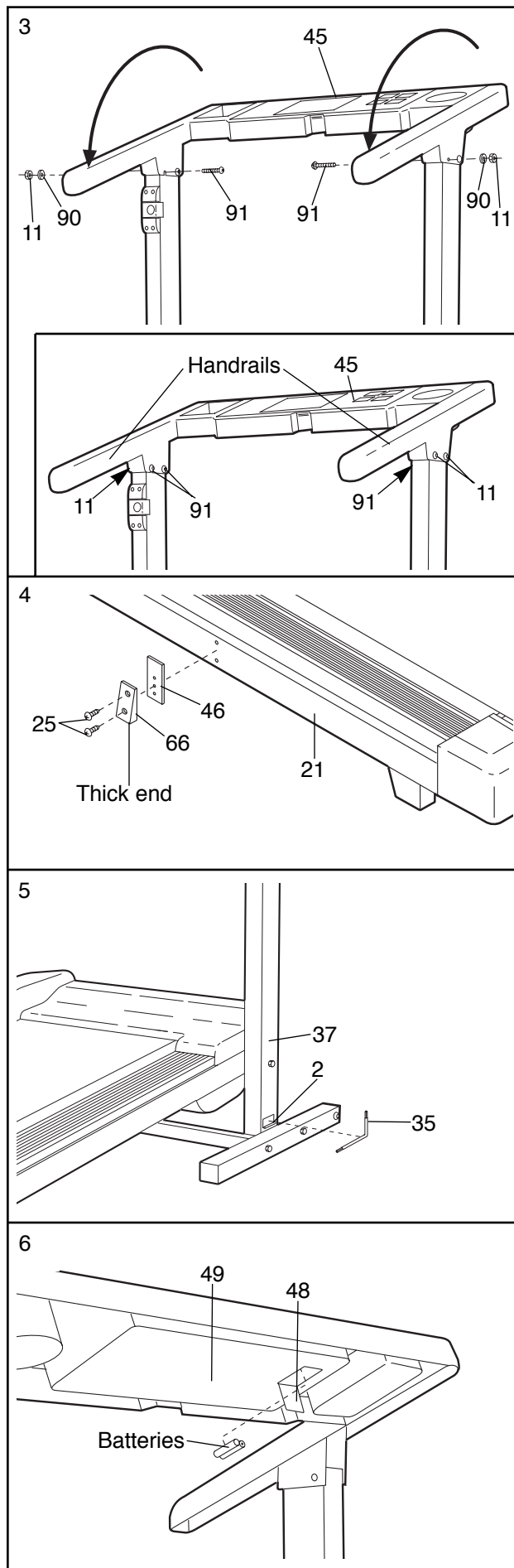
- Attach the Frame Guide (66) and the Frame Guide Spacer (46) to the left side of the Frame (21) with two Guide Screws (25). Note: Be careful not to over-tighten the Guide Screws. **Make sure that the thick end of the Frame Guide is at the bottom.**

- Remove the backing from the Adhesive Clip (2). Press the Adhesive Clip onto the base of the Upright (37) in the indicated location. Press the Allen Wrench (35) into the Adhesive Clip.

- The Console (49) requires two "AA" batteries (not included); alkaline batteries are recommended.**

Open the Battery Cover (48) as shown. Press two batteries into the battery compartment, with the negative ends of the batteries (marked "-") touching the springs. Close the Battery Cover.

