ORDERING REPLACEMENT PARTS

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

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

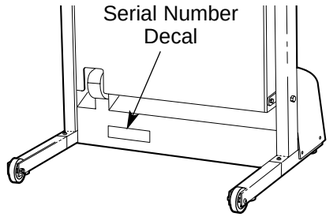
- the MODEL NUMBER of the product (PETL58021)
- the NAME of the product (PROFORM® 7.15Q treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and the DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

Part No. 183792 R0802A

Printed in Canada © 2002 ICON Health & Fitness, Inc.

PRO-FORM 7.15Q

Model No. PETL58021
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

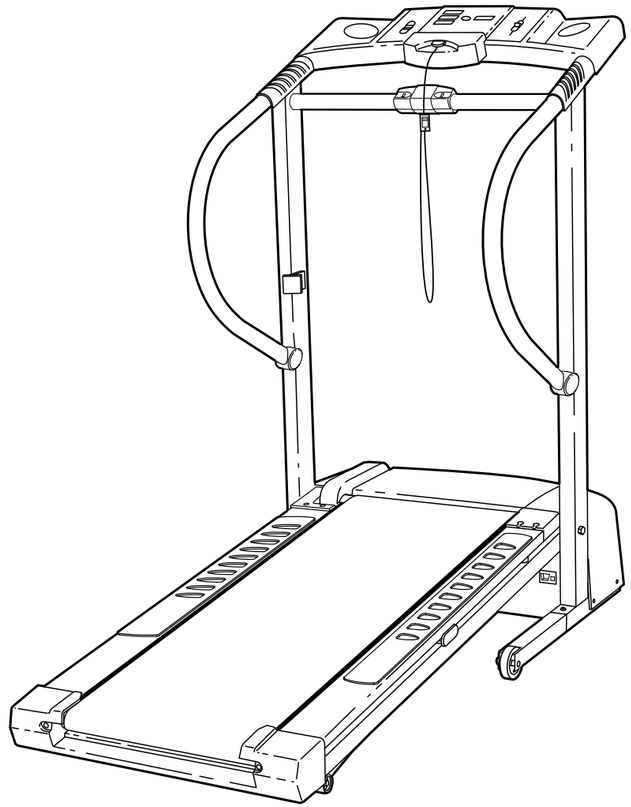
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

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

USER'S MANUAL



Visit our website at www.iconeurope.com

PRO-FORM 7.15Q

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 9
HOW TO FOLD AND MOVE THE TREADMILL 12
TROUBLESHOOTING 13
CONDITIONING GUIDELINES 15
ORDERING REPLACEMENT PARTS . . . . . .Back Cover

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

PROFORM is registered trademark of ICON Health & Fitness, Inc.

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 energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

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

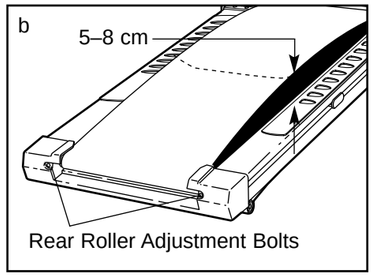
EXERCISE FREQUENCY

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

PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

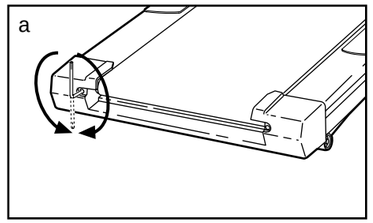
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) 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.



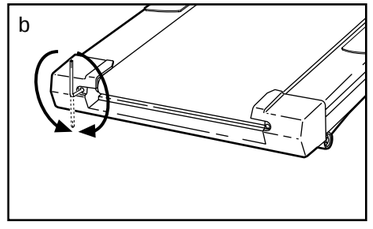
c. If the walking belt still slows when walked on, call our Customer Service Department, toll-free.

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

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



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 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. 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.



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 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) 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 115 kg (250 lbs.) or less.**
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 page 9), 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 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**
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 5 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. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
17. **Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 12.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
20. **Inspect and properly tighten all parts of the treadmill regularly.**

21. **Never insert any object into any opening.**

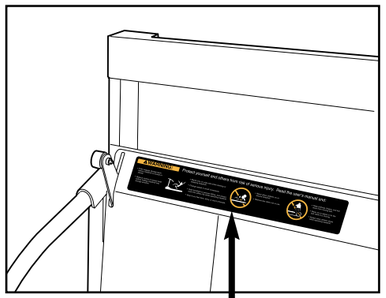
22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than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

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

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

SAVE THESE INSTRUCTIONS

The decals shown has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.



TROUBLESHOOTING

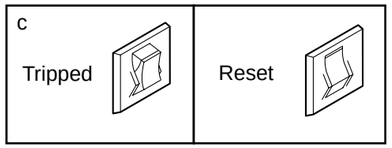
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 9.) If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

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 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.

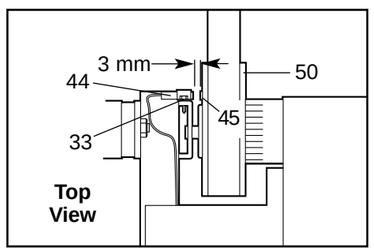
d. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console. If the batteries need to be replaced, see assembly step 7 on page 8. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.**

Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). 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 3 mm (1/8 in.).** If necessary, loosen the Screw (33) and move the Reed Switch slightly. Retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

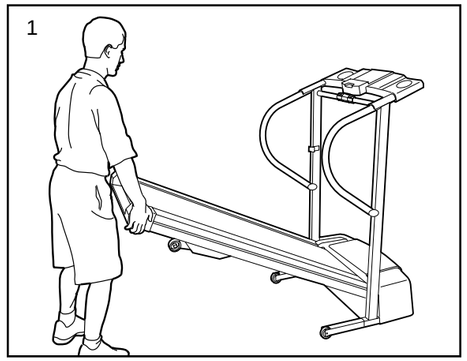


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

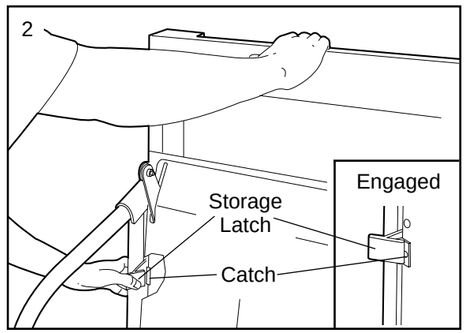
Before folding the treadmill, unplug the power cord.
Caution: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

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 and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. It may be helpful to push out on the handrail as you raise the treadmill. **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 30° C (85° F).



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 closed fully over the catch.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst 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. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, press the latch to the left and hold it. Pivot the treadmill down until the frame is past the latch.