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



OPERATION AND ADJUSTMENT

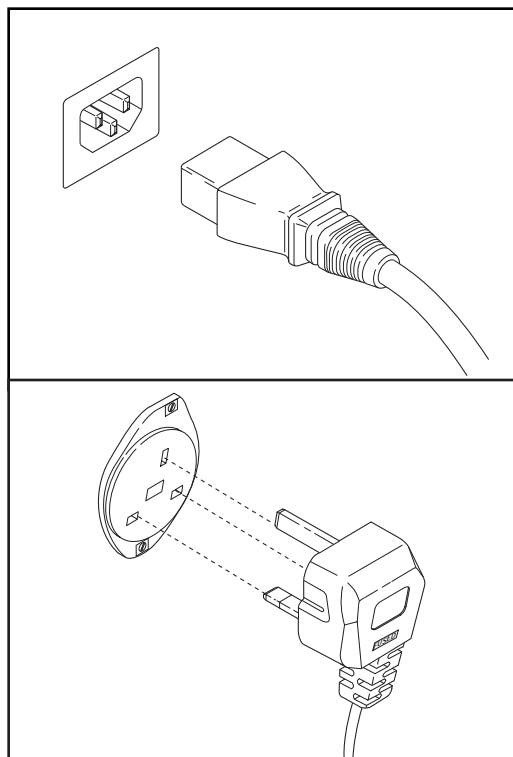
THE PERFORMANT LUBE™ WALKING BELT

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

HOW TO PLUG IN THE POWER CORD

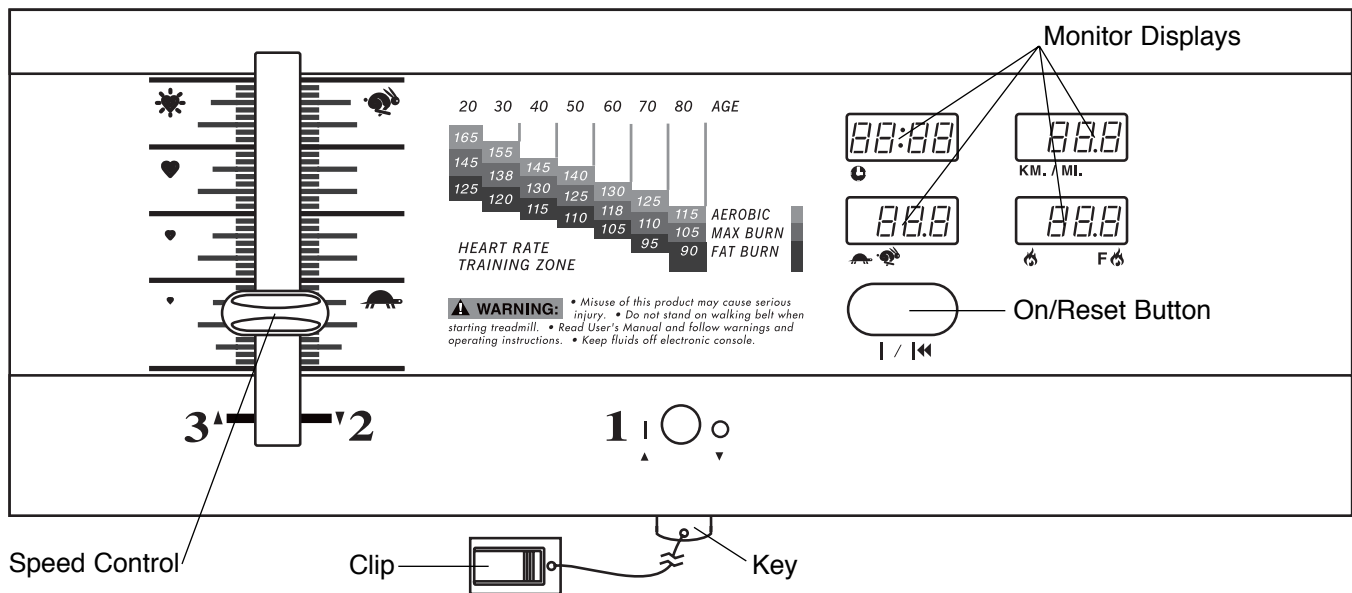
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug. Plug one end of the cord into the treadmill. **Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.**

⚠ DANGER: Improper connection of the equipment-earthing 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 earthed. 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.