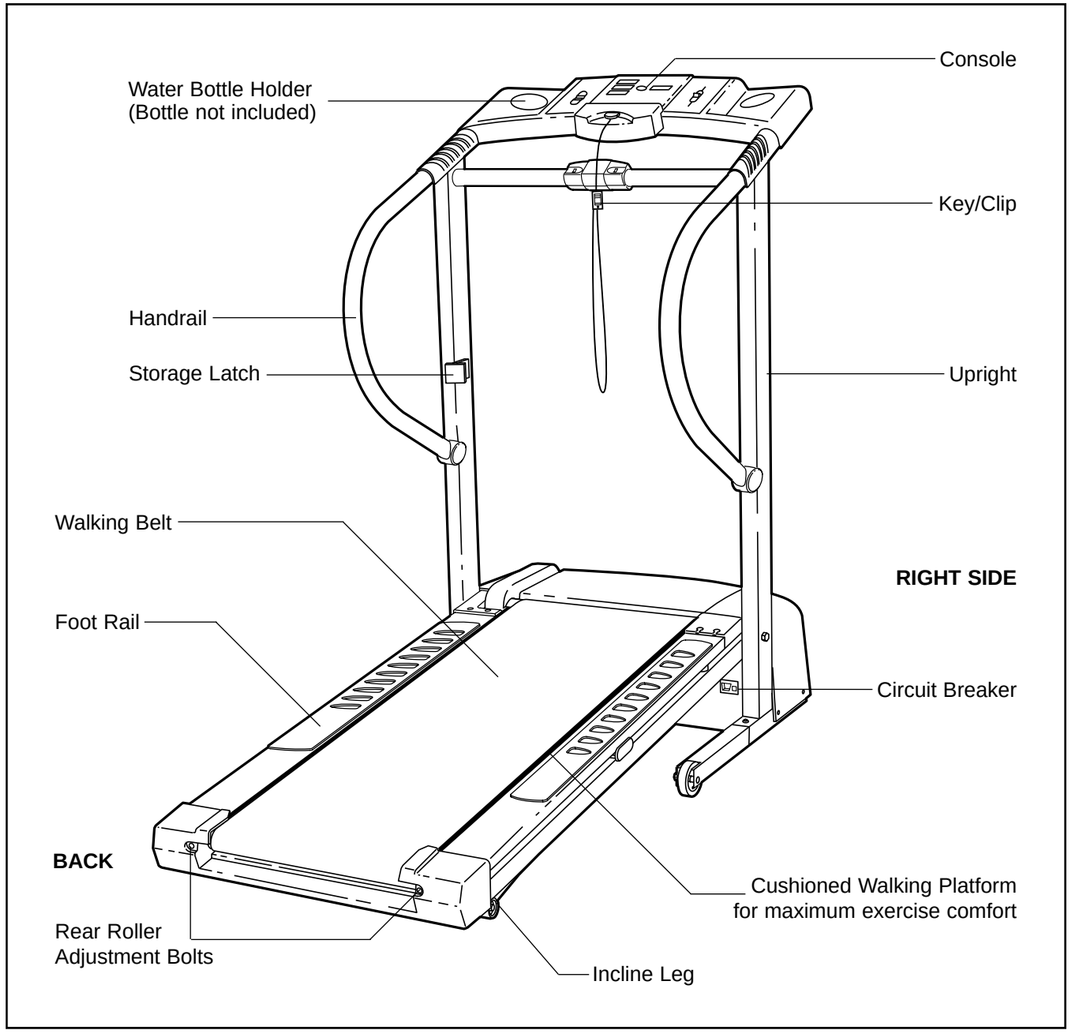
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

BEFORE YOU BEGIN

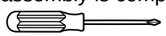
Congratulations for selecting the new PROFORM® 7.15Q treadmill. The 7.15Q treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience and privacy of your home. And when you're not exercising, the unique 7.15Q can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading the manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL58021. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

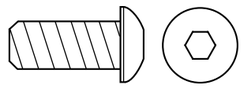
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver**  **and wire cutters**  **.** 

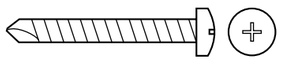
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant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



Extension Leg Screw (108)–2



Handrail Screw (53)–2



Long Screw/Latch Screw (3)–6

⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

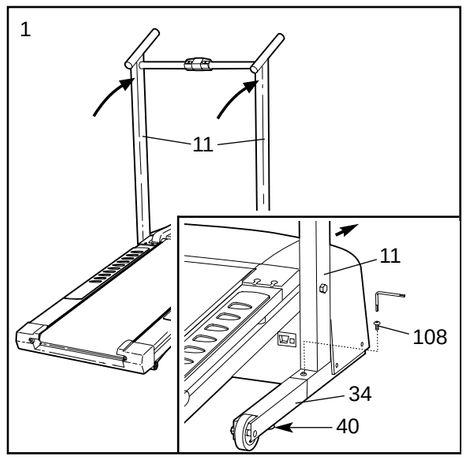
1. Cut the plastic tie off the side of the treadmill.