Use only a power cord type H05VV-F with a conductor of at least 1mm², with a country recognised plug and an appliance coupler.

DIAGRAM OF THE CONSOLE



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

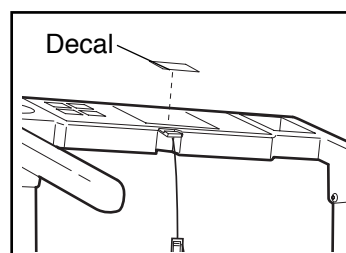
- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst using the treadmill. When the key is

removed from the console, the walking belt will stop.

- Adjust the speed in small increments.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console. Use only a sealable water bottle.

WARNING DECAL APPLICATION

If there is a thin sheet of clear plastic on the console, remove it. All of the warnings on the console are printed in English. The included decal sheet contains the same information in five other languages. If English is not your native language, find the decal that is in your native language. Peel off the decal and apply it to the console in the location shown.



batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs.** Close the battery cover.

STEP BY STEP CONSOLE OPERATION

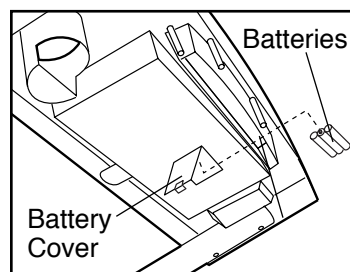
Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.)

Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothing.

Follow the steps on page 9 to operate the console.

BATTERY INSTALLATION

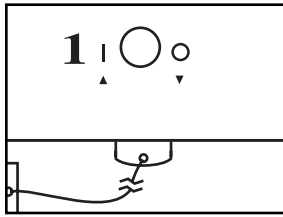
The console requires **three “AA” batteries** (not included). Alkaline batteries are recommended. To install batteries, open the battery cover under the console. Press three



1 Insert the key fully into the power switch.

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started.

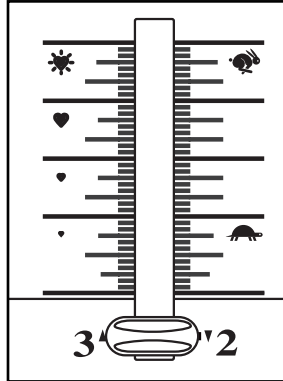
Note: If you just installed batteries, the displays will already be on.



2 Reset the speed control.

Slide the speed control down until it stops.

Note: Each time the walking belt is stopped, the speed control must be moved to the lowest position before the walking belt can be restarted.



3 Start the walking belt.

After you have moved the speed control to the lowest position, slowly slide it upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

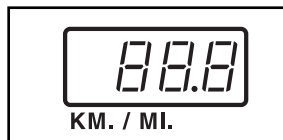
To stop the walking belt, step onto the foot rails and slide the speed control to the lowest position.

4 Follow your progress with the monitor displays.

TIME display—This display shows the total time that you have walked or run on the treadmill.



DISTANCE display—This display shows the total distance that you have walked or run.

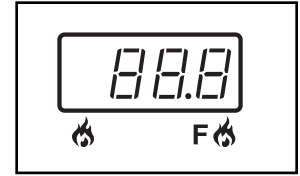


SPEED display—This display shows the speed of the walking belt.



CALORIES/FAT CALORIES display—This display shows the approximate numbers of calories and fat calories you have burned.

(See FAT BURNING on page 14 for an explanation of fat calories.) Every seven seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown.



5 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. Store the key in a secure place. **After the key is removed, the displays will remain on for about five minutes.**

Note: Any time that the walking belt is stopped and no console buttons are pressed for five minutes, the displays will automatically turn off in order to conserve the batteries.