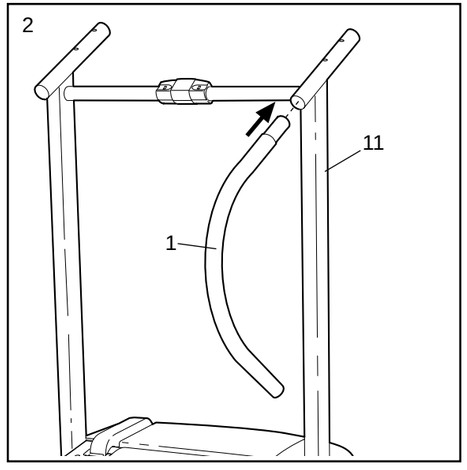
   With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.

   Insert one of the Extension Legs (34) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [11] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (108). **Be sure to push on the head of the Extension Leg Screw whilst tightening it.**

   Attach the other Extension Leg (34) in the same way.

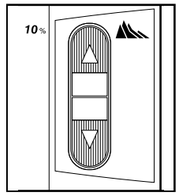
2. Insert a Handrail (1) into the tube at the upper end of the right Upright (11). Have a second person hold the Handrail as you complete step 5.





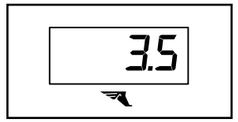
3 Adjust the incline of the treadmill as desired.

To change the incline of the treadmill, press the top or bottom of the incline control until the desired incline level is reached.

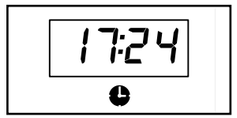


4 Follow your progress with the four displays.

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



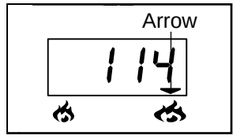
Time display—This display shows the elapsed time.



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



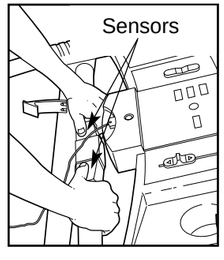
Cals/Fat Cals/Pulse display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See Fat Burning on page 14.) Every few seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown. Note: This display also shows your heart rate when the pulse sensor is used.



To reset the displays at any time, press the On/Reset button.

5 Measure your heart rate, if desired.

To measure your heart rate, stand on the foot rails and place **both thumbs** on the pulse sensors as shown. The pulse sensors are pressure activated—fully press them down. **Do not press too hard, or the circulation in your thumbs will be restricted, and your pulse will not be detected.**



Next, raise your thumbs slightly until the heart-shaped indicator in the Cals/Fat Cals/Pulse display flashes **steadily**. Hold your thumbs at this level. After a few seconds, three dashes will appear in the display and then your heart rate will be shown. Hold your thumbs on the sensors for another 15 seconds for the most accurate reading.



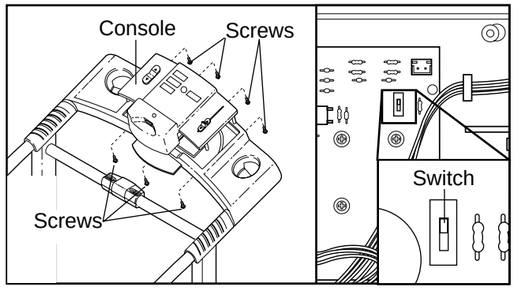
If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumbs off the sensors and allow the display to reset. Press down again on the sensors as described above. Remember to stand still while measuring your heart rate.