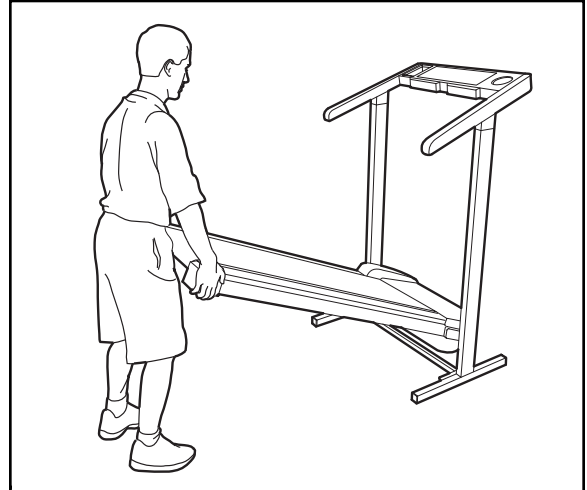
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

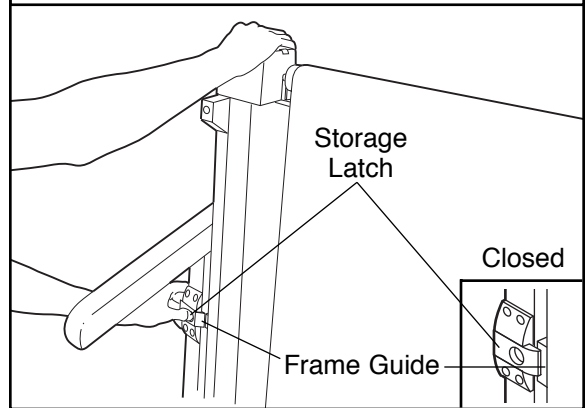
Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **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 at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the frame guide. **Make sure that the storage latch closes fully over the frame guide.**

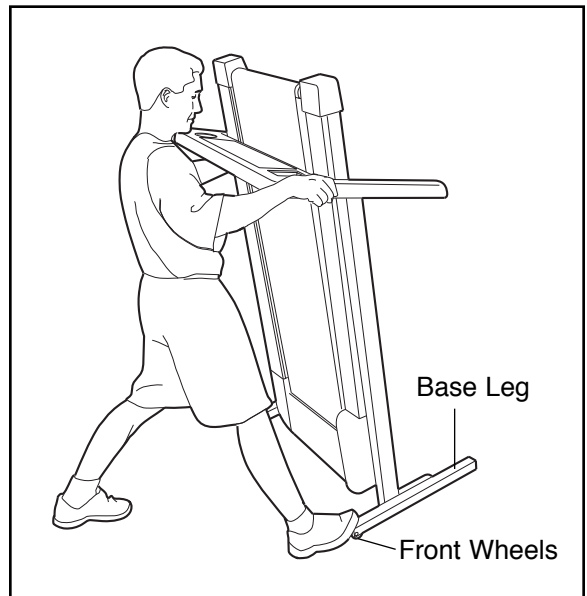
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 34° C.



HOW TO MOVE THE TREADMILL

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

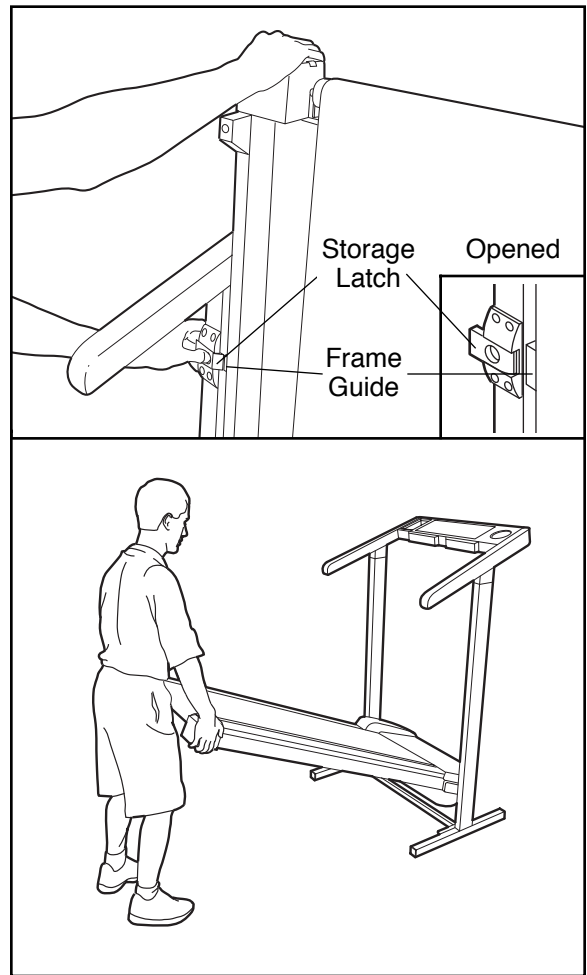
1. Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide open the storage latch. Pivot the treadmill until the frame guide and the foot rail are past the storage latch.