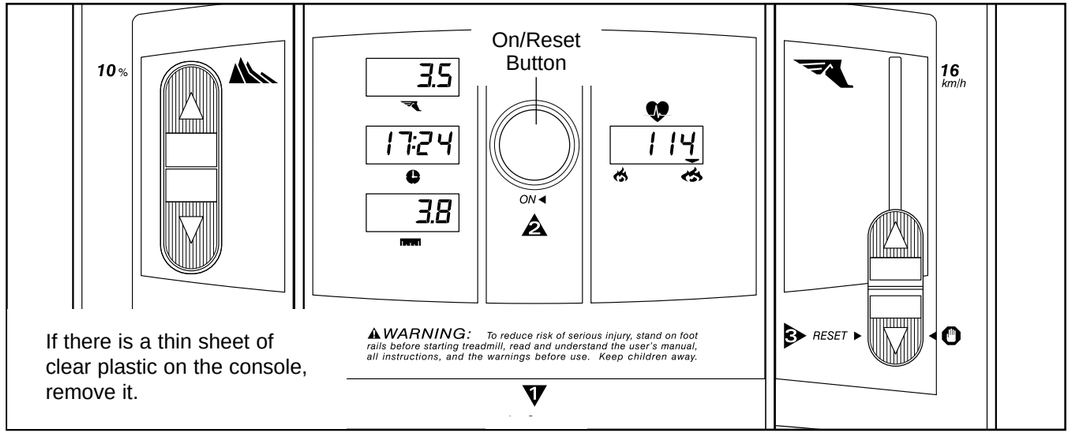
6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, stop the walking belt, and remove the key from the console. The displays will turn off a few minutes after the key is removed. **Note: To conserve the batteries, the displays will automatically turn off any time that the walking belt is stopped and the On/Reset button is not pressed for a few minutes.**

HOW TO SELECT KILOMETRES AND MILES

The console can display speed and distance in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD.** Next, remove the screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch up or down to select kilometres or miles. Reattach the console to the console base. **Next, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**





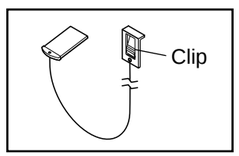
If there is a thin sheet of clear plastic on the console, remove it.

⚠ 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, 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 it and use only a sealable water bottle.**

STEP-BY-STEP CONSOLE OPERATION

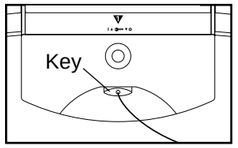
Step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**



Note: The console can display distance and speed in either kilometres or miles. (See HOW TO SELECT KILOMETRES AND MILES on page 11.)

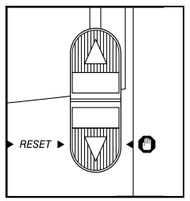
1 Insert the key fully into the console.

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 and start the walking belt.

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

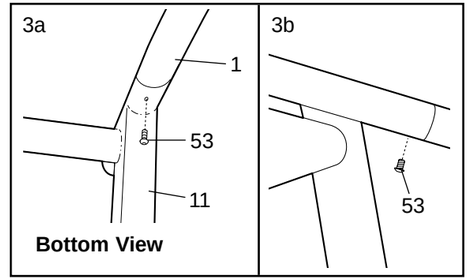


After you have moved the speed control to the Reset position, slowly slide the speed control upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

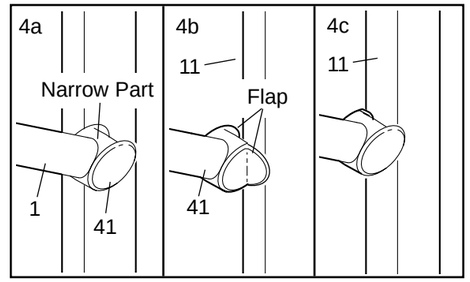
To stop the walking belt, step onto the foot rails and slide the speed control to the Reset position.

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

3. Align the hole in the Handrail (1) with the indicated hole in the right Upright (11). Thread a Handrail Screw (53) **two turns** into the Upright and the Handrail at the angle shown in drawing 3b. It may be helpful to lift up and push down on the Handrail as you thread the Handrail Screw.



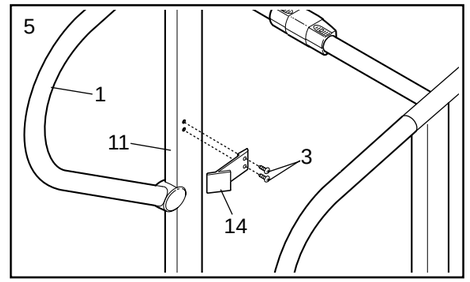
4. Refer to drawing 4a. Slide a Handrail Endcap (41) onto the end of the Handrail (1). The Handrail Endcap should fit on the Handrail as shown, with the narrow part of the Handrail Endcap on top. Refer to drawing 4b. Pivot the end of the Handrail to the side as shown. Fold the flap on the Handrail Endcap to one side or the other as you position the Handrail Endcap on the Upright (11) as shown in drawing 4c.



5. Refer to step 3. Tighten the Handrail Screw (53).

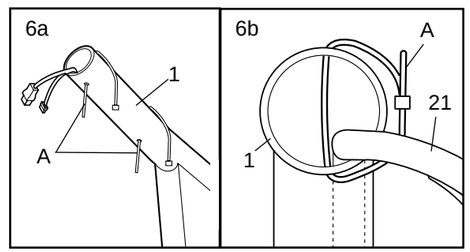
   Attach the other Handrail (1) to the left Upright (11) as described in steps 2 to 4.

   Attach the Storage Latch (14) to the left Upright (11) with two Latch Screws (3). **Be careful not to overtighten the Latch Screws.**



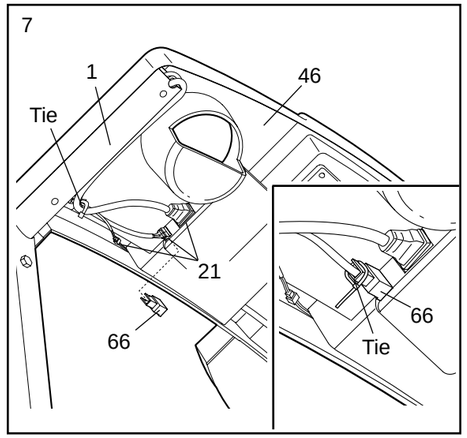
6. Refer to drawing 6a. Insert two of the included plastic ties (A) through the indicated holes in the right Handrail (1).

   Refer to drawing 6b. Look into the right Handrail (1) and make sure the Wires (21) have been secured to the side shown. Tighten the plastic ties (A).



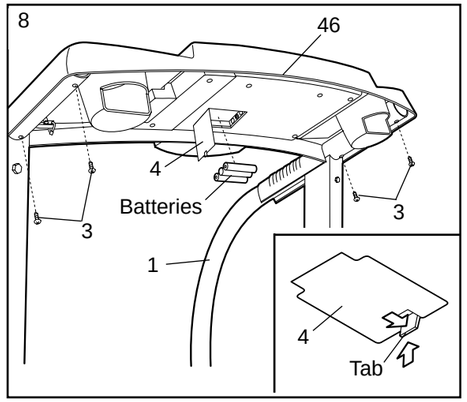
7. Place the Console Base (46) on the Handrails (1) (only the Right Handrail is shown). Pull out just enough of the three Wires (21) to connect them to the receptacles in the Console Base. Make a loop with the indicated plastic tie and insert the end through the tie holder on the bottom of the Console Base. Locate the Wire that has a two-pin connector and a three-pin connector on the end. Plug the connectors into the matching receptacles in the Console Base. **If the connectors do not fit easily**, **rotate them and then plug them in.** Slide the Wire Cover (66) onto the connectors so that they are completely covered. Next, plug the large Wire into the matching receptacle on the Console Base. Then, plug the small wire into the wire on the Console Base. **WARNING: Do not connect or disconnect the Wires whilst the treadmill power cord is plugged in.** Tighten the plastic tie and cut off the end.