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



MAINTENANCE AND TROUBLE-SHOOTING

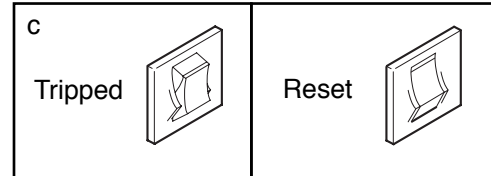
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: THE POWER DOES NOT TURN ON

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge cord of five feet (1,5 m) or less in length.

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

c. Check the circuit breaker located on the treadmill 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.

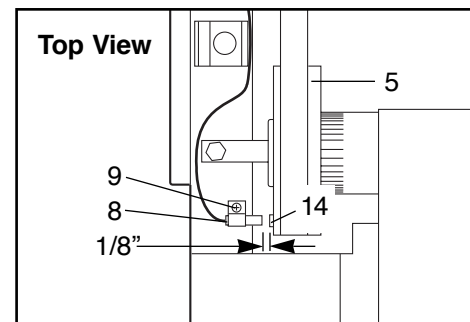
c. Remove the key from the console. Reinsert the key fully into the console.

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

PROBLEM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

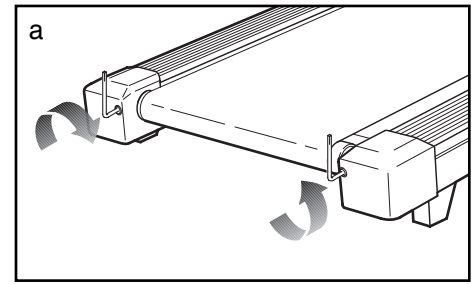
SOLUTION: a. Check the batteries in the console. If the batteries need to be replaced, see assembly step 6 on page 6. Most problems are the result of drained batteries.

b. Remove the six screws from the hood. Carefully remove the hood. Locate the Reed Switch (8) and the Magnet (14) on the left side of the Pulley (5). 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" (3 mm).** If necessary, loosen the Clip Screw (9) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

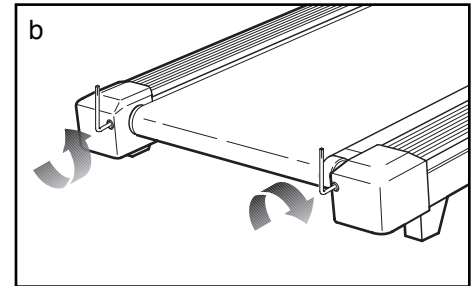


PROBLEM: THE WALKING BELT IS OFF-CENTRE OR SLIPS WHEN WALKED ON

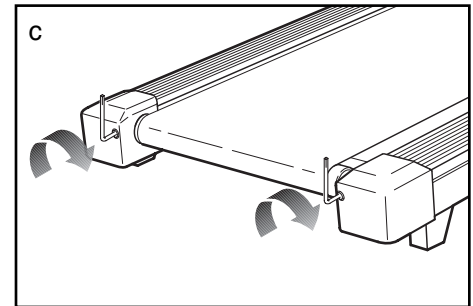
SOLUTION: a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. 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 centred.