   See the inset drawing. Loop one of the included plastic ties around the Wire Cover (66) so that the plastic tie is in the two notches in the Wire Cover. Tighten the plastic tie and cut off the end.



8. Thread four Long Screws (3) into the Handrails (1) and the Console Base (46). **Make sure that the wires in the Right Handrail are clear of the screw holes.** After all four Long Screws have been started, **tighten them until they are snug; do not overtighten them.**

   The console requires three 1.5 V batteries. Alkaline batteries are recommended. To install batteries, **first touch the Uprights (11) to discharge any static.** Next, open the Battery Cover (4) as shown. Insert three batteries into the battery compartment, **making sure that the negative (–) ends of the batteries are touching the springs in the battery compartment.** Close the Battery Cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place. Remove the plastic ties used in step 6.



9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 14). To protect the floor or carpet, place a mat under the treadmill.

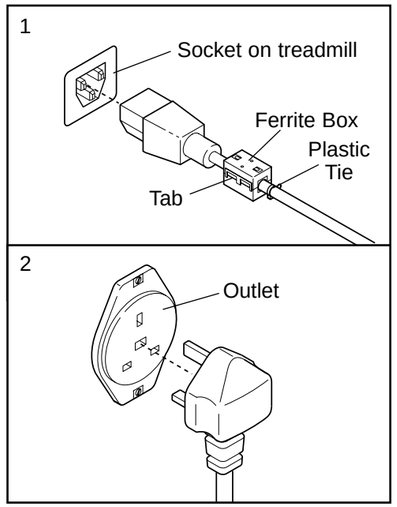
OPERATION AND ADJUSTMENT

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. Such substances 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 an earthing plug.



Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Next, lift the tab on the ferrite box and clamp the ferrite box around the power cord. The ferrite box should not be allowed to slide along the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

⚠ 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.

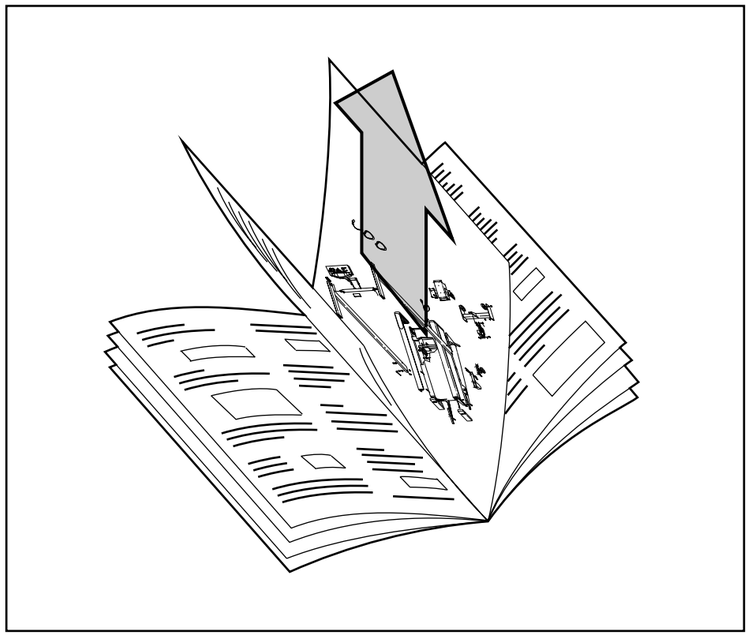
PART LIST—Model No. PETL58021

R0802A

Key	Qty.	Description	Key	Qty.	Description	Key	Qty.	Description
1	2	Handrail	40	4	Base Pad	85	1	Latch Decal
2	1	Key/Clip	41	2	Handrail Endcap	86	1	Rear Roller
3	8	Long Screw/Latch Screw	42	1	Catch	87	1	Frame
			43	1	Reed Switch Clip	88	1	Pulley Shield
4	1	Battery Cover	44	1	Reed Switch	89	1	Rear Foot Pad (Right)
5	1	Foot Grip (Left)	45	1	Magnet			
6	1	Lift Motor	46	1	Console Base	90	4	Nylon Washer
7	2	Incline Leg Bolt	47	2	Frame Pivot Spacer	91	1	Rear Foot Pad (Left)
8	1	Speed Potentiometer	48	4	Platform Screw	92	1	Electronic Bracket
9	1	Speed Control Knob	49	2	centre Isolator	93	2	Motor Pivot Bushing
10*	1	Console Assembly	50	1	Front Roller/Pulley	94	1	Motor Pivot Sleeve
11	1	Upright	51	1	Front Roller Adj. Bolt	95	1	Filter
12	1	Motor Belt	52	2	Incline Wheel	96	3	Grommet
13	2	Cable Tie Screw	53	4	Handrail Screw	97	1	Pulse Wire (Long)
14	1	Storage Latch	54	2	Rear Platform Screw	98	1	Power Cord Set
15	1	Foot Grip (Right)	55	1	Receptacle	99	14	Console Screw/ Endcap Screw
16	7	8” Cable Tie	56	1	Circuit Breaker			
17	1	Motor Swivel Nut	57	2	Frame Pivot Washer	100	4	Guide Belt Screw
18	1	Pulley/Flywheel/Fan	58	2	Frame Pivot Bolt	101	1	Filter Wires
19	1	Motor	59	4	Front Endcap Screw	102*	2	Base Leg Assembly
20*	1	Motor/Pulley/ Flywheel/Fan	60	1	Motor Belly Pan	103	1	Console Base Cover
			61	4	Cable Tie Clamp	104	4	Fastener
21	1	Wire Harness	62	1	Pulse Wire (Short)	105	2	Short Console Screw
22	1	Foam Block	63	3	Releasable Tie			
23	1	Motor Hood	64	1	Choke	106	1	Pulse Bar
24	1	Hood Shield	65	2	Belt Guide	107	1	Ferrite Box
25	16	Small Screw	66	1	Wire Cover	108	2	Extension Leg Screw
26	1	Controller	67	1	Walking Belt	#	1	14” White Wire, Pigtail
27	1	Motor Pivot Bolt	68	1	Walking Platform	#	1	4” White Wire, 2F
28	1	Motor Tension Nut	69	1	Belly Pan	#	1	4” Green Wire, F/ring
29	1	Motor Tension Star Washer	70	17	Electronics Screw	#	1	4” Black Wire, 2F
			71	1	Incline Wire Harness	#	1	8” White Wire, Pigtail
30	1	Motor Tension Washer	72	2	Front Isolator	#	1	User’s Manual
			73	4	Isolator Screw			
31	2	Motor Tension Bolt/ Leg Bolt	74	2	Pulse Bar Bolt	* Includes all parts shown in the box.		
			75	2	Pulse Bar Washer			
32	1	Incline Stop Bracket	76	1	Left Front Endcap	# These parts are not illustrated.		
33	9	Reed Switch Screw/ Hood Screw	77	2	Incline Wheel Bolt			
			78	1	Right Front Endcap			
34	2	Extension Leg	79	4	Incline Wheel Nut			
35	1	Allen Wrench	80	1	Ground Wire			
36	2	Wheel Bolt	81	1	Stop Bracket Bolt			
37	2	Wheel	82	1	Incline Leg			
38	6	Wheel Nut/Lift Nut	83	2	Rear Roller Adj. Bolt			
39	15	Washer	84	1	Rear Endcap			

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.

EXPLODED DRAWING—Model No. PETL58021

R0802A