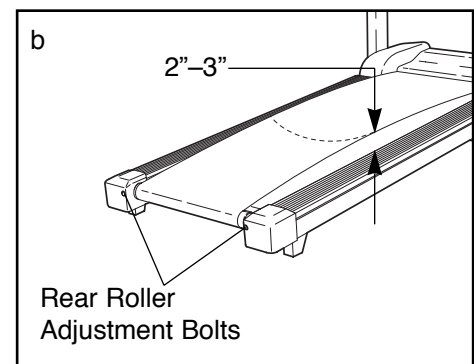
c. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches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



PROBLEM: THE WALKING BELT SLOWS WHEN WALKED ON

SOLUTION: a. If an extension cord is needed, use only a 14-gauge cord of five feet (1,5 m) or less in length.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently 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 centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



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

CONDITIONING GUIDELINES

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

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

EXERCISE INTENSITY

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

	♥	♡	♡♡
20	125	145	165
30	120	138	155
40	115	130	145
50	110	125	140
60	105	118	130
70	95	110	125
80	90	103	115

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust

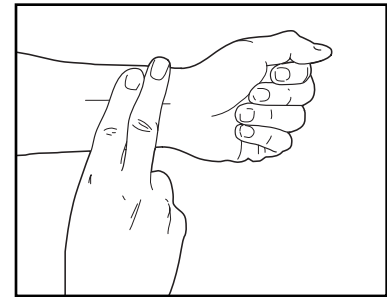
the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

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 higher number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart



rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

Each workout should include the following three parts:

Warming 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.

Cool-down

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

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

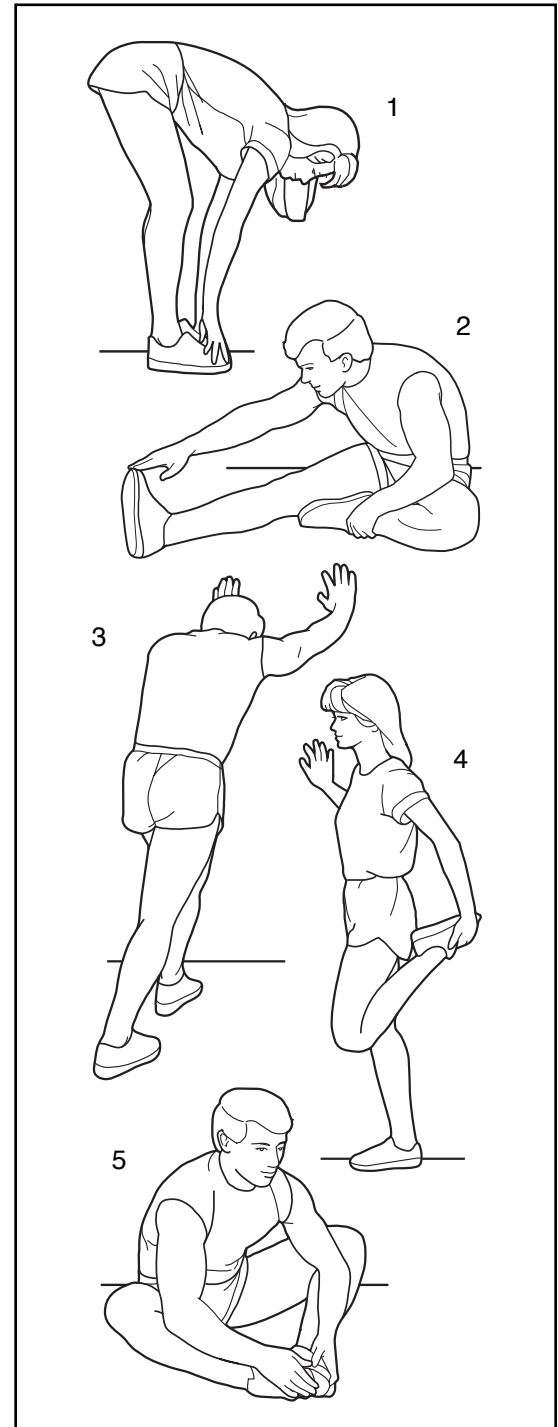
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PETL32570

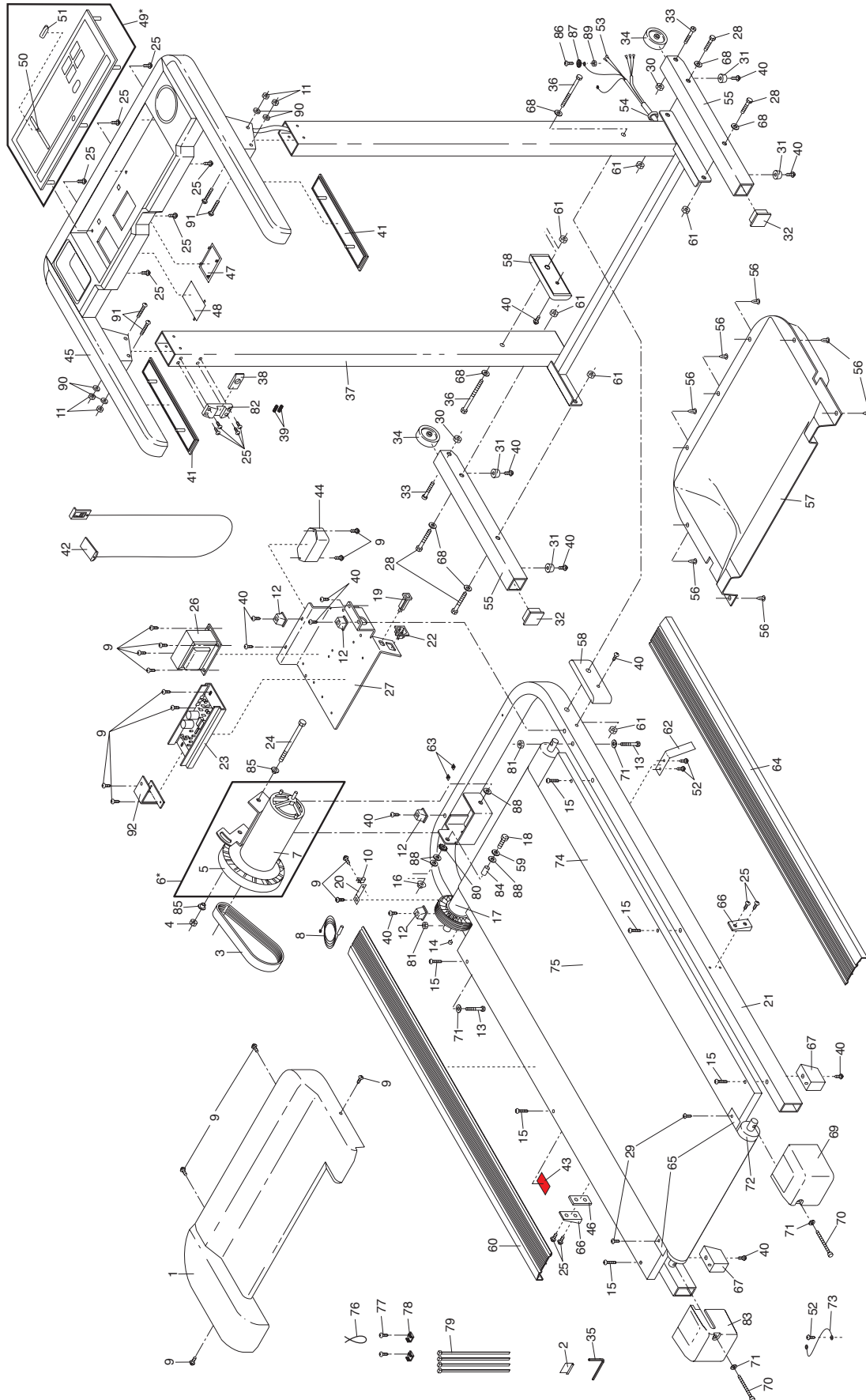
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	51	1	Speed Control Knob
2	1	Adhesive Clip	52	5	Ground Screw
3	1	Motor Belt	53	1	Wire Harness
4	1	Motor Pivot Nut	54	1	Grommet
5	1	Pulley/Flywheel/Fan	55	2	Base Leg
6*	1	Motor/Pulley/Flywheel/Fan	56	7	Belly Pan Fastener
7	1	Motor	57	1	Belly Pan
8	1	Reed Switch	58	2	Upright Spacer
9	16	Clip Screw	59	1	Motor Tension Washer
10	1	Reed Switch Clip	60	1	Left Foot Rail
11	4	Console Base Nut	61	6	Frame Pivot Nut/Base Leg Nut
12	4	Hood Anchor	62	2	Belt Guide
13	2	Front Roller Bolt	63	2	Wire Clip
14	1	Magnet	64	1	Right Foot Rail
15	6	Platform Screw	65	2	Roller Guard
16	1	Motor Tension Nut	66	2	Frame Guide
17	1	Front Roller/Pulley	67	2	Foot
18	1	Motor Tension Bolt	68	6	Pivot Washer/Base Leg Washer
19	1	Circuit Breaker	69	1	Right Endcap
20	1	Reed Switch Bracket	70	2	Rear Roller Adj. Bolt
21	1	Frame	71	4	Roller Adjustment Washer
22	1	Receptical	72	1	Rear Roller
23	1	Controller	73	1	Ground Wire
24	1	Motor Pivot Bolt	74	1	Walking Platform
25	14	Latch Screw/Guide Screw	75	1	Walking Belt
26	1	Choke	76	1	Releaseable Tie
27	1	Electronics Bracket	77	2	Cable Tie Screw
28	4	Base Leg Bolt	78	2	Cable Tie Clamp
29	2	Roller Guard Screw	79	4	8" Cable Tie
30	2	Wheel Nut	80	1	Motor Star Washer
31	4	Base Leg Pad	81	2	Front Roller Nut
32	2	Base Leg Endcap	82	1	Latch Bracket
33	2	Wheel Bolt	83	1	Left Endcap
34	2	Wheel	84	1	Motor Pivot Sleeve
35	1	Allen Wrench	85	2	Motor Pivot Bushing
36	2	Frame Pivot Bolt	86	1	Grounding Screw
37	1	Upright	87	1	Grounding Star Washer
38	1	Storage Latch	88	4	Nylon Washer
39	2	Latch Spring	89	1	Grounding Nut
40	14	Screw	90	4	Console Base Washer
41	2	Handrail Cover	91	4	Console Base Bolt
42	1	Key Clip	92	1	Bracket
43	1	Latch Decal	#	1	10" Black Wire, 2 Female
44	1	Filter	#	1	8" Black Wire, Male/Female
45	1	Console Base	#	1	4" Black Wire, 2 Female
46	1	Frame Guide Spacer	#	2	10" White Wire Harness
47	1	Console Cover	#	1	8" Green/Yellow Wire
48	1	Battery Cover	#	1	4" Green/Yellow Wire
49*	1	Console Assembly	#	1	User's Manual
50	1	Speed Potentiometer			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PETL32570

R0598A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009

Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

- The NAME of the product (PROFORM® 325E treadmill)
- The MODEL NUMBER of the product (PETL32570)
- The PART NUMBER of the part (see the EXPLODED DRAWING and PART LIST attached in the centre of this manual)
- The DESCRIPTION of the part (see the EXPLODED DRAWING and PART LIST attached in the centre of this manual).